



# 2023 aPHa Conference and AGM

## Speaker Biographies

(IN ORDER OF APPEARANCE)

MONDAY, June 12th

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### Trudy Sachowski

Trudy Sachowski serves the Northwestern Board of Health as the municipal appointment for the Municipality of Machin and City of Dryden. Trudy is a true champion for public health and has remained steadfast in her commitment to improving the health outcomes of the people of Northwestern Ontario and across the province. She enthusiastically provides leadership and advocacy for local public health. Prior to her current position as President, she has held the aPHa offices of Vice-President, BOH Section Chair and Vice-Chair. Trudy is an Ontario Volunteer Service Award recipient. Her volunteerism includes having served as the Chair of the Ontario Parent Council, Chair of the Northwestern Healthy Living Partnership, Chair of the Dryden Public Library Board, Vice-Chair of the Northwestern Early Years Steering Committee and serves on the Board of Directors for the Points North Family Health Team. Trudy was awarded aPHa's 2022 Distinguished Service Award for exemplifying exceptional qualities of leadership and for her devotion to advocacy for public health both locally and provincially. Trudy Sachowski believes in the work of public health. She is driven to contribute her time, knowledge, influence, and passion to move this work forward for the betterment of the people of Ontario.



### Dr. Eileen de Villa

Dr. Eileen de Villa is the Medical Officer of Health for the City of Toronto. Dr. de Villa leads Toronto Public Health, Canada's largest local public health agency, which provides public health programs and services to 2.8 million residents. Prior to joining Toronto Public Health, Dr. de Villa served as the Medical Officer of Health for the Region of Peel serving 1.4 million residents. Dr. de Villa received her degrees as Doctor of Medicine and Master of Health Science (MHSc) (Health Promotion) from the University of Toronto and holds a Master of Business Administration from the Schulich School of Business. Dr. de Villa is also an Adjunct Professor at the Dalla Lana School of Health at the University of Toronto. Dr. de Villa has authored, published and presented research on issues including public health considerations for city planning and emergency preparedness, communicable and infectious disease control, and public health policy development. Dr. de Villa has been recognized for her leadership and achievements with Faculty Educator awards from the University of Toronto - Public Health and Preventative Medicine Residency Program and the Naimark Award, presented by the Canadian Foundation for Healthcare Improvement.



### **Hon. Doug Ford (invited)**

Doug Ford is the Premier of Ontario. He was also elected as the MPP for Etobicoke-North in 2018. Previously, Doug Ford served as Toronto city councillor from 2010-2014, and was vice-chair of the Budget Committee, where he delivered hundreds of millions of dollars in savings for taxpayers. While on city council, Ford served on the board of Build Toronto, and was a director of the Canadian National Exhibition. He also served on the Civic Appointments Committee and the Government Management Committee at Council. A dedicated community leader, successful businessman with Deco Labels and passionate advocate for the people, Doug's commitment to public service runs in the family. Three generations of Fords have served the people of Ontario in elected office. Doug is a life-long resident of the community of Etobicoke, and lives there with his wife Karla and four daughters. His commitment to public service includes over 20 years of dedicated work with the Toronto West Rotary Club and serving as a proud member of the Royal Canadian Legion.



### **Dr. Greg Wells**

Dr. Greg Wells is a renowned health and high-performance expert. He has dedicated his career to studying the science of human limits and developing practical strategies to help individuals and organizations perform at their best, even under the most challenging circumstances. With over 25 years of experience working with Olympic and world champions as well as top performing organizations, Wells draws parallels between elite athletes and top executives in his practical and actionable keynotes to help audiences optimize their health and performance. With a PhD in Physiology and previous experience as an Associate Professor of Kinesiology at the University of Toronto, Wells brings a wealth of knowledge and expertise to his presentations. He is currently a senior scientist at SickKids hospital in Toronto and the CEO and founder of Wells Performance, a global consulting firm committed to helping teams, schools, and businesses become places where people get healthy, perform optimally, and reach their potential. He is also passionate about inspiring children and young adults and has established close working relationships with several school boards and independent schools.



