

FALL 2018

NEWS TO YOU

APPLIED HEALTH SCIENCES



FEATURE STORY - PAGE 6

Youth suicide and student mental health

Alumni couple Doug and Sandra Ranton share their story

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**Thank you,
alumni donors!**

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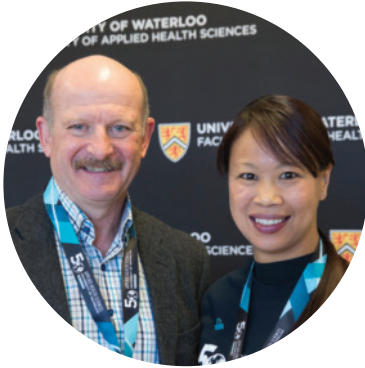
**Family boasts three generations
of Waterloo grads**

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UNIVERSITY OF WATERLOO
FACULTY OF APPLIED HEALTH SCIENCES

EXCITING CHANGES TO REUNION



KARRY KWAN with alumnus **RON NOBLE** (BSc '80, Kinesiology), who established a scholarship this summer for undergraduate kinesiology students called, "Kinesiology Award: A Noble Pursuit." Thanks Ron!

Starting in 2019, you will have two great opportunities to return to campus and reconnect with your classmates and fellow Applied Health Sciences (AHS) alumni:

- **Alumni Weekend on June 1** will recognize reunion classes celebrating milestone anniversaries
- **Alumni Black and Gold Day** will take place in the fall and consist of the familiar Fun Run and Warriors football game (with Alumni VIP Tent)

In addition, many of you have told us how much you've enjoyed touring the Centre for Community, Clinical and Applied Research Excellence (CCCARE). Opened in fall 2016, this facility is continually developing new programs, educational opportunities and partnerships to offer greater advances in research and in promoting community health. Learn more at uwaterloo.ca/cccare. Contact me to book a tour and see for yourself!

Finally, thanks for all you do to help today's students. If you haven't already given to support the AHS Scholarships Fund, please give it some thought. You'll find a donation form in this issue. Your gifts are absolutely critical to ensuring today's students receive the same quality AHS education you had while you were here. You can also help immeasurably by setting up a recurring gift or leaving a bequest in your will. Thank you!

Hope to see you soon!

Karry Kwan, Alumni Advancement Officer
karry.kwan@uwaterloo.ca | 519-888-4567, ext. 32610

P.S. Career Night Speed Networking 2019 takes place January 23.
 Please contact me directly if you'd like to participate.

Remember your first job?

Help AHS students find theirs.

As an alumnus, you know the value of a Waterloo education and are in a unique position to refer an employer to hire a Waterloo student. Help us continue to provide high quality job opportunities for students and alumni.

Pictured right, co-op employer Dr. Jeff Goldsworthy (left), BSc '83, Kinesiology, helps Kinesiology co-op student Sydney (middle) as she works with a client in his chiropractic & wellness centre.

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UNIVERSITY OF
WATERLOO

ALUMNI: OUR GREATEST AMBASSADORS



Waterloo has always been a different kind of university, and relationships with our partners – including a strong alumni base – have been part of our strength from the very beginning.

Today, many of you are part of this strength. You volunteer as mentors or advisors to our students. You create opportunities for co-op students to work with your organizations. You speak at events, share your stories through our alumni publications, and appear on the world stage as our greatest ambassadors. And, of course, you give the gifts that fund scholarships, expansion, and research programs, including the one that brought me back to Applied Health Sciences 15 years ago.

Alumni vision leads healthcare innovation

I graduated from Waterloo in 1996 with a PhD in Health Studies, and worked afterwards as a research scientist at St. Joseph's Healthcare in London, Ontario.

At the time, I was researching rehabilitation strategies for older patients with musculoskeletal injuries. I noticed that while detailed assessments were being collected, no one was using or sharing this data. It meant lost time for clinicians, who were performing duplicate assessments, and frustration and lost recovery time for patients.

Then, in 2004, thanks to an alumni-funded Trust*, I had the opportunity to start a program of research at Waterloo. This program combined my existing research with the new field of health informatics.

This work has since led to many other research projects concerning the health and health care of older persons, and has attracted millions of dollars of additional government funding.

This never would have happened without the vision and generosity of a group of Waterloo alumni just like you.

You are a major part of our success

Thank you for all of these contributions, and for everything you do to help us continue leading new conversations about preventing disease and injury and protecting healthy living.

I look forward to meeting and working with many of you as we build a healthier and more sustainable world.

Paul Stolee

Interim Dean, Faculty of Applied Health Sciences

*The J.W. Graham Information Technology Trust, established by alumni and colleagues of pioneering Waterloo computer scientist Wes Graham.

“It was such a pleasure to tour the new facilities! It's easy to forget that our universities are much more than classrooms, and it's great to see students being offered such dynamic learning spaces, and that the research being done is so relevant and vital.”

JANINE and TONY GIOVINAZZO, proud Waterloo supporters

Alumni donors make amazing thi

When today's students need scholarships or bursaries or research support, our awesome alumni donors are there!

Thank you for helping today's young people achieve their dreams.



