

Resident Expert Advisors and Leaders (REAL) Biography



Virginia Parraga
Resident Leader
Kensington Gardens, Toronto, ON

Born in a small town called Geraldton, Ontario, Virginia credits her upbringing in Northern Ontario for her personal strength and resilience that has served her throughout her life. Virginia's family made the move to Sudbury when she was 10 years old. She attended Business College and worked in the OHIP Department at the Sudbury Hospital. Virginia gained significant experience working as a Medical Office Manager and Bookkeeper. Virginia raised 2 beautiful daughters, following which time, her career took a creative and spiritual turn when she later became a Certified Master Hypnotherapist and Certified Reiki Master. She ran her own clinic called the Learning and Healing Centre for several years. A gifted writer and published journalist, Virginia helps to create content for the monthly newsletter at her long-term care home, Kensington Gardens, in Toronto. Virginia has also contributed to the "PSW Spotlight column in OARC's Seasons Magazine, where she profiles the personal lives of dedicated team members. Since moving into long-term care, Virginia feels as though she has found renewed purpose in helping others and enjoys her role as President of the Residents' Council. Virginia is particularly passionate about enhancing food quality and increasing resources for long-term care to reduce wait-times for admission and to better support residents with complex care needs.