

Healthy Aging Alberta Community Leadership Council

Karen McDonald – CLC Chair and Executive Director, Sage Seniors Association



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Karen McDonald's career has focused almost exclusively in the field of gerontology, including a decade in seniors' supportive housing and over a decade with the Sage Seniors Association, most recently as Executive Director. Sage is an Edmonton-based community-based seniors serving organization that provides social services, community development, and life enrichment programming, primarily serving seniors who experience barriers to service delivery.

In 2015, Karen co-founded MatchWork, an interactive employment assessment tool used by employment support organizations to more effectively guide and support those who face barriers to employment. Karen completed both her BA and MBA at the University of Alberta and is currently a member of the Board of the Muttart Foundation.

Rob Miyashiro – Executive Director, Lethbridge Senior Citizens Organization



Rob Miyashiro is the Executive Director of Lethbridge Senior Citizens Organization (LSCO) and was an elected member of Lethbridge City Council from 2013-2021. Since 1989, Rob has been in management positions with organizations, including nonprofit groups, Blood Tribe First Nation, and the Government of Alberta. Rob was instrumental in the creation of Lethbridge Elder Abuse Response Network (LEARN), which is housed out of LSCO.

Rob is the chair of Age Friendly Lethbridge and is a Founding Board Member of the Alberta Association of Seniors Centres. He represents Lethbridge on Alberta Age Friendly Communities of Practice and is one of three Alberta representatives on the Pan-Canadian Age Friendly Reference Group. In his role as city councillor, Rob sat on several committees which have a direct impact on seniors, including the Board of the Green Acres Foundation (Seniors Managed Housing Body) and Community Design Committee.

Blake Eves – Director, Magrath Seniors Organization



Blake Eves is one of the newest members of our Community Leadership Council. Blake spent the last 20 years of his career travelling throughout the United States, implementing Payroll and HR systems for large hospitals. In 2013, he was asked to join Rady Children's Hospital in San Diego as a technical analyst in their information technology department. In 2017, Blake and his wife retired to the small town of Magrath. Blake wanted to be an active member of the community and accepted a nomination to the Magrath Seniors Board of Directors in 2018. Last year, he was asked to join the board of directors for the local theatre, where he volunteers his carpentry skills to set design and construction

Blake was recently asked to join the board of directors for the Magrath Handibus. Blake is passionate about the town and each of the seniors living in Magrath. Blake spends a portion of every day volunteering his time to help individuals or groups to make their lives just a bit easier.

Lisa Stebbins – Chief Program Officer, carya



Lisa Stebbins is currently the Chief Program Officer with carya Society of Calgary. Since beginning her work with carya (formerly Calgary Family Services) in 2000, Lisa has held the positions of Human Resources Manager and Director of Homecare Operations. From 2013 to 2015, Lisa worked as an independent consultant, providing expertise in human resource management, policy development, and organizational effectiveness to diverse clients ranging from start-up oil and gas service companies to First Nations communities. In 2015, Lisa returned to carya to provide operational leadership in the growing area of older adult programs/services and community development. With a keen interest in policy development, community initiatives and non-profit leadership, Lisa is passionate about older adults and ensuring that the sector can adapt to the growing and emerging needs of Alberta's aging population. For this reason, Lisa serves on many steering committees and projects related to older adults. Lisa is a Reviewer for the Canadian Centre for Accreditation and has been appointed Public Member of the Council of Licensed Practical Nurses of Alberta since 2017.

Sheila Hallett – Executive Director, Edmonton Seniors Coordinating Council (ESCC)



Sheila Hallett began working as the Executive Director of the Edmonton Seniors Coordinating Council in 2006 after several years as director of a local senior centre. She works to support collective community action that engages older adults and supports their well-being. Collaborative approaches have resulted in initiatives such as Age Friendly Edmonton (partnering with the City of Edmonton since 2013), the Seniors Home Supports Program and the Pan-Edmonton Group Addressing the Social Isolation of Seniors (PEGASIS).

Sheila completed her Bachelor of Arts in 1989 from the School of Journalism and Communication, University of Regina. Her interest in social justice led her to work for the Edmonton Social Planning Council and many volunteer positions, including leading an Abundant Community Committee in her neighbourhood.