RICHARD ROBINSON

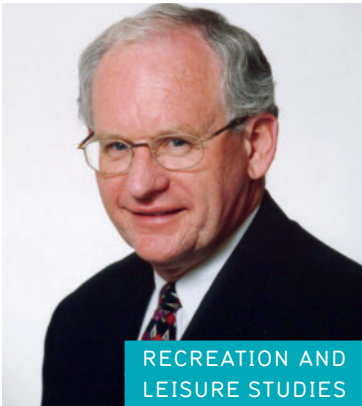
Richard Robinson, DC (BSc '93, Kinesiology) is a sports chiropractor who owns and operates his own clinic in Calgary, and has served with the Canadian Olympic Medical Team four times. Richard's generous support of Waterloo includes six years serving the Alumni Council (where he helped re-ignite Calgary's now-thriving UWaterloo alumni chapter), and regular support of the AHS Ontario Graduate Scholarship fund. **"A degree from Waterloo gets better every year because the university keeps growing and improving. You can't help but be impressed when you come back to visit. I'm proud and happy to support and give back to that."**



BARBARA McNEICE-STALLARD

Barbara McNeice-Stallard (BSc '88, Kinesiology; MSc '93, Health Studies and Gerontology) has been at California's Mt. San Antonio College for 17 years, where she serves as Director of Research and Institutional Effectiveness. A self-confessed "research geek," Barbara loves her work, particularly the opportunity to help many disadvantaged students succeed. Barbara has supported Waterloo for many years, including a regular monthly gift to AHS. **"I give for so many reasons, but one of them is a graduate scholarship I received that really changed my life. The two reasons I'm sitting here today are my co-op experience and my two degrees from Waterloo. I'm happy to give back to a place that's given me so much."**

ings happen – Thank you!



JIM MCKINLAY

Jim McKinlay (BA '74, Recreation and Leisure Studies) is semi-retired and has recently moved with his wife Colleen to Parksville, B.C. Jim's career took him across Canada, and has included recreation work at municipal and provincial levels, as well as management and human-resources consulting – first in the private sector, then in his own practice. Jim has supported the Ron May Memorial Award since its inception, and says he's proud to honour the memory of a wonderful classmate who died too young.

"It's also very gratifying to help today's students – these awards can make a small but important difference, and I've received some very moving letters. It's a real pleasure to help."

See profile of this year's Ron May Memorial Award recipient, Graham Barnes, on page 10.



SHELLEY ORDORICA

Shelley Ordorica (BSc '05, Health Studies) works as a molecular genetics lab scientist at the University of Alberta Hospital in Edmonton. She and husband/fellow UWaterloo alumnus Guillermo Ordorica Garcia (MAsc '03, PhD '07, Chemical Engineering) have criss-crossed the country several times and are also busy raising two children. Shelley is super proud to be a UWaterloo alumna, and says she benefitted from several scholarships and bursaries during her studies. **"I give so I can help somebody else – if there's a student out there who wants to do something great and is just shy of tuition, I want to help"**



MICHAEL MANNELLA

Michael Mannella (BSc '12, Kinesiology) is recently married and lives with his wife Raman in Vaughan, Ontario. Mike works as a site supervisor and project manager with his family's asphalt and concrete company, Cedar Hill Paving. There, he's been able to apply his kinesiology knowledge to a safe-lifting and injury-prevention program for Cedar Hill employees. Mike says he's happy to support AHS monthly as a way of honouring his own experience. **"I had an excellent experience at Waterloo – the program, profs and camaraderie among students were outstanding. Also, my degree helps me every day, and when I tell people I went to Waterloo, I gain instant respect."**

YOUTH SUICIDE AND STUDENT MENTAL HEALTH

There's power in speaking out



JACOB RANTON, star basketball player with Memorial University's Sea-Hawks, took his own life in 2014.

When AHS alumni Doug and Sandra Ranton lost their oldest son to suicide, their world was shattered. Today, they're determined to break the silence about youth suicide by sharing Jacob's story as widely as possible.

Jacob Ranton was a young man who seemed to have it all: good friends, a close family, a prestigious basketball scholarship, and a plan to study business at Memorial University of Newfoundland.

But then tragedy struck. Midway through his second year, Jacob came home to Waterloo for Christmas. He wrapped gifts for his family and placed them under the tree. He hit golf balls around with his younger brother Trevor. And later that night, he borrowed his mom's car, leaving a note saying he was going out for food.

Instead he drove to a bridge in nearby St. Jacobs. His body was found in the Conestogo River the next day.

“ One thing we learned early on is that mental illness can be a life-threatening disease. We hope – by sharing Jacob's story – that anyone else with this disease will learn there's treatment, there's help and there's hope.”

DOUG RANTON

DOUG AND SANDRA RANTON (BSc '89, Kinesiology; and BA '88, Recreation and Leisure Studies) now spend much of their time advocating for better awareness of mental health and suicide prevention.

“He didn’t know where or how to ask for help”

Jacob’s friends and family were completely blindsided. “We learned later that he was struggling academically,” says Doug, “But he didn’t say a word. For whatever reason, he didn’t know where or how to ask for help.”

Today, Doug and Sandra are determined to honour Jacob’s memory by sharing his story, hoping it will give others the opportunity to talk about mental health and suicide.

