



# NEWS TO YOU

APPLIED HEALTH SCIENCES

## LEADING

A NEW CONVERSATION FOR

**5**  **years**  
2017/2018

**SPECIAL ANNIVERSARY ISSUE**



**UNIVERSITY OF WATERLOO**  
FACULTY OF APPLIED HEALTH SCIENCES



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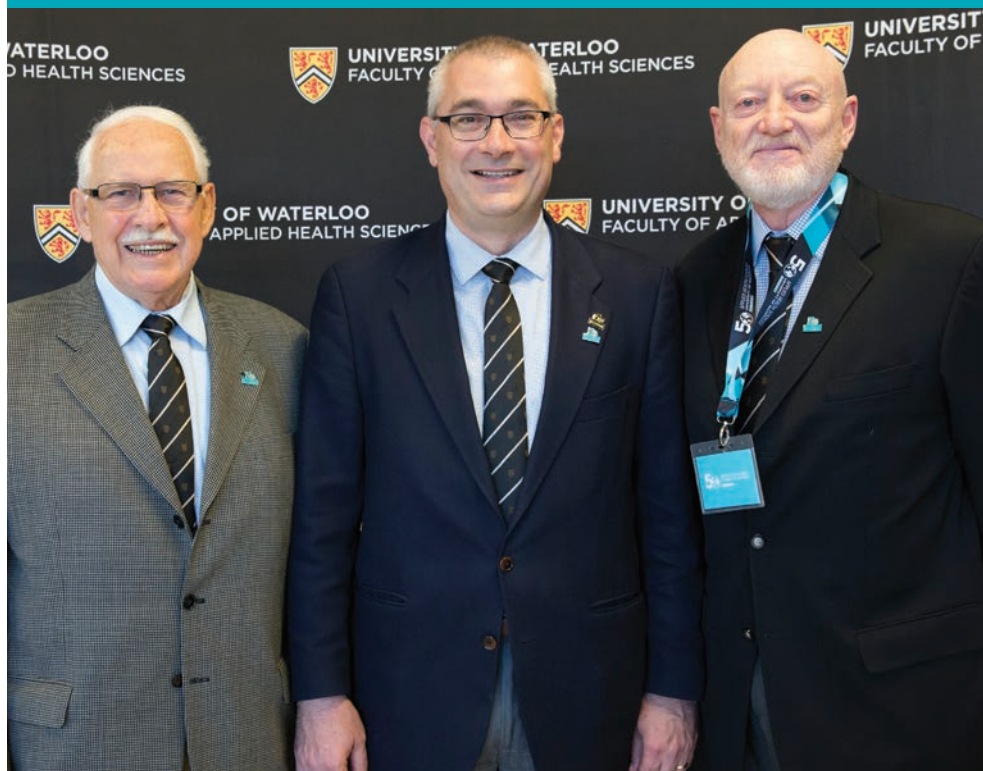
Thanks for the memories **PAGE 18**



APPLIED HEALTH SCIENCES  
UNIVERSITY OF WATERLOO

2017/2018

# AT AHS, WE'RE PROUD TO BE PART OF YOUR STORY



Dean JAMES RUSH, flanked by former deans BOB NORMAN (left) (1991-1997) and ROGER MANNELL (2005-2010), at the May 8 kickoff event for AHS's 50<sup>th</sup> anniversary celebrations.



I'd like to share a story with you.

It's about one of our alumni, Christina Hassan (BSc '14, Health Studies; MPH '16), who spent a co-op work term at a maternity clinic in Uganda, where she learned real-life applications of what she'd studied at Waterloo.

While there, she became painfully aware that too many mothers and babies were dying from lack of simple medical supplies we take for granted every day in Canada.

Determined to change this, Christina returned to Canada where she and her husband, Hyder (BA '12, Liberal Studies), founded a not-for-profit organization called FullSoul. FullSoul equips Ugandan hospitals with badly needed medical supplies to help protect the health of medical practitioners, mothers and their babies.

This term, Christina and Hyder are hiring an AHS co-op student to work in Uganda.

### Alumni like you are making a difference all over the world

Hearing these and other stories of how AHS alumni are making the world a better place is one of the great pleasures I have as Dean of this Faculty.

In another example, I visited Hong Kong last year as part of the UWaterloo delegation to that territory. A highlight of the trip was meeting Nana Lui (BA '95, Recreation and Leisure Studies) who shared the story of how her AHS studies launched what is now a distinguished law career in Hong Kong.

**Hearing and sharing your stories is a big part of what makes this milestone 50<sup>th</sup> anniversary year so special.**

Nana later agreed to be profiled in this issue of *News To You*, and you can read that story on page 15.

I was also pleased to meet Tai Toh (BSc '01, Kinesiology) soon after I became

Dean. Tai offered me generous and timely advice on how to build our alumni family into a strong, powerful network and has kept in touch over the last 18 months in various ways, including visits to campus.

His current work is as Director of Product Design at tech startup Nulogy, and it is inspiring to see his career follow such an interesting path.

### Your stories are our inspiration

We're continuing to celebrate AHS's 50<sup>th</sup> anniversary in 2018, and hearing and sharing your stories is a big part of what makes this milestone so special.

Please know that we always want to hear from you. We want to know where your AHS studies have taken you, what you've learned since you left, and what you're doing today.

But you don't have to wait for a special event like a reception or an official delegation to your

city. If you have a story to share, please reach out to us any time.

Until then, I hope you enjoy the stories we've gathered for you here in our special anniversary issue of *News To You*.

Keep in touch.

**James W.E. Rush**  
Dean, Faculty of Applied Health Sciences (AHS)

To share your story or become more involved with AHS, contact Karry Kwan, Alumni Advancement Officer, [karry.kwan@uwaterloo.ca](mailto:karry.kwan@uwaterloo.ca) | 519-888-4567, ext. 32610.

# THANKS TO OUR AMAZING ALUMNI DONORS!

*These generous alumni are making a difference at Waterloo and around the world. Thank you for helping prepare a new generation of health leaders.*



## JIM AND JACKIE FRANK

Jim and Jackie Frank (BSc '73, MSc '75, Kinesiology; and BSc '74, Kinesiology) have deep roots at UWaterloo. The two met and married during their undergrad studies and have seen both their children graduate from Waterloo. Both are recently retired, Jim from a distinguished academic career, including 29 years at UWaterloo, and Jackie from teaching and principalships with the Waterloo Region District School Board. **"We're proud to be graduates of what is still the finest kinesiology program in the country,"** says Jackie. **"We're happy to give back to a place that contributed so much to our happiness and success,"** adds Jim.

