



“At the forefront of an emerging science...”

APPLIED HEALTH SCIENCES

news to you

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dean's update

Roger Mannell, PhD, Dean of Applied Health Sciences



BETTY BAY

It's been an eventful and excellent year for AHS students, faculty, and staff. The newsletter has a new look and is packed with news about the many exciting and innovative things going on in the Faculty.

Since the last newsletter, UW's 50th Anniversary celebrations have concluded. On-campus activities and alumni events were held across Canada, in the US, and as far away as Hong Kong. They added a festive and fun element and provided an opportunity for us to reflect on our past successes and look to a promising future. The content of this newsletter reflects the excellence of our students, staff, and professors and clearly suggests that AHS is well positioned to fully participate in this future. You will read about our Alumni gold medal winner, the first graduates of the masters of public health program in Health Studies and Gerontology, the success of a group of our graduate students in a national program evaluation case competition, the experience of a student who participated in a program to increase research opportunities for undergraduate students in AHS, the contribution of our youngest donor, and the inspiring story of a Kinesiology student who is defying the odds. You will learn about the achievements and awards received by some of your past professors for their outstanding work as researchers, teachers, and leaders as well as about the evolution and contributions of one of our research centres to cancer prevention in Canada. We are also pleased to introduce some of the new professors who have been hired as part of our ongoing process of renewal.

To update you on AHS's efforts to expand the health promotion agenda in Canada, the newsletter includes a description of the Healthy Communities Forum that - with leadership from Recreation and Leisure Studies - was sponsored by AHS in conjunction with the Faculty of Environment. You will also find reports about the recent Ontario legislation making Kinesiology a regulated health profession as well as about the start of AHS's new cross-department PhD program in work and health. We are kicking off the program with a special Hallman Visiting Professor and Lecture Series that will see six world-class work and health researchers visit AHS to interact with our graduate students and faculty and provide public lectures. I hope some of you will be able to join us for these.

Before I let you get on with reading the latest about AHS, I would like to invite you to join us for this year's UW Homecoming and the annual AHS Fun Run that is an integral part of it. We would love to have all of you join us to connect with past classmates and professors. For those of you who are Recreation and Leisure Studies alumni, you also have the added incentive of helping us celebrate the Department's 40th anniversary. I look forward to seeing you and wish everyone all the best.

greetings from your new connection

Mike Iley, Alumni Advancement Officer



CHRIS HUGHES

As the Alumni Advancement Officer in the Faculty of Applied Health Sciences, I am very excited to have the opportunity to connect and interact with alumni with whom I share many similar interests.

I'm passionate about the "university experience" and the impact it has on people - students, alumni, university employees and, in turn, on the society in which we live. As a sports enthusiast, both participant and fan, I also enjoy all types of physical activity and the pursuit of healthy, active living.

Since starting this position in late February, I've been constantly amazed at the commitment and contributions that our alumni and friends are making to the world of health and well-being. As your new connection to the Faculty and to UW, I look forward to working together to make a difference in the lives of our stakeholders.

Whether you choose to reunite with old friends, share your updates, attend a faculty event, mentor or hire a student, or continually promote and support AHS and UW - I look forward to linking you with opportunities and helping you make that difference.

Thank you for your continued interest in the Faculty of Applied Health Sciences!

P.S. - I hope you enjoy the new look of 'news to you'. Thanks to the many people who contributed to this publication. We appreciate feedback - please share your thoughts about this edition by emailing me at miley@healthy.uwaterloo.ca.

UPCOMING EVENTS

Recreation and Leisure Studies 40th Anniversary Kick-off Events
September 26, 27
www.ahs.uwaterloo.ca/rec/40th

23rd Annual AHS Fun Run
September 27
www.ahs.uwaterloo.ca/alumni/funrun

UW Homecoming
September 27
www.homecoming.uwaterloo.ca

Toronto Alumni Event at Ontario Place Pavilion
October 27
www.alumni.uwaterloo.ca/alumni/events



The Latest | Applied Health Sciences

The inaugural class of Canada's first interdisciplinary **PhD in Work and Health** within the Faculty of Applied Health Sciences arrived on campus in September to begin their studies.

The second-annual **AHS Grad Class Send Off** event celebrated the success of our students and provided them with helpful information and insight about transitioning to alumni. Special guests, Rose Richea, HSG '95, Paul Marchildon, RLS '88, and Bob Hunter, KIN '76, LLD '07, shared their personal stories about becoming alumni and staying connected.

The **Lyle S. Hallman Endowment** continues to fund Hallman Undergraduate Research Fellowships in Health Promotion. HSG student Nikhil Kitchlu worked with the Population Health Research Group and collected national and provincial data on youth smoking rates and the attitudes and behaviours of Canadian children and adolescents regarding tobacco. Other AHS students who held fellowships this past year were Myca Bateman, Jessica Lansfield, Ngai Chow, Chris Vannabouathong, and Kayla Hummel.