For the past three years, the Rantons have hosted a basketball tournament in Jacob’s name, donating proceeds to the Waterloo Region Suicide Prevention Council. They speak publicly as often as they can. And, when they heard about the University of Waterloo’s recent mental health review and its 36 recommendations for change, they agreed to share their story with their AHS alumni family.

“Many times, after we’ve shared Jacob’s story, someone will come to us and share a story of their own,” says Sandra. “There’s power in giving people permission to open up. That’s what we want everyone to know.”

\$1.2M investment in student mental-health services

It’s no secret that demand for mental-health services is rising dramatically, particularly among youth and student populations. At Waterloo, administration has been working since 2012 to increase services and make them easier to access, with some notable successes.

Nevertheless, Waterloo was also the site of two student suicides over the winter of 2017. These terrible events created a new sense of urgency for the work of an existing advisory committee, which delivered a set of recommendations in March 2018.

As part of these recommendations, the University will invest \$1.2 million to increase staffing, bringing the total number of on-campus mental-health support professionals to more than 70.

AHS, particularly the School of Public Health and Health Systems, houses much of Waterloo’s expertise in mental-health research, and played a prominent role in leading these discussions. To learn more about the report, visit uwaterloo.ca/mental-health-wellness/2017-pac-smh-report-and-recommendations.

“It’s okay to not be okay”

Today, four years after Jacob’s death, Doug and Sandra are slowly putting their lives back together. Their younger son Trevor is at Indiana University on a golf scholarship. Doug plans to retire from his teaching position next year. And Sandra still finds a mother’s joy in speaking Jacob’s name and reminding people he was a remarkable young man.

“Jacob’s illness overwhelmed him at a critical time, and that’s a great tragedy. But I still get to talk about him, and to share a message he never heard – that it’s okay not to be okay.”

AHS RESEARCH STRENGTH IN MENTAL HEALTH

AHS has a robust research commitment to mental health, and has been contributing valuable knowledge to the field for decades. Examples include:

- › Faculty member **JOHN HIRDES** led development of the **assessment system** used province-wide since 2005 to inform care planning for every person admitted to an in-patient mental-health facility in Ontario.

John is also leading campus-wide implementation of the 36 recommendations for improved student mental health at UWaterloo.
- › In 2016, we recruited **MARK FERRO**, the **Canada Research Chair in Youth Mental Health**. Mark researches the link between physical and mental health in youth with chronic diseases like diabetes, asthma, epilepsy and Crohn’s disease.
- › Professor **CHRIS PERLMAN** is researching how to use data to support and evaluate quality mental health care. He has developed a system to optimize the way those with mental illness and addictions can access their own health information to support their recovery.

Chris is also leading a project to monitor the impact of cannabis legalization on mental health hospital visits.

Suicidal thinking is usually associated with problems that can be treated. If you or someone you love needs help, find a local crisis centre by visiting suicideprevention.ca/need-help.

REMEMBER: You are not alone.

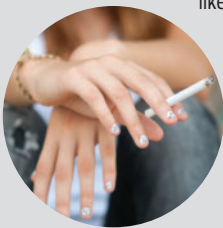
3MT university-wide runner-up

Congratulations to MSc candidate **Tina Chan**, who placed second in the 2018 Three-Minute-Thesis (3MT) competition. Tina's presentation, "Improving peer-to-peer support with gamification techniques," is part of her research into mental-health products. Tina is also an entrepreneur who's developed a mental-health toolkit designed for college and university students.



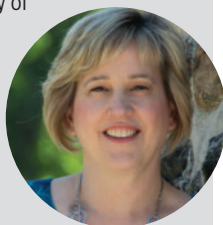
Dieting associated with risky health behaviours in teen girls

A study recently published by SPHHS PhD candidate **Amanda Raffoul** and Professor **Sharon Kirkpatrick** found that teen girls dieting at baseline were 1.6 times more likely to smoke and skip breakfast, and 1.5 times more likely to smoke and engage in binge drinking three years later.



New Schlegel Research Chair in Dementia

Carrie McAiney, the newest UWaterloo-based Schlegel Research Chair at the Schlegel-UW Research Institute for Aging, will work with individuals, families and care partners to understand and address the needs of those living with dementia. McAiney's appointment marks the 10th Schlegel Chair position supported by the Schlegel family to enhance care and quality of life for older adults, and the fifth such chair at UWaterloo. Thank you to the Schlegel family for bringing this expertise to UWaterloo.



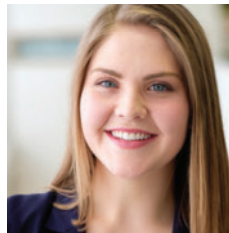
SPOTLIGHT ON SCHOLARS

Leah Johanna Drost | Thunder Bay, ON

PROGRAM: Health Studies, Co-op, Class of 2020

CAREER GOAL: Medicine

AWARDS: "Proudly She Marched" – Jocelyn Cowan Scholarship; Michael T. Sharratt Award



Leah Drost was a bright teen who excelled in science, so it was no surprise she heard "you should be a doctor" growing up.

But it wasn't until she started volunteering at her local hospital that Leah realized it took more than brains and ambition to be an exceptional physician.

"I was volunteering with a little three-year-old girl, and she was really miserable and in a lot of pain. When the pediatrician came in, he was just so lovely – goofing around, making her laugh. I saw then that a great doctor is compassionate and caring, as well as smart and professional."

