



**59th Annual Report
2020-2021
June 16th, 2021**



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12. Financial Statements – attached to docket



AGENDA

- 1. CALL TO ORDER**
- 2. ADOPTION OF AGENDA**
- 3. MINUTES OF THE 58th ANNUAL MEETING**
- 4. BUSINESS ARISING FROM THE MINUTES**
- 5. RATIFICATION OF COMMITTEES**
 - *Registration Committee*
- 6. REPORTS:**
 - *Board of Director's Annual Report*
 - *Executive Director's Annual Report*
 - *Medical Director's Annual Report*
 - *Auditor's Report & Financial Statement*
 - *Discussion of Reports*
 - *Adoption of Reports*
- 7. BYLAWS**
- 8. RESOLUTIONS**
- 9. DIRECTOR NOMINATION AND ELECTION REPORT**
 - *Nomination Report*
 - *Introduction of Board Members*
- 10. APPOINTMENT OF AUDITORS**
- 11. QUESTION PERIOD**
- 12. BOARD OF DIRECTOR SERVICE RECOGNITION**
- 13. ADJOURNMENT**

**58th
Annual General Meeting
Wednesday – September 16th, 2020
Plaza 88 - 7:00 P.M.**

IN ATTENDANCE: 21 MEMBERS 2 GUESTS

.....

Betty Bauhuis was appointed by the Board to be the Chair for the meeting. She gave a brief introduction and advised the members that the meeting was going to be recorded and uploaded on the Co-operative Health Centre website for membership access. Betty advised there will be an additional Question Period made available at the end of the meeting for members to discuss or bring forth issues.

Betty advised the membership that greetings were received from the Mayor of Prince Albert Greg Dionne and the letter was read to the membership.

1. CALL TO ORDER

- B. Bauhuis called the annual meeting to order at 7:00 p.m.

2. ADOPTION OF AGENDA

Additions: NONE

MOTION: L. FLADAGER / D. SERFAS

MOVE TO ADOPT THE AGENDA AS PRESENTED.

CARRIED.

3. MINUTES OF THE 57th ANNUAL MEETING

- Minutes from the 57th annual meeting are included in the docket.
- No omissions or errors noted.

MOTION: L. YEO / J. PERKINS

MOVE TO ACCEPT THE MINUTES OF THE 57TH ANNUAL GENERAL MEETING AS PRESENTED.

CARRIED.

4. BUSINESS ARISING FROM THE MINUTES

- There was no discussion noted from last year's minutes.

5. RATIFICATION OF COMMITTEES

- Registration Committee – Bonny Peneff / Vicki Allen
- Betty introduced the committee and Vicki advised the membership that the required quorum of 18 was met with 21 members and 2 guests in attendance.

MOTION: DR. L. LANOIE / DR. G. OBRIGAVITCH

MOVE TO RATIFY THE REGISTRATION COMMITTEE.

CARRIED.

6. REPORTS:

- Betty requested that questions for each presenter be held until the end of all the reports.
- **Board of Director's Annual Report - Lena Yeo**
Lena gave her presentation to the membership and this report was included in the docket.
- **Executive Director's Annual Report – Trina Ferguson**
Trina's report was included in the docket in addition she read her report touching on the highlights of her challenging first year in the Executive Director role. She introduced the Leadership Team and thanked the board, physicians, and staff for their support over the past year.
- **Medical Director's Annual Report – Dr. Greg Obrigavitch**
Dr. Obrigavitch gave his presentation to the membership and touched on the highlights of the past year as the Medical Director. He welcomed T. Ferguson as the new Executive Director as well as the two new physicians who have joined the clinic, Dr. Pavan and Dr. Ferguson. Dr. Obrigavitch expressed the challenges the physicians have faced in the last months due to COVID; but said they have been able to continue to provide physicians services throughout this pandemic through virtual and telephone appointments.
- **Auditor's Report & Financial Statement – Meyers Norris Penny Kerry Vezeau**
The Audited Financial Report and Statements as of March 31, 2020 were circulated with the docket.
Kerry reviewed the Independent Auditors report, Statement of Financial Position and Statement of Operations. Kerry noted there has not been a significant change from last year's financial position.

Kerry advised membership of (Note 10) on the Statement of Operations. This is due to timing of correspondence with the Ministry and may be adjusted by the Ministry.

Also noted was (Note 18) and the significant event of the global outbreak of COVID. Kerry reiterated that it is unclear at this time what impact this will have on the Health Centre.

No questions were raised regarding the Audited Financial Statements.

- **Discussion of Reports**

Betty advised the floor is now open for discussion or questions regarding any of the above reports. No questions were raised.

- **Adoption of Reports**

The Membership was advised a motion will be made to accept all the previous reports.

MOTION: J. RYBINSKI / J. FINCH

MOVE TO ADOPT THE BOARD OF DIRECTOR, EXECUTIVE DIRECTOR, MEDICAL DIRECTOR ANNUAL REPORTS INCLUDING THE AUDITORS REPORT AND FINANCIAL STATEMENT AS PRESENTED FOR THE YEAR ENDING MARCH 31, 2020.

CARRIED.

7. BYLAWS – No changes were proposed

8. NOMINATION Committee Report – Jeff Finch

- J. Finch gave his nomination report to the membership.
- All nomination forms on the applicants are included in the docket for review.
- There is 5 positions that need to be filled this 2020/21 term.
- Two present board members have expressed interest in staying on the board – Lena Yeo and Joe Rybinski.
- Three new members have put their name forward – Bernice Bergstrom, David Knouse and Larry Fladager.
- Jeff introduced all 5 members and each member gave a brief overview of their past experience and skills and their interest in the Health Centre.

MOTION: J. FINCH / DR. L. LANOIE

MOVE TO ELECT THE FOLLOWING FIVE MEMBERS TO THE BOARD OF DIRECTORS BY ACCLAMATION FOR THE 2020/21 TERM: LARRY FLADAGER, BERNICE BERGSTROM, DAVID KNOUSE, LENA YEO AND JOE RYBINSKI.

CARRIED.

9. RESOLUTIONS – None

10. APPOINTMENT OF AUDITORS

- Betty requested a motion to appoint auditors for the coming year.

MOTION: L. FLADAGER / D. SERFAS

MOVE THAT WE APPOINT MEYERS NORRIS PENNY FOR AUDIT SERVICES FOR THE NEXT YEAR 2020/21.

CARRIED.

11. Long Term Service Presentation – Lena Yeo

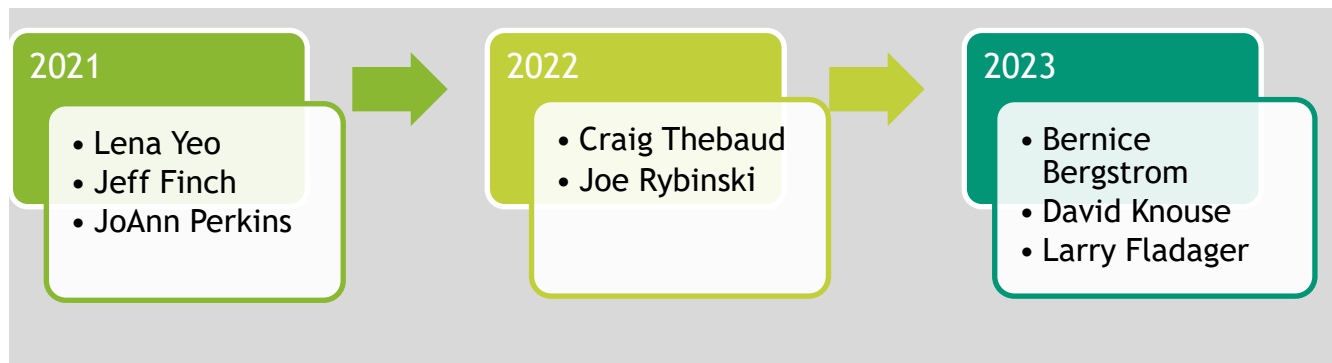
- Lena acknowledged two board members – Dennis Serfas and Brian Howell.
- L. Yeo recognized D. Serfas for his long time service as a board member for the Co-operative Health Centre. Dennis is stepping down to continue with other commitments with one year left in his term.
- Lena thanked Dennis for his long time dedication and support for the Health Centre.
- Brian Howell was not in attendance at the meeting but was also recognized for his long time service to the board and contributions to the Health Centre.

Before the meeting was adjourned, Betty provided opportunity for any member to share additional comments. No further discussion.

