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Together Health

Headlines

• HEALTH NEWS YOU CAN USE •

Welcome to **Together4Health Headlines**, a 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 help [protect](#) yourself, your families, colleagues, and staff. If you were forwarded this newsletter by a friend and found the information useful, you can subscribe by [clicking here](#). If you would like to provide feedback or share information, contact community.engagement@albertahealthservices.ca.

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*Together4Health Headlines arrives in your inbox every two weeks.
Watch for our next update May 3.*

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Things You Need to Know

Regional Advisory Council recruitment begins

As part of the health system refocusing, the Government of Alberta committed to listen to regional advice and support local decision-making. This week, public recruitment for the 12 new Regional Advisory Councils [began](#). To learn more about the role of the new regional advisory councils, eligibility and application steps please visit [Advisory councils – Health | Alberta.ca](#).

The Regional Advisory Councils aim to reflect local voices, bring forward local priorities and provide input on how to improve the health care system. Council members will advise government and the new primary

The Regional Advisory Councils will reflect the makeup of communities in a region, and members will represent a wide range of backgrounds and diverse experiences. This includes Albertans receiving health care services as well as health care workers, community leaders and municipal representatives.

The AHS Health Advisory Councils will continue to meet until the end of June.

Construction activity to start on RDRHC parkade expansion

Initial stages of construction to expand the parkade at the Red Deer Regional Hospital Centre (RDRHC) will begin next week and might result in brief traffic delays on site. On April 22, construction scaffolding will be installed over the parkade entrance, during which time traffic will be reduced to one lane. The following day, scaffolding will be installed over the parkade's west exit, which will result in traffic being reduced to one lane while work is completed.

To help mitigate traffic backups for staff, patients and visitors, work will be paused during peak hours. Scaffolding installed over the 39 St. parkade exit will occur on April 26, during which the exit will be inaccessible.

Patients might wish to leave earlier than usual to get to their appointments and to avoid traffic delays.

The two new levels will add 500 parking spaces to the parkade. The parkade expansion is expected to take approximately a year to complete and will cost an estimated \$20 million. The project will be debt-financed by AHS Parking Services as no government-provided healthcare dollars are used to build, lease, maintain or administer parking. The parkade expansion is in preparation for planned work to expand services at RDRHC.

Construction timelines and project updates will also continue to be posted online at [Together4Health](#).

Respiratory virus dashboard online

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.

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.

Improving patient flow throughout the healthcare continuum

Dialysis expansion project continues to move ahead

The shared Alberta Health Services and Saskatchewan Health Authority project to relocate and expand [renal dialysis services](#) in Lloydminster has completed the design phase and is expected to move into construction later this year.

expand to up to nine stations as future patient needs arise. Five stations are currently operating at the hospital.

The dialysis project has received \$4.25 million in funding from the Alberta government's Rural Health Facilities Revitalization Program.

Bonnyville mental health walk-in service hours expanded

AHS is expanding hours for mental health walk-in services in Bonnyville. Individuals can now access a mental health services walk-in clinic every Tuesday and Wednesday from 1 p.m. to 3 p.m. at New Park Place, 5201 44 St.

The walk-in clinic is a first point of contact for people seeking support for a variety of mental health concerns. Therapists will gather information during the walk-in clinic sessions and can provide immediate support as well as a risk assessment and a safety plan, if required. Individuals may be provided with a plan for ongoing mental health therapy or a community referral to a more appropriate service depending on individual needs.

[Click here](#) to learn more.

Call 780-826-2404 for more information on the mental health services walk-in clinic. Support is available 24/7 by calling Health Link 811, the Addiction Helpline at 1-866-332-2322 or the Mental Health Helpline at 1-877-303-2642, or by visiting ahs.ca/helpintoughtimes. Crisis services are available through local emergency departments or by calling 911.

Emergency wait times at local hospital available online

Estimated wait times for the emergency department at the Northern Lights Regional Health Centre are now available online, giving Albertans another tool to help them decide where to access care for themselves and their families. You can find the new wait times under Fort McMurray by clicking [here](#). They are also available on the AHS app for iPhone and Android mobile devices.

Northern Lights Regional Health Centre is the second site in AHS North Zone to have the estimated wait times available. More will be added as the information and infrastructure become available. The wait times posted reflect an estimate of how long it takes from an assessment by a triage nurse in the emergency department to being seen by a physician. Wait times do not represent the total time patients may spend at the hospital. To learn more, click [here](#).

