

## **HEALTHY HEARTS CHEF CHALLENGE 2019**

**Date:** Tuesday, February 26, 2019

**Location:** BMO Institute for Learning - 3550 Pharmacy Ave, Toronto, ON M1W 3Z3

### **AGENDA:**

**Host:** Dr. Paul Oh – Medical Director, UHN Toronto Rehab Cardiovascular Disease Prevention & Rehabilitation Program and Cardiac Health Foundation of Canada Chief Medical Officer.

**Musical Entertainment:** Andrew Beg & Tom King; Frances Beg & Salena Harriman

**Culinary Judges:** Head Judge Chef Murray Hall (Executive Chef BMO-IFL); Dr. Barbara Cifra (Hospital for Sick Children (SickKids) Exercise Medicine Program Director); Roger Petersen (Co-Host Breakfast Television); Barbara Kennedy (Former Executive Director CHFC)

**6:15 - 7:00 pm** Cocktail Reception, Appetizers, Entertainment & Silent Auction in the Atrium

**7:00 - 7:15 pm** Welcome: Dr. Paul Oh on Stage in the Atrium  
CHFC Updates: Leo DelZotto, President Cardiac Health Foundation of Canada  
Thank You / WALK OF LIFE®: Sarah Smith, Executive Director CHFC  
Introduction of Chefs & Healthy Heart Entrees

**7:15 - 8:30 pm** Dinner Entrees served at FIVE Cooking & Plating Stations in the Atrium  
Chefs will share the details about their culinary themes, healthy ingredients & preparation

**8:30 pm** Silent Auction Closes & Judges' Vote Takes Place

**8:30 - 8:50 pm** Desserts in the Atrium with Guest Speakers on Stage

1. Dr. Barbara Cifra - Sick Kids Exercise Medicine Room Project Update
2. Siggie Murphy & Jodi Smith – 13 year old Ontario Provincial Champion Gymnast & her mom will speak about their cardiac surgery experience at SickKids & the importance of exercise post-surgery

**8:50 pm** Presentation of Chef Awards

**9:00 pm** Silent Auction Winners & Prize Pick-Up in the Atrium

### **Chef NICK CALINA**

#### **Representing Revera Retirement Living**

With over 25 years of experience, Chef Nick Calina fills the role of Senior Regional Manager of Culinary Services with Revera Retirement Living. Nick is a graduate of George Brown College. He holds a Red Seal certification and is classically trained. He has worked and managed various Hotel/Resorts/Restaurants as well as Catering Kitchens. Nick has been working in senior living industry for over 15 years in both LTC and the last 9 years in Retirement. In his role with Revera Retirement Living, he focuses his time on working with both internal and external customers to find products and culinary solutions to meet today's and tomorrow's consumer demands.

### **Chef IAN THOMSON**

#### **Representing Revera Retirement Living**

With over 20 years of experience in the Culinary Arts, Chef Ian Thomson fills the role of Regional Manager of Culinary Services with Revera Retirement Living and currently oversees 30+ retirement residences. Ian has worked and managed in several high-volume restaurants over the years in the Ottawa Capital Region where he currently resides. Ian made the transition into the senior living industry in 2015 and quickly advanced into the Regional Manager position. In his role with Revera Retirement Living, he focuses his time on working with both internal and external customers to find products and culinary solutions to accommodate today's and tomorrow's evolving senior.

