

To: TBRHSC & SJCG Leaders, Prevention & Screening Clinical Services Staff and Leads, Nutrition & Food Services Leadership and Registered Dietitians

From: Dr. Stewart Kennedy – Executive Vice President Regional Programs, Clinical Supports and Medical Affairs

Date: March 10, 2021

RE: **Retirement Announcement - Cathy Paroschy Harris**

After 37 years in health care in Thunder Bay, most recently as our Director of Prevention & Screening Clinical Services and Practice Head for Registered Dietitians, Cathy Paroschy Harris has announced her intent to retire.

Cathy's strong leadership focused on collaboration and efficiency. Her career in health care began as Clinical Dietitian at McKellar Hospital, followed by Nutrition and Food Service Management positions at McKellar Hospital, Lakehead Psychiatric Hospital, and Pioneer Ridge City Home for the Aged. She then came to Thunder Bay Regional Health Sciences Centre to work for Sodexo, and moved in 2014 into her current role as the Director of Prevention & Screening Clinical Services.

Cathy has been an advocate for healthy living and supportive work environments, promoting healthy teams in the workplace. She has mentored many professionals and leaders. She also developed nutrition curriculum and taught for Lakehead University's Nursing Program, Confederation College's Food Service Worker Program, and Key Skills Training with the City of Thunder Bay. She shared her knowledge and enthusiasm through various provincial expert panels for cancer screening, and the Chronic Disease Prevention Advisory Committee led by Ontario Health, as well as others. She was recognized for her provincial contribution to awareness to the unique health needs of Northwestern Ontario.

Cathy was also Board Chair for Dietitians of Canada, and integral in the start of the Northern Ontario Dietetic Program. She has served on several other regional, provincial and national committees, most recently the Accreditation Council for University and Practicum Dietetic Programs in Canada. In 2017, Cathy was named a Fellow of Dietitians of Canada, in recognition of professional growth, excellence and achievement in her career.

Cathy's retirement dream is to see Dr. Kennedy participate in Ukrainian dance during her virtual retirement polka party.

Cathy's last day of work will be March 26, 2021, and I wish to thank her for her commitment and enthusiasm as a health care leader in Northwestern Ontario. Please join me in wishing her all the very best in her retirement!