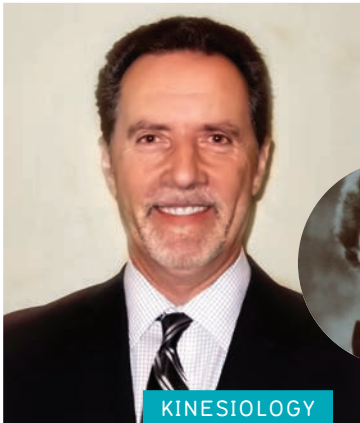
*Thank you both!*



## SHELAGH MALONEY

Shelagh Maloney (BSc '87, Health Studies) is now VP of Consumer Health, Communications and Evaluation Services at Canada Health Infoway, a government-funded agency that helps accelerate the use of digital health tools. Shelagh gives regularly to AHS and has also made a gift to the Murray Alzheimer Research and Education Program (MAREP) in honour of her father, lost to Alzheimer's disease two years ago. **"I think we have a social responsibility to help others – plus I had such a great experience at Waterloo. I'm genuinely happy to support today's students."**

*Thank you, Shelagh!*



KINESIOLOGY

## ERIC CELENTANO

Eric Celentano (BSc '79, Kinesiology) has recently retired from a 35-year career in health-care equipment sales, ergonomics and health-and-safety consulting, and proudly states he used his Waterloo education throughout his entire career. Now living in Toronto, Eric has supported AHS/Kinesiology almost from the moment he graduated: **"I think it's the best program in the country – maybe even in the world – and I'm happy to support it because I'm proud of where I came from."**

*Wow; thanks Eric!*



RECREATION AND LEISURE STUDIES

## SUSAN DACK

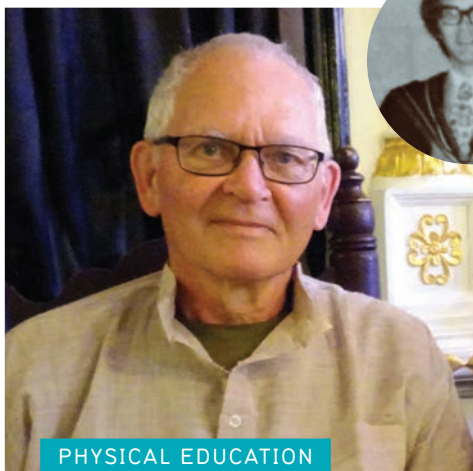
Susan Dack (BA '84, Recreation and Leisure Studies) works as a community recreation co-ordinator for the City of Edmonton and has been a tireless advocate for recreation her entire life. She supports the RLS Founders Entrance Scholarship and has also left a gift in her will for AHS. **"Recreation is my passion, and this is the perfect way to share that love with others who might need help financing their education."**

*Thank you, Susan!*

## MURRAY HUNTER

Murray Hunter (BPE '67; MA '73, History) retired in 1999 from a 30-year teaching career, spent mostly at F.E. Madill Secondary School in Wingham, ON. He later enjoyed a second career in employment services as a counsellor and vocational assessor. Born and raised in rural Ontario, Murray found his world opened up significantly once he arrived on campus in the 1960s. **"I give to make sure Waterloo can carry on providing students with the tools they need to find rewarding work and to explore the wider world."**

*Thanks, Murray!*



PHYSICAL EDUCATION

### \$100K RBC research sponsorship supports healthy aging research

RBC will sponsor new research initiatives related to healthy aging and well-being in retirement, thanks to a renewed partnership with AHS. RBC is one of Waterloo's most important research partners and philanthropic supporters, directing much of its corporate giving to retirement- and age-related research.

### Your gifts now support a new undergraduate research fund

Thanks to generous gifts from alumni and other donors, AHS is now able to create a \$25K fund to help undergraduates bring their research to a wider audience. The fund will provide \$500 grants to help students attend external conferences or workshops or take part in related research events. Thank you!

### Outstanding alumni recognized

#### Dr. Patrick Brill-Edwards (BSc '79, Kinesiology)

was awarded the 2017 Alumni Achievement Award in recognition of his work with Merck in bringing its human papillomavirus (HPV) vaccine Gardasil to market. The vaccine provides groundbreaking protection against cervical cancer, HPV-related anal cancers, and 90 per cent of all genital warts.



#### Shelley Martin (BA '15, Therapeutic Recreation)

received the 2017 Young Alumni Award, partly in recognition of her work in establishing Arts Abound, an innovative arts studio that provides meaningful art experiences for kids of all ages and abilities.



### Nominate an outstanding AHS grad!

These awards recognize alumni who have made outstanding contributions to the health and well-being of society through their professional accomplishments, public service and/or support of UWaterloo. Nominations are accepted each year until the end of April at [uwaterloo.ca/ahs/alumni-award-nominations](http://uwaterloo.ca/ahs/alumni-award-nominations).



**KAREN HOODLESS (BSc '89, Kinesiology)** shares stories and career advice at Speed Networking 2017 last January.

## Generous alumni return each year to advise students at Speed Networking event

There are some things you just can't learn in a classroom. Like the lifestyle differences between working as a consultant versus working in-house, or what role an ergonomist can play in designing equipment for a meat-processing plant.

These are just a few of the topics Kinesiology alumna Karen Hoodless discusses regularly with today's students when she volunteers at AHS's Speed Networking event. Modelled on the pre-Tinder speed-dating format, Speed Networking sees students rotating between stations where they are able to chat with AHS alumni from many professions. Now approaching its tenth year, Speed Networking is a wonderful way for alumni to offer guidance and mentorship to today's students.

Chiropractor Jeff Goldsworthy (BSc '83, Kinesiology) also attends regularly and finds students grateful for his knowledge of how to establish careers in chiropractic, occupational therapy and physiotherapy. "I definitely see more interest from students today in pursuing chiropractic, which is great for the field," says Jeff. A stalwart alumnus, Jeff also routinely hosts co-op students at his Waterloo-based practice.

Both Karen and Jeff say they return faithfully to take part in Speed Networking because they enjoy talking with the students. "Waterloo just feels like home," says Karen. **"I love coming back, and it's a great opportunity to help these young people get answers they might not find in the classroom."**

*Thank you to all our loyal alumni mentors! Speed Networking 2018 takes place January 31. Contact Karry Kwan if you'd like to participate: [karry.kwan@uwaterloo.ca](mailto:karry.kwan@uwaterloo.ca) | 519-888-4567, ext. 32610.*

## SPHHS hosts public lecture on legalization and regulation of cannabis



The Honourable ANNE MCLELLAN

AHS continued its work in creating new conversations around cannabis use in Canada by hosting a public lecture on the topic by the Honourable Anne McLellan this past May.

McLellan is the former Minister of Justice and current head of the Task Force on Cannabis Legalization and Regulation.

The lecture was followed by a panel discussion moderated by Professor David Hammond and featured panelists Liana Nolan, Waterloo Medical Officer of Health; Jonathan Zaid, undergraduate student and advocate for medical marijuana; and Professor Chris Perlman, whose research focuses on mental health and addictions.

The event kicked off AHS's year of celebration marking the Faculty's 50<sup>th</sup> and the School of Public Health and Health Systems' 40<sup>th</sup> anniversaries.

You can view the full public lecture and panel session on the AHS 50<sup>th</sup> Anniversary website: [uwaterloo.ca/ahs50](http://uwaterloo.ca/ahs50).