**Revera** is a leading owner, operator and investor in the senior living sector committed to helping older adults live life to the fullest. Through its portfolio of partnerships, Revera owns or operates more than 500 properties across Canada, the United States and the United Kingdom, offering seniors' apartments, independent living, assisted living, memory care and long term care. Revera's vision is to celebrate the ageless spirit of people. Through a strategic focus on growth, innovation and leadership, the company strives to improve the aging experience of people in its communities. Revera's culinary team believes that great dining should deliver more than just a meal, it should offer an experience! Delicious and nutritious food, made from scratch using fresh wholesome ingredients, served with warm, professional service. Please visit our website at [www.reveraliving.com](http://www.reveraliving.com)

### **Chef STEVE CHAPMAN**

#### **Representing Esprit Lifestyle Communities**

Steve Chapman is the Regional Director of Culinary Services for Esprit Lifestyle Communities. He attended the Southern Alberta Institute of Technology, and his culinary travels have taken him from resorts and hotels, to fine dining restaurants. For the past 16 years he has had the good fortune of working in the Retirement industry, where he has worked in communities across North America, and also had the opportunity of setting up kitchens and ultimately securing Culinary Contracts with Retirement communities in England.

At **Esprit Lifestyle Communities** we are committed to providing Canadians with high quality retirement living and health care options focused on enhancing and enriching the lives of our residents. Esprit Lifestyle Communities owns and operates Independent and Assisted retirement communities across Ontario and Saskatchewan, as well as standalone and integrated Memory Care community in Regina. With ten communities in operation, and another scheduled to open this Spring, Esprit Lifestyle Communities is growing. We are proud to carry on our parent company, Extencicare's, mission of 'helping people live better' in Retirement Communities. To find out more about our communities, please visit [www.espritlifestyle.com](http://www.espritlifestyle.com)

### **Chef STEPHEN HUSZCZO**

#### **Representing Chartwell Retirement Residences**

Stephen Huszczo has been in the culinary arts and hospitality industry since 1983. He has travelled extensively working in hotels, restaurants, private golf courses and the Host hotel for the Olympics. After owning his own restaurant and catering company, Stephen joined the retirement industry and has been with Chartwell for over 4 years. Stephen says it has been the greatest honour of his life being of service to the retired seniors.

### **Chef ANTHONY RIZZO**

#### **Representing Chartwell Retirement Residences**

Anthony Rizzo has been in the retirement Food and Beverage industry for the last 14 years. A classically trained chef, he has managed over 24 Food and Beverage operations across the province including 8 new developments. As a member of the Chartwell's National Food and Beverage team, Anthony supports

Chartwell's Food and Beverage programs in over 45 residences across Western and Northern Ontario. He believes good quality food and good quality service are the cornerstones of any successful Food and Beverage program.

**Chartwell** is the largest owner and operator of seniors housing communities across the country, from independent supportive living through assisted living to long term care. With over 185 residences, Chartwell offers a wide-range of choice—from independent apartments ideal for active seniors who desire convenient retirement services, to assisted living suites that combine the availability of services like housekeeping and dining with personalized care and support, to memory care neighbourhoods specially-designed to help seniors living with dementia enjoy a good day, every day. Chartwell is committed to its vision of Making People's Lives BETTER and to providing a happier, healthier and more fulfilling life experience for seniors. Visit our website at [www.chartwell.com](http://www.chartwell.com)

### **Chef GEORGE MADALENA C.C.C**

#### **Representing Schlegel Villages**

After excelling at prestigious establishments such as Centro, Four Seasons Toronto and Hockley Valley Resort and Spa, Chef George Madalena has been delighting residents at Schlegel Villages as Culinary Specialist. Chef Madalena grew up on a hobby farm in rural Ontario and his love for local, fresh-from-the-garden ingredients has flourished since the time he could see over the countertop of his childhood kitchen. Starting with the philosophy that a great dish starts with a great ingredient and grows around it, the lessons George learned on the farm guide all of his menu creations. This is deliciously reflected in his hands-on involvement with the team at Schlegel Villages and his gentle guidance in the kitchen when coaching fellow chefs and teammates to the delight of all guests and residents.

