

**NEWS** to **YOU** >>

# Applied Health Sciences

SCHOOL OF PUBLIC HEALTH AND LEISURE STUDIES | KINESIOLOGY | RECREATION AND LEISURE STUDIES | SCHOOL OF PUBLIC HEALTH AND LEISURE STUDIES | KINESIOLOGY | RECREATION AND LEISURE STUDIES | SCHOOL OF PUBLIC HEALTH AND LEISURE STUDIES | KINESIOLOGY | RECREATION AND LEISURE STUDIES | SCHOOL OF PUBLIC HEALTH AND LEISURE STUDIES | KINESIOLOGY | RECREATION AND LEISURE STUDIES | SCHOOL OF PUBLIC HEALTH AND LEISURE STUDIES | KINESIOLOGY | RECREATION AND LEISURE STUDIES | SCHOOL OF PUBLIC HEALTH AND LEISURE STUDIES | KINESIOLOGY | RECREATION AND LEISURE STUDIES | SCHOOL OF PUBLIC HEALTH AND LEISURE STUDIES | KINESIOLOGY | RECREATION AND LEISURE STUDIES |



**COVER STORY**

The right to a healthy future *page 6*

**INSIDE**

- New faces *page 8*
- MA in Therapeutic Recreation *page 10*
- The ultimate gift *page 12*

**UNIVERSITY OF  
WATERLOO**

# As the world turns



*Susan Elliott, dean of applied health sciences, meets with Kenyan villagers while researching community practices related to water, sanitation, and health.*

**H**ealth is a global concern. There are no impenetrable boundaries in our interconnected world to protect us from complex circumstances that can threaten our health. Regardless of where health crises originate, the impact will be far-reaching.

A powerful example? We have witnessed severe weather events resulting from global climate change that lead to famine in one corner of the world and trigger mass migrations of environmental refugees to another corner of the world bringing illness and new infectious diseases.

“Health itself tells perhaps the strongest story of globalization and the need for shared values and action to promote safety across the world.”

DR. GRO HARLEM BRUNDTLAND  
FORMER DIRECTOR-GENERAL, WORLD HEALTH ORGANIZATION

Dr. Gro Harlem Brundtland's comments during her recent visit to the University of Waterloo to launch our School of Public Health and Health Systems (SPHHS) reinforced our determination to continue building strong global partnerships to address major health challenges.

Our researchers in the Faculty of Applied Health Sciences (AHS) are already significantly influencing health and well-being on the global stage with a variety of contributions including:

» **Shannon Majowicz**, assistant professor in SPHHS, is a founding member of the International Collaboration on Enteric Disease

'Burden of Illness' Studies. With over 20 countries represented, members from national public health institutions and academia share best practices and methodological advances focusing on measuring the burden of foodborne and enteric (intestinal) disease in populations.

- » **Stuart McGill**, professor in the Department of Kinesiology and director of the Spine Biomechanics Laboratory, works with individuals and elite athletes from around the world on prevention of injury and rehabilitation of the spine.
- » **David Hammond**, associate professor in SPHHS has served as an adviser to the World Health Organization and consults with governments throughout the world on tobacco packaging and labeling policies.

## Partners in global health

In addition to current research initiatives, exciting new international partnerships will strengthen our contributions to health, health systems, and global well-being:

- » Waterloo has recently formalized a partnership for research and teaching exchange opportunities with Uganda Christian University and particularly with Save the Mothers (STM). The STM program, led by Dr. Jean Chamberlain, offers a master's degree in public health leadership, which trains students to reduce maternal mortality in Uganda. Dr. Chamberlain, an adjunct professor in SPHHS, will also contribute to a new course in global public health that I am preparing for Waterloo's new Master of Development Practice – an international program supported by the McArthur Foundation that will provide rigorous, cross-disciplinary professional training for future leaders in sustainable development.



*XiaoPing Wang, Vice Chancellor of Xi'an University of Arts and Science (far right), and Philip Yip, CEO, Origin (China) greet Susan Elliott during a March visit to China to investigate collaborate degree opportunities related to health and aging.*

- » The United Nations University Institute for Water, Environment and Health has formed an alliance with the University of Waterloo's Water Institute. AHS will contribute expertise on human health as an important perspective on water issues in East Africa, Asia, and the Middle East.
- » Two new partnerships in China will integrate our teaching and research expertise in two significant areas – aging and chronic disease prevention:
  - To help prepare for the rapidly aging population in China, Xi'an University of Arts and Science approached AHS to create a new collaboration in education and research focusing on gerontology and aging. This partnership will promote student exchange that will enable Chinese students to complete a portion of their degree at Waterloo and encourage joint research opportunities and faculty exchange.
  - Waterloo and the Shantou University Medical College are working together to create a Centre for Excellence in Chronic Disease Prevention and Management. The first project in this collaboration will enable researchers at both institutions to create home monitoring and mobile technology to facilitate rehabilitation and intervention for cardiac patients.

As we seek new and innovative ways to improve human health, we need to view health promotion, prevention of injury and disease, and our response to the many existing and emerging health challenges that impact society through a holistic lens. This is a responsibility we must take seriously as global citizens in an interconnected world. ■

## THE LATEST

# AHS NEWS



AHS proudly honoured **Patrick A. Reid (BSc '73, KIN)** as the 2011 AHS Alumni Achievement Award recipient and **Astha Ramaiya (BSc '07, HEALTH)** as the 2011 AHS Young Alumni Award recipient.  
[ahs.uwaterloo.ca/alumni/award](http://ahs.uwaterloo.ca/alumni/award)



**Shih-Yuan (Sharon) Liang (BSc '12, HEALTH)** was awarded the 2012 Alumni Gold Medal for undergraduate academic achievement.

