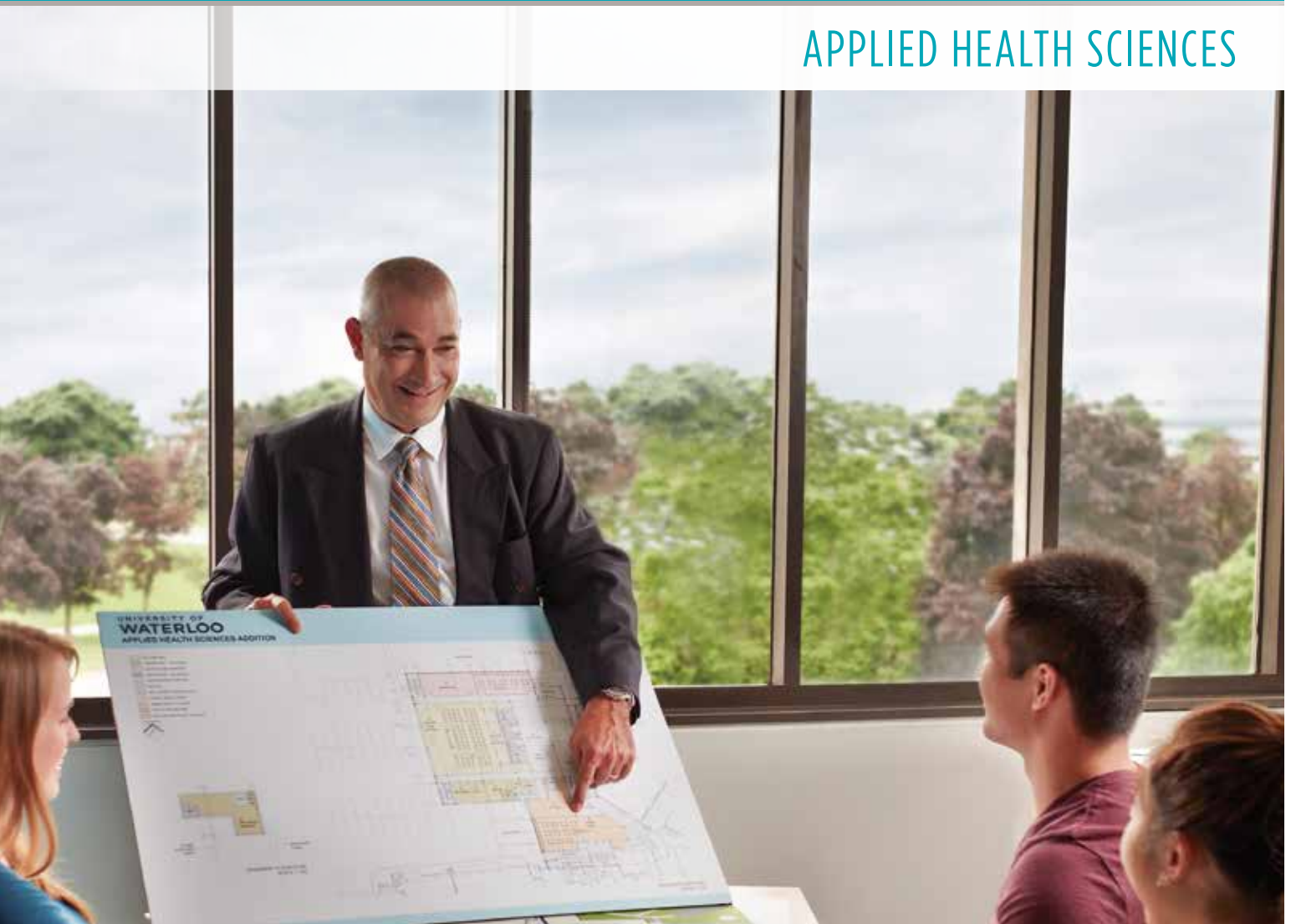


news to you

FALL 2014

APPLIED HEALTH SCIENCES



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Of mice and gators

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Good for the heart; good for the brain

PAGE 13



UNIVERSITY OF WATERLOO
FACULTY OF APPLIED HEALTH SCIENCES

Welcoming a new dean



James Rush, Interim Dean, Faculty of Applied Health Sciences

“This is a new beginning as AHS approaches its 50 year mark; and it will bring into focus a new set of challenges and opportunities as we continue on our steep trajectory.”

Change is a frequent companion of growth and I would like to acknowledge the change in leadership that has me writing this message as interim dean of Applied Health Sciences (AHS), appointed for the period July 1, 2014 to June 30, 2015. Susan Elliott stepped down as dean on July 1, after serving in the position for four years. Her leadership accelerated the progress of the Faculty through a time of growth, curricular diversification, and strategic planning — all of which positioned us well to both solidify and properly mobilize our resources, as well as take advantage of new opportunities. On behalf of the whole AHS community, I wish Susan all the best in her next endeavours.

I have been a faculty member in AHS for the past 14 years, and have served in a variety of administrative roles, including chair of the Department of Kinesiology and twice as associate dean. I am a cardiovascular physiologist by training and this perspective has driven my mentoring, teaching and research, including my work as the Canada Research Chair in Integrative Vascular Biology from 2003 to 2013. I hope to draw on my past experiences to help guide the Faculty through this exciting expansion period.

Large increases in AHS student enrolment and research activity over the past several years have fuelled the upcoming expansion to our buildings, which in turn will provide the physical space

and facilities necessary to more fully engage the whole UWaterloo community. This is a new beginning as AHS approaches its 50 year mark; and it will bring into focus a new set of challenges and opportunities as we continue on our steep trajectory.

Expansion is just one of the many things we have to look forward to in the coming year.

We will also continue to work on our strategic plan and on the groundbreaking research being conducted by our outstanding students and faculty members. AHS is proud of the fact that, of the six faculties at Waterloo, we enjoy the second-highest level of research funding per faculty member.

