

# ALUMNI INSIDER

Vol. 1, No. 1, Spring/Summer 2016

## A healthy vision for parks and people

Tea for your  
bone health

Mentorship  
in medicine

The business  
of kinesiology



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For more information, contact [elappano@brocku.ca](mailto:elappano@brocku.ca)



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## *Alumni Insider*

brocku.ca/applied-health-sciences

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Welcome to the Faculty of Applied  
Health Sciences inaugural  
Alumni Insider.

Whether you graduated yesterday or 40  
years ago, this publication is intended to  
help you to stay connected with us.

The Faculty of Applied Health Sciences  
at Brock University strives to help make  
the world a healthier place. We are proud  
of our large and accomplished alumni  
family, many of whom have careers and  
accomplishments which in one way or another contribute to this goal.

The five diverse departments; Nursing, Health Sciences, Sport  
Management, Recreation and Leisure Studies and Kinesiology, that make  
up the Faculty offer diverse perspectives on the broad nature of health  
and organizations in a variety of contexts. You will, I hope, be interested  
in learning of the continued growth and success of our departments, our  
research and our graduate and undergraduate programs.

I am excited to let you know that throughout this Alumni Insider,  
there are numerous interesting stories which focus on community-driven  
programs, cutting-edge research and alumni success stories.

We also have some exciting events planned to further engage our alumni.  
In particular, we will be planning Faculty specific alumni events during the  
fall Brock Homecoming. Visit brocku.ca/alumni for more information.

I encourage you to take some time to get acquainted with stories from  
our extended Applied Health Sciences community and to reconnect and find  
out about some of the new developments which have taken place in our  
Faculty and at Brock. Afterwards, maybe take a walk and think about what  
you've read.

I invite you to connect with us and provide your feedback about your  
impressions of this publication. We want to know what you are doing  
now and intend to share some of your updates and successes with our  
alumni family in upcoming publications. I invite you to provide updates and  
feedback at FAHSComms@brocku.ca

I was appointed as Dean of the Faculty of Applied Health Sciences about  
one year ago, in that short time, I have had the pleasure of meeting a  
number of our alumni in a variety of contexts. I look forward to continued  
opportunities to connect with many of you and hearing about how your  
Brock experience has helped shape your lives.

Sincerely,



Dr. Peter Tiidus, Dean



Peter Tiidus, Dean



# A cup of tea for your bone health

BY CATHY MAJTENYI and WENDY WARD

**B**esides water, tea is the most popular beverage in the world. For the Canada Research Chair in Bone and Muscle Development, Wendy Ward, knowing tea is popular isn't enough. She and her team of Brock University graduate student researchers are looking at whether the flavonoids present in various teas can improve bone health. Ward says, "In Canada, tea is increasingly popular among younger age groups. Specialty tea – tea that is not a typical black tea – is particularly popular among all people, including Millennials."

## A Tea Primer

Tea comes from the tea plant, *Camellia sinensis*, and there are six types: white, yellow, green, oolong, black and puer.

All contain caffeine and it is only the type of and extent of processing that makes these teas different from each other, including distinct differences in flavonoid profiles and overall taste.

When considering the health benefits of tea, green tea has been extensively studied. This is due to the high content of epigallocatechin gallate (EGCG), a predominant flavonoid in green, but not other teas. This flavonoid is used in a variety of dietary supplements, as well as cosmetics.

Flavonoids such as EGCG may act as an antioxidant, anti-inflammatory and antimicrobial and it is these properties that support the role of green tea in maintenance of overall health.

In contrast, rooibos and herbal beverages are infusions or tisanes because of their origin from the African red bush (*Aspalathus linearis*) or herbal plant material, respectively, rather than the tea plant (*Camellia sinensis*). Unlike tea, rooibos and herbal infusions or tisanes do not contain caffeine and have their own distinct flavonoid profiles.

Understanding the potential health benefits of these flavonoids is an active area of research at Brock.

