

APPLIED HEALTH SCIENCES

news to you

FALL 2016

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UNIVERSITY OF WATERLOO
FACULTY OF APPLIED HEALTH SCIENCES



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

ALUMNI: A valuable part of our community

*“One of this
Faculty’s most
important
relationships
is with you.”*

JAMES RUSH

In these pages you’ll find stories about outstanding scholars, fellow alumni, current research and other

news meant to help keep you up to date with the exciting things going on at AHS today. I hope you’ll find much to enjoy, and I encourage you to get in touch if you have a story to share, or would like to be more closely involved in what we’re doing here at AHS.

Earlier this year we honoured Recreation and Leisure Studies grad Dorothy Dowling with the 2016 Alumni Achievement Award. While preparing for that event, I ran across an interview with Dorothy in which she said something that’s resonated with me ever since: “Relationships are the true currency of life.”

I couldn’t agree more. Here at Waterloo AHS we understand that strong relationships are the foundation of everything we do. These include those tangible relationships formed on campus between colleagues, teachers, and students, as well as the partnerships we build with other institutions and community members as we work together to increase knowledge about health, well-being and the prevention of disease.

ALUMNI GIFTS AND SERVICE STRENGTHEN EVERYTHING WE DO

Of course, one of the most important of these relationships is with you, our alumni family. We’re proud to see you serving as ambassadors and advocates for our shared commitment to protecting and promoting health and well-being and preventing illness and injury across the life course. In addition, we are enriched by the thoughtful advice, guidance, volunteer service, and financial support offered by so many of you. These generous gifts strengthen everything we do, and we are profoundly grateful for each and every one.

THE REAL KEY TO INNOVATION

In closing, I’d like to share another sentiment, this one from author Walter Isaacson, who wrote the 2011 bestselling biography of Steve Jobs. Speaking at this year’s Waterloo Innovation Summit, Isaacson shared a thought he had extracted from his many conversations with Jobs: “Real innovation takes collaboration — and the best and hardest thing to create is not the product itself, but the team behind it.”

We are grateful you are part of our team. Thank you for everything you do to further the AHS mission of creating a better, healthier world for all. ■

To find out how you can become more involved with AHS, contact **Wanda K. Deschamps**, Director of Advancement. wanda.deschamps@uwaterloo.ca | 519-888-4567, ext. 38427



Sandra

SANDRA STEMBRIDGE O'BRIEN (BA '88 RLS | BEd University of Toronto '89 | MEd University of Technology, Sydney '07) is editor of *Canadian Children's Book News* for The Canadian Children's Book Centre in Toronto. She and husband Michael O'Brien (BMath '84) have made over 50 gifts to UWaterloo, most recently in support of the AHS General Fund, which supports student awards, research equipment, co-op and other Faculty priorities. Their son Kevin continues the UWaterloo tradition, and is currently in third year actuarial sciences. Why does Sandra give? *"That's easy. I believe firmly in the importance of post-secondary education — and I have many fond memories of my time at UWaterloo."* Thank you, Sandra!

PHILIPPA FLINT'S (BSc '86, MSc '88 KIN | MBA York) career has taken her from the pharmaceutical industry to the world of finance, where she currently serves as Principal with the CPP Investment Board, investing in pharmaceutical royalties. Philippa gives annually to the Department of Kinesiology. When asked what motivates her to give, she doesn't hesitate — *"I give in honour of the invaluable experience I gained and continue to draw upon today through working with an outstanding Master's supervisor, Dr. Rich Hughson."* Thank you, Philippa!



Philippa

Thank you, alumni donors!

These big-hearted alumni are making a difference in the lives of Waterloo students, faculty and researchers. Thank you for making us even better.



Jay

JAY KELL (BSc '73 KIN) has just retired from a 40-year career in the fitness-club industry, with 23 of those years spent in Toronto at Sports Club of Canada. After 12+ years as COO and partner of the Denver, Colorado-based Wellbridge Company, Jay has come home and settled in Niagara Falls. Jay gives monthly because *"When I came to Waterloo in 1969, the Kinesiology program was the leader in its field. I was proud then and proud today to be part of its continued growth and evolution."* Jay designates his monthly gift to UW WELL-FIT, a unique program for cancer patients undergoing chemotherapy, radiation or hormonal therapy, to honour his mother, who passed away in 1996. Thanks, Jay!



Craig

CRAIG MCLENNAN (BA Hons. '91 | MBA University of Toronto '99) is now VP of Microsoft Canada's Consumer Channels Group in Toronto, where he's responsible for sales and marketing activities supporting Microsoft software, services and devices. Craig has recently employed AHS co-op student **Rhys Hollis**, (see Page 10); he also serves on AHS' Dean's Advisory Council, and has made a multi-year pledge to support the AHS Expansion Building. Craig supports AHS today because *"I want to influence the way future generations think and act in building a holistic view of health in society."* Thank you, Craig!

MICHELLE MORRISSEY (BSc '80, MSc '83 KIN) is President of The G.O. Group, a small consulting company she co-founded in 2013 following a distinguished career in the utility business. She is a longstanding member of the Dean's Advisory Council, and has served the CRE-MSD Advisory Committee as well. Michelle's regular gifts to AHS support many projects, including scholarships, awards, equipment, expansion and more. *"Ultimately I give for selfish reasons. The extraordinary range of knowledge and discovery coming out of AHS is quite simply going to make the world a better place. As a daughter, a mom, and a grandmother, that matters to me — and I want to help."* Thank you, Michelle — you are helping, more than you can know!