Today, as Leah prepares to write the MCAT for admission to med school, she is profoundly grateful for the two awards she holds. "The money has been absolutely critical – but almost more important is the knowledge that there are people out there who want to invest in me and help me reach my dreams. It's very humbling. Thank you."

The Jocelyn Cowan Scholarship is generously funded by the Canadian Federation of University Women Kitchener-Waterloo Charitable Fund and a bequest from the family of the late Jocelyn Cowan. The Sharratt Award honours the late Michael Sharratt, long-serving professor and former AHS dean. It is funded by his family, friends and colleagues. Thank you for helping students like Leah.

SPHHS Alumna Christina Hassan honoured at 2018 Rotary Day at the United Nations

Christina Hassan (BSc '14, Health Studies; MPH '16) was recently honoured as one of six People of Action: Young Innovators during Rotary Day at the United Nations in Nairobi, Kenya.

Christina was recognized for establishing FullSoul, a Canadian program that supplies safe, sterile childbirth equipment to hospitals in Uganda. She was inspired to do this after a life-changing co-op work term brought her face-to-face with the untenable conditions under which many Ugandan women give birth.

Christina holds several other honours and awards, including the Rotary Youth Leadership Award (2010), AHS Co-op Student of the Year (2011), the YMCA International Peace Medallion (2013) and the AHS Young Alumni Award (2015).

She and husband Hyder (BA '12, Liberal Studies) have also been honoured with the 2018 Top 40 Under 40 award in Calgary, where they now live. Congratulations!





SPHHS study shows wildfires affect mental health in Canada's north

Research led by SPHHS's Warren Dodd suggests that prolonged wildfire seasons are affecting more than our physical health. They're affecting our entire state of well-being.

Warren's study included in-depth interviews with residents of Yellowknife and surrounding Indigenous communities who experienced one of Canada's most severe and prolonged wildfire seasons during the summer of 2014, well before the massive Fort McMurray fire of 2016.

Along with expected increases in cough, pneumonia, asthma and respiratory emergency-room visits, the research team heard about fear, isolation, lack of physical activity, and changes in traditional summertime activities for both Indigenous and non-Indigenous populations.

The study noted that those affected spent more time indoors to avoid physical discomfort, resulting in feelings of isolation and increased anxiety, particularly around the question of whether this is "the new norm."

The study concludes there is a need for coordinated community-based education, communication and adaptation projects to address these issues. It also suggests these projects should be inclusive of local knowledge, values and context.

ALUMNI PROFILE

HEIDI CHODOROWICZ, BSc '13, Health Studies

CURRENTLY: Product Manager,
RL Solutions, Toronto



Some days Heidi Chodorowicz gets to work and can't believe her luck.

"It's just the best place – a great environment for learning new things and meeting great people. It might sound cheesy, but RL really is like a big, happy family," she says.

Heidi works for RL Solutions, a Toronto-based software company that develops products to help hospitals keep their patients safe. It's a Canadian high-tech success story, and probably the last place Heidi imagined working when she came to Waterloo to study health.

"Like a lot of other students, I was thinking of a career in medicine," she says. "But looking at health from a population level showed me there were other important ways I could contribute."

Heidi spent two co-op terms exploring hospital-based research opportunities (and even had the chance to watch an open-heart surgery), but it was a co-op placement at RL that changed her life.

"I thought the tech sector was closed off to me, but at RL, they understand that technical skills can be taught, but compassion and empathy for health care isn't something you can teach. That's why AHS alumni are such an asset to RL's culture and innovation."

Heidi joined RL full time after finishing her degree, and today holds a product management role. She works with RL clients around the world to identify problems that need to be solved and how software can help support work in patient safety and quality improvement.

"I can apply so much of what I learned in AHS – I'm constantly researching the global health-care industry, and love that I get to continue my learning this way."

The biggest thing Heidi would like current students and alumni to know is that making a difference in your chosen field is possible, but sometimes you need to look in unconventional places.

"I never thought I'd end up working at a tech company," says Heidi, "But it's amazing the growth you can find when you open yourself up to new opportunities."

Heidi has played a key role in strengthening our connections with RL Solutions, one of our valuable corporate and co-op partners. Thank you, Heidi!

Recreation and Leisure Studies

Kirt Hill

Kirt Hill (BA '13, Recreation and Sport Business) was appointed President of Hockey Operations and General Manager of the Western Hockey League's Edmonton Oil Kings this past June. Congratulations, Kirt!



Texas A&M's Gerard Kyle receives 2018 Shaw-Mannell Award

Professor **Gerard Kyle** received the 2018 Shaw-Mannell Leisure Research Award in recognition of his many contributions to the field. These awards were established in 2010 to recognize innovative, creative and courageous research in leisure studies. They honour two outstanding retired Waterloo faculty members, Susan M. Shaw and Roger C. Mannell.



Alumni Council president wraps up two-year term

Your Alumni Council extends a sincere thanks to **John Haddock** (BA '78, Recreation and Leisure Studies) as he wraps up a two-year term as president. John has successfully led the council to advocate for stronger alumni engagement, and in November, started serving another term as the AHS representative. Alumni Council is your voice on campus, providing an active alumni perspective to the University. Thanks for your service, John!



