

I am a dedicated healthcare professional with over 25 years of nursing experience. Born in Belize and raised in Canada, I pursued a career in nursing and as a nurse-midwife, though I am currently not registered or practicing in that capacity. My passion for maternal and child health led me to my current role as a Clinical Nurse Specialist with First Nations and Inuit Health Branch (FNIHB) in the SK region.

Beyond my clinical work, I am deeply committed to advocacy and diversity. As the chair of the diversity committee in this regional office, I promote inclusivity and equity in healthcare and the workplace. As a member of our occupational health and safety committee, I am committed to fostering a safe and healthy work environment that protect the well-being of all employees. Though I have limited knowledge on unions, I am eager to learn and expand my knowledge in this area.

I am a parent to four children (ages 34 to 14) and a grandparent. I try to balance my professional life with a deep appreciation for family, lifelong learning, and the joy of everyday moments.