



HEALTHY ALBERTANS • HEALTHY COMMUNITIES • TOGETHER



MOVING UP!

Sierra Gallagher, left, works out with Chloe Tabert, right, and Denise Fredeen, an AHS health promotion facilitator with Children's Addiction and Mental Health. The three have one thing in common – motivation to move. It may not have come overnight, but they have put a valid effort into moving their bodies to move their mood, and share some laughs along the way.

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Sarah Megran photo |

STUDY HELPS SENIORS IMPROVE THEIR HEALTH

Taking your pills on time? Or are you missing the odd one every so often? New provincewide research is studying how to help seniors better follow their treatment plans through health education and free preventive medications.

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NOW EAR THIS

Misinterpreting what people are saying may be comical, but hearing loss is no laughing matter. Studies show that as hearing declines, so does cognitive ability. If hearing loss is interfering with how you communicate with others, then it's time to get help. Turn inside for some 'sound' advice.

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INFLUENZA IMMUNIZATION: Cut Albertans' risk for influenza **in half** last season

**Influenza is serious.
Prevention is your
only protection.**

Get Immunized.

Alberta's Influenza Immunization Program is ongoing.



DR. EVAN LUNDALL

Central Zone executive leadership team



KERRY BALES

UNITED WE STAND

With an area of approximately 95,000 sq.-km, the Central Zone encompasses dozens of communities where our staff, physicians and volunteers provide care and the delivery of health care services.

Not only are these communities where our people work, they are also the places where they give back, including supporting local health foundations, trusts and auxiliaries.

In addition, staff give back and help make a difference in the lives of their fellow Albertans by backing the United Way.

Annually, Alberta Health Services takes part in a United Way workplace campaign, which kicks off in September. There is a natural partnership with Alberta Health Services and the United Way as both organizations seek to improve Albertans' quality of life and build healthy, sustainable communities.

Within the Central Zone, AHS is able to reach seven different United Way chapters and staff have been hosting special events and raising donations at facilities across the area.

It's not about supporting one cause. Each United Way chapter raises money and allocates funds locally, so donations stay in our communities, supporting over 44 agencies and programs in the Central Zone. These include Spinal Cord Injury Alberta, the Lloydminster Community Youth Centre programs, Catholic Social Services, the Thorpe Recovery Centre family program, the MS Society Handivan service, CNIB, the Association of Communities Against Abuse in east central Alberta, the Canadian Mental Health Association, Golden Circle Seniors Resource Centre, Schizophrenia Society of Alberta, Turning Point, Big Brother Big Sisters of Lacombe, Ponoka and Red Deer & District mentoring programs, Camp Alexo, out of school programs offered by the Rocky Youth Development Society, Red Deer Native Friendship Society and the breakfast and snack program with the Sundre and District Nutrition for Learning Society.

As individuals – and collectively as an organization – we share a responsibility for the future. We know our province is going through some tough times, but we also know how much our people care about their communities and want to thank them for their spirit of giving. ■

Dr. Shirme Doshi, emergency department physician at Alberta Children's Hospital, right, and registered nurse Stephen Page showcase HEAL, a new website to help parents manage common childhood illness and injury.



'HEAL' HELP A CLICK AWAY

Story and photos by Janet Mezzarobba |

Your toddler wakes in the middle of the night with the sniffles, a cough and a fever. Your 10-year-old comes home from an afternoon at the park with a red rash on his arm.

Having a sick child can be scary and not knowing how to best manage a child's illness can be daunting. Now, a new resource to help parents manage common childhood illnesses and injuries that don't require treatment in an emergency department (ED) is available online.

Developed by a team of emergency doctors and clinicians from Alberta Children's Hospital and Stollery Children's Hospital, the HEAL (Health Education and Learning) website – www.ahs.ca/heal – aims to provide families across Alberta with easily accessible, reliable information about common minor illnesses and injuries in children.