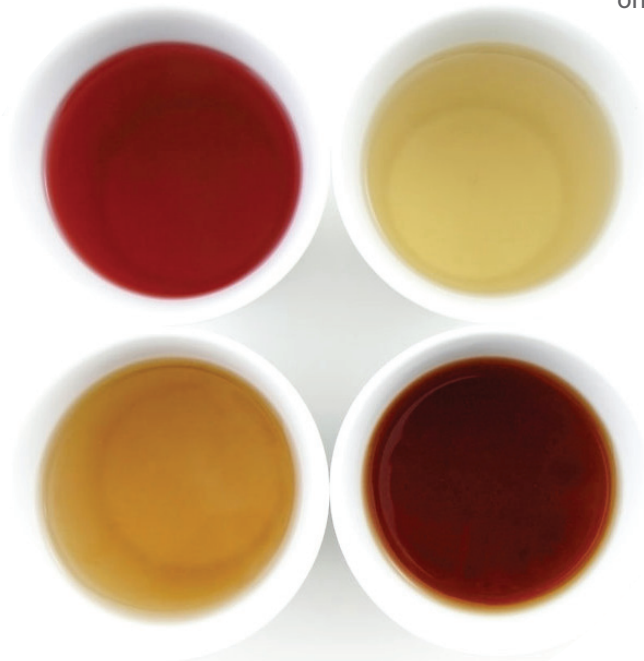
## The importance to bone health

Research into the effects of tea flavonoids on bone cells is just one of more than six areas Ward's team is pursuing which focus on how diet can affect specific stages of the lifespan from early development through aging, as well as understanding how diet may support bone in states of inflammation, such as periodontal disease.

"More broadly, we are investigating how nutrients or bioactives in food regulate bone growth and strength.

The long-term goal is to develop nutritional strategies that prevent bone loss, preserve bone structure and reduce the risk of debilitating fragility fractures due to osteoporosis," explains Ward.

"With our aging population, prevention strategies against osteoporosis-related fractures are needed to reduce mortality and help individual's lead healthy, active lives. Another dietary strategy is to support bone health during aging," says Ward.



## Can a cup of tea really make everything better?

Last year, Ward and then MSc Applied Health Sciences graduate student, Leslie Nash (BSc '12; MSc'14) began a study on rooibos flavonoids in bone cells and published a review on tea and bone health. They found that while most studies show drinking tea is associated with higher bone mineral density, the relationship with osteoporosis-related fracture still remains uncertain.

"None of the studies we reviewed included rooibos, so we began studying its ability to stimulate bone cells to produce more bone mineral," says Ward.

"We observed in lab experiments the bioactives – called flavonoids – that are present in rooibos promote bone formation in cell cultures, and we are excited about these favourable findings."

The study was published in the journal *Molecular Nutrition and Food Research*.

Nash, who is now working on her PhD at the Ottawa Hospital Research Institute under the University of Ottawa explains, "to directly test if rooibos tea gave similar positive results as the isolated flavonoids, we directly compared three different tea types: black, green and rooibos. Our research showed that while all three types stimulate bone mineral production by bone cells, black tea was trending towards promoting the most favorable effects."

"During our research, we were also able to examine a potential cost-benefit relationship by analyzing the effects of an expensive (Golden Monkey) and inexpensive (English Breakfast) black tea on bone cell activity. Surprisingly, the inexpensive tea provided us with similar or greater beneficial bone outcomes in comparison to the more expensive tea type, therefore suggesting the economic value of tea may not be directly linked to better health."

The paper was published in the journal *Food & Function* and points to the growing interest in using food for prevention of chronic disease.

Ward recognizes that while studying individual nutrients or foods provides an evidence-based rationale for developing effective dietary strategies that prevent osteoporosis or support bone health, it is prudent to consider the whole diet and ultimately, how these foods interact. Making sure we are getting sufficient calcium, vitamin D and protein is also important. Increasingly omega-3 fatty acids or 'healthful



*Wendy Ward is a Canada Research Chair in Bone and Muscle Development in the Faculty of Applied Health Sciences at Brock University.*

fats' should be consumed more often, preferably from a healthy food source to reduce the risk of other chronic diseases.

