

Sara Alvarado

Sara has 32 years of experience in the investment industry, including investment banking, institutional investments, and bank lending, in both, private and public sectors. She is currently part of the United Nations Economic Commission for Europe (UNECE) pro-bono working groups on guidelines for the digitalization of PPPs and gender equality through PPP's. Prior to that she was Executive Director at the Institute For Sustainable Finance, part of Queen's University. Sara is former Head of Risk at the Canada Infrastructure Bank where she established the initial enterprise risk management function. Prior to joining the CIB, Sara occupied the position of Senior Officer, Infrastructure New Products and Special Transactions at the European Investment Bank (EIB) based in Luxembourg. She spent combined 25 years in the private sector at Manulife, Sunlife and Scotiabank earlier in her career.

Sara is a Chartered Financial Analyst charter holder and also holds an MBA from the Edinburgh Business School at Heriot-Watt University. She has also attended three executive programmes at Harvard Business School in Boston. She is past Board Member at CFA Society Toronto, past Board Member and Treasurer at the Cambridge Symphony Orchestra and volunteered at the Red Cross in Luxembourg on the refugee program.

As a CMH Board Member, Sara holds the position of Chair for the Digital Health Strategy Committee and sits on the Resources Committee.

Paulo Brasil

Paulo Brasil is the Regional Manager of Financial Planning at TD Canada Trust with his bachelor's in business administration. Paulo has held various positions over the last 15 years in the financial retail sector, inclusive of being a leader and executive influence on various projects, initiatives, and committees.

Paulo has been an ongoing volunteer in the Cambridge Portuguese community and is passionate about giving back to his community. He resides in Cambridge with his wife Alice and two boys (Bennett and Mitchell).

As a CMH Board Member, Paulo holds the position of Chair for the Resources Committee and sits on the Quality Committee and Executive Committee.

Bill Conway

Bill earned a Mechanical Engineering Diploma from Conestoga College of Applied Arts and Technology and is a Project Management Professional with over 25 years of experience in various industries.

A Trustees for 8 years on the Board of Trustees for the Waterloo Catholic District School board representing Cambridge and North Dumfries, served as Chair and Vice-Chair as well as participated on all board committees.

Long time supporter of United Way Waterloo Region Communities, as well as leader of the annual workplace campaign team.

As a lifelong resident of Cambridge Bill enjoys spending time with his wife and two daughters, as well as travel, hockey, biking, lane swimming, yoga and exploring the beautiful trails in Cambridge.

As a CMH Board Member, Bill holds the position of Chair for the Quality Committee and sits on the Governance Committee and Executive Committee. Bill is also the Board appointed member of the CMH Foundation Board.

Tom Barker

Tom earned a Bachelor of Religious Education (BRE) from Heritage College and Seminary and a Master of Science in Childhood Education (MSEd) from Canisius College.

Tom is an Ontario Certified Teacher (OCT) currently holding the position of an Elementary Teacher in The Upper Grand District School Board. Tom's professional career has also included work in the telecommunications sector, which has included extensive work in instructional design and facilitation, as well as the roll out of many different training programs.

In addition to teaching, Tom serves as one of the Designated Groups Officers and Equity Chair for the Upper Grand Elementary Teachers' Federation of Ontario (UGETFO), holding a position on the Executive.

For 23 years, Tom has resided in Cambridge, raising two amazing children there.

As a CMH Board Member, Tom sits on the Audit Committee and Governance Committee.

Julia Goyal

Julia Goyal is a graduate of McMaster University (B.Sc. (Honours), Biology and minor in Economics) and University of Waterloo (M.Sc., Public Health and Health Systems). She is pursuing a Joint Interdisciplinary PhD between the School of Public Health Sciences and Department of Mechatronics and Mechanical Engineering at the University of Waterloo (the very first at the institution!).