I know the strength and future of our Faculty comes down to the people that make up the AHS community. AHS is full of talented people. From our faculty and staff, to our newest students and alumni around the world — all have contributed to maintaining excellent quality and quantity of teaching, learning, and scholarship during a time of tremendous growth for the Faculty. As interim dean I am committed to working tirelessly on all of your behalf to help advance Applied Health Sciences.

Thank you for your support.



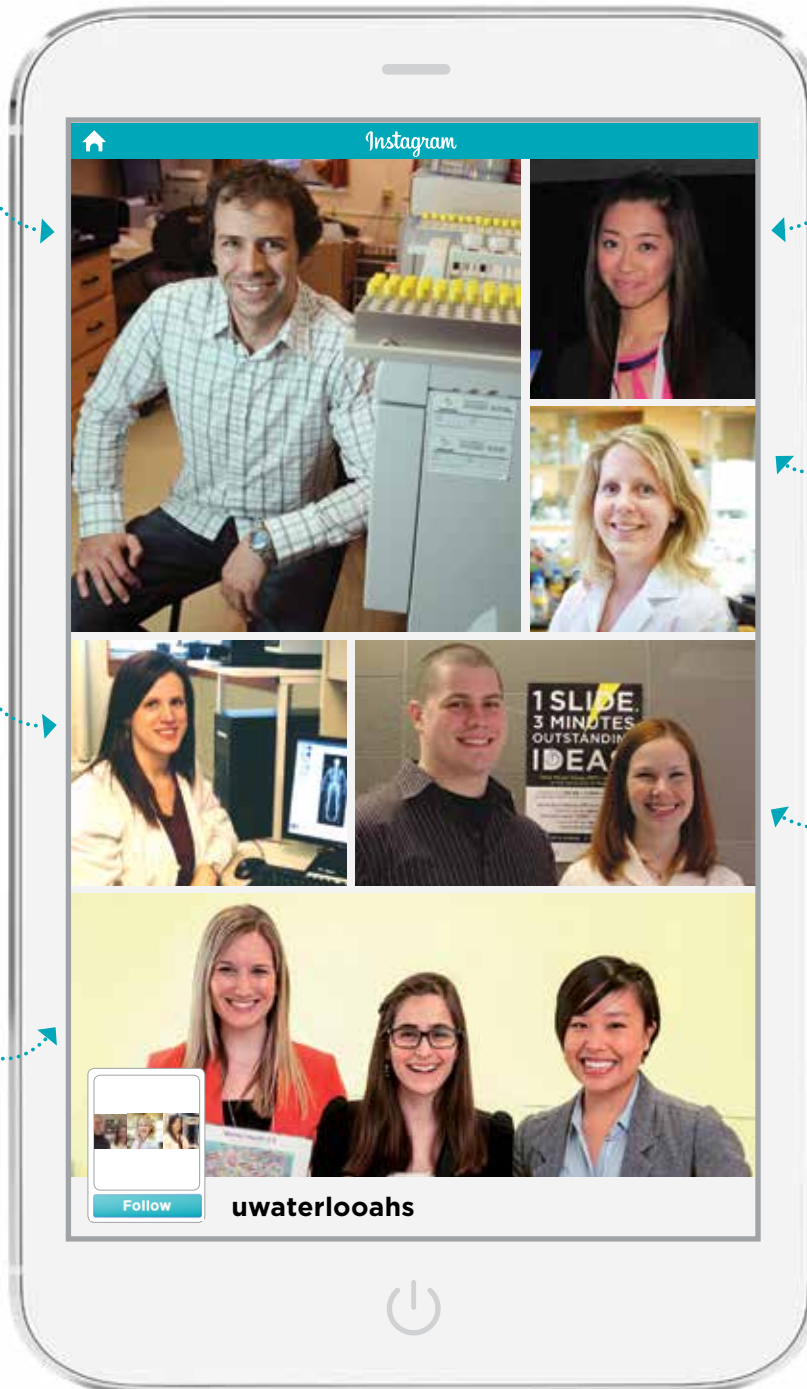
BRIGHT HORIZONS

Student researchers making their mark

Companies can say goodbye to tedious food testing processes, thanks to a new innovation from postdoc **Adam Metherel**. The tool for quickly measuring fatty acids and cholesterol won him the prestigious Mitacs and National Research Council Industrial Research Assistance Program Award for Commercialization.

Katie Di Sebastiano's work combines the study of nutrition and cancer research to help improve prostate cancer treatments for patients and survivors. It recently earned her a \$40,000 Constantine Karayannopoulos Graduate Studentship Award from Prostate Cancer Canada.

Kristin Brown (left) is spearheading Waterloo's participation in a cross-Canada research project examining the culture of mental health on university campuses. Brown, **Stephanie Lu** (right), and a colleague in Science won second place at the Council of Ontario Universities' Mental Health 2.0 competition for their Facebook campaign, *Stand Up to Stigma*.



Undergraduate **Erin Wong** was recognized with the Multinational Association of Supportive Care in Cancer's Young Investigator's Award — typically given to medical doctors and residents in training — for her co-op work-term research on the safety of re-irradiation of bone metastases in cancer patients.

Winner of the COU's 2014 Women's Health Scholars Award, PhD candidate **Kristin Marks'** investigation of estrogen's effect on the synthesis of fats has wide-ranging implications for women's health. Her work will provide a foundation for dietary guidelines at each life phase.

With just 1 slide and 3 minutes to explain their research, **Matt Vonk** and **Bronwen Valtchanov** took top spots in the AHS 3-Minute Thesis competition. Vonk later won the university competition while Valtchanov was celebrated at the Canadian Congress on Leisure Research for most outstanding paper authored by a student. See them in action: uwaterloo.ca/ahs/3mt-winners



THE LATEST NEWS



At fall convocation, Applied Health Sciences proudly honoured **Patrick Harrison (BSc '82, KIN)** as the 2012 AHS Alumni Achievement Award recipient and **Jenna van Draanen (BSc '09, HEALTH)** as the 2012 AHS Young Alumni Award recipient.



At spring convocation, the Faculty honoured **Ami Richter (BA '01, RLS)** with the 2013 AHS Alumni Achievement Award and **Dr. Farhan Asrar (MPH '13)** with the 2013 AHS Young Alumni Award.