Michelle

Outstanding alumni recognized:



Dorothy Dowling (BA '80, MA '83 RLS)

received the 2016 Alumni Achievement Award in recognition of her outstanding contributions to the world of hospitality

marketing. Dorothy has also been named the 18th most influential Chief Marketing Officer by *Forbes Magazine*.



Kim Madden (BSc '11, HEALTH), whose current doctoral work at McMaster University brings new research methodologies to the field of intimate partner

violence research, was honoured this year with the 2016 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.

AHS launches comprehensive impact report *Health in 3D*

Our 2016 impact report showcases the many ways AHS is tangibly improving health and well-being for individuals, communities and populations. We'd love to share these stories with you — read online at uwaterloo.ca/healthin3d, or call Wanda K. Deschamps at 519-888-4567, ext. 38427 to request a print copy.



APPLIED HEALTH SCIENCES



Toby Jenkins at the official opening of the new north campus Toby Jenkins Applied Health Research Building.

TechTown renamed to honour generous alumna Toby Jenkins

Since graduating in 1982, Environmental Studies alumna Toby Jenkins' distinguished career has included urban planning, banking, and real-estate development, along with dedicated volunteer governance work in the not-for-profit sector.

In 2006 she developed a multi-tenant professional-services building in the David Johnston Research & Technology Park, and in 2012 she and husband Tom (currently serving as our 10th Chancellor) gifted the building to the University. Since then it has provided much-needed space for our growing Faculty.

Today, thanks to the Jenkins' generosity, projects including the Propel Centre for Population Health Impact, the International Tobacco Control Group, and the new Centre for Community, Clinical and Applied Research Excellence (CCCARE) have permanent homes with the space and support needed to expand their work.

To honour this act of generosity, the building has been renamed the **Toby Jenkins Applied Health Research Building**.

"Toby's demonstrated commitment to the areas of health and well-being, including championing innovation as critical to the very sustainability of the health and health system of Canadians, makes me pleased to officially enter her name as part of the AHS story through the naming of this building," says AHS Dean James Rush. ■

Hack4Health returns November 4-6

Last year's wildly successful Hack4Health — a hackathon designed to address issues in the dementia and MS communities — returns this November for what event co-chair Lisa Loiselle hopes will be another exciting weekend.

Lisa and co-chair Assistant Professor Karla Boluk founded the Waterloo AHS hackathon after taking part in a similar event in Toronto called DementiaHack in 2014. "It was great, but the organizers hadn't included people affected by the disease in the planning, execution or judging of the event. I knew with the ingenuity of Waterloo and the strength of MAREP (Murray Alzheimer Research and Education Program) we'd be able to take it to a new level," says Lisa.

She was right. Last year's inaugural Hack4Health saw 75+ participants working with mentors from the dementia and MS communities to brainstorm and develop mobile applications and programs designed to address issues specific to those communities.

The winning idea last year was Cloud9, a **variable pressure redistribution mattress** designed to ease pressure ulcers, more

commonly known as bedsores. "The idea came directly out of a planning meeting we had with some of our mentors living with dementia and MS, who identified bedsores as a real issue," says Lisa. The students who pitched Cloud9 have now formed a startup to develop the project, and hope to have a prototype ready shortly.

This year Lisa hopes to double the number of participants to 150, and to focus further on the social-innovation possibilities inherent in the hackathon format. The hackathon is open to all undergraduate and graduate students in any Faculty, and participants can register as teams or individuals.

"You don't need a tech background to take part — if you've got great ideas and want to help, we'll match you up with mentors and teammates who've got the skills you need." ■

Update: At press time we heard H4H 2.0 had 140 participants, resulting in 28 teams — 10 of which moved onto the final pitch competition.

Check uwaterloo.ca/hack4health for the winning ideas!

For further info: loiselle@uwaterloo.ca

AHS Expansion Building open for business

October 1 was a big day for the AHS family, as we celebrated the official opening of our brand-new **AHS Expansion Building**.

The four-storey 56,000 square-foot building now houses the Faculty's anatomy lab, kinesiology research and teaching labs, a

350-seat lecture theatre, and much-needed student workspaces. Kinesiology Laboratory and Administrative Coordinator Marg Burnett says it's been wonderful to see the students' response to the bright, clean new workspaces. "AHS has grown so much and our students were once scattered all across campus. Now we're able to provide them with a hub and a home." Equally important — the building houses a new on-campus Starbucks! Thanks to Marg and everyone involved for creating such a beautiful new space for our hard-working faculty and students, and to those of you who gave generously to make this dream come true. ■

ABOVE: The new AHS Expansion Building provides much-needed lab, research and teaching space ... along with a new campus Starbucks. **Dean James Rush** was first in line on opening day!

Honorary degrees for Mihaly Csikszentmihalyi and Brant E. Fries



Psychologist and educator **Mihaly Csikszentmihalyi**, widely known for his pioneering work on happiness, creativity, human fulfillment and the notion of flow, addressed graduates at Fall 2016 convocation, and received an honorary Doctor of Laws.



Founder and President of interRAI **Brant E. Fries** was also honoured with an honorary degree at the event. Professor Fries is considered a pioneer in developing classification systems for nursing home residents, and his work has influenced global health systems for more than 40 years.

