



Carole aims to build better healthcare as she gathers and shares knowledge

After 45 years of nursing in rural Alberta, Carole Tkach's desire to take care of her neighbours still runs as steady and strong as her pulse.

"After retirement, I was looking for something to keep me in the loop around healthcare and my community," she says. "I feel I have a connection with my small communities. I'm also an advocate for health — and being a member of the David Thompson Health Advisory Council (HAC) gives me an opportunity to continue to use my experience and expertise."

Her roots run deep in her hometown of Coronation, as they have for her family for generations across the region.

"I grew up in a family who were always very involved in community. My interest in nursing started with listening to stories from my great-grandmother. She was the midwife and nurse in our small rural community and delivered lots of babies at home, as the closest hospital was 25 miles away by horse and buggy in those early days."

Carole enthusiastically embraces her role as an advisor — to keep information and knowledge flowing in both directions — from her communities to healthcare leaders, and from Alberta Health Services (AHS) back to her grassroots.

Accomplishments to date include sharing her HAC's work plan and holding information sessions in the community to identify gaps in service as she brings forth input from the folks of the David Thompson area.

"I'd like to continue to build on our relationship and communication with zone leadership," she adds. "We want to be involved earlier in zone planning as we feel we have valuable knowledge about our communities. We also need to be better at getting feedback to the communities after they bring forth an issue or question."

To achieve her work-life balance, Carole enjoys family time as well as reading, camping and especially volunteering with 4-H Alberta.

People might be surprised to learn that "sports were and are still a big part of my life — only now I follow instead of participating!"

For more information on the David Thompson Health Advisory Council, visit ahs.ca/advisorycouncils, or email davidthompson@ahs.ca.



Carol Funnel, RN, Roxanne Otetsky, RN, and Carole Tkach at Roxanne's retirement.