12. Dr. G. Obrigavitch adjourned the meeting at 7:46 p.m.



Board Member Terms



Vision: “ The Leader in Primary Health Care”

Mission: To engage people in building a healthy community through teamwork and partnerships.

Our Core Values: Courageous, Committed, Accountable, Nurturing, Growing and Caring with Integrity.

First Priority End – Access to Service

The Co-operative Health Centre will provide the community access to appropriate services, delivered through a Primary Health Care Model.

Second Priority End – Healthy Lifestyle

The Co-operative Health Centre encourages their clients to make healthy lifestyle choices throughout their life span.

Third Priority End – Clients Manage Their Health

The Co-operative Health Centre will support clients to take responsibility to manage their health through providing knowledge, skills and tools.

Strategic Direction Statement

The Prince Albert Co-operative Health Centre will grow the business specifically in the areas of image, community understanding, health care partnerships, memberships and clients through effective branding, communications and public relation initiatives with the involvement of staff and the Community Clinic.

Board Chairman's Report, Annual General Meeting, June 16, 2021



This Annual General Meeting marks the 59th meeting of the Prince Albert Co-operative Health Centre and is the first ever, virtual AGM in the history of this organization. Last year the AGM was postponed from June until September with great optimism that Covid-19 restrictions would be lifted and we would be able to return to the normal practise of meeting in person at the Co-operative Health Centre. Who would have contemplated that a year later the pandemic would still be a threat to society and that ongoing restrictions have resulted in many business practise changes in most every industry in our economy and society.

The Board of Directors had a busy year since the Sept. 16th, 2020 AGM. There has been 10 Regular Board Meetings, 1 Special Meeting, 4 Committee Meetings and 2 Strategic Planning meetings.

Following the organizational meeting last fall, a comprehensive orientation was provided for the three new board members elected at the AGM to help prepare them for their new role. A considerable amount of attention was placed on the Roles and Responsibilities of a Director specific to fiduciary responsibility, Ownership Linkage, Policy Development, Strategic Planning and understanding the Primary Health Care model. There was also emphasis placed on Conflict of Interest, Confidentiality and Speaking as One Voice.

The Board of Directors have a fundamental and legal responsibility to provide oversight and accountability of the Prince Albert Co-operative Health Centre which is a member owned, democratically controlled, non-profit cooperative health care organization. They must ensure that the Health Centre is appropriately stewarding the resources entrusted to them. They are also responsible for establishing strategic direction for the organization and to assure sustainability of a service that is expected to deliver Primary Health Care services funded by the Ministry of Health that puts patients first and will enable people to achieve their best possible health by promoting healthy choices and responsible self-care. This model of care will protect, maintain or restore health with a focus on illness and injury prevention.

Our Vision: “The Leader in Primary Health Care” has an expectation that this model of care will become the choice of patients, communities and health care providers working on interdisciplinary teams sharing their skills, knowledge, information and resources putting the patient first, therefore empowering them to healthier lives and reducing the demand on emergency services and hospital admissions.

The Strategic Direction established by the Board this past year requires the Executive Director to focus attention along with the necessary financial and human resources to achieve the following: “The Prince Albert Co-operative Health Centre will grow the business specifically in the areas of Image, Community Understanding, Health Care Partnerships, Memberships and Clients through effective branding, communications and public relations initiatives with the involvement of staff and the Community Clinic.” Further strategic planning will begin this fall to establish a long range plan involving stakeholders and community partners.

I would like to thank each of the Board members for their dedication and commitment over the past year in carrying out good governance and fiscal responsibility to protect the assets, reputation and health care service model on behalf of the member/owners that have entrusted them to do so. A special thanks to outgoing Board members Lena Yeo, Jeff Finch and Joanne Perkins for a substantial contribution during your respective terms. All the best in the future!

I want to publicly acknowledge the efforts and leadership of our Executive Director, Trina Ferguson that consistently has been a role model for mutual respect, fiscal accountability, best practise and team work. Her leadership team and staff are dedicated, engaged health care professionals and support workers that went above and beyond the call of duty throughout this pandemic period demonstrating agility, innovation and commitment to carrying out the mandate as a health care provider to Prince Albert and area. For this, I express our appreciation to each and every one of you.

Also, I would like to acknowledge our Medical Director, Dr. Greg Obrigavitch and all the physicians of the Community Clinic for your collaborative efforts to integrate services to meet the needs of our patients and community, your involvement in clinical quality improvement and for providing ongoing services during one of the most challenging times in the history of health care delivery in this province. You are an impressive group of physicians to say the least.

The Volunteer Foundation that has provided an invaluable support to the Co-operative Health Centre since 1976 when 48 interested women came together because of a service model that they believed in, decided to dissolve their organization this past year. On behalf of the Board of Directors, Management and Staff, I want to express our sincere appreciation for everything your Foundation has done over the past 45 years and for the recent financial gift to carry on your legacy. Thank you!

Last, but certainly not least. I want to express on behalf of the Board of Directors and my own personal gratitude, all the efforts and dedication of Connie Dochylo, Executive Assistant for her care, attention to detail and our every need for the Board of Directors.

Her efficiency, knowledge, corporate memory, level of professionalism along with a great sense of humour and a beautiful personality has earned her the distinction of a very valued and appreciated individual that we are so fortunate to have onboard.

Respectfully submitted:

Joe Rybinski, Chairman, Board of Directors



Executive Director Report, Annual General Meeting, June 16, 2021



The Co-operative Health Centre's key initiatives, goals and Operational Plan are focused on ensuring coordination and integration of health service delivery initiatives. Our initiatives and goals are consistent and in alignment with the vision, goals and direction of the Saskatchewan Ministry of Health and the Prince Albert Co-operative Board of Directors Strategic Direction and Ends policies.

Our planning and work is also guided by the needs of the community served and Provincial documents, which include the annual Ministry of Health Plan, Provincial Primary Health Care Framework and PHC Framework logic model.

KEY RESOURCES

- Annual Budget: \$7,854,892.00
- Members: 3277
- Staff: 110
- Total # of FTE's: 56 and 7 Out of Scope
- Physicians: 10.4 FTE
- Practicum Placements: 7

As everyone experienced in the last year, we also had the challenges that came with the management of COVID 19 and the many changes in the way we had to provide service. We have come to realize that constant change is the new norm as we adapted and adjusted to follow the changing public health orders and SHA guidelines.

The following safeguards and/or processes were put into place related to COVID: screening of public/staff, continuous masking, increased use of protective equipment, virtual/phone appointments, physical barriers, distanced waiting areas, designated break rooms for staff, enhanced cleaning, staff set up to effectively work from home and pre-booking of lab appointments verses walk in access. When we looked back over the past year, we are proud to have achieved many of our goals while maintaining services to the public.

The activities over the past year and the 2021-22 initiatives continue to pursue the primary health care outcomes, improvement targets and maintain and enhance current commitments, which demonstrate the organization has clear, consistent focus and goals. We are dedicated to delivering responsive, integrated and efficient health services that put the patient first and helps people achieve their best possible health by promoting healthy choices and responsible self-care.

The prior year and ongoing activities work toward the achievement of the following goals and direction:

- Advance the Primary Health Care model, team based care and engagement of family physicians;
- Coordinate health services, case management and communication between providers and community partners;
- Implement quality improvement initiatives for program and service monitoring and evaluation;
- Monitoring and creative solutions to manage human resource challenges;
- Expand and enhance current programs and services, improve access and identify new opportunities to meet the community and client needs and provide patient centered care;
- Enhance health promotion and disease/injury prevention activities to help people make healthy choices and create a healthier environment;
- Develop innovative and alternative service delivery approaches, which are focused on positive health outcomes.

Physician Services

Physician services are provided through a contract with the Prince Albert Community Clinic (PACC). This is a group of physicians, who through a partnership provide services to the Co-operative Health Centre and other community organizations.

In addition to family medicine, physicians provide addiction and pain clinic services on site in the Recovery (methadone) Program and two days a month to the Ahtahkakoop harm reduction program.

Services to the community of Canwood continue and is supported by the Nurse Practitioner and Physician group.

Specialists and Surgeons

There are a number of visiting specialists and surgeons who utilize the Health Centre for the provision of health services. There were **954** clients who received services from these providers from April 1, 2020 to March 31, 2021.

