You’re Part of the History; Be Part of the Future!

As UW launches a spectacular year of 50th anniversary festivities in January 2007, opportunities abound for alumni to reconnect with their alma mater. AHS’s Kinesiology and Health Studies & Gerontology Departments will also proudly mark their 40th anniversaries, so there is much to celebrate and there are many ways to be a part of it all!

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50th Anniversary Alumni Awards
www.anniversary.uwaterloo.ca/

UW alums are encouraged to nominate “a graduate who has demonstrated a significant commitment to UW through activities such as volunteering, mentoring, involvement with committees, boards or panels, philanthropic support or advocacy”. Fifty award recipients will be selected and formally recognized during Homecoming in September 2007. Nominations must be received by December 31, 2006. Nomination forms are online at the awards website.

Alumni Presentation — Artist Scott Kish, Kin ‘95
www.alumni.uwaterloo.ca/alumni/e-newsletter/2003/may/scott_kish.html

Kinesiology alumnus, Scott Kish, will return to UW to share his story of securing his place in the commercial art world by melding his knowledge of anatomy with his artistic ability to generate unique comprehensive medical illustrations. Scott is slated to present during the evening of Thursday, January 25, 2007 in the Clarica Auditorium in the Lyle S. Hallman Institute for Health Promotion building. Further details will be posted on the AHS alum website.

All-Dance Reunion
www.ahs.uwaterloo.ca/alumni

Dance alums have put out feelers about hosting an All-Dance Alumni Reunion at UW in 2007. Contact information will be posted soon on the AHS alum website.

Reach For The Top Contest
http://reachforthe.top.uwaterloo.ca/

Alumni, staff, faculty, and students are invited to pool their UW trivia resources to compete in the 50th anniversary Reach For The Top Contest. Four-person teams will vie for supremacy during 20-minute games, and those who succeed will move on in the contest rounds during a minimum of four contest periods throughout the year. Teams may register online.

Hallman Visiting Lecture Series on Healthy Aging
http://www.ahs.uwaterloo.ca/hallman/

Invited experts will speak on a wide variety of biophysical and psychosocial topics related to healthy aging during AHS’s 2007 Hallman Visiting Lecture Series. The public lectures are open to any alums who wish to join the audience. Details of the topics, speakers, and lecture dates are outlined on page 8.

50th Anniversary Website
www.anniversary.uwaterloo.ca/

Updated regularly, the 50th anniversary website is the at-the-ready resource for all the latest details on upcoming special events.

Enter your email address at http://alumni.uwaterloo.ca/email to win.
Faculty News

A Changing Melody: A Learning and Sharing Forum for Persons with Early-Stage Dementia and their Partners in Care

Early in November, The Murray Alzheimer Research and Education Program (MAREP), in partnership with the Alzheimer Society of Canada, the Alzheimer Society of Ontario, and the Dementia Advocacy Support Network International, played host to over 150 passionate participants during its sold-out annual forum, A Changing Melody. The Toronto event was held in conjunction with the national conference of the Alzheimer Society of Canada, recognizing 100 years since the first description of Alzheimer’s disease. The forum was structured as a positive, supportive environment for persons with early-stage dementia and their partners to come together and learn from one another as well as from dementia care experts, on how to actively improve their quality of life. By persons with dementia a significant voice at the forum, an important opportunity was provided to break down the silence of dementia and the stigma and fear associated with it – a critical step in building strong mutual support systems and providing the highest quality of life for those living with an illness that causes dementia. The MAREP forum has been so successful that it has been copied in Australia, Japan, and the US.

Exercising Your Brain

Sudoku puzzles and other mental exercises serve as aids to rebuild and maintain memory function. The mental stimulation exercises the brain’s problem-solving capabilities and can help ward off Alzheimer’s disease and related dementia. Eight talented, dedicated persons with dementia put this knowledge to work by collaborating with the Murray Alzheimer Research and Education Program (MAREP) to create the By Us For Us Guide – Memory Work Out, which advocates regular brain “work outs” through engaging in enjoyable activities. For more information on this guide and other helpful MAREP resources, see “Making a Difference” on page 7.

