

Our Team

DENNA POULOS

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Occupation: Evening Administrator

About Me: A three decade career in business administration has engaged me with people of all ages, from preschoolers to the elderly.

I take pride in "doing things right the first time", but pleasure in ensuring an atmosphere in which all feel welcomed, secure, and cared for.

I have a keen interest in health and wellness, social and change psychology and have extensively studied holistic nutrition. I believe that our biography shapes our biology.

In my spare time, I volunteer as the President/Chair of the Non-Profit Co-operative Housing community in which I have resided for 25 years. I am dedicated to building community and facilitating the forging of connections amongst people.

Special Interests: Denna enjoys good conversation, spending time with her 3 adult sons, reading, walking, baking, local, national and international politics, curling, and is an unapologetic Leafs fan. She starts each day with this reminder: "Thoughts are things – choose the good ones!"