Respirologist Clinic –Supported by Dr. Skomro, Respirologist, from the University of Saskatchewan Division of Respirology, Critical Care and Sleep Medicine. There were **7** clinics held via onsite visits or telehealth compared to **11** clinics last year. With support from his colleagues, Dr. Skomro has supported the interpretation spirometry and Full Pulmonary Function Testing. The Respiratory Therapists provided the community with a total of **459** Pulmonary Function Tests from April 1, 2020 to March 31, 2021 compared to **354** last year.

Endoscopy Procedures – Endoscopy procedures are performed in the Minor Surgery department by nine surgeons Dr. Friesen, Dr. Royeppen, Dr. Olsen, Dr. Pillay, Dr. O’Carroll, Dr. Mabadeje, Dr. Grobler, Dr. Lumb and Dr. Hunter. In addition to endoscopies, these surgeons also perform other minor surgery procedures.

The number of endoscopy procedures was only slightly lower from last year in spite of COVID restrictions. There were a total of **738** procedures performed between April 2020 to March 2021 compared to **786** last year.

Human Resources

There are 110 employees at the Co-operative Health Centre consisting of seven Out of Scope positions and 52 full time equivalent (FTE) unionized positions plus 4 FTE in the harm reduction program funded by SHA for a total of 56 FTE union positions.

The workforce is a member of CUPE. The Collective Agreement had expired in March 31, 2017. We started negotiations in January 2020 and ended with signing of the new agreement in November 2020. The new agreement expires March 31, 2022.

2021-2022 – NEW/ONGOING INITIATIVES & OPERATIONAL ACTIVITIES

Policy Review Project – Dr. Chad Nilson, Living Skies Centre for Social Inquiry was contracted March 2020 to conduct an external review of existing organization policies, procedures and administrative resources. This review was scheduled to be completed by the end of January 2021 but due to the pandemic, the completion date had to be extended. We hope to have it completed by September of 2021.

Partnership with the Unified Medical Group (UMG) Quality Improvement Learning Collaborative – we continue to support the Community Clinic physicians UMG Quality Improvement Learning Collaborative. We have four physicians from the Community Clinic actively involved as board members. Although most of the initiatives the UMG were working on were suspended during the pandemic there were quality improvement sessions provided virtually that our measurement team leads and physician leads attended that focused on problem solving, data collection and physician patient panel report analysis.

Electronic Medical Records & Information Technology

We continue to optimize the use and capabilities of the EMR to improve the efficiencies of our workflows, improve the ease and management of our clinical documentation and enhance our ability to identify patients for follow up care.

Although the pandemic brought forward many challenges, it also pushed us to utilize technology to support our client's health care needs with the implementation of virtual and phone appointments. We are also in the process of implementation of a customizable patient portal that will enable us to stay connected with our patients through email, text and auto-phone messaging and future online appointment booking.

Health Promotion and Prevention

Our Health promotion activities are aimed toward empowering people to improve their health and quality of life, promote healthy living to reduce chronic disease and injury, provide information, education and resources, develop partnerships, support and promote healthy policies and work towards creating sustainable initiatives.

Activities include workshops, groups and programs, media campaigns (website, print media, and community newsletters), working in partnership with schools or community, groups/agencies, development of surveys to determine local needs and support of healthy policies.

2020-21 Education Event stats

Number of Education Events	10
Number of participants	14

Participant evaluations (7 in total completed)

- **86%** (6/7) responded positively to the question – Do you feel you will be able to better self-manage your symptoms or support someone as they self-manage their symptoms?
- **100%** (7/7) responded positively to the question – I have a better understanding about this topic after participating in this group.

An annual Health Promotion and Prevention calendar has been developed for 2021 focusing on a variety of health care themes and topics, including healthy aging, smoking cessation, heart health, nutrition tips, suicide prevention, and mental health awareness. Throughout the pandemic, we were able to provide one on one education over the phone and in person, as well as held small groups education sessions as per Public Health guidelines over the past year and will be providing education over Zoom in the upcoming year.

Public Relations – In December 2020, the Director of Client Services completed the Digital Marketing Certification course through Blue Moose Media. This enabled us to have an on-site resource to support our social media platforms (Facebook & Instagram) and liaison with our software provider to work on updates/changes to our website.

A redesign of our website was initiated in October 2020 and completed in March 2021. There were many planning sessions about color, design, format and content. We are pleased with the polished look of the redesigned website; it has a much more modern, streamlined and professional look to it. It is also compatible with mobile devices.



www.coophealth.com



Prince Albert Co-operative Health Centre Community Clinic



cooperativehealthcentre

Staff Development - mandatory and non-mandatory education was held primarily virtually throughout the past year. Topics included: Proper Donning/Doffing of Personal Protective Equipment, Service Best Customer Service Training, Diffusing Hostile Situations, Multicultural Training, Conflict Resolution, Mask Fit Testing, Transfer of Dangerous Goods, Safe Lifting, Respect in the Workplace, Basic Life Support, Privacy/Confidentiality (HIPA) training and Mental Health First Aid Training.

Projects – facility renovation/upgrades:

- Client parking – we purchased the property directly east of the Health Centre and created a client parking lot. This is very beneficial to our clients that attend the health centre for lengthy IV infusion therapies and clients that have mobility restrictions as all other parking areas surrounding the facility are metered parking.
- Staff parking lot upgrade – this included paving, fencing, lighting, electrical plug-ins and enhanced security camera coverage.
- Flooring replacement - flooring was replaced in all family physician offices/treatment rooms and health care providers' offices on the main floor.

Partnerships

As a Primary Health Care clinic, we recognize the value of partnerships with community organizations and the Saskatchewan Health Authority (SHA) to meet client & community needs and to build knowledge of external agencies and services/supports needed and provided. The value of partnerships was evident this past year as we were included in the COVID 19 Stakeholder meetings led by the SHA. These meetings included representatives from many community organizations and was helpful to ensure we were up to date on the status of the pandemic, guidelines, resources, and were aware of available supports in the community.

We also provide program and service delivery in cooperation with the SHA, these are the Endoscopy Program, Community Mobile Lab, Full Pulmonary Function Testing, Recovery Program (Harm Reduction) and support to the Rapid Access Addiction Medicine (RAAM) Program.

The Health Centre Nursing/Minor Surgery Department works collaboratively with the Saskatchewan Health Authority (SHA) Ambulatory Care Department to assist with IV therapy and transfusions that are complex, ongoing and time consuming, freeing up time and space at the hospital for other procedures and treatments. This was especially important during COVID as we were able to support client's needs in the community while ensuring ambulatory care at the Victoria Hospital could maintain capacity.

We also collaborated with the YWCA by providing initial medical assessments, which included physical examinations by a physician and lab work, for **20** refugees to the community of Prince Albert in the past year.

Research Projects

We participated in a research project lead by Dr. Acheampong, Topic: Participation in 'Long-term acceptability, perception of quality of care and impact on socioeconomic indices with the use of virtual care in outpatient physician consultations in Northern Saskatchewan in July/August 2020.

Another research project we supported was led by Dr. Amy Heitzner, Dr. Caitlin Yeager, Dr. Marc Spiess from the Rural Family Medicine program – University of Saskatchewan, Project: Cancer Screening Rates in Women over Fifty in Northern Saskatchewan.

Board of Directors

Our Annual General Meeting was delayed from June to September for 2020 due to COVID. We had three new board members join us at that time. The Board of Directors initiatives over the past year focused on strategic direction, fiduciary responsibility, board education, public relations and succession planning.