"The ultimate test of our findings with tea and its flavonoids will be to determine if what we observe in the bone cells also occurs in humans," says Ward.

Given that our skeleton will begin to lose minerals and be weakened by the aging process, the growing trend among Millennials of consuming teas may just be helping them to ensure their diets support bone tissue. So the next time you take a tea break, instead of reaching for a cup of coffee, consider sipping on a cup of rooibos, black or green tea.

Your bones may thank you for it later.

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*Wendy Ward is a Canada Research Chair in Bone and Muscle Development in the Faculty of Applied Health Sciences at Brock University. Her research program, funded by federal granting agencies (Canadian Institutes of Health Research, Natural Sciences and Engineering Research Council of Canada and the Canada Foundation for Innovation) is focused on studying the mechanisms by which foods and food components regulate bone metabolism, with the long-term goal of developing dietary strategies that protect against fragility fracture and osteoporosis. Wendy is an Associate Editor for the journal *Applied Physiology, Nutrition and Metabolism*, a member of the editorial board for the *Journal of Nutrition* and is Chair of the Research Committee of the Scientific Advisory Council of Osteoporosis Canada. Of the eight Canada Research Chairs Brock University holds, two are in the Faculty of Applied Health Sciences.*

*Cathy Majtenyi is the Research Communications/Media Relations Specialist for Brock University.*

# Class of 2016: Olivia Hubert

BY ERIN COURT



*Brock University, alumna Olivia Hubert.*

Following a successful student experience at Brock University, alumna Olivia Hubert (BScN '16) has narrowed her sights on a nursing career in Public Health. Described by peers and mentors as an energetic student and active community volunteer, Hubert is looking forward to the next chapter.

Recently awarded the 2016 City of St. Catharines Mayor's Award, Volunteer of the Year she is humbled by the recognition and says she enjoys volunteering in the Niagara Region.

The Education Foundation of Niagara, an organization Hubert helped earlier this year with the inaugural Denim, Diamonds and Diplomas fundraiser for the DSBN Academy, nominated the fourth-year nursing student for the award. The charity gala raised more than \$22,000.

"It's very rewarding knowing I'm making a difference," Hubert said. "I don't do it as a resume builder. I just do it for the people I'm helping and the causes I'm passionate about."

Hubert knows that her volunteerism and community outreach skills won't go unnoticed in the workforce.

"The skills and knowledge I've gained by studying, working and volunteering at Brock University have given me the confidence to succeed in the real world," she said, reflecting on her time at Brock.

Acquiring a Bachelor of Science in Nursing Degree at Brock has given Hubert the hands-on skills and communication techniques she requires to excel in the workforce by incorporating clinical experiences during year one and two as a student.

"I've worked in numerous clinical settings during placements at Brock – surgical, labour and delivery, mental health, pediatrics, and ultimately I want to pursue a Master's Degree and specialize in public health."

Hubert, who received her Brock University nursing pin this past April, is committed to nursing education and training and wears the pin with pride as a visual symbol within the community that she will provide excellent care.

She plans to complete her Master of Public Health Degree online through the University of Victoria next fall while continuing to live in St. Catharines and working in the Niagara Region.

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*Erin Court is the Communications Officer for Development and Alumni Relations at Brock University.*



## NEW Master of Public Health (MPH) degree from Brock University

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# Courtside with SPMA alumnus Jason Jansson

**B**rock Sport Management (SPMA) graduate Jason Jansson (BSM '02) has turned his passion for basketball into a successful career with Ontario Basketball.

Ontario Basketball is a not-for-profit organization committed to working with various sport agencies to further promote and develop amateur basketball in the province.

Jansson, who has been with Ontario Basketball for more than 15 years, has served the organization in several roles, from membership, educational programs and marketing and communications to senior management (in 2007) and finally as Executive Director since 2013.

