

TRANSFORMING THE WAY WE EAT: A JOURNEY THROUGH THE LIFE COURSE “From the early to the golden years”



PANELIST PROFILES

Thursday 18th November, 2021
6:00 – 7:30 p.m. AST

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Danielle Walwyn

Advocacy Officer, Healthy Caribbean Coalition

Danielle Walwyn is the Advocacy Officer at the Healthy Caribbean Coalition. As the Advocacy Officer, she works with the rest of the HCC Team in implementing the HCCs regional obesity prevention project focused on building support for the adoption of healthy food policies across the CARICOM Community with a specific focus on Barbados and Jamaica. She coordinates HCCs Youth Engagement Strategy and is passionate about amplifying the youth voice.

Danielle holds a Master’s degree from Queen’s University, Canada, with a specialization in Health Promotion and a focus on physical activity. She is certified to teach fitness classes to all including special populations like older adults and children. Danielle is a youth advocate, passionate about health equity and making physical activity accessible to all.



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Elizabeth Cox

Member, Rotary District 7030 COPP Team

Liz who joined Rotary International 13 plus years ago is an avid gardener and budding home chef. She is currently a member of the Rotary Club of Garden City Guyana serving as the Service Projects Director & Club Trainer.

On her professional side, Liz is the CEO of Casper Investments Inc. an Insurance and Management consultancy firm offering services as a Strategic Advisor & Trainer in Guyana, across the Caribbean and is the Chairman of RF&G Life insurance Company in Belize.

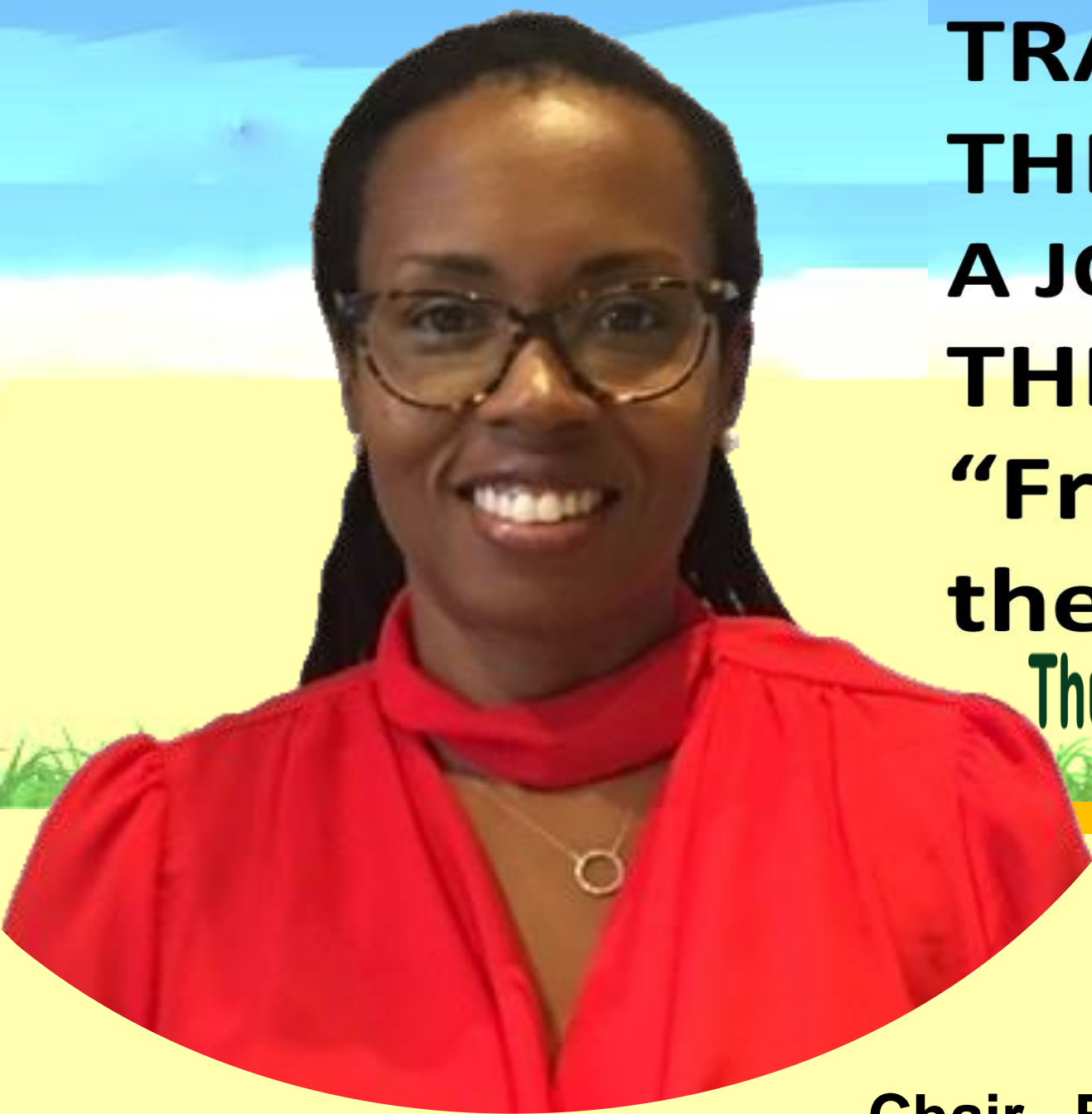
She is a qualified Insurance expert and also holds an Executive MBA in General Management from UWI Cave Hill Campus Barbados. As a Certified Master Trainer and a Certified Myers Briggs Administrator Liz’s goal is to transfer her knowledge to the next generation of leaders.