Roy Romanow receives honorary degree



The Honourable **Roy Romanow**, former Premier of Saskatchewan (right) received an honorary doctorate at Fall 2015 convocation. Romanow is also a former spokesperson and advisory board co-chair of the Canadian Index of Wellbeing.

Roger Mannell named Distinguished Professor Emeritus

Former AHS Dean **Roger Mannell** was conferred the title Distinguished Professor Emeritus at Spring 2016 convocation, in recognition of a lifetime of scholarship, teaching and administrative excellence.

**CCCARE: CENTRE FOR
COMMUNITY, CLINICAL AND
APPLIED RESEARCH EXCELLENCE**

Bridging the gap between research and community impact

Marina Mourtzakis, Associate Professor of Kinesiology and Associate Chair of Applied Research, Partnerships and Outreach

AHS' new state-of-the-art facility provides a forum for researchers, educators and community members to collaborate in tackling the ongoing issue of translating research into practice.

A common frustration for research scholars is not knowing if, when, and how their work will make it into the real world, where it can start impacting the lives of real people.

At Waterloo, Marina Mourtzakis has seen it time and time again. "AHS researchers are constantly coming up with innovative solutions to applied-health problems — but systems for translating that new knowledge into clinical practice are not well developed."

She also sees the flip side: clinicians with a fistful of problems, but no way to address them — and no pipeline *in* to current research that might help.

In academic and clinical communities, this problem is known as "translating research into practice," and scholars and clinicians have been wrestling with it for decades.

But now, thanks to a generous gift from philanthropists Tom and Toby Jenkins, and an equipment grant from the Canada Foundation for Innovation and the Ontario Research Fund, AHS has the resources to tackle this thorny issue.

LOCAL COMMUNITY PLAYS KEY ROLE

A new facility called CCCARE — Centre for Community, Clinical and Applied Research Excellence — has just opened in the Toby Jenkins Applied Health Research Building on north campus.

Housing one of the most comprehensive collections of research and assessment equipment in the country, it will bring scholars from many disciplines together with members of the local community to both "activate" and advance applied-health research.

"For us the community outreach and education piece is key," explains Marina. "We realized that another piece of the translation issue was the fact that local communities often feel divorced from what's going on inside the universities and research facilities in their home towns.

"We decided to turn this challenge into part of the solution, by creating a space where community members could attend research-based programs that would help improve their health and well-being, and where they would also be offered the opportunity to participate in ongoing research trials."



INSPIRED BY STUDIES IN COPENHAGEN

Marina is currently tasked with overseeing community and research programs taking place at CCCARE, and championing these programs within the Department of Kinesiology.

In this work, she draws inspiration from what she found at the University of Copenhagen while pursuing her post-doctoral work: a local community well informed and passionately interested in what was going on at the university. She attributes this feat to her supervisor's dedication to ongoing communication with and programming for the local population.

"We want to take that idea of sharing research with our local community, and build on it to deepen our understanding, refine our research, and help participants overcome barriers to better health and wellness."

UW WELL-FIT: EXERCISE AND NUTRITION FOR CANCER PATIENTS

As an example Marina points to the UW WELL-FIT program, part of which has recently moved into CCCARE to better serve both its researchers and its participants.

"WELL-FIT is an exercise program for people who have or are currently undergoing treatment for cancer, and has been active at Waterloo for more than a decade. We developed it because our research showed clearly that exercise improved health outcomes for this population," she says.

"At the same time, this group of patients and survivors now has the opportunity to participate in further research, which will in turn help generate new knowledge that will be of use to future patients, and so on."

Marina herself studies metabolic change in breast cancer patients, primarily because some of these changes (increase in fat; decrease in muscle mass) can lead to increased risk of recurring cancers, cardiovascular disease and diabetes. She's currently working with a group of UW WELL-FIT participants to improve our understanding of the role glucose plays in these changes, and what help patients need to better manage this from the nutritional side.

TEENS IN MOTION: EXERCISE AND NUTRITION FOR OBESE TEENS

Teens In Motion (TIM), an exercise program for clinically overweight and obese teens, also operates out of CCCARE. Providing a safe and positive environment for a population often deeply uncomfortable in standard gyms and workout facilities, TIM provides teens with the knowledge and skills they need to make healthier lifestyle choices around exercise and nutrition.

"This is a great program for local teens struggling with weight and body-image issues, and who are at risk for serious health implications like diabetes and heart disease," says Marina. "It also provides our researchers with great feedback on what sorts of barriers to health and wellness these young people are facing, and what more we can do to help them."

MUCH MORE TO COME

Smaller, more preliminary studies are already taking place at CCCARE as well. Examples include work by Assistant Professor Laura Middleton on exercise and behavioural strategies to slow or prevent cognitive decline in those with early dementia, and a study of exercise interventions for those with osteoarthritis being developed by new Associate Professor Monica Maly.

"We also have faculty collaborating with Engineering on wearable technologies, others studying how brain health relates to body composition, and still others looking at stroke recovery and rehabilitation," says Marina.

She goes on to say her team is thrilled with the opportunity to welcome local community members into the research process, and with the potential for cross-pollination they know will arise from CCCARE's inter-disciplinary mandate. "We only just officially opened this past October, but already we can see the huge potential of the research we can do here, and the speed at which we can refine that work and pass our findings on to those who can benefit most. It's what every scholar dreams of." ■

For more information:

UW WELL-FIT: uwaterloo.ca/uw-fitness/uw-well-fit;

TIM: uwaterloo.ca/uw-fitness/teens-motion



Rachel McDonald named co-op student of the year

Fourth-year Health Studies student **Rachel McDonald** was named top co-op student in Canada

earlier this year by the Canadian Association for Co-operative Education. Rachel spent her award-winning work term as a clinical research assistant at Sunnybrook Health Sciences Centre, where she worked alongside radiation oncologists, providing patient care and developing research projects for palliative radiation oncology. Congratulations, Rachel!