Inter-facility transfers contracts announced

Two new contracts with partners to provide scheduled, low-acuity inter-facility transfer (IFT) services are now in place. Working with Guardian Ambulance Ltd. in Calgary and Associated Ambulance and Services (Whitecourt) Ltd. in Edmonton will add resources to the EMS system to help AHS free up ambulance and paramedics to focus on emergency medical responses in Alberta's two largest cities. AHS will continue to examine demands of inter-facility transfers on rural communities and will explore opportunities to improve EMS response times where IFTs can be managed more effectively.

Inter-facility transfers are patient transports between hospitals or between hospitals and other settings that

To help reduce emergency response times, the province also announced that an additional \$25 million will be invested in the EMS Vehicles Capital Program. This funding will support the replacement of EMS vehicles that have reached the end of their life cycle and ensure that in-service vehicles are appropriately maintained, updated and provided with additional equipment to meet the needs of both urban and rural Albertans.

Workforce recruitment & retention

Health Workforce Strategy highlights nursing students

AHS offers a range of opportunities for nursing students and new graduates to gain important skills and experience, and to begin rewarding careers in healthcare. As students begin looking for work experience for the summer months, there are many opportunities available to [hire students](#).

The Undergraduate Nursing Employee (UNE) program enables students to work under the supervision of a registered nurse. Nursing students may also be hired to other supporting positions, including porters, unit clerks and, where appropriate, [healthcare aides](#).

Students and new graduates are AHS' primary source of new nursing talent and a key talent pipeline. Investing in quality learning experiences for students is important to shaping future healthcare delivery in our province and supports the Health Workforce Strategy goal to utilize innovative solutions to reach potential candidates and develop robust pipelines of top health professionals committed to growing their careers at AHS.

Red Deer family physician now accepting new patients

A new family physician is now accepting patients in Red Deer. Dr. Kamal Mustafa is working out of Easthill Medical Clinic. He will be providing care in local continuing care facilities and will also provide hospitalist and palliative care at the Red Deer Regional Hospital Centre. With the addition of Dr. Mustafa, Easthill Medical Clinic now has four physicians serving the community.

Individuals needing a family doctor can call 403-343-0115 to arrange a meet-and-greet appointment. To read more about Dr. Mustafa, click [here](#).

Reflect on worker safety for National Day of Mourning, April 28

National Day of Mourning is on April 28. Let's pause to reflect and remember our colleagues who have faced illness, injury or lost their lives due to work-related incidents. In their honour, Canadian flags will fly at half-mast across AHS sites, and we encourage you to join us and observe one minute of silence at 11 a.m.

At AHS, safety is at the centre of our decisions. By working together, we can maintain a safe and healthy workplace for ourselves and our peers. To learn more, click [here](#).

Be part of the ACTION! Help shape the future of aging technology Alberta

AHS has been chosen to take part in [envisAGE](#), a new initiative aimed to enhance and improve healthy aging across Canada. As Canada's population ages, greater attention, care and resources will be required to provide long-term care to older adults. AHS is working in partnership with envisAGE to find solutions to concerns around the quality and delivery of long-term care today. More needs to be done and additional solutions are needed to provide effective and equitable care to older adults.



AHS is seeking to engage older adults, caregivers and/or service providers who can provide their insights and experiences via short interviews. If you belong to any of these stakeholder groups and would like to join the conversation, please sign up using the links below. Feel free to share and spread the word with anyone who may be interested in participating!

To sign up as a service provider (leadership, front-line worker), click [here](#).

To sign up as an older adult or caregiver (adults 65+, caregivers/family) click [here](#).

Enhance Your Health and Wellbeing

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](#).

Mental Health Wellness Moment: Healing through compassion



In this Mental Wellness Moment, Dr. Nicholas Mitchell - Provincial Medical Director for Addiction and

[Watch Video](#) 

Reduce and Manage the Stress in your Life

During 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 for adults who live with or support someone with a chronic health condition. These workshops can help improve confidence by learning new self management skills and 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.
- Who: Occupational Therapists, Psychologists, ADHD and Executive Coaches, Psychotherapists, Mental Health Professionals, Social Workers, Marriage and Family Therapists, Case Managers, Vocational Counselors
- Presenter: Dr. Peg Dawson

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.

Easy & Healthy Mediterranean Cooking

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



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

Preparing for Bariatric Surgery Cooking Class

Prepare for bariatric surgery with this interactive virtual 'cook along' class designed to provide you with hands-on experience cooking and tasting dishes that are like what you will eat in the first few weeks after surgery.