"It can be scary when your child is sick. The good news is that most of the time, kids don't need to go to the emergency department," says Dr. Shirme Doshi, Alberta Children's Hospital emergency department physician. "While children with certain illnesses such as cough, fever, or earaches may feel very uncomfortable, they are sometimes best cared for at home. The HEAL website provides parents and caregivers with credible information regarding common childhood illnesses and injuries we see in Alberta, as well as practical advice to care for their child with confidence."

Information on croup, coughs, colds, ear pain, nosebleeds, head injuries, vomiting and diarrhea,

fever, febrile seizures and rashes is available on the site, including a detailed description of the illness or injury, symptoms, treatment, and when to seek immediate medical attention.

The HEAL website also contains videos about the staff your child will see while in the ED, as well as what to expect when coming to the hospital.

Work on the project began five years ago when Alberta Children's Hospital physicians and clinicians noticed the same common illnesses and injuries appearing in the emergency department.

"The health concerns featured on the website are based on the 10 top common minor illnesses and injuries seen in the pediatric emergency departments in Alberta that are best treated at home," says Stephen Page, registered nurse and HEAL project co-ordinator.

The new website is also connected with the AHS Know Your Options campaign that helps educate Albertans about the various health care options in their communities and provide accurate information on how to get the right care, in the right place for you and your family.

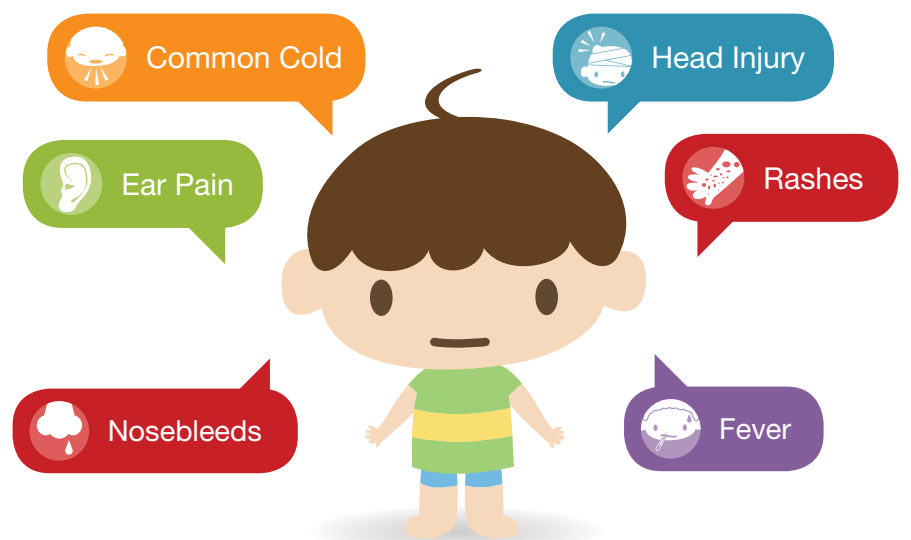
"The HEAL website is another way to help families make choices about the care that's best for them," says Doshi. "HEAL is not intended to replace emergency care, so if parents are worried or unsure of how sick their child is, or feels uncomfortable with how they look, we encourage them to call 911, or go to their nearest emergency department to be seen by a doctor." ■



Worried about your child?

Find out about symptoms, how to care for your child at home and when to seek medical care for common minor illnesses or injuries.

ahs.ca/heal



ON THE MOVE

Move your body to Move Your Mood



Sierra Gallagher, 15, Denise Fredeen, a health promotion facilitator with Children's Addiction and Mental Health, and Chloe Tabert, 15, are motivated to move their mood by lacing up at The City of Red Deer's Collicutt Centre.

Story and photo by Sarah Megran |

For Chloe Tabert, getting a move on improved more than her physical fitness – it also strengthened her mind.

"I used to think exercising wasn't fun, but now I feel it has improved my mood and self-esteem, and I have even made friends along the way," says the 15-year-old Grade 10 student from Red Deer. "It becomes a habit and I really enjoy it."

