

***NOMINATIONS REPORT***  
***October 2025***

Pursuant to the MEAO by-laws of 2018, the board of CareNow Ontario is a maximum of seven (7) directors. The Board currently has five directors.

**Board of Directors (2024-25):**

- Keith Deviney, Chair and President
- Laurie Menard, Vice Chair and Vice President
- Adrianna Tetley, Treasurer
- John Doherty, Secretary
- Phil De Groot, Director

John Doherty and Keith Deviney have completed three-year term and will stand for re-election.

Adrianna Tetley and Laurie Menard have completed two years of their three-year term.

Phil De Groot have completed one year of his three-year term.

**Vacancies:**

The CareNow Ontario By-laws allow for a board of a maximum of 7 Directors. Therefore, the CareNow Ontario Board is seeking nominations for up to 3 Board members.

A Call for Nominations was issued on July 29<sup>th</sup>, 2025 with a deadline of September 19<sup>th</sup>, 2025.

Janet Mihaly submitted her nomination and the CareNow Board is supporting Janet's nomination for a three-year term. See Janet's bio below.

**Elections:**

Elections for Janet Mihaly will be held at the 2025 AGM.

**Bios of Nominee:**

Janet Mihaly

My interest in health care, supporting and advocating for people with disabilities started long before I fell ill with CFS in 2009. I earned a degree in psychology and dedicated my career to the Ontario healthcare system, providing long-term care for over 20 years in both the public and private sectors. As with many, my illness meant that sometimes I didn't work or worked part-time. I know what it means to be bed- and house-bound, and now that I have been feeling better for some time, I would like to give back specifically to the ME/CFS community as I am aware of their tremendous need for advocacy and support.

My education and passion led to experiences supervising and later managing community development at government-funded organizations, often working with people who have acquired brain injuries, other neurological disorders, and mental illness. I later worked with personal injury lawyers to advocate and manage catastrophic motor vehicle collisions. These career experiences led to skill sets such as organizational systems development, writing policy and procedures, group presentation skills, advocacy, case management, and counseling skills. I believe that my passion, education, and experience would make me a great asset to CareNow Ontario as a member of your Board of Directors. I am proud to have become a member of your organization and hope to be a part of your mission moving forward.