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# Together4Health Headlines

• HEALTH NEWS YOU CAN USE •

Welcome to **Together4Health Headlines**, a biweekly e-newsletter designed to keep you informed of decisions being made to protect and support Albertans, key public health information, and opportunities for you to connect with AHS.

AHS is committed to ensuring our partners and stakeholders, like you, receive the information you need to for yourself, your families, colleagues and staff. If you know of someone else who would benefit from receiving this information directly from AHS, [invite them to subscribe](#), and [respond to this short survey](#) to let us know if you're receiving the information you need.

*Together4Health Headlines arrives in your inbox every two weeks.  
Watch for our next update April 19.*

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## Things You Need to Know

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### Refocusing Alberta's healthcare system

In November 2023, Alberta's government announced it would be refocusing health care with the creation of four new organizations that will be responsible for the oversight and delivery of health care services in the province. The four new organizations include acute care, continuing care, primary care and mental health and addiction. The mental health and addiction organization will be the first of these to be established when it becomes an entity later this year.

On April 2, the Government of Alberta announced that the new mental health and addiction organization will be named *Recovery Alberta*. In addition, Alberta's government announced the establishment of the Canadian Centre of Recovery Excellence (CoRE) to support Alberta's government in building recovery-oriented systems of care by researching best practices for recovery from around the world, analyzing data and making evidence-based recommendations.

Learn more about the new mental health and addiction organization at [alberta.ca](https://alberta.ca).

Albertans are invited to participate in an in-person engagement session to help shape the future of healthcare in Alberta. These sessions are an opportunity to engage directly with elected and senior leaders from the Government of Alberta. Sessions have been scheduled through April 12. Register to participate or share your feedback by survey at [alberta.ca/shape-the-way](https://alberta.ca/shape-the-way).

The Government of Alberta's [respiratory virus dashboard](#) includes reporting for influenza, COVID-19 and RSV cases, positivity and severe cases. The dashboard is updated every Thursday throughout the respiratory virus season.

### Parking fee Increase

On April 1 parking rates at AHS facilities increased by 3.18% to 3.3% across Alberta. This adjustment, the first in more than eight years, is necessary to cover rising maintenance and construction costs for parking structures. It's important to note that healthcare funding doesn't support parking expenses; AHS Parking Services must be financially self-sustaining. New parkades are financed through long-term debt, repaid over 20 to 40 years. For more financial information, read [Parking Summary Business Plan](#).

If parking costs are a barrier for any Albertan, AHS offers support through monthly/weekly passes below market rates and compassionate passes for those in need. Some locations also provide volunteer driver programs for free transportation.

For more information, [click here](#).

## Action on Our Top Priorities

*We have much to accomplish in several priority areas and want to make sure you have the most current information on the work underway, and on the work ahead.*

### Reducing wait times for surgeries

#### *Hospitals teaming up brings more eye surgeries to Central Alberta*

Access to eye surgery is growing for residents in Central Alberta. Cataract surgery availability is rising in Innisfail Health Centre, while Wetaskiwin Hospital and Care Centre will now be providing retinal surgeries. This dual approach will see more efficient use of resources and ultimately create more surgical spots.

Both retinal and cataract surgeries can make a big difference in the lives of patients. To date 10 retinal surgeries have been performed at Wetaskiwin Hospital and Care Centre, with a goal of 70 by year's end.



These moves are part of the Alberta Surgical Initiative, which is growing surgical capacity across the province. Even before its second operating room opens, Innisfail will be able to offer more cataract surgeries, thanks to Wetaskiwin now taking on retinal surgeries. To read more, click [here](#).

### Rural & Indigenous initiatives and engagement

available to local home care clients with physical and memory challenges or chronic illness. The evening program option will be offered on Tuesdays and Thursdays from 1:00 to 7:00 p.m. with day programs continuing to be offered on Tuesdays and Thursdays from 9:30 a.m. to 3:30 p.m.