A dedicated professor of dance at Waterloo for 22 years, retired faculty member **Jillian Officer** passed away June 11.

**Alannah Robinson**, 4th-year RLS, was one of just ten winners from across Canada of the inaugural 3M National Student Fellowship Program honouring undergraduate student leaders with a vision to enhance the educational experience.





**Sara Marshall (BSc '03, KIN)**, International Development Officer, Meningitis Research Foundation, is piloting a health care project in Africa. Action Meningitis is saving lives in Malawi by breaking down barriers to treatment and improving health care – especially among children under-five and young adults.

# Postcards from the edge

Applied Health Sciences alumni are making significant contributions to their professions and their communities around the world. Check out how these alums are creating a healthier tomorrow.

**Stephen “Shmuel” Bowman (DIP '89, GERON)** is providing life-saving air raid shelters to protect Israel’s most vulnerable and least mobile citizens from deadly rocket fire. Operation Lifeshield builds and deploys accessible, above ground shelters helping to eliminate the potential for injury as people rush down steps to safety, a risk that increases for young children and frail seniors.



In Papua New Guinea – an island nation where many live on less than a dollar a day – **Jennifer Perry’s (BSc '02, KIN)** ship comes in. As part of the Youth with a Mission (YWAM) team, Perry delivers essential health care to isolated riverside villages via YWAM’s 37-metre medical ship: a floating hospital offering free optometry, dentistry, and other health care services.



**Brenda Dale (BA '80, RLS)**, Assistant Vice-President – Project Manager – Group Insurance at the Argus Group, Bermuda’s oldest health insurance company, understands health care costs and resulting claims are rising dramatically and she’s fostering a culture of physical fitness in Bermuda. She’s a member of the Prevention Task force contributing to the implementation of the country’s National Health Plan, and serves on the board of the Bermuda Olympic Association.



**Rohit Ramchandani (BSc '04, HEALTH)**, Director of Public Health at ColaLife, is leading an innovative trial to improve child mortality in remote African communities. The non-profit organization is testing to what extent piggy-backing “Aidpod” kits on Coca-Cola’s extensive distribution network can improve access to life saving treatment for diarrhea.



**Kelly Weppler Hernandez (BA '93, RLS)**, Principal and Founder of WH & Associates in California, is helping small business owners across America realize their dream. Her organization provides award-winning marketing coaching and consulting, teaching entrepreneurs how to grow their businesses by focusing on customer relationships verses simply making a sale.



As a Parks Asset Co-ordinator for Local Government in New South Wales (NSW), Australia, **Dana Spence (BA '86, RLS)** is developing and implementing policies, strategies, and programs for sustainable service delivery in developed parks and reserves. Spence also provides professional development and networking opportunities for colleagues in the field through her role as President of Parks and Leisure Australia, NSW/ACT Region.



# Breaking ground for seniors' development on north campus

**R**on Schlegel, former professor of health studies and gerontology and founder of the Schlegel-UW Research Institute for Aging (RIA), has always been a man “outstanding in his field.” However, his latest field is just that – a nine acre parcel of land on the University’s north campus, crawling with construction vehicles and the dream of a special new community.

The land is being prepared for the construction of a new 192-bed Schlegel Village long-term care (LTC) residence and adjacent research facility that



will once again raise the bar on aging-related research. The new research centre, a continuation of the dynamic partnership between Schlegel Villages, the RIA, and the University of Waterloo, will integrate faculty, students, and long-term care residents for innovative, hands-on, cross-disciplinary learning opportunities in aging and seniors' care.

This advanced model of learning, research, and innovation will generate a new ideal for seniors'

care, supporting seniors so they may live well despite frailty, and preparing a workforce with advanced skills for addressing increasingly complex physical health needs. In addition to its focus on long-term care, the centre will build capacity for systems change across multiple sectors that influence senior's health and quality of life including acute care, primary care, age-qualified housing, and urban design. The centre's work will inform policy and program decisions to directly influence a number of government priorities including LTC transformation, resident-centred care, transitional care alternatives to ease hospital bed pressures, reducing ER visits, and building human resource competence in the seniors care system.

The initiative is funded through investment from the Ministry of Health and Long-Term Care, leveraged by support from the University, Ron Schlegel, and his family. Schlegel, the driving force behind the RIA and the new centre, has long been a proponent for building capacity in aging research and training to ensure the best quality of life and care for seniors. Humbly describing himself as a “businessman who tries to build social capital,” Schlegel's generosity and service to community and society have been honoured with numerous recognitions including Waterloo Region's Barnraiser Award and the Queen's Diamond Jubilee Medal. ■

## THE LATEST

# AHS NEWS



The Canadian Index of Wellbeing (CIW), based in AHS, released its first composite index in 2011, demonstrating that GDP gains aren't necessarily translating into better quality of life for Canadians. Is our wellbeing improving or slipping? Watch <http://ciw.ca> in late October for the follow-up and learn how the CIW can inform progressive policies to better the wellbeing of our nation.

### UW WELL-FIT turns 10!

For the past decade, dedicated AHS staff and student volunteers have delivered the unique exercise program for individuals living with cancer. Part of a comprehensive cancer recovery strategy, UW WELL-FIT helps participants reduce the severity of symptoms and regain a feeling of wellness and control over their lives.



“I have achieved goals that would not have been achieved without UW WELL-FIT. During the most difficult time of treatment, I still felt like I was moving forward mentally, emotionally and physically.”

- UW WELL-FIT client

# The right to a healthy future

As Waterloo launched its new School of Public Health and Health Systems, the former director-general of the World Health Organization reminded the hundreds gathered why public health is crucial to individual, societal, and global well-being.



