

# Lakeland Communities

## 2021-22 Annual Report

(July 1, 2021-June 30, 2022)





## Message from Alberta Health Services Board of Directors



*Vicki Yellow Old Woman*

It's been another remarkable year for health services in Alberta. While the COVID-19 pandemic carried on, vaccines became available which has been monumental in slowing the spread of the virus and preventing severe illness. Through it all, AHS Advisory Councils remained connected with their communities and have demonstrated an incredible spirit of volunteerism through their engagement activities.

Through Advisory Councils, AHS has received feedback on a number of important initiatives which are outlined in each of these reports. We are grateful for the involvement of our Councils in advising AHS on a range of matters of importance to all Albertans.

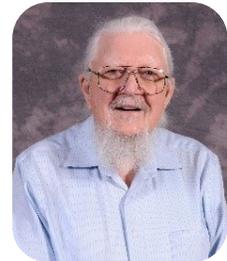
On behalf of the AHS Board, I extend my sincerest gratitude to all Advisory Council members for continuing to foster relationships with stakeholders across Alberta. These grassroots connections have been vital to AHS' ability to make well-rounded decisions on health services that impact so many of us. Your commitment is greatly appreciated and we look forward to the year ahead.

Sincerely,

Vicki Yellow Old Woman,  
Chair, Community Engagement Committee, AHS Board



## Message from the Chair, Lakeland Communities Health Advisory Council



*Robert Deresh*

On behalf of the Lakeland Communities Health Advisory Council (LCHAC), I would like to provide you with a report of our 2021-22 activities and successes.

Our Council was very pleased to host two virtual community engagement events this year with a primary focus on mental health. We heard from community members across the region that mental health resources were very much in demand, so we wanted to provide our communities with tools to cope and manage. Council also hosted several virtual meetings, to which the public was invited. At these meetings, public had the opportunity to participate in presentations and bring their community's concerns. We need public to attend our meeting as these voiced concerns, opinions, and questions inform how healthcare is delivered in Alberta.

I would like to thank all the community members who attended our community event and meetings. Also, I would like to thank our presenters, our AHS representatives, and fellow Council members for their concern about all Albertans.

Sincerely,

Robert Deresh  
Chair, Lakeland Communities Health Advisory Council



# Who we are

The Lakeland Communities Health Advisory Council (LCHAC) is comprised of up to 15 volunteer members who reside in the geographic [area](#) from Cold Lake in the east to Athabasca in the west. The following members sat on Council in 2021-22:

Robert Deresh (Chair)	Bonnyville, AB
Allyson Fox (Vice Chair)	Bonnyville, AB
Brad Eamon	St. Paul, AB
Ida Edwards	Athabasca, AB
Zicki Eludin	Lac La Biche, AB
Michele Huszar	Cold Lake, AB
Calvin Leckie	St. Paul, AB
Kathy Lepine	Cold Lake, AB
Diane Mineault-Ellis	St. Paul, AB
Victoria Sparklingeyes	Bonnyville, AB
Janet Stone	St. Bride, AB
Heather Stromquist	Lac La Biche, AB
Lorin Tkachuk	Lac La Biche, AB
Amy Warren	Cold Lake, AB
Joanne Williams	Redwater, AB



Robert Deresh at the Advisory Council Spring Forum. May 2022.



Top L-R: Robert Deresh, Brad Eamon, Diane Mineau-Ellis  
Bottom L-R: Zicki Eludin, Ida Edwards, Joanne Williams



# Key achievements of 2021-22

Lakeland Communities continued to be a strong voice for local communities. We had members of the public in attendance at each of our meetings and we look forward to seeing more as we diversify and broaden awareness of our Council in the year ahead.



During the year we partnered with AHS to host two mental health virtual training sessions. Both events, titled “Transform Your Stress: The Resilience Advantage - Strategies for Managing Stress in Challenging Times,” had 70 community members participate. These sessions helped build awareness of the factors contributing to psychological wellness, and they provided tools to manage stress. Participants reported gaining a greater understanding of the impact of emotions on the body and how to develop an action plan to address their own stress.



Council held three virtual public meetings and one virtual engagement event. In addition to topical presentations at each meeting, we received an update from AHS North Zone leadership, a physician recruitment report from AHS Medical Affairs, an update from our community partners with the Rural Health Professions Action Plan (RhPAP) and held dedicated time to hear from the community.