### **Dr. Jessica Hopkins**

Dr. Hopkins is a public health and preventive medicine physician with extensive local and provincial public health experience. She is the Chief Health Protection and Emergency Preparedness Officer at Public Health Ontario where she leads a multi-disciplinary team in synthesizing data and evidence to provide advice to decision-makers on public health and infection control programs and policies. Dr. Hopkins previously worked as the Medical Officer of Health for Peel Region, and Associate Medical Officer of Health in Hamilton and Niagara Region. She works as a family doctor and is an Assistant Professor (part-time) with the Department of Health Research Methods, Epidemiology, and Impact, McMaster University, and Adjunct Lecturer and member of the Institute for Pandemics with the Dalla Lana School of Public Health, University of Toronto.



### **Julia Roitenberg**

Julia Roitenberg has progressive Senior Leadership experience in a Regional Government environment with focus on Public Health and the Social Determinants of Health. She is known for her strategic vision, bold execution and stellar operational performance while fostering solution-focused culture, employee engagement and leadership development through coaching and mentoring. Julia has a proven record of building effective relationships and partnering with community and institutional stakeholders, and driving mindful decision-making based on evidence, metrics, equity, and inclusion. She is currently the General Manager and Chief Nursing Officer at York Region Public Health. Julia completed her Master of Nursing degree from the University of Toronto, a Global Executive MBA in Healthcare and Life Sciences from the Rotman School of Management at U of T, and is currently pursuing her Doctor of Public Health degree from the Dalla Lana School of Public Health, U of T.



## Carmen McGregor

Carmen is a Municipal Councillor with Chatham-Kent first elected in 2014 and has managed her husband's Law Practice for the past 20 years. She joined the alPHa Board in June 2015 as the South West region's Boards of Health Representative and retains that position to this day. She has served the alPHa board as Treasurer in 2015, Vice President in 2016, President in 2017, 2019 & 2020 and Past President in 2018 and 2021. Currently she serves as the Chair of the Board of Health Section on the alPHa Board and Executive Committee. Prior to municipal council, Carmen was a publicly elected School Board Trustee for the Lambton Kent District School Board for 11 years, serving as Vice Chair, Chair and a Director and Vice President to the Ontario School Board Assoc. (OPSBA). Along with her political career Carmen has a long history of committee work and community volunteerism including Branch 18 of the Royal Canadian Legion, the Sydenham Community Curling Club, the Wallaceburg and District Chamber of Commerce and the United Way of Chatham-Kent. When not occupied in politics she enjoys spending time with her children and grandchildren, and she is an accomplished Mixed Media Artist.



## Dr. Robert Kyle

Dr. Robert Kyle has been the Commissioner & Medical Officer of Health for the Regional Municipality of Durham since 1991. He is a certificant in the Specialty of Community Medicine from the Royal College of Physicians and Surgeons of Canada and holds a certificate in Family Medicine from the College of Family Physicians of Canada. Robert is an active member of many provincial and regional health organizations. For example, he is currently Chair of the Durham Nuclear Health Committee; past Chair of the Port Hope Community Health Centre; and Past-Chair of the Public Health Ontario Board of Directors. Robert is a Fellow of the Royal College of Physicians and Surgeons of Canada and the American College of Preventive Medicine, and is a former Medical Officer of Health for the Peterborough County-City Health Unit.



## Loretta Ryan

Loretta Ryan is the Executive Director of the Association of Local Public Health Agencies. alPHa provides leadership to the province's boards of health and public health units. In this role, she works closely with board of health members, medical and associate medical officers of health, and senior public health managers to represent the interests of local public health and to collaborate with governments and other health organizations to advocate for healthy public policy and a strong, effective, and efficient public health system in Ontario. Previously, Loretta was the Director of Public Affairs for the Ontario Professional Planners Institute where she provided leadership in the development and delivery of the Institute's public policy and communication efforts, including the Institute's *Healthy Communities, Sustainable Communities* initiative.



