



ALCOA — Quarterly Update  
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The Active Living Coalition for Older Adults  
Communicating with ALCOA Members



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# Welcome ALCOA Guardians 2012-3

At the ALCOA Annual General Meeting held on September 24, a new slate of Guardians were voted in by the members. We said good bye to three long standing members; **Clara Fitzgerald**, (ALCOA Executive) Centre for Activity and Aging; **Don Fletcher**, (ALCOA Past Chairman) Cdn Assoc. of Cardiac Rehab; **Mike Sharratt**, PhD, (ALCOA Executive) Schlegel-UW Research Institute for Aging. On behalf of all the ALCOA members we send our sincere thanks and gratitude for your commitment and dedication to ALCOA and the Coalition.

We are also very excited to welcome two new members to the Guardians; **Jim Evanchuk**, Executive Director of ALCOA Manitoba, and **Peter Nordland** from Nova Scotia, President of Canada 55+Games.

Once again we have a very strong group of individuals that will steer ALCOA for the next year.

**Bill Krever**, Past Chairman –  
Better Living Health and Community Services, ON

**Bert Taylor**, PhD, Chairman –  
Faculty of Health Sciences (retired), Western University, ON

**Rosanne Prinsen**, Vice Chair –  
Alberta Centre for Active Living, AB

**Philippe Markon**, PhD, Treasurer  
– ALCOA Research Chairman

**Jim Evanchuk** – ALCOA Manitoba, MB

**Jim Hamilton** – University of  
Manitoba, Centre on Aging, MB

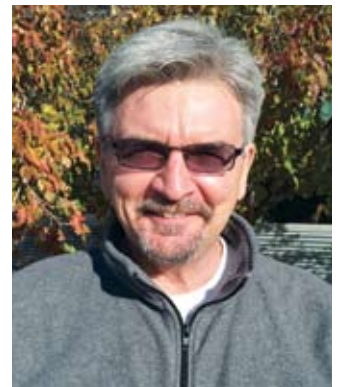
**Mary MacLellan** –  
Pictou County Council of Seniors /  
Outreach, NS

**Carol Miller** – Cdn Physiotherapy  
Assoc, ON

**Peter Nordland** – Canada 55+ Games,  
NS

**Holly Schick** – Saskatchewan Seniors  
Mechanism, SK

We welcome in the new Guardians  
and look forward to a prosperous and  
productive year.



*Jim Evanchuk*



*Peter Nordland*

## Round Table Member Spotlight



# Reh-Fit Center—Canada's First and Only Certified Medical Fitness Facility

In May 2012, the Reh-Fit Center received recognition as Canada's first and only certified medical fitness facility from the Medical Fitness Association, an organization dedicated to helping medically integrated health and fitness centres worldwide achieve their full potential.

The MFA's seal of approval assures consumers that a facility has met the highest standards of quality and service and will offer them a safe and effective health and wellness experience.

In a two-day visit to the Center, the MFA evaluators reported that, "The Reh-Fit Center is a beautiful facility with an expansive, open concept. The continuum of care model was very impressive, with physicians, nurses, physiotherapists, and kinesiologists all working together to ensure a positive member experience. All in all, the Reh-Fit is a very impressive medical fitness model."

"Certification shows we offer a clean, safe, and welcoming fitness environment," said Sue Boreskie, CEO of the Reh-Fit. "Our entire staff are certified, credentialed professionals, trained in CPR and AED, for an effective response to all emergencies. We have the highest quality equipment to help users get the most out of their workouts. We offer individualized health screening, and have a medical advisor on staff. We offer more than 300 programs to promote health and fitness, not just physical activity, but also weight management, health education, and chronic disease programs—for optimum quality of life. And we have a focus on improving community health."

She said that the most prestigious medical journals in the world support the finding that exercise is medicine. "Last year more than 6000

Manitobans visited our Centre for support and guidance. We hope that our MFA certification gives many more Manitobans the confidence they need to turn to the Reh-Fit for a new exercise prescription for health."



*Reh-Fit Center proudly announces it is Canada's first certified medical fitness facility.*



*An inside look at the facility.*

## Reh-Fit CEO Sue Boreskie, BPE, MPE



**S**ue Boreskie has nearly 30 years of experience in managing and designing health and fitness centres. She was Director of the Target Fitness Centre at the University of Manitoba (1983-93), designed and supervised construction of the Wellness Institute at Seven Oaks General Hospital where she served as its first Executive Director (1994-97), and managed the Rose and Max Rady JCC (1997-2005) as Associate Executive Director. A fitness and lifestyle instructor at the Reh-Fit Centre (1981-84), she rejoined the Reh-Fit in 2005 as Chief Executive Officer, and helped design and supervise construction of a \$12-million expansion and renovation of the facility. In 2012, she oversaw preparations for a successful bid to gain recognition of the Reh-Fit as Canada's first and only certified medical fitness centre.

Sue graduated from the University of Manitoba with a Bachelor of Physical Education and a Masters of Physical Education, specializing in cardio-pulmonary response to exercise, and worked as a Cardiac Technician, Cardiology Department, Health Sciences Centre (1984-85).

