



# KICK START TO A NEW CAREER

青少年職業諮詢講座之  
醫療職業知多少

All you need to know  
about Healthcare Professions



SEMINAR



Co-organizers 合辦機構 :

GODWIN CHAN  
DEPUTY MAYOR,  
RICHMOND HILL

VISION  
YOUTH

**Date:** Sunday, May 7, 2023  
**Seminar:** 1:00 pm - 5:30 pm  
**Venue:** Markham Civic Centre:  
Council Chamber and Canada Room

**Website:** <https://www.myfirstcareer.ca>  
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# 1. Foreword

## **Kick Start to a New Career - 2023 Healthcare Professionals Seminar**

The COVID-19 pandemic has triggered an unprecedented critical shortage of healthcare workers across Canada. Hospitals were filled to capacity, creating a growing backlog of patients, and resultant delays or cancellations to numerous forms of care. Healthcare workers have felt the pressures of being spread too thinly across significant patient volumes. In the coming years, a large cohort of healthcare professionals will reach retirement age as well, exacerbating the worker shortage. It is essential now, more than ever, that we encourage young folks to pursue their passions in the field of healthcare.

Kick Start to a New Career is excited to bring back the Healthcare Professions Seminar, an event that aims to provide students with an in-depth look into the healthcare field and the various career pathways it encompasses. The healthcare profession is extensive, and is not limited to; physicians, specialists, nurses, dietitians, therapists, pharmacists, social workers, optometrists and dentists. This seminar will offer insight and clarity into what each area of healthcare entails, assisting interested students in making the best choice for them.

This Healthcare Professionals Seminar is a joint project of the Chinese Canadian Medical Society (Ontario); Vision Youth Leadership Program; Mr. Godwin Chan, Deputy Mayor of Richmond Hill; and Dr. Chi-Ming Chow, attending staff cardiologist at St. Michael's Hospital.

## 2. Co-Organizers

### Chinese Canadian Medical Society (Ontario)

The Chinese Canadian Medical Society (Ontario) was first established in 1975, as the first Medical section under the Federation of Chinese Canadian Professionals (FCCP). It has continued to be the largest and most active section of the FCCP, with several core tenets:

- To develop and promote the professional and cultural well-being of Chinese Canadians in the medical profession
- To provide for and encourage the sharing of information among its members
- To promote, foster, protect and serve as a voice for the rights of Chinese Canadians in the Canadian society, particularly in areas of health and education



### Vision Youth Leadership Program



The Vision Youth Leadership Program was founded in 2001 to provide participants with non-academic life skills such as social and environmental awareness, leadership qualities, and outdoor survival skills. Developed by Canada-Hong Kong Link, this multifaceted youth leadership training program has three levels (Bronze, Silver, Gold), each of which spans a course of six months. Its goal is to aid participants in realizing their full potential and to ultimately thrive as passionate, visionary leaders of the future.

For more information, please visit <http://www.visionyouth.ca>.

## **Mr. Godwin Chan**

First elected in 2006, Godwin Chan has provided community leadership in a wide range of areas, including policing, education, public health and road safety for over two decades. He has served on the York Regional Police Services Board, the University of Toronto's Academic Board and the Public Library Boards in Richmond Hill and Vaughan. As a volunteer, he helped found Richmond Hill Road Watch and served as the Founding Treasurer and Fundraising Chair. Working with other volunteers in the community, he helped to found the Youth Cadets Unit for St. John Ambulance in Richmond Hill.



After serving as Acting Regional Councillor for almost a year in 2021-22, he successfully began his representation of Richmond Hill at the York Regional Council as Regional and Local Councillor for 2022-26. Having received the most votes in the October 2022 election, he assumes the role as the Deputy Mayor of the City, and is the longest-serving member on Richmond Hill Council. For the term of 2022-2026, he will serve as the Chair of the Economic Development Committee. In the 2018-22 term, he has served as the Chair of Recover Richmond Hill Task Force and the Chair of David Dunlap Observatory Park Steering Committee.