Chi-Ling Joanna Sinn receives Rising Star Award

Chi-Ling Joanna Sinn's work has been recognized by the Canadian Institutes of Health Research-Institute of Health Services and Policy Research (CIHR-IHSPR), which has awarded her its 2016 Rising Star Award. Joanna, a PhD candidate in the collaborative Aging, Health and Well-being program, is the lead developer of an algorithm that provides a framework for allocating personal support services in home and community care.



Jacobi Elliott awarded best conference poster prize

Jacobi Elliott, a research fellow funded through the Canadian Frailty Network, won Best Poster at the May 2016 International Conference on Integrated Care in Barcelona. Her presentation was titled *Implementing and Evaluating a Model of Care Coordination in Primary Care for Older Adults Using a Co-Design Approach*. Jacobi's project was lauded for its use of input from the SHARP (Seniors Helping as Research Partners) group, as well as its focus on identifying at-risk patients in primary care.

SPOTLIGHT ON SCHOLARS

AFRAAZ JADAVJI | Kitchener, ON

Current Program: Health Studies Co-op, class of 2020

Career Goal: Medicine or health research

Scholarship: Valerie Greenwood Scholarship in Health Studies



Afraaz Jadavji is someone who gets things done. When asked to raise money for an overseas school, he raised \$10,000 — and then went to Udaipur to help build the school. When he saw that elderly people needed help at his local mosque, he logged more than 1,000 hours as a volunteer. When inspired by David Hammond's lectures about tobacco, nutrition and obesity, he asked Hammond for a job — and got one.

"My parents always told me to volunteer, work hard, study hard — but this is the first time I've been recognized for doing it. It's inspired me to keep working as hard as I can! I'm so grateful to the Greenwood family for making this scholarship available, and for honouring me as its first recipient." ■

This scholarship is made possible by a gift from Sean and Erin Sargeant Greenwood and their family, and honours Valerie Greenwood for her lifetime of service as a nurse and healthcare provider.



AGE-WELL
investigates how digital technology can help seniors

Several UWaterloo professors are leading research projects for AGE-WELL, a research network exploring how new technologies and services can improve the health and well-being of older adults and their caregivers.

These include mathematics professor **Jesse Hoey**, who is studying sensor technology. His project's first application looks at how sensors can gather information to track and prevent wandering or problematic nighttime behaviour.

At AHS, Assistant Professor **Joon Lee** and Professor **John Hirdes** (Public Health and Health Systems) are running two projects that look at how data from the interRAI home and community care assessment systems can be combined with data from new wearable devices. Professor Hirdes' project is monitoring the movements of people with dementia and their caregivers, while Assistant Professor Lee is focusing on falls prevention.

Professor **Paul Stolee** (Public Health and Health Systems) is overseeing this and several other projects, while also conducting his own research around how these new health technologies can be more quickly put into practice.

"New technologies offer many possible benefits for older people, but decisions need to be made about which technologies should be approved, how to monitor their use, and how to pay for them," says Paul. "An efficient policy framework is key to making sure our seniors can benefit from all the new technologies becoming available." ■

**KRISTA MCKERRACHER**

(BSc Hons. '84, HEALTH | MBA, Marketing, York University '90)

Currently: Vice President, Global Program Head, Oncology Global Development, Novartis



Food insecurity in post-secondary populations

The starving student living on ramen noodles and Kraft dinner is a well-worn cliché. But is it a symptom of something more serious?

Public Health student **Merryn Maynard** thinks so. Merryn became interested in food insecurity while volunteering at a local food bank in her native Hamilton. On coming to Waterloo for graduate studies, she decided to focus her research on food insecurity in post-secondary populations. Her thesis project investigates the issue in UWaterloo's undergraduate population.

Merryn's findings, while preliminary, indicate a very real problem for some students. "Many are regularly running short of money for food, particularly around the end of semester when OSAP grants are running out," she says. These students then experience increased anxiety and worry, which can affect academic performance, and both physical and mental health.

Merryn sees the issue as a symptom of something deeper — a chronic underfunding of post-secondary education. She also says general work on defining food insecurity at a national level has now given us a yardstick by which to measure the problem in student populations.

"Now that we have recognized parameters of what constitutes food insecurity, we can no longer ignore the fact that some young people are literally going hungry to finance their education." ■

Monitoring exposure to food contaminants in Canada's North

For indigenous communities in the Northwest Territories, traditional foods like fish, moose and geese are both a vital source of nutrition and an integral part of culture and heritage. However, they can also expose populations to environmental contaminants like mercury, cadmium and persistent organic pollutants.

Assistant Professor **Brian Laird** is leading a biomonitoring project in Canada's subarctic to evaluate people's exposure to these contaminants and assess the risks to their health. By collecting blood, hair and urine samples, he is measuring toxicant levels in the human body and developing ways to sustain traditional food harvesting while reducing exposure to chemicals in the environment. ■

When Krista McKerracher was diagnosed with kidney cancer in early 2015, it seemed like a bizarre twist of fate. After all, she'd spent the last eight years working for an organization that develops new cancer drugs, and suddenly she was walking in the patients' shoes.

