



Ontario Health atHome Provincial Negotiating Team

Résumé

Full-time Candidate / Part-time Candidate (select one)

Last Name: FRUCK First Name: Katharine Helen

Local #: 9 Region #: 4 Bargaining Unit: HNHB OHAH

Email: fiddlers232@gmail.com

Nursing/Health-Care Professional Work Experience:

Care Coordinator at OHAH with a vast experience in Short stay, hospital, community, Palliative and ER. Responsible for assessing, planning, coordinating, implementing and reviewing client's care needs and services provided by OHAH following Ministry of Health legislation and HNHB OHAH policies and procedures. I have been an ONA site Rep for HNHB for four years. I participate in Labour Management meetings and assist my BUP Dianne Leclair with her duties. I am a thirty-three-year RN and have always been a member of ONA. I am easy to approach and genuinely well liked at OHAH. OHAH has various professionals I have worked well with the NP's, Placement coordinators, MHAN and Rapid response nurses and all Allied professionals and understand it will be a contract to represent all the unique roles across OHAH.

Negotiating Experience (ONA and Other):

Here is where I am excited to get more experience, I have a lot to learn but I am super sharp, a quick learner. I was a booked off member of the OHAH PLSRTA. I learned fast and put all the education to action. I navigate Access ONA easily and stay involved. Throughout the campaign, I asked hundreds of OHAH members inquiring what their top priorities are for a good contract. I work and spoke to OT' s, PT' s, RN's, Registered Dieticians and Social workers keeping a comprehensive list of all the issues and acknowledging that all allied professionals need to be heard and represented. I had an NP on my team and was actively listening to their unique issues I am respected among my colleagues and value the diversity of the Allied team. Although it would be my first negotiating experience I am an Organic Leader and my coworkers know I am super approachable and genuine.

Additional ONA experience at the Bargaining Unit or provincial level:

I was involved in OHAH's recent PLSRTA where we were instrumental in winning ONA as our representing union. As ONA members and we are made up of Allied Health workers and we know ONA can support us all and acknowledge our varied professional backgrounds. I was invited to the Provincial Leadership meeting and participated in my first Political Action, attended workshops and connected with other ONA members. The ONA PLM Conference taught me more about what is really going on in Health care right now and fired me up to stand together in solidarity so we can make some real changes. As an ONA rep I work closely with my BUP participating in return to work meetings, PRC's and labor Management meetings. During the PLSRTA I worked with Senior ONA leadership Alan and Grace, BUP and LRO's providing many sessions to OHAH employees. I was enthusiastic, genuine and I have the trust of my coworkers.

Participation in ONA education and/or workshops:

PLSRTA Education November 2025 to Feb 2026

Advocacy Proficiency and Professionalism workshop April 2026

Return to work and Accommodation 2023

Becoming an ONA Representative 2022

Additional preparation and/or experience in labour relations:

I know I have a lot to learn in labour relations but I am an active ONA member and have always voted yes to support my bargaining team and have stood by them and thanked them for negotiations in the past. I understand the complexity with 14 different contracts and heard all the issues from NPs, Care Coordinators, CC's and all members through the PLSRTA campaign. I understand funding from the treasury board is unique. The employer will not want to give us everything however we know we can come up with common ground and hear the employees and gain wins in top important negotiating issues for all OHAH members. I have had multiple successful PRC meetings in the last sixteen years: while on a hospital team, community team and short stay team and each team was successful in getting more staff and improvements. I think this is why I have so many ONA members willing to endorse me. I am familiar with the intense work load it would take to secure a great contract, the long working hours similar to the PLSRTA campaign and the fast paced environment I worked tirelessly on the campaign and know it's this intense to work on negotiating a great first OHAH contract.