In January 2023, Deputy Mayor Chan was appointed as the co-Chair of the York Region Human Services Planning Board to work with multi-sector executives to plan services priorities and implement the Community Safety and Wellbeing Plan. At York Region, he also serves as Director of Housing York Inc. and Rapid Transit Corporation.

In addition to local and regional levels, Deputy Mayor Chan has been elected by municipal peers to serve as a Director of the Federation of Canadian Municipalities at the national level between 2013 and 2020, and again in 2023. As a father of two, he firmly believes in helping youths to gain career-related information to pursue their dreams. For this reason, Deputy Mayor Chan is one of the founding members of the First

Career Organization that has been holding the "Kick Start to a New Career" forum for youths since 2008.

In June 2016, Deputy Mayor Chan's achievements were recognized and he received the RBC Top 25 Canadian Immigrant Award for making a positive difference in Canada. In 2017, he was chosen as one of the Canada 150 Community Leaders. In August 2022, Deputy Mayor Chan was honoured with the Queen Elizabeth II Platinum Jubilee Award for his contribution to the community over the years. In addition to his professional law degree, he has earned a Master's degree in Public Administration from Harvard University to deepen his knowledge and further hone his skills in public service.

## **Dr. Chi-Ming Chow**



Dr. Chi-Ming Chow is an attending staff cardiologist at St. Michael's Hospital. He is a full professor in the Department of Medicine, University of Toronto. He has an undergraduate degree in computer science from Brown University, USA. He completed his Doctor of Medicine (1990) at McGill University (Montréal, Québec) and a Masters of Science in Epidemiology at McGill University (1997). He completed his training in Family Medicine, Internal Medicine and Cardiology at McGill University. He then pursued his clinical and research echocardiography fellowship at Massachusetts General Hospital, Harvard University before joining the Division of Cardiology at St. Michael's Hospital in 2001.

Clinically he specializes in non-invasive cardiac imaging, in particular echocardiography and stress echocardiography. He is the Director of the Echocardiography Laboratory at St. Michael's Hospital. Currently, he is a past president of the Canadian Society of Echo (CSE) and the president of the Chinese Canadian Medical Society (CCMS). He also speaks Cantonese and Mandarin fluently. He currently takes care of many GTA Chinese speaking patients in his practice.

His academic interests include medical informatics and he has authored many popular medical education software programs (e.g. CardioMath, ECG Made Simple, iCCS for the Canadian Cardiovascular Society, iASE Guidelines App for the American Society of Echocardiography, CDA Clinical Practice Guidelines, iSVU Guidelines for the Society for Vascular Ultrasound, and Choosing Wisely Canada). These medical software programs are being used by healthcare professionals and students worldwide. His other current areas of research include ethnic differences in cardiovascular disease and investigating new technologies in non-invasive imaging. He also works on using artificial intelligence/machine learning to improve cardiac imaging and patient care.

He had won multiple local and national teaching awards to recognize his teaching and innovation in medical education. Some of his awards include the CSE achievement award in 2017, the CCS Distinguished Teacher Award in 2015, the Ruedy Award for Innovation in Medical Education presented by the Association of Faculties of Medicine of Canada and the Dalhousie University Faculty of Medicine and the 2009 William Goldie Prize for Innovation by the Department of Medicine, University of Toronto.

He has authored multiple peer-reviewed journals and presented in local, national and international scientific meetings.

He is a media spokesperson for the Heart and Stroke Foundation; and the President of the Chinese Canadian Council, Heart and Stroke Foundation of Ontario. He participates actively in health promotion and research among ethnic Chinese. To recognize his service to the Heart and Stroke Foundation of Ontario, he won the Award for Volunteer Excellence in 2007 and the Rick Gallop Award for Pioneering Leadership in 2008.

In 2010, he was awarded the ACCE Best Community Service Award, and in 2012 he was awarded the Chinese Canadian Legend Award by the Asian Business Network Association in recognition of his service to the community.