Board Members

Joe Rybinski – Board Chair	JoAnn Perkins
Len Yeo – Vice Chair	David Knouse
Jeff Finch	Craig Thebaud
Bernice Bergstrom	Larry Fladager
Dr. G. Obrigavitch, Medical Director – Physician representative	

Respectfully Submitted by,
Trina Ferguson, Executive Director
Prince Albert Co-operative Health Centre

Appendices

- #1 Student Practicums/Affiliations/Partnerships
- #2 Graph total number of appointments
- #3 Graph discrete count by provider/demographics
- #4 List of Practitioners, Programs and Services
- #5 Organizational Reporting Structure

Appendix 1

PACHC Student Practicums

PACHC hosted 7 students this year from the following programs:

- ❖ University of Saskatchewan College of Medicine and College of Nursing
- ❖ Saskatchewan Polytechnic – Addiction Counselling Program
- ❖ Southern Alberta Institute of Technology– Respiratory Therapy Program

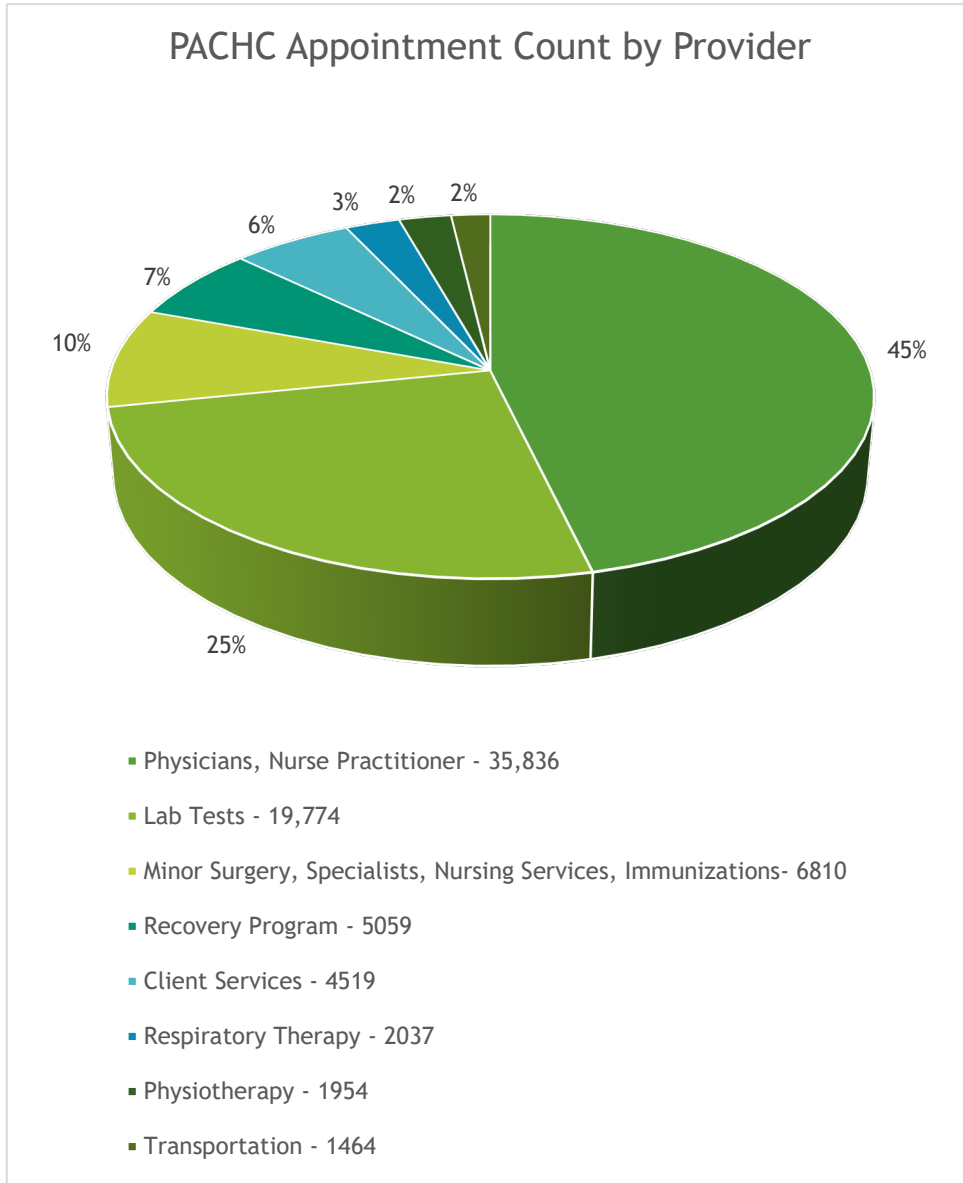
Affiliations and Partnerships:

- ❖ Health Care Co-operatives Federation of Canada
- ❖ Saskatchewan Co-operatives Association
- ❖ Saskatchewan Alzheimer’s Society - First Link Program
- ❖ 3S Health
- ❖ University of Saskatchewan Division of Respiriology, Critical Care and Sleep Medicine
- ❖ Royal University Hospital – Stroke Prevention Clinic
- ❖ Canwood and District Health Services Co-operative
- ❖ CO-OP Pharmacy – leased space
- ❖ College of Pulmonary Standards of Alberta
- ❖ YWCA
- ❖ Homeward Bound
- ❖ PA Housing Authority
- ❖ Prince Albert Community Alcohol Strategy Steering Committee
- ❖ Prince Albert Food Coalition
- ❖ Family Futures
- ❖ Food Bank
- ❖ SOS Safety Magazine
- ❖ Hopes Home
- ❖ PA Community Networking Coalition

Saskatchewan Health Authority

TB Clinic – leased space
 Methadone Recovery Program – SHA funded
 Endoscopy Program
 Saskatchewan Cancer Agency
 Home Care, Fit Life Program, Diabetes Centre, Live Well Program, Access Place, Rapid Access Addiction Medicine, Detox Centre

Appendix 2



Note:

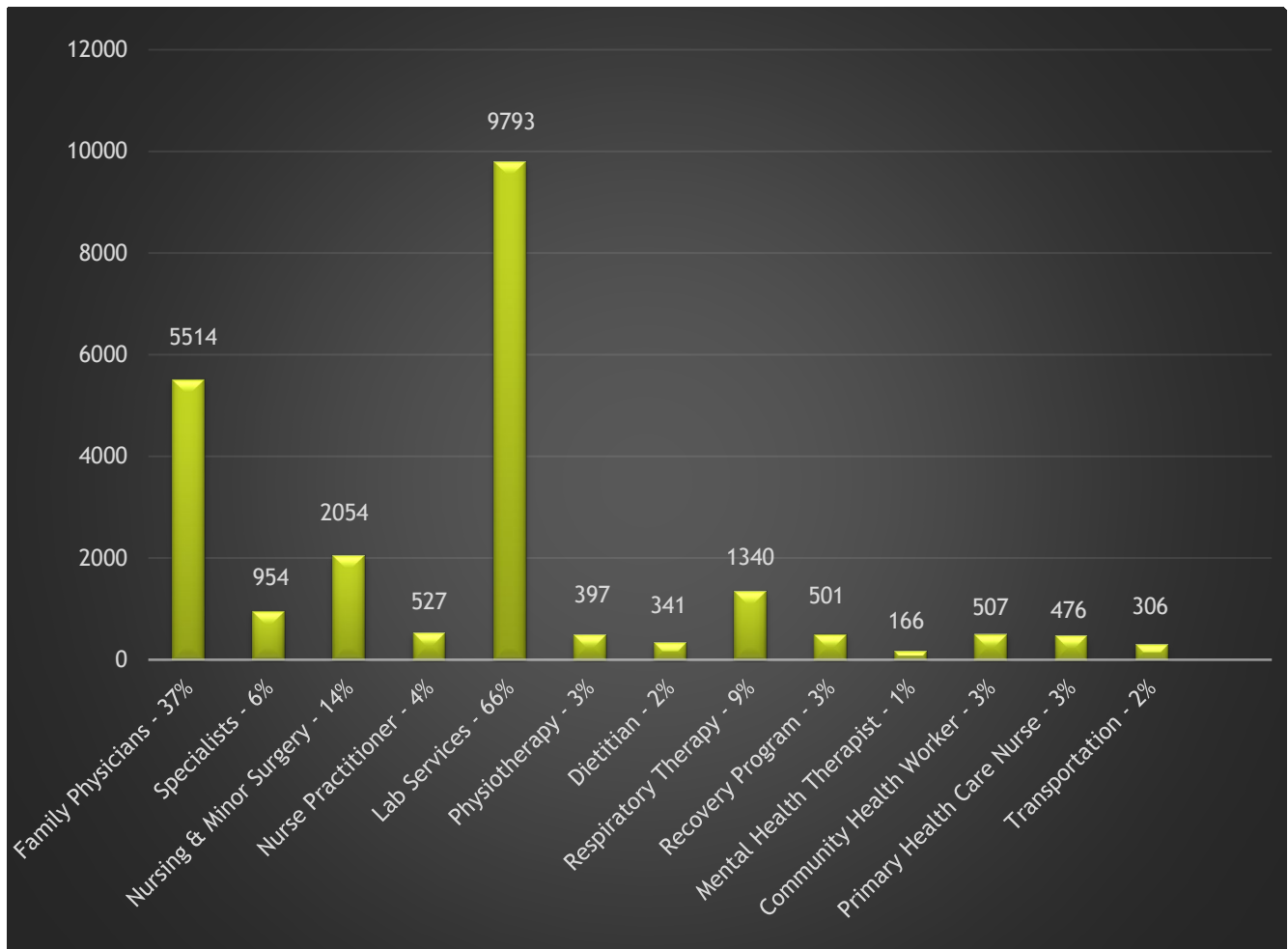
Client Services includes: Community Health Worker, Dietitian, Mental Health Therapist and Primary Health Care Nurse. Numbers do not include Canwood. Totals include face-to-face appointments, phone/virtual appointments and clinical tasks related to client care.

