

Meet the Board



Dr. Adithi Naidu



Dr. Allen Greenwood



Dr. Baldeep Chera



Dr. David Daien



Dr. Marina Malak



Dr. S. Noor Ul Amin



Dr. Richard Chen



Dr. Salesh Budhoo



Dr. Sohal Goyal



Dr. Sundeep Banwatt



Dr. Vera Cheung



Adithi Naidu

Term: 2 years

Patient Enrollment Model (PEM): Family Health Group (FHG)

Primary Practice Address: 3050 Argentia Road, Mississauga, ON, L5N8E1

Why are you excited to part of the MH PCN leadership team?

When a leadership team reflects the diversity of the community of family physicians it allows us to drive change. I have been a part of the PCN board for the last two years. In just two short years and through a pandemic, I have seen firsthand what a difference this group can make in primary care. From hosting webinars and well-being events, to getting interested physicians into vaccination clinics and high needs areas, the work of the PCN has proven invaluable to the health of our physician and patient community. As we have seen, the health care environment continues to change, and it is increasingly difficult to keep up with both understanding the systemic changes and adapting to this. The MH PCN is truly a platform for more honest conversation about collaborative approaches to stay informed, stay empowered and stay committed to achieving the goal of enhanced physician and patient care.

If you were part of the MH PCN leadership team, what would be one issue you would like to champion? Why?

I firmly believe that it is imperative for Family doctors to feel supported beyond the four walls of the doctor's office. Already, in the last two years, we have been able to get the Mississauga-Halton physician community together like never before. I would like to continue to see this type of important communication that allows physicians to be accurately informed of the systemic changes and how to properly adapt to it. In addition, I would like to continue to work together to ensure physicians know what resources are available to us and our patients on a consistent basis, how to access these in a timely manner, strengthen collaboration of care with our specialists and understand how to be properly compensated for the complex work that we do.

The MH PCN values diversity of expertise in its leadership to enable a high-functioning and skills-based team. Do you have deep expertise in an area that you think would be valuable for the MH PCN leadership team?

Communications and Social Media. In the last two years, I have helped with acquiring a membership to the web platform that we currently use and working with our team on the communications that go out to our community of doctors. I think there is always room to further improve how we connect with each other, share up to date information/resources and support each other. I would like to continue working towards an efficient way to create, collaborate and share information so that each one of our colleagues feels encouraged, empowered, and supported.

Do you have any potential conflicts of interest by being on the board of the MH PCN?

I do not have any conflicts of interest.

Allen Greenwood

Term: 1 year

Patient Enrollment Model (PEM): Fee for Service (FFS)

Primary Practice Address: 2200 Eglinton Ave West, Mississauga (CVH)

Why are you excited to part of the MH PCN leadership team?

The role of primary care in the provision of health care is vital, and only amplified in these trying times. We need advocates and champions for primary care and perhaps now more than ever, not only to support our membership, but also because it is in our patients' best interests. I am one of these advocates and champions, having for many years worked informally to support and problem solve with my colleagues, improve access to care for my patients, and challenge waste and exploitation of the health care system.

If you were part of the MH PCN leadership team, what would be one issue you would like to champion? Why?

Better integration of our primary care systems.

The MH PCN values diversity of expertise in its leadership to enable a high-functioning and skills-based team. Do you have deep expertise in an area that you think would be valuable for the MH PCN leadership team?

Board member OCFP

Do you have any potential conflicts of interest by being on the board of the MH PCN?

Board member OCFP

Baldeep Chera

Term: 2 years

Patient Enrollment Model (PEM): Family Health Organization (FHO)-non Family Health Team (FHT)

Primary Practice Address: Kingsbridge Medical Centre - 33 City Centre Dr, Mississauga, ON, L5B 2N5

Why are you excited to part of the MH PCN leadership team?