### 3. Timetable

Time	Activities	
12:45 pm - 1:00 pm	Registration and Seating	
	<b>Council Chamber</b>	<b>Canada Room</b>
1:00 pm - 1:30 pm	Opening Ceremony - Opening speech - Brief introduction of each speaker	
1:30 pm - 2:30 pm	<b>Dr. Charlotte Lee</b> Registered Nurse and Assistant Professor of Nursing  <b>Ms. Fatima Khemani</b> Nurse Practitioner	<b>Dr. Ben Lau</b> Chiropractor  <b>Mr. Kenneth Ng</b> Registered Massage Therapist
2:30 pm - 3:30 pm	<b>Ms. Sherlyn Hu</b> Social Worker  <b>Mr. Anthony B. W. Watt</b> Psychotherapist	<b>Dr. Edward Lee and Dr. Irene Shih</b> Dentist  <b>Ms. Jie Di</b> Dental Hygienist
3:30 pm - 4:30 pm	<b>Dr. King Chen</b> Pharmacist  <b>Ms. Rowena Leung</b> Dietitian	<b>Mr. Elliot Tse</b> Physiotherapist  <b>Ms. Shankari Sivarajasingam</b> Occupational Therapist
4:30 - 5:30 pm	<b>Dr. Li-Hao Chen</b> Family Physician  <b>Dr. Kenneth Fung</b> Psychiatrist	<b>Mr. Gordon Lee</b> Paramedic  <b>Dr. Samantha Chan</b> Optometrist

## 4. Biographies

### **Mr. Anthony B. W. Watt - Psychotherapist**

**Mr. Anthony Watt** is a Mental Health Clinician at the Mount Sinai Hospital Wellness Centre. He graduated from the Ontario Institute for Studies in Education at the University of Toronto with a Master degree in Counselling Psychology, and subsequently, trained in Psychoanalytic Psychotherapy at the Toronto Psychoanalytic Society and Institute. Currently, he has been with Mount Sinai Hospital since 2001 and has extensive experience with individual and group psychotherapy, as well as community development. He has also supervised social work students from the University of Toronto and University of Hong Kong. In 2013, Tony was awarded The Joel Sadavoy Community Mental Health Award for outstanding achievement in community mental health. He has served as the Chair of the Chinese Mental Health Initiative of York Region, the Canadian Chinese Mental Health and Addiction Network Task Force, and the Organizing Committee of the Dementia Conference in 2014 and 2017.

### **Dr. Ben Lau - Chiropractor**

**Dr. Ben Lau** used to work as a petroleum engineer in Texas during the early 80's

During the mid 90s while Dr. Ben was working as a registered nurse, his wife began to have lower back pain. With pain killers and treatment for almost two years, the pain was controlled temporarily. A nurse suggested that they try seeing a chiropractor, but they didn't know what a chiropractor was and what they did. Dr. Ben went to chiropractor sessions with his wife, finding out more about chiropractics. He became interested and wanted to try the profession himself. He applied to CMCC, the only chiropractic college in Canada, and was accepted into the program.

Since the late 1990s, Dr. Ben Lau has been an experienced chiropractor who has helped lots of patients in the community.

## **Dr. Charlotte Lee - Registered Nurse, Assistant Professor of Nursing**

**Dr. Charlotte Lee**, RN, PhD, CON(C), is a registered nurse, a certified oncology nurse, and is currently an Associate Professor at the Daphne Cockwell School of Nursing at Toronto Metropolitan University (formerly Ryerson University). With over twenty years of experience in undergraduate nursing education, she has focused primarily on teaching pathophysiology and final-year nursing practicum. Dr. Lee's research interests center on improving coordination among healthcare professionals in supporting patients and families in the face of illness.