*Dr. Gro Harlem Brundtland, the former Prime Minister of Norway and former Director-General of the World Health Organization delivers the keynote address to a packed theatre at the launch of the University of Waterloo's new School of Public Health and Health Systems.*

“Health is precious. For all of us. For every child. For every woman. For every society,” says Dr. Gro Harlem Brundtland, a world leader in public health and former director-general of the World Health Organization. “How can we hope to live productive lives if the right to health is beyond reach?”

Brundtland addressed the university community, public health experts, and members of the general public at the official launch of the School of Public Health and Health Systems on April 19. The former Prime Minister of Norway and internationally recognized champion of sustainable development congratulated the University on its innovative new school and shared insights on the importance of public health to global well-being.

## The ties that bind

Originally trained as a medical doctor, Brundtland later applied to Harvard's School of

Public Health. It was during her studies in public health that she discovered the inextricable links between humans and nature, our societies, cultures, and the environment. “I learned to always look for the close and near, as well as the far away, the small as well as the large – through a holistic lens,” says Brundtland. “[Public health] relates to our minds as well as our bodies, to the links between us as humans, to the communities and societies we create, to our surroundings and the environment in which we live.”

Understanding and leveraging these links in order to improve human health is at the heart of Waterloo's new school. Systems approaches consider the dynamic interrelationships of these factors over time. System thinkers recognize that the world is constantly changing, and so should the policies, practices, structures, processes and tools we use to improve health and health care.

“With a transdisciplinary approach, and by focusing on key priorities such as chronic disease prevention and management, food and water safety, and on reducing health inequalities, the University of Waterloo School of Public Health and Health Systems is making a major contribution to Canadian and global health.”

DR. GRO HARLEM BRUNDTLAND  
FORMER DIRECTOR-GENERAL, WORLD HEALTH ORGANIZATION

“One of the important dimensions of our school is its focus on enhancing health care through reform, integration, effectiveness and efficiency,” explains the school’s director, Paul McDonald. Rather than focus on improving single procedures or service providers, he says the school takes a whole system view. “Our research and education is geared towards better understanding how services should fit together into a coherent, effective system.”

“We need to analyze and act based on a holistic approach,” Brundtland reiterates, “fully cognizant of how interdependent we all have become, in our own societies, and across the globe.”

### Setting the agenda

Researchers, faculty, and students in the School of Public Health and Health Systems will examine these interdependencies and intricate relationships as they focus their efforts on six emerging health challenges:

- » chronic disease prevention and management;
- » health and aging;
- » health care integration and efficiency;
- » food and water safety, security and governance;
- » reducing health inequalities; and
- » health and the environment.

Today’s public health challenges are no longer just within the domain of public health specialists, says Brundtland. They are political, economic, and cross sectorial. They are among the key challenges to our societies.

### Erasing lines in the sand

At age 35, Brundtland, a medical and public health professional, was encouraged to enter Government – not as Minister of Health and Social Affairs but as Minister of the Environment. Though her holistic lens, she began

connecting the dots, greatly concerned by the global impacts of environmental degradation and unsustainable development on the health of humanity itself.

These experiences led to a deeper realization that the world needs more professionals, analysts, decision-makers, and political leaders with knowledge and experience that cross traditional borders, across academic disciplines, different professions, and sectors of society. “How can we learn to focus on a holistic approach,” asks Brundtland, “without a larger number of people trained and experienced in looking at issues through such a lens?”

By organizing around the six critical health challenges, the new school aims to break down silos and academic boundaries. Faculty, students and researchers from multiple fields are working together to examine the interrelationships between the many factors that impact our health and our health systems.

They are also working closely with partners including ministries of health and health promotion, the World Health Organization, Public Health Agency of Canada, private industry, and many others to identify and understand complex health challenges and to develop relevant, timely solutions. Future plans include a series of practice centres: outreach portals to connect outside organizations faced with public health challenges with Waterloo students and experts who can facilitate solutions.

“Governments at all levels are struggling to find answers to the burgeoning health crisis before it’s too late,” says Susan Elliott, dean of applied health sciences. “Our partnership approach means our experts can provide policymakers with the critical evidence-based research they need. It also ensures the university is continually evolving to stay on top of the most significant public health risks.”

### The road ahead

Brundtland understands the challenges can seem overwhelming. “In an interconnected and interdependent world, bacteria and viruses travel almost as fast as email messages and money flows. There are no impregnable walls between the world that is healthy, well fed, and well off, and another world, which is sick, malnourished, and impoverished.” And she admits, while recollecting the personal eye-opener of adopting the helm of the World Health Organization, “there are many things I had not heard of, before I got the whole world’s health problems on my lap.”

Her advice: Don’t give up. Although it may appear that we are still struggling many years later with the same issues, Brundtland believes there’s light. “I’ve seen so many intractable situations gradually finding their way and finding new solutions,” proclaims the leader who’s seen it all. “There ARE solutions to every problem.” ■



*Dr. Brundtland greets members of the Waterloo-based International Tobacco Control Policy Evaluation Project, which focuses on evaluating the WHO Framework Convention on Tobacco Control. During her WHO tenure, Brundtland led the effort to create the Convention that came into force in 2005 as the world’s first health treaty.*

# School of Public Health and Health

## THE LATEST

## NEWS



### **NEW** Master of Health Informatics with Public Health and Health Systems

Course-based program, full- or part-time, for health professionals who require more knowledge about computer science and health informatics in order to identify, design and manage informatics solutions relevant to health and health systems  
[uwaterloo.ca/health-informatics](http://uwaterloo.ca/health-informatics)



Health Studies student **Christina Marchand** was chosen Waterloo's Co-op Student of the Year for her work on the Women in

Cancer initiative and COMET Clinical Trials Consortium during her term at St. Michael's Hospital.