- Program Provider: Calgary Adult Bariatric Surgery Clinic and the Wellness Kitchen
- Date: May 10
- Time: 1:30 – 3:00 pm

Please note, this is a virtual 'cook-along' class. Cooking along with the instructor is recommended for the full benefit of this class. Participants must be a patient of Calgary Adult Bariatric Surgery Clinic who have not yet had bariatric surgery, or a support person of a patient.



To register, call: 403-955-8088.

Mobile mammography service to visit rural and remote communities

A mobile mammography trailer will be stationed at:

- 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, May 2-3, and 6
- Hardisty Health Centre – 4531 47 Avenue, Upper visitor parking lot, May 2-3
- Viking Carena Complex (arena) – 5120 45 Street, May 6-11
- Cold Lake First Nations Health Centre – clients can call 780-594-2473 for medical transport, May 7-8
- Elizabeth Metis Settlement – Elizabeth Settlement Community Hall, May 9

- Bassano Health Centre, 608 5th Avenue East, May 21-24
- Langdon Buy-Low Foods (parking lot), 101 97 Centre Street SW, May 25, 27-29

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](#).

Recognizing and Managing Fatigue

Fatigue is a feeling of physical and/or mental tiredness or exhaustion that impacts your ability to perform at your best. You may feel fatigued because of overwork, poor sleep, worry, boredom, or lack of exercise. Any illness may cause fatigue and it usually goes away as the illness clears up.

Most of the time, mild fatigue occurs with a health problem that will improve with home treatment and doesn't usually require a visit to a doctor. Nearly everyone struggles with being overtired from time to time. Fatigue can be influenced by extended work hours, tough physical or mental activities, and loss of sleep.

Chronic fatigue is a constant state of weariness that develops over time and reduces your energy and mental capacity. Chronic fatigue can impact your emotional and psychological well-being.

For more information on fatigue including causes, symptoms, and ways to manage it, click [here](#).



Ergonomics and You

Ergonomics is the study of the kind of work you do, the environment you work in, and the tools you use to do your job. It can prevent musculoskeletal injuries such as back strain or carpal tunnel syndrome by reducing physical and mental stress caused by the workstation setup. This is why it's important to evaluate your work process, including job organization, worker rotation, task variety, and demands for speed and quality.

For more information on ergonomics including office ergonomics, and ways to use your workstation properly, click [here](#).



Join the Conversation

You are invited to join the healthcare conversation at AHS Advisory Council events. Follow [AHS Advisory Councils](#) on Facebook and [Twitter](#) to stay connected. Learn more at ahs.ca/AdvisoryCouncils.

The Tamarack Health Advisory Council (HAC) is hosting its next meeting on May 7, 2024 from 5 to 8:00 p.m. and invites community members to participate.

This is an opportunity to:

- Bring your community's voice forward to provide input on local and regional health.
- Hear from local AHS leadership and provide feedback to AHS regarding healthcare services to inform decision-making.
- Learn more about AHS Virtual Chronic Pain Clinic and the Alberta Healthy Living Program.
- Meet members of the Tamarack HAC.

To attend email: tamarack@ahs.ca.

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. The goals of the new service include enhanced support to addiction and/or mental 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](#).

Thank you for participating our Virtual Opioid Dependency Program Conversations

AHS Provincial Addiction and Mental Health and the Indigenous Wellness Core hosted three virtual sessions for community partners, health professionals and leaders who serve Indigenous peoples. The sessions were well received, and served as opportunities to learn about how the [Virtual Opioid Dependency Program](#) works and how communities can connect to it, to outline what is involved in Opioid Agonist Treatment (OAT), to hear from Indigenous communities where it is operating, and to take questions.

A very special thank you to our speakers, Dr. Grady Gibson (Medical Director, Virtual Opioid Dependency

- For the link to the recording of the March 15th presentation, click [here](#). This recording, along with other Indigenous Health resources, can also be found on the AHS webpage [here](#).
- Printable brochures: [Opioid Use Disorder](#) and [Youth Opioid Dependency Program](#).

Please feel free to distribute these to your networks and others who may benefit from this information. If you have any questions, do not hesitate to reach out to: indigenousewellnesscore@ahs.ca.

Enjoy the Spring into Recovery Concert

Poundmaker's Lodge Treatment Centre in Edmonton presents the [Spring into Recovery Concert](#).