## **Dr. Edward Lee - Dentist**

### **EDUCATION**

- Doctor of Dental Surgery (1988) University of Toronto
- Post Grad Certificates in Cosmetic Dentistry and Implant Dentistry
- University at Buffalo, Medical College of Georgia, Harvard University

### **PROFESSIONAL DISTINATIONS**

- Fellowships in Orthodontics, Implant Dentistry
- Board Certification, American Board of Oral Implantology/ Implant Dentistry
- Mastership, Academy of General Dentistry

### **INVOLVEMENT IN DENTISTRY**

- Student Rep to Ontario Dental Association and Canadian Dental Association
- Research Associate, University of Toronto
- Tutor, Cosmetic Dentistry and Implant Post Grad Programs
- Senior Clinical Instructor, Faculty of Dentistry, University of Toronto

### **NON-DENTALACTIVITIES AND INTERESTS**

- Board Member, Carefirst Seniors & Community Service Association
- M.P. Candidate (Agingcourt Constituent), 1997 Canada Federal Election
- Cosmetic Dental Consultant, Toronto Chinese Beauty Pageant
- Political Adviser, Honorable Senator Salma Atallahjan
- Board Member, Association Council, Upper Canada College

- Board Member, Advisory Council, Granite Golf Club

### **GENERAL INFORMATION**

- Private dental practice in Toronto since 1988
- Married, with 3 adult children
- Languages, English, Cantonese, Mandarin (Written and Spoken)

### **Mr. Elliot Tse - Physiotherapist**

**Mr. Elliot Tse**, MCPA, RPT, SRP(UK), PRT(Australia), PDPT(HK), is a Registered Physiotherapist licensed to practise in Canada, U.K., Australia and Hong Kong, with over 30 years of professional experience. He is the owner and Clinical Director of a multi-disciplinary rehabilitation centre in Richmond Hill. He has been advancing himself in his profession in many specialties. He has been the clinical instructor and clinical examiner for physiotherapy students, the mentor for fellow physiotherapists, the speaker in workshops and seminars for health care professionals. Mr. Elliot Tse has been the co-author of a book on healthy living. He has contributed dozens of health-related articles published in newspapers, magazines and various publications including health magazine on the web. He has been the host speaker of the health program on radio and the guest speakers of TV programs on health-related topics. He has often been interviewed by the media (T.V., radio, press) on physiotherapy and health-related current issues.

Apart from his professional advancement, Elliot is also very active in the community. To name a few, Elliot Tse is the Founding President of the Chinese Canadian Physiotherapists' Association, the Past President of the Federation of Chinese Canadian Professionals (Ontario), the Director of The Cross-Cultural Community Services Association (TCCSA), the Carefirst Foundation and a number of other not-for-profit organizations. His contribution to the community has been recognized by the Member of Parliament (M.P.) for Thornhill through the Annual Volunteer Award in 2007. Elliot's professional practice, Times Physiotherapy and Rehabilitation Centre, has been honoured by the Best Community Service Award in 2008 and also recognized by the M.P. for Richmond Hill in 2011 with a 15th Anniversary Celebration Certificate for its outstanding services to the community.

## **Ms. Fatima Khemani - Nurse Practitioner**

**Ms. Fatima Khemani**, DNP-FNP, FNP-BC, is currently a Cardiac Surgery Nurse Practitioner at St. Michael's Hospital and an Adjunct Lecturer with University of Toronto. She completed her Doctor of Nursing Practice at Rush University in Chicago, IL. She graduated from her Bachelor of Science in Nursing- Summa cum laude. She was the Northshore Nursing Scholarship Recipient and Valedictorian of Graduating Nursing Class. She has also won the D. Ralph Erickson Award for Academic and Clinical Excellence.

## **Mr. Gordon Lee - Paramedic**

**Mr. Gordon Lee** is a Primary Care Paramedic with Toronto Paramedic Services. He graduated from the University of Waterloo with a Bachelor of Science in Kinesiology, and subsequently graduated from Humber College with a Diploma of Paramedicine. He joined Toronto Paramedic Services in 2015 and worked in the downtown core and Leslieville area for the first 6 years of his career. In 2019, he became a Field Training Officer where he trained new Paramedics and precepted Paramedic college students. Gordon joined the Community Paramedic department in 2021, where he provides medical care to vulnerable populations and identifies gaps in their medical needs.