Know an outstanding AHS grad?

The awards recognize alumni who have made outstanding contributions to the health and well-being of society through their professional accomplishments, public service, and/or academic excellence. Nominations are accepted each year until the end of April at uwaterloo.ca/ahs/alumni-award-nominations.

APPLIED HEALTH SCIENCES

Professor Hadfield touches down



Gone are the days of poking fun at the substitute teacher. AHS' new guest lecturer may not have authored the class textbook, but his resumé includes penning a New York Times bestseller — and being one of the most accomplished astronauts in the world.

Colonel Chris Hadfield (DSc '14) officially joined the University of Waterloo this fall as an adjunct professor in AHS, Environment and Science. In addition to advising roles and guest lecturing, he'll be conducting research with Kinesiology's Richard Hughson, an extension of the record number of experiments he performed on orbit during his third trip to space.

Teaching is no leap for Hadfield. He gained worldwide acclaim for his social media lessons on life in space while serving as Commander of the International Space Station (ISS). He has visited kindergarten to post-graduate classrooms, in person and virtually, including a live downlink direct from the ISS with UWaterloo students. He has instructed junior astronauts and provided leadership for first-time space station commanders.

In June, AHS graduands were privileged to share the stage with Hadfield as he received an honorary Doctor of Science and addressed convocation. "Today as a launch is very much a manifestation of the result of years of work, of an initial decision, of years of self-discipline, of improving yourself, of learning things you didn't know," explained Hadfield. "And then finally the day arrives, you put on the special clothes and you launch your spaceship. And where that takes you, where it lets you look in the future, of course, is the real purpose of it all."

That afternoon, the professor rolled up his sleeves and took command of the classroom, delivering an exclusive talk called Body, Mind, and Space for a keen audience of AHS students and special guests. "I'm still a man of science," said a humble Hadfield on an earlier visit when asked about his evolution to celebrity status. "My fundamental reason for doing all this is to understand and to communicate a shared interest in how things work. If that's celebrity, then I'm all for it." ■

Feeling tight for time? It's not just you

In April, the Canadian Index of Wellbeing (CIW) published its first provincial index report, *How are Ontarians Really Doing?* Tracking data across eight domains, the report found that not only are Ontarians struggling with fluctuating living standards that lag behind the average Canadian, but they are also spending less time and money on leisure and culture. “Declines are not simply recession belt-tightening,” said CIW Director, Bryan Smale. “It also reflects how people are caught in a time crunch and are forfeiting things that enrich their lives.” But it’s not all bad news. The healthy populations domain noted a decline in teen smoking, increasing life expectancies and high satisfaction with health services. Blazing the trail in well-being research, the CIW was recently honoured with a Community Indicators Consortium Impact Award for their work with the City of Guelph. ciw.ca ■



Warriors battle on

When Diane Roberts (centre) was diagnosed with cancer 12 years ago, she never imagined the University would play a key role in her recovery. “After my surgery in 2002, followed by six months of chemotherapy, I had lost 15 pounds, I was weak, and slept most of the time,” said Roberts. “Then I found UW WELL-FIT.”

Diane, one of the program’s first participants, is suiting up with fellow WELL-FITers in a new campaign to raise support for UW WELL-FIT — a unique exercise program for people undergoing chemotherapy, radiation, or hormonal therapy for the treatment of cancer. Offered by Kinesiology’s UW Fitness unit, the program provides an opportunity to participate in supervised exercise in a safe, private, supportive small-group environment. UW WELL-FIT has helped more than 1,000 participants battle cancer. To help them expand and continue the fight, visit uwaterloo.ca/uw-fitness/warriors. ■

THE LATEST NEWS



The Faculty is pleased to announce the appointment of **Richard Staines** as Associate Dean, Research as of May 1, 2014. A

Canada Research Chair in Sensorimotor Control, Staines investigates how the brain interprets, adapts and integrates sensory information and how that is represented in the brain.



Kinesiology graduate **Maja Vermeulen (BSc '14)** was the recipient of the 2014 Alumni Gold Medal for

outstanding academic achievement and extracurricular involvement.



Ian Smith (BSc '05, PhD '14, KIN) was honoured with the prestigious Governor General’s Gold Medal, achieving the highest academic standing in a doctoral program at the University of Waterloo. Smith’s groundbreaking work investigated the mechanism regulating potentiation during muscle contraction. Smith will continue making significant contributions to life-changing research.

Building a healthy future



Groundbreaking for a new expansion will begin in late 2014.

One of Waterloo's smallest Faculties has big plans for expansion.

This December, spurred on by growing student enrolment and an increasingly diverse research and teaching breadth, Applied Health Sciences will begin construction on a new four-storey facility linking B.C. Matthews Hall and the Lyle Hallman Institute for Health Promotion.

The much needed expansion is set to include a 350-seat lecture theatre, state-of-the-art kinesiology teaching and research laboratories, a graduate student seminar room, offices, and a number of student work spaces.

The new facility will also be complemented by the establishment of an innovative multi-disciplinary research hub on north campus in the former TechTown building.

"Our physical expansion is only now catching up with the academic and research expansion that has occurred over the past several years," said Interim Dean James Rush. "Producing world-class research and providing exceptional training remains a top priority, and our new facilities will help support that."

CHANGING ACADEMIC LANDSCAPE

When the Faculty — then called the School of Physical and Health Education — first opened its doors in 1966, it offered one-year programs in physical education, employed five faculty members and operated with just 400 square feet of lab space.

Today, Applied Health Sciences offers a selection of 20 degree programs and specializations spanning three different departments, and houses approximately 25,000 square feet of lab and research space. More than 2,100 undergraduate students and just over 600 graduate students call the Faculty home.

Applied Health Sciences' newest program, a Master of Health Evaluation, will welcome its first students in the fall of 2015. It is the first professional online program of its kind in Canada.

"Today's academic landscape is changing. While Waterloo has always been a leader in innovative education models, AHS has embraced this approach and it shows in the range of programs we offer our students," said Rush.