Tabert is just one of 269 children and youth in Central Zone who've taken part in Move Your Mood, a program created in 2012 that links exercise with mental well-being.

Developed by Denise Fredeen, a health promotion facilitator with Children's Addiction and Mental Health in Alberta Health Services (AHS), Move Your Mood was initially an eight-week pilot exercise program that monitored depression, coping, perceptions of physical activity, mood, and stress in youth.

"I wanted to explore a hands-on opportunity for children to experience the benefits to their physical and mental well-being," says Fredeen. "There was a great opportunity to highlight the importance of physical activity for children and youth."

The study, which took place in 2011-2012, involved 11 male and 24 female participants

from Red Deer between the ages of 10-17. It was conducted by Fredeen with help from Red Deer College kinesiology and psychology students.

After eight weeks, the results were encouraging.

"The effect of the physical activity program on participants' motivation to exercise and cope with stress increased over the eight-week period, while the feeling of depression decreased over time," says Fredeen.

The Move Your Mood movement, as Fredeen calls it, has since expanded to other areas across central Alberta.

The program has received support from the Red Deer Regional Health Foundation and is being made available through the Addiction and Mental Health services at the Red Deer Regional Hospital Centre. It has been piloted in the communities of Sylvan Lake and Blackfalds.

In addition, 20 public schools and 10 catholic schools will pilot an eight-week Move Your Mood Family Challenge in 2017. In it, families will be encouraged to be active, eat well and develop positive relationships together.

Approximately 2,800 children per year

access mental health care centres in central Alberta.

"We want children and youth to learn to be motivated, confident and competent to move and be active for life through our program," Fredeen says.

"Doctors are now prescribing physical activity to their patients and highlighting the importance of regular movement. It's encouraging to have that kind of support – it really validates the importance of being active."

The positive impacts of being active range from maintaining or achieving a healthy weight, building strong muscles, lowering cholesterol and the risk of diabetes, and contributing to a good night's rest.

Fredeen says the next step is to keep raising awareness about the link between physical activity and mental wellness.

"Our end goal is to help children and youth learn that physical activity is a positive coping tool to help improve mood and stress, decrease depression, enhance learning, concentration, sleep and self-esteem," says Fredeen.

"It can make all the difference, both physically and mentally." ■

KEEPING SENIORS ON TRACK FOR SUPERIOR HEALTH

New study employs free preventive meds and education to help seniors better follow their treatment plans

Story by Greg Harris | Photo by Paul Rotzinger

Like many seniors her age with chronic conditions, Rochelle Roseman takes several different medications throughout her day to help manage her arthritis, high cholesterol, high blood pressure and diabetes.

It's not always easy to stay on top of all the prescriptions, but Roseman, 81, is getting some help through a provincewide research study aimed at improving the health of seniors.

Each week she receives a personalized mailing with information about her conditions, as well as encouragement to take some small steps toward better health. Regular phone calls with study co-ordinators also provide a boost.

"It's really made a big difference to me," she says. "I really enjoy getting the information packages in the mail and talking to the study co-ordinators."

Alberta researchers hope 5,000 seniors across the province like Roseman can help them determine if interventions like personalized education or paying 100 per cent of the costs of their medications will help seniors better follow the recommendations of their doctors.

Only about 40 per cent of people with chronic conditions take their prescribed medications 100 per cent of the time, according to Dr. Braden Manns, a Calgary nephrologist and the principal investigator in the study.

"You can't feel high blood pressure or high cholesterol and so it's sometimes difficult for patients to understand the importance of taking preventive medications when they're not currently experiencing any symptoms," says Manns. "The other reason people might not be getting their prescriptions filled is financial. Although insurance covers a significant portion of the cost of medication, the amount of the co-payment can still be a significant burden for some seniors."

Not taking recommended medications can hasten the development of cardiovascular disease and increase the risk of life-threatening events, including heart attack and stroke.