Thanks to the generous contributions of the **2008 graduating class**, a new digital display monitor will hang in the BMH Foyer to inform students about AHS and UW events, activities, and important announcements.

linking research to action in disease prevention

Tanya Sood

With a growing and aging population, Canada is witnessing increasing incidence of cancer, heart disease, and diabetes – three diseases with common roots. Many of these diseases are preventable; in the case of cancer, up to 50 percent.

An estimated 166,400 new cases of cancer are diagnosed each year in Canada; over 83,000 of these are considered avoidable cancers. In 2004, cardiovascular disease counted for 72,338 or 32 percent of all deaths in Canada. A Canadian Community Health Survey that same year indicated over 1.3 million Canadians – 5 percent of the population – 12 years and older reported being diagnosed with diabetes.

“These diseases are not only devastating for individuals and families, but also for society in terms of health care costs and loss of productivity,” explains Dr. Roy Cameron, Executive Director, Centre for Behavioural Research and Program Evaluation (CBRPE), pictured far right. “For these reasons alone, it’s unconscionable that we’re not investing more in prevention and prevention research.”

Established in 1993 and funded by the Canadian Cancer Society, CBRPE is a Canadian enterprise located within the Faculty of Applied Health Sciences at the University of Waterloo. CBRPE accelerates the generation and use of scientific evidence to enhance the quality of life of people living with cancer, cancer survivors, and their families, and to prevent cancer altogether.

“It’s understood that if we’re preventing cancer, we’ll be preventing diabetes and heart disease given that they have common origins, risk behaviours, and living conditions,” stresses Dr. Cameron.

Population intervention: Canada’s newly emerging science

Dr. Cameron notes that broad impact requires solutions at a population level, such as policies that reduce exposure to tobacco, provide opportunities for physical activity, and facilitate healthy eating. Over the past year, CBRPE has developed a five-year strategic plan, evolving to a population intervention focus – a newly emerging science – to achieve greater impact. Working in partnership with the Canadian

Cancer Society and UW, CBRPE conducts the science to inform policy makers to create these conditions for a healthier Canada.

“Jurisdictions need evidence to guide action,” suggests Dr. Cameron. “We’re creating an experimenting society, and research will create the means and methodologies that allow us to learn what kinds of policies and programs are needed for particular groups, in particular contexts.”

CBRPE’s School Health Action Planning and Evaluation System (SHAPES) is an example of such a learning method. Traditionally, behavioural intervention studies used randomized controlled trials: well established experimental designs and statistical procedures focused mostly on the individual. However, these studies are costly; they cannot achieve the same level of impact as population intervention studies, they are not always possible, and they can take years to develop from the time of grant application to impact.

Youth culture changes rapidly, which means data from traditional research methods would be outdated before they could be put to use. Data systems like SHAPES allow researchers to collect data from children in schools across the country, building toward a system where researchers can examine all national, provincial and school-level policies on health behaviours of children using real-time data. The cost ranges from \$1.50 to \$5 per student, depending on the size of the project.

Working together to turn evidence into action

The Health Canada-sponsored Youth Smoking Survey (YSS) is a SHAPES project also conducted by CBRPE. Since 1994, the biennial survey has released data on Canadian youth smoking behaviours in an effort to influence policy changes that encourage young Canadians to adopt healthier behaviours.



“These diseases are not only devastating for individuals and families, but also for society... it’s unconscionable that we’re not investing more in prevention.”

- Dr. Roy Cameron, Executive Director
Centre for Behavioural Research and Program Evaluation



SIMON WILSON

In June, UW released CBRPE’s latest YSS results, which indicated that youth smoking rates in Canada had flatlined for the first time in a decade and a high number of youth were experimenting with cigars and cigarillos. UW’s release was followed by Canadian Cancer Society’s call for the Canadian government to issue a ban on flavoured cigarillos. This action occurred one month after Nova Scotia issued a private member’s bill to ban cigarillos and other tobacco products, and other provinces were entertaining a similar ban.

UW leadership in population intervention science

CBRPE is uniquely situated within UW, with its world-class strengths in areas like biostatistics, computer science, health informatics, applied health sciences, behavioural psychology, and health economics. Its population health intervention approach aligns with UW’s Sixth Decade Plan, which emphasizes innovation, social relevance and excellence. And UW is being recognized as a leader in developing this newly emerging science.

“We envision UW becoming a hub for a Canadian and international enterprise that creates a methodology for an experimenting society,” asserts Dr. Cameron. “There’s a chronic disease prevention problem that needs to be addressed—the way in which it’s addressed depends on people who are implementing imaginative policies. These social actors are conducting experiments that no researcher could do alone without the policy levers and budgets needed to run large-scale social change campaigns. That’s why the largest experiments in this field are not conducted by researchers, but by policy and program leaders.”

What Dr. Cameron finds particularly exciting is that some of the largest social agendas are beginning to converge, so what may be good for health is also good for the environment and prosperity.

“People with choices want to live in walkable neighbourhoods where you can live in a European kind of way, buying fresh fruit and vegetables each day (as opposed to processed foods) amongst a mix of businesses and homes. If we’re building environments that encourage people to walk, bike, and use public transit instead of cars, we can create the urban density required to achieve prosperous mixed-use neighbourhoods.”