In the community, Julia serves as the Hospital Appointee on the Cambridge Memorial Hospital Foundation, a board member of the Ontario Hospital Association, Vice Chair of the Cambridge North Dumfries OHT Joint Board Committee, a board member of Canadian Mental Health Association Waterloo-Wellington and a board member of the Federated Health Charities. She previously served on the University of Waterloo Senate, University of Waterloo Board of Governors, and the former Kitchener Waterloo Symphony. In the past, she was also privileged to serve as a Public Member on the Council of College of Physicians and Surgeons (appointment by former Minister of Health Christine Elliott and the Cabinet of Ontario), and the Ontario Physicians and Surgeons Discipline Tribunal and Fitness to Practice Committee, to ensure the provision of quality health care for all Ontarians. .

As a CMH Board Member, Julia holds the position of Chair for the Governance Committee and sits on the Resources Committee and Executive Committee.

Monika Hempel

Monika is a Financial Manager and Chartered Professional Accountant. Monika brings over 25 years of experience and leadership in finance and administration in small to medium sized companies. Currently she leads the Finance team at New Apostolic Church Canada and its foundation with accountability for donor management, developing the annual finance strategy, managing the investment portfolios, and streamlining business processes.

Monika has been active as a non-director community member joining CMH in 2014 and was an elected director in 2022.

As a CMH Board Member, Monika sits on the Resources Committee.

Jayne Herring

Jayne retired from the Waterloo Region District School Board (WRDSB) after a dedicated 31-year career, culminating in her role as Manager of Corporate Services. Throughout her tenure with the board, she held multiple positions, retiring in 2017 while also serving as the Board's Parliamentarian and Corporate Secretary, roles which involved extensive training in Parliamentary Procedure and Board Governance through the National Association of Parliamentarians.

Following her retirement from WRDSB, Jayne continued to engage actively within the community by being elected as a Trustee with the same board. She served two terms as Chairperson of the Board from 2018-2020, before continuing on as a Trustee representing Cambridge and North Dumfries until 2022.

As an immensely proud resident of Cambridge, Jayne has long been involved in community service through various volunteer roles. These include her work as the originator and project coordinator for the Cambridge Poppy Project, secretary for the Cambridge Sports Awards Committee, co-chair and member of the Patient & Family Advisory Committee at CMH, chair and member of the Cambridge Archives Board, member of the City of Cambridge Dangerous Dog Appeal Committee, board member for the Waterloo Education Foundation (WEFI), vice-president of Citizens for Cambridge, move coordinator for Shelter Movers, a volunteer with the Canadian Olympic Team at Canada House during the London Olympics, and a foster family for Lions Foundation Dog Guides.

Jayne resides in Cambridge with her husband David, a retired secondary school teacher, and their dog Barkley. In addition to her extensive community involvement, Jayne enjoys various hobbies such as reading and traveling. Recently, she has been thrilled by travel opportunities that took her to Africa and New Zealand within the past year.

As a CMH Board Member, Jayne sits on the Quality Committee and Governance Committee.

Miles Lauzon

Miles earned BASc, MASc and PhD degrees from the University of Waterloo and is a licenced Professional Engineer. He has over 35 years of diverse professional experience in the forest products industry.

After a series of developmental technical positions in his early career, Miles was promoted to Vice President, Technology, with corporate responsibility for integrating plant floor automation, management information systems with quality improvement processes and methodologies. Miles was subsequently promoted to COO and CEO accountability for several businesses. His career advancement took him to postings in Ontario, Quebec and British Columbia.

Miles has served on several corporate, association and community boards of directors. The latter included membership on the Board of Trustee of Brock University and past chairmanship of the City of Cambridge Economic Development Advisory Board.

As a CMH Board Member, Miles sits on the Audit Committee and Digital Health Strategy Committee. Miles is also the CMH Board appointed member for the Cambridge North Dumfries Ontario Health Team Joint Board Committee.