"I was fortunate to be cured surgically, and am lucky to be well today. But it gave me great insight into the patient side of being part of a clinical trial."

Working in the pharmaceutical industry wasn't something Krista planned. In fact, when she first came to Waterloo she had her eye on medical school. But then she landed a sales job with Merrell Pharmaceuticals after graduation, and quickly found it suited her strengths. Eventually she changed her mind about med school and enrolled in a part-time MBA program at York instead.

In 1988 Krista joined Ortho Biotech, a Johnson & Johnson (J&J) company, where she stayed for the next 14 years. As she took on increasingly senior positions, her work caught the eye of superiors at J&J in the US, and soon she was offered an opportunity to relocate and work on a global marketing team. She decided to go, thinking she might stay for a couple of years.

"That was 20 years ago, and I'm still here," she laughs. Today Krista is with global pharmaceutical giant Novartis, where she heads up a large team developing new drugs to fight cancer and blood diseases. "It was a huge leap to move from marketing to drug development, but I had a great foundation in science from my years at Waterloo and lots of industry experience — so it wasn't insurmountable." Her own cancer diagnosis only increased her dedication to this work.

Today Krista is proud to work in an industry that sometimes gets a bad rap. "Despite all the bad press about 'evil pharma,' we're actually on the cutting edge of healthcare, developing new drugs that change people's lives."

Krista's latest gift supports our AHS highest priority fund, which helps with student awards, research, equipment, and other Faculty priorities. Thank you, Krista!

THE LATEST NEWS



Troy Glover appointed new RLS Chair

Professor **Troy Glover** has been named Chair of the Department of Recreation and Leisure Studies for a four-year term beginning July 1, 2016. Troy's research interests include the role of leisure in advancing community health and well-being. He joined AHS in 2003, and currently heads up the Healthy Communities Research Network.

Bryan Grimwood receives ERA

Assistant Professor **Bryan Grimwood** has received a prestigious Ontario Early Researcher Award (ERA), which he will use to build a team to support his project "Tourism and Indigenous Livelihoods in Ontario's Near North." The ERA, administered by the Province of Ontario, provides funds to emerging researchers, specifically for building research teams.



Student lands co-op gig at Xbox



Second-year RLS undergrad **Rhys Hollis** landed his first two back-to-back co-op work terms as a member of the Xbox team at Microsoft Canada Inc. With a background in data analysis and communication, Rhys was perfect for the posting as an Xbox Marketing Assistant. Plus, it's a dream come true for a lifelong Xbox fan. Congrats, Rhys!

RECREATION AND LEISURE STUDIES

SPOTLIGHT ON SCHOLARS

RHYS DESMOND | London, ON

Current Program: Recreation and Leisure Studies, class of 2019

Career Goal: Teaching or Coaching

Scholarship: Lyle S. Hallman Entrance Scholarship



Rhys Desmond grew up loving sports; playing hockey and soccer in his elementary-school years, and taking up long-distance running in his teens. In Grade 11 he added coaching girls' soccer to his repertoire, and discovered he loved helping others too.

RLS is the perfect program for Rhys, who says he's now dedicated to gaining a deeper understanding of how recreation and leisure can make individual lives and whole communities better. In addition to his studies, Rhys runs for Waterloo's cross-country team, and volunteers with the Mental Health and Wellness team.

"I'm so grateful for this scholarship – in addition to being an incredible honour, it gave me the freedom to spend last summer coaching and volunteering, rather than working. Thank you!" ■

The Lyle S. Hallman Entrance Scholarship is made possible through a gift from the late Lyle S. Hallman, OC, LLD: esteemed business leader, local philanthropist and major University of Waterloo supporter.

New scholarship honouring RLS founders fully subscribed – thank you!

One of the ways Waterloo continues to attract top students is by offering an array of scholarships and awards, many funded by our generous alumni.

For some time, we've been raising funds for a new award honouring the founders of our Recreation and Leisure Studies program: Jack Pearse, Chuck Griffith and David Ng. These gentlemen transformed Waterloo in the late 1960s, building the foundation for what is now recognized as the highest-ranking leisure studies department in North America.

This fall we're thrilled to announce the award is fully subscribed, thanks to the help of many generous alumni, some of whom have pledged important ongoing monthly gifts. The fund supporting this scholarship now sits at \$40,000, the threshold for an endowed award that can now help a deserving RLS student every year, in perpetuity.

We can think of no more suitable way to honour RLS's founding fathers. Thank you to all who contributed. ■

YOUR GIFTS ARE NEEDED TO HELP OTHER DESERVING STUDENTS

To make a gift to support any of our scholarship funds, please contact

Wanda K. Deschamps at 519-888-4567, ext. 38427, or wanda.deschamps@uwaterloo.ca. **Thank you!**

**JOHN LOHUIS**

(BA '76, RLS | MBA Wilfrid Laurier/University of Windsor '86)

Currently: Recently retired CEO and GM, Niagara Parks Commission



PHOTO COURTESY OF REVPUBLISHING

Improving transitions from prison

If you've ever watched **Orange is the New Black**, you'll be familiar with the difficulties faced by the show's characters when they try to re-enter society after a stay in prison.

In this case, life *does* imitate art — those faced with inadequate support networks outside prison all too often return to the social circles and lifestyles that led them there in the first place.