All REGers can be proud of ranking #1

For the second year in a row, the QS World University Rankings listed Waterloo as the top university in Canada for hospitality and leisure management – the only subject area on campus to be ranked #1. Waterloo also ranked first for the second year in a row in a different set of subject rankings – hospitality and tourism management – compiled by the Academic Ranking of World Universities (Shanghai). These showings reflect real people making a real difference – and that includes you, our amazing alumni. Congratulations!

SPOTLIGHT ON SCHOLARS

Graham Barnes | Burlington, ON

PROGRAM: Recreation and Sport Business, Class of 2018

CAREER GOAL: Director of Sports and Recreation (municipal or university)

AWARD: Ron May Memorial Award



Graham Barnes graduated in April 2018, but you can still find him on the campus basketball court or in the weight room.

“I was lucky enough to land a 15-month contract working with Warriors Athletics,” he explains, “so I don’t have to say goodbye yet!”

Sport has always been a part of Graham’s life. He grew up in an active, outdoorsy family, played baseball when he was young, and played both intramural basketball and badminton during his undergraduate years.

He’s also passionate about sharing his love of sport and activity, and hopes his career will one day take him to municipal or university sports-and-recreation planning.

Graham made a conscious decision to apply for the Ron May Memorial Award for his final year. “I’d noticed a positive trend in my marks and thought I might qualify. It was really gratifying when I received the award – knowing that my work had been recognized by an objective third party meant more than you can know.”

Established by Ron’s generous friends and colleagues, this award has helped countless RLS students over the years, and has a particular focus on those involved in intramural athletics and with an interest in community sports and recreation. Thanks to all who’ve contributed.

We’ve renovated and you’re welcome to visit any time!

If you graduated from RLS before 2016, you might not recognize our fresh new space. But growing enrolment (and an increased need for grad workspace) inspired an important renovation to B.C. Matthews Hall last year.

Pictured here in the new space are department Chair Troy Glover (PhD '00, Recreation and Leisure Studies) and Administrator Sandy Heise (BA '96, Recreation and Leisure Studies), holding the desktop beach chair given to those who attended the February grand opening.

The chair is meant to remind all RLS grads that they are welcome to “pull up a chair,” so don’t hesitate to drop by and tour the new digs! Contact Karry Kwan at karry.kwan@uwaterloo.ca to arrange a visit.





ALLISON HOLMES (MA '15, Tourism Policy and Planning)

RLS grad's research on visiting Indigenous lands cited in recent kayaking controversy

RLS alumna Allison Holmes was quoted in a CBC story covering an Indigenous community's reaction to daredevil kayakers "running" a waterfall considered sacred territory.

Alexandra Falls is a 33.5-metre waterfall near Hay River in the Northwest Territories, and has attracted white-water kayakers before. But when two of a party of five were injured while paddling over the falls this summer, reaction was about more than the dangerous nature of the stunt. A representative of the Katlodeeche First Nation is quoted as saying it was disrespectful to the traditional users of the land.

The controversy came as no surprise to Ally, who wrote her master's thesis on respectful visitor behaviour in traditional territories of the Lutsel K'e Dene First Nation. In fact, her project culminated in a community-informed code of conduct for visitors to the area.

Today, Ally works for a Toronto-based program-evaluation firm called Cathexis Consulting, where she uses her Waterloo-acquired research skills every day. She's proud of the work she did during her master's studies, and a little awed to see its continuing relevance – not to mention her being cited by the CBC as a subject-matter expert.

Ally reminds us that we should all aim to travel respectfully and politely wherever we go, and hopes her code of conduct may make its way into the hands of flight charter companies, airports, tour guides and others who may unknowingly bring travellers into traditional territories.

ALUMNI PROFILE

NANCY (BRUCE) ATHEY, BSc '82, Recreation and Business

CURRENTLY: Senior Manager, Partner
Development, PwC, Toronto



If you had told young Nancy Bruce her career would take her to some of Canada's top corporations, she probably wouldn't have believed you.

"I was fairly sporty when I was young, and also quite people-oriented," she says. "When I started looking at universities, I was trying to decide between social work and phys-ed; I don't think business really entered the picture."

But she also knew, from long, satisfying stints of volunteer work, extra-curriculars and student politics, that what she loved best was helping people. So when Nancy found Waterloo's Recreation program, it seemed to offer the balance she wanted between physical activity and working with different populations. She signed up for the Business specialization almost as an afterthought.

"I ended up loving it, especially the courses about organizational behaviour," she says. "Combined with the leadership development piece I was learning through my volunteer work with the Recreation Activity Council, I felt I was really zeroing in on my own particular niche."

Nancy began her post-Waterloo career at Seneca College, where she started as a student government advisor. Twelve years (and two kids) later, Nancy had moved into several increasingly senior roles, earned a master's degree in adult education from the University of Toronto, and was chairing Seneca's Business Studies program in the Faculty of Continuing Education.

Curiosity about career opportunities outside the post-secondary sector then led her to take a job with RBC Financial Group, in its internal learning centre. From there, she moved first to KPMG and then to PwC, where she now serves as Senior Manager of Partner Development.

Through it all, Nancy has relied on lessons learned at Waterloo, particularly the importance of building relationships, the ability to find creative solutions to almost any problem, and – perhaps most importantly – the importance of lifelong learning.

