

Tamarack

2020-21 Annual Report





Message from Alberta Health Services Board of Directors



Vicki Yellow Old Woman

Since my appointment to the AHS Board in the fall of 2020, it has been my pleasure to become familiar with the work of the Advisory Councils. By all accounts, Councils have persevered through the COVID-19 pandemic and have found success in connecting with stakeholders as they adapted to virtual meetings well through 2021.

Advisory Councils continue to be tremendous partners in health. They have been instrumental as a conduit of information from AHS to local communities, a task of particular importance during an extraordinary period of time. Through innovation and determination, each Council has remained committed to its role of advising AHS, and to bringing forward the voices of their communities.

I look forward to working with Advisory Councils in the years ahead and watching as they continue to evolve. Thank you to each member for your ongoing dedication to improving health services for all Albertans.

Sincerely,

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



Message from the Chair, Tamarack Health Advisory Council



Linda West

2020-21 has been a year of change and adaptation. The implementation of HAC 2.0 saw us change our format and number of meetings. We have also become adept at meeting virtually, and have actually increased the reach of our Council through two community engagement events, available to many who otherwise would not have been able to attend.

As local community representatives, our Council members have continued to bring health challenges and successes to the attention of AHS – both through AHS North Zone leadership and the Community Engagement team. As well, our Council members have provided updated information and new initiatives from AHS into their respective communities.

I would like to thank all of our Council members and AHS staff who have been so giving of their time and energy in reaching out in their communities, and for attending and assisting at events.

Sincerely,

Linda West
Chair, Tamarack Health Advisory Council



Who we are

The Tamarack Health Advisory Council (THAC) is comprised of up to 15 volunteer members who reside in the geographic [area](#) from Westlock in the east through Hinton and Jasper in the West. Due to the COVID-19 pandemic, we were unable to obtain photos of our membership. The following members sat on Council in 2020-21:

Linda West (Chair)	Westlock, AB
Janet Wilkinson (Vice Chair)	Edson, AB
Debra Hagman	Mayerthorpe, AB
Shannon Harris	Barrhead, AB
Kathryn Howe	Jasper, AB
Sherry Jeffreys	Sangudo, AB
Elizabeth Krawiec	Swan Hills, AB
Donna Kristiansen	Gunn, AB
Candace Pambrun	Hinton, AB
Katherine Steck-Flynn	Westlock, AB





Key achievements of 2020-21

Lakeland Communities HAC had a very busy year creating awareness of the Council. It proved to be worthwhile as 112 community members attended our meetings and events this last year.



We partnered with AHS to host three community engagement events: in November, 25 community members attended a session where [Greg's Wings Project](#) shared special virtual screening of their film "Falling Through the Cracks – Greg's Story." We worked with the family of Greg Price to share his story and create a dialogue on improving the healthcare journey for patients and their families.



We also held two community events in May entitled "Transform Your Stress: The Resilience Advantage - Strategies for Managing Stress in Challenging Times." 62 community members participated. These sessions helped build awareness of the factors that contribute to psychological wellness and provided tools to manage stress. Those who participated in the workshops 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.



In March, Council members attended a virtual COVID-19 community conversation for the North Zone. Medical Officer of Health, Dr. Kristin Klein, provided an update on the status of COVID-19 in Alberta and the North Zone, including AHS' response and vaccination program. Dr. Klein addressed questions and concerns and provided resources for members to share within their communities.



In April 2021, Council Chair Linda West, and Vice Chair, Janet Wilkinson, attended a Council of Chairs meeting with the Honourable Tyler Shandro, Minister of Health. Minister Shandro provided updates and engaged in dialogue with the Chairs.



We were fortunate to recruit a new member from Jasper. We're excited to hear more from this community and will continue seeking representation from Whitecourt to help represent our large geographic area. See page six for information on how to apply.



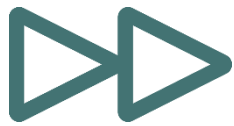
Presentations:

- AHS COVID-19 Psychosocial Supports
- Greg's Wings Project
- Cardiovascular Health and Stroke Strategic Clinical Network
- AHS Addiction and Mental Health HeartMath



Public Participation:

- 25 community members attended our regular public meetings
- 87 community members attended our community engagement events



A look ahead

In the year ahead, Council will focus on connecting with all the communities in the zone as we plan for meetings and engagement events in 2021-22. Council will host two public meetings and encourage the public to attend and share insights on healthcare services in their community. This will also be an opportunity to hear from health-related presenters and local stakeholders on topics of interest.

Council will co-host two community events in collaboration with AHS. Community stakeholders will be invited to participate and learn more about health initiatives across our Zone.

Plans for the coming year 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 programs and services
- Sharing information about seniors and continuing care programs and services
- Learning about Health Link services across the province and sharing accurate information with our communities
- Continuing to build relationships with other AHS Advisory Councils
- Recruiting to fill Council vacancies. We look forward to bringing in broader diversity to better represent our communities

Our community health partners are essential to Council and we will continue to build relationships through our meetings and events. Key stakeholders include Rural Health Professions Action Plan (RhPAP), Primary Care Networks (PCNs) and local hospital foundations. We appreciate the connection with municipal leaders, Family and Community Support Services (FCSS) and other local community groups.



Over the past year, Alberta's six North Zone Health Advisory Councils have been instrumental in helping us get critical COVID-19 information out to our communities and in informing our pandemic response. In addition, they have shifted to a virtual model and engaged hundreds of local Albertans through their community events. The HACs are deeply connected to their local areas and work closely with AHS North Zone leaders. We are grateful for their advice and collaboration. We look forward to continuing to partner with the True North, Wood Buffalo, Peace, Lesser Slave Lake, Lakeland Communities, and Tamarack Health Advisory Councils.

Gregory Cummings

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.
- Delivering a presentation at a Council meeting on a health area of interest.
- Providing input on various healthcare topics online, at [Together4Health](#).
- Applying to [become a member](#). Members are appointed for three-year terms.

Learn more

Visit ahs.ca/advisorycouncils

✉ tamarack@ahs.ca

☎ 1.877.275.8830

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