The whole is greater than the sum of its parts

As part of its strategic planning, CBRPE, the Canadian Cancer Society, and UW are jointly developing an enterprise that couldn’t have been created alone. The Canadian Cancer Society has encouraged CBRPE to work with governments and non-governmental organizations, including the Heart and Stroke Foundation, to advance their missions to promote the health of Canadians instead of competing for funding.

“We all need to work together across disease strategies to achieve health benefits, environmental benefits, and a competitive advantage on the prosperity end,” suggests Dr. Cameron. “To combat cancer, heart disease, diabetes and other preventable diseases, researchers need to be able to quickly collect data to inform decision makers who can make policy adjustments to accelerate improvements in the health of the population. A healthier Canada depends on it.”

CBRPE is funded by the Canadian Cancer Society and located at the University of Waterloo.



working “with” not “for” persons with dementia

Sherry L. Dupuis, PhD, Director, Murray Alzheimer Research and Education Program (MAREP)

“If patients truly are at the centre, then the information asymmetry traditional in health care is invalid. Patients should have access to information not only to inform their own care but also to shape the providers, institutions, and policies that affect them. A patient in a truly patient-centred philosophy should not be thought of as a cost or a mere recipient of services but as a significant resource and a true partner in care.”

Westley, Zimmerman, & Patton, 2006

Marginalised groups, and in particular persons living with Alzheimer’s disease and other related dementias (ADRD), are often excluded from direct involvement in decision-making in research and practice because of the misconception that they are incapable of communicating their experiences, and thus unable to contribute to their lives, and the lives of others, in meaningful ways. This has led to the silencing of persons with dementia and the perpetuation of their “invisibility.”

Traditional research and practice approaches place emphasis on the knowledge bases of researchers and professionals, and in some cases, family care providers, who were viewed as the “experts” in dementia and dementia care. Persons with ADRD were seen to have little, if anything, to contribute to the decision-making process in these approaches. More recently, the person-centred or personhood movement has recognized the importance of “giving voice” to persons with dementia and has provided them opportunities to describe their experiences, but rarely directly involves them as decision-makers or full partners in care.

I find the notion of having the power to “give” persons with dementia a voice uncomfortable and even patronizing because they already have a voice and a wealth of lived knowledge and expertise to contribute. In recent years, I have worked with the Murray Alzheimer Research and Education Program (MAREP) team and graduate students to examine how to actively include persons with dementia and their family members in decision-making about programs and tools designed to better meet their needs.

Our first true partnership approach began in 2002 when a person with dementia telephoned MAREP looking for a venue where he could share with others the tools and resources he had developed to cope with memory loss. A worldwide search suggested that there were few, if any, forums that brought persons with dementia, family members, and professionals together to share and learn from one another. As a result, the first *A Changing Melody* forum was developed and hosted in Toronto in November 2004, with three more since then. Sessions have included



at least one person with and one person without dementia, with topics such as “Enhancing Abilities through Meaningful Activities” and “Healthy Living with Dementia.” Later, some attendees with early-stage dementia expressed an interest in gathering information from persons with dementia and their partners in care on practical strategies for improving quality of life. The By Us For Us (BUFU) Guide Project emerged and the first guide, “A Memory Workout”, was launched in 2006 focusing on the use of cognitive activities to maintain or enhance brain health. Two new guides on “Enhancing Communication” and “Managing Triggers” were launched in November 2007, and two more will be launched at the 2008 *A Changing Melody* forum.

These projects have enabled our partnership team to document and examine the partnership approach from multiple perspectives using a variety of methods, including:

- in-depth active interviews with persons with dementia, family partners in care, and professionals involved in the processes
- minutes and notes from monthly meetings with project partners
- group and one-on-one debriefing sessions at the completion of each project and informal discussions with partners throughout the process
- field notes of observations and reflections throughout both projects.

Information from these processes has led to the development of a practice framework that guides the mobilization of authentic partnerships with persons with dementia. The practice framework has implications for all professionals working with persons with dementia and their families but also for those working with other marginalized groups.

A tool-kit highlighting the practice framework will be presented at the Creating Partnerships in Dementia workshop immediately before the *A Changing Melody* forum in November 2008. For more information about the workshop or other MAREP projects, contact Sherry at 519-888-4567, ext. 36188 or visit www.marep.uwaterloo.ca.

healthy communities

Troy D. Glover, PhD, Recreation and Leisure Studies

On April 17, 2008, the Faculty of Applied Health Sciences (AHS) took a significant step toward the creation of a Centre for the Advancement of Healthy Communities by hosting the *Healthy Communities Knowledge Exchange Forum* on campus at the University of Waterloo. The Forum, hosted by AHS, the Faculty of Environment, and the Waterloo Region Healthy Communities Coalition, in association with Waterloo Region Public Health and the Public Health Agency of Canada, focused on exchanging practical, action-oriented knowledge aimed at making local communities in Waterloo Region healthier.