Estimates suggest treatment costs for chronic conditions such as diabetes and chronic kidney disease, as well as heart attack and stroke, wind up costing the Canadian health system more than \$93 billion a year.

Researchers are assessing the outcomes of people randomly assigned to four different intervention groups: those who continue their present medication coverage and usual education through their physician's office; those who receive a personalized education plan; those who receive free preventive medications; or those who receive both the personalized education plan and free preventive medications.

To participate in the three-year study, individuals must be over 65 years of age, have an annual household income less than \$50,000, and be at high risk of experiencing a cardiovascular event.

Participants will have a 50-per-cent chance of receiving free preventive medications for diabetes, high blood pressure, heart disease, blood thinners and medications to help stop smoking for the duration of the study.

Travel is not required for interviews or assessments; all the interactions with researchers take place by phone or email.

The project – called ACCESS (Assessing outcomes of enhanced Chronic disease Care through patient Education and a value-based formulary Study) – is funded by Alberta Innovates-Health Solutions, the Canadian Institutes of Health Research, and others.

For more information, visit acesstrial.ca, email acesstrial@ucalgary.ca, or call 1.844.944.8927. ■



Calgary nephrologist Dr. Braden Manns reviews a health information booklet with Rochelle Roseman, who's participating in a study to see if providing free preventive medications and education programs will help seniors better follow their treatment plans.

SERVICES IN YOUR COMMUNITY

INJURY PREVENTION & SAFETY

Injury is a major health issue for Albertans of all ages. The good news is that most injuries are easily prevented. The risks for injury are different for children, youth, adults and older adults. The best ways to prevent injuries also differ for these age groups. To learn about injury risks, prevention and more, visit www.albertahealthservices.ca/injprev/Page4838.aspx. Anyone in Alberta with a health concern can dial 811 or visit Health Link, for 24/7 health advice.



READY OR NOT?

Whether you're ready to start trying for a baby or not ready, it's good to have a plan. A visit to www.readyornotalberta.ca can help you form that plan.



ADDICTION HELP LINE

The Addiction Help Line is a 24/7 toll-free, confidential service that provides support, information and referral to services for people facing issues with alcohol, tobacco, other drugs and problem gambling. Call 1.866.332.2322.

SCREEN TEST MOBILE MAMMOGRAPHY

Screen Test provides mammography screening to women ages 50 to 74 in rural communities:

- Three Hills: Nov. 9-10, 14-17.
- Rocky Mountain House: Nov. 18-19, 21-26.
- Drumheller: Nov. 28-30; Dec. 1-3, 5-10, 12.

To book an appointment, call 1.800.667.0604 or visit www.screeningforlife.ca/screentest.

Strategic Clinical Networks (SCNs)
AHS' engines of innovation.
Learn more at www.albertahealthservices.ca/scn

Today over **1000** passionate people from across Alberta are involved in SCNs.



Sheila Debney volunteers at the Centennial Centre for Mental Health and Brain Injury in Ponoka. She provides year-round support to the ladies auxiliary by lending a hand in the gift shop, and also joins the Remembrance Day Services at the centre.



LEGION VOLUNTEERS GIVE BACK TO VETERAN PATIENTS

This dedicated group – some of whom are veterans themselves – ensures their comrades in health care facilities are not forgotten

Story by Heather Kipling | Photo by Janice Mackie

For those who have given so much of their personal histories to serving their country, there are some special volunteers dedicated to giving back to them – and some of them are veterans themselves.

At the Centennial Centre for Mental Health and Brain Injury (CCMBHI) and the Ponoka Hospital and Care Centre, for example, the Royal Canadian Legion Branch No. 66 and its ladies auxiliary have been generous in giving back to patients and residents for more than 40 years.

“These wonderful volunteers, many of whom are veterans themselves, visit our hospital for many different occasions throughout the year,” says Volunteer Resources co-ordinator Janice Mackie.

