

# *Sandi Caplan*

Sandi Caplan has over forty years of professional experience providing direct to patient complementary services in the health care field and the not-for-profit sector. More than two decades ago, Sandi founded S.A. Caplan Associates, where as therapist and personal coach, she provides training for professionals and volunteers working in the health care and social service sectors and consults with not-for-profit agencies and organizations in sustainable project development.

Her passion for health care and building supportive 'grass roots' community initiatives has shaped both her professional career and her volunteer involvement. Sandi founded Heart to Heart, a National self-help program of education and support for cardiac patients and their families, developing the format, curriculum and leadership training. Under the auspices of the Ontario Heart and Stroke Foundation, she established Heart to Heart programs in London and throughout Ontario for which she received a Government of Canada Lifestyle Award and Medal for 'her work in founding and developing Heart to Heart and her contribution to the health and lifestyle of Canadians' and a Centennial Award from the Ontario Medical Association 'for contribution to the community in the field of health care'. Her work as a Pastoral Care chaplain at St. Joseph's Health Centre led to her specialized focus on grief and bereavement, co-authoring with Gordon Lang 'Grief's Courageous Journey', a book that guides those in transition from "loss to healing". This book is now in its 12th printing and has been translated to numerous languages including Spanish and German.

Sandi has held positions on many local and national boards and committees including Past Chair of the Daya Counseling Centre (formerly London Interfaith Counseling Centre), founding Chair of Hospice of London and Chair of the National Council of Jewish Women, London Section. As well she has been a member of the National Patient Care Committee of the Canadian Cancer Society, the Women's Planning Circle at Brescia University College, the United Way's Community Services Committee, the Jewish Community Council and Or Shalom Synagogue Board of Directors.

Currently she serves on the Executives of the Women's Christian Association, Wellspring London, McCormick Home, and the London Downtown Business Association and is completing her first year as a member of the London Health Sciences (LHSC) Board of Directors.

Along with her husband Paul, Sandi is co-owner of Novack Holdings Limited, a retail institution in London Ontario, with direct responsibility for the Travel Bookstore Division.

# *Paul Caplan*

*P*aul Caplan is President of Novack's, a retail institution in London for more than 70 years, President of Novack's Avid Traveller - Small Group Experiences, taking people on active and soft adventures to intriguing places around the world and President of the Novack's Uniform Group, a manufacturer and distributor of specialty uniforms for the Public Safety sector. He founded North by Northwest, a chain of retail stores, which he sold in 1990.

*P*aul holds a Master's Degree in Social Work (M.S.W.) from the University of Toronto and an undergraduate degree in Applied Social Sciences from Sir George Williams University in Montreal (now known as Concordia). Paul has the unique distinction of being the first Masters of Social Work student at the University of Toronto to be enrolled simultaneously in the MBA program with the Faculty of Management Studies. In 1992, Paul was elected a Fellow of the American Orthopsychiatric Association.

*H*e moved to London in 1973 as the Executive Director of a United Way funded agency, the London Jewish Community Center and Federation. At the same time, he joined the faculty of Social Work at King's College as a part time lecturer with a cross appointment as student supervisor.

*P*aul is a past Chair of St. Joseph's Health Care Board of Directors, a past President of the Children's Aid Society of London and Middlesex, a past chair of the Western Ontario Professional Social Work Association as well as the London Jewish Federation. He is a past chair of the United Jewish Appeal, and has served on the United Way Campaign Cabinet and on the Board of King's University College, UWO, serving as chair of its Finance Committee. He has served on the United Way Task Force on Children's Services for London and Middlesex and is a past member of the advisory board of Orchestra London.,

*P*aul is currently a Trustee of Brescia University College at U.W.O. and a member of its Finance Committee and after a 10 year hiatus, has recently returned to the Board of Directors of the Children's Aid Society.

*T*ogether with his wife, Sandi, Paul has organized the annual Novack's Walk for Wellspring, a not for profit organization whose mandate is to support patients and their families through the tough days in their Cancer Care journey. In just 5 years, Novack's has been able to generate over \$300,000 for Wellspring.

*A*n avid traveller himself, and in his spare time, Paul writes a Travel advice column, "The Avid Traveller" for the London Free Press and Sun Media.