Lecturer **Kelly Anthony** has been appointed Faculty Teaching Fellow – a new position established to raise the profile and level of innovation of teaching and the learning experience.



After 25 years of assisting students, faculty, and staff, **Nancy Poole** officially retired on September 1st, 2012. We celebrate

her decades of contributions to the School and Faculty and wish her all the best for a relaxing retirement.

## New faces

The School of Public Health and Health Systems is pleased to welcome the following new faculty members and will be further expanding its complement in the coming year:



### **Scott Leatherdale** | POPULATION HEALTH

PhD, University of Waterloo

*Research interests:* health behaviour surveillance; built environment and behaviour; impact of policies/ programs on behaviour; youth tobacco control, alcohol and drug use, physical activity promotion, and obesity prevention; knowledge translation and exchange systems; cancer epidemiology; social epidemiology



### **Shannon Majowicz** | EPIDEMIOLOGY

PhD, University of Guelph

*Research interests:* infectious diseases, particularly foodborne and enteric diseases; surveillance and burden of illness methods; epidemiology; epidemiologic methods; public health practice; systems approaches to food-related health outcomes; knowledge synthesis methods; knowledge brokering

## Building capacity with First Nations communities

Professors Rhona Hanning, public health and health systems; Len Tsuji, environment and resource studies; and their graduate students are collaborating with First Nations communities to implement school-based nutrition interventions to improve access to quality, healthy diets. Hanning explains, "Empowering community members and supporting sustained approaches to reduce inequities in nutrition and health in First Nations communities is paramount to overcome chronic disease."

“Teach a man to fish and you feed him for a lifetime.”

The actual interventions developed are just one of the important steps in sustaining change. Another fundamental step is identifying opportunities to build trust, equity, and respect among community partners. "We see ourselves as partners with these communities," says Hanning. "We supply the information, so they can make their own decisions about the kind of change they want to see happen." As Tsuji explains, "long-term commitment and the consistent involvement of the same researchers are of utmost importance when undertaking community-based research, especially in Aboriginal communities."

Hanning and Tsuji and their team acknowledge that sufficient funding and sustained, long-standing relationships that help build capacity will be the keys to the success of school nutrition interventions and a healthier future for First Nations communities.



## Roy Cameron retires

When we redesigned AHS News to You in 2008, the first face to grace the cover of our newly formatted newsletter was that of Roy Cameron. At the time, Cameron was the director of the Propel Centre for Population Health Impact and his renowned status as a talented teacher, mentor, health promotion researcher, and pioneer of scientific thought made him the obvious choice to launch this important communication.

Cameron officially retired in September 2012 after more than 37 years at the University of Waterloo – first arriving as a student (BA '69, MA '73, and PhD '76), followed by an extensive career as professor in the School of Public Health and Health Systems (previously Department of Health Studies and Gerontology) and most recently in his leadership position with Propel.

Cameron's substantial influence on both AHS and Waterloo was celebrated in 2008 when he was designated a "University Professor," the university's highest honour, recognizing his exceptional scholarly achievement and international preeminence as one of Waterloo's most accomplished faculty members. In 2007, the National Cancer Institute presented him with their highest achievement recognition, the Diamond Jubilee Award, recognizing his significant contribution to the field of cancer research, specifically his research in tobacco control, cancer control, public policy, and population health.

Roy Cameron's commitment, knowledge, and influence will be missed, but we wish him continued success as he embarks on a new career as executive director of the Homewood Research Institute in Guelph, Ontario.



## » Wanrudee Isaranuwachai BSc '03



The university experience is often a door to personal discovery. For **Wanrudee Isaranuwachai**, the Health Studies program ignited a passion for research. Coursework "pushed me to set higher standards for myself," says Isaranuwachai. Working in a faculty laboratory provided the opportunity to perform research in real life and to recognize its powerful influence.

Taking her interest in research to the next level, Isaranuwachai

pursued her PhD at the University of Toronto. Her doctoral research led her to the Tsumani-affected provinces of Thailand, her native country, where she resided for almost two years. Isaranuwachai's research focused on the people affected by the devastating 2004 Tsunami, their health status, and their access to health services. Her dissertation was part of an international project that can inform policy- and decision-makers in developing more effective long-term disaster recovery planning, as well as better health resource allocation and delivery methods to citizens in disaster-stricken areas.

Fuelling her passion for making a difference through research are her family and the remarkable, inspiring people she met along the journey: a 70-year-old grandmother who used one hand to cling to a tree branch and another to clutch her young grandson, and "the bravest 12-year-old girl I ever met" who helped her mom treat the wounded at a local public health centre.

With her PhD, Isaranuwachai completed a fellowship in the Social Aetiology of Mental Illness training program at the Centre for Addiction and Mental Health in Toronto, shedding light on the long-term impact of natural disasters on mental health. This fall, she joins the Health Economics Research Unit at St. Michael's Hospital in Toronto as a Health Economist.

Isaranuwachai knows the transition from student to researcher brings both challenge and responsibility. "As a student, the requirements are before us to follow and fulfill," says Isaranuwachai. "As a researcher, it is now up to us to dream and find a way to make it happen; to make a difference in our field and in the community."

# Recreation and Leisure Studies

THE LATEST

## NEWS



PhD candidate **Suzanne Ainley** won the prestigious TTRA 42nd Conference award for best conference research paper – *Beyond Positivism: Studying the Experience of Farm Families Engaged in Agritourism*.