“Our legion members realize what their visits mean to our senior patient and resident populations. They are so respected and appreciated for what they do, for what they’ve done. It’s a pleasure working with this dedicated group of volunteers.”

The Royal Canadian Legion is one of the largest community service organizations with grassroots origins responding to communities’ needs since 1926, particularly those of veterans, seniors and youth. Some 710,180 hours of volunteer time have been given by legion members across the country, through a variety of events and activities.

And many of those events also involve ladies auxiliary members as well, who often assist in providing special treats.

“My favourite part of volunteering at the Centennial Centre is knowing I have helped brighten the day of the patients I meet,” says Sheila Debney, legion member and volunteer at the CCMBHI, adding that legion volunteers

recognize the importance of visiting seniors and especially recognizing veterans.

To that end, Remembrance Day services are extremely important in health care facilities.

“For many years, our veteran patients would attend the Remembrance Day Service at the legion downtown. On this day, our veterans were treated like royalty by this group of comrades,” says Mackie. “The service always included them too, and afterwards the food and drinks were shared along with the reminiscing. Now the legion takes part in a big Remembrance Day celebration right here at our hospital, in the gymnasium.

“The celebration is organized and made possible by one of our local veterans, with the help from members of his church.”

In addition to supporting Remembrance Day services for veterans in hospital and local care facilities, legion members are active volunteers in facilities in Olds, Innisfail, Rimbey, Drumheller, Wainwright, Provost and Vermilion.

They provide patient comfort items such as quilts to those facing cancer, host special events, and ensure veterans receive a gift during the Christmas season.

“Within the Central Zone we are so proud of the dedication and commitment served by the Royal Canadian Legion who volunteer their time with veterans in our health care facilities,” says Lynn Gray, Volunteer Resources manager for the zone. “Their acts of kindness truly remind us all of their heroic honour in serving our country in war and keeping our communities vibrant.”

Remembrance Day ceremonies will take place on Nov. 11 in the gymnasium at the Centennial Centre for Mental Health and Brain Injury from 10:30-11:15 a.m. Everyone is invited. ■

VISIT US ONLINE

HELP IN TOUGH TIMES

At some point in our lives we all face tough times. Alberta Health Services has resources and services available to help you or someone you know who may be affected. If you are struggling, whether it’s a loss of a loved one, home or job, or family crisis, you are not alone. There are supports in place to help you cope. For information, resources, tools and contact information, visit www.albertahealthservices.ca/news/Page13094.aspx.



Alberta Children’s Hospital window-washing team: “True superheroes never reveal their true identity,” says Spiderman. “We’re just so happy to be at Alberta Children’s Hospital and help brighten someone’s day.”

#weareahs #thisishealthy #healthcare #people#superheroes #sickkids #kindness.

{ Passion for Health }



In one of our Passion for Health blogs, Dr. Mark Yarema, the Medical Director of the Poison and Drug Information Service, offers advice on how to talk to your kids about drugs: www.albertahealthservices.ca/blogs/pfh.



Follow your zone at AHS_CentralZone:

- Not sure where to go for minor health concerns? Know Your Options. Call 811 or go to <http://ahs.ca/options>.
- Total abnormal results found by #screentest #mammography services since 1991: 20,619. Be sure to get screened. For information, visit <http://screeningforlife.ca/breast-cancer-at-a-glance>.
- Dental Outreach of Red Deer (DOoR) provides free urgent dental treatment for children with difficulty accessing care. Call 403.356.6302.

Emergency Wait Times | Flu Shot Locations | Track Your Meds ▶ All on the go

Get the AHS App
ahs.ca/mobile





HEARING LOSS CAN BE FRUSTRATING

But some people still resist getting help

Story by Colleen Seto | Visit applemag.ca

You're in a noisy restaurant and, as your mates chat, you find it hard to hear them. You mishear a phrase and wind up misunderstanding the whole conversation.

The result might be embarrassing, inconvenient or even comical, but it can be frustrating and isolating if it happens all the time.