This family friendly event takes place Saturday, May 4, doors open at 6:00 p.m.



Your \$10 admission fee or food donation will support [Poundmaker's Recovery Homes](#), an Indigenous addiction treatment centre near Edmonton. To download and share the event poster, click [here](#). For information contact: Carla-Jamison@poundmaker.org

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.



- [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 or visit [Addiction and Mental Health Workshop Eprep](#). For additional resources, click [here](#).

Engagement informs wildfire preparation

More than 150 community leaders and partners from across the province attended two external engagement sessions in March, to discuss AHS' response to the 2023 wildfire season – and plans for 2024. We heard there's a need to better understand AHS' role, and what's outside of our responsibility. The decisions the healthcare system needs to make, and the limitations we have, would be helpful for our community partners to understand. AHS is now actioning recommendations to improve communication and enhance collaboration during future wildfire responses.

Along with the community sessions, more than 430 staff, physicians and volunteers participated in wildfire information sessions. Participants expressed a desire to access more tools to plan and prepare for wildfires, and the need for increased communication during disasters. The experiences and perspectives staff shared are guiding the development of tools and processes aimed at improving our response to wildfires and other natural disasters.

Information for Caregivers and Families

Workshops and classes

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 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.

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

Children with poor executive skills are disorganized or forgetful, have trouble starting tasks, get distracted easily, lose assignments, forget to bring home the materials to complete homework or forget to hand homework in. Learn how to design a "student-centred" intervention targeting problem situations 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.

Home Safety for Infants and Toddlers

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 steps. This one-hour online (Zoom) workshop will review simple strategies for building a safe home and explore common injuries seen in children, including falls, poisoning, and choking.

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

Upcoming Dates:

- Thursday, May 16, 2024, from 6:30PM – 7:30PM.
- Tuesday, June 11, 2024, from 10:30AM – 11:30AM.
- Wednesday, July 10, 2024, from 6:30PM – 7:30PM.
- Thursday, August 8, 2024, from 1:30PM – 2:30PM.
- Tuesday, September 3, 2024, from 10:30AM – 11:30AM.

Please review the Eventbrite [page](#) to register and view other available workshops. For questions, contact the Population Health Promotion team: Injury.PreventionEdmonton@ahs.ca.

Be Well - Be Kind

On Thursday mornings you can find a group of friends rallying their way through recovery, playing pickleball at the Central Lions Recreation Centre. What makes this group unique is that they met at the Glenrose Rehabilitation Hospital.

“For many of us, movement, coordination and thought process associated with playing a structured game that we all took for granted during pre-injury times may no longer be second nature,” explains Ed Toy, a brain injury recovery patient. “So, for me, this story is one worth sharing.”

For some of these friends, pickleball was never on their list of favourite sports, or even a sport they had heard of. In fact, before his injury, one of them had vowed he would never play pickleball, but when it was offered by a recreational therapist for this group to try out, they all agreed to give it a chance.

“This group of men really clicked,” says Cindy Schulz, Recreation Therapist at the Glenrose. “They work well together and enjoyed participating in the Specialized Rehabilitation Outpatient Program in the Sport and Skill group, so we collaborated with the Central Lions Recreation Centre so they can continue socializing and improving their skills out in the community for the long term.” To watch more, click [here](#).

Blind border collie gets new lease on life as a therapy dog at Royal Alex

From farm dog to therapy dog, the past few years for Patches, a six-year-old Border Collie, have been nothing short of exciting. Since moving away from the farm and into the city, this pooch has been bringing joy to patients at the Royal Alexandra Hospital (RAH) alongside Glen Gross, his “pawrent” and volunteer sidekick.



After Patches lost his eyesight, he could no longer complete his farm duties and was adopted by Gross in 2019. Just as he excelled in herding cattle and goats, Patches has been equally amazing at being a companion to the patients he and Gross visit at the RAH.

Seeing dogs in hospitals is often unexpected, yet the sight of pet visitors roaming around - interacting with patients and becoming part of someone's healthcare journey - brings a refreshing sense of comfort to many. Gross recalls a touching moment which involved a patient recovering from a fall. He found motivation to move and become more active thanks to Patches' company.

“The smile on this patient's face was just incredible,” adds Gross. “I knew we were making a difference.”

Their presence at RAH isn't just for patients. They also provide comfort to staff during Full Moon Fridays, the one-off Friday shifts closest to the full moon that he reserves for staff-only visits. To read more about Patches and his pawrent, Gross, click [here](#).