By providing leadership and structure to the organization and its membership, which is comprised of athletes, coaches, officials, members clubs, camps, local basketball organizations, groups, leagues and basketball supporters, Jansson has helped Ontario Basketball nurture numerous collaborative relationships across the province.

Now that Jansson is established in his new position with Ontario Basketball, Shannon Kerwin (BSM '04; MA '06) took the opportunity to do a Q&A with him about his undergraduate experience at Brock.

## **Q: How did your experience at Brock and the SPMA program prepare you for career success?**

"The Brock Sport Management program catapulted my passion for participating in sport into a passion for the business of sport.

My time spent as a Badger laid the foundation for theoretical principles in the sport industry and allowed me to gain tangible experience through various volunteer opportunities.

Courses, pertaining but not limited to event management, marketing, communications, human resources and financial management provided me with a diverse skill set which prepared me for an internship with Ontario Basketball.

If not for the countless positive experiences at the University, and education provided by a truly professional faculty and long list of professors, I would not have joined and been with Ontario Basketball for the last 15 years.



*Alumnus Jason Jansson, Executive Director, Ontario Basketball, left, with Toronto Raptor DeMar DeRozan.*

I am honoured and humbled to now be the executive director for an organization that is a development and business leader in amateur sport in the province and country."

## **Q: You recently reached out to SPMA to become more involved as an alumni. What motivated you to do this?**

"As a proud Brock graduate, I feel it is my responsibility to support current students and future alumni in their quest to join the sport industry.

Having once walked the hallways and sat in lecture halls and seminar rooms as a student, I was fortunate to learn invaluable industry details from previous graduates and sport leaders who attended classes as guest speakers.

As Brock continues to be an innovative leader in sport management and administration education, I will happily provide guidance and mentorship to any students or recent graduates.

## **Go Badgers!"**

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*Alumna Shannon Kerwin is an Assistant Professor in the Department of Sport Management at Brock University. Her research focus is organizational behaviour in sport, volunteer management and leadership.*

# A healthy vision for parks and people an Ontario rock climbing success story

BY GARRETT HUTSON

**F**or alumnus Adam Reeve (BRLS '96), recreation is the opportunity to turn spectators of the environment into activists through activity.

Inspired by a love of nature, health and environmental sustainability, Brock Recreation and Leisure Studies alumni Adam Reeve and Jeremy 'Jay' Thompson (BRLS '08; MA '10) have been at the centre of a shifting dialogue in southern Ontario climbing areas for the past 15 years.

In 1990, the Niagara Escarpment was designated an international Biosphere Reserve by the United Nations Educational, Scientific and Cultural Organization (UNESCO). This designation as a biosphere reserve gives the Niagara Escarpment international recognition for its important ecological and cultural values.

As one of only 16 biosphere reserves in Canada, the areas where climbing takes place along the Niagara Escarpment are unique and fragile environments with special protections.

For many years, some considered rock climbers the antithesis of delivering conservation-area objectives, largely, due to misunderstandings about the activity and its impacts on the environment.

**"I believe protecting the environment  
by putting a fence around it is  
immensely short-sighted."**

*Adam Reeve (BRLS '96)*

Adam Reeve saw it differently. He wanted to see the Niagara Escarpment used to create a mutually healthy vision for parks and people in southern Ontario climbing areas by working with local stakeholders.

"The Brock Recreation and Leisure Studies program helped me understand how critical positive outdoor recreation experiences are in driving people's motivation to sustain the natural environment," says Reeve.



*Photo courtesy of Dennis Barnes*



Canada's National Parks are a great example of how natural resources can be preserved while providing sustainable access to select areas for recreational use, he says.

"The concept of sustainability motivated me to help re-open Halfway Log Dump after it was closed for nearly a decade because of environmental concerns," explains Reeve.

Located on the northern tip of the Bruce Peninsula, near Tobermory, Ont. and spread along the shore of Georgian Bay, Halfway Log Dump is a unique and beautiful destination of clean, solid boulders and rocky shelves extending into the crystal clear waters of Lake Huron.

