



Breast-cancer survivor Wendy pays it forward to help others find their cure.

When it comes to shoring up the fight for wellness as a member of the Cancer Provincial Advisory Council (PAC), Wendy Plandowski says she feels a sense of hope and purpose thanks to “the simply incredible facilities and talent we have working here in Alberta.”

Her devotion to the cause flows from personal experiences, including the loss of her father, which pointed her in the direction of community service.

“Most people would be surprised to know that I’m a breast-cancer survivor because I’m very high-energy and positive — and people seem surprised that I my cancer ‘scars’ aren’t more visible.”

Wendy’s presence on Council also follows “my father’s passing away from acute leukemia suddenly in 2017. It was my first experience with complete and utter defeat from cancer. And it was devastating. It taught me that again, early diagnosis is key. And treatment options need to be seamless.”

As a breast-cancer survivor, she’s paying it forward as she learns about new challenges in patient care, provides regional expertise and supports Alberta Health Services in the fight against the killer disease.

“I’m passionate about helping people. Whether it’s through sharing my past experiences or helping community members navigate through a personal or family illness with cancer. In life, I’m passionate about community and being a champion for rural Alberta.

“I believe healing from cancer is a life-long adventure. There’s the clinical aspect, the personal aspect, and I also believe there’s a ‘giving back’ aspect — sharing experiences with others to help them start their journey and have a positive outcome.

“When the opportunity to apply for the PAC was advertised, I knew it would be a wonderful way to learn, share and give back.

“Our Cancer PAC is incredibly busy. We want people to be aware of just how important it is for them to be their own advocates for healthcare. I’m also thankful and proud that so much volunteer work is being done across Alberta by people from all sectors and demographics to support cancer care.”

As she works to ensure equitable treatment for all Albertans, Wendy adds: “I wish that more people knew how the Councils impact care in their community and how to communicate through the channels effectively. I also want people to know that you always get more from volunteering than you give.”

For more information on the Cancer Provincial Advisory Council, visit ahs.ca/advisorycouncils, or email pac.cancer@ahs.ca.



To have fun in her free time, Wendy likes to get out and enjoy nature and travel. At home, she also enjoys cleaning and