Meet Palliser Triangle Health Advisory Council member, Deborah Reid-Mickler

Deborah Reid-Mickler puts her passion for rural Alberta into action to advance care for seniors, mental health and addiction.

importance health and wellness is to rural municipalities.

“I am passionate about rural life. I feel truly blessed to have been able to raise my son in our glorious countryside - and I am also passionate about ensuring that he can raise a family and thrive in rural Alberta.”

Many life events have put her on the path of public service. From emigrating alone, losing a child, to being the first member of her family to attend and graduate from university, she says her life experiences have contributed to her ability in seeing the value of community service.



Being a member of the Advisory Council helps her to understand and engage with a diverse membership. Helping inform AHS through Council about the challenges rural communities face has also been valuable for her village, as she is able to share information at a local government level. This has led to a greater understanding of AHS, and healthcare delivery. To read more about Deborah, click [here](#).

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

Green Shirt Day highlights hope and honours Logan Boulet with a new logo

Seven years ago, a simple conversation between father and son planted the seeds of a movement that would save countless lives.

It was a summer day in 2017 when Logan Boulet told his father, Toby, that when his time came, he wanted to be an organ donor, following the example of his coach and mentor Ric Suggit, who died that year. Neither could have imagined that Logan's life would end less than a year later when the Humboldt Broncos bus was involved in a collision that would claim 16 lives and leave 13 others injured.



Toby recalled the story recently, acknowledging that the conversation had stayed between them while Logan was alive.

The conversations that followed Logan's death - as well as the news that his decision to become an organ donor had given six other people a second chance - sparked an immediate surge of 150,000 registrations for others to become donors, in what has become known as the Logan Boulet Effect.

In the spirit of hope that this wave brought to those waiting for a donation, the Boulet family unveiled a new logo for their cause - an eight-point star adorning shirts, jerseys and other items, with the proceeds going towards the Canadian Transplant Association and The Logan Boulet Endowment Fund. To learn more, click [here](#).

Retiring tissue bank director and former chief medical examiner reflects on long career

Dr. Graeme Dowling, medical director of the AHS Comprehensive Tissue Centre, encourages all Albertans to register their wishes to be an organ or tissue donor. In 2015, after three decades as a medical examiner – including 18 years as Alberta's chief medical examiner – Dr. Dowling shifted from determining how a person died to overseeing how their tissue donations are preserved.



While he is retiring at the end of April, he recently shared his insights on tissue donation and his unique career path. To read more about Dr. Dowling, click [here](#). To register as an organ or tissue donor online, click [here](#).

Celebrating National Volunteer Week

As Declan Powell pursues a career in healthcare, he explains how his role as a Patient Visitation Volunteer in acute and palliative care at Red Deer Regional Hospital Centre has been helpful in reaching his goal of becoming a doctor. By allowing him to interact with patients in a hospital setting he has gained plenty of valuable life advice from those he interacts with.



"There is so much wisdom in these halls. It's unbelievable," he says. "I have a tracker that says I've engaged with over 1,000 of my fellow Albertans. Getting to hear their stories, getting to hear people's life lessons, their advice... I can't express enough how much I've learned." To hear from Declan, watch [here](#).

Volunteer devotes her days to 'making people happy

Volunteering runs in the family for Paula Jack. "I say volunteering is genetic," says Jack. "My mother had a huge passion for volunteering, and I envied her because I saw how she loved it and considered it her job to look after people. So, I said when I grow up, 'I want to be just like you, mom.'" "We lost my mom four years ago to cancer, so I feel like I'm carrying on her legacy."



Moving from the Okanagan, Jack and her husband were drawn to Milk River, settling there after retirement. Jack immediately set out to find organizations in need and signed up to volunteer. In addition to volunteering with the local senior's organization, museum and food

Jack has taken on different roles including hosting residents in the salon for Pamper and Polish where she paints residents' nails and massages their hands.

Throughout the South Zone, there are a variety of volunteer roles to fit everyone's skills, abilities and interests – and training is available. Jack has already taken advantage of the online training available to AHS volunteers, taking more than 10 courses on topics ranging from wheelchair transportation, assisting with patient feeding, and courses on hospice and palliative care. To read more about Paula, click [here](#).

If you're interested in volunteering with AHS, you can explore opportunities [here](#).

April 14-20 is National Volunteer Week. AHS appreciates the generosity of thousands of volunteers in facilities across Alberta. There is no question your kindness makes a difference to patients and clients everywhere. Thank you.

