



Deborah puts her passion for rural Alberta into action to advance care for seniors, mental health and addiction.

“I’m a passionate advocate for rural Alberta,” says Deborah Reid-Mickler of Palliser Triangle Health Advisory Council. “As a second term elected official for the Village of Duchess, I recognize the importance of health and wellness to our rural municipalities. Our small rurally located urban municipalities are the lifeblood of the province. Health and wellness in our communities is crucial to the viability and sustainability of our future.

“I’m passionate about rural life. I feel truly blessed to have been able to raise my son in our glorious countryside — and I’m also passionate about ensuring that he’ll also be able to raise a family and thrive in rural Alberta.”

Deborah’s efforts to date have helped her council to engage and connect with issues such as seniors care and well-being, mental health and addiction.

“For rural Alberta, aging in place and access to well-being supports are vital for our communities to thrive,” she adds. “Being able to inform Alberta Health Services (AHS) through council on the challenges rural communities face has been very valuable for our village. My ability to translate the information back to a local government level has led to greater understanding of AHS and healthcare delivery.

“My goal is to continue to provide valuable advisory input to AHS — informed by my community engagement — with the hope that my contributions help to create stronger and more resilient rural communities.

She strongly believes that communication is the key to excellence in all levels of life.

“Communication is often underrated, especially in today’s social-media, sound-byte world. Robust, caring and respectful engagement leads to a vibrant society. Being a member of the advisory council enables me to understand and engage with a diverse membership.”

Many life-altering events put Deborah on her current path of public service.

“I’ve been very fortunate to have experienced many life-changing experiences, from emigrating alone to a new country to becoming the first member of my family to attend and graduate from university. I overcame the sadness of losing a child to being blessed with a wonderful teenage son. All of my life experiences have contributed to my ability to see the value and importance of community service.”

In her free time, she enjoys being the homeschool mom of a high-school teen. As well, she loves to cook and garden, and take her family on adventures such as whitewater rafting.

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



Deborah says people may be surprised to learn she spent nine years working as an oilfield engineer and running a wireline truck.