Frequent misunderstandings can be a sign of hearing loss.

"It can contribute to social isolation, depression, safety and mobility issues, to name a few," says Holly Gusnowsky, director of professional practice for audiology at the Alberta College of Speech-Language Pathologists and Audiologists.

"Research is finding a link between hearing loss and the decline in speech understanding and cognitive abilities over time."

Most hearing loss in later life can potentially be prevented.

"We are exposed to a lifetime of incidents that can contribute to the severity of hearing loss in our later years, such as certain medications, illness, chronic disease, accidents and, of course, exposure to noise," Gusnowsky says.

Signs of hearing loss include:

- The need for frequent repetition.
- Difficulty hearing over background noise or from a distance.
- Difficulty finding where sound is coming from.
- Tiring from active listening for a long period.
- Memory loss.

"Often, the listener may not realize they are missing conversation or sounds around them and it will be a spouse, friend or family member

who notices hearing deficits first," Gusnowsky adds.

Judy Meintzer, a speech-language pathologist with Alberta Health Services, agrees.

"The people around you can get frustrated because they are always repeating themselves or being misunderstood."

As they age, most people can hear low-frequency background sounds such as a fan just as well as when they were younger.

"It's the higher-frequency sounds such as in speech that need to be louder to be heard," Meintzer says. "So, background noise seems louder and speech seems quieter."

Also, many surroundings are noisier, making it even harder to hear.

If your hearing is interfering with your ability to communicate, then it's time to get help.

Some people put off getting help because they don't want to wear a hearing aid.

"To be clear, today's hearing aids are nothing like hearing aids from 20 years ago," Gusnowsky says. "It's important to remember that hearing losses are not all alike. Not everyone requires hearing aids."

Other treatments range from amplifiers to surgery.

Some treatments are even simpler.

Meintzer recalls her mother withdrawing from the shared dining room at her seniors' residence. Meintzer took her to the doctor and found her mother's ear canals were blocked with wax that needed to be removed regularly.

"I noticed right away that she was more engaged when this was done," Meintzer says. ■

MAKE IT EASIER TO BE HEARD

If someone you know is experiencing hearing loss, you can make it easier for them to hear you. Judy Meintzer, a speech-language pathologist with Alberta Health Services, suggests these tips:

- Reduce background noise.
- Talk face to face.
- Talk slower.
- Have light on your face when you speak.

WHEN SOUND IS TOO MUCH

Hearing loss caused by noise is almost entirely preventable. It may develop suddenly or gradually, depending on the source and intensity of the noise.

Repeated, frequent exposure to loud or moderately loud sounds over a long period of time can result in permanent hearing loss.

If you have to shout to be heard, it's too loud.

Whether it is tools at work or loud music and vehicles (such as motorcycles) at play, limit your exposure to noise to prevent damage to your hearing. If you can't avoid noise, protect your hearing with earplugs or earmuffs.

CHILDBIRTH MADE MORE COMFORTABLE

Teamwork raises \$42,000 for a second birthing bed at the Ponoka Hospital and Care Centre

Photo courtesy Barry Neath |

The Ponoka Hospital and Care Centre is celebrating one of its newest arrivals – a birthing bed.

Designed with birthing moms' comfort and safety in mind, the high-tech bed, which was delivered in August, joins one already at the care centre.

For Ponoka mom Megan Cox, the birthing beds have proven a vast improvement over regular hospital beds.

"It's really nice being able to easily adjust the position of the bed quickly when needed," says the 27-year-old mom of two girls, Reagan, 3, and Andie, 10 months.

"It didn't take long to change the position of the bed when it was time to deliver the baby, and really easy to change the position of the backrest when I needed to," adds Cox.

Acute Care Manager Lisa Barrett says: "Having two beds is better than one. Now we don't have to move people around when a mom goes into labour."

