

Our team



Kate Hoang, Project Coordinator

Kate has been with the Connecting People and Community for Living Well team since early 2020. She brings over a decade of experience in project management of health research initiatives as well as experience in the community social services sector. She lives in Calgary where she tends to her kids, cats and vegetable garden and volunteers as a visitor to vulnerable seniors in the community. Kate's preferred pronouns are She/Her.



Sharon Hamlin, Senior Practice Consultant

Sharon is a Registered Nurse with a broad range of experience spanning over 25 years in three provinces, and in rural and urban settings as a front-line clinician, and in management and provincial roles. Her current role as a Senior Practice Consultant gives her the opportunity to support community teams to build and enhance wellbeing of those living in their community.



Helen Lightfoot, Senior Practice Consultant

Helen is a Senior Practice Consultant with Connecting People and Community for Living Well. Her background is in Social Work and Community Engagement in rural and urban settings. She was a frontline Home Care Case Manager for 20 years, and subsequently held management and practice lead positions. Throughout her career she has recognized the important role community plays in supporting people's wellbeing. Helen's preferred pronouns are She/Her.



Katharine (Katie) Mellon, Practice Lead

Katie is a Registered Nurse with a passion for promoting the wellbeing of older adults. Over the last decade, Katie has worked as a frontline nurse in many different care areas eventually leading to her involvement with the Connecting People & Community initiative. Born and raised in Northern Alberta, she has witnessed firsthand the challenges faced by individuals living in rural communities.



Blair Wold, Practice Lead

Blair is a Registered Social Worker, holding a Master's in Social Work in Healthcare, and brings over 12 years of experience in health and community sectors, from working frontlines in direct client care to a variety of leadership and management roles across the Edmonton zone. Being involved with this initiative reflects Blair's passion for improving individual and collective wellbeing through advocacy of equitable service delivery for quality care.



Aleksandra Tymczak, Research Coordinator

Aleksandra is a fourth year PhD student in the Urban and Regional Planning program at the University of Alberta. Her thesis focuses on the local food system in Alberta, with particular interest in the honey industry and berry industry. She also has an MPH in Food Safety and a BSc in Nutrition and Food Science from the University of Alberta. Aleksandra is excited to join the Connecting People and Community team to conduct applied research related to underserved populations throughout Alberta.



Karenn Chan, Care of the Elderly Physician

Dr. Chan's preferred pronouns are She/Her. Karenn is a Care of the Elderly Physician and Associate Professor with the Department of Family Medicine at the University of Alberta, in Edmonton, Alberta, Canada. She trained in Family Medicine at Dalhousie University and completed her Care of the Elderly Training at the University of Alberta. Her research interests include supporting persons affected by dementia in the community, supporting caregivers, and teaching person- and family-centered care to medical learners.



Mikie Mork, Executive Director, Strategic Clinical Networks

Mikie has over 20 years of leadership experience in healthcare and is currently the Pan-Strategic Clinical Networks (SCNs™) Executive Director. Mikie is passionate about patient engagement, patient safety, quality improvement, health system transformation, and health research and innovation. Mikie's preferred pronouns are She/Her.