## Maria Sánchez-Keane

Maria Sánchez-Keane is the Principal Consultant for the Centre for Organizational Effectiveness, an organization she founded in 2000. An international management consultant, trainer and facilitator since 1994, as well as having over 10 years of senior management experience in the non-profit sector, Maria's areas of expertise include systems, community and strategic planning, organizational development and change management, and program evaluation. She has designed, facilitated and managed a wide variety of processes for systems, communities and organizations to increase their capacity and operate more effectively. Maria's systems, community and organizational background has given her clients the ability to develop strong implementation plans with clear performance measures, which effectively evaluate the success of initiatives undertaken. She holds a Master of Business Administration and a Master of Divinity, which grounds her work. Maria brings an extensive facilitative background with a long list of varied approaches to working with communities and organizations, including appreciative inquiry, gaps analysis, community development, comparative analysis and risk assessments.



### **Dr. Kieran Moore**

Dr. Kieran Moore has been appointed as the province's Chief Medical Officer of Health, effective June 26, 2021. Dr. Moore served as the Medical Officer of Health for Kingston, Frontenac, Lennox and Addington from 2011 to 2021. Dr. Moore is also the Medical Officer of Health of the Department of Emergency and Family Medicine of Queen's University and the Program Director of Public Health and Preventive Medicine at Queen's University. Dr. Moore received his Medical degree from the University of Ottawa and subsequently received his specialty certification in Family Medicine and Emergency Medicine from the College of Family Physicians of Canada. He has Master's degrees in Disaster Medicine (DM) and Public Health (PH) as well as a Physician Leadership and Diplomas in Sports Medicine, Tropical Medicine & Hygiene, and Humanitarian Assistance. He has completed a Canadian Royal College of Physicians and Surgeons Fellowship in Public Health and Preventive Medicine at Queen's University. Dr. Moore has extensive experience in surveillance systems for bioterrorism and outbreak detection, public health, pre-hospital care, and multidisciplinary research projects. His main area of interest is in the evaluation of various data streams for the early detection of outbreaks as well as assessment of deprivation distribution in populations. In 2018 he was named Principal Investigator of the CIHR-funded Pan-Canadian Research Network on Lyme Disease.



### **Dr. Christopher Simpson**

Dr. Chris Simpson is Executive Vice President (Medical) and Chief Medical Officer at Ontario Health. He is past president of both the Canadian Medical Association (CMA) and the Canadian Academy of Health Sciences (CAHS). He works clinically as a cardiologist at Kingston Health Sciences Centre and holds a GFT faculty position as Professor in the Queen's University Department of Medicine and School of Policy Studies. From 2016-2021, he served as Vice-Dean (Clinical) in the Queen's Faculty of Health Sciences and as Medical Director of the Southeastern Ontario Academic Medical Organization (SEAMO). Currently, he is serving as co-chair of the CAHS Assessment on Health Human Resources (commissioned by Health Canada).



### **Cynthia St. John**

Cynthia St. John is the CEO of Southwestern Public Health, formed in 2018 by the merger of the former Oxford County Public Health and Elgin-St. Thomas Public Health. Prior to the merger, Cynthia presided as the Executive Director of Elgin-St. Thomas Public Health for 18 years. Cynthia now leads an organization of approximately 200 employees responsible for providing public health programming to a population of over 200,000 in southwestern Ontario. Cynthia began her career in the charitable sector having had the privilege of working with exceptional organizations such as the YWCA, the Anne Johnston Community Health Centre, and Dying with Dignity Canada. She holds a Masters of Business Administration with a specialization in Leadership.