The new bed is fully automatic, giving moms in

“IT DIDN'T TAKE LONG TO CHANGE THE POSITION OF THE BED WHEN IT WAS TIME TO DELIVER THE BABY”
 – Ponoka mom Megan Cox on the benefit of birthing beds at the Ponoka Hospital and Care Centre

labour the option to raise or lower the backrest themselves with the push of a button, giving them the liberty to lay back or sit upright.

"The freedom of movement in labour is not only critical in assisting in the birthing process," says Barrett, "it's just nice to move and switch positions when one position becomes too painful."

Funded by donations to the 2015 Festival of Trees event, the new bed cost \$42,000 – and health care staff say they're happy with its ease of use.

"The footrest moves under the bed when baby is ready to deliver, allowing mom to sit up for the birth, which is much more comfortable," says Barrett.

It also provides critical leg and calf support for mom, so, for example, if she wants to lay on her side to give birth, the bed provides a leg support that can swivel to any position and hold mom's leg for her. This makes it easy for staff to attend to mom in other ways and let the bed support her legs.

The bed also features a high-quality mattress with air support – pockets that can be inflated to the desired firmness. With locking wheels and side rails, the bed provides safety in an emergency, allowing staff to wheel mom straight to the operating room.

"We've doubled in births since 2012 from 60 that year to about 140 in 2015, so having the extra bed is nice because at times we've been in the situation where two babies are being born at the same time," adds Barrett.

"We're really fortunate and so grateful to have such active fundraising in our community, and the Festival of Trees event has been a huge support over the years helping fund our health care." Fundraising for the hospital is a real partnership in Ponoka, with not only the Festival of Trees, which is community-driven, but with the Ponoka Hospital & Care Centre Auxiliary and the Ponoka & District Health Foundation pitching in as well.

Auxiliary President Joyce Mackenzie says she's pleased with the partnership: "There are so many dedicated people in these groups and it's always a pleasure working with them for a common cause."

Dorothy Ungstad, Chair of the Ponoka & District Health Foundation, agrees: "The fundraising groups share the same philosophy with the care centre where family- and patient-centred care are the focus."

Going forward, the foundation, the auxiliary and Festival of Trees group are teaming up to raise funds for diagnostic equipment for the endoscopy program at the health centre.

For more information, visit www.ponokahealthfoundation.com.



Megan Cox sits in the labour and delivery lounge at the Ponoka Hospital and Care Centre where her children Andie, 10 months, and Reagan, 3, were born. Cox says she felt fortunate to use a new birthing bed that was purchased through community donations.

Help shape Alberta's health care services Join a volunteer health advisory council.

Alberta Health Services is accepting applications for Health Advisory Councils.

See the map at:

www.ahs.ca/shapehealthcare ■ community.engagement@ahs.ca



ALBERTA HEALTHY LIVING PROGRAM CAN HELP

Those living with a chronic disease can face challenges that are difficult to overcome, or to find others who can relate to those issues.

However, there is help and support available, and it is free. Across the province, Alberta Health Services (AHS) invites Albertans to attend health information workshops that can help them improve their lifestyles.

The workshops are offered as part of the Alberta Healthy Living Program (AHLP), which

is designed to promote healthy living and provide easy access to helpful information.

AHLP workshops cover a range of information, including heart health, weight management, nutrition, diabetes care, chronic illness management and more.

All AHLP sessions are led by local AHS professionals who share their expertise in group discussions and provide support and encouragement to participants. The workshops are free and do not need a

physician's referral to join.

The Alberta Healthy Living Program is offered year-round, including more than 140 educational workshops in the Central Zone.

This fall and winter, 26 communities are hosting workshops, including one that is the result of a new partnership with the First Nations community of Maskwacis.

For more information or to find a workshop near you, please call the Alberta Healthy Living Program in Central Zone at 1.877.314.6997. ■

CENTRAL ZONE

LOCAL LEADERSHIP

Central Zone executive leadership team:
Dr. Evan Lundall
Kerry Bales



DR. EVAN LUNDALL



KERRY BALES

AHS embraces local leadership and zone-based decision-making. Right here in central Alberta, front-line physicians and other clinical leaders at every level of the organization have joint planning and decision-making authority with operational leaders, meaning faster decision-making closer to where care is provided.

