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THE PURSUIT OF WELL-BEING

FALL 2022

HEALTH HUB



UNIVERSITY OF
WATERLOO
STREET WISE
MEDICAL

Bookwala
FACULTY OF HEALTH

HEALTH HUB

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MESSAGE FROM THE DIRECTOR OF ADVANCEMENT

DEAR ALUMNI AND FRIENDS

This fall will see Faculty of Health students and local not-for-profits benefit from your generosity via your contributions to the Student Experiential Learning Fund on Giving Tuesday. In these charitable organizations, Health students will learn and share their knowledge to support programs that improve the well-being of others. For anyone who has participated in co-op, internships or placements, you understand the positive impact of experiential learning.

We are currently working with other not-for-profit organizations to partner with Health and hire students in the future. Thanks to our donors for supporting this new and ongoing initiative!

Our alumni are key to who we are and who we become as an institution. We have had great success with our Ten Thousand Coffees (10KC) program. This online networking platform allows students to connect to alumni, to each other, and for alumni to connect with other alumni.

One of the 10KC programs is Alumni Office Hours. When students were learning remotely, we launched this program so alumni could meet online with a group of students. Students ask questions about careers they are interested in and what classes they would need to prepare for today's job market. Read more about 10KC on page 12.

We invite you to support students by participating in Ten Thousand Coffees. For more information on 10KC and other ways to get involved in the Faculty of Health, please contact Jenn Bentley, Alumni Engagement Officer, at jennifer.bentley@uwaterloo.ca.

Thank you to all our volunteers and donors who have made these opportunities available to Health students.

Warm regards,
Sherri Sutherland
Director of Advancement, Faculty of Health



SHERRI SUTHERLAND



THE PURSUIT OF WELL-BEING

MESSAGE FROM THE DEAN

One of the Faculty of Health's strategic priorities outlined in our 2020-25 Strategic Plan is to create a culture of health and well-being. Even though we hear a lot about the pursuit of happiness, to me, an even more enduring pursuit is that of well-being. One could even argue that if you have well-being, happiness will follow.

My sense of well-being is connected to the people I care about, and the environment I live, work and play in, including the institutional environment. I try to share this outlook with my family. A similar approach could be applied to investment in our physical, spiritual and social health to maximize our future well-being. In turn, our personal and lived experiences influence our professional lives and the meaning we bring to our work to enhance the sense of well-being for others.

I believe that most of our alumni incorporate the pursuit of well-being in their lives, and this is why most of our students are motivated to join the Faculty of Health in the first place.

Therefore, in this fall issue of Health Hub, we are featuring three alumni who contribute to the well-being of others in different settings: in family medicine, the education system and children's rehabilitation.

We also feature this year's Alumni Award recipients, and are pleased to introduce a new Alumni Volunteer Award. You will get a sense of what some of your former classmates have been up to in Class Notes. The Faculty has also made a commitment to Indigenous ways of knowing, so we have engaged an Indigenous Knowledge Keeper to help guide the way.

These are just some of the stories you'll find in this issue of Health Hub. I hope you enjoy reading it and, as always, I look forward to connecting with you in the pursuit of well-being.

Lili Liu
Dean, Faculty of Health

AMMAR BOOKWALA

Getting to know the whole person

BY ROSE SIMONE



AMMAR BOOKWALA
BSC '13, KINESIOLOGY

People typically go to a doctor to talk about a symptom. It could be knee pain, a breathing problem, a mental health issue or concern over a child's seemingly slow growth.

But to Dr. Ammar Bookwala (BSc '13, Kinesiology), a family physician whose career in medicine started with a Kinesiology degree at the University of Waterloo, it's never just about the symptom.

"Helping patients achieve the goal of well-being involves understanding the person, not just a symptom," he says.

Bookwala has been in full-time practice as a family doctor for about three years at the Streetsville Medical Centre in Toronto. There, he sees it all. Patients with knee pain, wound infections, memory loss, drug addiction, or a mother with a baby she is worried about. It is a practice that includes sports medicine, geriatric medicine and pediatrics. "I chose family medicine because it is a flexible career that allows me to branch out into many different spaces," he says.

"The exciting part of family medicine is getting to know people, understanding what their interests are, what motivates them and then using that to help them in their health journey."



The exciting part of family medicine is getting to know people, understanding what their interests are, what motivates them and then using that to help them in their health journey."