Kitchener social-justice organization Community Justice Initiatives (CJI) has developed a program to help. Called **Stride Circles**, it trains community volunteers to meet regularly with inmates serving time at the Grand Valley Institution for Women. Once these relationships are built, the volunteers are able to serve as a circle of support when the women are released. The circle not only helps with practical issues like housing, schooling and employment, it also provides a new and positive social environment.

Our RLS department has been involved with Stride for many years, and Associate Professor **Heather Mair** is now running a project to formally evaluate the Circle program's success. "Anecdotally, CJI can see the circles are making a difference, and have huge potential to help other communities," explains Heather. "The time was right for a formal study to evaluate their effect."

Heather is working with Associate Professor Steven Mock and several grad students on this study, which runs until 2018. "The final report won't be ready until 2019, but preliminary findings indicate women with circles report lower stress, higher personal growth and stronger family relationships, when compared to a control group of women released without circles," says Heather. ■

Funding for the study and for the Stride Program comes from the National Crime Prevention Centre, an arm of Public Safety Canada.

For further information: hmair@uwaterloo.ca

When a young John Lohuis told his parents he wanted to study Recreation at the University of Waterloo, they were a bit puzzled.

"Recreation?" asked his dad, "How will you support a family on that?"

But John had an inkling the still-new field would prepare him for the career he wanted: something where he could help people and make positive change in the world.

The eldest son in a family of hardworking Dutch dairy farmers, John developed a love of the outdoors early in life. "Our first farm was south of London, and Dingman Creek ran right through it. It was beautiful, and I had the freedom to explore and enjoy it year round when I was very young."

At home he also learned the value of community service, following in his mother's footsteps by volunteering for the Canadian Cancer Society, the Red Cross and other agencies. By the end of high school he was volunteering at the Tillsonburg Recreation Commission, and working with physically challenged young adults at a local care facility.

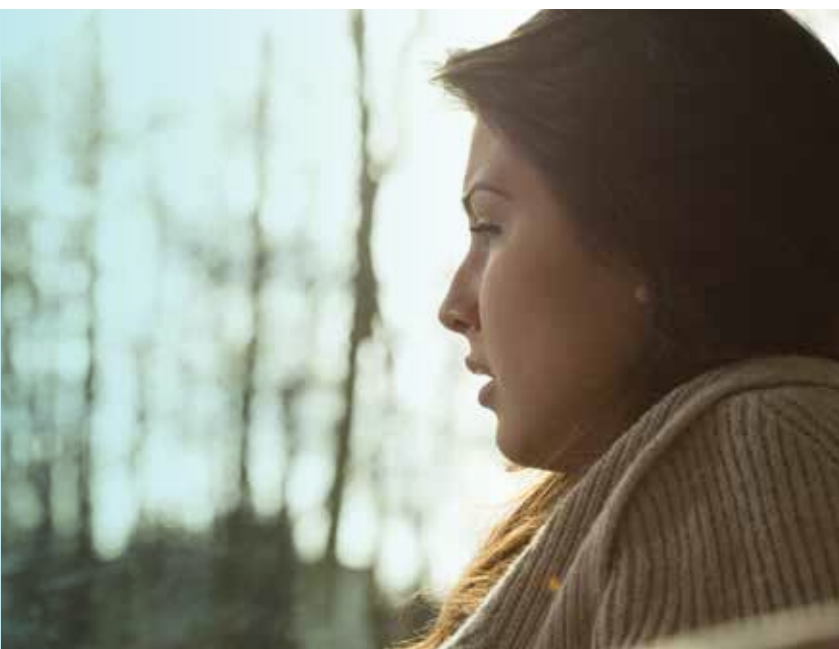
"I just felt there was more to life than making money — I wanted to be helpful."

After completing a BA in what was then called Recreation Administration, and later an MBA at Laurier and the University of Windsor, John has done just that. Recently retired as CEO and GM of the Niagara Parks Commission, John has spent most of his career in municipal recreation, including a 15-year stint as Director of Parks and Recreation for the City of Mississauga. Other communities he's served include London, Aurora, Windsor and Delhi. He also enjoyed serving as an adjunct lecturer at UWaterloo in 2011/12.

Today, John is thankful he entered the RLS field when he did, and still sees a world of opportunity for today's graduates. "Most communities will need well-trained professionals to steward their investments in arts, culture and leisure. And Waterloo is still home to one of the best RLS programs in Canada."

John's latest gift supports the RLS Founders Entrance Scholarship — thank you, John!

PHOTO THINKSTOCK





New Associate Chair of Applied Research Marina Mourtzakis

Congratulations to **Marina Mourtzakis**, who was appointed Associate Chair, Applied

Research, Partnerships and Outreach in the Department of Kinesiology July 1, 2016. Marina joined the Faculty in 2008; her research focuses on the influence of exercise and nutrition on body composition and metabolism, primarily in ICU and cancer patients.

KIN grad to bike across Canada for healthy kids



Jared Barrieau (BSc '15, KIN) will bike across Canada next summer as part of the biannual **Unleash Your Potential** ride, which aims to inspire and educate young people about healthy lifestyle habits. The ride is organized by students at the **Canadian Memorial Chiropractic College** in North York, where Jared is entering his second year of studies.

New book from Stuart McGill



Faculty members and friends gathered last March to join University Professor **Stuart McGill** for a book signing and discussion of his new book, **Back Mechanic**. Based on 30 years of research, *Back Mechanic* presents diagnostic techniques and exercises to eliminate back pain.