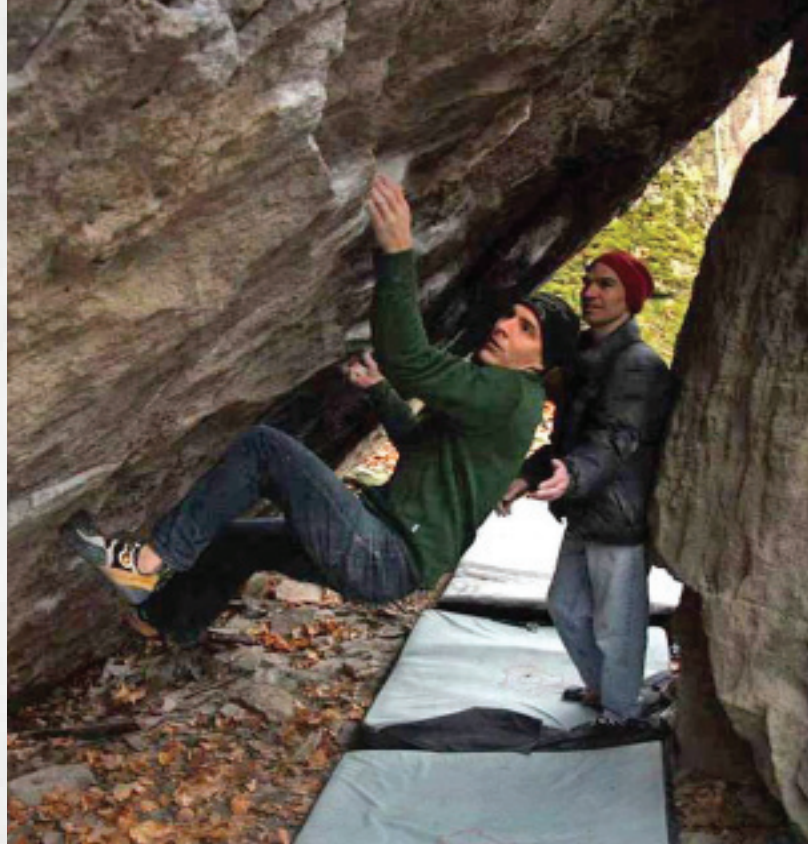
Halfway Log Dump is a bouldering area where climbers generally climb close to the ground with the use of spotters and gymnastics-like pads in case of a fall. There is limited use of specialized equipment such as ropes or harnesses. Bouldering has quickly become one of the most popular forms of rock climbing in southern Ontario. To help ensure Halfway Log Dump remains open, Reeve was the driving force behind a climbing mentorship program where volunteers spend time there during the busiest months of the year, showing new climbers how to practice the activity respectfully in one of Canada's nature-based treasures.

The past superintendent of Bruce Peninsula National Park, Frank Burrows, calls the climbers 'ambassadors' for the area, who help the park to deliver its objectives of maintaining and improving the ecological integrity of the parks, while facilitating high quality visitor experiences and conducting effective public outreach and education.

**"My research found Ontario climbers to be very open to talking about sustainability and it soon became clear their passion for the activity could translate into place-protective behaviours,"**

*Jay Thompson (BRLS '08; MA '10)*

While climbing for Reeve is still primarily a way to connect with nature, to help ensure the Escarpment is a place for sustainable rock climbing for many years to come, he has authored a climbing guidebook about Halfway Log Dump with a focus on nature interpretation and Leave No Trace climbing practices.



*Adam Reeve bouldering at the Niagara Glen Nature Reserve near Brock University.*

The Niagara Glen Nature Reserve (locally known as the Glen) in Niagara Falls, Ont., experienced challenges similar to Halfway Log Dump. As bouldering in the Glen became increasingly popular through the 1990s and early 2000s, it brought increased ecological pressures which resulted in damage to the fragile vegetation at boulder bases and tops.