## **Wednesday, June 14th**

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### **BOARDS of Health Section**



### **Sabine Matheson**

Since 1998, Sabine has been a Principal at StrategyCorp, which serves clients across Canada and internationally. She is the founder of StrategyCorp's Municipal Affairs Practice Group, which has served well over a hundred municipalities across Canada on a variety of strategic projects. Sabine is currently strategic advisor to Ontario's Large Urban Mayors Caucus on provincial relations. A well-known commentator on the municipal world, she has also been an advisor to AMO, AMCTO, and OMAA. Since 2016, Sabine has been the lead author of StrategyCorp's influential Annual CAO Survey, which gives voice to Ontario and Canadian Chief Administrators. Sabine served as Chief of Staff to Ontario's Minister of Municipal Affairs and Housing. Since 2007, she has been an instructor in UOIT's Municipal Management Program. Sabine also teaches provincial-municipal relations through AMCTO.



## Aidan Grove-White

Aidan is a vice president at StrategyCorp and leads several teams in the Land and Infrastructure Development and Municipal Services practices. He has a proven track-record of succeeding on complex and ambitious files in the various roles he's held in the public service, not-for-profit sector, and now in the private sector. Serving clients from across the spectrum — including municipalities, developers, not-for-profit organizations, and neighbourhood groups — Aidan supports clients in successfully engaging with politicians, public service leaders, Indigenous communities, stakeholder organizations, influential individuals, and the public. Before joining StrategyCorp in 2019, Aidan was a manager in the Ontario Public Service, serving in policy roles at the Ministry of Municipal Affairs and Housing for over four years. Prior to that, he was the water programs manager and a planning advisor for Environmental Defence.



## Lindsay Jones

Lindsay Jones joined the Association of Municipalities of Ontario as the Director of Policy and Government Relations in October 2022, where she leads advocacy and policy work on behalf of Ontario's municipal governments. Over the past 20 years, she has developed a deep expertise in strategy, policy and government decision-making through progressively senior roles in the Ontario and federal governments in areas such as income security, labour markets and employment, and community infrastructure. She is a member of the Board of Directors of the Parkdale Queen West Community Health Centre and the Jane and Finch Centre.



## Michael Jacek

Michael Jacek is Senior Advisor to the Association of Municipalities of Ontario (AMO) on health and human service policy. Michael works collaboratively with alPHA to promote ways to strengthen the local public health system in Ontario. Prior to joining AMO, Michael worked for the City of Toronto in various capacities such as homelessness services, social assistance, corporate governance, and intergovernmental relations. Other experience involved managing a federal government refugee resettlement program for Ontario and providing business development services in a joint federal-provincial agency. Michael has also been an elected union official and active volunteer, including as a board member, with health and social service community agencies in Toronto. His educational background is a master's degree in political science with a primary focus on local government.



## Daniela Spagnuolo

Daniela Spagnuolo is a Policy Advisor at the Association of Municipalities of Ontario, where her work includes supporting health and human service policy among other policy areas. Daniela has previously worked as a Health Policy Analyst with the College of Family Physicians of Canada, a Research Assistant with Women's College Hospital, and in various roles in food policy research. She currently serves as Community Advisory Committee Chair for a research project funded by the Social Sciences and Humanities Research Council studying innovative community responses and intersectoral collaboration for health and food justice beyond the COVID-19 pandemic. Daniela holds a Master of Arts in Public Policy and Administration from Toronto Metropolitan University.



## Franger Jimenez

Franger Jimenez is a Workplace Wellness and Health Promotion student at Centennial College. In this program, he is pursuing knowledge to improve the wellbeing of people in and out of their workplace with a holistic approach to their health. He is also the new placement student at ALPHA, where he will create wellness programs for ALPHA members for the next four months. Previously, Franger trained as physician, and he worked on health promotion in Colombia as a medical leader for cardiovascular and metabolic diseases. He treated chronic patients and created health campaigns promoting healthy lifestyles.



