



## Cyndy brings passion and experience to her Yellowhead East community

Cyndy Heslin used to sing in a rock band with her three sons, but today she's a 'rock star' of a different stripe when it comes to caring for her community as a member of Yellowhead East Health Advisory Council (HAC).

"I love how passionate our Council members are as well as their dedication to take time away from their families to work to serve on the HAC," she says.

For her own part, Cyndy says she's most passionate about the fact that "there's quality healthcare available for all Albertans regardless of income, age, gender or ethnic background."

She believes her Council makes valuable contributions to this end, and cites mental health care, shorter wait times and more accessibility to diagnostic tools in the eastern part of the Central Zone, which the YEHAC represents, as key areas where her Council has provided input.

What makes a big difference, she adds, is that Alberta Health Services (AHS) truly listens to the ideas she and her Council colleagues put forth.

"I've seen how AHS values the input from Health Advisory Councils, and how it has changed or made improvements because of our input."

Along with the progress and success she's seen to date, Cyndy's future goals as a HAC member include a desire to "help those that are trying to navigate their way through the healthcare system to reach success — and to access everything they need for their well-being."

Now semi-retired, Cyndy recalls her early years and her desire for helping others that led her to a career in healthcare.

"Due to family difficulties I left home at the age of 15, worked nights to put myself through high school and college to work in the healthcare field," she says. "I love what I did and love sharing my experiences and knowledge."

When asked how she spends her free time, she laughs, then adds: "What free time? Seriously though, I enjoy camping, fishing, singing, reading as well as playing board games and cards."

We're recruiting new members. For more information on the Yellowhead East Health Advisory Council, and to apply, visit [ahs.ca/advisorycouncils](https://ahs.ca/advisorycouncils), or email [yellowheadeast@ahs.ca](mailto:yellowheadeast@ahs.ca).



*Cyndy Heslin, 2019*