Like any doctor, Bookwala is busy. “There are a lot of pressures in terms of people asking for appointments and the paperwork burden has increased significantly. Also, the emergency departments are under a lot of stress, especially because of COVID.” That results in medical clinics being swamped with work, but Bookwala’s philosophy is that “it only takes a minute to ask someone a question about their life.”

Born in Dubai, United Arab Emirates, Bookwala’s parents came to Canada when he was 11 years old. He grew up in Mississauga and his interest in kinesiology developed in high school, where his favourite subject was gym class. Then, while in recovery after breaking an ankle during a rugby tournament, he also became interested in rehabilitation medicine.

A magical time

He chose the University of Waterloo because he saw it as an innovative school with a co-op Kinesiology program that gives students work experiences while they are completing their courses.



**It was a great school,
and it prepared me well
for a career in medicine.”**

He cites various classes, such as Russ Tupling’s course in energy metabolism and how muscle cells work, and the Anatomy Lab where Hugh Scoggan (now retired) was senior lab demonstrator. The Anatomy Lab provides students with the opportunity to work with pre-dissected human cadavers, something that Bookwala says gave him an edge when he got to medical school.

He says he also gained skills in programs run by Caryl Russell from the Centre for Community, Clinical and Applied Research Excellence (CCCARE), including UW WELL-FIT, which provides exercise programs for individuals who are currently in, or have previously undergone, cancer treatment.

He was also a residence life don when he was at Waterloo, something that Bookwala says provided him with leadership and communication skills.

Overall, Bookwala describes his experience at Waterloo as “a magical time.”

Create a safe space

He went on to get his Doctor of Medicine degree at the University of Ottawa (2017) and did his College of Family Physicians of Canada family medicine residency through the University of Toronto (2019). Besides being a doctor, he currently leads what are known as “portfolio” groups for medical school students at the University of Toronto. The groups allow medical students to reflect on their journey in medicine (for example, after they have their first experience with a cadaver).

Bookwala started his family medicine practice in May 2020, at the height of the COVID-19 epidemic. A lot of the work during COVID was by phone or virtual appointments. “That was a challenge for me because the patient relationship is the motivation for getting into family medicine,” he says. He did his best, even then, to ask questions that went beyond the symptoms.

Part of their journey

He has challenging patients who resist taking care of themselves, or patients who relapse while trying to tackle an addiction problem. But he says the key is to listen to them and try to get at the root of the problem. “You can be a reservoir of knowledge, but unless you relate to them – unless you meet them where they are, you’re not going to get anywhere,” Bookwala says. “The worst thing you can do to someone when they are at a vulnerable point is to brush aside their concerns.”

He also experiences the satisfaction of seeing people become well. One of his patients who was struggling with addiction recently was able to wean off several drugs and started pulling his life together. Bookwala gets to share in those successes. “I treasure that a lot and it is what keeps me going,” he says. “It truly is a privilege to be a part of their journey in life and I get to see them become these amazing, self-actualized individuals.”

Bookwala says he is grateful the University of Waterloo nurtured his interest in medicine. “I hope I can continue to do the University proud,” he says. ■

DEAN BARNES

Fostering well-being in youth

BY ROSE SIMONE



DEAN BARNES

BA '93, RECREATION AND LEISURE STUDIES

“One of the rewarding things about education is that you can always identify areas to make life better for others.”

The well-being of youth is the well-being of society.

This equation drives the career of Dean Barnes (BA '93, Recreation and Leisure Studies), who is now a superintendent of education for the Halton District School Board in Burlington, Ontario, where his portfolio of responsibilities includes student well-being and mental health.

“One of the rewarding things about education is that you can always identify areas to make life better for others,” says Barnes.

As part of his current portfolio, he works with schools and three professional managers who supervise social workers and child youth workers for the board and a mental health lead who implements the mental health and student support mandates of the Ontario government. He gets the satisfaction of seeing the impact of those programs despite no longer directly teaching in classrooms.

Love of hockey

Barnes was raised in Burlington by Jamaican immigrant parents who nurtured his desire to play the very Canadian sport of hockey. There weren't many Black children playing hockey, but he didn't let that stop him.

"I was different, but I didn't feel I was treated differently. I guess that being Black in hockey means more to me now looking back, but at the time it wasn't something that held me back," he says. Hockey continued to be important to him and he became a member of the University's men's hockey team in 1989-90.