Over 100 registrants representing public health and planning professions, community-based agencies, and local academic institutions attended the day and half event, which featured sessions on walkable communities, community design, community connections, community growth, and healthy food access. Attendees were treated to a stirring keynote address by Dr. Trevor Hancock, one of the founders of the global healthy communities movement. The Forum marked the beginning of a serious dialogue among participants to advance the idea of a more sustainable partnership among the groups in attendance.

new faces

The Faculty of Applied Health Sciences is pleased to welcome the following new faculty members:



Phil Bigelow
HEALTH STUDIES AND GERONTOLOGY
PhD, University of Calgary
Research interests: risk assessment; determinants of working conditions in high-hazard industries, such as construction, transportation, and manufacturing



Marina Mourtzakis
KINESIOLOGY
PhD, University of Guelph
Research interests: interrelationship between nutrition, exercise, body composition and the effects of these factors on muscle metabolism in healthy people as well as patients with cancer



John Mielke
HEALTH STUDIES AND GERONTOLOGY
PhD, University of Toronto
Research interests: neurophysiology, nutrition; foetal programming: how maternal nutrition may set the stage for brain development and also brain disease



Aimee Nelson
KINESIOLOGY
PhD, University of Toronto
Research interests: sensorimotor control of hand movements in healthy populations and in patients with movement disorders affecting hand function



Paul Stolee
HEALTH STUDIES AND GERONTOLOGY
Graham Trust Research Chair in Health Informatics
PhD, University of Waterloo
Research interests: geriatric health services, rehabilitation, health information systems and databases, health outcome measurement



Safa Elgamal
KINESIOLOGY
Schlegel Research Chair in Aging and Neuroscience
PhD, McMaster University
Research interests: relationship between mental and physical well-being in older adults and how they influence one another



Susan Arai
RECREATION AND LEISURE STUDIES
PhD, University of Guelph
Research interests: social transformation of individuals, groups, and communities; creating spaces in community where all, including those who've been marginalized, can flourish

ALUMNI PROFILE Rose Richea, HSG '95



Rose Richea, Principal, Richea Health Solutions Inc., leads a small consulting firm of professionals who assist hospitals across Canada to implement electronic medical record systems. Rose explains, “Clinicians define plans of care for every diagnosis/procedure or step in the patient care process. They must ensure that these plans of care are based on the latest medical evidence and contain alerts and reminders of important information. Our team is uniquely qualified to understand what clinicians require the system to do for them and we also understand how these same systems can be deliberately designed to assist them in providing safer patient care.”

The most enjoyable part of her job is seeing caregivers get excited about using computer systems to measurably improve patient safety and outcomes. Rose particularly enjoys winning over the unconvinced. She often learns that their resistance is legitimately explained, but that can provide insight that can lead to improvements.

According to Rose, one major challenge facing the industry is the lack of qualified talent. Rose suggests, “There is a lot of activity and money being spent on e-health initiatives, but the track record of delivery has been rather frustrating and clinicians remain justifiably sceptical.” Despite the challenges, Rose remains optimistic and quite passionate

about her industry. That is one of the reasons she stays connected to the Faculty of Applied Health Sciences - to see the Faculty continually develop the Health Informatics Option, as the future of her industry depends on it.

Rose’s connections and commitment to UW run deep. She insists that her degree from UW has greatly benefited her career as it provided her with a solid framework in population health and required her to develop analytical thinking skills that are essential in her daily work. In addition to the skills gained from her time on campus, some of Rose’s classmates became her dearest friends and she reveals, “It’s also where I met my most favourite person - my husband Schad.”

In addition to work and family time, Rose admits she has developed an antiques addiction, which now occupies much of her spare time.



Rose greets graduating students at the Spring 2008 Grad Class send off.

first MPH class set to graduate

The first Master of Public Health (MPH) class will graduate at this October’s convocation ceremony. Dr. Chris Mills, Director of the MPH program was tremendously impressed with the first cohort of students and remarks, “One of the things I appreciate most about this group is their passion for public health and its core values of equity and social justice.”

The Master of Public Health program is offered online with a practicum degree component and prepares a new generation of public health professionals, skilled in protecting health, preventing illness, and helping people to achieve a healthier life for themselves and their communities in Canada and around the world. For more about the MPH program visit www.ahs.uwaterloo.ca/hsg/mph.



Jenna Allen of the MPH program was awarded the first Dr. Sheela Basrur Scholarship in 2007. The Ontario Public Health Association created the award honouring the late Dr. Basrur, Ontario’s former chief medical officer of health.

community enhances uw experience



Starting university and moving away from home can be an intimidating experience. New Living-Learning Communities are helping to transform nervousness into excitement, a sense of accomplishment, and lifelong friendships.

In 2005, the University of Waterloo initiated the UW Living-Learning Project, recognizing that the most fulfilling undergraduate experiences result from learning that takes place not only inside the classroom and laboratory but outside as well. One of the first and most important areas of this convergence is the residence experience.

From the Living Learning Project emerged a new “living-learning” model for residence life at UW, which seeks to integrate students’ academic experience with the living environment. A number of trial Living-Learning Communities (LLCs) - small groups or “clusters” of first-year students who are enrolled in the same academic program and share classes, living space, and friendships - were created. The Health Studies LLC, one of the first in the program, is located in Ron Eydtt Village with clusters of 8-16 students from Health Studies placed within the larger residence community of approximately 40 students. This arrangement gives students the opportunity to both live near their classmates and to meet people from other academic programs.