The Adult day programs provide socialization, respite and education for caregivers, and professional services, including rehabilitation, social work, nursing and on-site access to physician services. This enables home care clients to remain living in the community for as long as they can by optimizing their level of physical, spiritual, social and emotional functioning. To read more, click [here](#).

### **Workforce recruitment & retention**

#### ***AHS, Red Deer Polytechnic sign agreement to benefit healthcare***

AHS and Red Deer Polytechnic (RDP) have signed an agreement allowing AHS nurses to take on RDP clinical instructor placements on a temporary basis, when RDP is unable to recruit qualified instructors. The joint union fills RDP's need for instructors and enables AHS to preserve its valuable, experienced nurses.

With the significant demand for registered nurses, the collaboration allows more instructors to become available, more nursing students from rural areas to learn in their home communities, and more nurses to graduate to work in sites across the province.

RDP has created 192 more spaces in its nursing program through 2022-2025 as part of the Government of Alberta's investment in more seats for post-secondary programs across the province. The Myron Thompson Health Centre in Sundre is the first site to host the new agreement, which began this past September. To read more, click [here](#).

#### ***Newly recruited family physicians now accepting patients in Lloydminster, Red Deer, Wetaskiwin, Valleyview, and Sylvan Lake***

##### ***Lloydminster***

Dr. Onyewuchi Ukoha is now practicing at Lloydminster Clinic and is accepting new patients. He can be reached at 780-875-2221. Dr. Ukoha will also be providing care to residents in continuing care facilities within the community. Ukoha received his medical education in Nigeria and practised there for 16 years before relocating to Canada.

Dr. Ukoha joins his wife, Dr. Obianuju Ukoha, and seven other physicians at Lloydminster Clinic. With Dr. Ukoha's arrival, there are now 16 physicians serving the community and surrounding area.

##### ***Red Deer***

Dr. Hamid Khalefa, a licensed family medicine physician is now practicing at Saint Mary Clinic in Red Deer and is accepting patients. Dr. Khalefa can be reached at 403-342-2234. Dr. Khalefa received his medical education at Mansoura University in Egypt and has practiced in Chetwynd, B.C. since 2021. With the addition of Dr. Khalefa, Saint Mary Clinic now has 20 physicians serving the community.

Dr. Emadeddin Ben Khalifa is now practicing at Wetaskiwin Tower and accepting new patients. To schedule a meet and greet, he can be reached at 780-352-9700. Dr. Ben Khalifa will also be joining the Wetaskiwin Hospital and Care Centre team as a general practitioner and surgical assistant.

Dr. Ben Khalifa received his medical education in Libya, and says he is excited to work in Wetaskiwin, and to learn more about the city, people and culture. Dr. Ben Khalifa will be the 28<sup>th</sup> physician serving the community and surrounding areas.

#### ***Valleyview***

Dr. Aiman Tataba is now practising at the Valleyview Health Centre and Valleyview Medical Clinic. Dr. Tataba completed his medical training at the University of Tripoli, Libya, and moved to Valleyview in January with his wife and four children.

#### ***Sylvan Lake***

Dr. Ifeoma Ezeude is now practicing at the Sylvan Family Health Centre and Sylvan Lake Advanced Ambulatory Care Service (SLAACS). She is accepting new patients and can be reached at 403-887-2224. Dr. Ezeude was trained in Nigeria, and with her arrival there are now 17 physicians practising in Sylvan Lake.

## **Innovation in Healthcare**

### **Nation's first fully certified Angioedema Centre of Excellence offers highest level of care**

The Angioedema clinic at the University of Alberta Hospital's Kaye Edmonton Clinic has become the first fully certified Angioedema Centre of Reference and Excellent (ACARE) program in Canada.

Angioedema, a debilitating and potentially life-threatening condition, is associated with recurrent swelling in the hands, feet, face and airway. Patients may also experience severe abdominal pain, nausea and vomiting caused by swelling in the intestinal wall, and many patients end up in emergency.