## **Dr. Irene Shih - Dentist**

**Dr. Irene Shih**, DDS, DMD, is a general dentist who graduated from McGill University. She has been an associate dentist for the past three years and recently became an owner of a dental practice. She grew up in Taiwan and obtained her D.D.S. from Chung Shan Medical University in 2013. Soon after, she moved to Canada and completed her Master's in Disability Studies at York University and D.M.D from McGill University. Besides her own practice, Dr. Shih volunteers at Filling the Gap clinic for low income uninsured adults who would otherwise never visit a dentist. Outside of work, Dr. Shih is an avid runner and enjoys everything movement-related

## **Ms. Jie Di - Dental Hygienist**

**Ms. Jie Di** is a registered dental hygienist with a passion for promoting oral health. She completed her dental hygiene program at Durham College and has been practicing for 10 years. She is passionate about educating her patients on the importance of good oral hygiene and takes pride in helping them achieve and maintain healthy smiles.

## **Dr. Kenneth Fung - Psychiatrist**

**Dr. Kenneth Fung**, MD, FRCPC, MSc, DFCPA, DFAPA, is Staff Psychiatrist and Clinical Director of the Asian Initiative in Mental Health Program at the Toronto Western Hospital, University Health Network. He is Professor and Director of Global Mental Health with the Department of Psychiatry, University of Toronto. His research, teaching, and clinical interest include both cultural psychiatry and psychotherapy, especially Acceptance and Commitment Therapy (ACT), CBT, and mindfulness, with projects and collaborations in China, Hong Kong, and South Korea. He conducts community-based research and projects in stigma, resilience, mental health promotion, trauma, caregivers for children with ASD, immigrant and refugee mental health, and pandemic response. He is the Block Co-coordinator of the Cultural Psychiatry Core Seminars for psychiatry residents, and the seminar co-lead and psychotherapy supervisor in Cognitive Behavioral Therapy (CBT) at the University Health Network. He is also psychiatric consultant to the Hong Fook Mental Health Association.

## **Dr. King Chen - Pharmacist**

**Dr. King Chen** is a pharmacist who has had experience in various settings such as hospital, retail manager and speciality pharmacy. He has a vision to give back to the community and to make a difference in people's lives. He is excited to share his experience and stories with the next generation of future healthcare leaders.

## **Dr. Li-Hao Chen - Family Physician**

**Dr. Li-Hao Chen** is a certified Family Physician at the Oshawa Clinic Group, where he practices general comprehensive primary care.

Dr. Chen was born in Taiwan and spent most of his childhood in Vancouver. He then moved to Toronto for post-secondary education, where he received his Honour Bachelor of Science (Hon. BSc), Master of Science (MSc), and Medical Doctor (MD) degree from the University of Toronto.

He is currently an Assistant Professor for Queen's University, Department of Family Medicine, at the Queen's Bowmanville-Oshawa-Lakeridge (QBOL) site, and enjoys teaching medical students and residents. Dr Chen is an Investigating Coroner for the Office of the Chief Coroner of Ontario, and regularly serves the Region of Durham.

## **Ms. Rowena Leung - Dietitian**

**Ms. Rowena Leung** is a Toronto-based Registered Dietitian and Certified Diabetes Educator. Rowena completed her undergraduate studies at Western University and completed her dietetic internship at St. Michael's Hospital. For almost 15 years, Rowena has practiced dietetics in a variety of settings including: family health team, diabetes education centre, long term care home, retirement home, industry, media, private practice and hospital.

Rowena is very passionate about mentoring and educating individuals. She has mentored many dietetic interns from various programs across the country and often takes undergraduate nutrition students as volunteers. She is currently an instructor for McMaster Continuing Education. At the same time, she is currently enrolled at OISE and is pursuing a Masters of Education in Adult Education and Community Development.