Monica Morrison – Former Executive Director, Golden Circle Seniors Resource Centre



Monica Morrison worked with seniors for 30 years. Her career started in downtown Toronto with the Second Mile Club of Toronto and ended as the Executive Director of the Golden Circle Seniors Resource Centre from 2011 to her retirement in 2022. Monica's other roles included President of the Alberta Association of Seniors Centres, Treasurer of the Board for the Alberta Elder Abuse Awareness Council, member of the Central Alberta Falls Coalition, and on the operations team of the Central Alberta Poverty Reduction Alliance. Monica remains a continuing education instructor with Red Deer College's ASCHA certificate program in the area of aging and older adult fitness. Her experience covers a diverse client group, including people with physical disabilities, dementia, and multicultural and LGBTQ communities. Her mission is to ensure all seniors have fun and have a good quality of life for their entire lives.

Doreen Williams- Executive Director, Circle of Wisdom Elders & Seniors Centre



My given name is Doreen Williams, and my spirit name is White Hummingbird Woman, which was given in Ceremony. I come from Cree, trees and Metis, Bonnyville, Alberta, Red River descendant Metis through my Mushum side of the family. I have a long history of Metis Heritage, Hudson Bay-Voyageurs, and Pony Express Riders for mail. My mushum worked for CN rail. My kokum Saulteaux Cree from Elphinstone First Nation(Okanese-Bone) changed her name to Desjarlais. I get my cooking skills, resiliency, and stubbornness from her. My one regret is that I should have listened more to her stories as a child. I forgave myself for that, as now I understand the importance of one identity and being a Kookum myself. I am the Executive Director/founder of the Circle of Wisdom Elders & Senior Centre and a recent recipient of the Queen Elizabeth Diamond Jubilee medal for my community work.

Larry Mathieson – President & CEO, Unison at Kerby Centre



Larry Mathieson has been an organizational leader of charities and government departments for over 35 years. Larry was the CEO of Easter Seals Alberta. He was the CEO of Ronald McDonald House Charities in Alberta for over ten years. During this time, he built a new \$14 million House in Calgary, an \$ 11 million expansion to the House in Edmonton, and the first new RMH built in a new Canadian city in Red Deer in over 20 years. His team brought Canada's first and only two Ronald McDonald Care Mobiles to Canada. He was a member of the Ronald McDonald House Charities national board in Canada and the Easter Seals Canada national board.

Larry was a founding staff member of Closer To Home Community Services and worked for the Alberta Government as the CEO of one of the Child and Family Service Authorities. Larry has a Bachelor of Arts in Psychology from the University of Calgary, a Master of Business Administration from California Southern University and a Master of Science in Strategic Fundraising from BayPath University. Larry and his wife Cathy live in High River, Alberta and are the proud parents of five children and six grandchildren.

Shantel Ottenbreit- Community Resource Worker, City of Medicine Hat



Shantel is a registered social worker with the City of Medicine Hat, working as a Community Resource Worker. She holds a Degree in Social Work from the University of Calgary and is currently working on her master's degree.

Shantel has been working with older adults for the last twenty years. She is very passionate about elder abuse and has volunteered on the Alberta Elder Abuse Awareness Council for the last 12 years, taking on the role of the Chair for the previous eight before moving over to the CLC in June of this year.

Shantel is a champion for advanced care planning and has been a Designated Capacity Assessor since 2010. Shantel established and continues coordinating the Seniors Service Providers Group in Medicine Hat.

Myrna Lanctot – Mayor, Village of Donnelly



My name is Myrna Lanctot, and I have the honour of serving as the mayor of the Village Of Donnelly and as the board chair for Heart River Housing, which encompasses 11 municipalities. Additionally, I hold the position of Smoky River Regional Healthcare Professional Attraction and Retention Coordinator, serving five municipalities in the area.

Beyond my professional responsibilities, my husband and I are proud owners and operators of a local business. I am also excited to announce that I look forward to sitting on the CLC board, where I can contribute my expertise and passion for community development. I find immense joy in being a mother to two wonderful children and a loving grandmother to three beautiful grandchildren. My passion lies in positively impacting my community and my family's lives, and I am dedicated to fostering growth and well-being in these areas.



*Healthy Aging Alberta is a **for community, by community** provincial initiative.*

Healthy Aging Alberta expresses their gratitude to the Community Leadership Council members for their time, expertise, and dedication to the Community-Based Senior Serving sector.

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A network of
community allies
for older adults.