

Nicola Melchers

Nicola is a partner at SV Law LLP in Guelph and practices in the areas of Business law, Non-Profit and Charitable Corporations, Real Estate and Wills and Estates. Nicola qualified as a Solicitor in the UK in 1994 and worked in both private practice and in-house before moving to Cambridge, Canada in late 2000.

Nicola is very active in the Cambridge community; she has previously served on the Campaign Cabinet of the United Way of Cambridge and North Dumfries, the Board of Directors of the Child Witness Centre and the Board of Directors of the Cambridge and North Dumfries Community Foundation. In addition to sitting on the Board of Cambridge Memorial Hospital, Nicola also serves on the Board of Cambridge Rehabilitation Homes Inc. Nicola serves as Chair of the CMH Board and Chair of the CMH Board Executive Committee.

Sara Alvarado

Sara has 28 years of experience in the investment industry, including investment banking, institutional investments and bank lending, in both, private and public sectors. She recently joined the Canada Infrastructure Bank as Head of Risk to oversee the enterprise risk management function, based in Toronto. 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.

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. Sarah serves as the Chair of the CMH Digital Health Subcommittee.

Tom Dean

Professional Engineer (Ontario) and has been a Cambridge resident for the past 40 years, where he and his wife Terrie have raised their 4 children. As a graduate from the University of Waterloo – Mechanical Engineering program, he has had a successful career in Nuclear Power, High-Purity Water Treatment and Aerospace industries.

Tom is a results-oriented executive leader with a solid background in engineering, project management, and continuous improvement with over 36 years of progressive management experience. He is a Black Belt in the Six Sigma quality program and is currently the Director of Technical Operations at the University of Waterloo – Chemical Engineering department. Tom enjoys travelling, fishing, and landscaping in his spare time. Tom serves as the Chair of the CMH Capital Projects Subcommittee.

Julia Goyal

Julia is a graduate of McMaster University (B.Sc. (Honours), Biology) and University of Waterloo (M.Sc., Public Health and Health Systems). She is pursuing a Joint Interdisciplinary PhD between the School of Public Health and Health Systems (SPHHS) and Department of Mechatronics and Mechanical Engineering at the University of Waterloo (UW). She is a recipient of Joseph-Armand Bombardier Canada Graduate Scholarship. She is co-president of the UW SPHHS Graduate Student Association; Student Affiliate at the Global Labour Research Center; Student Member of the Waterloo Institute for Complexity and Innovation; and member of the Canadian Association for Research on Work and Health Board of Directors. In the past, she has served as Chair of Graduate Studies Endowment Fund at UW (2017-2019), Student Senator on the UW

Senate (2017-2021) and Student Governor on the UW Board of Governors (2018-2019, 2020-2021). Julia sits on the CMH Quality and Governance Committee.

Elaine Habicher

Accountant from the Brant Community Healthcare System retired as of January 2, 2015, in the healthcare field for over 30 years. The past 15 years have been with the Brant Community Healthcare System (Brantford General Site and Willet Hospital Site) as Manager, Financial Services and then as Director, Finance and Decision Support.

During her career at Brant Community Healthcare System, she was directly involved in the HSRC restructuring of Brantford and Brant County health care system. Worked closely with the restructuring project team, Hospital Board of Directors and reporting to the Ministry of Health and Long-Term Care all aspects of the building reconstruction costs (approximately \$100 million).

As part of her healthcare experience, she participated as staff on the Ethics Committee, Utilization Committee and Corporate Resources of the Board of Directors.

Currently serving as the chairperson of the Heritage Green Nursing Complex Board of Directors in Hamilton, as well as sitting on various Board committees. Elaine also served as a past Board member of Advent Health in Toronto.

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. Monika serves as the chair of the CMH Audit Committee, and sits on the CMH Quality and Executive 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. He 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. Miles sits on the CMH Audit and Capital Projects Sub-Committee.

Margaret McKinnon

Dr. McKinnon serves as the Homewood Chair in Mental Health and Trauma and as Full Professor (effective July 1, 2021) 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 serves as the 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 120 peer-reviewed papers and chapters and currently holds funding from 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, along with numerous private foundations, including True Patriot Love, the Cowan Foundation, the Military Casualty Support Foundation and the FDC Foundation. Dr. McKinnon sits on the CMH Quality Committee.

David Pyper

David is the past chair of the CMH Board, having served a two-year term. He will stay on the board for one further term. He is also the Vice Chair of the Joint Board Committee of the Cambridge, North Dumfries Ontario Health Team. David has been on the board for eight years and is former Chair of the Governance and Quality Committees. Prior to becoming a director, he served as a non-director on several CMH Board committees over 3 years. David is a former Superintendent of Education with the Grand Erie District School Board. He is also the past Chair of the 2012 International Plowing Match, current Chair of the North Dumfries Historical Preservation Society, a former Chair of the Grand Erie Principals Association and a past President of the Brant County Ontario Public School Teacher's federation. David has served in a leadership role in a variety of local organizations over a number of years, including fund raising campaign such as the 'North Dumfries We Care' campaign for CMH which raised \$2.5 million dollars for the Cambridge Memorial Hospital Foundation from North Dumfries Township. David sits on the CMH Quality Committee & Digital Health Subcommittee.

Jody Stecho

Jody Stecho is a human resources leader with over 20 years of experience. Her business acumen and extensive work in the technology industry have enabled her to help local companies like Kik and Blackberry scale to reach a global pool of talent. Throughout her career, she has accumulated valuable expertise in acquisitions, system implementation, employee relations, organizational development, and employment law.

Jody is a wife of 25 years, and mother to two children aged 17yrs and 21yrs. She enjoys travel and reading, and the HGTV network. She can't make garlic bread without burning it, but she has successfully volunteered at a local Kids' Triathlon for the past 10 years. Jody serves as the Chair of the CMH Governance 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, both as Tutor for The Literacy Group of Waterloo Region and at the Hamilton Theatre. 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. Diane serves as the Chair of the CMH Quality Committee, and also sits on the CMH Digital Health and Executive Committees.

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. Lynn serves as the Vice Chair of the CMH Board, Chair of the Resources Committee and also sits on the CMH Capital Projects Subcommittee and Executive Committee.