In 2007, a draft management plan recommended a bouldering ban to protect the area. Luckily for the climbing community, this was all happening while Jay Thompson was at Brock working on his Masters thesis about outdoor recreation sustainability.

In 2010, Thompson conducted focus group interviews with climbers investigating the perceptions of boulderers regarding the idea of creating an environmentally sustainable bouldering community at the Niagara Glen.

Working closely with members from the Ontario Climbing Access Coalition (OAC), Thompson was able to help open communications with the Niagara Parks Commission (NPC), for further dialogue about how to solve the sustainability challenges.

Over several years, NPC, OAC and members of the Friends of the Glen community group began to work side-by-side. One initiative was to catalogue species on the tops of boulders. Naturalists explained the flora, fauna



Department of Recreation and Leisure Studies students earn a Leave No Trace certification while bouldering at the Niagara Glen.

and geological history of the area and the boulderers demonstrated climbing practices and equipment to the naturalists.

"Everyone got to experience and appreciate the Glen in new ways," says Thompson.

In 2011, bouldering was officially sanctioned as an activity at the Glen by the NPC through a permit system that has been successful in minimizing environmental impacts while keeping the area open for recreation.

What began with tension and some misunderstanding is now a textbook outdoor recreation sustainability initiative and the Niagara Glen is now the province's largest destination for bouldering.

The vision for sustainability of both Thompson and Reeve is now being further realized through other climbing community-driven initiatives. These include land acquisition, invasive species removal, signage creation, site clean-ups, and funding environmental impact research studies.

Students currently enrolled in Brock's Outdoor Recreation courses use the Niagara Glen and other Escarpment areas as outdoor classrooms where they conduct fieldwork and earn a Leave No Trace Trainer certification, which will prepare them to teach the best practices for minimizing recreational impacts to natural areas.

Rock climbing and bouldering are progressive forms of outdoor recreation that facilitate protection of natural areas and healthy lifestyles. The work of Thompson and Reeve for healthy parks has helped to create healthy people and will continue to do so for generations to come.

To download a free copy of Adam Reeve's book, *An Interpretative Bouldering Guide to Halfway Log Dump*, visit the Ontario Climbing Access Coalition website at [ontarioaccesscoalition.com](http://ontarioaccesscoalition.com).

*Garrett Hutson, PhD, is an Associate Professor of Recreation and Leisure Studies at Brock University. He has done considerable work exploring the topics of outdoor recreation management, outdoor leadership, and person-place relationships. His current research projects explore how human dimensions of place can inform sustainable outdoor recreation practices.*

## SAVE THE DATE

### Homecoming 2016

Alumni are invited to join the Faculty of Applied Health Sciences on Saturday, Sept. 17 to take part in **Homecoming celebrations.**

- Attend the **Alumni Recognition Reception**
- Join us at the **Red Dinner**
- **Celebrate 20 years of Sport Management**



Visit [brocku.ca/alumni](http://brocku.ca/alumni) for more information  
[@brockuniversity](https://twitter.com/brockuniversity)



# The business of kinesiology

BY COLLEEN PATTERSON



Alumnus Tim Battaglia

Photasia Photography

From student to successful entrepreneur, Hamilton born, kinesiologist Tim Battaglia (BE'd '03) has spent the last 12 years building his business, furthering his education and balancing the needs of his family with a growing interest in construction.

Initially thinking his future would be in teaching, the Founder and Director of Activ8 Wellness Studio in Hamilton, Ont. figured out quickly that teaching wasn't for him.

Halfway through his bachelor, Battaglia took a year off from school to work full time and wait for the Kinesiology program at Brock to be fully implemented.

"Returning to Brock and having the opportunity to participate in the clinical experience really changed my career path and allowed me to find my passion," Battaglia says.

Even though he was at the same university, Battaglia found his last two years at Brock very different from his earlier experiences.

"Looking back, university was a big culture shock for me. In the first two years, I didn't really participate in everything Brock had to offer," says Battaglia.