Grande Prairie groups bring health resources to the vulnerable

Community organizations here recently gathered to join forces and dedicate resources to promote health and wellness for vulnerable populations. The Community Health Day event at the Bonnets Energy Centre on March 27 offered support and care for those in need, bringing a wide range of services and resources with a goal to improve their overall well-being.

The event addressed the health needs of vulnerable individuals, with a focus on testing and treatment for Hepatitis C and other sexually transmitted and blood-borne infections. Other services offered included immunizations and addiction help, including access to the local opioid dependency program, mental health resources, hygiene products, and more.

By providing crucial medical tests as well as offering educational resources and incentives, the initiative aimed to uplift and empower attendees and foster a sense of community and support.

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



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](#).

A local couple leaves a lasting gift supporting healthcare in Wetaskiwin

The [Wetaskiwin Health Foundation](#) has received an incredibly generous donation in the form of a \$1 million estate from former residents Muriel and George Wilson - an amazing couple who spent their lives giving back to the communities they called home.

generations to come while actively helping to address current pressing needs in local healthcare. Their love and passion for their community will be felt, through this donation, by hundreds of patients and families for many years.

Wellspring Alberta receives funding from Medicine Hat Health Foundation

Wellspring Alberta is pleased to announce that it has received \$48,000 from the [Medicine Hat Health Foundation](#) (MHHF), to bolster its efforts to tap into local services and co-create in-person cancer support programs for those living in Medicine Hat and area.

This funding comes as Wellspring takes concrete steps to bridge the gap in services and ensure people across Alberta can access the support and tools they need to cope with cancer and live as well as possible.

“This funding is transformative! It gives Wellspring the momentum to meet our goal of bringing free in-person cancer support programs to Medicine Hat in 2024,” said Natalie Noble, Wellspring Alberta CEO, adding, “Support and collaboration with local agencies is key in helping Wellspring to reach and serve even more Albertans living with cancer and their families.”



Wellspring programs are evidence-informed, free of charge, available in person and online, and open to anyone living with cancer, their caregivers, and their families. While cancer patients living outside major centres are invited to join Wellspring programs online, Wellspring has recently launched a distinctly local, in-person program in Lethbridge and Red Deer. Now, thanks to the MHHF, Medicine Hat residents will also benefit from in-person cancer support, coming soon in their area.

Russ Walker: A life dedicated to serving others

It's not every day that a healthcare worker experiences their role as professional and patient. Russ Walker was a rehabilitation nurse at the Glenrose Rehabilitation Hospital, where he became widely respected and known for his compassionate personality by his colleagues and patients.

Unexpectedly, he found himself seeking the same care and compassion from his colleagues as he had to relearn how to walk and speak after a stage 4 glioblastoma diagnosis.

In typical Russ manner, he found the positive light in his diagnosis and treatments, “It gives me the deepest understanding of what I was doing right as a nurse. Perhaps this will give people a great insight into a brain injury rehabilitation.”



throughout his medical journey.

Russ sadly passed away on February 5, 2024. We honour the legacy he has left behind for those who knew and loved him, and the patients whose lives he mended. To watch more, click [here](#).

Alberta Children's Hospital Foundation introduces 2024 Champion

Eight-year-old Claire Sonnenberg loves to play games with her brothers, make art for her friends, and bake with her mom. What's unique about her, is she can do all three using only her mind.

In March, the Alberta Children's Hospital Foundation announced Claire as the 2024 Champion, part of the Children's Miracle Network Champions Program that celebrates the lifesaving, life-changing care taking place at children's hospitals across the country. As Champion, Claire will be the official ambassador for the Alberta Children's Hospital Foundation and represent the 100,000 kids cared for at the hospital each year.



Claire has cerebral palsy and though she cannot walk or talk, she is intellectually intact and highly aware. Her brain has been, in essence, trapped inside her body. Now, thanks to specialists at the Alberta Children's Hospital and community-funded state-of-the-art technology called Brain Computer Interface (BCI), she is learning to use her mind to do things her body cannot. By wearing a special headset, Claire concentrates on certain words that signal the BCI technology to control a variety of devices.

For the first time in her life, and using only her mind, she can switch on toys, play video games, shoot her brothers with a dart gun, and roll a mechanical dice during family game nights. She loves working the blender and mixer to make milkshakes and bake with her mom, Stephanie.

To read more, click [here](#).

If you find this helpful information, you can share it with a friend by completing this [form](#).

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