A challenging condition to diagnose and manage, many patients also experience psychological and social concerns, which the program can address. As part of the ACARE program, patients receive comprehensive care from a multidisciplinary team of physicians, nurses, social workers and dentists, with a focus on both medical management and psychosocial health. To read more about the program and angioedema, click [here](#).



*The health and wellbeing of Albertans is the heart of everything we do, and every decision we make. To enhance the health and wellbeing of Albertans, we offer services, workshops, classes, events and support groups to encourage healthy choices that enhance the health and wellbeing of Albertans. [Find what's available in your zone](#). Join [Alberta Healthy Living Program Workshops & Classes](#) for adults living with chronic health conditions and/or diseases.*

*Additionally, primary care providers play a key role in keeping Albertans healthy: when a patient consistently sees the same family doctor, nurse practitioner and team, it can lead to better health. If you need help finding a family doctor, visit [albertafindadoctor.ca](http://albertafindadoctor.ca).*

### Mental Health Wellness Moment: ADHD in adults



In this Mental Wellness Moment, Dr. Nicholas Mitchell - AHS Provincial Medical Director for Addiction and Mental Health - explains why more adults are being diagnosed with attention deficit hyperactivity disorder, and how ADHD presents differently in adults and children.

[Watch Video](#)[Listen as a Podcast](#)

### Alcohol in moderation

While many people enjoy drinking alcohol, and it may have a place in cultural and family traditions, it's important to keep intake at the lowest levels possible to reduce the risk of harm.

Alcohol is a depressant that impacts the whole body, including the central nervous system - brain, cardiovascular system (the heart), and respiratory system (the lungs and breathing). When someone drinks too much alcohol or too quickly, it can overwhelm or suppress the healthy performance of these systems. This can lead to passing out or having alcohol poisoning which includes symptoms such as vomiting, vomiting while passed out, not waking up after vomiting, not responding when being talked to or shouted at, fast heart rate, and other





### April is Oral Health Month

Good oral health means more than having a nice smile! Your mouth can tell you a lot about the health of your body. Oral health and general health have a two-way relationship. Oral diseases can cause poor general health, which can lead to oral health problems. For example, diabetes increases the risk of gum disease and gum disease can make diabetes harder to manage. Oral health also impacts our speech, the enjoyment of food and the way we express feelings and emotions. Good oral health gives us confidence to live work and play.



To learn about preventing common dental problems, click [here](#). For more information on Oral health, click [here](#).

### Advance Care Planning - An essential conversation

April 16 is National Advance Care Planning Day. AHS is encouraging you to think about, talk about and document your wishes for healthcare to ensure your voice is heard. Advance Care Planning allows your family or close friends to know what kind of care you want, and it can bring peace of mind to those making healthcare decisions on your behalf.

On National Advance Care Planning Day, make time with your family and friends to talk openly about what is important to you in a health care emergency and identify your wishes should you become too ill to speak for yourself.

To learn more, click [here](#). To watch a video with more information, click [here](#).



### Reduce and Manage the Stress in your Life

During this this free three-part virtual workshop series (using Zoom), participants will identify the stressors in their lives, learn about the connection between stress and health, practice strategies to manage stress and build stress resilience, and create a plan for stress management success.

- Thursdays, May 2, 9, and 16 - 6:00 p.m. to 8:30 p.m.
- Wednesdays, June 12, 19, and 26 - 6:00 p.m. to 8:30 p.m.

For more information or to register call 825-404-7460 and press 3.

### Better Choices, Better Health workshops

Living with a chronic health condition can be hard. [Better Choices, Better Health](#) is a free group workshop

enjoy a better quality of life.

Choose between one of two workshops:

- **Better Choices, Better Health - Chronic Disease:** for those with conditions like diabetes, high blood pressure, obesity, arthritis, gastrointestinal, depression, long COVID-19 and others.
- **Better Choices, Better Health - Chronic Pain:** for those with conditions like fibromyalgia, complex regional pain syndrome, persistent pain, migraines, arthritis and others.