Driving this pioneering programming is a growing team of faculty members committed to finding new and creative ways to tackle local and global health challenges.

RESEARCH THAT TRANSFORMS

Far from its humble beginnings, AHS now boasts a faculty complement of 93 professors and the second-highest level of per capita research funding at the university. Their work, which ranges in topic from therapeutic recreation to ergonomics, regularly garners international attention for its ability to transform and improve lives.


2 DEPARTMENTS
1 SCHOOL

UNDERGRAD
STUDENTS
2,100

51% *undergrad
students in
CO-OP*

GRADUATE
STUDENTS
122 PhD
607
485 MASTERS


\$13.8 MILLION
RESEARCH SUPPORT

90 STAFF

93 FACULTY

10,147
ALUMNI


3 
PROFESSIONAL
MASTER'S
PROGRAMS
*Including public health,
health informatics and
health evaluation.*

Recreation and Leisure Studies Professor Sherry Dupuis, who helps lead the Partnerships in Dementia Care Alliance, is having a profound impact with her research on relationship-centered, partnership approaches to care.

She brings visual and performing arts and participatory research to long-term care settings and community support services to help change how people view dementia and practise dementia care. Her work has been described as inspirational, emotional and powerful.

“The goal is to transform the culture of dementia care, wherein relationships are brought to the forefront, memory in all of its forms is valorized, and the humanity of persons living with dementia is fully supported,” Dupuis said.

Many organizations involved with Dupuis’ research “feel that the work we are doing is making a difference and inspiring real change in understanding and practices,” she said.

School of Public Health and Health Systems Professor Paul Stolee is also working to change practices related to the care of older adults, but from a systems approach. In a recent study he found that seniors who receive rehabilitation at home are less likely to be admitted to hospital or long-term care. The study also found that those who receive physiotherapy and occupational therapy at home are more likely to be discharged from home care services after treatment.

“The aging of the population is often seen as the biggest cause of increasing health care costs, which is not true,” said Professor Stolee. “This study provides evidence that if older people get the right services at the right time, this can actually reduce their cost to the health system, while improving their quality of life.”

According to Kinesiology professor Lora Giangregorio, exercise is another way to improve quality of life. Recently, Giangregorio partnered with Osteoporosis Canada to develop exercise and physical activity recommendations for older adults with osteoporosis. Called *Too Fit to Fracture*, the new recommendations emphasize multicomponent exercise programs that combine muscle strengthening and balance training. Her team is now leading a provincially-funded initiative to get physicians, physiotherapists

and patients to implement the recommendations to prevent falls and fractures.

“Osteoporosis Canada has demonstrated real leadership in the development and translation of guidelines to improve the management of patients with osteoporosis,” Giangregorio said. “I was thrilled to be able to partner with them on the *Too Fit to Fracture* project to ensure the work has tangible impact.”

Next year Giangregorio, along with several of AHS’ kinesiology researchers, will occupy new space in the renovated TechTown facility on north campus.

A HUB FOR INNOVATION

Designed to be a top notch multi-disciplinary research and innovation hub, the renovated centre will give faculty and students space to conduct studies, collaborate with health care partners, and test new therapies and health strategies with the community. The centre’s unique open door policy means that researchers can interact directly with members of the public.

“We could not have been presented with a more ideal space,” said Chair of Kinesiology, Bill McLroy. “If you set out to design a facility to offer therapeutic treatment, assessment services and research, you literally could not have designed one better — and it’s a two minute walk from the main Waterloo campus.”

Part of the focus of the centre will be to understand the impact of exercise and nutrition on health across the lifespan. In addition to investigating treatments and therapies, researchers plan to examine individuals’ biological makeup to understand why certain strategies work better for some people than others. This multi-dimensional view will act as a catalyst for highly personalized prevention, treatment and exercise programs to improve long-term health.

“Over the last four decades AHS has grown significantly in terms of enrolment, programs, people, and research intensity. The new physical spaces will give us the freedom to dream even bigger,” said Rush. “They truly represent a new frontier of learning and scholarship.”

For updates on the expansion visit:
uwaterloo.ca/ahs/expansion. ■



THE LATEST NEWS



Perakaa Sethukavalan was named Co-op Student of the Year for her work at Sunnybrook Health Sciences Centre.

Already an accomplished researcher, Sethukavalan presented her work-term findings on prostate cancer at the European Cancer Congress.



Dave Hammond is the recipient of the Canadian Cancer Society's William E. Rawls Prize for the remarkable impact he has made at an early stage in his career. The prize is given to a young investigator whose work has led to important advances in cancer control over the last decade.

Two teams from SPHHS beat out 18 other teams from universities across Canada and the United States to finish in second and third place at the Canadian Evaluation Society's Student Case Competition in Ottawa. For details, visit uwaterloo.ca/public-health/case2014

Martin Cooke was honoured with the Angus Reid Practitioners/ Applied Sociology Award from the Canadian Sociological Association.



SCHOOL OF PUBLIC HEALTH AND HEALTH SYSTEMS

INTRODUCING CRAIG JANES

The School of Public Health and Health Systems welcomed Professor Craig Janes as its new director on July 1.

A medical anthropologist and epidemiologist, Janes comes to Waterloo from Simon Fraser University where he was associate dean, academic, and director of the global health program. He holds a master's degree in anthropology from the University of Colorado-Boulder, and a PhD from the University of California, Berkeley and San Francisco.



PHOTO: JASON S. ORDAZ

A leading expert in human-environment interactions, Janes' research focuses on social inequities and health, managing the public health consequences of extractive industries globally, and maternal and child health. In 2011 he was awarded the National Medal of Honour by the Government of Mongolia, the highest honour given to non-Mongolian nationals, for his contributions to developing the country's health sector.

ON THE FRONT LINES OF MENTAL HEALTH

Frontline officers with the Ontario Provincial Police (OPP) are using a new screening tool developed at Waterloo to assess mental health issues and improve transitions from police custody to hospital care.



