

Cathy’s mission is to learn all she can, help others and give back.

Hearing the concerns of her fellow citizens strengthened the resolve of Cathy Fox to become an agent of positive change in healthcare as a member of the Palliser Triangle Health Advisory Council (HAC).

“In life, my passion lies in helping others and, in particular, my family and friends,” she says. “As well, this provides another avenue to gather and provide feedback to the Council.

“As a new member, I’m still learning about the accomplishments of our Council, and I love having the opportunity to learn, to give back, to meet others who share the same interests — and to be current with the approaches Alberta Health Services (AHS) is adopting as the organization evolves.”

Cathy has quickly come to appreciate the value of HACs for Albertans and would like to see greater awareness.

“I wish more people realized that these councils exist! We’re here to improve the quality of services, which may directly impact the life of an individual in some way,” she adds. “You can learn a great deal by being a Council member.”

Her passion for healthcare is a natural outgrowth of her previous life experience.

“I truly believe my work with children and youth who have struggled in education, and in life’s circumstances, has led me down this path of wanting to help others — and ultimately to wanting to see them succeed. More importantly, I want to instill hope — because hope instills the belief that anything is possible.”

The more she shares the feedback and input she gleans from her communities with her Council and AHS, the more Cathy’s optimism grows.

“Positive change is possible. Together we can create change or enhance current opportunities for Albertans.”

Cathy also knows the importance of work-life balance, and when it’s time to have some fun, “I enjoy line dancing, golfing, swimming, camping, gardening, reading, sewing and crafts.”



Cathy’s administrative talents have been recognized with a provincial Excellence in Teaching Award.

For more information on the Palliser Triangle Health Advisory Council, visit ahs.ca/advisorycouncils, or email pallisertriangle@ahs.ca.