I want to continue the fine work that we started in 2020. The revamped PCN came together a few months before the pandemic shut down the world as we knew it, so none of the previous framework was going to work or be relevant. So we all together created a brand new, grassroots PCN with a new website, new roles and highly attended webinars. We all volunteered our time for the past 2 years to make life for the family doctor in the trenches as supported as possible. I would love to continue to be part of the PCN with newer ideas and bigger plans for primary care and make a difference for our peers.

If you were part of the MH PCN leadership team, what would be one issue you would like to champion? Why?

I would like to champion the funding arm of the PCN. I was involved with that already and due to that became familiar with various grants that can be made available to our group. So I would like to continue that aspect of the PCN.

The MH PCN values diversity of expertise in its leadership to enable a high-functioning and skills-based team. Do you have deep expertise in an area that you think would be valuable for the MH PCN leadership team?

Yes, I enjoy a challenge and seeing things through. I was the chief of education in my last year of residency and also was a board member in my final year for the transfer of the residency program into a PCMH. Which is essentially a FHT type model, however funded by the insurance model of healthcare in the States.

Do you have any potential conflicts of interest by being on the board of the MH PCN?

No

David Daien

Term: 2 years

Patient Enrollment Model (PEM): Family Health Organization (FHO)-Family Health Team (FHT)

Primary Practice Address: 211 - 190 Sherway Dr. Etobicoke, ON M9C5N2

Why are you excited to part of the MH PCN leadership team?

As a long time member of the primary care community in our region, I am excited about the progress made during the first 2 years of the MH PCN in creating an association that connects all providers in the former MH LHIN geography and provides relevant materials and programs to those same providers. It would be an honor to serve a second term.

Primary care is under attack from many directions including but not limited to acute care, for profit care virtual care, the Ontario Pharmacy association, large for profit pharmacy and grocery chains. To assert our value to system stewards requires strong leadership and advocacy. The PCN can contribute and/or lead this work locally.

If you were part of the MH PCN leadership team, what would be one issue you would like to champion? Why?

Extending team based care to all community family Physician offices.

The MH PCN values diversity of expertise in its leadership to enable a high-functioning and skills-based team. Do you have deep expertise in an area that you think would be valuable for the MH PCN leadership team?

I have extensive physician leadership, knowledge of MOH, OH and THP organizations and strategies. I have drafted and delivered many physician oriented communications. I also have significant board level experience having sat on 3 boards including the PCN and serving as a Vice Chair on two of them. I have also served as a Chief Privacy Officer in the past.

Do you have any potential conflicts of interest by being on the board of the MH PCN?

Am on board of OntarioMD and employed by Ontario Health as a Central region primary care co-lead. I also support the Digital health workstream of the Mississauga OHT.

Marina Malak

Term: 2 years

Patient Enrollment Model (PEM): Family Health Group (FHG)

Primary Practice Address: 3050 Argentia Blvd, Mississauga, ON L5N8E1

Why are you excited to part of the MH PCN leadership team?

Working through the pandemic has demonstrated the burden of work that family doctors must carry. However, they often are not supported to carry out this heavy responsibility! Issues that need to be addressed include things like wellness and workload, strengthening primary care to allocate resources appropriately, and collaboration with specialists. I want to join PCN because I want to make a difference to my colleagues and profession. For example, the pandemic has highlighted the importance of ensuring that family doctors are respected and protected from abuse. Aside from being harmful to healthcare, the maltreatment of physicians has increased burnout and fatigue. I would like to promote awareness of physician burnout and strengthen strategies that can help physicians cope with difficult situations, find healthy methods to handle burnout, and normalize discussions around this.

If you were part of the MH PCN leadership team, what would be one issue you would like to champion? Why?