For more information on the Better Choices, Better Health program, and to register for workshops, click [here](#).

### Smart But Scattered Adults - How to Work with Clients to Strengthen Executive Skills

This seminar will share cutting edge neuroscience on executive functioning and will provide practical strategies clinicians can use with attention deficit hyperactivity disorder (ADHD) clients to help them work around or overcome the obstacles presented by weak executive skills. Armed with the knowledge gained in this seminar, participants will be able to help their clients assess their own executive skill strengths and weaknesses and create an action plan that is realistic and leads to true and lasting change.

- Date: May 4 & 11, 2024, Online via Zoom
- Time: 9:00 a.m. - 12:00 p.m.
- Presenter: Dr. Peg Dawson
- Who: Occupational Therapists, Psychologists, ADHD and Executive Coaches, Psychotherapists, Mental Health Professionals, Social Workers, Marriage and Family Therapists, Case Managers, Vocational Counselors

See the event poster [here](#). For more information contact Natasha Proulx, Member Services at [info@saot.ca](mailto:info@saot.ca).

### Better Health for Free - South Health Campus Wellness Kitchen classes

The South Health Campus Wellness Centre offers free cooking classes where participants can learn easy and tasty ways to eat better and improve health.

#### Cooking When Fatigued

- Date: April 11
- Time: 12:00 p.m. – 1:30 p.m.



For information, and to register, click [here](#).

### Tasty, Low Salt Cooking Meal Ideas



For information and to register, click [here](#).

### Easy & Healthy Mediterranean Cooking

- Date: April 23
- Date: 12:00 p.m. – 1:30 p.m.

For more information, and to register, click [here](#).

### Mental Health Foundation Lunch & Learn Series - Understanding anxiety

Hosted by AHS Health Promotion Facilitators, this lunch and learn series will teach participants the difference between everyday worries and anxiety that is no longer helpful or productive. Participants will learn how to identify common signs of anxiety, how the body reacts to stress triggers/responses, strategies for regulation and strategies to approach stress in manageable steps with effective coping skills.



- Date: Friday, April 19, 2024
- Time: 12 – 1 p.m.

To learn more and to register, click [here](#). For more information about upcoming workshops, email [HPDIP.MH.EarlyID@ahs.ca](mailto:HPDIP.MH.EarlyID@ahs.ca) or click [here](#).

### Mobile mammography service to visit rural and remote communities

A mobile mammography trailer will be available at:

- Edson Healthcare Centre, 3837 6 Avenue, April 8-11
- Strathmore Peavy Mart, 300 Edgefield Place, April 8-13, 15-20
- Bonnyville Healthcare Centre, 5001 Lakeshore Drive, April 12-13, 15-20, and 22
- Bow Island Health Unit, 802 6 Street E., April 22-24
- Goodfish Lake First Nation, Goodfish Lake Health Centre, April 23
- Kehewin Cree Nation, Kehewin Health Services, April 24
- Camrose Recreation Centre, 4412 56 Street, April 25-27, 29, 30
- Cold Lake Healthcare Centre, 314 25 Street, April 25-27, 29, 30

Residents can book an appointment or learn more about the program by calling 1-800-667-0604. To access the screen test mobile schedule, click [here](#).

## Join the Conversation and Get Involved

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### 25th Annual Youth Hiring Fair in Calgary

Fair at the Big Four Building at Stampede Park in Calgary to share information with students about careers with EMS.

Paramedics Nadine Nania and Shane Paton, who were joined by a representative from the AHS Talent Acquisition team, were pleased to see hundreds of individuals who stopped by to check out their booth. The booth included equipment used by paramedic professionals, along with information on how people can learn more about EMS on AHS' careers webpage.



The staff engaged in many insightful and informative conversations sharing information on AHS EMS, along with the paramedic profession in general. To learn more about EMS careers with AHS, click [here](#) and to search current employment openings, click [here](#).

