



## OSA COUNCIL OF ADVISORS BIOGRAPHIES

### FRASER REGION

**Tom Durrie  
Boston Bar** Tom is a former public-school teacher who was involved in the radical school movement of the 1960s. Until retirement, he worked as an arts administrator and presenter, and published two books on children, education and society in the past five years. Tom is very involved in seniors' issues, working with an organization to offer health care, nutrition, transportation and social contacts for the seniors who comprise nearly 80% of the local population. He is eager to advocate for the needs of seniors who live at a distance from health care facilities, grocery shopping and other urban amenities.

**Jerry Gosling  
Abbotsford** Jerry is a former transit operator who aims to help seniors across the province improve their quality of life when it comes to housing, public safety and healthy eating. Jerry serves on boards of Council of Senior Organizations of BC (COSCO), Old Age Pensioner Organization, Connectra, and BC Government Retired Employees Association. He teaches virtual and in-person classes on seniors' health issues through the COSCO Health & Wellness Institute.

**Thomas (Myint) Tun  
Surrey** Thomas is an interdisciplinary Public Health Professional and Consultant with a background in medical epidemiology, health program planning and evaluation, project management, health services research, development, clinical medicine, indigenous and global health. Thomas has experience providing health services, conducting research, consultation and teaching at universities in both developed and developing countries. He has worked for the Doctors of BC, First Nations Health Authority, Faculty of Health Sciences at Simon Fraser University, and volunteered at the Provincial Health Services Authority and Fraser Health. Thomas is a co-founder of Emotional Well-Being Institute-Canada, a non-profit organization, and is currently the Director of Research, Treasurer, and on the Board of Directors.

**Patricia Warshawski  
Surrey** Patricia is a retired family physician in Surrey (1981-2018) as well as past president of the Vancouver Branch of the Federation of Medical Women of Canada and current Program Committee member of the TALK Program at Kwantlen Polytechnic University, a volunteer-run education program for people over 50. She recently joined her strata council and is becoming more aware of issues involving strata corporations in B.C.



## VANCOUVER COASTAL REGION

**Dominic Fung  
Vancouver** Dominic is a retired social worker who spent 38 years working both as a frontline counsellor and Government of BC program manager in the area of settlement and integration of newcomer citizens, immigrants and refugees. He currently volunteers as a YVR Green Coat, at an adult daycare drop-in centre, and is the Board Secretary of his co-op housing complex and is responsible for establishing their Ageing in Place Committee. Dominic's prior board experiences included serving on the Dunbar, Strathcona and Roundhouse Community Centre Associations, Inland Refugee Society of BC and Volunteer Vancouver.

**Sandra Gerbhardt  
Richmond** Sandra served 34 years in the non-profit sector, with 22 of those as an executive director. Through her tenure at 411 Seniors Centre Society and involvement in several committees dedicated to seniors, Sandra has cultivated a comprehensive perspective on issues affecting seniors. She believes in the importance of providing seniors with essential support and services, enabling them to lead vibrant, engaged and healthy lives within their own communities.

**Diana Leung  
Richmond** Diana is committed to helping others in her community and is a dedicated life-long learner. She has extensive volunteer experience and currently sits on several boards and committees focused on seniors' health and well-being including the Minoru Seniors Society, Richmond Seniors Advisory Committee and Richmond Intercultural Advisory Committee. She also works as a volunteer with Richmond Cares, Richmond Gives, and Richmond Multicultural Community Services in seniors community connections and tax clinics. She has an in-depth academic and business background as a CPA, IT professional and retired CPHR with an MBA and MA.

**Barb Mikulec  
Vancouver** Barb is a director of the BC Retired Teachers Association, and Vice-president of the National Pensioners Federation. Through the Council of Senior Citizens Organizations (COSCO) Barb is first VP and chair of their Housing Committee. Barb is chair of the R. R. Smith Memorial Foundation which encourages literacy projects in BC and in developing countries. She is also a Board member of the Metro Vancouver Cross Cultural Seniors Network and chair of Seniors Health and Wellness Institute which provide resources and raises awareness of healthy living for seniors in BC. Barb feels the top three issues facing seniors are housing security, healthcare and home support services.



## VANCOUVER ISLAND REGION

**Pauline Gobeil**  
**Victoria** Pauline has more than 30 years' experience leading non-profit organizations at the local (daycare, parent advisory councils), provincial (Federation des parents francophones de la Colombie Britannique, College Educacentre, Carrefour 50+ Colombie Britannique and national (Commission nationale des parents francophones) levels, and is now focused on helping improve seniors' living conditions in B.C.

**Geraldine Hinton**  
**Victoria** Gerry is a former nurse clinician with a focus on teaching geriatric care to nursing students as well as a former organizational consultant to the Victoria Institute of Gerontology at the Fairfield Health Centre. She is the retired executive director of the B.C. Government Office for Seniors, has a long history of service with St. John Ambulance, developed a revolutionary program for seniors facing loneliness and poverty. Gerry has been awarded the Alzheimer Society of B.C.'s Clyde and Lanny Slade Memorial Leadership Award and the YM/YWCA Women of Distinction Lifetime Achievement Award. She currently serves as a board member with the Alzheimer Society of B.C., Government House Board of Trustees, and Veterans' Memorial Lodge at Broadmead, among many others.

**Kamal Parmar**  
**Nanaimo** Kamal is a writer who has been volunteering in the community for the last 20 years with several non-profit organizations, such as the Heart and Stroke Foundation and Osteoporosis Canada as a presenter and active member. Currently, Kamal is an Innovation Ambassador with the Arthritis Society and a member of Active Aging of Canada, which ensures that activity helps in enhancing the physical and mental well being of seniors. She is also a former member of the Council on Aging in Saskatoon, SK. As a holistic healthcare practitioner, she emphasizes lifestyle self-management as a very powerful tool for seniors to improve their quality of life.

