



Toronto, September 30 2021

## **PRESS RELEASE**

Hello everyone,

When I sat down to write this, my first "word of direction", I had in mind to start with a poem. When I sat down to write this, my first "word of direction", I had in mind to start with a poem about renewal and autumn, the season we are currently in. But, not surprisingly, the majority of art and poetry about renewal chooses spring as the preferred metaphor.

But I think that for us at CAH, this fall really means a time of renewal. In September, we had our Annual General Meeting (AGM), a World Café to reinvigorate our Active Living Center (ALC), and also the beginning of a long process of working towards our next visit from the Accreditation inspectors, which will be in June 2022.

Another element of renewal that involves all of us, you and me, is my arrival at CAH. Although I arrived in July, I am now beginning to familiarize myself with the array of services offered by CAH (there are many!), to meet employees who are extremely dedicated and warm, and to get to know CAH's passionate and enthusiastic clients better.

I have had the pleasure of meeting some of you, but with the distance, and certain security measures, I still have many people to get to know! In the meantime, I would like to use this space to introduce myself so you can get to know me a little better.

Let us start from the beginning! I was born here in Toronto, and did my elementary and high school education in the French public system before joining Glendon College at York University for my university studies.

I completed a double trilingual major in International Studies and Hispanic Studies while being involved in extracurricular activities and doing an internship at the Canadian Embassy in Madrid.

After graduation, I worked with the Women's Executive Network and Journalists for Human Rights before joining Movember, the leading philanthropic organization for men's physical and mental health. I spent seven years there as a charity leader, leading the community development team and renewing the fundraising campaign in Quebec.

Currently, I am nearing completion of my Masters in Public Administration at Queen's University.

On the personal side, I have three brothers, and a niece who is about to turn one! I enjoy giving back to my community and was volunteering with the Ronald McDonald House at the Hospital for Sick Children before the pandemic. I can't wait to go back!

I like to emphasize empathy, adaptability and learning in my professional and personal life, and I look forward to making a positive impact here at CAH and in my community and society at large.

Continuing with the theme of renewal, I would like to welcome Danielle Tchamba, who has joined the St. Lawrence Place food service department, and Jean-Claude Legault, our new driver in Oshawa. Welcome!

We also welcome four new members to our Board of Directors: Safia Fakim, Denis Frawley (who is returning), Pierre Gravel and Geneviève Grenier. Welcome to you too!

I know that the last few months (in fact, the last few years) have not been easy, but I feel optimistic! The vaccinations, the security measures, and the commitment of everyone will allow us to start our activities safely again, little by little - a renewal... if you will allow me.

Although artists and poets have referred to spring as a time of renewal, I believe that here at CAH, with the efforts of all of us, fall will be our renewal,  
and I look forward to it!

Thank you, and looking forward to getting to know each other,

Sincerely,

A handwritten signature in black ink, appearing to read "Andrée Paulin", is set against a rectangular background of a fine, light-colored dot pattern.

Andrée Paulin

Deputy Executive Director, CAH