"We applied-health grads never lose the power of what we learned at Waterloo – we just continue to build on it. It's still a valuable degree with huge potential. I'm very proud to be a Waterloo alumna."

“Smart” shirt aims to predict failing health

A multi-disciplinary research team from Kinesiology and Engineering suggests that wearable sensors tracking changes in aerobic response may one day be used to alert us to early changes in our overall health. Researchers hope that turning data into predictive knowledge will help health-care providers better understand an individual’s health.

Aging slows perception of falls

By the time many older adults realize they are falling, it’s too late for them to do anything about it, according to research published last fall by Kinesiology alumnus

Julian Lupo. Findings will help shape the development of new fall-

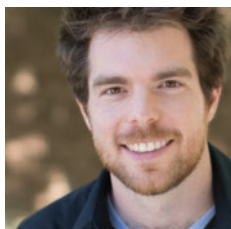
prevention wearable technologies. The study appeared in *Gait and Posture* last fall, and Julian is now enrolled in the JD Law program at Western University.



Standing desks can cause lower back pain

A study by PhD candidate **Dan Viggiani** suggests standing desks may not be the answer to our too-much-sitting blues.

Dan gave 40 adults two hours of standing work, and almost half reported low-back pain when they were done. Dan says the key take-away, whether you are sitting or standing at work, is to move around and shift your posture often.



SPOTLIGHT ON SCHOLARS

Daniel Viggiani | Scarborough, ON

CURRENT PROGRAM: PhD, Kinesiology

CAREER GOAL: Research/Academia

AWARD: Ross and Doris Dixon Charitable Foundation Graduate Scholarship in Applied Health Sciences

Dan Viggiani’s first love was music, and he spent most of his youth dreaming of a career as a rock musician.

But by the end of high school, he figured he’d better have a “Plan B.” His other interests included athletics and sciences, prompting his guidance counsellors to steer him towards kinesiology at Waterloo.

“It took me a while to settle in, but once I got some research experience, I realized this was something I was good at – and that could really help people,” says Dan.

After a placement in Professor Jack Callaghan’s Spine Biomechanics Lab, Dan became interested in the issue of low-back pain in workplace settings. He wrote a master’s thesis showing that standing desks – often touted as a cure to all-day sitting – can actually increase low-back pain in some people.

Today, Dan is working on his PhD, and his research has expanded beyond mechanical risk factors of low-back pain to include the underlying physiology. He hopes this will lead to better understanding and better prevention.

“I’m truly grateful for this award, particularly for the freedom it’s given me to study something outside of what we usually do in this lab.”

This award supports graduate research in Applied Health Sciences, and is generously funded by a gift left in the will of long-time Waterloo friends and supporters Ross and Doris Dixon. PhD student, Michael Paris (MSc ’17, Kinesiology), also received this award in 2018.

KIN alumna at the 2018 Olympic Games



HEATHER MOYSE
(BSc ’00, Kinesiology)

Heather Moyse (BSc ’00, Kinesiology) is one of our most decorated athletes. She has competed in a total of four Olympic games and holds two gold medals in women’s bobsleigh from Vancouver 2010 and Sochi 2014.

Heather returned to the sport at PyeongChang 2018 with a new goal of helping a rookie athlete, and finished in sixth place with Alysia Rissling.

In 2016, Heather became the first Canadian woman and the second Canadian overall to be inducted into the World Rugby Hall of Fame. She also holds a master’s degree in occupational therapy from the University of Toronto.

REID COWPER, BSc '12, Kinesiology

CURRENTLY: Owner, Elora Racquets and Fitness Inc., Fergus R. Kin., Leading Edge Physiotherapy Centre, Kitchener



Nike's UWaterloo family

Nike hires many talented kinesiology grads, particularly alumni of the master's program, for its research and development divisions.

Nick Frank (BSc '11, MSc '13, Kinesiology), now a researcher in the Nike Sport Research Lab (NSRL), chalks this up to Waterloo's innovative spirit.

"At Waterloo, we were taught how to solve tough problems because that's how you get to the good stuff," he says. He also says that Waterloo grads are set apart by the solid foundation they build from early stages in their undergraduate studies. "Starting with a strong foundation allows us to be creative problem solvers. Waterloo played a large part in developing that skill."

Professor Emeritus Jim Frank met up with seven of the nine Waterloo grads now working at Nike's Oregon headquarters while on a research trip in February 2017 and snapped this photo:



Front row, left - right: **MARTINE MIENTJES** (MSc '96, PhD '00, Kinesiology), Quality, Safety & Standards Management Director; Sons of **MARTINE MIENTJES & MIKE AMOS** (Mike is located directly behind the boys); **DAVE JONES** (BSc '84, Kinesiology), Senior Director, Footwear Innovation; **JIM FRANK** (BSc '73, MSc '75, Kinesiology), Professor Emeritus, Department of Kinesiology, University of Waterloo

Back row, left-right: NSRL Researchers **MIKE AMOS** (BSc '96, MSc '98, Kinesiology), **SHIVAM BHAN** (MSc '14, Kinesiology), **BRYAN PICCO** (BSc '09, MSc '12, Kinesiology) and **NICK FRANK** (BSc '11, MSc '13 Kinesiology), with **ADAM THUSS** (BSc '10, Mechanical Engineering), Generative Designer, Footwear Innovation



Another shot of Nike's UWaterloo family, this time including **GENG LUO** (BSc '06, Kinesiology), Senior Biomechanics Researcher, front row, left; and **KATELYN FRASER** (BSc '11, MSc '14, Kinesiology), Physiology Researcher, front row, centre.