Appendix 3

PACHC DISCRETE COUNT BY PROVIDER

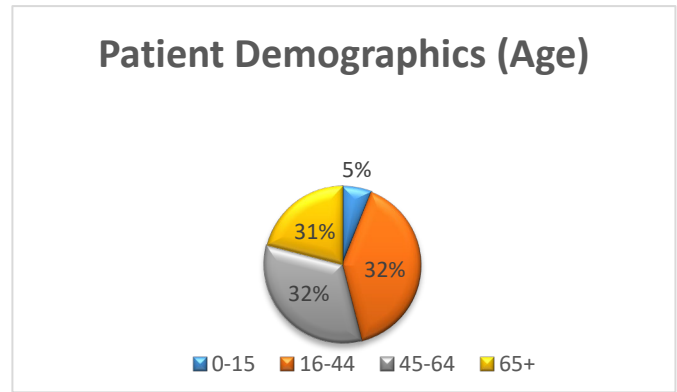
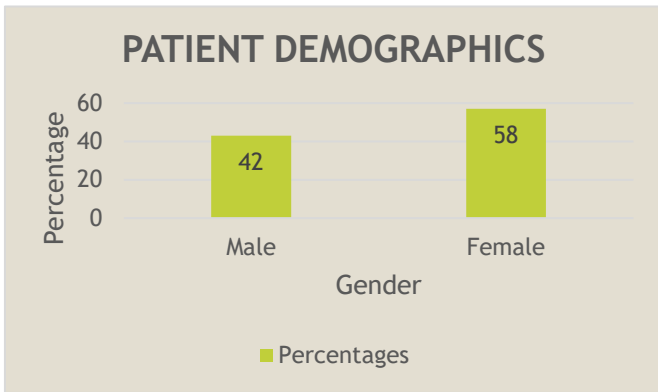
Total Discrete Count All Providers = **14,862**

The total discrete count increased by **865** individuals over the prior year with an increase of **1747** clients over the past 2 years.



Note: The discrete count of each provider service is defined as the number of different patients receiving at least one service from the individual provider in a year. Numbers do not include Canwood.

PACHC PATIENT DEMOGRAPHICS



Appendix 4

PRACTITIONERS, PROGRAMS, SERVICES

❖ Family Physicians and Nurse Practitioner	❖ Administration
❖ Physiotherapy Services	❖ Environmental Service Workers
❖ Community Respiratory Therapy Program	❖ Finance
❖ Mental Health Services	❖ Office & Health Information Mgm.
❖ Registered Dietitian	❖ Health Records
❖ Primary Health Care Case Management	❖ Maintenance
❖ Chronic Disease Management	❖ Medical Office Assistants
❖ Community Health Worker	❖ Purchasing / Sterile Processing
❖ Recovery Program	

Nursing Services

- Foot care
- IV Therapy
- Immunizations
- Injections
- Dressing changes
- Nursing procedures

Diagnostics

- Laboratory Services
- Mobile Lab
- ABI – Ankle Brachial Index
- ECG
- 24 hr. blood pressure and holter monitor
- Full pulmonary function testing

Wellness and Client Support Programs

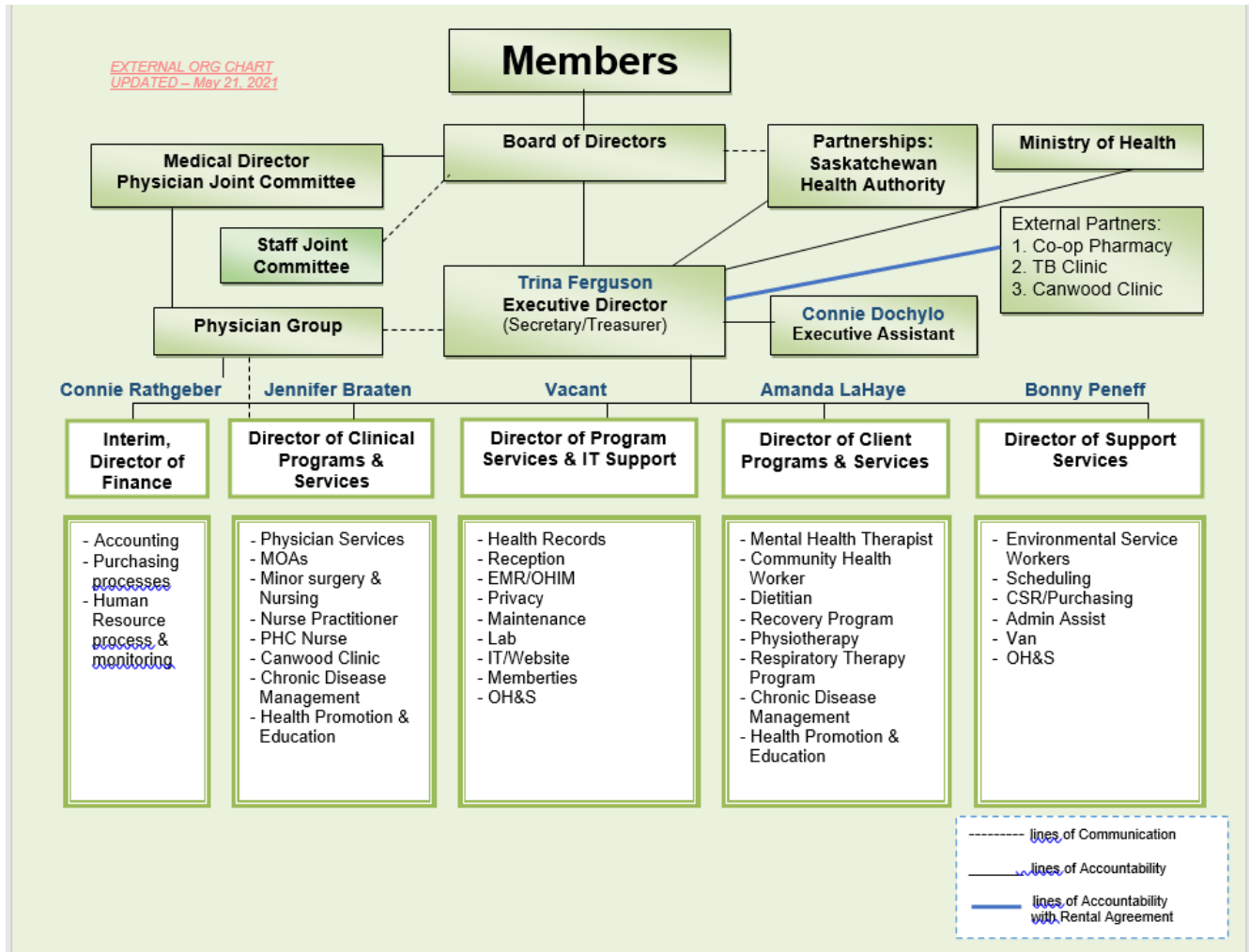
- Education Events and Support Groups
- Seniors Community Kitchens
- Seniors Socialization and Mobility
- Counselling
- Social Services application and form completion
- Transportation

Specialized Clinic and Programs

- Pain Clinic
- Methadone Recovery Program
- Respiriology Clinic – visiting Respiriologist
- Endoscopy Procedures – visiting Surgeons

Appendix 5

Current Organizational Chart:



CURRENT LEADERSHIP TEAM

Executive Director	Trina Ferguson
Executive Assistant.....	Connie Dochylo
Director of Clinical Programs & Services.....	Jenn Braaten
Director of Program Services and IT Support	
Director of Client Programs and Services	Amanda LaHaye
Director of Support Services	Bonny Peneff
Director of Finance.....	Connie Rathgeber

Medical Director Report, Annual General Meeting, June 16, 2021



Another year has come and gone at the Co-operative Health Centre. I have now been at the Health Centre for nearly 25 years. I came here directly out of my family medicine residency. I wasn't really sure where I wanted to end up and being I was from Prince Albert I decided to start here. My initial plan was just to practice here for a year or 2 until I felt like venturing out again. However, the staff and clients here are among the best anywhere and I really appreciated not having to worry about a fee for service billing system. The fact that I have been here as long as I have attests to how nice it is to work in such a great facility.