**Lynn Wood**  
**Campbell River** Lynn is a retired senior manager and executive with a career spanning provincial and federal governments, transportation authorities and provincial charitable and community organizations serving vulnerable populations. Her past employers included YVR Airport Authority, Steveston Harbour Authority, The District of Tofino, BC Housing, Progressive Housing Society, Oceanside Hospice Society and Kiwanis Seniors Village, Nanaimo. Lynn has been an advocate for the homeless and disenfranchised throughout her career. Recently, Lynn completed a three-year term as a member of the City of Campbell River Community Health and Public Safety Advisory Committee and volunteered as a Long-Term Care Surveyor for the Office of the Seniors Advocate. She continues to volunteer and provide long-term care resident support in her community.



## NORTHERN REGION

**Caroline Alexander**  
**Fort St. John** Caroline is a former Environmental Health Officer with several provincial governments (Manitoba, Ontario, Alberta, B.C.) and Health Canada in the First Nations and Inuit Health Branch. She is a current volunteer for BCSPCA and past volunteer for St. John Ambulance and Self-Management BC. She holds a B.Tech (Hons) degree in Environmental Health, Certificate in Public Health Inspection (Canada), and M.Sc. in Public Health from University of London, School of Hygiene and Tropical Medicine, UK.

**Stella Hamilton**  
**Prince George** Stella is a Licensed Practical Nurse who worked in acute care and long-term care for approximately 20 years and spent the last 15 years of her career in health records in long-term care. Following retirement, she sat on the Board of Directors of the North Peace Seniors Housing Society which provides two apartment blocks of one-bedroom and studio units for seniors as well as several suites for seniors' independent living with meals. Stella also served on the Advisory Council for Better at Home when the program first became offered in Fort St. John. Currently a member Save our Northern Seniors (SONS), she believes it is important for all seniors to be able maintain their dignity, live in healthy safe environments and receive the assistance and care they require.

**Dawn Hemingway**  
**Prince George** Dawn is a retired social work professor and department Chair at University of Northern B.C. and now Professor Emerita involved in research initiatives, graduate student supervision and UNBC-based Northern Feminist Institute for Research and Evaluation. Her current community roles include being part of the leadership team of Action Reform for Residential Care (ARRCBC), Interim Circle of Advisors to BC Human Rights Commission Baseline Project, provincial Vice-Chair for the BC Association of Community Response Networks and Nidus Personal Planning & Registry (both addressing aspects of B.C.'s Adult Guardianship legislation), Advisory Committee to the Prince George Council of Seniors and Leadership Team of Community Partners Addressing Homelessness, along with the Steering Committee for Stand Up for the North.

**Louise Holland**  
**Prince George** Louise has a background in geriatric social work and worked in a variety of roles from front-line to management in programs that delivered services to seniors for over 25 years in Prince George. Her experience includes seniors mental health and substance use, geriatric assessment, adult guardianship legislation, and long-term care. Retired from Northern Health, and currently a sessional instructor in the School of Social Work at the University of Northern BC, she also volunteers on the Action for Reform of Residential Care leadership team, chairs the Health Committee for Council of Senior Citizens of BC, and is a member of the Prince George Council of Seniors.



## INTERIOR REGION

**Sharon Mackenzie Revelstoke** Former educator and founder of i2i Intergeneration Society, Sharon has written intergenerational resources for the B.C. and New Brunswick governments, and PHAC, as well as various non-profit organizations. She currently works as an intergenerational consultant. Her three decades of research, writing and implementation of intentional intergenerational relationships has proven generations together can break down isolation and loneliness, and shift ageist attitudes. She strongly believes British Columbians' health can improve through easy, simple and fun intergenerational connecting.

**Sandi McCreight Castlegar** Sandi has been advocating and working with and for seniors since 2006. She has created and coordinated multiple seniors' programs including the Increasing Recreation Involving Seniors program which promotes independence, education, recreation, nutrition and socialization of seniors through a multitude of events each month with input of senior participants determining the program design. She promotes seniors' involvement in programs and community and believes seniors are a valuable and often untapped resource in our communities. Sandi works at creating a safe inclusive and welcoming community for all ages and abilities, with a focus on seniors' socialization and intergenerational connections. She is proud to be a long-time BC Community Response Networks Coordinator, presenting on awareness and prevention of elder abuse and ageism.

**Vi Sorenson Kelowna** Vi worked in the non-profit sector in Kelowna for almost three decades with the last 24 years spent providing services to seniors. She has a Bachelor of Social Work degree and has been involved in a variety of municipal committees, community groups and boards of local non-profits. Vi has long been involved in work addressing the abuse of older, vulnerable adults, and supporting seniors experiencing isolation, poverty and homelessness. She has participated in various grant review committees and served on the BC Community-Based Seniors' Services Leadership Council helping to support seniors' well-being, wellness and resilience. Having recently left a long-term executive director role, she is now looking forward to continuing to contribute her experience and knowledge to address the needs of seniors across B.C.

**Sandy Zeznik Cranbrook** Sandy is a retired teacher/principal and district principal and is currently a community volunteer with Rotary, Cranbrook Friends of the Library, Seniors in Partnership, Tourist Information Centre, Cranbrook Health Care Auxiliary, Community Foundation of the Kootenay Rockies, Cranbrook Seniors Hall, BC Community Response Network and other non-profit organizations. Sandy loves to travel and is also an active Dragon Boat paddler.