PHOTO: ONTARIO PROVINCIAL POLICE

Developed jointly by the OPP and Waterloo researchers working with interRAI, an international organization committed to improving care for vulnerable populations with complex needs, the Brief Mental Health Screener (BMHS) is a standardized, science-based assessment form. It was designed to help officers articulate the mental health symptoms they witness in a way that health care practitioners can understand.

"The BMHS standardizes police observations and allows them to communicate in the language of the health care system. This will streamline the transition for persons with

mental illness from police custody to mental health care provided by hospitals and community-based agencies," said Ron Hoffman (PhD '13), a mental health training co-ordinator for the Ontario Police College who co-led development and testing of the tool as part of his doctoral dissertation at Waterloo.

Over the next year, the tool is expected to be adopted by more than 6,000 OPP officers across the province. The tool has also garnered support from other police services who are in the early stages of implementation.

"At the end of the day, the BMHS will help to improve the collaboration between police officers and mental health professionals in a way that will directly benefit persons with mental health needs," said Professor John Hirdes, chair of the interRAI Network of Excellence in Mental Health.



NEW FACES

L to R: Sharon Kirkpatrick, Ellen MacEachen, Samantha Meyer, Jim Wallace

Absent: Kitty Corbett, Mark Oremus

KITTY CORBETT | Professor

Research interests: health promotion, health communication, knowledge translation.

SHARON KIRKPATRICK | Assistant Professor

Research interests: dietary assessment, measurement error, food insecurity.

ELLEN MACEACHEN | Associate Professor

Research interests: health systems evaluation, qualitative methods, critical social theory.

SAMANTHA MEYER | Assistant Professor

Research interests: social theories of trust, equity in access to health care services, utilization of preventative services.

MARK OREMUS | Associate Professor

Research interests: Epidemiology, population and public health, chronic diseases.

JIM WALLACE | Assistant Professor

Research interests: health informatics, human-computer interaction, computer-supported co-operative work.

JANICE HUSTED RETIRES

After 24 years in AHS, Janice Husted has hung up her academic regalia. Recognized internationally as a leading expert in psychiatric epidemiology, Husted began her career as a public health nurse in British Columbia before pursuing graduate studies at UBC and Columbia University. She joined Waterloo's Department of Health Studies and Gerontology as an assistant professor in September of 1990 and quickly garnered a reputation as a patient teacher and loyal colleague. Her many contributions to the field of epidemiology, including pioneering research into root causes and factors leading to schizophrenia, led her to be appointed as a Fellow of the American College of Epidemiology in 2006. "The field has been blessed with an incisive mind, combined with absolute integrity and the same caring nature that took her into the nursing profession in the very beginning of her career," said Canada Research Chair in Schizophrenia Genetics and Genomic Disorders, Anne Bassett.

LAURA PISKO, BSc '83



Managing \$350 million is all in a day's work for Health Studies graduate Laura Pisko. And each dollar Pisko oversees has the potential to improve the health and well-being of Ontarians.

As director of the Ministry of Health and Long-Term Care's Health Promotion Implementation Branch, Pisko is responsible for implementing and monitoring health promotion programs across the province.

"Health promotion shouldn't just be an add-on. The success of strategies like Smoke-Free Ontario proves that they really make a difference," said Pisko, who manages more than 100 program contracts with public health, health care and non-governmental organizations.

One of the newest programs being piloted by Pisko is a workplace smoking cessation program that will help employers support their employees' quit attempts.

"It's not just about funding the projects, but also about evaluating them to demonstrate that they are good value and have high impact," she explained.

After graduating from Waterloo, Pisko completed a Master of Health Administration from the University of Ottawa before climbing the proverbial ladder in a series of health systems jobs.

"Originally I thought I wanted to be in medicine, but then I took the class working with cadavers," she recalls.

"I knew right then I preferred to focus on the theory, conceptual and delivery side of health care."

In 2011, Pisko found her niche in health promotion. Today, on top of managing a broad program portfolio, she is supporting the provincial government's multi-billion dollar lawsuit against tobacco companies.

"Waterloo gave me appreciation for the depth and breadth of health studies. With health promotion, I feel a real sense of purpose. That's something I wish everyone could say about their job."

She is certainly giving Waterloo students a chance to test drive the field. Once a co-op student herself, Pisko is an enthusiastic supporter of experiential learning and regularly hires interns from the Master of Public Health program. "I feel like I've come full circle," she said.

THE LATEST NEWS



The department welcomes:

Karla Boluk

Assistant Professor

Interests: ethical

consumption, fair

trade, corporate

social responsibility, social entrepreneurship and volunteer tourism.



Professor **Steven Mock** has received

Ontario's Early

Researcher Award

of \$150,000 over

five years to support

the development of

a research team. Mock's research focuses on the challenges that increasingly diverse family forms face when it comes to retirement planning.

Founding member of the department and beloved Warriors golf coach **Jack Pearse**

passed away

August 21, 2013

at the age of 87.

Pearse proposed

the Recreation and

Leisure Studies

degree to the Ministry of Education

and his contributions to RLS have been

honoured with the establishment of

the Founders Entrance Scholarship.

uwaterloo.ca/rec/support



LEISUROLOGISTS: Mark your calendars!

University of Waterloo will host the

Canadian Congress on Leisure Research 15

in May 2017.

RECREATION AND LEISURE STUDIES

OF MICE AND GATORS

A magical team of Recreation and Sport Business students has embarked on an experiential education adventure that dreams are made of. A new six-month study abroad partnership with University of Florida's (UF) Eric Friedheim Tourism Institute and the Walt Disney World Resort lets students take UF classes for academic credit while working for one of the world's leading providers of family travel and leisure experiences. The specially selected participants began their term on campus at UF — home of the beloved Gators. Next it was off to the Disney campus, bunking with international housemates and studying with Disney instructors. The most valuable lessons are taking place outside of the classroom, applying knowledge in front-of-house operations throughout the organization and collaborating on a large scale Disney event as a capstone learning experience.