The past year has been much different from a typical year in health care. COVID19 has changed our lives in so many ways and our Health Centre has not escaped its impact. We have strived to provide services to our clients while also doing our best to protect the safety of everyone involved. This has been challenging, but through patience and caring I think we have done as well as can be expected. The physicians have spent much of their time doing phone consults to try and minimize patient contact, but have still seen patients in person when necessary. This hasn't been easy as I think we are all missing the closeness with our patients we have come to expect in medicine.

Now that the countries vaccination efforts are paying dividends I think we are nearing the end of this pandemic. We are planning to slowly return our services to normal over the next 1-2 months as conditions permit. However, the phone appointments have been well received and are appreciated by some of our busier clients. I believe we will continue to offer these as an alternative for those issues that do not require physical contact to address.

There has been only one small change in our medical personnel over the past year. Dr. Navid Robertson left us to take a residency position in anesthesia in Saskatoon. Dr. Ferguson and Dr. Pavan were both new to our clinic last year and they are both fitting in very well. They have both been a joy to work with. Our current complement of doctors is varied with many different practice styles. Dr. Lanoie is our most senior member and continues to provide care for addicted clients and those suffering with chronic pain. He is joined in treating addictions by Dr. Ekpenike, Dr. Owonikoko, Dr. Parekh, and Dr. Pavan from within our clinic and from Dr. Crawford, Dr. Kolawole, Dr. Rossouw, and Dr. Wessels who visit our centre to assist with those services.

Dr. Ekpenike, Dr. Owonikoko, Dr. Parehk and Dr. Pavan also provide family medicine services to our clients. Dr. Van Heerden works in our clinic as a family physician and also provides occasional anesthesia services to the Victoria Hospital. Dr. Ferguson, Dr. Balingit and Dr. Veith all have busy family medicine practices in our centre.

We continue to have a number of visiting surgeons and specialist who provide services within our clinic. These include Dr. Friesen, Dr. Hunter, Dr. Royeppen, Dr. Skomro, Dr. Lumb, Dr. O'Carroll, Dr. Mabadeje, Dr. Grobler, and Dr. Pillay. Lastly there is myself who is Medical Director at the clinic. In addition to my roles at the clinic; I along with Dr. Parekh and Owonikoko also provide services to the Victoria Hospital emergency department on a regular basis.

As you can see we are a large group of physicians who provide many services to our clients.



GENERAL PRACTICE

Dr. B. Ekpenike
 Dr. G. Obrugavitch
 Dr. H. Ferguson
 Dr. J. Balingit
 Dr. L. Lanoie
 Dr. M. Pavan
 Dr. M. Van Heerden
 Dr. O. Owonikoko
 Dr. S. Veith
 Dr. V. Parekh



ASSOCIATE PARTNERS

Dr. D. Crawford
 Dr. R. Kolawole
 Dr. F. Rossouw
 Dr. N. Roberstson

VISITING PHYSICIANS

Dr. R. Friesen
 Dr. A. Hunter
 Dr. E. Royeppen
 Dr. R. Skomro, Respiriologist, Saskatoon
 Dr. K. Lumb
 Dr. R. O'Carroll
 Dr. O. Mabadeje
 Dr. A. Grobler
 Dr. Y. Pillay



BOARD MEMBER NOMINATION FORM – Arne Lindberg

1. Governance Experience

Saskatchewan Rivers Public School Division, school-based administrator doing site-based management pertaining to staffing, teacher workloads, short and long-range planning, strategic planning for each work site. Direct involvement in budgeting, prioritizing goals, communicating with stakeholders, and ensuring quality safe workplaces for all.

City of Prince Albert, Councillor for Ward 6 for 12 years. Worked with council members and administration to set and establish laws, policy and guidelines to promote improvement of the city for all citizens. Did short and long-term planning, set budgets, reviewed strategic plans and met with stakeholder groups. Served on several boards and committees such as: Police Commission, Fire Services, Chamber of Commerce, Parks and Recreation, Wapiti Regional Library, John M. Cuelenaere Library, and Works and Planning.

Saskatchewan Rivers Public School Division. Trustee from 2007 to present. Work closely with colleagues and senior administration to provide guidance and policy support to our 9,000 students in 32 schools. SRPSD employs over 1,500 persons and has an annual budget in excess of 100 million dollars. The board oversees matters relating to finance, maintenance, policy, support, programs, transportation and personnel.

Prince Albert and District Community Service Centre. I have served on this board since 2005, currently as vice chair. Community Service Centre provides services and training that enhances individual and community needs. Administer SARCAN recycling programs, Two Miles for Mary fundraising and Seniors Transportation.

Public Complaints Commission, Department of Justice, Province of Saskatchewan. Served 4 terms on this commission that provides civilian oversight of police services in Saskatchewan. Review and direct investigation of complaints made against municipal police services in the province.

Prince Albert Exhibition Association. Served 18 years on the board, completing the appointment as vice chair. Provided direction and support for staff and committees to sponsor and develop programs and events hosted by the Association.

Ranch Ehrlo, Buckland/Prince Albert advisory committee. Provide quality preventative and restorative services, and advocacy for, vulnerable individuals and families to achieve their full potential.

City and School Boards Liaison Committee. Discuss issues of mutual interest and concern to all parties and make recommendations to City Council and/or respective School Boards.

2. Education and Professional Designations

Completed a Post Graduate Diploma from the University of Saskatchewan in Educational Administration.

Bachelor of Education degree from the University of Saskatchewan, History and Administration minors.
Notary Public, Province of Saskatchewan.

Marriage Commissioner, Province of Saskatchewan.

3. Personal Skills and Competencies

My skill sets and competencies center on personal and professional development. To that end, I have been involved directly with taking classes and training to deliver programs for learners who strive to better themselves.

I work with students at Saskatchewan Polytechnic and the University of Saskatchewan through the College of Nursing, the Business and Entrepreneur program, and programs including Aboriginal Head Start, Hotel Management, Social Housing Management, Service Excellence and have taught classes in Board Member training. This experience has afforded me the opportunity to stay current and connected with issues that are of utmost importance to individual's growth and development.

Some quotes from friends offering advice when I was inquiring about the board position available on the Health Centre board. "You are a benefit wherever you go. You're positive and have a wide knowledge of the community." "Pursue any position you would be interested in, see what's available for a talented and experienced governance person." "I really hope I see your name on the wall listing the new directors of the Co-operative Health Centre."

4. Interests in Prince Albert Co-operative Health Centre

Recently I have been able to access some of the services offered at the Centre, and was, and still am quite impressed with what I have experienced. I am always greeted in a warm and genuine manner, regardless of the department I was visiting. There are always signs of a progressive and positive workplace; lots of colleagues interacting, lots of communication, and lots of laughter. I view these as indicators of a calm and confident workplace, where employees are appreciated and valued. There were happy people everywhere. While I was filling out an information form, one of the staff came and sat with me, asking if I needed any assistance. Totally unsolicited, but very much appreciated. While waiting in a chair in the hallway, every staff person who walked by, took their time to acknowledge me and to talk for a wee bit. These were not isolated instances; this has happened each time I have been at the Centre. Again, examples of a positive and productive work environment where employees feel they are part of the whole operation.

Cleanliness was something as equally impressive as staff morale. The whole Centre was spotless. Again, a prime example of ownership and pride in the organization. Medical expertise was abundantly evident at every level of contact I experienced during my visits. Quality of care and level of professionalism was exemplary at every level. After those experiences, and reflecting on them, I saw an advertisement for positions on the board of directors for the Centre. This was, to me, an obvious sign for action to be taken on my part, and to hopefully assume a role within the organization.

5. Involvement in other cooperatives and community organizations.

Membership in Prince Albert Co-operative Association.

Membership in Saskatoon Co-operative Association.

Involved in: Crescent Acres Community Club, canvass for Canadian Diabetes, Canadian Cancer Society, Two Miles for Mary, Rose Garden Hospice.

Member of the Klassic Kruizers Kar Klub.