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Dr Alison Bernard

MBBS, MRCPCH, MPH

Chair, Breastfeeding and Child Nutrition Foundation (Barbados)

Dr. Alison Bernard is a Paediatrician and practising physician of nearly 20 years. She is a wife and mother of two girls, 9 and 11 years old and breastfed her children for nearly 3 years in total. She has a Masters in Public Health and is the Executive Director of the Breastfeeding and Child Nutrition Foundation, a non-profit organisation, first registered as a charity in 2015. The Organisation’s mandate is to support, promote and protect breastfeeding, provide and advocate for wider nutrition education and research around the fragile period of introduction of complementary foods and to support the creation of comprehensive family-friendly breastfeeding policies, thereby creating a foundation for nutrition knowledge and practice for parents, health professionals, policymakers and other stakeholders in an effort to stem the tide of childhood obesity and the noncommunicable diseases. The Organisation uses the sustainable development goals as a framework to assist in meeting its objectives. Dr Bernard’s passion for early childhood nutrition drives her desire to support and empower mothers and families to choose the healthiest and most optimal nutrition for their children.



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Sister Andrea Scott

Registered Nurse, Queen Elizabeth Hospital (Barbados)

I am a nurse!!! Nursing is my passion.

I commenced the noble profession of nursing in 1997 as a Registered Nurse at the Queen Elizabeth Hospital in Barbados, where I worked on the medical, surgical and pediatric wards. However, I spent most of my career in the Pediatric Department; both the general pediatric ward and the Pediatric Intensive Care Unit. In 2003 I achieved a Diploma in Midwifery and was awarded the most outstanding student.

Throughout the years I have completed numerous courses for personal and professional development, including a Bachelor of Science in Nursing through the University of the West Indies Mona campus and I am presently pursuing a Masters in Healthcare Management. For exceptional work in the nursing profession, I was awarded the “Chairman of the Board Award” in 2008.

In that same year, I was promoted to the post of Nursing Officer, and eventually to a Senior Nursing Officer by 2019. Presently, I am assigned to the Women and Children Directorate at the QEH. Twenty-four years into this profession, I continue to live by this inspirational quote as stated by Mother Teresa, “Speak tenderly, let there be kindness in your face, in your eyes, in your smile, in the warmth of your greeting.

Always have a cheerful smile. Don’t only give care; give your heart as well.”



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Mrs Catherine Brown

Project Manager, George Alleyne Chronic Disease Research Centre

Catherine obtained a Bachelor’s Degree in Health Sciences at the University of Waterloo (Canada), spend several years studying medicine before she switched into the public health field in 2014 and she obtained her Master’s in Public Health from University of the West Indies (Barbados). Her public health research has led to a strong focus in conducting systematic and scoping reviews and qualitative data collection and analysis. Most of her work has involved social determinants of disease and understanding local food contexts. Her interests also include mental health and active ageing within the Caribbean. Catherine joined the George Alleyne Chronic Disease Research Centre (Barbados) in 2014 and is currently is project manager and qualitative researcher for the Improving Household Nutrition Security and Public Health in CARICOM (FaN) study which aims to improve food sovereignty, household food security and nutrition in CARICOM states.

Catherine has one child, who was born in July 2020. She exclusively breastfeed for 8 months and now works full-time (mostly from home).



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Ms. Eden Augustus PhD Candidate Public Health, UWI

Eden Augustus is currently a Public Health Doctoral Candidate within the Faculty of Medical Sciences, at the University of the West Indies (U.W.I), Cave Hill Campus. She was granted a U.W.I. General Postgraduate Scholarship in September 2020 and works as a Project Manager on the ICoFaN project (a project that focuses on promoting the consumption of local nutritious foods, which her PhD is independently embedded in). Ms. Augustus has a diverse background having obtained a Master in Public Health (Distinction) in 2019 , a BSc. in Human Nutrition and Dietetics (First Class honours) in 2018 and holds associate degrees in both Culinary Science and Culinary Arts. Ms. Augustus is a member of Cochrane , and also a Healthy Caribbean Coalition Youth Advocate.