Rowena looks forward to sharing with you all about her insight into the dietetic profession.

## **Dr. Samantha Chan - Optometrist**

**Dr. Samantha Chan** received her Bachelor of Science degree in General Science from Wilfrid Laurier University and her Doctor of Optometry degree from Inter American University of Puerto Rico, School of Optometry.

During her studies at IAUPR, she completed her clinical rotations at various clinics around Puerto Rico, working closely with several doctors specializing in contact lenses, ocular diseases, vision therapy, pediatrics, low vision, and prosthetics. From this experience, she is able to conduct an eye examination in Spanish. Upon graduation, Dr.Chan was recognized with the award for the Best Scientific Manuscript, Leadership Award and President of Private Practice Club, Leadership Award for representing the Canadian Association Club, Clinical Excellence sponsored by AAOF. She completed her clinical externship within the Greater Toronto Area at different private practices focusing on primary

eye care. She is now running and owns two clinics called, Sightcare Optometry and Optical inc. located midtown and Holland Landing.

Her clinical interests include dry eyes, myopia control, and pediatrics. In Dr. Chan's spare time, she enjoys traveling and spending time with her four-legged best friend, called Dezi!

### **Ms. Shankari Sivarajasingam - Occupational Therapist**

**Ms. Shankari Sivarajasingam**, MSc. (OT), OT Reg. (Ont.), is a registered occupational therapist who graduated from University of Toronto and is currently working as a Practice Resource Leader and Mental Health Clinician on the Assertive Community Treatment Team at Mount Sinai Hospital. She has 6 years of clinical experience as an OT. Shankari's practice includes working with adults and older adults in various settings of outpatient mental health (community and day treatment program), acute care (general medicine, dialysis, acute surgery, oncology, and orthopedic trauma and neurosurgery), inpatient stroke and neuro rehabilitation, transitional care facility, and community home care. She is a self-motivated learner who is a big advocate for client-centered care and health/wellness initiatives. Shankari is passionate in utilizing a strength-based approach to help individuals reach their goals and improve their quality of lives.

## **Ms. Sherlyn Hu - Social Worker**

**Ms. Sherlyn Hu**, MSW, RSW, is a Chinese-Canadian social worker, author, educator, and grant-winning artist of immigrant background graduated from the inaugural Collaborative Master's specialization in Social Work and Asia-Pacific Studies at the University of Toronto. She is a current Mental Health Clinician at Mount Sinai Hospital in Toronto, providing culturally and linguistically appropriate psychotherapy and mental health care for Chinese seniors and family care partners. She is actively engaged in enhancing the quality of healthcare by training regulated and unregulated health care providers in health care communications across varied settings in the past decade. Sherlyn has published books, peer-reviewed journal articles, and presented in conferences on mental health, social work education and personal growth in English and Chinese. She co-founded a Canadian non-profit organization called BETWEEN Arts and Human Services in 2014, focused on enhancing community building and human care through art. Her artwork has appeared in different media, including at the University of Toronto, the Toronto Transit Commission vehicles, Canadian consumer products, Bell Box Mural and local magazines. Her most recent children's book *Everyone Needs Care* (2022) celebrates front-line care workers in their daily endeavours to enhance the quality of life of those living with dementia in our community. She has a current art exhibit at the Toronto Public Library for April 2023. Connect with Sherlyn on social media, @sherlynhu .

## 5. Acknowledgement

We would like to thank the following people for making this event possible.

### **Co-Organizers:**

Ms. Carmen Chan  
Dr. Chi-Ming Chow  
Mr. Eric Li  
Mr. Frank Scarpitti  
Mr. Godwin Chan

### **Volunteers:**

Agnes Lu  
Arthur Chow  
Eric Lai  
Helen Ma  
Joanna Wu  
Jonathan Yuen  
Karice Cheung  
Michelle Lam  
Raphael Chan  
Rodney Chan  
Vivienne Lee

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