## Celebrating our 50<sup>th</sup> with a courtyard makeover

Now that the AHS Expansion Building is complete, we're turning our attention to the outdoor courtyard bordered by three buildings.

"The courtyard has great potential to be a vibrant outdoor space for students to enjoy year-round," says RLS Chair Troy Glover, who co-ordinated a design charette in early June to gather community input for the project.

Some of the ideas put forward include installing a deck, redesigning the pathways to make them more inviting, expanding the green space and possibly including a community garden.

"Outdoor space is important for both physical and mental health," says Troy, "so it's a natural fit for AHS." Stand by for details on the final design.

## THE LATEST NEWS

### Honorary degree for John Frank

Epidemiologist, teacher and advocate for strengthening public health systems

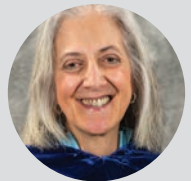
**John Frank** addressed graduates at Spring 2017 convocation and received an Honorary Doctor of Laws.



### Laurie Hoffman-Goetz named Distinguished Professor Emerita

**Laurie Hoffman-Goetz**

was conferred the title Distinguished Professor Emerita at Spring 2017 convocation, in recognition of a lifetime of scholarship, teaching and administrative excellence in the School of Public Health and Health Systems.



### Bill McIlroy recognized for excellence in graduate supervision

**Bill McIlroy** has received the 2016-17 University of Waterloo Award of Excellence in Graduate Supervision, recognizing his outstanding work with grad students. This award was established by the Graduate Studies Office and the Graduate Student Association. McIlroy is Chair of the Department of Kinesiology and holds a University Research Chair.



### AHS students form 32.7 per cent of 2016-17 Academic All-Canadians

This year 214 student-athletes placed on the academic honour roll, maintaining academic averages of 80 per cent and higher and earning the title Academic All-Canadians. AHS was represented by 70 of these students (32.7 per cent), and we are proud of each and every one of them.

### Do we have your current address?

Update your contact info easily online, and tell us your communication preferences. Join one of our groups on social media too, if you'd like. [uwaterloo.ca/alumni/stay-connected](http://uwaterloo.ca/alumni/stay-connected)

# AHS: LEADING A NEW CONVERSATION

FOR 50 YEARS

*There's much to celebrate as AHS marks its milestone anniversary, including the roots of three dynamic academic units and research that's changed the way we think about health and well-being.*

Back in 1966, there was no such thing as university studies in kinesiology.

Instead, there was one course on applied anatomy. It was offered by Canada's many post-secondary programs in physical education (PE) and was tailored to high-school gym teachers.

At Waterloo, the course was offered as part of a one-year post-degree program in PE. But the young university wanted to expand this offering to a four-year honours degree. And they'd hired a fellow named Norman Ashton to make it happen.

## Norm Ashton and the founding of kinesiology at Waterloo

Ashton had spent the early years of his career as a fitness specialist with the Royal Canadian Air Force (RCAF). There, among other things, he'd designed the 10BX exercise plan for RCAF women. He'd also worked with military pilots performing long-haul flights and other personnel working in extremely cold climates.

He knew there were dozens of areas that could benefit from professionals trained in the knowledge of human movement and was convinced there was potential in broadening the mandate of PE. He also felt that all people – including those with physical impairment – should be able to study the science of human movement. This was difficult at the time because PE programs required credits in sports skills courses.



NORM ASHTON

Thus, guided by Ashton's vision, the University of Waterloo established an entirely new interdisciplinary field of study when it launched the world's first department of kinesiology. A new conversation had begun.

## Roots of Recreation and Leisure Studies

At the same time, both federal and provincial governments were becoming aware of the need for infrastructure to encourage physical fitness among all Canadians. They also saw a corresponding need for university-educated professionals to provide leadership in this new arena.

So it was that in that same year the Ontario government approached both UWaterloo and the University of Ottawa with requests to establish degree programs in recreation.

## Lalonde Report inspires new Department of Health Studies

A few years later, in 1974, the federal government released a groundbreaking report on the health of Canadians. Known as the Lalonde Report, it suggested the health of a nation depended on far more than its health-care system. Lifestyle and environmental factors were just as important, and promotion of health and wellness needed to go hand in hand with medical care and intervention.

Leaders in Waterloo's brand-new kinesiology program saw instantly that this report would be transformative. It heralded a need for a new kind of health research and a new kind of health professional – scientists who could do the research needed to identify how to make real change in health and well-being. They responded by forming another new department: Health Studies, which would eventually become today's School of Public Health and Health Systems.



## Pioneering research inspires changing ideas about health

Waterloo's faculty and students soon began to establish the young university as a world leader in all these areas.

The following section highlights some of this initial work and demonstrates how it created the foundation for work being undertaken today.

### ERGONOMICS AND GAIT ANALYSIS

Under the guiding hand of Norm Ashton and, later, members of the department's biomechanics group, ergonomics emerged as a preliminary strength at Waterloo.

Early faculty member Bob Norman and his students worked with the Canadian military to assess the design of fighter-pilot helmets and ground-troop backpacks, taking low-back injury and excessive fatigue into consideration. Later, Bob worked with Richard Wells and many other colleagues on a massive project to reduce absenteeism caused by low-back injury in General Motors' Oshawa plants. Another faculty member, Patrick Bishop, worked on sport helmet designs and is still involved with the Canadian Standards Association and sport concussion groups to make sports safer.

This growth in ergonomics strength was accompanied by pioneering work in the use of quantitative data to analyse human movement. This was a major contribution to world knowledge led by Dave Winter.

Winter was recruited from Winnipeg's Shriners Hospital, where he had worked extensively with

children who had cerebral palsy. As part of this work, he had developed early computer analysis of the walking patterns of these children. This in turn led to more effective recommendations for therapy and/or surgery. Winter brought these skills and methods to Waterloo and applied them to many forms of human movement.

Today graduates of Waterloo's kinesiology program are in senior ergonomics positions around the world, and faculty members continue to generate new knowledge in areas including mobility and aging, prevention of musculoskeletal disorders, back mechanics and more.

### TOBACCO AND OTHER LIFESTYLE THREATS

Even in the late 1960s, when smoking was still socially acceptable, tobacco researchers knew it was a public-health disaster in the making.

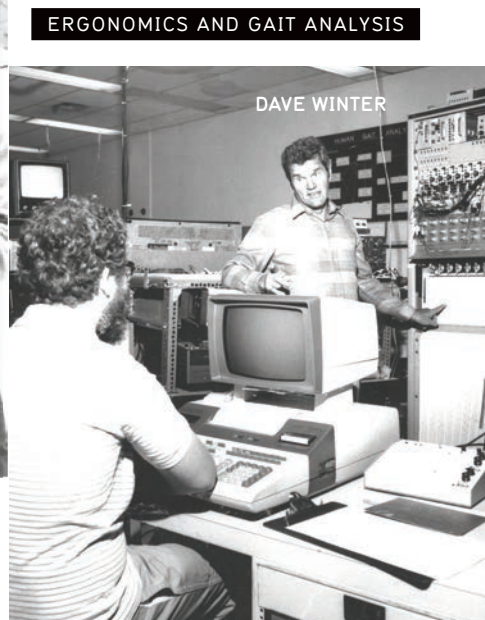
Another of Norm Ashton's early hires was Allan Best, who was running smoking cessation clinics at the University of British Columbia, based on his dissertation research in Waterloo's Department of Psychology. The work that Best and his students undertook at Waterloo in the early 1980s caught the attention of the U.S. National Cancer Institute, which then provided millions of dollars for further research into smoking cessation and prevention.