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Ms. Dorothy Graham- Charles Nutrition Consultant, Eat for Success

Dorothy Graham-Charles is the Owner and Nutrition Consultant at Eat for Success, and the Immediate Past President of the Caribbean Association of Nutritionists and Dietitians. She is also the Antiguan and Barbudan Country Representative for the International Affiliate of the Academy of Nutrition and Dietetics [IAAND] (2019 - 2021).

Mrs. Charles completed a Diploma and Bachelor of Health Science in Dietetics and Nutrition at the University of Technology, Jamaica, with a focus on Institutional Management and Health Education respectively. She then completed a Master of Science in Nutrition at the University of the West Indies, Mona, and specialized in Sports Nutrition at the National Association Sports Nutrition, USA. She is currently pursuing additional studies in public health with a focus on epidemiology. Mrs. Charles also holds certificates in cosmetology and backyard gardening and has initiated various gardening initiatives especially in the schools.

For leisure, Mrs. Charles enjoys various physical activities including modern dance and swimming and was named Antigua and Barbuda's top female cyclist in 2010.



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Ms. Wendy Slagveer Ramautarsing Rotary Club of Paramaribo Central

Wendy Slagveer – Ramautarsing, born on January 5, 1977 in Paramaribo as the eldest daughter of her parents. She studied at the Anton de Kom University in Suriname. She then completed her Masters degree in 2004 at FHR School of Business.

As a professional she has been able to work for various local companies that have represented international brands such as KFC, Pizza Hut, Western Union, Blokker and Cirkel Direct Sales.

During her studies she always worked so that what was learned could also be put into practice. She started her first job at a gym as a facility supervisor, she worked as a bookkeeper at the Radio Omroep Suriname Foundation (SRS), where the annual accounts were delivered over a number of years. She also worked at HSDS as a production manager.

In 1996 she changed jobs and then worked for De Surinaamsche bank for 13 years in the positions of Risk Control Officer and Finance Manager. In 2017 she transferred to CMA CGM SURINAME NV in the role of CFO.



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Mrs Hedy Heymans Retired Registered Nurse

Hedy Heymans-Soeters, born 21-4-46. comes from a family of 10 children, is the third child and eldest girl. She is married to Kenneth Heymans for 50 years and together they have 1 daughter Marcia and 1 son Dennis who is now 39 years old.

Hedy Heymans is a Nurse with extensive experience in the healthcare sector on the national and international level. Her specialty is guiding healthcare professionals in primary healthcare.

She left for the Netherlands in the second-year of her nursing education to finish her studies in Holland. There she obtained her Nursing Diploma in 1968; at the time she worked at the Binnengasthuis in Amsterdam.

Nurse Heymans, as she is mostly known, contributed significantly to development of the training of nurses under the auspices of the Ministry of Social Affairs, namely the training for Caregivers for the elderly.

Most of her working life she spend at the Ministry of Health, Department of the Inspectorate for Nursing and Care Professions where she was in charge of supervising the quality of all training courses in the health care sector, as well as supervising the quality of care provided in hospitals and hospital outpatient clinics across the country.

In 2001, Nurse Heymans was promoted to Chief Nursing Officer of Suriname, or Head of Inspectorate for the Nursing and Care Professions, and in that capacity, together with all Chief Nursing Officers, was charged with the development of the Nursing Policy and many facets thereof within the Caricom.

In 2006, Nurse Heymans officially retired from government service with an honorable discharge due to reaching retirement age.

As a free-lance professional, Hedy Heymans has also been a consultant for the State Health Fund, for the Structuring of Home Care in Suriname and has given the first impetus to this end. For health reasons, she prematurely handed over the banner.

It is also worth mentioning that Hedy Heymans was the first Surinamese Nurse to receive an Award from the Caribbean Nurses Organization during the 27th Biennial Conference for Development of the Nursing Profession and Improvement of Health Care Services held in Aruba on October 29, 2010



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Dr Kristine Luckham

Head, Clinical Geriatrics Department, University
Hospital Paramaribo

Kristine Luckham completed her training as a clinical geriatrician at the Radboud UMC in the Netherlands in 2013. She is head of the Clinical Geriatrics Department at the University Hospital Paramaribo and has a special focus on neurodegenerative disorders in the elderly. In addition to her outpatient work, she is also a lecturer, researcher and chair of the Alzheimer Suriname foundation. Elderly living with dementia are at a higher risk of developing malnutrition because the signs of malnutrition are often considered normal ageing. Do we need less nutrition the older we get? Or is the nutrition just different?



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