Most importantly, the Health Studies Living-Learning Community offers a support network for first-year students, where they can connect with senior students (Peer Leaders) who’ll share their experience and expertise. The Peer Leaders - chosen for their leadership and communication skills, academic background, and desire to contribute to the transition experience - meet regularly with the students and plan academic events such as study skills sessions to enhance in-class learning. Community dinners and other events allow new students to connect with professors, staff, and alumni from the program in a casual social setting and open doors for a successful and fulfilling university experience.

The Latest | Health Studies and Gerontology

Paul McDonald began his three-year term as Department Chair on July 1, 2008.



Roy Cameron received a Diamond Jubilee Award from the National Cancer Institute of Canada, recognizing him as one of the nation's leading cancer researchers. He also received the designation of University Professor, the university's highest academic honour, at this June's convocation.

HSG graduate students, **Robin Blanchard**, **Colleen Dwyer**, **Michelle Vibert**, and **Sarah Viehbeck** (below) competed in and won the Canadian Evaluation Society national case competition held in Quebec City at the Society's annual conference.



Congratulations to **Anita Myers** (above, far right) for being named a Fellow of the Canadian Evaluation Society.

recreation and leisure studies celebrates 40 years!

Adrienne Gilbert, Chair, RLS 40th Anniversary

We arrived on a campus (which was much smaller than it is today), were handed our frosh badge with soother, T-shirt, and beanie cap, and the adventure began. As the first class, we were a tight group - not to mention - the guinea pigs for this new program.

From humble beginnings in 1968 with 28 students and two faculty members, the Department has grown in size and in reputation with an impact on recreation programs and leisure studies across North America and around the world.

The program began as a co-operative education program, allowing students the opportunity to obtain hands-on paid work experiences throughout their studies. In 1970, a regular program was added. A Master's program began in 1976, and the first PhD in Recreation and Leisure Studies in Canada was established in 1994. Since then, the department has continued to grow. Today there are 15 faculty members, 9 incoming PhD students, 50 current graduate students, and 380 undergraduate students. To date we have over 2750 RLS alumni worldwide!

As for myself, I'm a Waterloo lifer! After graduating in 1973, I returned to complete my Master's in 1982. The following year, I began teaching as a sessional, which became full time in 1985. Two years later I took on the role of Associate Chair of Undergraduate Studies and have been administering the undergrad program ever since. It has been a real honour to meet, teach, and learn from the students and my colleagues. Reccers are unique! They play hard and work hard! This hasn't changed over the years. Reccers seem to understand that balance in life and relationships with people are most important.

Perhaps the longer I am here, the more sentimental I am becoming, but the truth is: I believe we have a LOT to celebrate. Reccers make a difference in people's lives whether it is directly in a recreation-related job or as a community citizen. I am very excited about the Anniversary event at Homecoming this year. We'll celebrate with a Distinguished Alumni Awards Reception, a FLOG (golf scramble) tournament, a Bomber event, and a Saturday evening BBQ on campus where old photos, good music, and great company will bring back memories for everyone.

I look forward to connecting with the co-op class of '73, former faculty, and the students whom I've had the good fortune to know over the past 25 years.

Show your REC spirit and join us for the party on September 26th and 27th in Waterloo. I'll be there with my frosh badge: 1968!



RECREATION AND LEISURE STUDIES | EST. 1968

ALUMNI PROFILE Dan Latendre, RLS '88



After graduating with a Recreation and Business co-op degree in 1988, Dan Latendre's entrepreneurial drive has landed him in various senior-level executive positions with some of Canada's top technology companies. Dan now leads IGLOO Inc. - a software company that offers powerful web 2.0 content management, collaboration, and social networking applications in one integrated suite.

Reflecting back on his time at UW, Dan recalls how he was required to develop a goal-oriented approach in order to balance his classes with his various jobs and the "odd social get-together." He applies this same goal-oriented approach every day at the helm of IGLOO.

Dan has always enjoyed connecting with people. He also realized early on that making connections is a fundamental activity to corporate social networking, which is very relevant to what he's attempting to do at IGLOO.

Dan's philosophy on life has driven many of his personal and professional decisions. He believes, "There are 3 important things in life built on the foundation of health: your family, your career, and your leisure time. It's important to understand how and where these three elements intersect at all stages of your life. It's up to each of us to decide where we want to focus and what kind of balance we want to achieve. Once we determine that, we're well on our way to being content."

To offset his hectic work schedule, Dan maintains his own personal balance through his favourite leisure activity: spending time with his family - wife Yvette and two wonderful children, Taylor and McKenzie. He also loves to golf, fish, and work out at the gym early in the morning.

unforgettable!

Natalie Foy, a 2B Therapeutic Recreation (TR) student, always dreamt of volunteering internationally.