This work eventually led to many of the smoking-cessation strategies we employ today, including cigarette-package warning labels, policies against smoking in public places, and intervention and

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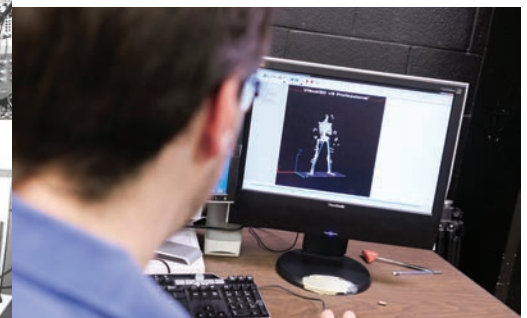


PATRICK BISHOP



DAVE WINTER

### ERGONOMICS AND GAIT ANALYSIS



education programs in schools. Importantly, it also inspired a new research methodology to measure the impact of these interventions.

Today AHS faculty are still world leaders in smoking cessation and prevention, and the research and intervention methods developed to tackle tobacco use are now being used to study obesity, poor diet, physical inactivity, screen time, alcohol use and more.

**RECREATION AND LEISURE – CREATING A NEW DEFINITION OF HEALTH**

Early researchers in the Department of Recreation and Leisure Studies focused on how public assets could support healthy, active living. These included Ron Johnson, who investigated how urban spaces are co-opted for recreation (think skateboarding teens), and Paul Eagles, who did early work in outdoor recreation and resource management.

Today’s RLS researchers continue to look at how physical infrastructure can support active living. But they are also broadening the definition of “healthy” to include mental and social well-being.

Current research includes work by Troy Glover and Katie Misener investigating social capital and how it can create more inclusive communities that foster meaningful social connections. Bryan Grimwood looks

at landscapes for ethical tourism; Lisbeth Barbary and Corey Johnson study inclusive spaces for LGBTQ+ populations; and Diana Parry researches online communities for women.

Additionally, RLS alumni can now be found across the country leading sport and recreation businesses, managing Canada’s renowned public parks system and employing therapeutic recreation techniques to improve lives in schools, hospitals and long-term care facilities.

**NEW CONVERSATIONS ABOUT HEALTH AND GENDER**

AHS also took early leadership in the study of health and gender. Nancy Theberge and Sue Shaw were pioneers in investigating gender-equity issues surrounding sport, physical activity, health, leisure and other sociological and applied-health arenas.

One of Theberge’s most notable publications was her book *Higher Goals: Women’s Ice Hockey and the Politics of Gender*, still regarded as groundbreaking in its analysis of women’s experience of sport and struggle to gain acceptance and recognition. Her research was particularly influential in establishing the link between progress towards gender equity in this sphere and gender relations in broader society.



ALLAN BEST



RON JOHNSON

**RECREATION AND LEISURE STUDIES**



TROY GLOVER



**TOBACCO AND LIFESTYLE**



Sue Shaw was among the first scholars to shed light on the androcentric nature of existing leisure research and how the intersection of work, family and leisure is experienced in different ways by women and men. Her work opened opportunities for feminist scholars to examine these issues within a variety of social, cultural and economic situations.

Today Diana Parry researches women’s encounters with menopause, infertility, motherhood, cancer and a host of other issues on the public-health and recreation-and-leisure spectra.

**WHAT GOES INTO HEALTHY RETIREMENT AND AGING?**

The '60s and '70s were very youthful times, and retirement and aging were not exactly top-of-mind in public discourse.

But Waterloo already had these issues in its sights, particularly another early researcher named Ron Schlegel. Schlegel was a social psychologist by training, but his true passion was ensuring the dignity and welfare of seniors. He shared this passion with hundreds of students and went on to establish the Schlegel-UW Research Institute for Aging, which continues to produce cutting-edge research in the care of older adults to this day.

AHS faculty members also developed early expertise in Alzheimer’s/dementia, which became another core

strength of the Faculty. Today the work of Sherry Dupuis in creating research-based arts performances to educate those living with dementia and their caregivers is changing the way we think about and care for these populations.

Early work by RLS professors Roger Mannell and Jiri Zuzanek provided data on factors contributing to successful retirement. This work later inspired a research partnership with RBC. Today faculty like Steven Mock are expanding retirement studies into the LGBTQ+ community, leading a new conversation about inclusivity in public health.

Mannell and Zuzanek’s research used technology of the day (at that time, personal pagers) to collect data, foreshadowing AHS’s newest emerging strength: mobile-health applications and health informatics.

**Much to celebrate**

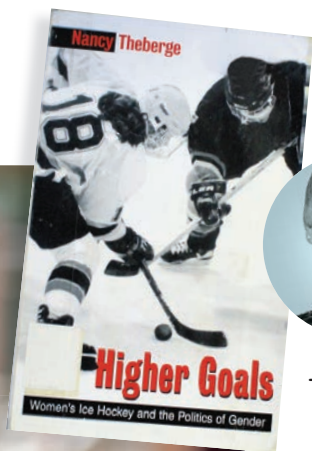
These stories represent a small fraction of the impact our faculty, students and alumni have had on making a healthier world – but it’s clear we have much to celebrate.

Congratulations to each of you, and may you continue to be inspired in your own work to make Canada and the world a healthier place to live, work and play. We can’t wait to see what you do in the next 50 years! ■

**HEALTH AND GENDER**



DIANA PARRY



NANCY THEBERGE

**HEALTHY RETIREMENT AND AGING**



ROGER MANNELL

### Pearl Zaki named AHS Co-op Student of the Year for 2016

Health Studies student **Pearl Zaki** was selected as AHS's top co-op student at the 2016 UWaterloo Co-op Student of the Year Awards. Pearl completed two work terms at Sunnybrook Health Sciences Centre as a clinical research assistant. During this time she also wrote two manuscripts to be submitted to the *Journal of Pain Management*. Recipients for 2017 will be honoured in March 2018.



### Craig Janes receives QE II Diamond Jubilee funding

SPHHS Director **Craig Janes** was recently awarded funding from the Canadian Queen Elizabeth II Diamond Jubilee Advanced Scholars Program. Working with researchers from the Faculty of Environment and the Water Institute, Craig will use the funding to build institutional capacity in Zambia for addressing links between climate change and health.