"Disney are the experts in creating a consistent experience for thousands upon thousands of people and getting it right every time," says program liaison Ron McCarville, who collaborated with RLS grad and UF professor Lori Pennington-Gray (BA '93) to bring the program to Waterloo. "We are connecting our students with the best — to learn from the visionaries behind one of the most respected and beloved brands around the globe."

SACRED WATERS RUN DEEP

To many, the 900 kilometre Thelon River stretching from Northwest Territories to Nunavut is considered pristine, barren, wilderness. To researcher Bryan Grimwood, the river also represents homeland.

Grimwood has been working with Aboriginal communities connected to the Thelon to cultivate enhanced understanding of, and responsible relationships to, this sacred and changing place. For the Lutsel K'e Dene First Nation of the Northwest Territories and Inuit of Baker Lake, the 142,400 square kilometre watershed is Indigenous homeland. The Thelon continues to be an important cultural landscape, providing access to subsistent hunting, fishing, drinking water, travel, and social and cultural connections — from a place to visit family to a source of ecological knowledge.

"Aboriginal relationships to the Thelon are continuously adapting to transitions in settlement lifestyles, resource extraction pressures, environmental change such as climate change and caribou population decline, and barriers to participation in environmental decision-making and resource management," explains Grimwood, a specialist in tourism, outdoor recreation, and the moral geographies of nature.

The project is developing regional capacities for Aboriginal community research in northern Canada. "The study is providing valuable documentation for community use in protecting traditional lands, resisting resource extraction and developing sustainable cultural tourism," says Grimwood. "The Canadian north is not an unpeopled wilderness or resource frontier. It is homeland where people live and depend on the land to survive and flourish."

ALUMNI profile

» VICTOR CHENG (MA '79)

Don't let Victor Cheng's quiet demeanour and humble spirit fool you. He has an intense passion and drive and understands that owning your own business is something one should never take lightly. President and CEO of iLogic, a Toronto-based reusable asset management software company, Cheng knows that he is ultimately responsible for his own fate and that the decisions he makes affect the livelihood of his people.



After completing an undergraduate degree in business administration at the University of Wisconsin, Cheng's passion for camping and leisure led him to the Master of Recreation and Leisure Studies program. He was attracted to Waterloo because of the relatively new program, in a new field of study that was encouraging students to critically examine the various perspectives on quality of life. That struck a chord with Cheng who wasn't satisfied with an education based on skills training alone. He attributes the ability to think critically and holistically — how to ask the right questions, interpret statistics, and discern the really important information — to his university days, and depends on these skills daily.

Diversity has also proven key throughout Cheng's 35 years in the IT business. He has adapted iLogic's business model, from initially developing innovative IT solutions and networks to assist recreation professionals and organizations across Canada to now providing reusable asset management software, managing millions of assets and transactions, resulting in substantial financial and environmental savings for hundreds of companies throughout North America.

Cheng never wants to be static. He's always looking for game-changing innovation and keeps the global perspective in the forefront of every decision he makes.

Outside of work, Cheng has remained connected to AHS and Waterloo as a member of the Dean's Advisory Committee and the Waterloo Alumni Council. In 2008, he received the AHS Alumni Achievement Award for his contributions to the health and well-being of society. His personal philosophy? "Remain true to yourself. Be consistent in every aspect of your work, your personal and professional relationships, and live out those core values each and every day."

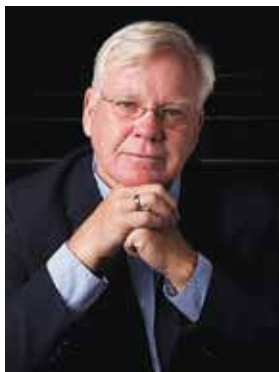
RETIRING TO A LIFE OF LEISURE

As two of the department's research powerhouses, and past chairs, join the ranks of retirement, it's likely they'll both be bird watching — one with binoculars, the other with a rotisserie.

Summer employment as a naturalist in provincial parks sparked Paul Eagles' interest in ornithology and passion for the environment early on. He began teaching in 1975 in the now Faculty of Environment, with a primary appointment in the Department of Recreation and Leisure Studies (RLS) from 1979 through to his retirement this fall. "Paul is Canada's ranking expert in parks and protected area management," says department chair Mark Havitz.



"His research in environmental planning, and visitor and tourism management has spanned more than 25 countries and has had incredible impact." As chair of the World Commission on Protected Areas' Task Force on Tourism and Protected Areas, Eagles has helped national parks throughout the world balance the delicate needs of both visitors and the environment.



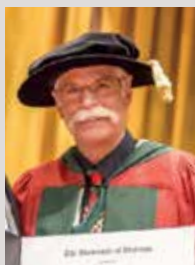
Steve Smith, the Canadian chosen by the United Nations to de-mystify worldwide tourism spending patterns, retired in January after 38 years in RLS. "While Steve Smiths are, frankly, a dime a dozen, our Stephen L.J. Smith is one in a million," muses Havitz. "The original chair of the Canadian Tourism

Commission's Research Committee, Steve is an elected member of three international academies when being a member of just one is considered a career life achievement." An expert in tourism policy, planning, and culinary tourism, Smith looks forward to retirement travel and continuing to explore cuisines of the world.

"Paul's and Steve's contributions include more than 700 papers and presentations, mentoring more than 350 students as theses supervisors or committee members, and influencing tourism and environmental policies and practices around the globe," says Havitz. "Time for some well-deserved relaxation."



THE LATEST NEWS



Professor Stuart McGill was honoured with the Award of Excellence in Graduate Supervision at spring

convocation for his dedication to his students over the past 30 years. The sought-after researcher and kinesiology professor was described as an enthusiastic supervisor who always finds ways to challenge individual students while allowing them to take risks and develop their own ideas.



Professor **Ewa Niechwiej-Szwedo** has been awarded the CNIB New Researcher Award for her study on abnormal binocular vision and impaired

depth perception in children with amblyopia (lazy eye).



Congratulations to Professor **Marina Mourtzakis** who has received the province of Ontario's Early Researcher Award for her work on

nutrition and exercise therapies to help improve the health of breast cancer survivors and reduce the recurrence of the disease.

