

April 2025

Sadie Friesner



Sadie Friesner is a passionate advocate for resident empowerment and community engagement, bringing extensive experience to the Ontario Association of Residents' Councils Board of Directors. With a background in long-term care, retirement living, restorative care, and recreation therapy, she is committed to enhancing the quality of life for residents.

Sadie specializes in culture change, risk management, and resident and team member satisfaction, leveraging her expertise to operationalize a new long-term care home and build a resident-first model of care. Her leadership has driven positive outcomes in resident, family, and staff experiences.

She has held key roles, including Executive Director of a non-profit home, Administrator in municipal and for-profit settings, General Manager, and Recreation Therapist. Additionally, she contributes to education as an Instructor at Georgian College. Her ability to foster collaboration and implement meaningful change is evident throughout her career.

Academically, Sadie holds a Bachelor's in Health and Kinesiology, a Graduate Diploma in Management, and an MBA with a healthcare focus. She is a Certified Health Care Executive and a Registered Recreation Therapist.

As a Director, Sadie is dedicated to amplifying residents' voices, promoting best practices, and ensuring quality, person-centered care across Ontario's long-term care sector.