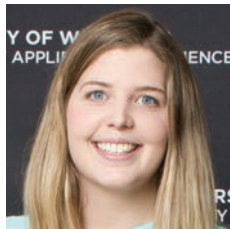


### New project to fund postdocs for public service

SPHHS has received a grant from the Canadian Institutes of Health Research (CIHR) in partnership with Public Health Ontario to pilot the training of postdoctoral fellows for senior roles and positions outside academia. The funding may support training in project management and related skills in other units.

### Mark Ferro named Canada Research Chair in Youth Mental Health

SPHHS's **Mark Ferro** has been awarded a new CIHR Tier 2 Canada Research Chair in Youth Mental Health and will receive \$500,000 over five years. Mark will lead a new study investigating how systemic inflammation may be associated with the onset of mental disorders among children.



#### SPOTLIGHT ON SCHOLARS

**Miranda McDermott** | London, ON

**CURRENT PROGRAM:** Health Studies, class of 2018

**CAREER GOAL:** Medicine, Gerontology

**AWARD:** Michael T. Sharratt Award

Miranda McDermott grew up loving both sports and biology and decided early on to build a career in medicine.

But it wasn't until she got to UWaterloo and took a course on human aging with Dr. George Heckman that she fell in love with geriatrics. "He was so inspiring; he made us see how important and fulfilling it is to get involved with older people," says Miranda.

Miranda's interest deepened with co-op terms and part-time work exploring geriatric health systems, as well as volunteer work with the Hospital Elder Life Program at Grand River Hospital.

Today, as she prepares to write the MCAT, she's grateful for both the honour and the financial boost of the Sharratt Award. "It's a daunting process to finish a degree and apply to med school. Receiving this award gave me a lot of optimism about the path ahead and meant the world to me," she says.

*Established after Michael T. Sharratt's time as AHS Dean, the Sharratt Award celebrates his achievements and now honours his memory. It supports students who've demonstrated involvement in sports and physical activities and volunteer efforts in the community. See story on page 16.*

### Are e-cigarettes less harmful than tobacco?

As far back as 1976, pioneering tobacco researcher Michael Russell said, "People smoke for the nicotine, but they die from the tar." Today's e-cigarettes could help by allowing smokers to get their hit of nicotine without the harm of tobacco and tar. But more research is needed, particularly now as our federal government considers legislation regulating vaping devices.



Public Health and Health Systems PhD candidate Christine Czoli is producing some of this needed research. Her thesis looks at a population of people who both smoke and vape regularly, to find out more about their behaviours and their perceptions of both products.

She's also measuring biomarkers in the urine of people using different combinations of cigarettes and e-cigarettes to see whether risk profiles differ between exclusive smokers, exclusive vapers and dual users.

Christine chose the study because she knows how deadly and addictive tobacco is. "We know that half of all smokers will die from tobacco-related disease. It's a serious public-health issue and an area where good research will always have a lot of impact," she says.

*Christine is the recipient of a CIHR Vanier Canada Graduate Scholarship and was the AHS winner of the 2017 Three Minute Thesis (3MT) challenge.*

## Health Studies alumna creates reading materials for those with Alzheimer's, dementia



Rachel Thompson (BSc '15, Health Studies) had no intention of starting a business. But, like many a reluctant entrepreneur before her, she found a problem that simply had to be solved.

Rachel's grandmother, Marilyn, had given up reading after living with dementia for seven years. But it turned out she could still read – she just couldn't handle the visual clutter and complexity of normal adult books. So Rachel set out to find simplified reading materials her grandmother would enjoy.

When she came up empty-handed, Rachel suspected other families might be looking for the same thing. A bit outside her comfort zone, she pitched the idea to GreenHouse, the social-impact incubator run through St. Paul's University College. To her shock, she won the Big Ideas Challenge, which provided both a residency at the GreenHouse and access to generous startup funding.

Two years later, Marlena Books sold more than 200 books to long-term care facilities after its soft launch in fall 2016.

Next, Rachel took her company into the Velocity Garage, hoping to serve what she could see was a large and growing consumer market. In spring 2017 she landed a coveted \$25,000 Velocity grant, which she is using to create a Marlena Books application for smartphones and tablets. The app will include audio support, automatic page turning, graduated reading levels and other tools to bring reading back to an even wider audience.

"It's important to change our mindset about people living with Alzheimer's, dementia and other cognitive challenges. Many of them can still do the things they love if we give them the tools they need," Rachel says.

For more information: [marlenabooks.com](http://marlenabooks.com)

### ALUMNI PROFILE

## TINA MAH, PhD '13, Health Studies and Gerontology

CURRENTLY: Vice President of  
Research and Innovation,  
Grand River Hospital



Tina Mah grew up in Prince Rupert, B.C. in a close-knit family that encouraged intellectual curiosity.

"As an undergraduate, I dabbled in everything from dentistry to engineering," she says with a laugh. "It was a sad day when I realized I couldn't do seven degrees in one lifetime!"

Tina ultimately settled on occupational therapy for her first degree and enjoyed a 10-year career in that field that took her all over Canada. But eventually she became interested in having a more wide-ranging impact on health-care operations and headed to Laurier to complete an MBA.

After an extensive and satisfying administrative career, Tina decided to return her focus to the quality of patient care and enrolled in PhD studies at Waterloo. There her research examined the use of restraints in mental health populations.

"I had always relied on the rigorous research of others, and it was a weighty responsibility to be the one now producing the research. But it also underlined for me how research can make a huge impact at the patient level," she says.

Today Tina serves as Vice President of Research and Innovation for Kitchener-Waterloo's Grand River Hospital. There she stewards a somewhat unusual commitment to practice-based research.

"This is a bit of a changing tide, because we know most research happens in large teaching hospitals. But the vast majority of patient care happens in community hospitals, like ours. So we saw an opportunity to advance research that would help the community we serve, as well as beyond."

As part of this mandate, Grand River has an active partnership with UWaterloo. This relationship brings clinicians and researchers together, where they are now exploring areas related to the care of older adults, cancer care and technological innovations in health care.

"It's been a highlight of my career to formalize this partnership," says Tina. "Waterloo Region has a well-earned reputation for collaboration, whether building a barn or establishing a tech hub. I know that by working together we will always find the best ways to serve our community."

### Mark Havitz wins prestigious award

Congratulations to RLS's **Mark Havitz**, who has received the 2017 Theodore and Franklin Roosevelt Award for Excellence in Recreation and Park Research. This award is presented to one whose scholarly contributions have significantly advanced the cause of the parks and recreation movement, and it is recognized as the highest honour in the field.



### Learning hospitality from the best

Since 2014, RLS students have been taking part in a unique exchange program with Walt Disney World. Students earn credits at the University of Florida, then spend six months working at Disney parks, resorts and affiliate companies in Orlando.

This year, 12 Waterloo students participated, including **Chloe Lemieux**, pictured here.

For program info, contact Darci Martindale at [da5marti@uwaterloo.ca](mailto:da5marti@uwaterloo.ca).