© 2012 Waterloo Region Record, Ontario Canada

**Jillian Fleming (BA '02)** was named one of Waterloo Region's Top 40 Under 40 for volunteering with the Make a Wish Foundation, Team Purple, Princess Margaret Hospital Foundation, and Special Olympics. This award recognizes young leaders in the community.

Associate Professor **Heather Mair** started her term as Associate Chair for Graduate Studies in July 2012.



The Canadian Index of Wellbeing was awarded PRO's President's Award of Distinction, accepted by **Margo Hilbrecht** (pictured far right), for

recognizing recreation as a fundamental building block of vibrant communities and healthy people.

## New therapeutic recreation degree

Beginning in September 2013, Waterloo will offer a new part-time Master of Arts in Therapeutic Recreation (MATR) degree designed to meet the educational needs of therapeutic recreation (TR) practitioners. It will be the first degree program of its kind in North America, providing a benchmark for online course-based graduate degrees in TR.

Recreation therapists are increasingly seeking regulation as allied health professionals. They serve a vital function on inter-professional health care teams working alongside occupational therapists, physiotherapists, music therapists, nursing staff, and physicians. Increasing emphasis on certification and regulation in the TR profession has led to a growing need for suitably-trained TR professionals (CTRA, 2010).

As the proportion of older adults and individuals living with illness and disease in Canada increases, and community diversity continues to grow, TR professionals will play a vital role in providing clinical interventions, leisure education, and leisure participation opportunities to help individuals maximize independence in leisure, health, and quality of life. The MATR will advance the profession, addressing the role of TR in social change and in creating environments of inclusion and diversity. To meet the needs of professionals working in therapeutic recreation, the MATR will be delivered part-time through an extended learning format.

For details, see [ahs.uwaterloo.ca/rec/graduate/gradprograms.html](http://ahs.uwaterloo.ca/rec/graduate/gradprograms.html) later this fall.

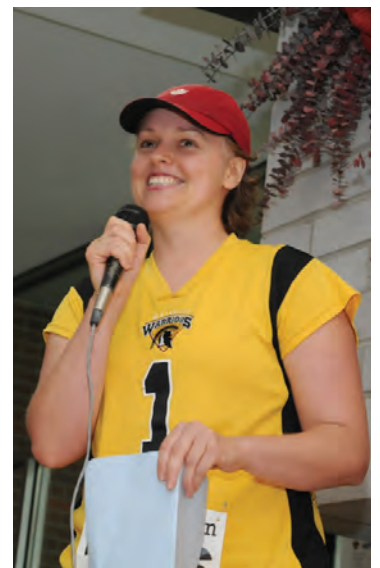
## Alyson's inspiring journey

For over 15 years, **Alyson Woloshyn (BA '00)** moved individuals and teams from big ideas to big achievements – training thousands on leadership, communication, and goal setting. She co-created a tool utilized by North American campuses to create effective student programs. She managed the 1200-member volunteer team for the 2008 Juno Awards. And she did it as a volunteer, in addition to her full-time job.

Woloshyn donated her time and money often, believing that we all have a social responsibility to “put back in more than we take out.” In 2009 an investigation into severe headaches led to a shocking diagnosis of glioblastoma – an incurable form of brain cancer. At 32 years of age, Woloshyn's world had forever changed. Yet her optimism and philosophy remained steadfast.

While grateful her treatment costs were covered, Woloshyn's mobilised an army to once again help give back. For three years, Woloshyn advocated for brain cancer research, raising more than \$50,000 for the Alberta Cancer Foundation. She inspired thousands with her [alysonwoloshyn.com](http://alysonwoloshyn.com) blog chronicling her journey, and cherished friends paid the spirit forward by establishing a University of Waterloo leadership award in her name.

Alyson Woloshyn's journey ended May 27, but not before teaching us how to find hope and opportunity in life's darkest moments, and of the value of giving back. She will be sadly missed by her AHS family and remains an inspiration to all.



## A fond farewell



After nearly 30 years of service to the field of therapeutic recreation, Professor Adrienne Gilbert will retire November 1, 2012. Gilbert joined the Department of Recreation and Leisure Studies in 1968 as an undergraduate student. She returned to complete her master's degree and began a teaching position at Waterloo in 1983. Since the beginning, she has been instrumental in the advancement of the field both academically and in practice. Throughout her career, Gilbert has viewed the therapeutic recreation profession through numerous lenses including student, practitioner, educator, researcher, and Therapeutic Recreation Ontario (TRO) board member and president.

As associate chair of undergraduate studies for over 20 years, Gilbert has admitted and assisted thousands of prospective and current students. In the classroom and through her research, Gilbert has mentored both students and colleagues. Through her leadership and commitment, she has made innumerable contributions to the Faculty of Applied Health Sciences, the Department of Recreation and Leisure Studies, and the therapeutic recreation community, touching many lives. She is now excited to be moving into the leisurely role of loving grandmother to baby Noah.

"Adrienne helped to establish Waterloo's reputation as a leader in therapeutic recreation," says Paul Eagles, acting chair of the department. "We can't thank her enough for her contributions and we wish her well in her retirement."

Leeann Ferries succeeds Gilbert as associate chair for undergraduate affairs.

## » Dave McVetty BA '87

Hands up if you experienced camping or national parks growing up? If so, you are more likely than the person beside you to support parks and natural areas as an adult.

**Dave McVetty** didn't know he would grow up to be a self-described "parkie." In fact, he chose Recreation and Leisure Studies (Business Option) because he wanted to be a recreation director. But Rec is a "degree that doesn't force graduates into a specific career," says McVetty. And as he moved through co-op placements and academic terms his interests evolved.