ALBERTA: ZONE BY ZONE

NORTH ZONE

Population: 478,979 • Life expectancy: 79.7 years • Hospitals: 34

- | | | | |
|---------------------|------------------|-----------------|---------------------|
| COMMUNITIES: | • Fort MacKay | • Kinuso | • Slave Lake |
| • Athabasca | • Fort McMurray | • Lac la Biche | • Smoky Lake |
| • Barrhead | • Fort Vermilion | • La Crete | • Spirit River |
| • Beaverlodge | • Fox Creek | • Manning | • Swan Hills |
| • Berwyn | • Glendon | • Mayerthorpe | • Thorhild |
| • Bonnyville | • Grande Cache | • McLennan | • Trout Lake |
| • Boyle | • Grande Prairie | • Medley | • Valleyview |
| • Cold Lake | • Grimshaw | • Onoway | • Vilna |
| • Conklin | • High Level | • Peace River | • Wabasca/Desmarais |
| • Edson | • High Prairie | • Peerless Lake | • Westlock |
| • Elk Point | • Hinton | • Radway | • Whitecourt |
| • Fairview | • Hythe | • Rainbow Lake | • Worsley |
| • Falher | • Janvier | • Redwater | • Zama City |
| • Fort Chipewyan | • Jasper | • St. Paul | |

EDMONTON ZONE

Population: 1,295,164

• Life expectancy: 81.9 years • Hospitals: 14

- | | | |
|---------------------|-----------------|---------------|
| COMMUNITIES: | • Gibbons | • Stony Plain |
| • Beaumont | • Leduc | • Thorsby |
| • Devon | • Morinville | |
| • Edmonton | • St. Albert | |
| • Evansburg | • Sherwood Park | |
| • Fort Saskatchewan | • Spruce Grove | |

CALGARY ZONE

Population: 1,544,495

• Life expectancy: 83.5 years • Hospitals: 14

- | | | |
|---------------------|---------------|-----------------|
| COMMUNITIES: | • Chestermere | • Nanton |
| • Airdrie | • Claresholm | • Okotoks |
| • Banff | • Cochrane | • Stavely |
| • Black Diamond | • Cremona | • Strathmore |
| • Calgary | • Didsbury | • Turner Valley |
| • Canmore | • Gleichen | • Vulcan |
| | • High River | |

SOUTH ZONE

Population: 298,169

• Life expectancy: 79.9 years • Hospitals: 14

- | | | |
|---------------------|----------------|-----------------|
| COMMUNITIES: | • Pass | • Milk River |
| • Bassano | • Foremost | • Oyen |
| • Blairmore | • Fort Macleod | • Picture Butte |
| • Bow Island | • Granum | • Pincher Creek |
| • Brooks | • Irvine | • Raymond |
| • Cardston | • Lethbridge | • Redcliff |
| • Coaldale | • Magrath | • Taber |
| • Crowsnest | • Medicine Hat | • Vauxhall |

HERE'S HOW TO REACH US

CENTRAL ZONE: Heather Kipling
PHONE: 403.341.8687
EMAIL: heather.kipling@ahs.ca
MAIL: 43 Michener Bend
Red Deer, Alberta, T4P 0H6
LAYOUT AND DESIGN: Kit Poole
IMAGING: Michael Brown

To see Central Zone News online, please visit www.albertahealthservices.ca/zones/Page12867.aspx.
Zone News – Central Zone is published monthly by Alberta Health Services to inform Albertans of the programs and services available to them, and of the work being done to improve the health care system in their communities.

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I am confused about my meds



Using medications properly is important, but the emergency department is **not** the place to ask for advice

If you're **unsure**, we're here to help

Call Health Link at 811

Visit albertahealthservices.ca/options



Emergency is here for you if you need it. Use it wisely.