### Classes of '91 and '92 Reunion

A group of RLS alumni from the classes of '91 and '92 got together last June for a picnic reunion at the Laurel Creek Nature Centre.

Want to plan your own class reunion? Contact Karry Kwan at [karry.kwan@uwaterloo.ca](mailto:karry.kwan@uwaterloo.ca).



### 2017 Shaw-Mannell Awards

Professors Dana Kivel (Sacramento State University) and Doug Kleiber (University of Georgia) received 2017 Shaw-Mannell Leisure Research Awards this past December. 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**.

### SPOTLIGHT ON SCHOLARS

#### Fitsum Areguy | Kitchener, ON

**RECENT GRADUATE:** BA '17, Therapeutic Recreation

**CAREER GOAL:** Research

**AWARD:** Arthur and Gertrude Agajanian Award; McNeil Consumer Healthcare Paul D. Mitchell Bursary



Fitsum Areguy was down to his last few dollars when he heard he'd been awarded both the Agajanian and Paul D. Mitchell bursaries.

"It was such a relief. At the time I was doing a full-time unpaid internship at Toronto Rehab, which was a huge strain on my finances," he says.

The bursaries helped Fitsum through his last few weeks, and he graduated with distinction in June 2017.

Fitsum became interested in studying therapeutic recreation after caring for both his mother, when she became ill, and one of his brothers, who struggles with learning disabilities. Before coming to UWaterloo, he also worked as an inclusion support worker for the City of Kitchener and as an independent facilitator for a disability services and support organization in Waterloo.

Fitsum has his eye firmly on an academic research career and plans to begin a master's program in fall 2018. He's in South Korea teaching until then.

"The impact of these awards just can't be overstated," he says. "I would never have been able to finish school without them. I'm so grateful."

*The Agajanian Award is made possible through the generosity of Arthur and Gertrude Agajanian. The McNeil-Mitchell Bursary was established by McNeil Consumer Healthcare and colleagues of Paul D. Mitchell. Both are important awards that support students in financial need.*

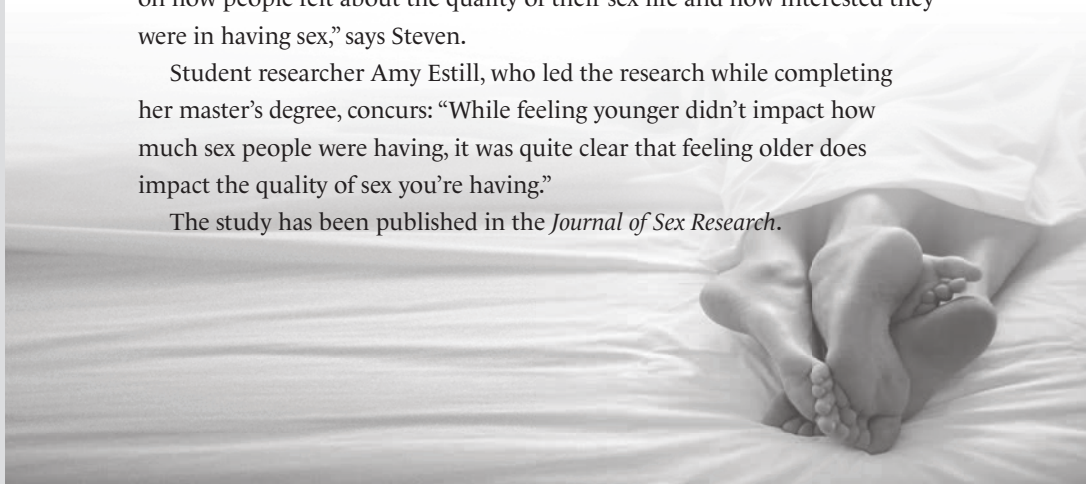
### Your sex life is only as old as you feel

It turns out feeling young at heart is even better than you thought. According to a new study by RLS's Steven Mock, the younger you feel, the more likely you are to be satisfied with your sex life. The study examined data collected in the Midlife in the United States (MIDUS) study between 1995 and 2005.

"What was clear from the data is that feeling younger had a huge impact on how people felt about the quality of their sex life and how interested they were in having sex," says Steven.

Student researcher Amy Estill, who led the research while completing her master's degree, concurs: "While feeling younger didn't impact how much sex people were having, it was quite clear that feeling older does impact the quality of sex you're having."

The study has been published in the *Journal of Sex Research*.





## Inaugural sport-business case competition featuring alumnus Mano Watsa's PGC Basketball

RLS's Recreation and Sport Business program hosted its first sport management case competition on November 3, 2017 with industry partner PGC Basketball, an elite basketball training program run by AHS alumnus Mano Watsa (BA '99, Recreation and Leisure Studies).

Teams of undergraduate students from across the province came together to study challenges facing this real-life sport business. They then worked together to brainstorm innovative solutions. The winning team, from the University of Windsor, collected a prize of \$1,000 – along with a fair measure of glory.

“We're thrilled,” says Professor Luke Potwarka, part of the team that organized the event. “Mano is a brilliant business leader, coach and sportsperson, and one of our program's great success stories.”

Luke hopes the competition will become an annual event, allowing the program to build relationships with other sports organizations and universities, and the students to make connections with each other and with industry partners.

Most importantly, Luke says the competition gave students an important experiential learning opportunity. “They had the chance to apply what they learned in the classroom to improve the performance of a real-life sports organization.”

## New RLS research explores social impact of “hook-up” apps

They say technology changes everything, and dating is no exception.

Corey Johnson studies gender and sexual diversity within the cultural context of leisure. He is interested in how geospatial social networking applications (GSNAs) like Tinder and Grindr are changing our relationship rituals, and whether these changes are good or bad in terms of sexual well-being and quality of life.

Together with fellow professors Diana Parry and Lisbeth Berbarry, Corey is leading a small study to fill this research gap.

*“Swipe Right?: Geospatial Social Networking, Gender and Sexual Identities” is funded by a UWaterloo Research Incentive Fund award.*

### ALUMNI PROFILE

## NANA LUI, BA '95, Recreation and Leisure Studies

CURRENTLY: Barrister-at-Law,  
CEDR Accredited Mediator,  
Hong Kong



Growing up in subtropical Hong Kong, Nana Lui never dreamed she'd fall in love with downhill skiing.

But that's what happened when she moved to Canada in her early teens. Instantly smitten after trying the sport at a local North York ski hill, Nana decided she'd aim for a career as a ski instructor. That decision led her to study recreation and leisure at Waterloo and to get her ski instructor's licence during her first co-op term. Unfortunately, it turned out ski instructors don't make quite as much money as Nana had hoped.

She was casting around for some other way to make a living on the slopes when her father asked, “Why don't you come home to Hong Kong and study law?”

“At first I thought it was crazy,” remembers Nana. “But then I did a summer placement at a friend's Toronto law office and found it fascinating. So I did it. I went back to Hong Kong to study, thinking I could eventually find some way to combine law with recreation and leisure.”