## Workshops and classes

### *Preparing for emergencies, including wildfire*

Given the low snowpack and drought conditions in the province, 2024 is anticipated to be another challenging wildfire season. Albertans are invited to participate in Emergency Preparedness, or E-Prep, an online workshop that shares ways to be emotionally, socially, and practically prepared for a disaster or an emergency, including wildfire.

The workshop uses a step-by-step approach to help people make emergency plans that are unique to their lives. It encourages individuals to discuss, explore, discover, and develop their own personal emergency preparedness plan. Through this interactive and educational webinar, participants are guided through a step-by-step approach to create a personalized emergency preparedness kit while focusing on mental health and emotional wellness. The program is for adults interested in learning skills to cope with disasters and emergencies, and to deal with stress.

Register for one of the following dates:

- [Wednesday, April 24](#) from 1 p.m. – 3 p.m.
- [Wednesday, May 22](#) from 10 a.m. – noon

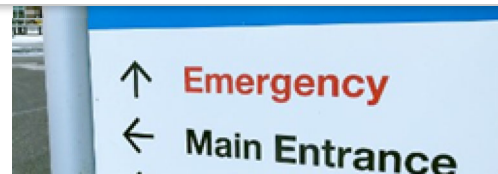
Participants can take part through their smartphone, tablet, or computer. If you have questions about the E-Prep workshop or need support to register, contact [AHSWellnessExchange@ahs.ca](mailto:AHSWellnessExchange@ahs.ca) or visit [Addiction and Mental Health Workshop Eprep](#). For additional resources, click [here](#).

## Survey: Share your thoughts on the future of Psychiatric Emergency Support in Central Zone

Red Deer Regional Hospital Centre has launched a new service within the Emergency Department dedicated to supporting individuals who present with addiction & mental health crises. Additional resources have been hired, including a Registered Nurse, Licensed Practical Nurses and Personal Support Workers who will comprise a 24/7 team in the emergency department. Additional supports will

health patients, overall improved patient flow and reduced wait times.

The program was launched in November 2023. Continued collaboration with the public who have accessed the service can contribute to workflow process and the possibility of additional resources being added to the Psychiatric Emergency Support initiative if proven to be required.



Please take part in our survey to share your thoughts on the future of Psychiatric Emergency Supports in Central zone by clicking [here](#).

## Information for Caregivers and Families

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### Workshops and classes

#### *Meals and snacks for early learning and childcare providers*

AHS offers free, 90-minute nutrition workshops for parents and early learning and childcare providers. Dietitians share tips and tricks designed to make snacks and mealtimes for children easier for everyone. Caregivers will learn how to plan meals and snacks using Canada's Food Guide and help program providers plan menus for your early learning/childcare centre.

- April 11 from 6:30 p.m. to 8 p.m.

Click [here](#) to register. If you have questions, email: [publichealthnutrition.centralzone@ahs.ca](mailto:publichealthnutrition.centralzone@ahs.ca).

#### *Child Safety Seats Workshop for Families*

This one-hour online (zoom) workshop will provide advice and support for choosing, installing, and using child safety seats, booster seats, and seat belts for children of different ages, heights, and weights. This workshop is appropriate for parents and caregivers of infants, toddlers, and children up to 13 years who reside in Alberta.

For questions, please contact the Population Health Promotion team: [injury.prevention@edmonton@ahs.ca](mailto:injury.prevention@edmonton@ahs.ca).

- Thursday, April 18 at 10:30 a.m.

To learn more and to register, click [here](#).

#### *Home Safety for Infants and Toddlers workshop*

From cribs to cupboard locks to baby-safe foods - it often feels like there are a million things to remember and endless ways for our children to get hurt. However, most injuries are easy to prevent with the right

This workshop is appropriate for parents and caregivers of children ages 0-5 years residing in Alberta.

- Wednesday, April 10, at 6:30 p.m.