In May, Council members attended the Annual Advisory Council Forum in Edmonton. This year saw opportunity for participation in an Indigenous Workshop, learning about asset-based community development and participation in several information sessions. We used this opportunity to network with Councils from across the province, to gather new ideas and find new ways to partner with others.



We were fortunate to recruit new members from Athabasca, Bonnyville, Cold Lake, Lac La Biche and St. Paul, and we’re excited to hear more from these communities. We continue seeking representation from Boyle, Elk Point, Smoky Lake and Thorhild, to help represent our large geographic region. See page six for information on how to apply.



## Presentations:

- AHS Addiction and Mental Health
- CMHA Rural Mental Health Project
- AHS Emergency Medical Services
- AHS Alberta Healthy Living Program
- Road to Hope Community Support Foundation



## Public Participation:

- 11 community members attended regular HAC meetings
- 70 community members attended community engagement events

# A look ahead

Council has developed a robust work plan commitment document for 2021 – 22. We plan to promote awareness of the Council by increasing visibility at community events, partnering with AHS and learning more about different programs and services. We will host three public meetings and we encourage the public to attend and share insights on healthcare services in their community.

Council will co-host one community events in collaboration with AHS Community Engagement. Stakeholders and members of the public will be invited to participate and learn more about health initiatives across our Zone.

Goals for the year ahead also include:

- Increasing public attendance and participation at HAC meetings through connections made at community events, promotion, and invitations to local stakeholders.
- Supporting the AHS Addiction and Mental Health portfolio to promote its programs and services.
- Sharing information about seniors and continuing care programs and services.
- Continuing to build relationships with other AHS Advisory Councils by sharing information through member involvement at Council meetings and events.
- Member attendance at local community events to increase awareness of the HAC.
- Increasing Council connections with Indigenous communities in our area.
- Recruitment to fill vacancies on Council. Representation is needed from Boyle, Elk Point, Smoky Lake, and Thorhild. [Click here to apply.](#)

We hope to continue to build relationships with our community health partners through our meetings and events. Key stakeholders include Rural Health Professions Action Plan (RhPAP), Primary Care Networks (PCN) in the Zone, attraction and retention committees, local hospital foundations/ auxiliaries. We will also continue to connect with municipal leaders, Family and Community Support Services (FCSS) and other local community groups across the region.

*Over the past year, Alberta's six North Zone Health Advisory Councils have contributed immeasurably to our pandemic response while also sharing key information with our communities. The Councils have also successfully engaged hundreds of Albertans while shifting to virtual community events. I applaud their ongoing efforts to remain connected.*

*It has been my personal pleasure to work with many of our North Zone Councils. I have always found Council members to be dedicated, true community builders, and strong voices for healthcare throughout the North. They are passionate and bring a diversity of opinions and experiences, which makes for rich dialogue and discussion. We are grateful for their time, advice and collaboration with AHS North Zone leaders.*

*We look forward to continuing to partner with the True North, Wood Buffalo, Peace, Lesser Slave Lake, Lakeland Communities and Tamarack Health Advisory Councils*

**Stacy Greening**

Chief Zone Officer, North Zone

Advisory Council members share advice and feedback from their communities with AHS. Councils hold public meetings and engagement activities virtually or in locations throughout their geographic area that further contribute to improving healthcare services in Alberta.

## Get involved

You can make a difference to the health and well-being of your family, friends, neighbours and community by sharing your thoughts and ideas with AHS. You can get involved by:

- Attending an [upcoming meeting](#). Agendas and notices are posted on the Advisory Council webpage: [ahs.ca/advisorycouncils](https://ahs.ca/advisorycouncils).
- Delivering a presentation at a Council meeting on a health area of interest or concern.
- Provide input on various healthcare topics online, at [Together4Health](#).
- Apply to [become a member](#). Members are appointed for three-year terms.

## Learn more

Visit [ahs.ca/advisorycouncils](https://ahs.ca/advisorycouncils)

✉ [lakelandcommunities@ahs.ca](mailto:lakelandcommunities@ahs.ca)

☎ 1.877.275.8830

Check us out on [Twitter](#) and [Facebook](#) or by searching AHS Advisory Councils.

