



My name is Julia and I'm hoping to become a Member-at-Large for the 401. I graduated from the University of Victoria with a BSc in Psychology in 2021 where I focused on mental health & well-being and dementia. I now work as an Activity Worker at the Veteran's Memorial Lodge.

The reason I am running for a local executive position ultimately is because of my nana. She had Alzheimer's for 8 long years and lived at home with my parents and me looking after her. In the last 4 years of her life we needed help but struggled with the public system finding consistent care aides to come to our home while she was on the waitlist for the care home I work at now. She passed away in hospital in November 2019 just before the pandemic (thankfully) where I only heard horror stories about long term care homes across Canada.

My goal after she passed was to work towards improving the lives of residents in long term care homes. I soon realized the quality of their lives was dependent on the quality of work-life of their care givers. I believe the best way to improve residents lives, and all those who seek help through the health care system, is to improve the conditions for those *working* in the health care system. So this is my goal now and I believe big improvements can be made through our union. Everyone enters health care because they want to help people and by helping the workers, we help every under their care.