Margaret McKinnon

Dr. McKinnon serves as the Homewood Chair in Mental Health and Trauma and as Full Professor and Associate Chair, Research in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. She is also the Research Lead in Mental Health and Addictions at St. Joseph's Healthcare Hamilton and a Senior Scientist at Homewood Research Institute. Dr. McKinnon completed her PhD in Psychology at the University of Toronto followed by a post-doctoral fellowship at the internationally renowned Rotman Research Institute at Baycrest Centre. She is an elected Fellow of the Canadian Psychological Association and is dually licensed as a clinical psychologist and neuropsychologist. Dr. McKinnon is well known for her work characterizing trauma-related illness and PTSD among military members, Veterans, first responders, and survivors of childhood abuse and trauma. She has also been involved in the development and testing of novel treatment interventions aimed at often unexplored aspects of PTSD and trauma, including guilt and shame, moral injury, dissociation, and cognitive dysfunction. Dr. McKinnon served as the inaugural Chair of the federally funded PTSD Centre of Excellence's Research Reference group and works closely with government sectors including Veterans Affairs Canada and the Canadian Armed Forces. She has published over 180 peer-reviewed papers and chapters and has held research funding from a wide range of agencies including the Canadian Institutes of Health Research, the Canadian Institute for Military and Veteran Health Research, Defence Canada, Veterans Affairs Canada, the PTSD Centre of Excellence, and the Workers Safety Insurance Board of Ontario, and from numerous private foundations, including True Patriot Love, the Cowan Foundation, the Military Casualty Support Foundation and the FDC Foundation.

As a CMH Board Member, Margaret sits on the Quality Committee and Audit Committee.

Jay Tulsani

Jay is a designated CPA/CMA with 15+ years of experience in tax compliance, audit and business development. and. co-Author for a textbook on the indirect tax implications of cryptocurrency & blockchain.

As a CMH Board Member, Jay holds the position of Chair of the Audit Committee and sits on the Digital Health Strategy Committee.

Diane Wilkinson

Diane has over 40 years of experience in healthcare as both an RN and executive. She has worked in hospitals across Canada, including Vancouver General, Hospital for Sick Children, Hamilton Health Sciences, Cambridge Memorial, and the Wellington Health Care Alliance. She has a diploma in Nursing from Conestoga College, an undergraduate degree from the University of Waterloo and an MBA from McMaster University. Since officially retiring in 2015, Diane has dedicated her time to volunteer work, as Tutor for The Literacy Group of Waterloo Region. She resides in Cambridge and is a member of the Canadian Federation of University Women-Cambridge Chapter. In her downtime Diane enjoys spending time with her two sons and daughters-in-law, painting and is an avid reader.

As a CMH Board Member, Diane holds the positions of Vice Chair of the Board and sits on the Quality Committee, Governance Committee and Executive Committee. Diane is also the Board appointee for the CMH Volunteer Association Board.

Lynn Woeller

Lynn Woeller is a Chartered Professional Accountant, Chartered Director and holds her Masters of Accounting degree. Lynn's professional experience is varied, including work in public accounting, the manufacturing sector, and the software industry.

Currently, Lynn works as VP Finance for a privately-held, national textile and wall covering distributorship. Lynn is a Director and Audit Committee Chair of GrandBridge Energy Inc. Lynn's previous Board involvement includes the Chaplin Family YMCA of Cambridge, the Cambridge & North Dumfries Community Foundation, and other smaller, local not-for-profit organizations.

As a CMH Board Member, Lynn holds the position of Chair of the CMH Board of Directors, and Chair of the CMH Executive Committee and is also the Board appointed member of the CMH Patient and Family Advisory Committee.