McVetty was encouraged by professors like Paul Eagles and the late Bob Graham to explore a career with Parks Canada. "They helped me to see that a career with Parks Canada was like a degree in Recreation...a door into a very big tent." A tent with many possibilities: Parks Canada is the federal agency responsible for the administration of Canada's system of national parks, historic sites, and national marine conservation areas.

McVetty himself has taken on many roles within Parks Canada - most notably, Superintendent of Pacific Rim National Park Reserve in British Columbia. As a Superintendent, McVetty had to respond quickly to emerging issues, from tsunami alerts to wildlife incidents, as well as manage the day-to-day operations. He also had the privilege of working with First Nations Chiefs on cooperative management agreements.

McVetty has now taken on a new challenge as a Special Advisor, Strategy and Plans for Parks Canada. In this position, he is leading Parks Canada's Employee Support Initiative to help manage changes brought on by the recent federal budget.

Without hesitation, McVetty would encourage others to pursue a career in parks. "With parks, we can see the difference that we make." McVetty looks at his two teenage daughters and hopes they are proud of his work. "If we do our job well, then Canada's natural and historic treasures will be there for them and for the future generations of Canadians to understand, appreciate and enjoy...and that's pretty cool."

# Kinesiology

THE LATEST

NEWS



Faculty, staff, and students from the kinesiology department gathered in early 2012 to bid farewell to three of their own, **Ruth Gooding, Doug Painter, and Sue Fraser**. After an impressive combined total of 110 years of service to the university and the kinesiology department, they begin a well-deserved retirement.

**Ruth Gooding** was praised by students and department members for her guidance on academic and operational matters as kinesiology's executive secretary and graduate studies coordinator. Gooding retires with 35 years of experience.

**Doug Painter** was an original member of the kinesiology teaching staff. Painter served as laboratory demonstrator and instructor, mentoring thousands of students over his 35 years in the classroom and labs, and on the golf course as a coach with the Warriors.

**Sue Fraser** joined the department in 1973 and is known to many across campus for her work as the Faculty of Applied Health Sciences's scheduling coordinator and her active involvement with the Staff Association.

## The ultimate gift

Increasing the study of anatomy in both teaching and research activities across campus is a priority for Tamara Maciel, senior lab demonstrator in the School of Anatomy. Maciel, who has her master's degree in clinical anatomy, joined Waterloo in 2011 following Hugh Scoggan's retirement.

Each year, Waterloo's School of Anatomy serves over 600 students from various disciplines – kinesiology students studying neuroscience and human anatomy of limbs and trunk; optometry and pharmacy students studying general human anatomy; fine arts students using the specimens to study the human form, and McMaster medical students based at the Kitchener satellite campus. Maciel also hosts external groups including health science students from local colleges and high school students participating in Discovery Days, an annual outreach activity.

Maciel passionately praises those who donate their bodies to advance teaching and research activities at the University of Waterloo. She knows that the School of Anatomy could not maintain its excellence if not for their generous actions.

"The strength of our School of Anatomy relies on the selfless decisions of the individuals and their families who choose to donate to our bequeathal program," explains Maciel. "Their final gift contributes significantly to research and education and, ultimately, to a healthier future."

For details on the anatomy school or bequeathal program, visit [ahs.uwaterloo.ca/kin/services/SchoolofAnatomy.html](https://ahs.uwaterloo.ca/kin/services/SchoolofAnatomy.html).



## Innovator set stage for gait research

Kinesiology colleagues, alumni and students gathered this winter to remember and honour friend and mentor David Winter. An internationally renowned scholar in biomechanics and gait, Winter died February 7 at the age of 81.

Winter came to Waterloo in 1974 from his post as director of biomedical engineering at Winnipeg's Shriners' Hospital with appointment in Surgery at the University of Manitoba. There he developed one of the world's first automated video-based methods of measuring and analyzing normal and abnormal walking (gait) patterns. He brought his significant engineering skills and revolutionary laboratory to advance the biomechanics teaching and research program in Waterloo's new department of kinesiology.

Winter's legacy includes four iconic text books on the measurement, biomechanics, and motor control of normal, elderly, and pathological balance, posture, and walking, and numerous scientific publications and invited addresses. His scientific contributions have been recognized with distinctions of "Fellow" and life time achievement awards from the Institute of Electrical and Electronic Engineers, the Canadian Society for Biomechanics, the Gait and Clinical Movement Analysis Society, and the International Society of Biomechanics (ISB). Last December, the ISB named an award supporting young talent in biomechanics research the "David Winter Young Investigator Award."

Winter was predeceased by his wife Judith, and survived by children Merriam, Andrew, and Bruce, and loving grandchildren.

» Dr. David Wilson BSc '76, MSc '79

Encouraging **Dr. David Wilson** to talk about his six years at Waterloo is easy. He fondly reminisces about the varsity swim team, Friday afternoons at the Grad House, inspirational faculty such as Mike Sharratt, Mike Houston, and Howie Green; and two “invaluable” degrees in kinesiology.

These degrees laid the foundation for a medical career and Wilson says he’s “amazed at the continual relevance” of his Waterloo education. “Waterloo is where I learned to learn,” says Wilson.

“Approaching situations as a problem to be understood and solved was key then, and is key to health care.”

Decades later, Wilson, a lifelong learner, said goodbye to his family practice in West Vancouver in search of a new challenge. He now enjoys the “constant challenge and unpredictability” of his job working for Vancouver Coastal Health as a locum in inner city and urban clinics. Wilson works with marginalized patients including the transgendered, youth, and those suffering from addiction. “In one recent afternoon, I assisted a parolee, a university department head, sex trade workers, a transgender genetics researcher, and a young gay deaf patient wanting to get married.”