KINESIOLOGY

GPS MAY HELP DETECT DEMENTIA ONSET



Waterloo researchers have used cell phones equipped with a GPS to prove there is a link between the geographical area a person covers in daily life and dementia in older adults. The groundbreaking study, co-led by Kinesiology's Eric Roy and Pascal Poupart in the Faculty of Math, compared the distance healthy older adults travelled on a daily basis to that of those living with Alzheimer's disease. Adults with mild-to-moderate Alzheimer's disease showed a significantly smaller life space than their healthy counterparts.

"Years before the dementia shows up people may show changes in the size of their life space. A shrinking life space could be a warning sign something is wrong," said Roy. If clinicians used GPS tracking to monitor individuals at risk for Alzheimer's disease, they could ideally make earlier diagnoses and recommend disease slowing mechanisms.

"We want to make sure people who are at risk do things to reduce their risk. The disease could be delayed by making lifestyle changes like being more physically active or being more socially involved," said James Tung, a postdoctoral fellow on the project. "There are strong practical applications for this approach to looking at dementia. It could change the way we think about disease onset."

NANCY THEBERGE RETIRES



A celebration was held in January to honour Nancy Theberge who retired after 38 years with the Department of Kinesiology. Theberge started as a lecturer in 1976 and was appointed an assistant professor in 1978.

Identified as one of the leading experts on gender and sport in North America, Theberge brought a wealth of knowledge and international recognition to the department. Theberge sat on several committees during her time at Waterloo and shared her passion with thousands of students on a variety of topics, including feminism, sport and health and strategies to reduce workplace injuries. Her book, *Higher Goals: Women's Ice Hockey and the Politics of Gender*, was reviewed as the most extensive treatment of women's experiences in team sports.

GOOD FOR THE HEART; GOOD FOR THE BRAIN



Is it possible that an exercise bike and video screen can change the way patients recover from a stroke? Chair of the Department of Kinesiology, Bill McIlroy, seems to think so — thanks to a new research project he is leading.

Since exercise is shown to improve brain function following a stroke, McIlroy and his team of researchers believe that combining exercise with cognitive engagement will improve patients' attention, memory and physical recovery. Exercise alone isn't enough. The researchers believe patients recovering from a stroke need to engage and retrain their mind.

To make that happen, McIlroy and his team developed a method to synchronize movement on an exercise bike with movement on Google Earth's street view maps — allowing patients to receive both physical and cognitive exercise. The innovative program sees participants pedal on the bike as they visit major cities and solve navigation tasks such as finding their way to the Eiffel Tower in Paris. The navigation process challenges the participant's attention and exercises their memory and visuospatial processing.

The team uses an eye tracker and EEG cap to measure cognitive processes. Because the tests gauge the spatial awareness and navigation abilities people need in daily life, McIlroy believes the technology could one day expand its scope beyond stroke recovery to those with dementia or traumatic brain injuries. The project is funded by the Canadian Partnership for Stroke Recovery.

ALUMNI profile

» DAN SHEA (BSc '77)

Dan Shea has fond memories of finishing his final anatomy exam and blasting to Fort Lauderdale in a rented RV packed with varsity hockey buddies.

"Sternocleidomastoid has insertion point at upper 1/3 of the mastoid process. Still remember it well," says Shea. "It's the same neck muscle used for a head snap when taking a punch."



Anatomy, biomechanics, and a deep understanding of the body's physical capabilities has come in handy for Shea who's been living and working as a stunt performer in Vancouver for nearly 25 years. After an eye injury curbed his dreams of the NHL, he headed west with vague notions of Hollywood and in need of income. "I crashed a beer commercial audition and two days later I was in Hawaii blasting around on jet skis in shark infested waters making more money than I ever dreamed possible."

Soon Shea was stunt subbing hockey scenes for Richard Dean Anderson on *MacGyver*, leading to a 10-year run as Anderson's stunt double on *Stargate SG-1*. The highlights reel plays on from there: Shot in the head by James Woods in *White House Down*. Mirroring Steve Martin's Clouseau in *Pink Panther*. Spending *Days of Future Past* with X-Men Hugh Jackman and Jennifer Lawrence. "Every day I work is a great adrenaline rush," says Shea.

Shea is currently stunt coordinating *The Returned* — a remake of a French supernatural drama, and *Bates Motel* — a prequel series to Hitchcock's *Psycho*, with an eye to producing his own projects. While he's often spotted ringside in Vegas watching Championship fights, one of his favourite spectator moments was returning to campus to watch daughter Stephanie (BSc '10) play varsity basketball. "What a blast," says Shea. "And the guy taking tickets for her game was the same one who took tickets for my hockey games 30 years before!"

To see some of Shea's many faces at work, visit uwaterloo.ca/kinesiology/dan-shea-doubles.

» HEALTHY RECIPE



RISE AND SHINE BREAKFAST SANDWICH

Heather Keller, Kinesiology professor and Schlegel Chair in Nutrition and Aging, recommends this recipe for healthy aging. Loss of muscle mass is a leading cause of decreased function and impairment in older adults. Sufficient high-quality animal based protein is needed to maintain muscle with age. Research suggests that spreading out the protein across all three meals is more effective than consuming most of your daily protein at one meal. The goal for protein at each meal is 20-30 grams. This recipe focuses on breakfast, where it's often challenging to consume sufficient protein.

Ingredients

50 mL	1/4 cup	Liquid egg substitute
30 mL	2 tbsp	Light mozzarella cheese, shredded
30 mL	2 tbsp	Red pepper, finely diced
15 mL	1 tbsp	Sodium reduced deli ham, finely sliced
2 mL	1/2 tsp	Crushed red pepper flakes
		Pepper to taste
1 mL	1/4 tsp	Italian seasoning (optional)
1		Whole grain English muffin, toasted

In a microwave safe bowl, about the same diameter as the English muffin, spray it lightly with canola oil spray. In the bowl, mix together egg, cheese, red pepper, ham, pepper and Italian seasoning (if using). Microwave on high for 1 minute. Turn the egg over and microwave for another 30 seconds to 1 minute. Place egg on the toasted English muffin and off you go!