You could say the entrepreneurial spirit runs in Reid Cowper's blood.

His parents, Bruce (BSc '80, Science) and Kathy (BSc '82, Kinesiology) Cowper of Mallot Creek Group Inc., started their own consultancy group 20 years ago and have never looked back. The business was part of family life for almost as long as Reid can remember, and he always thought he'd like a business of his own.

But his major interests were sports, athletics and physics, and he didn't think there was a lot of entrepreneurial opportunity in these fields. So he headed to Waterloo to study kinesiology, thinking of a career in medicine.

"I think a lot of students see kin as a gateway to medicine," says Reid. "But one of the first things I learned at Waterloo was there were many other avenues open to you with a background in kin."

Reid became intrigued by the world of athletic therapy, and took this interest with him for a three-year stint as a ski instructor in Whistler, B.C. after he finished his degree.

Still unsure about his next career step, Reid came home to Fergus, Ontario in 2013 to the news that the local racquet club was for sale. His mom (herself a national squash champion) casually suggested he might buy it.

"I walked in one day to talk to the owner and walked out with a job," laughs Reid. "I told him I'd like to run the place for the summer so he could take the summer off."

Eight months later, with help and coaching from his parents, Reid was the proud owner of Elora Racquets and Fitness Inc. Today, the busy club has 250+ members and runs a full slate of junior and senior programming in a range of racquet sports.

Reid also works part time as a registered kinesiologist in a local clinic, and says he's now got the best of both worlds. "The biggest thing Waterloo taught me was how to learn, and with those skills, you can do anything you want."

Reid played varsity volleyball during his time at Waterloo, and supports the Warrior Men's Volleyball Alumni Adventure Challenge Award. This award recognizes athletic talent and supports our hard-working student athletes. Thank you, Reid!

Faculty news and engagement

Congratulations, outstanding alumni!

Krista McKerracher (BSc '84, Health Studies) was awarded the 2018 Alumni Achievement Award in recognition of her outstanding leadership in the realm of drug discovery and development, her volunteer and mentoring activities, and her championing of women in health care.



Rachel Thompson (BSc '15, Health Studies) is our 2018 Young Alumni Award recipient.

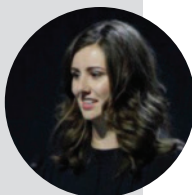
Inspired by her two beloved grandmothers, Rachel founded a company that produces reading materials for those living with Alzheimer's, dementia and other cognitive challenges.

More at marlenabooks.com.

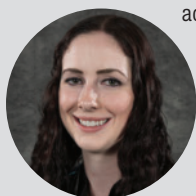


Talented new alumni recognized at Spring Convocation

Jennifer MacKinnon (BPH '18) was our Spring 2018 Valedictorian and a highly valued AHS volunteer and ambassador throughout her undergraduate career. Today, she's studying for her Master of Arts in child study and education at the University of Toronto.



Brianna Hanson (BSc '18, Kinesiology) received the 2018 Alumni Gold Medal, along with recognition for distinguished academic achievement from the Department of Kinesiology. Brianna is now pursuing her master's degree in occupational therapy at the University of Toronto.



Jasmine Lynn Bacola (BPH '18) received the 2018 Governor General's Silver Medal, granted in recognition of highest standing in an undergraduate degree program. Jasmine is also now studying for her master's degree in occupational therapy at the University of Toronto.



Three generations of Waterloo grads ... or will it be four?

A new scholarship established by John and Vickie Janetos began funding graduate research in mental health in fall 2018. The couple also supports UW WELL-FIT, an innovative exercise program for those undergoing cancer treatment. When we sat down to chat with them about this wonderful commitment, we realized the family boasts three generations of Waterloo grads!

When wee Theodore and Josephine Janetos were born, each was promptly outfitted with Waterloo swag by besotted grandparents John (BSc '73, Kinesiology) and Vickie (BSc '76, Kinesiology/Dance).

That's because they were born into a thoroughly dedicated UWaterloo family, one with roots reaching back to the University's very beginnings.

It happened like this: St. Jerome's and UWaterloo founder, Father Cornelius Siegfried, had a niece named June Toushan, and she came to Waterloo to study liberal arts after raising her family.

Father Corky (as he was affectionately known) was thrilled to have more family on campus, since June's two eldest daughters, his great-nieces Vickie and Cindy, were already here studying kinesiology and dance. Later, June's youngest son Chris also chose Waterloo, enrolling in the economics program.

Meanwhile, a Waterloo kinesiology grad named John Janetos was back in town studying social work at Laurier when he met Vickie. The two were married in 1978 by Father Corky, and their two sons Benjamin and Daniel were christened in the chapel at St. Jerome's by Father Corky as well.