KINESIOLOGY

SPOTLIGHT ON SCHOLARS

CINDY WEI | Coquitlam, BC

Current Program: Kinesiology, class of 2020

Career Goal: Medicine or Physiotherapy

Scholarships: Schulich Leader Scholarship, Schulich Foundation; President's Scholarship of Distinction, UWaterloo; International Experience Award, UWaterloo



Cindy Wei is a force of nature. With interests ranging from ice dancing, yoga and aerial gymnastics to writing, teaching and medicine, the second-year kinesiology student holds the prestigious Schulich Leader Scholarship as well as several high-profile awards from UWaterloo.

This past summer Cindy used her International Experience Award to fund a trip to Nepal, where she spent a month volunteering in the Kanti Children's Hospital in Kathmandu.

"Everything about the trip was awesome — I learned so much, both from volunteering at the hospital and living with my host family. I'm so grateful for all the opportunities that have come my way thanks to the wonderful people who fund these scholarships." ■

KIN prof honoured with \$50K Bloomberg prize



Congratulations to Associate Professor of Kinesiology Lora Giangregorio, who received the 2015 Bloomberg Manulife Prize for the Promotion of Active Health in February, 2016. The award recognizes Lora's pioneering research on the effect of exercise on those living with osteoporosis.

Lora worked with an international team to develop exercise and physical activity recommendations for people with osteoporosis. A key recommendation is that strength

and balance training are just as important as aerobic physical activity, and can mitigate the risk of falls — still the number-one cause of fractures in this population.

In partnership with Osteoporosis Canada, Lora has developed a comprehensive set of physical activity resources for patients and health care providers. They were launched as part of the Too Fit To Fracture initiative in November 2015, and include a video series, a one-page educational tool for physicians to use with patients, and a companion booklet.

Lora also worked with Osteoporosis Canada to develop Bone Fit (www.bonefit.ca), a workshop for exercise instructors, physiotherapists and kinesiologists on assessing and prescribing exercise for people with osteoporosis.

The Bloomberg Manulife Prize for the Promotion of Active Health is presented by McGill University to a researcher whose work has significant impact on the health and well-being of people in North America. The \$50,000 prize is put toward future research. ■

PHOTO COURTESY OF BARBARA-ANN MACEACHERN, MYKAWARHTA.COM


JOHN N. WALLACE
(BSc Hons. '76, KIN)

*Currently: President and
CEO, Caldwell Partners
International*

When John Wallace was 42 he walked away from his 20-year telecommunications career and took a job managing a small executive search firm.

It may have seemed an unlikely move, but four years later John had nearly tripled the company's annual revenues, and overseen its sale to a large international firm headquartered in the US.

Eight years after that found John helming Caldwell Partners, Canada's most venerable executive recruiting firm, where revenues have grown over 350 per cent under his leadership.

Despite this success, John is first to admit he didn't set the world on fire at university. Originally planning on a phys-ed degree and varsity football at the University of Toronto, he came to Waterloo instead, because some friends talked him into it. "I made the UWaterloo football team – but just barely," he laughs. "And truthfully, in my first three years, I think I was more interested in everything and anything other than studying."

John finally put his nose to the grindstone in fourth year, pulling nearly straight As in hopes of pursuing a master's program at the University of Oregon. "I decided against the Master's degree. But I definitely learned I could focus if I put my mind to it. I have Waterloo to thank for that lifelong lesson."

After graduation John took a sales position with Bell Canada, and spent the next 20 years filling increasingly executive positions in that industry. Eventually he tired of the constant business travel and the big company politics. "I couldn't see any real opportunities for innovation or breakthrough — and hardware sales margins kept getting lower. It was a good time to make a move."

In his wildest dreams John never saw himself as a "headhunter," but 20 years later he loves the industry, the team he works with, and the clients he serves.

"Every day I have the privilege of working with the very top people — the ones who are making a difference. Frankly, it's very fulfilling to play a part in that."

John's latest gift supports our AHS highest priority fund, which helps with student awards, research, equipment, and other Faculty priorities. Thank you, John!

COMING SOON:

National standards for work disability prevention management

Companies across Canada are concerned with the rising costs of workplace disability. Many are eager to implement policies and procedures to prevent injury in the first place, help sick and injured people return to work quickly and safely, and accommodate employees with disabilities. The problem? A lack of appropriate guidelines or standards for doing so.

Enter Kinesiology researcher **Amin Yazdani**, who came up with the idea of developing a set of national standards to manage these issues while completing his PhD work.

He is now spearheading the Work Disability Prevention Management System Standard, a joint project between University of Waterloo's Centre of Research Expertise for the Prevention of Musculoskeletal Disorders (CRE-MSD), the Canadian Standards Association (CSA) and the Centre for Research on Work Disability Policy (CRWDP). Amin says the standard and related guidance on implementation should be available by December, 2018.

"Canada will be the first country in the world to develop national standards to manage workplace disability issues, and interest has been intense from every sector of the economy," says Amin. He goes on to say one company is so interested they've expressed a desire to implement the framework even before the final report is available.

Amin is also developing a related project at the provincial level to develop a new musculoskeletal disorders prevention guideline for Ontario.

"There will be many benefits to having a formal process in place at both provincial and national levels," says Amin. "Our hope is that this research will lead to better, safer and more sustainable workplaces, and result in shorter work absences, increased productivity and better morale all around." ■

For further info: ayazdani@uwaterloo.ca



*"Canada will
be the first
country in
the world to
develop these
standards"*

AMIN YAZDANI

snap!