His experience as a Black hockey player and love for the game inspired him to start a collection of Black hockey player cards, a hobby that was reignited during the recent pandemic. His extensive collection of cards ended up on display during the NHL's Black Hockey History Tour last year. His next project is to produce a podcast that will include interviews with past and current Black NHL players from his collection.

It was his interest in sports that led him to the University of Waterloo's recreation program, where he also did a minor in political science. "It just seemed to be a progressive university," Barnes says about why he chose this institution. "I thought Waterloo was ahead of its time with the availability of their large co-op program."

Learning through co-op

The university's co-op education program, which provides students with four-month work terms that complement their academic education, was a key reason Barnes chose Waterloo. While he had great academic mentors at the university, he says the co-op work terms "provided as much learning for me as the classrooms."

For one term, he worked for the Peel Region health services department on a health and wellness fair that was taken to various companies in that area. He also coordinated work at Waterloo that involved gathering feedback on what students wanted to see in the student life centre project that was underway at the time. Yet another co-op experience enabled him to teach physical education in the Peel District School Board.

Attracted to teaching

As time went on, he found himself increasingly attracted to a teaching career because of its potential to have an enormous impact on the lives of young people. He completed a Bachelor of Education degree, then a Master of Education at Queen's University and later a PhD from the Ontario Institute for Studies in Education at the University of Toronto. He became a teacher, a principal and was named superintendent just over a year ago.

When he was the principal of T.A. Blakelock High School in Oakville, Ontario, the school was recognized as a Gold Certified Healthy School by the Ontario Ministry of Education because of the way the school integrated the curriculum, social and physical environment with community partnerships to enhance teaching, learning and student engagement.

He then became the system principal of the Welcome Centre and International Student Program for the Halton school board. The Welcome Centre helps students and parents transition from various countries around the world and supports their settlement into school and the community.

Hand-in-hand

In all these roles, he found ways to mix his passion for sports and recreation with his education career. Barnes realized that even in his own life, there has always been a strong connection between physical and mental well-being and success. His involvement in hockey and other sports provided him with self-confidence and leadership skills that served him well and he wants young people in the school system to also have that benefit.

Barnes recalls one example from when he was a teacher in an under-served community in Toronto in which students took part in an art competition that got them seats at a Toronto Raptors basketball game. "Those of us from more privileged environments might take this for granted, but there are many students who do not have access to these experiences," Barnes says.



I think that extra-curricular activities are important to wellness, which goes hand-in-hand with academic learning."

It's also important to communities and Canada as a whole, he adds.

"Education has always been the cornerstone of a democratic society. Society benefits from the work that we do as educators in uplifting all students and removing the barriers they face to their success." ■

TARYN EICKMEIER

**Well-being
measured
in every
moment of
progress**

BY ROSE SIMONE



TARYN EICKMEIER

PHD '16, PUBLIC HEALTH AND HEALTH SYSTEMS

For Taryn Eickmeier, well-being is measured in “inchstones,” which are all those moments when delightful things happen, no matter how small.

Eickmeier (PhD '16, Public Health and Health Systems) has been in leadership roles at the Grandview Kids rehabilitation treatment centre in Durham Region since the spring of 2021. She recently took on a new role as executive lead of research, innovation and knowledge mobilization. Prior to that, she was the director of strategic communications, partnerships and engagement.

Children and youth access the services of Grandview Kids with a wide variety of needs. They may have needs pertaining to autism, infant or childhood hearing loss, mobility and motor needs, developmental delays or speech and language needs.

The not-for-profit organization provides assessments, diagnoses and outpatient treatment and therapy, as well as consultations and support for families as they navigate the complex system of community and hospital-based support for their children. The organization also participates in research activities and mentoring in the field of children’s rehabilitation and developmental medicine.



It is incredible to see the powerful connections made between parents that help answer questions, encourage progress and create meaningful bonds within the community.”

The demands are enormous. Grandview Kids sees more than 20,000 children, with 12,000 children currently waiting for services.

Despite those challenges, the organization strives to ensure that well-being doesn't just begin and end with an assessment and a treatment program. It is about the whole journey, a journey of a lifetime for the child and their family, Eickmeier says.

"Instead of milestones, we talk about inchstones, where every moment of progress counts," she says. "Every moment, whether it is the angle of a joint, standing on their own, speaking a new word, or learning how to use an augmented technology – all progress is celebrated here."

Support for families

For families of Grandview Kids, care continues outside of the treatment rooms. Eickmeier oversees the Family Engagement Team, a group of parents certified as peer navigators to provide one-on-one and group support to families.

