



## Judy seeks to better understand the needs of rural Albertans and advocate for positive change.

As she learns the ropes, Yellowhead East Health Advisory Council (HAC) member Judy Acres looks forward to making a valuable personal contribution to healthcare.



*Judy likes to travel off the beaten path as well as hang out with her three daughters and her five grandbabies.*

“I’m new to the Council, so I’m still learning what we’re focused on and what progress we are making. However, I have no doubt that Councils have positive impacts on our communities.”

Continuing to serve her community comes naturally for Judy, who already has 12 years under her belt as a Town Councillor in Viking.

“I’m passionate about the quality of life for residents living in rural Alberta. I believe that we all need to contribute our time and talents to maintain the standards that we desire to have.

“In life, I’m most passionate about my family — my kids, my grandkids, my siblings and extended family. In respect to my Alberta Health Services’ Health Advisory Council, I’m most passionate about giving a voice to rural Albertans and seniors in particular.

“I want to accurately understand their needs — and to voice those needs and concerns to the powers that be to make the changes and accommodations that we need.

“I get hope and purpose from the quality and passion of the people I work with in these various areas. We are stubborn, we are focused, and we are energized to provide quality

health services.”

Judy hopes to raise awareness of HACs so more people will bring their feedback to Council.

“I wish the general public knew that we exist and that we are receptive and desirous of their input. We need to be visible, and we need to show our accomplishments.”

With all her dynamic outreach efforts, one would never guess Judy sees herself as “actually quite shy and introverted”.

With regards to her free time, Judy adds: “I love to travel to places off the beaten path. I also love to garden. I love to paint and do a variety of artistic things. I love hanging out with my three daughters, their spouses and my five grandbabies.

“I try to greet every day with a sense of gratitude — and an intent to leave my world a better place”.

For more information on the Yellowhead East Health Advisory Council, visit [ahs.ca/advisorycouncils](https://ahs.ca/advisorycouncils), [yellowheadeast@ahs.ca](mailto:yellowheadeast@ahs.ca).