Her dream became reality when she was offered a position with Youth Challenge International and travelled to Costa Rica for an unforgettable co-op experience. Natalie and her team spent the days re-constructing a local gym. During the evenings the group worked closely with a woman's collective, taught English at a local high school, and designed day programs for local youth groups, where Natalie drew upon the programming experience and education gained from her Recreation classes.

Culture shock, helping new friends deal with homesickness, working long days, and living in simple conditions was challenging. However, making a difference in the lives of less fortunate people was "a dream come true" for Natalie and an experience she'll never forget.

The Latest | Recreation and Leisure Studies

On July 1, 2008, **Mark Havitz** began his three-year term as Department Chair.



Laurie Vandervoort, pictured below, was the recipient of the 2008 Alumni Gold Medal for academic achievement. This prestigious award was presented to Laurie at the June convocation.



Leigh Hobson (RLS '95) represented UW well at this summer's Beijing Olympics. Leigh came 17th in a field of 66 riders from 33 countries in the women's cycling road race. She was the first Canadian to finish, only a few seconds behind the leaders.

Did we mention this year is the Department's 40th anniversary? To register for the anniversary, purchase RLS 40th apparel, or to find out more, visit www.ahs.uwaterloo.ca/rec/40th.

regulating kinesiology - an act of leadership

Conny Glenn, KIN '91

Kinesiology reached a milestone in 2007 when Bill 171 was passed and kinesiology was officially recognized as a regulated health profession under the Ontario Regulated Health Professions Act. The creation of the Kinesiology Act presented a defined scope of practice and provided legal protection for the title of kinesiologist.

How did we get to this exciting point in our history? What does it mean? What role did the Department of Kinesiology at UW play in the process?

Leadership played a paramount role in this very significant achievement. The regulation of kinesiology was the result of great leadership and as we continue on this journey and as our professional college is created, the need for great leadership will continue to play an important role. As a proud UW alumnus, I believe that leadership is the quality that differentiated Kinesiology at the University of Waterloo from others. I am unequivocal in my belief that UW excels in teaching and instilling leadership skills. I recall professors imbuing us with the attitude that we were capable, that we had much to offer as professionals, and that a UW kinesiology degree was valuable. We didn't need to pursue other designations because we were UW Kinesiologists and that was enough. How the material was taught was as important as the curriculum. We were encouraged to think, to solve problems, and to be persistent and often stubborn. Ultimately, the leaders at Waterloo did what great leaders do; they created more great leaders.

It's been said that, "Everything rises and falls on leadership" (John Maxwell). The regulation of kinesiology is no exception. It took the efforts of many leaders to overcome opposition and obstacles to our evolution. The journey began with Dr. Norm Ashton from Waterloo and Dr. Eric Bannister from Simon Fraser who founded kinesiology in Canada in the 1960s. As the profession emerged, graduates from UW, most notably Rick Roach (BSc, Kinesiology '75, current Associate Director of Co-operative Education at UW), formed the Ontario Kinesiology Association (OKA) in 1982. These people created a unified voice that informed others about the profession and represented kinesiologists' interests.

Many of the subsequent leaders at OKA were also Waterloo graduates. Names that may be familiar include Mike Affleck, class of '87, who helped stabilize the finances of the association, and Elizabeth Chapman, class of '91, who was responsible for exponential membership growth in the association when she was President. Each successive leader built on the achievements of their predecessors.

Most recently, a number of skilled leaders were responsible for the accelerated advancement and ultimately regulation of the profession.

In 2003, the OKA, which had grown to 1500 members, faced a crisis. Hundreds of kinesiologists were losing their jobs. Lobbying by regulated health professions resulted in insurers believing we shouldn't be allowed to provide health care services because we weren't regulated, and the government at that time refused to consider regulating our profession. Many kinesiologists were unemployed, kinesiology businesses closed, and clients lost access to the specialized care that kinesiologists provided. Leadership was tested, and fortunately, we successfully passed the test.

Over the next four years, the OKA undertook a campaign to achieve regulated status. The association was reorganized; we hired a political consultant, and learned how to lobby. We reached out to fellow kinesiologists, universities, and other supporters. We convinced the government to accept an application for regulation, and ultimately to regulate us.

As the College of Kinesiology is formed, we will need more leaders to address many new opportunities and challenges. Fortunately, UW kinesiologists will continue to play an integral role in the new college. We are grateful to Dr. Stuart McGill, Chair of the Department of Kinesiology for his support of regulation and for volunteering to be part of the new leadership team.

Regulation means increased credibility and increased accountability. As health professionals, we need to be aware of the legal and ethical boundaries and obligations of our profession. We are part of an extensive community and we have the opportunity to be leaders in a health care revolution. Kinesiologists change the focus of health care from sickness and treatment of illness to prevention, maintenance, and enhancement. Our unique skills can solve the problems of chronic disease, disability, and injury. With regulation, kinesiology is a force for change. I look forward to the next group of leaders paving the way to a healthier future.

Conny Glenn, BSc KIN, is a UW graduate, class of '91. She is the owner of Work Wellness Ergonomic Specialists Inc., a national ergonomic consulting company. She was an OKA board member for many years holding the positions of President from 2003-2005 and Executive Director from 2005-2007. During this time she led the initiative to achieve RHPA regulation for kinesiology.

maintaining balance - literally!