Working and living in Hamilton meant the only time Battaglia spent at the Niagara campus was when he drove in for classes.

"What really helped me was becoming the athletic therapist for the men's soccer team. Working and traveling with the team allowed me to become much more engaged in the Brock community, particularly with Athletics."

In this role, Battaglia was responsible for overseeing the health needs of athletes on the men's soccer team. He was a critical thinker in the classroom and transferred those skills into his role as a student therapist. Realizing the players didn't typically do a lot of strength training, he started a program to improve the care of the athletes and help prevent injuries.

"This uncovered a hidden passion and he began to envision possibilities beyond the scope of the typical university student," says Brock University Athletic Therapy Clinic Manager, Joseph Kenny.

"His confidence and knowledge grew and so did his passion for carving a career for himself as a kinesiologist, businessman and entrepreneur," says Kenny.

Battaglia completed his studies at Brock with a Physical Education/Kinesiology major and began designing clinical programs for individuals injured in automobile accidents. Two years later he opened the Activ8 Wellness Studio.

"Initially the clinic was a renovated basement in my home, but three and half years later, I needed to expand," says Battaglia.

The Activ8 Wellness Studio, now at its current location on Upper James Street in Hamilton, is a fusion between fitness and rehab, offering clients a contemporary environment to achieve their healthiest goals.



"Our facility brings the gym to the clinic by housing both under one roof," says Battaglia.

"We provide a variety of multi-practitioner services offered by trained and accredited professionals including, Massage and Physiotherapy, Nutrition Consulting, Chiropractic, Pilates, Acupuncture and Naturopathy."

What differentiates Activ8 from other clinics is the circle of care. The practitioners work together as a team and through referrals are in constant dialogue with each other.

"As a kinesiologist, usually I see a patient at the end of their circle of care. They've already gone through restorative work with a therapist to reduce pain and come to me later for strengthening to help return to pre-injury status."

After 10 years of entrepreneurial success, Battaglia speaks about taking on new challenges which he is passionate about.

"Activ8 has really evolved and my role has shifted from being a full-time practicing kinesiologist to more administrative. I serve in a leadership role with a focus on staff engagement and business development."

Feeling he was at a point in life where he needed to grow again academically, Battaglia completed an Executive MBA at the University of Toronto in November 2015.

"This was a new way of learning for me, but I really wanted to achieve more and learn new ways to continually build my company."

Battaglia credits the lessons he learned at Brock with helping lay the foundation for his academic and career success.

"What I learned at Brock, what being in the classroom and on the soccer field fundamentally taught me, is time management. I am passionate about my family, health and work and sometimes I need to take a step back and run things at arm's length in order to maintain balance in life."

For more information on the Activ8 Wellness Studio, its services and philosophy visit [www.activ8wellness.com](http://www.activ8wellness.com)

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*Colleen Patterson is the Marketing and Communications Officer for the Faculty of Applied Health Sciences at Brock University.*

## An exciting opportunity in kinesiology

Brock University's Faculty of Applied Health Sciences is launching a new Master of Professional Kinesiology (MPK) program in September 2016. The MPK is a full-time, one-year (three terms) program.



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### MORE INFORMATION

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### CONTACT INFORMATION

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Faculty of Applied  
Health Sciences

# The importance of mentorship in medicine

BY COLLEEN PATTERSON

**D**r. Jennifer Soucie (BA '98), an Obstetrician Gynecologist who works at the Foothills Medical Centre in Calgary, Alta. returned to Brock University to speak with Health Sciences students about the importance of mentorship in academic and career pursuits.

On March 17, Soucie was recognized as the inaugural recipient of the Department of Health Sciences Distinguished Graduate Award.

"I'm very humbled and honoured by this award," she says.

"When you leave a university, often you don't think about keeping in touch or checking in to let them know how you are doing, but this award reminds me where I started at Brock and how much I've accomplished since graduation."

Originally from the small, northern Ontario community of Timmins, Soucie speaks openly about how her first year of enrollment at a larger university ended before Thanksgiving when she withdrew as a result of being completely overwhelmed.