Beyond his day job, Wilson volunteers his time and medical expertise to organizations including Doctors Without Borders. “The profession of doctor – a title understood around the world – is my proverbial passport to many communities and people,” says Wilson, whose travels have taken him to South Sudan, Guyana, and Nepal. Wilson also serves as a locum in Hay River, Northwest Territories. As in many of developing countries he has visited, there are no diagnostic resources in the isolated community, challenging him to rely solely on his honed clinical skills and judgment.

Energized and inspired by his patients, peers in the health care field, and above all his wife Barb, Wilson says he looks forward to the next challenge and won’t be slowing down anytime soon.



## Mealtimes feed the soul

Food is not only about nutrition and mealtimes are much more than just re-fueling. For persons living with dementia and their families, mealtimes offer ways of being connected, honouring identity, and adapting to and accepting the continual shifts of their evolving lives.

Researchers Heather Keller, a registered dietitian and Schlegel Research Chair in Nutrition and Aging at the Schlegel-UW Research Institute for Aging, Sherry Dupuis (Recreation and Leisure Studies) and Lori Schindel Martin (School of Nursing, Ryerson University) are using mealtimes as a window to better understand how older adults cope with chronic illness.



“How persons with dementia eat determines how they function, which affects physical mobility, brain function, and overall longevity,” explains Keller (pictured left). “Yet, we need to look beyond the physiological consequence of

weight change and nutritional status, to understand the social implications of eating food together.”

The researchers are examining dementia by using ‘person-centred’ approaches and bringing different disciplinary perspectives around the person(s) living with dementia. In so doing, the essence of the person with dementia drives all health-related interventions so that their voices can be heard.

Mealtimes can have an important effect on persons living with dementia – reflecting the broader narrative of coping with chronic illness. Keller believes “eating meals together” helps to develop and maintain relationships in the face of dementia, prevent depression and early institutionalization, improve nutritional health, and nourish quality of life.

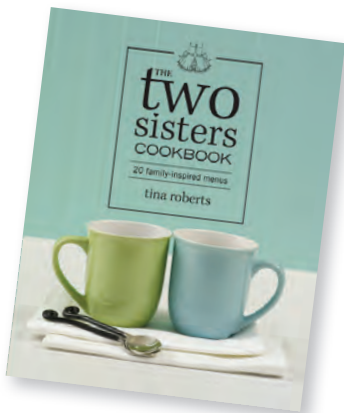


## Tropical salsa

This salsa is a wonderful, low fat alternative to the many cheese- and mayonnaise-based dips and spreads, and it's packed with vitamins and minerals. Serve with organic, low sodium yellow and blue corn chips. This salsa can be made 1 day ahead and stored, covered in the refrigerator.

- 2 avocados, finely chopped
- 1 mango, finely chopped
- 1 jalapeno, finely chopped
- 6 tbsp. minced fresh cilantro or basil
- 1/4 cup minced red peppers
- 1/4 cup minced red onions
- 3 tbsp. freshly squeezed lime juice
- 1 tsp. vegetable oil
- pinch brown sugar
- kosher salt and freshly ground black pepper to taste

Combine ingredients in a medium bowl and let sit at room temperature for 1 hour before serving.



Reprinted with permission from *The Two Sisters Cookbook: 20 family-inspired menus* by Tina Roberts (BSc '80, HEALTH)

[www.inspiredmenus.com](http://www.inspiredmenus.com)

# SNAP!

CAPTURING THE AHS COMMUNITY IN ACTION



Fore! Pictured left to right at the President's Golf Tournament: **John Haddock (BA '78, RLS)**, CEO, YMCA (with a hole in one!); **Tom Kieswetter (BSc '73, KIN)**, recently retired Waterloo Warriors Basketball coach; **President Feridun Hamdullahpur**; **Paul Marchildon (BA '87, RLS)**; and **Jim Rush**, chair of kinesiology.



« **Jeff Payne (BA '06, RLS)** of Maple Leaf Sports & Entertainment shares career advice with current students during the AHS Career Night Speed Networking event in January. Twenty-seven alumni returned to campus for the event, which included the launch of a new "Ask AHS Alumni" online mentorship program: [uwaterloo.ca/applied-health-sciences/ask-ahs-alumni](http://uwaterloo.ca/applied-health-sciences/ask-ahs-alumni).





Convocation is always a family affair but for the Awan family, Fall 2011 Convocation was extra special as **Najma Awan (MPH '11)** and son **Talal Awan (BSc '11, KIN)** received their degrees at the same ceremony.



Rock on! AHS alumnus **Dr. Sean Gartner (BSc '91, KIN)** and his wife attend the 80's musical Rock of Ages at the Centre in the Square, Kitchener. The event was hosted by Waterloo Alumni Affairs and included a meet and greet with the cast. Watch for upcoming alumni events at [alumni.uwaterloo.ca/alumni/events](http://alumni.uwaterloo.ca/alumni/events).



GARLS President Dan Henhawk cooks up pancake breakfast for the 20th annual Graduate Leisure Research Symposium in May 2012.



Undergraduate students faced-off against graduate students, faculty, and staff at the 6th annual Aftab Patla Memorial Cup. This year's event raised over \$4,200 to support the undergraduate scholarship in Kinesiology named after Aftab Patla – professor, mentor, and friend who passed away with cancer in 2007.

## » ALUMNI MESSAGE



AHS welcomes Mari-Beth Davis as the Faculty's new Alumni Advancement Officer.



As your new Alumni Advancement Officer and a graduate of the University of Waterloo (BA '99), I'm excited about my new role and the opportunity to meet AHS alumni, get to know more about you, and do my best to provide programs and opportunities to help you stay connected and engaged.