For questions, please contact the Population Health Promotion team at [injury.prevention@edmonton.ca](mailto:injury.prevention@edmonton.ca). To learn more and to register, click [here](#).

### ***Words Matter – Promoting a positive relationship with food***

Join AHS dietitians for an online session focussing on the power of our language and actions, and how educators can influence children's relationships with food. Designed for Early Learning and Childcare Educators in Alberta, strategies will include building supportive environments, and developing a positive relationship with food.

- Wednesday, May 29, 2024, at 6:30 p.m.

To learn more and to register, click [here](#).

### ***Nutrition Classes held by Edmonton Zone Public Health Dietitians***

#### ***Healthy Eating for Little Ones (1-5 years)***

If you have a one- to five-year-old child, join our class to learn about key foods and nutrients for growth, strategies for stress-free family meals and how to get your child involved and excited about food.

- Date: Tuesday, April 9, 2024
- Time: 12:00 p.m.

#### ***Healthy Eating for Pregnancy***

Expecting a baby? Join our class to learn about what's best to eat and avoid during pregnancy, how to manage nausea, heartburn and other common discomforts, and quick and tasty meal ideas.

- Date: Thursday, April 25, 2024
- Time: 12:00 p.m.

#### ***Steps to Starting Solid Foods***

If you have a two to twelve-month-old baby, join us to learn about what foods to start with, food allergies, baby-led weaning, making food for your baby, and more!

- Date: Tuesday, April 30, 2024
- Time: 10:00 a.m.

Click [here](#) to register for upcoming classes, or click [here](#) to see the classes' poster.

### ***Smart But Scattered - Improving Executive Skills at Home and at School***

associated with executive skill challenges.

- Date: April 20 & 27, Online via Zoom
- Time: 9:00 a.m. - 12:00 p.m.
- Presenter: Dr. Peg Dawson
- Who: OTs, OTAs, educators, teachers, school psychologist, SLPs, school counselors, mental health professionals, keen parents.

See the event poster [here](#). For more information contact Natasha Proulx, Member Services at [info@saot.ca](mailto:info@saot.ca).

### Pediatric Rehabilitation Caregiver Connection

This month's highlights:

- Active play in winter for children of all ages, and tips for adults too – [learn more](#).
- [Complete our survey](#) about your sources of information about child development.
- Community organizations – check out the new poster about [School Readiness](#).
- Check out the video sessions and register for live webinars here: [Webinars](#). There are 25 webinars to select from on a wide range of topics.



## Be Well - Be Kind

### Youth volunteers bring Easter cheer to Canmore General Hospital

A group of AHS youth volunteers recently brought some Easter joy to the Canmore General Hospital.

The dedicated group of young people spent an afternoon together decorating the grounds of the hospital - bringing bright coloured Easter cheer to patients, visitors and staff.

To learn more about volunteering with AHS, click [here](#).



### AHS recognizes Green Shirt Day on April 7 – The Logan Boulet Effect

April 7 is Green Shirt Day in Canada, in honour of Humboldt Broncos defenceman, Logan Boulet who lost his life on April 7, 2018, after the Humboldt Broncos bus crash on April 6, 2018.

Logan's parents, Bernadine and Toby Boulet, donated his organs so that six people could live, because

100,000 Canadians registered to become organ donors in the days and weeks that followed. This is the largest number of organ donor registrants to date, due to the generosity of one person and their family.

On April 7, you are encouraged to wear green to honour and recognize the victims and families of the crash, and to continue Logan's legacy by inspiring Canadians to register as organ donors. To read more about Green Shirt Day, click [here](#).

### **Meet Oldman River Health Advisory Council member Rebecca Bultsma**

***Rebecca believes meaningful engagement will spur positive results for her community.***

With a passion for healthcare, and a desire to improve the well-being of those in her community, Rebecca Bultsma's goals as a new council member include addressing health disparities and enhancing community engagement.