## Dr. Lawrence Loh

Dr. Lawrence C. Loh completed his undergraduate training and medical school at Western University, and his residency at the University of Toronto during which time he also earned a Master of Public Health at Johns Hopkins University. He holds Certification and Fellowship in the CFPC and a Fellowship in Public Health and Preventive Medicine with the Royal College of Physicians and Surgeons of Canada and the American College of Preventive Medicine. Dr. Loh's medical career began as a comprehensive family physician working in Brampton, Ontario. He maintained links to primary care practice as he went on to hold positions of increasing responsibility over a decade of senior medical leadership roles in the public sector including at all three levels of government in two provinces. While working at Public Health Ontario he was seconded as a senior medical consultant to the Ministry of Health in the Office of the Chief Medical Officer of Health. Prior to becoming Executive Director and Chief Executive Officer of the CFPC in September 2022, Dr. Loh was the Medical Officer of Health for the Region of Peel. Currently, Dr. Loh is an Adjunct Professor at the Dalla Lana School of Public Health at the University of Toronto and a clinical lecturer at the Department of Family and Community Medicine at Queen's University in Kingston, Ontario. His teaching and research foci have spanned the fields of global health development, global health ethics, and medical and public health education. He has a long track record of contributions to the CFPC, including with the SOO exams and the CFP journal. He is also an inaugural Besroux Centre research fellow.



## Steven Rebellato

Steven Rebellato is the Vice President for the Simcoe Muskoka District Health Unit in the Environmental Health Department. He has his PhD in Public Health from the University of Waterloo. Steven is a part-time Assistant Professor at McMaster University in the Department of Health Research Methods, Evidence, & Impact and Adjunct Professor at the University of Waterloo. Steven is the Chairman of the Board of Directors for the York Hills Centre for Children, Youth and Families in the Region of York and is past-President for ASPHIO, the Association of Supervisors of Public Health Inspectors of Ontario.

# Monday, June 12th

## WALKING Tour leaders

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Biographies for the Walking Tour leaders are below. Please note, Loretta Ryan's biography appears earlier in this document.



### **Dan Nicholson**

Dan Nicholson is a Manager in the Community Planning Section of the City of Toronto Planning Division. Dan manages a team of planners working on a wide range of development applications in the west end of the Downtown area. Dan oversees his team's work on everything from major redevelopments that include multiple towers, to mid-rise developments and Committee of Adjustment applications. Dan is also the Community Planning lead on the Provincially-owned Ontario Place redevelopment. Prior to becoming a Manager in 2019, Dan spent several years overseeing much of the redevelopment in the King-Spadina Secondary Plan area in the downtown core. Dan led the review of numerous redevelopment applications, including the redevelopment of the former Globe and Mail site (The Well) and was the planning lead on the Phase 1 report on the Exhibition Place Master Plan. Dan often represented the City at the then Ontario Municipal Board (OMB) now known as the Ontario Land Tribunal (OLT). Prior to joining the City of Toronto Planning Division in 2003, Dan worked for the City of Brampton, Ministry of Housing (Ontario), as a private consultant in Kitchener-Waterloo, and as a municipal planner in rural Nova Scotia. Dan is a Registered Professional Planner and a member of the Canadian Institute of Planners.



### **Dr. Charles Gardner**

Dr. Gardner has been the Medical Officer of Health (MOH) for the Simcoe Muskoka District Health Unit since 2005, after having served as MOH with the Leeds, Grenville and Lanark District Health Unit for seven years. Prior to that, he worked in general medical practice in Newfoundland, New Brunswick, and Zimbabwe. Dr. Gardner is a member of the Association of Local Public Health Agencies (alPHA) Board of Directors in the role of Vice President/Council of Ontario Medical Officers of Health (COMOH) Representative, Central East Region and the past chair of COMOH. He is also a board member of Physicians for a Smoke-Free Canada. Dr. Gardner is active personally and professionally on the promotion of health through green, compact, complete, walkable and cycleable communities.