One of the best ways to stay connected is to join friends and classmates for **REUNION 2012 - Saturday, September 29, 2012**. The weekend offers you the chance to re-connect with your peers and favourite professors, and visit the places that made your university days memorable. You can also see how the campus has changed since you graduated and meet current students to hear about student life today!

For REUNION 2012, AHS is celebrating the 27th year of our annual Fun Run, welcoming both the AHS and local community to participate in a few laps around the ring road to celebrate active, healthy living. And an exciting new addition this year - we're inviting the graduating classes of '72, '77, '82 and '87 back to campus for a special banquet to commemorate their anniversary!

Attending REUNION 2012 is a great way to catch up with old friends and stay connected to the AHS community. If you'd like to join your fellow alumni for REUNION 2012, at the AHS Fun Run or the AHS Class Reunion Banquet, visit [ahs.uwaterloo.ca/alumni-events](http://ahs.uwaterloo.ca/alumni-events) for details and registration.

*Mari Beth Davis*

RECONNECT | APPLIED HEALTH SCIENCES | WATERLOO | RECONNECT | APPLIED HEALTH SCIENCES

# Making Alumni Connections!

## We're here for you!

Re-connect with fellow alumni, attend alumni events, and get involved with the Faculty of Applied Health Sciences.

ahs.uwaterloo.ca/alumni

### NEWS to YOU

is published annually by the Faculty of Applied Health Sciences

Applied Health Sciences  
University of Waterloo  
Waterloo, ON, Canada  
N2L 3G1

[ahs.uwaterloo.ca/alumni](http://ahs.uwaterloo.ca/alumni)

[facebook.com/waterloo.appliedhealthsciences](https://facebook.com/waterloo.appliedhealthsciences)

Circulation: 10,200

#### EDITORIAL TEAM

Michelle Douglas-Mills  
Meredith McGinnis

#### CONTACT

519-888-4567, ext. 32610  
[ahsalumni@uwaterloo.ca](mailto:ahsalumni@uwaterloo.ca)

#### CONTRIBUTORS

Mari-Beth Davis  
Nancy Fenton  
Stephanie Johnson  
Kate McCrae  
Tina Roberts

#### DESIGN

Creative Services, CPA

#### PHOTOGRAPHY

Dan Ackerman  
Tomasz Adamski  
Yoav Bowman  
Daphne Tai Photography  
Michelle Douglas-Mills  
Nicole Greig  
D. Michael Hostettler  
Chris Hughes  
Joanna Orpia Photography  
Peter Lee  
Morgan Levison  
Light Imaging  
Newschool Photography  
Tina Roberts  
Silver Moon Photography

#### ON THE COVER

DR. GRO HARLEM BRUNDTLAND,  
Former Director-General, World  
Health Organization  
PHOTO: JONATHAN BIELASKI

### » Hire an AHS co-op student

Draw from a talented group of AHS students looking for challenging and inspiring co-op positions: [uwaterloo.ca/hire](http://uwaterloo.ca/hire).

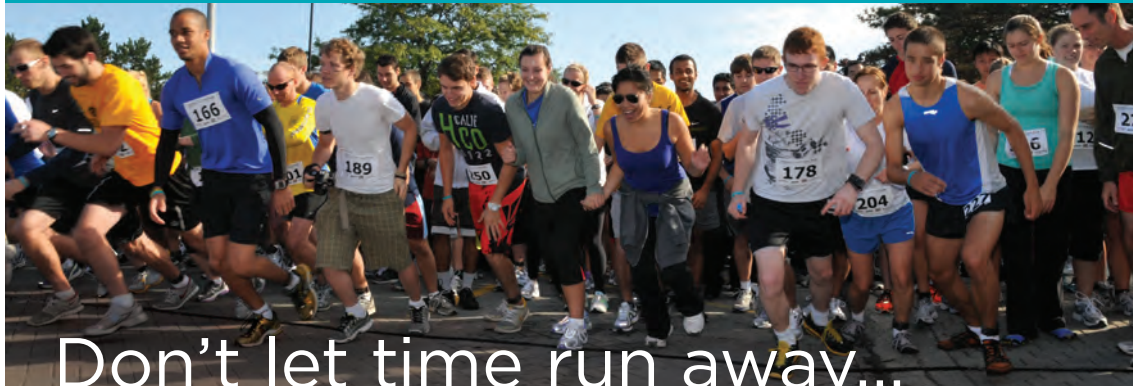
### » Help us recruit outstanding students

If you spot potential in a student in your life and want them to have the AHS experience you are so proud of, refer them to Waterloo's undergraduate programs: [referstudents.uwaterloo.ca](http://referstudents.uwaterloo.ca).

### » Stay in touch

We value your involvement as alumni, whether attending events, hiring a co-op student, mentoring our current students or making a financial investment in Applied Health Sciences. Get involved, contact your Alumni Advancement Officer Mari-Beth Davis:

[mbdavis@uwaterloo.ca](mailto:mbdavis@uwaterloo.ca).



## Don't let time run away...

Join alumni and friends and return to campus for **REUNION 2012**.

**Saturday, September 29, 2012**

**REGISTER NOW:** [ahs.uwaterloo.ca/alumni-events](http://ahs.uwaterloo.ca/alumni-events)



» **AHS Fun Run 2012** - Celebrating 27 years!

» **AHS Alumni Reunion Banquet** - Commemorating the classes of '72, '77, '82, and '87.

RETURN UNDELIVERABLE CANADIAN ADDRESSES TO:

Applied Health Sciences  
University of Waterloo  
Waterloo, ON, Canada  
N2L 3G1

RETURN POSTAGE GUARANTEED

FSC logo