"It is incredible to see the powerful connections made between parents that help answer questions, encourage progress and create meaningful bonds within the community," Eickmeier says. "This team is a unique feature of Grandview Kids, ensuring the family voice is embedded into the key decisions made by the organization. It is important that our services reflect the needs of families, both during and after appointments."

Consider critical evidence

Eickmeier, who was born in North Bay but grew up in York Region, began her journey into child and family rehabilitation with a kinesiology degree from Brock University (2008). During her studies, she became interested in population health and social determinants of health.

"I was seeing how the social constructs of children's lives were shaping who they were and the opportunities available to them. I felt this need to help provide the opportunities they might not naturally have." She went on to Dalhousie University where she got her master's in health promotion in 2010.

When she decided to do her PhD in public health, she was drawn to the University of Waterloo because of her supervisor, Rhona Hanning, a professor in Waterloo's School of Public Health Sciences.

I was looking for a program that would meet my needs. I found that at Waterloo."

and she was the supervisor I was eager to learn from," Eickmeier says.

The PhD at Waterloo was where Eickmeier honed the strategic thinking and research skills that put her in a great position for her current role at Grandview Kids.

"Throughout the PhD work, you are pushed to consider critical evidence and to constantly assess whether something is true and based on evidence. You need to ensure that everything that you are putting forward is accurate and sound," she says.

A new role

Those skills will help her in her new role, one that involves doing data collection and analysis for the clinicians who may be interested in new treatments, therapies, or creative ways of changing clinical practice to improve the services to families.

It also involves partnering with other local children's treatment centres, research institutes and universities that would like to be involved in research at Grandview Kids. "One of the first things I want to do is form a family research advisory council to find out what kind of research our families are interested in," she adds.

She was also successful last year in getting her credentialed evaluator designation through the Canadian Evaluation Society. "With that designation, I can lead some rigorous evaluations for Grandview Kids," she says. Evaluators measure outcomes, or satisfaction, but do so in a scientific way to understand how well the programs are working.

She adds that her PhD also gave her a grounding in provincial and federal components of the complex health system and the way programs are funded. "That helps me advocate for change and inform new directions for the programs and research."

Even though her role is administrative, she gets satisfaction from helping an organization that fosters well-being in children in every aspect of their lives.

"In any leadership role, you have so many strategic, carefully planned decisions to make, and I am accountable for all the decisions that are made by my team. But children, their parents and the teams providing care are the ones who do all that great work," she says. ■

Faculty of Health Alumni Awards

CELEBRATE 20 YEARS

This year marks 20 years of recognizing and honouring alumni who influence the health and well-being of society through significant professional accomplishments, public service and support to the University of Waterloo.

The program began with the Alumni Achievement Award in 2002 and the Young Alumni Award was added in 2008. As we continue to engage alumni through different initiatives in the Faculty of Health, we saw an opportunity for a new award. We would like to announce our newest alumni award: the Alumni Volunteer Award, which recognizes alumni who have made significant contributions of their time to the Faculty of Health.

Alumni Achievement Award
RAYNALD HARVEY LEMELIN

Young Alumni Award
NATASHA KNIER

Alumni Volunteer Award
MICHELLE MORRISSEY

Alumni Achievement Award
RAYNALD HARVEY LEMELIN



RAYNALD HARVEY LEMELIN
PhD '04, RECREATION AND
LEISURE STUDIES

R. Harvey Lemelin (PhD '04, Recreation and Leisure Studies) has long subscribed to the belief that research and instruction should result in meaningful change in communities and society.

Lemelin is a professor in the school of outdoor recreation, parks and tourism at Lakehead University. He completed his PhD at Waterloo in 2004. Prior to that, he was at the University of Ottawa, where he received his bachelor and master's degrees in sociology.

Besides an impressive array of prestigious grants, scholarly publications, invited presentations and awards, what distinguishes Harvey is his ground-breaking and ongoing work with Indigenous peoples. At least 20 years before current efforts to recognise and adopt Indigenous teachings and scholarship, Lemelin forged authentic research collaborations and partnerships with Indigenous groups. For his doctoral research, for example, he worked with Indigenous groups in Churchill, Manitoba to examine

the impact of the polar bear viewing industry there.

His focus is on the relationships between nature, society, health and well-being. He has made significant contributions to the understanding of Indigenous tourism and cultural livelihoods, climate change, historical site interpretation, parks and protected area management, human-wildlife interactions and rural and northern outdoor recreation and tourism.