Patrick Gaskin, President & CEO

Patrick Gaskin, President & CEO Patrick Gaskin is currently the President & Chief Executive Officer of Cambridge Memorial Hospital. Patrick started his health administration career over 30 years ago, first working at Sunnybrook Health Sciences Centre in Toronto after completing a Masters in Health Administration. In his career, he has worked in both teaching and community hospitals and has spent time as a health care consultant and planner. More than 20 years ago, he and his family moved to Waterloo Region where he worked at Grand River Hospital for nine years in various capacities – as a Vice President, then Executive Vice President & Regional VP for Cancer Services and served as Acting President & CEO at a time when the hospital was under provincial supervision. Between 2007 and 2009, Patrick worked as a Vice President for London Health Sciences and St. Joseph's Health Care. In 2008, Patrick completed a Fellowship with the Canadian Health Services Research Foundation, focusing on how to engage hospital leaders in improving performance measurement and management. During his career, Patrick has been asked to support organizations under provincial supervision 4 times. In each of these assignments, Patrick has worked with the senior leaders in improving the hospital's performance. Patrick joined CMH in 2009.

Dr. Winnie Lee, Chief of Staff

Dr. Winnie Lee joined Cambridge Memorial Hospital in 2008 as a radiologist. Dr. Lee completed her Honours Bachelor and Masters of Science degrees, with further education in medicine and specialty training in Diagnostic Radiology at the University of Toronto. She has held progressive leadership roles at CMH and is an active member of several provincial, regional and local committees, including serving as the Co-Chair of the Ontario Health (West) Regional Diagnostic Imaging Working Group. In addition to clinical practice, Dr. Lee also participates in teaching, as an Assistant Clinical Professor (Adjunct) with the Michael G. DeGroote School of Medicine. More recently, Dr. Lee was part of the leadership team that help direct CMH's preparedness and response to the current COVID-19 pandemic, work recognized by the Cambridge and North Dumfries Community Healthcare Hero Award.

Stephanie Pearsall, Vice President Clinical Services & CNE

Stephanie joined CMH as the Vice President Clinical Services/ Chief Nursing Executive in June 2021. Stephanie has over 30 years of clinical experience including Critical Care, Emergency, Obstetrics and Perioperative programs. She has worked both as a Director and a Senior Leader/Chief Nursing Executive in urban, community and rural settings. She is the Critical Care Administrative lead for the region and was the regional COVID Testing and Assessment lead. Stephanie holds a Master's degree in Health Studies and is a Registered Nurse. Quality practice and quality improvement are of particular

interest. Stephanie was the recipient IDEAS Alumni Honorable Mention for a Hospital Induction Project, a presenter for IDEAS Plan-Do-Study-Act Quality Improvement Webinars, and a workshop Presenter for IDEAS Alumni Event “Effective Design and Sustained Quality Improvement.

Dr. Vladislav Miropolsky, CMH President of the Medical and Professional Staff Association

Dr. Vladislav Miropolsky joined Cambridge Memorial Hospital in 2012. Dr. Miropolsky earned a bachelor's degree in science and biology from the University of Western Ontario before going on to earn a medical doctorate from the University of Toronto. Throughout his academic career, Dr. Miropolsky participated in various studies as a research assistant in the divisions of cardiology at the John P. Robarts Research Institute, rheumatology at Toronto Western Hospital and the medical imaging department at Toronto General Hospital. For remarkable radiology research, Dr. Miropolsky was given the RSNA (Radiological Society of North America) award.

Dr. Mark Shafir, CMH Vice-President of the Medical and Professional Staff Association

Dr. Mark Shafir graduated from medical school at Queen's University in 1989 and trained in Family Medicine at the University of Western Ontario (Western University). Dr. Shafir has practiced Emergency Medicine for 31 years, the last 27 at CMH. Dr. Mark Shafir served as the Chief of the Department of Emergency Medicine for 8 years, Deputy Department Chief for 1 year, Deputy Chief of Staff for 3 years, and most recently as the Emergency Department Lead for the Waterloo Wellington region from January 2020 to December 2021 (i.e., during the pandemic).

Dr. Shafir has served on many hospital committees including: MAC, Credentials, Medications and Therapeutics, Transfusion, and Ethics, and Co-Chaired the Code Blue Committee. He has also led a Medical-Professional Staff Bylaws review.