In addition, I strongly believe that health services as we currently know them, will be altered and streamlined to meet the changing demands post Covid. We need to be postured to deliver services and programs to our clients on a level we have not yet experienced. Covid has created a backlog of medical procedures that were forced to be given a different priority, and when the cloud lifts those needs will have to be addressed. This will be a herculean task that will have to be managed closely and carefully. Mental health issues will become a primary focus as we strive to become healthier and more stable. I believe this will be an evolving health care issue that we need to be acutely aware of and do our best to prepare for the demands that will undoubtedly be placed on our limited resources. To this end, our Health Centre needs to aggressively plan needs of our staff, and our clients.

Sincerely submitted, Arne Lindberg.

BOARD MEMBER NOMINATION FORM – Darcy Sander

Thank you for considering this narrative to support my Board Member Nomination Form. I have submitted my resume, criminal record check and receipt acknowledging membership in the Prince Albert Co-operative Health Centre.

I am very interested in serving on the Co-operative Health Centre, especially given that the governance model is different from many other Board models. The Co-operative Health Centre Board must provide a link between the cooperative and the members.

Co-operative Health Centres generally adhere to seven principles including voluntary and open membership/democratic member control/ member economic participation/ autonomy and independence/ education, training and information/ co-operation among co-operatives and concern for community. These principles guide all decision-making practices by a Board of Directors and illustrate the need to follow a Carver Policy of Governance Model.

GOVERNANCE EXPERIENCE

I have acquired significant experience serving on Boards of Directors subsequent to my retirement. I presently serve on the following Boards:

- The Prince Albert Board of Police Commissioners
- The Board of Directors for the Saskatchewan Arts Board
- The Board of Directors for the Prince Albert Community Service Centre
- The Board of Directors for the Crescent Acres Condominium Association

Although each of these Boards vary in their model, protocol and practice, they all rely on the ability of the members to function collaboratively. The ability to listen, share, consent and dissent respectfully is intrinsic to participation.

EDUCATION AND PROFESSIONAL DESIGNATIONS

I hold the following university degrees:

- Ph.D. in Educational Administration (with Honors)
- Master of Education in Curriculum and Instruction
- Bachelor of Education (with Distinction)
- Bachelor of Arts

PERSONAL SKILLS AND COMPETENCIES

I am very adept at creating and maintaining positive relationships with colleagues. Since retirement, I work contractually with the following Universities to provide guidance and support for novice teachers:

- First Nations University of Canada
 - University of Regina (students in both the English and French Education programs)
 - University of Alberta (students in the French Education program)
 - Minot State University
- I am bilingual and can work in both English and French.

INTERESTS IN PRINCE ALBERT COOPERATIVE HEALTH CENTRE

The Prince Albert Cooperative Health Centre has been an icon of cooperative health care for sixty years. I am very interested in assisting to provide leadership to the centre and members via primary health care. The World Health Organization (2019) defines primary health care as a "whole-of-society" approach to health, centering on the needs and preferences of individuals, families and communities. The principles of primary health care are accessibility, public participation, health promotion, appropriate technology and intersectoral cooperation. Further, this approach to health should be universally accessible to all clients regardless of geographic location.

INVOLVEMENT IN OTHER COOPERATIVES AND COMMUNITY ORGANIZATIONS

I have always endeavoured to provide support to Prince Albert and its many community organizations. This has become an easier task subsequent to retirement.

- member of the Royal Canadian Mounted Police Veterans Association
- member of the Prince Albert Community Alcohol Strategy Steering Committee
- member of the Discipline Committee, Saskatchewan Professional Teachers Regulatory Board
- co-author of the Prince Albert Violent Threat Risk Assessment Protocol
- provide musical entertainment for community organizations and facilities including providing musical accompaniment to artists at the E.A. Rawlinson Centre for the Arts. I believe that my education, community service and experience serving on various Boards of Directors would be invaluable to the Board of Directors of the Co-operative Health Centre. I have provided leadership in both urban and rural communities throughout my career as a school principal. My ability to work collegially and respectfully with others is very strong, and I have a significant interest in providing Board guidance and support for the principals of primary health care via cooperative values.

EDUCATION

Doctor of Philosophy, Educational Administration with Honors- Century University, 2004
 Dissertation title: The Effects of Interim Reporting on Academic Success at Birch Hills School, Canada.
 External Adjunct Adjudicator: Ward Roofthoof, Ph.D.

Master of Education in Curriculum and Instruction University of Saskatchewan, 1995
Thesis title: Student Perceptions of the Relevance of Role-Playing Activities in Grade Nine Social Studies

Bachelor of Education with Distinction- University of Saskatchewan, 1989

Bachelor of Arts- University of Saskatchewan, 1981

WORK EXPERIENCE

First Nations University of Canada

Fall semester 2018, 2019, 2020/Spring semester 2019, 2020, 2021
Faculty Advisor

Minot State University

Spring semester 2020, 2021
Faculty Advisor

University of Alberta (Campus St. Jean)

Fall semester, 2020
Faculty Advisor

University of Regina

Fall semester 2018, 2019/Spring semester 2021
Faculty Advisor

Saskatchewan Rivers Public School Division 119

2009-June 29, 2018

Principal of Ecole Vickers Public School

Ecole Vickers Public School is a dual-track (French Immersion/English) kindergarten to grade eight school with an enrollment of 650 students.

2006-2009

Principal of Vincent Massey Community School

Vincent Massey Community School is a pre-kindergarten to grade eight community school with an enrollment of approximately 340 students.

1999-2006

Principal of Birch Hills School

Birch Hills School is a kindergarten to grade twelve school with an enrollment of approximately 400 students.

Prince Albert Rural School Division

1997-1999

Principal of Osborne School

Osborne School is a rural kindergarten to grade eight school which had a student population of approximately 120 students.

Prince Albert Roman Catholic School Division

1994-1997

Vice-principal of St. Michael Community School

St. Michael's is a community school situated in the west flat area of Prince Albert. It was a pre-kindergarten to grade nine school which had a student population of approximately 550.

1989-1994

Teacher at St. Mary High School and Holy Cross School

St. Mary's is a grade nine to twelve high school and Holy Cross is an elementary French Immersion school.

Kinistino School Division

1989

*Internship at Birch Hills School***Royal Canadian Mounted Police**

1986-1988

General Duties Constable in Wakaw, Saskatchewan

1981-1986

*Constable in the Narcotics Section in Montreal, Quebec****RECENT LEADERSHIP EXPERIENCE***

- Appointed to the Board of Directors of the Saskatchewan Arts Board, 2020 to present.
- Appointed to the Prince Albert Board of Police Commissioners, 2019 to present.
- Appointed to the Board of Directors for the Prince Albert Community Services Centre, 2019 to present.
- Appointed to the Prince Albert Community Alcohol Strategy Steering Committee, 2020 to present.
- Appointed to the Discipline Committee for the Saskatchewan Professional Teacher Regulatory Board, 2016 to present.
- Co-authored the Violence Threat/Risk Assessment Protocol for the Prince Albert Community Violence Threat/Risk Assessment Team.

RECENT RECOGNITIONS

- 2017 Outstanding Administrator Award, Saskatchewan Band Association.
- 2016 Premiers Award for Excellence in the Public Service - honorable mention.
- 2015 Western Canadian Principal of Music Award conferred by the Canadian Coalition for Music Education.

BOARD MEMBER NOMINATION – Ralph Boychuk

I have attached my most recent profile/resume which provides a breakdown of my board experience, education, personal skill sets, competencies etc.

My areas of strength and a high level of competency would include finance with 39 years of experience in a financial institution environment and as well in governance, having over 25 years of board of director experience at high levels including my Professional Board of Directors Pro. director designation. I fully understand roles and responsibilities of a Board of Director.

I do have Co-operative and Public Sector board experience, presently sitting in the capacity as a Board Member and Vice President of Buckland Fire and Rescue, a non-profit Co-operative and also previously served as Chair of the Board for Saskatchewan Polytechnic.

I believe my skill sets and various levels of board experience would compliment the requirements of a Board of Director of the Prince Albert Co-operative Health Centre.

I would be honored to be a board member of The Prince Albert Co-operative Health Centre.

Yours truly,

Ralph Boychuk Pro Dir.

Career Profile

- 39 years of experience in the marketing and selling of leading edge financial services and products for RBC Financial Group
- Over 25 years of not-for-profit and corporate board experience
- Business development focus with extensive experience initiating growth strategies
- Recognized as an innovative, dynamic, tenacious and proactive team leader
- Effective communicator, motivator and collaborator
- Results-oriented in building business relationships
- Informative and persuasive public speaker and presenter able to enlist support and engage for commitment.

