



Shelly mobilizes to make more services available in rural and remote communities.

As a longtime resident, teacher, principal and mother in the north, Shelly Komarnicki of True North Health Advisory Council (HAC) has witnessed firsthand the impact of remote health care needs on the vulnerable members of our isolated communities.

“As a proactive person, I felt that becoming a part of the conversation by serving on council and helping to support solutions was my best course of action,” she says. “I have a unique perspective as a community member that I believe allows for input in solving area concerns — or at least highlighting them — and I prefer to be a part of solutions than to hope that others will.”

Shelly’s devotion to others flows naturally from her professional and family life.

“I’m an educator — and the welfare of my students, staff and their families is my passion. In my personal life, I’m a busy mom of athletic teenagers.”

Shelly reflects on how the key accomplishments, to date, of the True North HAC are already having a positive impact on her community.

“The new toll-free Indigenous support line — that allows care given within a cultural context — allows for support for remote areas. The addition of sexual and reproductive health screening in the public health office will open opportunities for women to access more services in a single visit. Making services more available in communities, and remotely from home, increases access for all — and I’m a huge supporter of this.

“A goal of mine would be to help support increased mental health services as well as access to specialists locally, such as Occupational Therapy, Physiotherapy, Audiology and Speech Language Pathology. These services are desperately needed for students and families in the remote areas that struggle to access them or have long wait times and have to travel to the city for care.

“My hope is to represent the needs of the marginalized populations that I work directly with in my profession where I can sense great needs.”

While she’s not a shy person, Shelly admits she can be very introverted — and recharges in her solitary moments. In her free time, she loves to be out in the sun, travel, take walks, plant lots of flowers and spend a great deal of time outdoors in the summer having fun with her teenage children.



Shelly loves to go for walks in the sun and spend long summer days having fun with her teens.

For more information on the True North Health Advisory Council, visit ahs.ca/advisorycouncils, or email truenorth@ahs.ca.