As a communications professional, she has first-hand experience witnessing the importance of stakeholder engagement and its positive impact. She believes that by actively participating in the Council, she can contribute to improving healthcare services and addressing the unique health needs of her community.

A self-professed 'nerd', Rebecca is excited about technological advances in society that can make a difference in the lives of others. She feels using technology to better engage with communities can amplify the voices of those who have historically not been heard.

Rebecca is interested in working collaboratively with healthcare providers and community stakeholders to identify and address barriers to access and quality of care and aims to contribute to reducing health disparities and improving health outcomes for community members.

In her spare time, she likes exploring new cities and seeking out the vibrant energy and unique experiences they offer. Whether she is hiking, listening to podcasts and audiobooks, travelling to new places, trying new restaurants, or using the latest productivity tools, she finds much joy in the adventure, knowledge, and efficiency they bring.

Read more on the [Meet our Members](#) page.





Fred Sproule suffered a debilitating stroke 11 years ago, not long after he suffered a heart attack. Since then, his wife Laurel has been his caregiver.

Fred and Laurel were both teachers before Fred's stroke; she taught Shakespeare, and he took students on field trips to the opera. Laurel brags that Fred was, and still is, the most brilliant person she's ever known. With such accolades, it's hard to imagine that just over a decade ago, Fred didn't know what a lion was.



During the first few months of recovery, Fred was frustrated with his inabilities, but knew he wasn't the only one facing a learning curve. With changes to their everyday lives, their relationship also changed. Looking back, today they both agree that their relationship has improved. "We ended up in a much better relationship. We actually ran together, and we ran the New York Marathon about a year afterwards," says Fred. "That was a really rich achievement."

Reflecting on his experience, Fred thinks about advice he could give to a caregiver, and laughs: "Don't ever use the word 'just'. But honestly, don't make assumptions about what the other person can do. Accept the person at the level they're at, and don't ignore what's happened to them because it's uncomfortable. They need you."

While caregivers allow Albertans to be as healthy and independent as possible by taking on emotional and physical responsibilities, it's also important for their well-being to be supported in their new role. Laurel says she hopes caregivers can find their own support person, like she did.

### Foundation Good News

*Through donor support, our philanthropic partners fund enhancements to healthcare delivery including equipment, programs, renovations, research and education across the province and in your community. [Learn more here.](#)*

#### ***New wheelchair to benefit patients in Cold Lake***

Long term care clients and community members receiving rehabilitation after being at the Cold Lake Healthcare Centre will benefit from a second bariatric wheelchair.

Funded by [Hearts for Healthcare](#), the new bariatric wheelchair and accompanying cushion will provide individuals with enhanced support, stability and comfort and are specially designed for higher weight capacities. The addition of a second bariatric wheelchair will also allow healthcare providers to support a greater number of clients.



### *Kindness in three dimensions*

Myles Doupe is a [Red Deer Regional Health Foundation](#) supporter who makes a difference by 3D printing toys for children in need in the Emergency Room at the Red Deer Regional Hospital Centre.

Myles' hobby brings smiles to the faces of young patients, offering comfort and distraction during their hospital stay.

"I'm just happy to do something positive," he says. He's quick to remind us that he finds the designs online, while he provides the printer expertise and materials.

His toys, ranging from figurines to fidget spinners, provide distraction for children waiting in the Emergency Department and even make going through procedures an easier pill to swallow (pun intended).

Hospital staff praise Myles' contributions, recognizing the profound impact on parents and children alike. His efforts remind us of the transformative magic of generosity.



### *New Stretchers with Enhanced Features for Taber Health Centre*

The [Taber & District Health Foundation](#) recently purchased five stretchers for the Emergency Room at the Taber Health Centre. These new stretchers are equipped with IsoFlex mattresses to ensure added comfort for patients during their stay.

One of the key features of these new stretchers is the integrated scale system, which automatically calculates a patient's weight. This feature is particularly useful for accurately administering medication and facilitating patient movement or transfers.