Instead, Nana became absorbed with intellectual property law, and today she works in Hong Kong as both a lawyer and a mediator in this rapidly growing field.

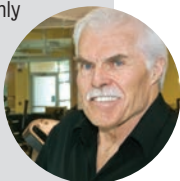
Nana remains committed to sport and recreation in her personal life, and today keeps fit through powerlifting. And, even though some might think recreation an odd background for law, Nana says her AHS studies equipped her perfectly for the life and career she enjoys today.

“The whole UWaterloo/co-op experience taught me so much about setting goals and taking action to achieve what I want out of life – it was fantastic preparation for everything I do today.”

*Nana's most recent gift supports the Hong Kong Alumni Association Entrance Award, which helps outstanding Hong Kong students entering full-time studies at UWaterloo and planning a return to Hong Kong. Thank you, Nana!*

**Michael T. Sharratt, 1942–2016**

We were all saddened by the loss of **Mike Sharratt** last December. A pioneer in his field, Mike was also a beloved teacher and the architect of many of Waterloo's most visionary programs. Less commonly known was his role as a thoughtful and generous donor, supporting many AHS programs and students for more than three decades. To honour Mike's memory, his family has made a gift to endow the pre-existing Michael T. Sharratt Award, meaning it will now be able to help deserving students for all time. Thanks to Mike's many friends and colleagues who've supported this fund since it was established in 2005 to honour Mike's retirement as Dean, AHS.

**Cutting the risk of childhood asthma**

Kinesiology professor **Ken Stark**'s research on reducing childhood asthma with omega-3 supplements has been

published in the *New England Journal of Medicine*. Stark worked with the Copenhagen Prospective Studies on Asthma in Childhood (COPSAC)

on the study, which shows that

taking certain supplements can reduce the risk of childhood asthma by almost one-third. Details here: [uwaterloo.ca/kinesiology/stark](http://uwaterloo.ca/kinesiology/stark).

**Waterloo hosts Alumni Family Day at Ontario Science Centre**

UWaterloo's 2017 Alumni Family Day took place at the Ontario Science Centre, where alumni and their families enjoyed the Centre's special exhibition, Biomechanics: The Machine Inside.



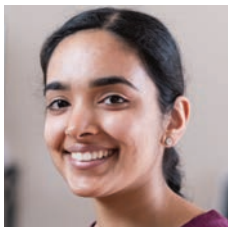
## SPOTLIGHT ON SCHOLARS

**Jyoti Mann** | Malton, ON

**CURRENT PROGRAM:** Kinesiology Co-op, class of 2018

**CAREER GOAL:** Physiotherapy

**AWARD:** Andrea Fraser Memorial Award



By high school, Jyoti Mann had an athletic résumé packed with almost everything: “You name it, I played it,” she jokes today.

But Jyoti's dreams of an athletic career came to a halt when she was just 15. She went down in the last minutes of a rugby tournament, hearing a sickening pop in her right knee. “It was the first time I'd ever been carried off the field,” she admits.

Jyoti's injury sent her to a physiotherapist, where she knew instantly this was the career she wanted. “I was lying on the table watching the physio examine my knee, and thinking ‘wow, these people know how to manipulate the human body in a way to figure out what's wrong!’”

Now heading into her fourth year, Jyoti is proud and grateful to hold the Andrea Fraser Memorial Award. “Andrea seemed like such a force of nature. It's a genuine honour to hold this award in her name. Thank you so much.”

*Jyoti also holds the Ross and Doris Dixon Award, made possible by the Ross and Doris Dixon Charitable Foundation.*

**Powered stretchers proven to reduce paramedic injury**

Kinesiology professor Steven Fischer estimates the average paramedic team handles up to 300 pounds every time they lift, lower or load a stretcher. And all that weight adds up to a lot of spine compression.

Powered stretchers, which rise from ground to waist level at the touch of a button, can reduce this risk dramatically.

But they come with a hefty price tag: up to \$40,000 a piece.

Now, thanks to new Kinesiology research, there's solid evidence that the stretchers are worth the cost. “We've found that moving from manual to powered stretchers can reduce the number of injuries by 78 per cent,” says Kinesiology grad student Daniel Armstrong, lead author in a study published last year in *Applied Ergonomics*.

The study came about when Niagara Emergency Medical Services reached out to Kinesiology for help in assessing the return on investment of their newly purchased powered stretchers. Under Steve's guidance, the study compared Niagara's injury rate with that of Hamilton Paramedic Services, which was still using manual stretchers at the time.

“The evidence was quite clear: injuries dropped in Niagara from 20 per 100 workers to 4.3 and rose in Hamilton from 17.9 per 100 workers to 24.6 over the same period,” says Steve. “We estimate the cost of the stretchers can be recovered in less than six years due to an associated reduction in injury-related costs.”







## ALUMNI PROFILE

# VICKI REID, BSc '81, Kinesiology

CURRENTLY: Director of  
Community Affairs,  
Cenovus Energy, Calgary



Sunday, July 9 broke hot and clear in Calgary last summer, but Vicki Reid had no plans for relaxing. Instead, the UWaterloo kinesiology grad was flipping pancakes at the Calgary Stampede.

As Director of Community Affairs for Cenovus Energy, Vicki was leading a team of volunteers in prepping free breakfast for the first 25,000 (yes, thousand) Stampede guests that day. The breakfast, along with free admission, was a gift to the people of Calgary from Cenovus. "I have the best job in the world, and you can print that!" says Vicki.

Vicki took a roundabout route to this career in community relations. After completing her studies in kinesiology, she worked in student recruiting and advising, first at Waterloo and then at McMaster. Later, when her husband was transferred to Calgary, she was able to translate those skills into the world of corporate recruiting and HR and began building a career in the oil and gas industry. She's been there ever since and is proud to work for a company that takes its commitment to community relations seriously.

"We believe strongly that when we're operating in a community, we want that place to be better off as a result of our being there," she says. Today Vicki's portfolio includes managing donations, building marketing and business sponsorships and creating opportunities for Cenovus employees to volunteer in their communities. This year the company's focus was literacy, and Vicki oversaw \$5,000 grants to libraries all over Alberta, particularly in the North. Cenovus employees also signed up to serve as volunteer readers in their local schools.

Although Vicki's career ultimately took her away from kinesiology and applied health, she is proud to hold a UWaterloo degree and says the discipline and rigour of a science background has served her well in everything she's done. "The life skills I gained over those five years were just fabulous!"

*Vicki's regular gifts support many projects, including the general AHS Scholarships Fund, which provides recognition and financial assistance to talented and deserving students every year. Thank you, Vicki!*

## Remembering Andrea Fraser

"She could light up a room with that smile," says Graeme Fraser, remembering his younger sister, Andrea. "It seemed she was friends with everyone she met."

Graeme is right. Andrea made dozens of friends when she came to Waterloo in 1981 to study kinesiology. And when she died suddenly in 1986 from a severe food-allergy reaction, those friends banded together to establish a scholarship honouring her memory. "She was such a vibrant person," says retired professor Jim Frank, who supervised Andrea's senior-year research work. "It was so very sad to lose her."