Can You Spot Potential? Alumni Affairs, the Graduate Studies Office, and Marketing and Undergraduate Recruitment have joined together to create a program that gives UW alumni the chance to refer outstanding prospective undergraduate or graduate students to UW. At the same time, alumni have the opportunity to stay connected by being an ambassador for UW. Alumni provide the name and email address and they can add a personal message, which is then automatically sent to the students. Students then have the option to click through to a website that provides more information. For an overview of the process – http://referstudents.uwaterloo.ca/process.
Okanagan Health Studies and Gerontology (OHSG) is a new initiative launched at the University of British Columbia, Okanagan (UBCO). OHSG was created in response to the growing importance of health and aging issues in Western society, and aims to integrate research, teaching, and community engagement in the field of health and aging. OHSG is a collaborative effort between the Department of Health Studies and Gerontology at the UBCO, and the Department of Kinesiology at the University of British Columbia, Vancouver. OHSG is supported by a range of partners, including the Canada Research Chairs Program, the Canadian Institutes for Health Research, and the University of British Columbia. OHSG is committed to advancing knowledge and understanding of health and aging, and to promoting evidence-based solutions to reduce health disparities and improve quality of life for all age groups. OHSG is led by a team of experienced and innovative researchers, educators, and practitioners who bring together expertise from a wide range of disciplines. OHSG is committed to developing and delivering cutting-edge research, teaching, and community engagement programs that will help to advance knowledge and improve health outcomes for all age groups.
are volunteers still important in the community?
I think the short answer to that question is that volunteers are important to the community and the community is important to volunteers. It's a mutually supportive relationship. Volunteers provide essential services like labour, knowledge, energy, and other resources to organizations of all sizes: local sports clubs, social services organizations, church groups, neighbourhood associations. Contributing to one's community can be both fun and challenging, and it offers other opportunities, like a chance to network and build self-esteem.

And yet, we live in an era of individualism when contributing to the community through volunteering is slipping further and further down our “to do” list. Increased stresses and pressures of modern social life (including changing employment structures, financial burdens, and demographic shifts) mean fewer and fewer volunteers are feeling able to give time. The “Volunteer Wanted” section of local papers shows that an increasing number of organizations are struggling just to keep their doors open. For example, just recently, the Guelph Optimist Club (a volunteer organization dedicated to providing activities for youth, as well as hosting fund-raising and community events) ran a series of appeals for new volunteers and suggested that, without new volunteer support, they would not be able to continue operating or offering the same activities.

As many leisure researchers have noted, this is a time when government support for community services is dwindling and when volunteer organizations are increasingly called upon to provide the backbone and the safety net for individuals who may be marginalised due to health, ability, and/or economic challenges. Without volunteers, this support network becomes weakened. In addition, leisure researchers identify a whole host of benefits from volunteering in the community, including building social skills, gaining new knowledge, and fostering a sense of purpose and belonging — things that may not be available from other aspects of life, like work. For this reason, communities are also very important to volunteers.

In short, communities and volunteers need each other more than ever!

Are Volunteers Still Important in the Community?  Ask a Prof: Ask the Experts: Are Volunteers Still Important in the Community? In short, communities and volunteers need each other more than ever! Communities and volunteers need each other more than ever! In short, communities and volunteers need each other more than ever!
THE OSTEOPOROSIS: CAN IT BE PREVENTED WITHOUT THE USE OF DRUGS?

DATE OF PUBLIC LECTURE

Thursday, February 8, 2007

Dental University

TO YOUR HEALTH

Author of several books, Janet Eagleson, Kin ‘93, shares her exploration of the making and use of maple syrup in her most recent publication, The Maple Syrup Book. Janet’s writing prowess has landed her a four-year stint as a writer for Rotowire.com (fantasy sports), and you can hear her as the resident NHL expert on GoTV Networks.

Featured below is one of the recipe pages from Janet’s book.