Adapted from an article written by Margaret Polanyi, courtesy of the Toronto Rehabilitation Institute



You probably don't consciously think about how you keep your balance because you probably don't need to. But for the elderly and people who have experienced brain injuries and diseases, staying upright - and avoiding falls - can be a big challenge.

Dr. William McIlroy, a Professor in the Department of Kinesiology, is trying to better understand how people get around so that new treatments can be developed to improve mobility and reduce the risk of falling.

Dr. McIlroy, who is also Senior Scientist and Mobility Team Leader at Toronto Rehabilitation Institute and a Senior Scientist and Co-site Director for Sunnybrook Health Science Centre site of the Heart and Stroke Foundation Centre for Stroke Recovery, came by his interest in balance control through a personal experience. "My grandmother had a nasty fall and broke her hip. Her fear and anxiety about falling again was profound. She never really recovered from that hip fracture."

A student of physiology at the time, Dr. McIlroy decided to pursue research in balance control. He has emerged as an international expert in neurological rehabilitation.

In one of his most illuminating discoveries, he and his colleagues showed that there is more to staying upright than just muscle strength and reaction time. It turns out the brain can play a key role. Specifically, the researchers found that people create an internal "map" of their immediate surroundings - a map that is crucial to getting around. "Our work has led to an understanding of how important it is for people to create internal maps of the world around them so that if they get out of balance they are able to capture their balance by taking advantage of obstacles nearby, and to grasp and step."

Dr. McIlroy is now investigating whether this internal map changes as we get older. He is also trying to pinpoint which specific regions of the brain are involved in balance control. "As we learn more about how balance is controlled, it will allow us to better diagnose people's balance problems and to better target treatment," he explains.

Dr. McIlroy thrives on the combination of lab work and interaction with patients. "These days, that's what really gets me excited - the chance to make a difference in an individual's life or speed up their rate of recovery."

The Latest | Kinesiology

Visit the Department's new **online Kinesiology Lab Tour** at www.ahs.uwaterloo.ca/kin/tour.

President David Johnston presented **Mike Sharratt**, retired Kinesiology professor, previous Dean, and current Executive Director of the Research Institute for Aging, with the 2008 Distinguished Teacher Award at the June convocation.

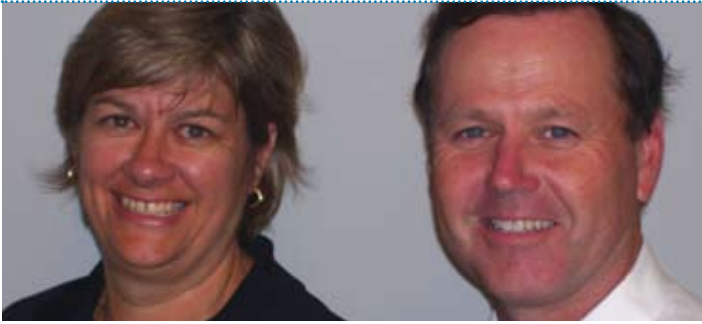
An upper-year undergraduate award in Kinesiology has been established in memory of **Dr. Aftab Patla**. Proceeds from the second annual "Aftab Patla Memorial Cup" hockey tournament were matched through an Ontario government initiative to establish the endowed award. Donations and proceeds from future memorial tournaments will increase the endowment.

Swimmer **Keith Beavers**, a Kinesiology grad student, set two new Canadian records in Beijing. He finished 12th in the 200m Backstroke and 7th in the 200m Individual Medley.

Professor Emeritus **Don Ranney** who founded the School of Anatomy now writes fiction. His first novel, *When Cobras Laugh* was launched this past winter.

Mike Houston passed away peacefully in July with his family at his side after a courageous battle with leukemia. Mike was a faculty member in Kinesiology from 1969-1996. He continued his career at UBC and then at Virginia Tech from where he recently retired and received the title of Professor Emeritus. To donate to the Mike Houston Memorial Award in Kinesiology, call 519-888-4567, ext. 33631.

ALUMNI PROFILE Joe Kenny, KIN '82 and Karen McAllister-Kenny, KIN '83



Shortly after starting his role as Brock University's Athletic Therapist, Joe was asked by his Athletic Director at the time if he knew Karen McAllister from his UW days. The Department was in the process of hiring a new women's volleyball coach and was considering Karen as a candidate. Even though they both studied Kinesiology, Karen was a standout varsity volleyball player, and Joe was a student trainer with UW Athletics, their paths had somehow never crossed.

To their fortune, Karen was hired as the successful candidate. Their common experiences and interests resulted in many entertaining

conversations and provided the base for a new relationship, one that led to their marriage in 1992.

Karen and Joe are very passionate about their careers and their wonderful family - all which have direct connections to sport and physical activity. Reflecting back to his time as a student, Joe feels the hands-on learning in the labs and his co-op work experiences gave him a competitive advantage when entering the workforce. He's been Brock's Head Athletic Therapist for a number of years and has served on Canada's Medical Teams for various Olympic, Pan Am, and Commonwealth Games.

