



Sasha shares her social insights with AHS as a voice of the public.

Sasha Loewen of Palliser Triangle Health Advisory Council brings a background in seniors and social housing and she shares her expertise on differing populations, with a focus on housing and community well-being.



People may be surprised to learn that Sasha loves classic cars and enjoys wrenching on her '57 Chevy.

“Healthcare is important to me, my family, my residents and my staff,” she says. “I’m interested in learning more and sharing the insights I see. I already knew other members of the council and thought (joining them) would be a good opportunity to share what I’m hearing. As this is my first term on council, I’m looking forward to learning more about the council’s accomplishments.”

One aspect of the Palliser group she appreciates is its diverse and inclusive makeup.

“I’m optimistic that having different individuals on the council from varying places in life will provide a full picture of the needs of our community with regards to healthcare.”

Sasha, a mother of two teens, believes the quality of housing and home life can have a lot to do with overall health and mental well-being.

“I’m excited about housing and having appropriate housing for all in my community. I see a tie-in between people’s well-being and their home. I see health as an important piece to the well-being of the community and am excited to learn and share.”

She also hopes to educate the public and raise awareness of the benefits of local Health Advisory Councils.

“The council is the voice of the public to Alberta Health Services. I believe it’s valuable to have public input from varying perspectives on the victories and difficulties in our health system.”

In her free time, Sasha loves hiking and plays an indoors Mother Nature as she tends to more than 75 houseplants.

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