Family doctors are seeing more patients with mental health concerns, and psychiatry referrals are not always easy to secure. If the patient is not acutely unstable, helping patients utilize certain apps and websites can be worthwhile. However, what we lack is a list of these resources. This is one area where I would like to work on. Sending out this document in an email to members of PCN - or having it available on the website - would be a 'one stop shop' for physicians to access resources like this. This not only promotes patient healthcare; it also saves doctors time, empowers us to support patients; and strengthens our ability to manage time and resources properly. Over time, I would like to keep our PCN members updated with resources about several conditions, such as diabetes, irritable bowel syndrome, etc. Sending out a compilation document of resources for patients with these conditions - or making it available online on the website - is a goal of mine.

The MH PCN values diversity of expertise in its leadership to enable a high-functioning and skills-based team. Do you have deep expertise in an area that you think would be valuable for the MH PCN leadership team?

One area that I have expertise in is communication. I am a strong communicator - both written and orally. I enjoy public speaking and have experience giving lectures to students and physicians. As a former Chief Resident, I was in charge of communicating updates to our team, coordinating academic half days for our residents, and more. My ability to deliver announcements, discuss issues eloquently, and collaborate with others will be an asset to the PCN team. Moreover, my experience as a former nurse has enabled me to gain an appreciation and deeper understanding of the importance of clear, consistent, and organized advocacy. I am a firm believer that in order to make an impact, we must stand united and discuss topics that are often 'taboo'. This can include mental health, burnout, finances, etc. Part of my work in my first year of practice has been serving as a committee member with the CFPC, where I have been able to attend meetings and organize workshops around continuing medical education and physician wellness. As someone who is passionate about family medicine and supporting my colleagues, I am certain that my strong communication abilities, organizational skills, relationships with several organizations; and optimism will help to strengthen the PCN board and empower our family doctors. I am excited to be part of the team!

Do you have any potential conflicts of interest by being on the board of the MH PCN?

nope!

Noor Amin

Term: 2 years

Patient Enrollment Model (PEM): Fee for Service (FFS)

Primary Practice Address: 107-6750 Winston Churchill Blvd

Why are you excited to part of the MH PCN leadership team?

I am excited to build upon the great work the prior board has done to support Primary Care in Halton and Mississauga. The pandemic has been difficult for us all but with it came many lessons learned and I am excited to bring to the board my insights and leadership experience to help support the evolving post-pandemic landscape of primary care in our community. Ever since completing my residency, I myself feel somewhat siloed and disconnected from our specialist colleagues and hospital systems and have found that many of my primary care colleagues feel the same. I am excited to foster and build bridges with other stakeholders, and among ourselves as primary care physicians, keeping in mind the backbone of any successful healthcare system is a strong and healthy primary care system.

If you were part of the MH PCN leadership team, what would be one issue you would like to champion? Why?

I would champion the support of all primary care physicians regardless of their care delivery model (FFS, PEM, Focused Practice, Hospital Based etc.) and to improve access to services for patients regardless of the physicians' delivery model. This would include improving collaboration and partnerships between primary care and hospital systems and the Ontario Health Teams. This is important to allow all patients to have the same access to care and allow streamlined care that is more efficient and accessible to all of our patients.

The MH PCN values diversity of expertise in its leadership to enable a high-functioning and skills-based team. Do you have deep expertise in an area that you think would be valuable for the MH PCN leadership team?

I bring to the board my experience working a decade in primary care in Mississauga and Halton, as a fee for service family physician, walk-in clinic/urgent care physician, a surgical assist, and presently as a primary care sport and exercise medicine consultant with a focused practice designation. I have been privileged to have been the Physician Lead for the Trillium Health Partners COVID-19 Assessment Centre, Vaccination Program and presently the Therapeutics Clinic. I have been an advocate of collaboration with and in support of community physicians because at my core that is who I am. I appreciate the challenges that primary care physicians face on a day to day basis because I myself have worked in a variety of settings. I bring my broad experience and recent proven leadership skills to the board to help build a primary care system that understands the challenges that primary care physicians face to support complex patient care.

Do you have any potential conflicts of interest by being on the board of the MH PCN?

