

## **JULIE MCCARTHY, DIRECTOR**

### **JUNE 23, 2023**

Julie has been a member of the Senior Support Services-CPHC Board of Directors since September 1, 2021. As she completes the final year of her 1<sup>st</sup> term on the Board, Julie continues to bring a wealth of experience, knowledge and skills in the health care sector with 20 years in various roles, i.e. Primary Care Paramedic with United Counties Leeds & Grenville, Personal Support Worker (private and LTC facilities), Emergency Clerk at Brockville General Hospital, and Support Worker with the Brockville & District Association for Community Involvement. Julie is currently works in administration with the Community Paramedic Program and is also involved in their Peer Support Group.

Her experiences as a former paramedic and a PSW for private elderly care has provided another dynamic of awareness and understanding of the challenges that many seniors / aging elders face when living on their own or as caregivers without having the supports/services that are essential for safe and healthy longevity.

Julie also brings valuable insight and knowledge through her experience working with seniors at Maple View Lodge as a Behavioural Support Worker, Recreation / Physiotherapy Aide providing restorative/ambulation therapies and interventions for residents, as well as leading weekly exercise classes. She was also a GPA (Gentle Persuasive Approaches) Coach for the Lodge staff.

Of her many professional and educational achievements, Julie is also the owner of 'Grow & Glow Wellness Solutions', recruiting RNs for subcontracts. Julie's enthusiasm and passion for working with seniors/elderly has been a tremendous asset to our Board and the Senior Support Services-CPHC organization.

Julie resides in Athens with her husband, Brian McCarthy, a Brockville Firefighter and their two children, Fiona and Gavin.