



Lakeland Communities Health Advisory Council Meeting Minutes

Wednesday, May 11, 2022, / 5:00 – 8:00 p.m. / Zoom

ATTENDEES & INTRODUCTIONS	
Members	Robert Deresh (Chair), Allyson Fox (Vice-Chair), Brad Eamon, Ida Edwards, Diane Ellis, Michele Huszar, Victoria Sparklingeyes, Heather Stromquist, Joanne Williams
AHS	Melony Cole – Zettler, Cindy Harmata, Kathleen Arnold, Sheri Neuman, Krystal Smith
Regrets	Zicki Eludi, Kathy Lepine, Janet Stone, Amy Warren, Lorin Tkachuk
Public	Two
Welcome & Introductions	Robert welcomed all in attendance and went through introductions.
Approval of minutes	March 9, 2022, minutes were reviewed and approved by consensus.
STANDING ITEMS	
Alberta Health Services North Zone Update	Cindy Harmata, Senior Operating Officer, provided a written report with information about workforce recruitment, capital projects and major events and initiatives specific to the local area. She also provided highlights from the North Zone Operational Plan and performance measures and initiatives. An update on COVID-19, the novel coronavirus, was provided. Information on its impact and measures to reduce spread is changing daily. Visit www.ahs.ca/covid for the most up-to-date information.
Community Partners	Anita Fagnan, Rural Community Consultant with Rural Health Professions Action Plan (RhPAP), provided a written report with information about RhPAP's new CEO, upcoming information sessions, Rural Health Week celebrations and the Rural Education Supplement and Integrated Doctor Experience (RESIDE) program. She also provided information about <i>Put on your Perspectacles!</i> RhPAP's Attraction and Retention Conference scheduled October 4-6, 2022 in Drayton Valley. Visit www.rhpap.ca for more information.
Voices of the Community	David Beale, director of FCSS in Bonnyville, brought forward a concern about there being no mental health supports available for children and youth in the community. The E - Mental Health Program is available and the PCN is developing a youth hive drop in facility. The hope is for improved access to these services.
Council Round Table	Robert Deresh, Council Chair, provided the following update:



	<ul style="list-style-type: none"> • Thanked members for their participation and due diligence during his Chairmanship. <p>Council members shared the following updates:</p> <ul style="list-style-type: none"> • The John Howard Society in Cold Lake has recently shut down, causing distress among homeless folks in Cold Lake. • Concern about physician shortage in Lac La Biche; long wait times to see family physicians; doctors burning out. • Recommendation to attend the Spring Forum if possible, it's great learning and networking for members. • Redwater hospital has recruited a third doctor and the care has been excellent. • Concern about Athabasca FCSS not able to support AISH clients with online processes. It's hard for users to get access and the services they need in a timely manner.
<p>NEW BUSINESS</p>	
<p>Presentation(s)</p>	<p>Alberta Healthy Living Program</p> <ul style="list-style-type: none"> • Kathleen Arnold, Sheri Neuman & Krystal Smith; Self-Management & Diverse Populations Coordinators, AHS <p>Highlights of the presentation:</p> <ul style="list-style-type: none"> • The Alberta Healthy Living Program (AHLP) has free workshops designed to help Albertans better manage chronic conditions. Topics include diabetes, heart and stroke education, weight management, stress management, chronic pain or chronic conditions management, supervised exercise and COPD education. Learn more at www.healthylivingprogram.ca • A new program, Diabetes Self-Management Health Coach Program, is a free phone support program to help Albertans manage diabetes and connect with a peer coach. Register online. • NOTE: AHLP can work with local community groups who want personalized programming for a specific session, tailored to meet their group's education needs. <p>Discussion Questions:</p> <p><i>Q. How do people who don't use Zoom effectively reach out to those with technology or internet barriers?</i></p> <ul style="list-style-type: none"> • Partnerships with libraries, community or recreation centres, adult learning centres, post-secondary institutions (i.e. CAREER Pathway School outreach campus, Northern Lakes College, Bigstone Community School, Mistassiniy School)



	<ul style="list-style-type: none"> • The buddy system and making connections with other community members may help people feel more comfortable going into public places to seek information, or to participate in activities. <p><i>Q. What suggestions are there to get people informed and interested in engaged?</i></p> <ul style="list-style-type: none"> • Find community role models with lived experience who are enthusiastic and willing to help other people. Their experience can be used as testimonials to encourage others to get involved. • Advertise on social media with geographic targeting. <p><i>Q. How can we better build partnerships with Indigenous groups? What do we need to do differently to provide value to these communities with the AHLP programming?</i></p> <ul style="list-style-type: none"> • An ideal approach would be co-development and co-delivery of programming with Indigenous partners to reach a specific group. Advice is to connect with Health Directors from each of the First Nation Health Centres, as each Nation has its own system and will know best how to reach their communities.
	<p>Road to Hope Community Support Foundation</p> <ul style="list-style-type: none"> • Chris Hamlyn, Foundation President <p>Highlights of the presentation:</p> <ul style="list-style-type: none"> • It is a nonprofit organization servicing Lac La Biche and Athabasca since 2008 that offers transportation to clients with cancer who need care in Edmonton. • It works with the Kinsmen in Lac La Biche to use their van for transportation to and from Edmonton. • It closed between March 2020-June 2021 due to the pandemic and reopened last summer. • It hosts two main fundraising events every year – a golf tournament in Athabasca and a Fun Run in Lac La Biche. • It's hired a new coordinator who is actively working to let people know it's back in operation and in need of volunteer drivers. • Visit the website, Facebook or Instagram for updated information. • To volunteer or participating in fundraiser connect with Chris – president@roadtohope.ca



<p>Elections</p>	<p>Elections were held for the position of Chair and Vice Chair of the council.</p> <ul style="list-style-type: none"> • Melony Cole-Zettler opened the floor for nominations of the position of Chair and Vice Chair. • Ida Edwards put her name forward for the position of Chair. • Heather Stromquist put her name forward for the position of Vice Chair. • Melony Cole-Zettler asked three times if there were any further nominations from the floor. • Alyson Fox moved nominations cease. • Ida Edwards was declared the successful candidate for the position of Chair of the Lakeland Communities Health Advisory Council by acclamation. • Heather Stromquist was declared the successful candidate for the position of Vice Chair of the Lakeland Communities Health Advisory Council by acclamation.
<p>Action Items</p>	<ul style="list-style-type: none"> • Melony to connect Alyson Fox, Ida Edwards, Victoria Sparklingeyes, and Heather Stromquist with the Alberta Healthy Living Program team. • Melony to share Road to Hope Fun Run poster with Council members. • Joanne Williams to share information re the Alberta Reduction of Poverty networking group. • Melony to put forth the names of Ida Edwards, Chair ,and Heather Stromquist, Vice Chair, to the CE Committee of the Board.
<p>Date of Next Meeting</p>	<p>Date: Wednesday, October 12, 2022 Time: 5:00 – 8:00 p.m. Location: Smoky Lake Provincial Building</p>

Our meetings are open to the public. Dates and locations are [available here](#).
[Find your Health Advisory Council here](#). Visit [Together 4 Health](#) (T4H) to engage with AHS online.