One of his most innovative lines of inquiry is about the role of insects in leisure and tourism. His research on 'dragon-hunting' (the pursuit of dragonflies by enthusiasts) in Northern Ontario is an example.

Along with his numerous refereed papers, Lemelin is the author of several highly respected books on recreation and tourism. Lemelin was made Lakehead University Research Chair in Parks and Protected Areas in 2010 and he is a co-recipient of the Lakehead University's Aboriginal Partnership Research Award.

In recognition of his extraordinary accomplishments as a scholar and innovative teacher, as well as his ongoing commitment to community service, R. Harvey Lemelin is the recipient of the 2022 Faculty of Health Alumni Achievement Award.

Young Alumni Award NATASHA KNIER

Natasha Knier (BSc '18, Health Studies) has shown extraordinary commitment to teaching others and making community contributions to health research and cancer awareness while pursuing a demanding PhD related to diagnostics and treatment of disease.



NATASHA KNIER

BSC '18, HEALTH STUDIES

While at Waterloo in the Honours Health Studies (co-op) program, Natasha was a tutor, chair of the Applied Health Sciences Endowment Fund, media coordinator for orientation week, digital content manager

for the TEDxUW Conference and a student ambassador.

Knier started a PhD at Western University in 2018 and dedicates her spare time to teaching and sharing her skills and knowledge while mentoring other students. In the community, she has also served as a social media coordinator for two different cancer outreach groups, the Cellular and Molecular Imaging Group at Robarts Research Institute and various local conferences. She has worked with the Breast Cancer Society of Canada, leading fundraisers and writing digital content, as well as doing interviews and talks. Health research and cancer awareness are two areas she commits much of her time to.

Knier is the recipient of numerous awards, including the Canadian Institutes of Health Research Doctoral Research Award. Her research has resulted in 37 conference presentations and seven published manuscripts in peer reviewed journals. She has also been involved in curriculum development and has taught as a teaching assistant and instructor.

In recognition of her accomplishments and aptitude for research, her enormous commitment to teaching and her involvement in the community, Natasha Knier is the recipient of the 2022 Faculty of Health Young Alumni Award.

Alumni Volunteer Award MICHELLE MORRISSEY

Michelle Morrissey (BSc '80, MSc '83, Kinesiology) is the inaugural recipient of the Faculty of Health's Alumni Volunteer Award. She is president of the G.O. Group, a consulting company she co-founded in 2013 following a distinguished career in the electrical utility industry.

Morrissey's gifts to the Faculty of Health have supported many projects, including scholarships, awards, equipment, expansion and more. Her most recent gift helped launch the Global Health Policy and Innovation (GHPI) research centre fund (uwaterloo.ca/ghpi).

She has been a member of the Dean's Advisory Council (DAC) since its inception in 2007. DAC members serve in an advisory capacity to the Dean of the Faculty of Health, promoting the Faculty's interests to the general public, key external stakeholders, alumni and prospective donors. Members of the Council increase the Faculty's impact on external audiences, promote strategic partnerships and enhance fundraising opportunities.

Before Morrissey was a founding member of DAC, she served as a member of the former Waterloo Advisory Council and was on the advisory committee for the Centre of Research Expertise for the Prevention of Musculoskeletal Disorders (CRE-MSD), which is housed in the Department of Kinesiology and Health Sciences.



MICHELLE MORRISSEY

BSC '80, MSC '83, KINESIOLOGY

In recognition of her commitment to advancing the Faculty of Health through volunteer opportunities, Michelle Morrissey is the recipient of the 2022 Faculty of Health Alumni Volunteer Award. ■

NOMINATE AN ALUMNUS

Do you know other graduates who embody the Faculty of Health spirit? **Nominate them** for an Alumni Award today! **Nominations close April 30, 2023.**

uwaterloo.ca/health/alumni-awards



MICHELLE MORRISSEY
BSC '80, MSC '83, KINESIOLOGY

WHY I GIVE BACK

Q and A with Michelle Morrissey

What is a special memory from your time at Waterloo?

I think each time I come back, I see how far the Faculty has developed and progressed from when I was a student. Although the transformation is significant, the original principles have been maintained.

As a student, we would have classes and labs in every corner of the University. I remember running from Optometry to the Arts Library to the Engineering Lecture Halls and then to the PAC for a lab, all before lunch. As Kinesiology students, we got to know the University campus very well and stayed in shape whether we wanted to or not.