Andrea was bright, outgoing and athletic and dreamed of studying medicine after completing her kinesiology studies. "She had a profound desire to care for people, combined with the brains and aptitude for anything," says Graeme. "She would have made an outstanding doctor."

Graeme and his mother, Shirley, would dearly like to re-connect with Andrea's Waterloo friends. If you knew Andrea, please drop by the Remembering Andrea Fraser Facebook page to share your memories.

*The Andrea Fraser Memorial Award was established by classmates and friends in memory of Andrea Fraser (BSc '86, Kinesiology). It is presented to third- or fourth-year Kinesiology students who hold a minimum 75 per cent average, show a special interest in rehabilitation and are widely involved in class and athletic endeavours.*

*Contributions are welcome – if you'd like to help, please contact Karry Kwan at [karry.kwan@uwaterloo.ca](mailto:karry.kwan@uwaterloo.ca) | 519-888-4567, ext. 32610. Thank you!*

# THANKS FOR THE MEMORIES

As part of our 50<sup>th</sup> anniversary celebrations, we asked you to share favourite stories and memories of your time at AHS. Here's a great selection from your fellow alumni. Keep those stories coming – we're celebrating until April 2018.



**DEBORAH PAGEAU**  
(née Waters, BSc '77, Dance)

Too many wonderful memories to mention, but a few standouts:

- › My first Oktoberfest, touch football on the Common, learning to wear jeans to class
- › Having to master a new skill for Motor Learning, and royally embarrassing myself with superlative incompetence at squash
- › Acing the dreaded fourth-year thesis
- › The amazement and pride of walking across the stage to receive my degree
- › Meeting my dear classmates Mary Rupert, Cindy Brnjas and Sue Green, as well as my own Mr. Right, Gerry Pageau (BAsc '78, Chemical Engineering)

**ERIC CELENTANO**  
(BSc '79, Kinesiology)

Kinesiology was in its infancy when I arrived in 1975, and the faculty were young and enthusiastic. I enjoyed so many of the professors and was fortunate enough to stay in touch with many of them throughout my career in industrial ergonomics and medical equipment sales. Now in retirement, I'm happy to stay in touch with program developments and faculty members and continue to be interested in the future of kinesiology.



KANTHA PRODUCTIONS LLC

**CATHY STEVLAK**  
(BA '77, Recreation and Business)

Forty years ago when I graduated from Recreation I had no idea I would become a documentary filmmaker and tell the story of a group of women in Bangladesh. But when I look back at what I learned at Waterloo, it makes perfect sense. There I learned to go beyond the boundaries of what I knew, to experiment, and to trust that research, knowledge-sharing and a network of mentors can open opportunities beyond imagining. I also met an amazing group of friends with whom I am close to this day. Today, thanks to everyone's support, THREADS has been screening at film festivals around the world, including Canada.

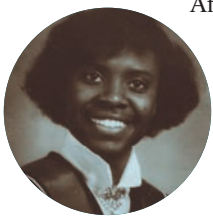
*Cathy's film, THREADS, tells the story of a visionary leader who liberates herself and others from social and economic hardship by creating timeless works of embroidered art. Check [kanthathreads.com](http://kanthathreads.com) for details.*

## LARRY SCHWARTZ (BSc '74, Kinesiology)



I would like to honour my classmates from the co-op class of '74, many of whom were unfailingly kind and compassionate when they heard I was struggling with a major depression. I now work to advocate for others who live with mental illness and am thrilled to see that UWaterloo has taken the initiative to enhance mental health services and initiatives for today's young people. To this day, I am proud to have graduated from AHS and the prestigious University of Waterloo.

## MAXINE STEWART (BSc '89, Kinesiology)



After graduating from AHS, I trained first as a chiropractor (Logan University, MO), then as a nurse (Hardin-Simmons University, TX) and later as a family nurse practitioner (D'Youville College, NY). Today I am proud to care for many homeless and disenfranchised individuals in Buffalo, NY and to serve as adjunct professor of chiropractic at D'Youville. I give part credit for my passion for serving others and my academic and professional success to UWaterloo. The rest goes to God and my family. Though I haven't made it back for many years, I miss the campus and the many people who inspired me.

## We want to hear from you!

Submit your stories and memories at [uwaterloo.ca/ahs50/share-stories](http://uwaterloo.ca/ahs50/share-stories).



## MERRYN MAYNARD (MSc '16, Public Health and Health Systems)

My thesis supervisor encouraged me to connect with relevant community organizations at all phases of my research on student food insecurity in Canada. This was definitely “applied” science – I was constantly being challenged to answer the “so what?” question. How would I be contributing, not just to a body of knowledge, but to public health in Canada? During this time I connected with Meal Exchange, a Toronto-based not-for-profit working in the student food-insecurity space. I now have a fantastic job with them which allows me to act as an advocate and raise awareness of student food insecurity across the country – all using the research skills I learned in grad school.

## ALUMNI MESSAGE



### Say hello to

KARRY KWAN, newest member of your Advancement team. Karry is here to help you stay connected with everything going on at AHS.

AHS alumni are a busy, active bunch, and we are grateful for the volunteer service, financial gifts and solid advice so many of you have given us. A strong alumni base is the key to any faculty's true greatness.

To give you a consistent point of contact with us, we've brought Karry Kwan on board as your Alumni Advancement Officer. Karry holds an undergraduate business degree from Laurier and a Schulich MBA and comes to us from a similar position at the University of Guelph.

“The greatest thing about working with AHS alumni is that I get to reconnect people with a truly formative time in their lives,” says Karry. “I've heard so many stories from people who say they found themselves and their passions during their time at Waterloo – and a good many who found lifelong friends and partners as well!”

Today Karry can help you stay a part of Waterloo in whatever way is most meaningful to you. Many of our graduates find great satisfaction in returning to campus as guest speakers or alumni panelists, volunteering at annual events like Speed Networking or nominating their peers for alumni awards. You might also choose to honour your time at Waterloo by making a donation or legacy gift or by hiring Waterloo co-op students and graduates.

We're also thrilled if you just want to reach out and say hello, share a story or update your contact information. Karry can help with all of this, so don't hesitate to connect with her anytime.

You can reach Karry Kwan, Alumni Advancement Officer, at:

[karry.kwan@uwaterloo.ca](mailto:karry.kwan@uwaterloo.ca)

519-888-4567, ext. 32610

# You can help bring a student like May one step closer to her dreams.

The need for scholarships and bursaries is rising dramatically. Hundreds of students now rely on generous alumni like you to fund these important awards.

You can change a student's life by making a gift today to the **AHS Scholarships Fund**. See inside for how you can help. Thank you!

*Thank you for believing in me!*



MAY LAN

Kinesiology Co-op, class of 2021

**CAREER GOAL:** Rehabilitation Science **SCHOLARSHIP:** Michael Houston Memorial Scholarship

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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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