Karen's interest in physical activity was reinforced in many of the courses she took. Having to balance busy academic and varsity schedules taught her the importance of effective time management and work-life balance, things she continually practises and encourages while leading Brock's Department of Recreational Services.

Above all, Joe and Karen are proud parents and spend almost all of their spare time, passionately supporting their children, Christopher and Erin, in their sporting endeavours.

perseverance exemplified

Perseverance is defined as a steady persistence in a course of action, a purpose, a state, especially in spite of difficulties, obstacles, or discouragement.

To say that Stephanie Spooner has demonstrated astounding perseverance is an understatement. Stephanie, who will graduate this fall on the Dean's Honour List with a BSc in Honours Kinesiology, has achieved an incredible accomplishment - incomprehensible to most - despite a devastating experience that would have prevented many from carrying on with their studies.

In 2005, Stephanie, then a 2nd year Kinesiology co-op student, collapsed with a brain hemorrhage, lapsed into a coma, underwent brain surgery and was kept alive on life support. She surprised many people by eventually regaining consciousness and fighting back from the debilitating stroke that resulted from the hemorrhage.

She was unable to walk or use her left arm. An exceptional student, Stephanie experienced serious cognitive deficits and initially struggled with Grade 4 mathematics. Her journey included additional brain surgery, extensive and exhausting physiotherapy, distance education courses from home, and the eventual return to the University of Waterloo to live in residence, working up to an eventual full academic load. She continues to be very active in both the university and larger community. She started a club on campus for students with disabilities, has been a spokesperson for stroke research, and participated in a charity walk to help raise money for a local hospital.



Stephanie is congratulated by President Johnston at convocation.

Amazingly, her setback only delayed the completion of her degree and her graduation by one term. Although Stephanie was unable to graduate with her classmates this past June, she attended the convocation ceremony as Dean Roger Mannell's special guest so that she could share this important day with her friends.

Stephanie's persistence, dedication, and amazing attitude are truly inspirational. Her drive and ability to overcome such great odds exemplifies courage and perseverance. We can only begin to imagine the great things that she will accomplish as she continues on with her career and life!

spirit of giving starts at a young age

Four-year-old Boaz Van Veen understands that the money he receives from his only set of grandparents, every year for his birthday and Christmas, is ceremoniously deposited into his piggy bank and saved for something very special. So when his parents, David and Gael, told him about the efforts of Ken Murray to raise money for the Murray Alzheimer Research and Education Program (MAREP), he knew that his life savings - \$170 - should be given to his much-loved and admired family friend, "Grampa Ken".

"We have instilled in him the importance of giving," remarks Gael of Campbellville, Ontario. "Boaz understands that he is fortunate to have so much and that sharing with others is important. Of course, he likes getting presents, too, so we explain that there is a time for giving and a time for receiving."

Boaz, the University of Waterloo's youngest donor, is proud of the special Dr. Seuss card that President David Johnston sent in appreciation of his gift. It included a Seuss-inspired verse, which was composed in his honour.

"My grandkids call me Grandpa Book
So at this poem - have a look
Grandpa Ken has let me know
That he got a gift from Bo
Let me tell you that your gift
Gave his smile a great big lift
Because I am a grandpa too
And the Prez of Waterloo
I am happy that you shared
'Cause it shows you really cared
And I'm glad I learned from you
That "Because I can, I do."



Boaz, visiting with 'Grampa Ken' at the Murray home

Ken Murray is leading a bold campaign to raise \$1 million for the successful research program he founded in 1993. MAREP is an international leader in dementia research and the translation of research into practice that has significantly improved the quality of life and care for those with Alzheimer's disease and their families. To date, over \$400,000 has been pledged to the campaign.

what's on your wall?

What gets you out of bed in the morning?

What inspires you?
What hangs on your wall?

After the 2008 Grad Class Send-Off, a casual dinner conversation with our alumni volunteers evolved into an interesting discussion about what hangs on their office wall - and how it serves to motivate them in their daily life.

To find out what inspires Bob Hunter (BSc '76, Kinesiology, LLD '07) Executive Vice President of Venues and Entertainment for Maple Leafs Sports and Entertainment, Rose Richea (BSc '98, Health Studies and Gerontology), Principal, Richea Health Solutions Inc., and Paul Marchildon, (BA '87, Recreation and Leisure Studies) VP Marketing and Communications at Maritz Canada, check out their office walls by visiting www.ahs.uwaterloo.ca/alumni/yourwall.html.

What motivates you - professionally or personally - and specifically, what hangs on your wall? Share your story (and photograph) with us by contacting Mike Iley at miley@healthy.uwaterloo.ca. We look forward to hearing from you.

news to you
is published
annually by the
Faculty of Applied
Health Sciences

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

www.ahs.uwaterloo.ca/alumni

Circulation: 9,000
Editor: Mike Iley
519-888-4567, ext. 32610
miley@healthy.uwaterloo.ca

Design: UW Graphics

Photography:
Chris Hughes
Simon Wilson Photography
Betty Bax
Jana Ruttkayova



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