MAPLE SALMON

Sue Edwards, who owns and operates the Country Caterer in Orangeville, Ontario is often asked to prepare this delicious dish for the many events she caters. Sue’s spontaneous nature is mirrored in the recipe — the ingredients are added in amounts you feel are appropriate rather than in a restrictive list. Maple salmon has made me a star with dinner guests more than once!

1. Using flat of salmon 1 clove of garlic, minced olive oil maple syrup fresh, cracked black pepper

Preheat the oven to 450°F (230°C). Wash the salmon and place it, skin side down, in a shallow baking or roasting pan. Drizzle the salmon with olive oil and rub it into the flesh. Heat, rub the garlic into the flesh. Grind black pepper over the fish and rub it in, too.

Finally, drizzle the salmon with maple syrup and rub it into the flesh. Bake in the center of the oven for 14 minutes.

Variation: Maple salmon can also be barbecued over medium-high heat. Small pieces of salmon can also be used, but the cooking time must be shortened.

Text excerpt page 89 from The Maple Syrup Book

By: Janet Eagleson & Rosemary Reamer Publisher: Boston Mills Press

KAINECK GYM, TO WATERLOO.

Sharon Robertson, a noted innovator and leader in the Region of Waterloo’s educational system, was honored with the AHS Alumni Achievement Award at the June convocation.

In the space of a remarkable 28-year career, Sharon taught all ages of students in four Ontario Boards of Education, and lectured and led workshops on learning and teaching strategies at all levels from local to international. As a local school principal, Sharon spearheaded the adoption of a healthy lifestyle program for her students by eliminating pop and substituting water, advocating vegetables as snack foods in the classroom, and promoting daily physical activity. Sharon also introduced the US program, Brain Gym, to Waterloo.

Sharon conveys her passion for teaching and learning with great energy and enthusiasm. Always eager to embrace new areas, she now lectures to teachers on emotional intelligence and consults to industry on incorporating human elements into instructional software design.
**THE GRAPEVINE**


Norn O’Reilly, Kin ’94

“Another career change in store, in August 2002. With that
Armitage in August 2000, lived in Toronto, and worked
they now have 2 girls (Audra and Claire), 2 cats, and a
facilities, CCAC) and within a variety of fields (out- and
working in numerous settings (hospitals, clinics, LTC
programs), and entering McMaster’s Physiotherapy program. She’s since
Homecoming
Student Games Co-ordinator; and presently helping coach
far north. Currently, I teach Physical Education in Iqaluit,
Ronald Kennedy, Kin/Health ’80, University of Limerick as a Canada-Ireland scholarship
and taught. Norm’s passion for sport has led him to sit
studies at Waterloo led him to the business side of sport,
more...
As a special salute to UW’s 50th Anniversary, we are collecting photos that document all five decades of AHS alums (1960s, 1970s, 1980s, 1990s, 2000s) and we need your help! Dig into your photo albums, scrapbooks, and snapshot collections and send or email the images that best encapsulate your time at Waterloo. Include captions and stories wherever possible.

We will print as many as possible in future issues, but not before connecting with you for permission. Details to submit electronically will be posted at www.ahs.uwaterloo.ca/alumni. Hard copies can be sent to Maureen Corbett, Faculty of Applied Health Sciences, University of Waterloo, 200 University Avenue West, Waterloo ON N2L 3G1.

June ‘93 celebration of 25 years of Kinesiology – Along with the pictured KINFest & Barbeque, events included the Norm Ashton Open Golf Tournament and Tribute and the “No-Ties Required” Dinner & Dance

Two generations of AHS alums: Toos Reid, Kin ’73, and Jody Reid, Kin ’03, along with dad, Ron, at the 2002 Fun Run

“The group shot is my first-year Rec classmates in September 1980. We did an orientation weekend at a camp in Ayr. I think it was an entering class ritual for a number of years. We had a riot! I made a lot of great friends as a result of that weekend!” says Gayle Goodfellow, Rec alum.

Can you spot the current AHS professor shown here with his classmates at the 1989 AHS semi-formal?

PICTURE THIS!