How long have you been a donor or supporter and why did you start?

I'm not really sure. I think originally, I would give what I could when the donor calls came in. Over time, as my association with the Faculty increased, it has become a more formal process.

I started for a couple of reasons. I am grateful for the support I received as a student and it is important to give back. The other is I believe in and understand the importance of the work that the Faculty is involved in.

What motivates you to support the Faculty of Health?

The importance of giving back. I have personally benefited from my experiences and association with the University of Waterloo. It has been a pleasure to watch and cheer on the relevant and progressive work that the brilliant minds have and are tackling. I am particularly proud of how far the Faculty has come. From not having a dedicated building and our labs in the basement of other Faculty buildings to state-of-the-art facilities that not only support the students and faculty but, equally important, support the greater community. By supporting, I am helping in a small way to create a healthier future for all.

READY TO JOIN MICHELLE IN GIVING BACK?

Make a gift to enable Faculty of Health students to experience real-world education through the Student Experiential Learning Fund or select another area that is meaningful to you. waterloo.imodules.com/health

JOIN OUR TEN THOUSAND COFFEES COMMUNITY!



Have you joined the Faculty of Health community on Ten Thousand Coffees yet?

We interviewed Kinesiology and Health Sciences alumnus Diane Sepa-Kishi (BSc '11) to see why she did!

Why did you start using Ten Thousand Coffees?

I was looking for a way to build my network and signing up for this platform felt like an easy way to have more conversations.

What is your favourite aspect of this platform?

The platform puts together a database of Health alumni who are interested in networking and building connections, so it was easy to reach out and connect with other alumni in similar fields to mine. Plus, the monthly introductions are a great way to meet new people you may not have thought of connecting with.

Why would you recommend other alumni use it?

In our ever-virtual world, it's great to make new, meaningful connections, and you never know where your next conversation will lead you!

Our students love connecting with alumni too! Here's what current Recreation and Leisure Studies student Audrey Hoogstra had to say, "My favourite aspect is connecting with alumni and learning the skills they want us to have and gain through university and through co-op."

Sign up today to start your mentoring and networking journey!

tenthousandcoffees.com/schools/uwaterloo

For assistance or more information, contact your Alumni Engagement Officer, Jennifer Bentley, jennifer.bentley@uwaterloo.ca.



Future Launch



Give students a place to congregate, celebrate, smudge and be proud to be an Indigenous student in the Faculty of Health.”

BY EUGENIA XENOS ANDERSON

Planting the seeds of RECONCILIATION

Even before the commitment was made on paper and solidified in ceremony, talk of Indigenous reconciliation had been taking place in the Faculty of Health. However, it took the hire of an Indigenous Knowledge Keeper to give shape to a process that is sometimes not well understood and often difficult to begin.

That Indigenous Knowledge Keeper is Elder Myeengun Henry, formerly Chief of the Chippewas of the Thames First Nation and Indigenous leader at Conestoga College. His voice is soothing but forceful, and he looks like a man who has found his calling. Part grandfather, part sage, part friendly neighbour, he is a healer who came to Waterloo at just the right time.

Elder Henry is at a stage in his life where he wants to share his knowledge, experiences, language and culture. He wants to offset the damage of more than one hundred years when Indigenous culture, identity and languages were stifled, prohibited and criminalized. He tirelessly spreads the word through learning circles, ceremonies and even participating in every single one of the 20 convocation ceremonies this past spring. He does it patiently and cheerfully, but also pointedly when necessary.

At a Commitment Ceremony in June, Elder Henry

and Dean Lili Liu planted a cedar tree and exchanged gifts: a sacred eagle feather for the Faculty, and a one-of-a-kind beaded medallion for Elder Henry. They also unveiled a Wampum Belt that hangs in the Health Expansion building. The event formalized one of the signature commitments in the Faculty’s latest strategic plan: to create “an environment that invites and respects Indigenous ways of knowing.” Reconciliation efforts are being adopted throughout the University, with a University-wide Commitment Ceremony in September, the first of its kind for a Canadian university.

The Faculty’s reconciliation efforts include commemorating events such as Red Dress Day, but also creating spaces that can be used by Indigenous students and others, installing Indigenous artwork to make students feel comfortable and accepted, and including Indigenous knowledge into the curriculum to make a difference in how we practice and deliver health programs and services.