Nutritional Information

Calories: 247	
Protein: 19 g	Carbohydrate: 29 g
Fat: 7 g	Dietary fibre: 4 g
Saturated fat: 3 g	Sodium: 710 mg
Dietary cholesterol: 15 mg	Potassium: 413 mg

Source: EatRightOntario.ca

snap! » CAPTURING THE AHS COMMUNITY IN ACTION



Kinesiology alumnus **Dr. Patrick Brill-Edwards (BSc '79)** who helped develop the HPV vaccine, returned to campus to deliver the keynote address at Discovery Days in Health Sciences in April. Secondary school students spent the day on campus exploring a variety of career options in medicine and health sciences. The day also included a career panel featuring AHS alumni.



Living to inspire, two-time Olympic gold medalist and AHS alumna **Heather Moyse (BSc '00, KIN)** joined AHS golf foursome (pictured left to right) James Rush, interim dean of Applied Health Sciences, **Jay Kell (BSc '73, KIN)**, **Victor Cheng (MA '79, RLS)** and **Patrick Harrison (BSc '82, KIN)** at the annual President's Golf Tournament. Moyse was honoured at the event for her significant athletic achievements.

Humanitarian **Stephen Lewis (LLD '13)**, co-director of AIDS-Free World and founder of the Stephen Lewis Foundation, received an honorary Doctor of Laws at AHS' fall convocation in October. Lewis, pictured here with university President Feridun Hamdullahpur, addressed convocation about the contributions graduates can make to the world.





AHS alumna **Christina Marchand (BSc '14, HEALTH)** inspired the TEDxUW audience in February as she recounted her experience helping to deliver babies in Uganda. Co-op Student of the Year in 2012, new graduate Marchand is embarking on a social entrepreneurial venture called FullSoul, a luxury fashion startup that contributes funds to maternal health kits that will help save mothers' lives in Uganda.



More than 300 alumni gathered at Andrew Richard Designs in Toronto for the **Waterloo LOVES Lug®** alumni event featuring AHS alumna **Ami Richter (BA '01, RLS)**. Richter shared how, inspired by a Waterloo co-op term, she took her flair for design combined with her entrepreneurial spirit and co-founded Lug travel accessories. Pictured left to right: Ami Richter, Jason Coolman, associate vice-president of Alumni Relations and the former dean of Applied Health Sciences, Susan Elliott.



Where's ... oh wait, there he is! Recreation and Leisure Studies students Amanda Vos (left) and Yoonjung Lee (right) interact with children at Waterloo West NeighbourFest on Saturday, November 23. The day-long event, organized and run by students in **Troy Glover's (PhD '00, RLS) REC 220** course, encouraged local families to come out and make connections in the community through a variety of family-friendly activities.



Generations of participants gathered in December 2013 to celebrate the 40th anniversary of Kinesiology Lab Days. Program instructor Jon Thacker and program co-ordinator Mallorie Webb (far right) join high school teacher and AHS alumnus **Bob Auld (BSc '75, KIN)** and students from Brampton Christian School.



» ALUMNI MESSAGE

Celebrating graduation with our AHS students, staff and faculty

Help shape AHS' future

As part of the AHS community, you have an important role to play. We rely on our alumni's time, talent and financial gifts to help the Faculty realize its vision as a global leader in protecting and promoting health and well-being, preventing illness and injury, and enhancing abilities for all.

Being part of the AHS community means so much more than hanging your degree on the wall. What you do and how you share your AHS experience continues to shape the Faculty. Showing your university pride as you strive to protect and promote health and well-being spreads the word and aids in attracting the brightest students, faculty and researchers.

And as you think back to your university experience and recall what you learned in co-op or those first summer jobs, keep in mind that AHS has more than 1,000 talented students seeking co-op jobs each term. We're working hard to expand AHS' experiential learning opportunities for our students and equip them with skills that set them apart in their field, but we need your help. Please consider hiring co-op students and refer potential employers to AHS.

We hope that you'll continue to stay involved with the Faculty, through volunteering at annual events like Career Speed Networking, submitting a career or alumni profile or raising your hand to be a guest speaker on campus. Sharing your expertise and real-world advice is invaluable to our AHS students and your support is genuinely valued.

AHS continues to be a place of energy and excitement as we work toward building a healthier future. In the spirit of collaboration and working together, we invite you to be part of turning those ideas into action.

Mai Beth Davis

Alumni Advancement Officer
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news to you

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ON THE COVER

Interim Dean James Rush shares plans for the new AHS expansion building with students.
Photo: Jonathan Bielaski

REUNION
revisit. reunite. relive.

reunion's coming!

» Time to get in shape!

Come back to campus to meet up with friends and relive your fondest university memories.

BE SURE TO REGISTER EARLY!

BURT MATTHEWS, President, University of Waterloo 1970-1981

AHS Welcome BBQ and Tours

Friday, September 26, 2014

B.C. Matthews Hall, 5-7 p.m.

uwaterloo.ca/ahs/welcome-bbq

AHS Open House Tours

Saturday, September 27, 2014

B.C. Matthews Hall, 11-1 p.m.

<http://attend.com/reunion2014>

AHS Fun Run – Walk. Run. Just have fun!

Saturday, September 27, 2014

B.C. Matthews Hall — 9 a.m. sign in; 10:15 a.m. race start

uwaterloo.ca/ahs/ahs-fun-run

AHS Alumni Reunion Banquet

Saturday, September 27, 2014

Waterloo Inn, 5:30-10:00 p.m.

uwaterloo.ca/ahs/alumni-reunion-banquet



UNIVERSITY OF WATERLOO
FACULTY OF APPLIED HEALTH SCIENCES

“Hiring Waterloo co-op students from the Faculty of Applied Health Sciences has been extremely rewarding. Our co-op employees have demonstrated an ability to excel and grow in a start-up environment, going beyond their classroom knowledge and providing lasting contributions.”

CHRISTOPHER SMITH
Managing Editor,
OrthoEvidence Inc.

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