



## ALCOA Roundtable Member: Reh-Fit Centre

The Reh-Fit Centre (Manitoba Cardiac Institute) has been a leader in the field of cardiac rehabilitation, fitness and healthy living since it was founded in 1979 as a community project of the Kinsmen Club and the Government of Manitoba. Recently, the Centre underwent an 11.5 million expansion and renovation. The expansion and renovation added 33,000 square feet to the footprint of the centre, bringing the total to 83,000 square feet and created a state-of-the-art facility unparalleled in Winnipeg.

The Reh-Fit Centre is a not-for-profit, member based organization dedicated to research and to providing health and fitness services through assessment, education, exercise and encouragement in a caring environment. The centre is governed by a Board of Directors. This volunteer group is responsible for the strategic direction of the Reh-Fit, advancing the mission of the organization, its fiscal affairs, policies governing the Centre, and representing the centre to the public. The Reh-Fit Foundation provides financial sustainability for the Centre in the furtherance of its aims, goals and objectives.

Reh-Fit Centre has a great reputation for helping healthy adults maintain their health or reach special goals, and for assisting post cardiac patients and others with chronic health issues to find a new lease on life.

What long time members of the centre appreciate about the Centre is the dependable professional staff and a welcoming, comfortable and safe environment where anyone can workout, no matter the level of their ability. The Centre's web site can be accessed at [www.reh-fit.com](http://www.reh-fit.com)

## ALCOA HAS 50 NEW MEMBERS

ALCOA has significantly strengthened its organizational infrastructure by signing on 50 community based organizations as new Corresponding members.

These new members are a result of the Membership Initiative and cover 10 provinces and territories. The breakdown of the membership is: Alberta - 4; BC - 11; Manitoba - 6; New Brunswick - 3; Newfoundland - 2; Northwest Territories - 1; Nova Scotia - 3; Ontario - 17; Quebec - 2; and Saskatchewan - 1.

For a full list of the new Corresponding members please visit the ALCOA website at [www.alcoa.ca/e/howeare/membership.htm](http://www.alcoa.ca/e/howeare/membership.htm)

## ALCOA VOLUNTEER SPOTLIGHT ON MARGARET BARBOUR

Margaret Barbour has an extensive professional background in the recreation and the home care field. In addition to this she has contributed to a variety of organizations in senior volunteer roles.

Margaret is currently an ALCOA Guardian and is Treasurer of ALCOA. Some of the important volunteer positions she has held include being Chair of the Manitoba Cardiac Institute and of the Age and Opportunity Centre. Margaret has also contributed to the development of ALCOA in Manitoba and is one of the founding members of this group.

Margaret was born and raised in Manitoba. She graduated from the University of Manitoba with a Bachelor of Arts and later from University of Indiana with a Masters Degree in Recreation and Parks Administration.

Margaret worked for the City of Winnipeg's Recreation Department. Here she got an opportunity to combine her administrative, planning and research skills.

A keen interest in gerontology led her to a second career with Manitoba Health. As a member of the Home Care Working Group she participated in the development of the first province-wide integrated home care program in Canada. Other interesting and challenging work done by Margaret includes the development of standards for Adult Day Programs, being a member of the Federal-Provincial Home Care Working Group, providing the staff support for the Manitoba Council on Aging, and two assignments as the Acting Director of the Provincial Home Care Program.

Margaret subscribes to the Winnipeg Symphony and the Manitoba Opera. Her summers are devoted to her cottage by the lake and to sharing garden chores with her sister Mary.

## ALCOA HEALTH POLICY PROJECT MEETING IN TORONTO

Twenty two participants representing 19 organizations met on the 25th of February in Toronto to discuss and rank the 28 recommendations that had been compiled by the ALCOA staff, Health Policy Committees, and Roundtable members.

The 28 recommendations sought to advance the strategic directions of the Healthy Living Strategy (HLS.) The participants at the meeting also brainstormed actions steps that will contribute to the achievement of the recommendations.

The top five recommendations are:

- 1) There is need to ensure that the active living for older adults sector is recognized as an important area of health policy implementation and that organizations and projects in this area are consistently and increasingly supported by funding.
- 2) There is a need for using the mass media to reach a national audience with the benefits of physical activity for older adults.
- 3) There is a need for working with health care professionals and their associations to jointly develop initiatives that will promote the health of older adults through physical activity.
- 4) There is a strong case for designing programs that are intergenerational and look at addressing certain health risk factors that cut across the generations.
- 5) There is a need to look at the enablers, triggers, or the motivators of regular physical activity among older adults and once this information is available there is a need to share it widely.

## IMRAN SYED LEAVING ALCOA

After slightly over three years as Executive Director of ALCOA, Imran Syed will be leaving the organization at the end of May to pursue opportunities in international development work overseas.

“Working for ALCOA has been a very rewarding experience for me” said Imran, adding that “and it has been a privilege to improve lives using the strong platform ALCOA offers.”

Note: Please email your comments to [alcoa2@ca.inter.net](mailto:alcoa2@ca.inter.net)