"After I dropped out of my first year of university, my mother took me to visit Brock because she had a friend here. They both thought I might be more suited to the smaller learning environment. They were right," explains Soucie.

Changing universities so early in her academic career taught Soucie to abandon the idea that academic and career paths are straight lines.

"Education is a journey filled with road blocks and hidden discoveries along the way."

When asked about the key building blocks to success, Soucie is firm in her position that mentorship is the most important element of academic and career achievement.

"Mentorship requires clear expectations, positive feedback, commitment and dedicated time from both the mentor and mentee," she says.

She reminds students, the responsibility is on them to initiate the relationship and evaluate whether they think a professor has something to offer them by way of a mutually beneficial relationship.

"Finding a mentor that has the right qualities for you could be more awkward than going on a first date," she muses.

Soucie graduated from Brock in 1998 with a BA in Health Studies. She has a MSC in Epidemiology and Biostatistics from the University of Toronto (2001), and a Medical Doctorate degree from the University of Ottawa (2006).

"In medical school, we are given the opportunity to explore the surgical and clinical side of medicine. I decided to pursue obstetrics and gynecology because it provided a balance of surgery and clinical practice."

Soucie went on to complete her post-graduate residency program in the Faculty of Obstetrics & Gynecology at the University of Calgary. In 2013, she completed a fellowship at the University of Calgary's Division of Uro-gynecology.

The Foothills Medical Centre, where Soucie works is an accredited Level 1 trauma centre, as well as one of the leading hospitals in Canada.

"My work is very busy, but extremely rewarding. I'm on call two days a week in an emergency-like setting. I work mostly with women who have complicated pregnancies, such as multiple births or diabetes and with babies who are sick or have rare conditions. I spend two days operating and two days in clinical practice."

Soucie has continued her love of research in the area of obstetrics and gynecology and has received numerous awards for her scholarly activity.



*Health Sciences Alumna, Dr. Jennifer Soucie.*

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*Colleen Patterson is the Marketing and Communications Officer for the Faculty of Applied Health Sciences at Brock University.*

## Department of Health Sciences celebrates 25 years

In March, the Department of Health Sciences hosted a reception to recognize more than 25 years of achievement at Brock University. As part of the festivities, William J. Montelpare received recognition for his outstanding achievements and dedication to the department and Dr. Jennifer Soucie (BA '98) was recognized as the inaugural recipient of the Department of Health Sciences Distinguished Graduate Award.

Almost 100 alumni, esteemed guests, faculty, staff and current students attended the event.

In 25 years, the Department has grown from 20 students to five degree programs in the areas of Public Health, Child Health, Community Health, Medical Sciences and Biomedical Sciences with approximately 1,000 undergraduate health majors.



*Dr. Jennifer Soucie, inaugural recipient of the Department of Health Sciences Distinguished Graduate Award with William J. Montelpare, the first Chair of the Health Studies Department who was awarded for outstanding achievement and dedication to the Department of Health Sciences at Brock University.*

## Health Sciences alumna receives Fulbright Canada Scholarship

Thi Hong Phuc Dang (BEd '11; MA '13), who completed her bachelor's and master's degrees in Health Sciences, has received the Fulbright Canada Scholarship to study health systems and services at the University of Kentucky College of Public Health's Systems for Action (S4A) center throughout the 2015-2016 academic year.

Her Fulbright project is titled, "Are We Measuring Up? Exploring Public Health Performance and Health Equity in the United States and Canada."

Dang is a doctoral student at the University of Victoria, in British Columbia. She works with Glen Mays, the F. Douglas Scutchfield Endowed Professor in Health Services and Systems Research and director of the S4A program, to conduct research on public health services and systems in both the United States and Canada.



*Thi Hong Phuc Dang has received the Fulbright Canada Scholarship to study health systems and services at the University of Kentucky College of Public Health's Systems for Action (S4A) center throughout the 2015-2016 academic year.*

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