**Schlegel Villages** manages a number of village-style retirement communities across southern Ontario, which includes independent living, retirement, assisted care, memory care and long-term care for seniors. Building on more than 60 years of tradition and experience caring for seniors, Schlegel Villages is led by the Schlegel family of Kitchener, where three generations have been involved in the seniors care field since 1952. The importance of wholesome good food and breaking bread together as a family is a value cherished at Schlegel Villages, and each Village offers delicious entrees created by trained chefs who pour their love into every meal. Visit our website at [www.schlegelvillages.com](http://www.schlegelvillages.com)

### **Chef DIVAKAR RAJU**

#### **Representing Delmanor Communities**

Divakar Raju is the Corporate Manager Culinary Services for Delmanor. He is a graduate of the School of Hotel Management & Culinary Arts in India and past Executive Sous Chef at the Mumbai Taj Mahal Hotel. He has worked at hotels around the world and has a Red Seal Certification and is a member of the American Culinary Federation & the Canadian Food Professional Association.

There's something that makes the **Delmanor** experience unique. It's not just our buildings, or suites or ambience. It's us. Many of us have been with Delmanor from the very beginning. Others have just picked up the calling. But we're all devoted to one common ideal. We come to work every day knowing we're coming into your home, not just a building. And we are the better for it. We know change can be hard. We also know that moving on doesn't have to mean moving away. We want to get to know you, and we want you to know us. We know we've been invited to become part of a community that each and every one of us has a responsibility to enhance every day, in every way. We're focused on enhancing that daily experience by offering dependable, personalized attention you can count on – the way friends count on each other. We invite you to discover more at [www.delmanor.com](http://www.delmanor.com).

### **Dr. PAUL OH - Evening Host**

Dr. Paul Oh is Medical Director, Goodlife Fitness Chair and Senior Scientist in the Cardiovascular Disease Prevention and Rehabilitation Program at the Toronto Rehabilitation Institute & Peter Munk Cardiac Centre of the University Health Network, and Associate Professor of Medicine, University of Toronto. In addition, the Cardiac Health Foundation of Canada is fortunate to have Dr. Oh on its Board in the capacity of Chief Medical Officer. His passion and academic focus is on the design, delivery and evaluation of exercise and lifestyle interventions for the prevention and management of chronic disease.

### **Dr. BARBARA CIFRA - Guest Speaker & Culinary Judge**

Dr. Barbara Cifra, MD, graduated cum laude from La Sapienza University Medical School in Rome and completed her residency in Sports Medicine. She focused her training on cardiology and exercise physiology while spending two & a half years at the Medical and Surgical Paediatric Cardiology Unit at Bambino Gesù' Hospital in Rome. She is currently the SickKids' Exercise Medicine Program Director and was instrumental in launching Canada's first Paediatric Exercise Medicine Room & Cardiac Rehabilitation Program at SickKids in February 2018.

### **SIGGI MURPHY & JODI SMITH – Guest Speakers**

Siggi is a vibrant and energetic 13 year old teenager who was diagnosed with a congenital heart condition at birth. When she was 11 years old, she underwent cardiac surgery at SickKids to repair the small hole in her heart. Prior to her surgery, she was a competitive gymnast and made the cut to compete in the Ontario Provincial Gymnastics Championships. Ten days following her surgery--and with an impenetrable spirit--she returned to the gym to train for her competitions. Last year, she placed an impressive first on vault and third on bars and continues to compete in Provincials this year. Her mother, Jodi, is a kindergarten teacher with over 20 years experience working with kids and is the mother of 3 beautiful children and a dog.

### **Chef MURRAY HALL – Head Culinary Judge**

Executive Chef/Food and Beverage Director at BMO Financial Institute of Learning. Chef Hall began his culinary career in Western Canada where he received his Red Seal Journeyman Cooks Papers from SAIT in Calgary, Alberta. Upon receiving this designation, Chef Murray cooked at a number of hotels across Canada, United States and Bermuda. After traveling, Chef Hall settled in Toronto where he received his Canadian "Chef de Cuisine" Certification from Humber College, and now instructs future Chefs at Georgian College in Barrie. Chef Murray is the five time Canadian national champion of the International Association of Conference Centres (IACC) Copper Skillet Culinary Competition. In 2014, Chef Murray Hall competed on the global stage where he won the IACC Global Copper Skillet Competition.

