

## **Karen Cornish, Director**

### **June 23, 2023**

The Senior Support Services (CPHC) Board of Directors welcomed Karen on June 24<sup>th</sup>, 2020. As Karen commences her 2<sup>nd</sup> term on the Board, she continues to offer a diversity of volunteer and professional experiences. Karen's insight and strengths through personal, professional, and volunteer experiences have been most valuable to the Board and Governance Committee of the Board.

Karen has been self-employed with Mary Kay Cosmetics for over twenty years. She volunteered with the 'Look Good Feel Better' Program, working with women who are dealing with appearance-related side effects of cancer treatments. Through 'hands-on' workshops she taught various techniques for cosmetic applications and was able to witness the increased self-confidence and esteem that these women had at the end of the LGFB workshops. Karen other volunteer experiences include Leader of the Lansdowne Junior Fair Board for many years and a volunteer of several community groups.

Karen was elected to the Community Living Kingston & District Board of Directors when the Gananoque and Kingston branches amalgamated. She became involved with Community Living when her daughter Jennifer was transitioning from high school. Through her personal experiences, Karen brings a strong understanding of the value of community programs, the challenges that non-profit organizations face, as well as the importance of inclusivity, and advocacy to ensure that individuals have the required services/supports to meet their needs, goals and interests.

Karen moved into advertising where she has worked with 'Brockville's Finest Magazine' for the past six (6) years; throughout her time she has developed a strong rapport with business owners and community groups throughout Leeds & Grenville.

Karen resides in Lansdowne where she enjoys time with her husband Brian.