No

Richard Chen

Term: 2 years

Patient Enrollment Model (PEM): Family Health Organization (FHO)-non Family Health Team (FHT)

Primary Practice Address: 33 City Centre Drive, Suite 111, Mississauga

Why are you excited to part of the MH PCN leadership team?

Given my many years of experience practising in this geographic area, and seeing the gaps that currently exists and the progress that can be made in improving the entire healthcare system, especially at the Primary Care level, I am excited to give my input.

If you were part of the MH PCN leadership team, what would be one issue you would like to champion? Why?

To create an atmosphere of cohesion in this entire region despite its large population, geographic diversity, and different models of practice.

The MH PCN values diversity of expertise in its leadership to enable a high-functioning and skills-based team. Do you have deep expertise in an area that you think would be valuable for the MH PCN leadership team?

In practice for over 30 years, running a clinic while trying to provide the best possible comprehensive care and staying involved with hospital care

Do you have any potential conflicts of interest by being on the board of the MH PCN?

No

Salesh Budhoo

Term: 2 years

Patient Enrollment Model (PEM): Family Health Organization (FHO)-non Family Health Team (FHT)

Primary Practice Address: 11-1107 Lorne Park Road, Mississauga

Why are you excited to part of the MH PCN leadership team?

I believe that I possess the leadership skills and clinical experience to be a venerable member of the MH PCN. My organization & analytical skills, combined with my professional attitude have allowed me to successfully complete all work-related tasks that I set my sights on. I aspire to be an innovative, forward-thinking physician who always welcomes the opportunity to be heard and endeavors to make a difference in family medicine. I have practiced medicine both in South Africa and Canada. My varied experience in both clinical and administrative roles over the past 20 years has allowed me to acquire a wealth of knowledge and expertise that I believe will be advantageous to the work that is required of the Board of the MH PCN . My most recent clinical work involved assessing and providing an expert medical opinion for United States Veterans. All these experiences have afforded me invaluable opportunities to develop and enhance my leadership & collaboration skills.

If you were part of the MH PCN leadership team, what would be one issue you would like to champion? Why?

As an Ontario MD Peer Leader, I would use my experience & knowledge to improve the availability of referral forms for the various Electronic Medical Record programs that are currently being utilized by physicians in the PCN.

The MH PCN values diversity of expertise in its leadership to enable a high-functioning and skills-based team. Do you have deep expertise in an area that you think would be valuable for the MH PCN leadership team?

Leadership: I have been involved in the following administrative roles during my career. Administrative Roles: 2001 – 2002 – Unit Leader for Obstetrics & Gynaecology at Prince Mshiyeni Hospital. 2007 – 2009: Treasurer (Yarmouth Regional Hospital Medical Staff Association) 2009 – 2010: Vice President (Yarmouth Regional Hospital Medical Staff Association) 2008 – 2010: Family Physician involved with the development of a Rural Stroke Team as a pilot project in Yarmouth, Nova Scotia under the guidance of the Canadian Stroke Network. 2005 – 2010: Physician Peer Leader for Nova Scotia PHIM EMR programme. 2011 – 2020 – Lead Physician -Pearl FHG 2016 – Present – Physician Peer Leader (Ontario MD) 2018 – Present – Treasurer of the Solo Doctors Medical Interest Group (OMA) 2019 – 2020 – OMA Alternate Delegate in District 5 July 2020 – Present - CarePoint FHO Lead Physician 2021 – Present – OMA District 5 Representative 2021 – Present – SGFP District 5 Representative.

Do you have any potential conflicts of interest by being on the board of the MH PCN?

No

Sohal Goyal

Term: 2 years

Patient Enrollment Model (PEM): Family Health Group (FHG)

Primary Practice Address: 3050 Argentia Rd

Why are you excited to part of the MH PCN leadership team?