She has served on the boards of more than a dozen community and sport organizations, and is currently Vice-President of the Commonwealth Games Association of Canada and a member of the Board of Directors, Canada Games Council. She was on the committee that brought the Pan American Games to Winnipeg in 1999.

She has received national and provincial awards for her volunteer and professional work in sport, and fitness and health, including the University of Manitoba Outreach Award and the YM-YWCA Women of the Year Award.

Sue serves on the Exercise is Medicine Canada National Task Force and the Manitoba Heart Health Think Tank Advisory Board. She is a Roundtable Member of the Active Coalition for Older Adults.

# Tool Kit for Community Educators



## *Diabetes Reference Group Members*

*Top Row: Patty Clark, Jim Evanchuk, Jamie Dumas, Soo Jones, Clara Fitzgerald, Kimberley Wilson, Sue Hesjedahl, John Kaunds, Lilisha Burris*

*Front Row: Mary MacLellan, Peggy MacLeod, Liz Sajdak, Patsy Beattie-Huggan, Wendy Kraglund-Gauthier*

*Absent: Patrick McGowan*

A group of experts from a variety of fields met in early October to share their expertise and wisdom on the development of the new Tool Kit being developed by ALCOA. With funding from PHAC, ALCOA will continue to use our newest publication, *Your Personal Passport to Healthy Living*, as a resource for this Tool Kit.

We will be able to provide community leaders, wishing to offer an evidence-based chronic disease prevention program for older adults, with a tool kit in a DVD format, which will contain a full package of resources, step-by-step lesson plans, and promotional material. A major focus will be on the new Canadian Physical Activity Guidelines for older adults and an integration of an active healthy lifestyle into daily living.

The focus testing which will be conducted by three of our ALCOA member organizations will be offered in March and April 2013, with the project scheduled to be completed by the fall of 2013. We will keep you apprised of our progress on this very exciting initiative.

Our Diabetes Reference Group are not only experts in their field, but are also committed to ALCOA and this project. The project would not be possible without their support and dedication. Our sincere thanks to the members:

*continued next page*

**Jim Evanchuk** – Executive Director, ALCOA Manitoba, MB

**Kimberley Wilson** – Executive Director, Cdn Coalition for Senior's Mental Health, ON

**Jamie Dumas** – Fitness Centre Supervisor, Huron Park Fitness Centre, ON

**Clara Fitzgerald** – Program Director, Canadian Centre for Activity and Aging, ON

**Peggy MacLeod** – Community Health Nurses of Canada rep., AB

**John Kaunds** – older adult, participant in "Sweet Success" diabetes program, ON

**Lilisha Burris** – Diabetes Project Specialist, Dietitians of Canada, EatRight Ontario, ON

**Mary MacLellan** – Program Coordinator, Pictou County Council of Seniors/Outreach, NS

**Wendy Kraglund-Gauthier**, PhD – Professor/Researcher, St. Francis Xavier University, NS

**Patrick McGowan**, PhD – Professor/Researcher, University of Victoria School of Public Health & Social Policy, BC

**Patsy Beattie Huggan** – Facilitator, The Quaich, PE

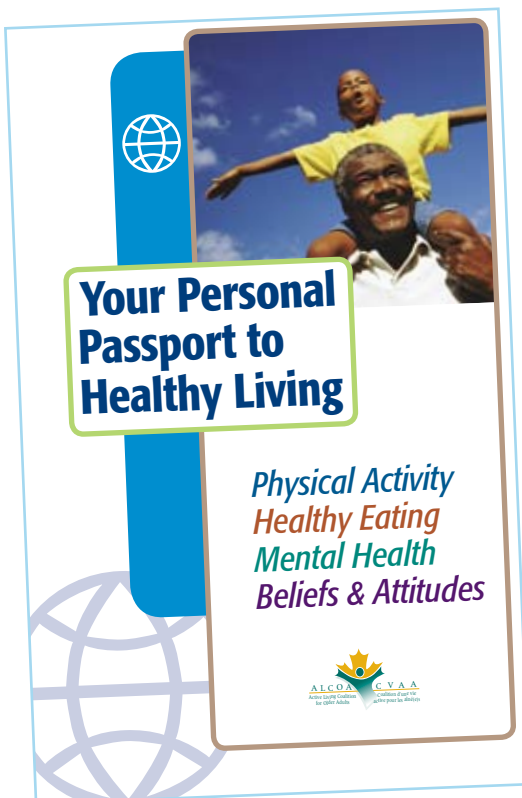
**Liz Sajdak** – Researcher, The Quaich, PE

**Sara MacDougall** – Researcher, The Quaich, PE

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## Passport Order Update

Unfortunately we have just been notified that ALCOA was not successful with a proposal submitted to Sanofi Aventis asking for funding to support a second print run of Your Personal Passport to Healthy Living. Copies may be purchased through ALCOA, but at this time we are not able to offer the resource free of charge. The website will be updated to reflect the new shipping arrangements and to allow individuals to continue to make their orders on line. We will continue to seek out sponsors for this publication as it is our wish to make them readily available to all community leaders, at no charge.



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