### **ROGER PETERSEN – Culinary Judge**

Roger is the Co-Host of Breakfast Television and this will be his 10<sup>th</sup> year that he has been honouring us as Host of our WALK OF LIFE. This year, we are fortunate to have him join us as one of our distinguished Healthy Hearts Chef Challenge culinary judges.

### **BARBARA KENNEDY – Culinary Judge**

Former CHFC Executive Director, Barb led the Foundation for a period of 10 years and was responsible for the successful rebranding of the organization, attracting many committed sponsors over the years, and building the National WALK OF LIFE and Healthy Hearts events to its current status. Amongst other noteworthy initiatives, she also introduced cardiac disease prevention, public education and advocacy to the CHFC's mission. She is now retired and is looking forward to her golden years.

### **GOLD Event Sponsors:**

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### **BRONZE Sponsors:**

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Esprit  
Revera Retirement Living  
Schlegel Villages  
Dolce Hotels and Resorts  
BMO Institute for Learning

### **Musical Entertainment:**



**Andrew Beg** - While completing his diploma in Music Performance & Technology at Metalworks Institute, Andrew Beg discovered his love of jazz and traditional pop, being influenced by pioneers like Frank Sinatra and Chet Baker. In 2015, his vibrant baritone caught the attention of Canadian chanteuse Adi Braun, who became his mentor and helped facilitate his live debut at Toronto's Jazz Bistro in August of that year, backed by pianist David Restivo. Andrew has since recorded an EP and has worked and performed with other renowned players including Morgan Childs, Jon Maharaj, Joe Sealy, Paul Novotny, Daniel Barnes, and Alison Young. When not performing jazz and blues-based music at private and public events, Andrew is also active with his original indie/alternative rock project, Havens.



**Tom King** - has worked as an orchestral pianist for the Edmonton Symphony, has performed with acts such as the Pointer Sisters and Petula Clark, and has been heard in recital on CBC radio. He began his post-secondary piano studies at the University of Alberta with pianist Stephane Lemelin, and then spent time in Bergen, Norway at the Grieg Academy, and in Oslo studying Scandinavian music with some of Norway's finest pianists. Tom later received his Bachelor of Music degree from the University of Ottawa studying with Andrew Tunis, and completed his Masters of Music degree from the University of Western Ontario studying with pianist John Hess. Tom is currently the musical director for Toronto's Second City.



**Frances Beg** - Soprano Frances Beg's love of singing began soon after she was able to talk. As a child, she sang with various choir groups such as the Etobicoke Youth Choir and the Toronto Children's Chorus. When she reached high-school age, she was accepted into the Etobicoke School of the Arts' Musical Theatre program where in 2016 she and fellow student Emily Parker won the school's Aria Competition shortly before graduating with honours. Frances is currently studying Vocal Performance at the University of Toronto's Faculty of Music under the direction of Monica Whicher.



**Salena Harriman** - Soprano Salena Harriman was born and raised in Toronto, and is currently studying Vocal Performance at the University of Toronto, under the direction of Monica Whicher. Salena graduated from Rosedale Heights School of the Arts where she studied voice and Musical Theatre and featured in several of the high school's musical revues. She additionally earned a student apprenticeship with the Toronto Chamber Choir in 2015, and soon after, was accepted into the Vocal Performance program at the University of Toronto, where she is currently in her second year. In February 2017, she was a featured soloist in their production of Henry Purcell's Fairy Queen, under the direction of Daniel Taylor and Larry Beckwith.

### **Location:**

**BMO Institute for Learning (IFL) 3550 Pharmacy Ave, Scarborough, ON M1W 3Z3**