“Give students a place to congregate, celebrate, smudge and be proud to be an Indigenous student in the Faculty of Health,” Elder Henry says. “I see a vision coming true, a formal commitment to making this come true. It will be longer than the life of a strategic plan.” ■

For more on the Faculty’s Indigenous initiatives, please visit

uwaterloo.ca/health/indigenous-initiatives



#UWHealthAlumni

Nearing the end of his Recreation and Leisure Studies degree (BA '15), Thomas Black started working as an axe-throwing coach with the Backyard Axe Throwing League (BATL) at their new Kitchener location. With axe throwing growing as a sport and the development of a governing body for the sport, this job began to turn into a career.

He spent three-and-a-half years managing and operating the Kitchener venue as the general manager, then moved to a sport management role with the International Axe Throwing Federation (IATF). "Fast forward through the pandemic and with the continued growth of the Federation, I am now senior manager of the IATF."

Last year, Thomas also started working for the London Knights of the Ontario Hockey League team as their video coach. This September will be his second season with the Knights, and he'll be leaving Waterloo for the first time since 2010 to relocate to London.

"I contribute a lot of my personal and professional success to my time at UWaterloo and having had the opportunity to spend seven years (through school and beyond) as an assistant coach and video coach with Coach Brian Bourque and the Waterloo Warriors men's hockey program."

Outside of work, Thomas likes to volunteer his time in the region helping younger generations in sport through goalie coaching.

Share your updates at:

uwaterloo.ca/health/class-notes

CLASS NOTES

1990s

SARA MIDDLETON

BA '97, RECREATION AND LEISURE STUDIES



Sara, Director, Community Impact, for United Way Elgin Middlesex, has been seconded for up to two years to United Way Centraide Canada as of June 2022. Sara is helping advance national community impact work by sharing expertise about social issues affecting local communities with the national movement.

2000s

WAJID AHMED

MSC '07, HEALTH STUDIES AND GERONTOLOGY



Wajid served as Medical Officer of Health in Windsor-Essex County Health for a number of years before joining the Ministry of Health. He is currently working as the Associate Chief Medical Officer of Health for Ontario. In his role, Wajid has not only supported the provincial COVID-19 pandemic response, but also supports the public health units in the west region in their COVID-19 pandemic response.

CECILIA COLLINS

BSC '08, KINESIOLOGY



Cecilia began a new role in 2022 at VelocityEHS (formerly Humantech, Inc) as Manager of Customer Experience/ Operations. She oversees a team of ergonomic consultants supporting proactive ergonomic design initiatives at Toyota Motor Engineering and Manufacturing North America.

2010s

LUBNA ALMAZROEI

MA '10, TOURISM POLICY AND PLANNING



Lubna started a new role on February 2022 as the Tourism Manager, Economic Diversification Investments in the Oman Investment Authority. Lubna has also been designated as the chair for the board of trustees at the Oman Tourism College since December 2020.



MICHAEL PEARSON
BSC '11, KINESIOLOGY

Michael started a new position as Territory Manager at Bausch + Lomb Canada.



THIV PARAMSOTHY
BSC '13, HEALTH STUDIES

Thiv recently founded his next startup, Hera Fertility, after seeing friends and family struggle to afford fertility treatments. He hopes to improve access and affordability for all.



MARC LAFLEUR
BSC '14, HEALTH STUDIES

Marc has recently joined Minti Labs as a Product Advisor to help with their recent launch of IMSA Fastlane. Similar to Dapper Labs' Top Shots, IMSA Fastlane has become the licensed NFT and digital collectable marketplace for North America's largest motorsports association. And other good news, Marc and Irma Brcanovic got married on October 15!



IMRAN ADRIAN KHAN
BSC '03, KINESIOLOGY, AND
MPH '15, PUBLIC HEALTH

Imran is starting as Associate Medical Officer of Health at Public Health Sudbury and Districts, having recently completed residency training at NOSM University in the Public Health and Preventive Medicine residency program. He writes that the knowledge gained, competencies developed and friendships established during the MPH training was instrumental in enhancing his understanding of the social determinants of health and health equity, and further deepened his interests in pursuing public health and preventive medicine residency training.



RUBIN KATAKAI
BA '17, RECREATION AND SPORT BUSINESS

Rubin started a new position as the Senior Fundraising Strategist and Account Manager at Frontier Marketing Co.



KYLIE SULLIVAN
MSC '19, KINESIOLOGY

Kylie has returned from the west coast and started as a Research Assistant in the Bone Health and Exercise Science (BonES) Lab at the University of Waterloo.