I am excited to be running to be part of the MH PCN again. As board chair, last year, I had the opportunity to work with so many like-minded physicians. We worked tirelessly to advocate for all physicians across our region. As we started our roles, the pandemic was the main focus and stressor for so many of our colleagues. We managed to put together webinars that helped physicians navigate this difficult time. In addition, we connected physicians to covid vaccines and shifts for vaccination. We had a major impact in our community. I am proud of the MH PCN board and hope to have the privilege of serving our physician community again. Although we accomplished so much in a short time span, I do not feel that our job is done. We need to continue to advocate and make sure that our voice is represented regionally and provincially.

If you were part of the MH PCN leadership team, what would be one issue you would like to champion? Why?

Physician Engagement would be the key issue that I would champion. As we engage physicians we have the ability to advocate more for the issues that concern them. Burn out is at an all time level. We need to be able to help our colleagues relieve some of the ongoing stress with daily practice. We need to advocate for tools and funding to make family medicine the first choice for new graduates. We need to advocate for equity. But to succeed, we first need physician engagement. I hope to have the privilege of being part of this dedicated group of individuals again.

The MH PCN values diversity of expertise in its leadership to enable a high-functioning and skills-based team. Do you have deep expertise in an area that you think would be valuable for the MH PCN leadership team?

Leadership is my main expertise. I have the experience of being on many boards and chairing a number of them. If given the opportunity, I would like to run as Chair of the MH PCN again to help the organization move forward after the pandemic.

Do you have any potential conflicts of interest by being on the board of the MH PCN?

No

Sundeep Banwatt

Term: 1 year

Patient Enrollment Model (PEM): Family Health Organization (FHO)-non Family Health Team (FHT)

Primary Practice Address: 2695 North Sheridan Way, Mississauga, ON L5K2N6

Why are you excited to part of the MH PCN leadership team?

I have been active in leadership goals for the last number of years as I strongly believe in the need for Primary Care to come together in a unified voice to affect change for our health care system. Primary care is the backbone of a healthy community but we need to be united and support one another in order to achieve this goal. I have seen what the PCN leadership has done over the last few years to engage doctors and would love to support any further initiatives.

If you were part of the MH PCN leadership team, what would be one issue you would like to champion? Why?

Whatever it takes to unify Primary Care within our community

The MH PCN values diversity of expertise in its leadership to enable a high-functioning and skills-based team. Do you have deep expertise in an area that you think would be valuable for the MH PCN leadership team?

Leadership

Do you have any potential conflicts of interest by being on the board of the MH PCN?

No

Vera Cheung

Term: 1 year

Patient Enrollment Model (PEM): Family Health Organization (FHO)-non Family Health Team (FHT)

Primary Practice Address: Suite 111 - 33 City Centre Drive, Mississauga, ON, L5B 2N5

Why are you excited to part of the MH PCN leadership team?

After seeing my PCN colleagues developed much needed programs and services in the community, I'm inspired to get involved and help to make things happen. PCN did a marvellous job in providing focused and much needed information throughout the pandemic and I would love to be part of this organization. After working independently for 10 years, I am ready to take on a leadership role and contribute to my community in new ways. I would love to meet new people and learn from great leaders so I can become one myself in future.

If you were part of the MH PCN leadership team, what would be one issue you would like to champion? Why?

Mental health resources, especially to those without insurance or other social support, is much needed in the community. In order to gather more funding and support for more accessible mental health resources, a great organization with more influence is necessary. This will be my area of focus, among some others. After practising for 10 years and witnessing first hand how my patients struggle with limited mental health resources, I would love to be able to contribute and make a difference.

The MH PCN values diversity of expertise in its leadership to enable a high-functioning and skills-based team. Do you have deep expertise in an area that you think would be valuable for the MH PCN leadership team?

I have an interest in personal finance. I regularly read blogs and websites on personal finance and manage my own investments. I am hoping to develop more skills through more participation in leadership roles. I have good communication skills with colleagues and patients.

Do you have any potential conflicts of interest by being on the board of the MH PCN?

No