REUNION WEEKEND 2016

Thanks to all of you who joined us for Reunion Weekend this year — it was a blast!



Distinguished Professor Emeritus and former **AHS Dean Bob Norman** (left) with **Tai Toh (BSc '01, KIN)** at this year's Dean's Reception.

REUNION

revisit. reunite. relive.



AHS alumni are the best! Putting the "fun" in our 2016 Fun Run.

AHS Dean James Rush (centre) shares a laugh with alumni **Dan Armstrong (BSc '16, KIN)** left, and **Brian Schwan (BA '16 RECREATION AND SPORT BUSINESS)**.



OUTREACH

KIN nurtures world Brain Bee champion



Last year we nurtured a world Brain Bee champion! Miss Nooran AbuMazen, now a first-year UWaterloo biology student, won regional and national titles in the popular neuroscience competition for high-school students. She went on to represent Canada at the international level in Copenhagen, bringing home second place honours this past July.

Nooran says her strong performance was fuelled in part by weekly coaching sessions with the Department of Kinesiology, and the opportunity to study real brain tissue in AHS' anatomy lab.

Neuroscience PhD candidate Robyn Ibey organizes the regional Brain Bee, which is hosted by UWaterloo KIN, and worked closely with Nooran to help her prepare for Copenhagen. Robyn says the Brain Bee is an important part of Kinesiology's outreach to local high school students. "Students have limited opportunities to learn about the brain and neuroscience in high school. They are always excited to visit the university, participate in a friendly competition and see what we have to offer in this amazing field." ■

The International Brain Bee (IBB) was founded in 1998 by American neuroscientist Dr. Norbert Myslinski to encourage young people to learn about the human brain and consider careers in basic and clinical brain science. UWaterloo KIN has run the regional program since 2009.

BREAKING BARRIERS

Mark Havitz: Eliminating barriers to lifelong fitness

In 2009 Professor Mark Havitz found himself in an operating room having coronary angioplasty.

The lifelong runner had inexplicably suffered a heart attack. But his doctors said the attack was mild, and his high fitness level had likely protected him from anything worse. Three years later, despite the likelihood of permanent damage, Mark's well-tuned heart was completely healed.

Mark's lifelong dedication to exercise and healthy living had essentially saved him years of costly medical care, and saved the public purse from footing a hefty bill.

"This is why we have to stop viewing fitness and exercise as expenses, and start seeing them as investments," says Mark today.



Mark's current research focus is on social and community barriers to health and well-being. Now on sabbatical after wrapping up two terms

as Chair of Recreation and Leisure Studies, he's studying former varsity athletes and what motivates them to continue athletic activity after graduation.

"I got the idea after running with my track-and-field mates at a high-school reunion. Some were still very active, while others hadn't laced up since Grade 12. I wondered why, and how we could use that knowledge to motivate people to stay fit throughout their lives."

Mark's data suggests that those who continue to self-identify as runners are the ones who stick with it. But it also suggests that the availability of appropriate facilities is important as well. For many, aesthetics and trail surface determine if and where they will run, walk or cycle. In other words, if the only options are traffic-snarled roads or unplowed sidewalks, commitment tends to fall off.

"It's not enough to put the onus solely on individuals," concludes Mark. "Communities must provide the necessary infrastructure for lifelong physical activity, and we must press them to do so. It's much more efficient than paying for healthcare and hospitals later on. And keeping fit is certainly preferable to rehab in terms of personal well-being and quality of life." ■

Wanda K. Deschamps joined AHS as Director of Advancement in July, 2015 after 4 years at the University of Regina, 3 of them as Associate VP (Development), and a decade as a consultant at KCI (Ketchum Canada Inc.)

ALUMNI MESSAGE <<

When I decided to come to Waterloo, I was prepared to meet a community of hard-working students, brilliant researchers, and dedicated alumni. But what has truly delighted me is the generosity with which I've been welcomed by everyone. Thank you all for being so warm and gracious.

I am proud of our accomplishments, committed to our vision, and 100% focused on helping you — loyal AHS alumni — stay connected to us in whatever way is most meaningful to you. Maybe that means helping you find an experience that

could benefit from your input as a volunteer or mentor. It could mean finding a research project or scholarship program that matches your interests, and needs your financial support to flourish. Or it might be advising you of an opportunity to be profiled or to provide an endorsement for the Faculty.

Here at AHS we know that you — our graduates — are a valuable asset, and that you play a vital role in our success. AHS' phenomenal growth, research power, and global reputation for innovation in health and well-being are enhanced every day by the good work you do, across the nation and around the world.

"I love my job: building relationships and helping you stay connected to Waterloo, AHS and each other."


WANDA K. DESCHAMPS
Director of Advancement


I have enjoyed meeting so many alumni, and look forward to meeting many more of you in the coming years, and helping you deepen your relationship with this dynamic Faculty within Canada's most innovative university.


Wanda K. Deschamps
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AHS to celebrate 50th ANNIVERSARY in 2017-2018

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Contact us with your ideas about how AHS should best mark this anniversary, and send your favourite AHS story to: wanda.deschamps@uwaterloo.ca

news to you

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ON THE COVER

Associate Professor Marina
Mourtzakis at the new Toby
Jenkins Applied Health Research
Building, housing CCCARE: Centre
for Community, Clinical and
Applied Research Excellence.

Photo by Studio J Photography.

“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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