CELIA LAUR
PhD '19, HEALTH STUDIES AND GERONTOLOGY

Celia is an implementation scientist working as the scientific lead of the Office of Spread and Scale at Women's College Hospital Institute for Health System Solutions and Virtual Care (WIHV). In August 2022, she gained the affiliation of Assistant Professor in the Institute of Health Policy, Management and Evaluation (IHPME) at the University of Toronto.



KRISTA URCHENKO
MPH '19, PUBLIC HEALTH

Krista recently started a new role as a Senior Policy Analyst, Office of the Vice-President and Deputy Chief Public Health Officer at the Public Health Agency of Canada. She previously was with Health Canada working in pharmaceutical regulatory affairs.



HILARY PROUSE
BA '19, RECREATION AND LEISURE STUDIES

Hilary is currently working as the Alumni and Events Coordinator for the Alumni and Advancement Office at Algoma University in Sault Ste. Marie, Ontario.

2020s



TIANQI ZHU
MHI '20, HEALTH INFORMATICS

Tianqi has become a software engineer at ADP, a human resource company. He is so kind that when he's hiking, birds come over and perch atop his head.



MARIO KANGESWAREN
MPH '21, PUBLIC HEALTH

Mario completed the MPH during his Northern Ontario School of Medicine Public Health and Preventive Medicine post-graduate medical education (residency). He is also a family physician. During his MPH, the COVID-19 pandemic arose, and Mario was able to concurrently undertake full-time courses and provide much-needed health-care support. He is also the newly appointed Medical Officer of Health for the Chatham-Kent Public Health Unit.



KAILEIGH DAKINS
BA '22, RECREATION AND SPORT BUSINESS

Kaileigh began her career with the Toronto Blue Jays in May 2022. She is a Fan Services Representative and helps to improve the fan experience at Blue Jays games!

UPCOMING EVENTS

uwaterloo.ca/health/alumni-friends/events

NOVEMBER 15, 2022

HALLMAN LECTURE

Exercise as Health Care: Past, Present and Future

We will culminate our 20th anniversary celebrations of the UW WELL-FIT program with a Hallman Lecture focused on the role of exercise in health promotion and care: past, present and future. The Hallman Lecture will be given by Dr. Paul Oh, a cardiologist and Medical Director of the Cardiac Rehabilitation and Secondary Prevention Program at the UHN-Toronto Rehabilitation Institute. A panel discussion, audience questions and cocktail reception will follow.

uwaterloo.ca/cccare/exercise-as-health-care

NOVEMBER 29, 2022

GIVING TUESDAY

Save the date! Watch for the Faculty of Health challenges that you can support to help unlock additional funds for students in the Faculty of Health!



JANUARY 28, 2023

FANTASTIC ALUMNI DAY

3 p.m. Doors Open | 4 p.m. Women's Game | 6 p.m. Men's Game

Get ready, get set, get loud as Fantastic Alumni Day returns once again to bring hundreds of alumni, donors and families back to the PAC. Help us raise the decibel level and show the Algoma Thunderbirds what a home court advantage sounds like as we cheer on the Men's and Women's Warriors Basketball teams.

Plus, the half-time traditions continue with the Kids Contest and annual Airplane Toss with a chance to win great prizes courtesy of TD Insurance Meloche Monnex.



JUNE 3, 2023

ALUMNI WEEKEND – SAVE THE DATE!

Save the date and contact Jenn Bentley, jennifer.bentley@uwaterloo.ca to plan a class reunion or special event at Alumni Weekend 2023. If you are a class of 1998 or 1973 grad, consider hosting a special 25th or 50th anniversary reunion!



BENEFITS FOR YOU!

Alumni are eligible to receive a variety of services to help you show your pride, develop your career and connect with each other and the University – not to mention alumni discounts on sports, entertainment, travel and more!

uwaterloo.ca/alumni/benefits-and-services

Black and Gold Alumni Pass

The Black and Gold Alumni Pass gives you and a guest access to all exhibition and regular season home games for one of the following market-driven varsity sports: football, men's and women's basketball, men's and women's hockey, and men's and women's volleyball.

Professional Development Courses

Faculty of Health alumni can use the promotional code "UWAlumnus" to receive a 20 per cent discount on various non-credit courses and certificates offered by University of Waterloo Professional Development.

pd.uwaterloo.ca



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University of Waterloo
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