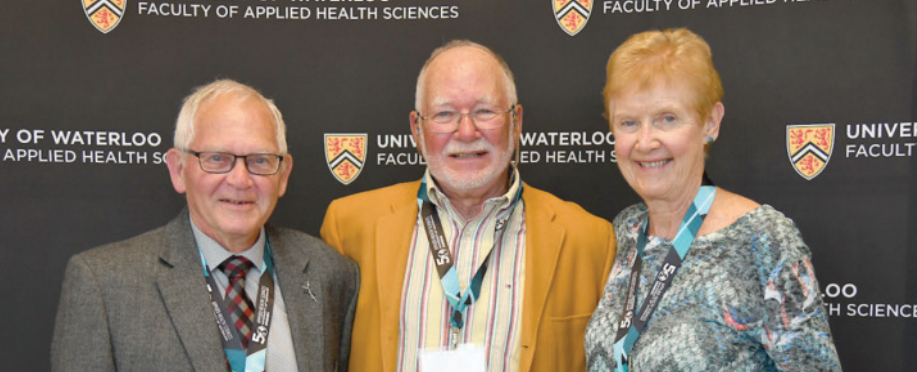
Later, Benjamin decided to study economics at Waterloo, where he met his future wife Katie Watkins, who was here studying history. The two were married in 2009 in a ceremony presided over by none other than Father Corky.

John and Vickie continue to make Waterloo a part of their lives, attending campus events and keeping in touch with alumni friends. This year, they also established a much-needed scholarship to fund graduate research in mental health, an area of special interest to the family.

Thank you John, Vickie and the entire Janetos/Toushan/Siegfried clan – we're proud to count your family as part of ours!



St. Jerome's and UWaterloo founder, Father **CORNELIUS SIEGFRIED**



Alumni **MURRAY HUNTER** (left, BPE '67; MA '73, History) and **MARG COLMER** (right, BA '66, Latin; BPE '67) with retired Kinesiology professor **HOWIE GREEN** (centre) at the Dean's Private Reception during last year's Reunion.

50th anniversary celebrations a hit with alumni!

One of our favourite things about last year was welcoming so many of you back to campus, and it seems many of you felt the same way. Murray Hunter (BPE '67; MA '73, History) wrote to tell us this:

“When I think of the facilities and resources my class had 50 years ago, and see what the University and the Faculty of Applied Health Sciences have developed for young students today, it is most gratifying – an achievement in which to take pride and satisfaction.

“Often we need a special occasion to spur us to recollect a past event. I am glad the 50th Anniversary of AHS was just such an event – thank you for your interest in the class of '66/'67 and in my remembrances of that time.”

Thank you, Murray – we loved hearing every one of your wonderful stories.

Do you have a special memory of your time at AHS? Keep your favourite stories coming beyond our 50th anniversary – submit online at uwaterloo.ca/ahs/share-stories.

Global health a priority for AHS

The Global Health Policy and Innovation (GHPI) Research Centre received approval from University Senate this fall. This new centre, directed by SPHHS and Economics Professor Susan Horton, brings together faculty members from across the University and other institutions such as Wilfrid Laurier University to work at improving the health of populations around the world through multi-disciplinary research and policy work.

Here, Professor Horton, second from the right (first row), is pictured with child nutrition colleagues in Tanzania.

For more information about the GHPI, visit uwaterloo.ca/ghpi.



THE LATEST NEWS

Honorary degrees for Dr. Sandra E. Black and Dr. David A. Butler-Jones

Distinguished clinical scientist and medical doctor **Sandra Black**, widely known for her work in the area of brain health, dementia and stroke, addressed graduates at spring convocation and received an honorary Doctor of Science.



Dr. Butler-Jones served as the inaugural Chief Public Health Officer and Head of the Public Health Agency of Canada. He is currently the Senior Medical Officer in Ottawa, and Atlantic Region Public Health Specialist for First Nations and Inuit Health with Indigenous Services Canada. He received an honorary degree at fall convocation for his many achievements in public health and his commitment to health equity.



Two AHS researchers receive Government of Ontario Early Researcher Awards



SHARON KIRKPATRICK



LAURA MIDDLETON

School of Public Health and Health Systems' **Sharon Kirkpatrick** will study strategies to support healthy eating, and Kinesiology's **Laura Middleton** will create exercise opportunities for people with, or at risk for, dementia with the help of this distinguished award. Each will receive \$140K over five years, along with another \$50K from the University.

Will you help today's students complete a Waterloo Applied Health Sciences education?



TRACY McWHIRTER

MSc '11, Kinesiology
SUPPORTS:
AHS Scholarships Fund

I'm happy
to help!
Won't you
join me?

The need for scholarships and bursaries continues to rise dramatically. Hundreds of students now rely on generous alumni like you to fund important scholarships and bursaries.

I choose to support the AHS Scholarships Fund, and you can too! Even a small gift can change a life.

SEE INSIDE FOR HOW YOU CAN HELP. Thank you!


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Join us for the first **ALUMNI WEEKEND**

JUNE 1, 2019

Featuring the President's Milestone Luncheon (previously a part of Reunion) and special programming for AHS alumni.

We hope that you will join us in recognizing the classes celebrating milestone anniversaries.

**CALLING ALL GRADS OF THE AHS
CLASSES OF '74, '79, '84, '89 AND '94**

Please email karry.kwan@uwaterloo.ca if you are interested in organizing a class reunion.



Do we have your current contact details?

Update your contact info and communications preferences easily online.

Join one of our groups on social media too!

uwaterloo.ca/alumni/stay-connected



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