Noteworthy Recognitions

- ❖ Honorary Diploma Saskatchewan Polytechnic 2019
- ❖ Award of Merit City of Prince Albert 2018
- ❖ Prince Albert Chamber of Commerce Lifetime Achievement Award 2008
- ❖ RBC Regional President's Award 2008 for Community Involvement
- ❖ Top 100 Provincial Finalist for Sales and Marketing with RBC Financial Group in 1994, 1997, 1998, 2001, 2003 & 2005 with National Winner in 1998 & 2005, runner-up in 2003.

- ❖ RBC Cross Partner award 2006,2007 & 2008 for partnering excellence with RBC Leasing
- ❖ RBC Community Leadership Award in 2004 for outstanding contribution to community involvement

Formal Education

Professional Directorship Diploma from Brown Governance and Johnson Shoyama School of Public Policy -2013

Diploma Institute of Canadian Bankers - 1991

U of S College of Commerce University of Saskatchewan – 1976

RBC Career Experience - retired July 31, 2018

Vice President Commercial Markets for Northern Saskatchewan and Manitoba - April 2009 -Aug 2012

Led a dynamic and diversified sales team of 12 Commercial Account Managers in Northern Saskatchewan and Manitoba which included portfolio responsibilities of Agriculture and Commercial business enterprises to superior sales and productivity results.

RBC Leadership Development -Sept 2008 – April 2009

Piloted developmental leadership training program within RBC. This included job shadowing in different Canadian markets with Regional Vice-Presidents Commercial, Vice President Commercial Markets, Senior Risk Managers Head Office, Department Manager Business Service Center Toronto, Business Performance Advisor Calgary, Risk Management Calgary and Credit Advisory Group Agriculture Guelph.

RBC Small Business Sales Manager Saskatchewan South Market- April 2008 – Sept 2008

Led the establishment and achievement of team sales objectives and related activities to achieve superior client loyalty, profitable revenue growth and new client acquisition for both Business and Personal markets.

Developed RBC Financial Group and community relationships to capitalize on business opportunities.

Coached and developed a sales team of 11 Account Managers in small business markets across Southern Saskatchewan ensuring a high level of employee capability and engagement through focused sales management routines.

Balanced the rewards of meeting business objectives with the risk of loss to the client, employee and shareholder by following corporate compliance/policies to maintain risk exposure and to operate within a legal framework and in accordance with securities regulations.

Experienced working in diverse markets (urban & rural)

Pioneered a mastermind initiative within the team to maximize team building, productivity and sales performance.

Senior Account Manager, Commercial Markets Prince Albert, Saskatchewan May 1996 – April 2008 and Aug 2012 - July 2018

Contributed to strategic business priorities by successfully acquiring new clients, growing revenue and enhancing customer loyalty.

Managed valued clients through effective relationship management practices.

Provided solutions and business advice to satisfy the clients' total financial services needs with a consistent focus on building long-term RBC Financial Group relationships.

Delivered financial advice and business solutions to meet client needs on both sides of the balance sheet.

Developed relationships with service partners, group partners and within the local market and optimized business opportunities and referrals.

Recognized both business and personal needs, acknowledging the close connection between business and personal needs of these clients, leveraging RBC Financial Group expertise.

The role had also involved Aboriginal markets prior to centralization of the market in 2001.

Account Manager, Agriculture Markets Prince Albert, Saskatchewan -May 1989 - May 1996

Professional Development

2013 Professional Directorship Training - Brown Governance and Johnson Shoyama School of Public Policy

2009 Media Training McGee & Associates -Managing Confrontation and Conflict Common Outlook Consulting

2008 Harvard Manage Mentor -Life Balance Leadership Patricia Katz

2007 Destination Coach University of Saskatchewan Leadership Development

2006 Six Thinking Hats University of Saskatchewan Leadership Development

2003 Financial Analysis Certification RBC Campus

2002 Leadership Development Program(LDP) University of Saskatchewan

Pre 2000 -

- Aboriginal Awareness Training RBC
- Peak Performance Training Brian Tracey
- Sales Training Agriculture RBC
- Effective Speaking Dale Carnegie
- Human Resource Management Dale Carnegie
- Community Leadership
- Board of Revision City of Prince Albert 2020
- Volunteer fundraising for Rose Garden Hospice 2019
- Board of Director and Vice President Montreal Lake Business Ventures Limited Partnership 2019
- Board of Director and Vice President Buckland Fire and Rescue 2019
- Chair of the Board and Board of Director for Saskatchewan Polytechnic formerly (SIAST) 2008 - 18.
- Saskatchewan Winter Games Board Member - Prince Albert 2014
- Canadian Youth Business Foundation - loan review committee for SIAST 2008.
- SIAST Appeal Committee 2006.
- Saskatchewan Soccer Association Board of Director & Finance Chair 2006 to 2008.
- Prince Albert Chamber of Commerce Investment and Growth Committee 2007.
- Saskatchewan Chamber of Commerce Business Excellence Awards - Chairman of ABEX Awards Oct/08. (25th Anniversary)
- Saskatchewan Chamber of Commerce, President 2006, 1st & 2nd Vice - Presidents 2005 - 2004, Treasurer 2003, Investment and Growth Committee Vice Chair and Board Member since 2001
- Canadian Chamber of Commerce Board and Committee member 2006 - 2008.
- Saskatchewan Chamber of Commerce Advisory Council.
- SIAST Foundation Inc. Vice Chair - 2006-2007
- SIAST Development & Alumni Committee 2004 -2007.
- Committee member for Juno Cup, 2007 in Prince Albert.
- Board of Directors for Prince Albert Youth Soccer Association 2004 -2005
- Board of Directors and Finance Chairman for Prince Albert Raiders, Western Hockey League Franchise. 1997 – 2000
- Various Kinsmen/Lions and Elks Clubs over the past years

BOARD MEMBER NOMINATION – Estelle Hjertaas

Governance Experience

I have been a board member of the following boards or involved in governance for the following groups over the last 7 years in PA:

- JMC Public Library;
- YWCA of Prince Albert (including conducting investigations and providing recommendations following them along with other board members);
- Association des juristes d'expression fran aise de la Saskatchewan (AJEFS); Prince Albert Bar Association;
- Joint Committee - 20 Year River Valley Master Plan & Downtown Strategic Plan (Prince Albert);
- Current Vice-Chair of the Dolly Parton Imagination Library - Prince Albert;
- Current President of La Societe Canadienne Fran aise de Prince Albert;
- Prince Albert Federal Liberal Association president for 4 years;
- Official Agent for Gordon Kirkby's 2015 election campaign;
- Founded & have run Prince Albert salsa for 7 years;
- Founded & have run Prince Albert Young Professionals for 7 years.
- Education and Professional Designations

I have a joint honours Bachelor of Arts from McGill University, as well as a J.D. and LLL (common law and civil law) degrees from University of Ottawa.

I have been called to the Bar in Saskatchewan and in Ontario, though I no longer maintain the Ontario membership.

Personal Skills and Competencies

I am a strong advocate, skills which have been honed by the nature of my job as a trial lawyer at Legal Aid. This has translated into speaking out about issues in our community, even if they don't directly affect me, as I often see the impacts of laws and policies on my clients.

I have legal skills which have been useful on other boards (though I specialized in criminal law and don't practice in employment or corporate law). I am very organized, and can process a large volume of information quickly.

I also am friendly and happy to engage with any group of people.

Interest in Prince Albert Co-operative Health Centre

I have a strong interest in the Co-operative Health Centre because it was created for my great uncle, Dr. Orville Hjertaas. His fight for public health care is important to my whole family, and I am quite proud of his legacy.

When I moved to PA, I wanted to be a patient at the clinic right away, though it took a couple of years for there to be an opening. I benefit from the excellent service here, and want to ensure that the co-operative model continues to provide this service in PA.

Involvement in other co-operatives and community organizations

I have been involved with a number of organizations, with varying degrees of formality. I often volunteer to help with specific events. I do not have formal involvement in other co-operatives, aside from membership.

Longer term contributions, aside from what is listed in "Governance Experience" above, are:

- Big Sister through Big Brothers Big Sisters of Prince Albert
- Volunteer lawyer with Pro Bono Law since 2015
- I have volunteered with Willing Workers on Organic Farms (WWOOF) in the Yukon, Kenya and Rwanda, and through a similar program in Ecuador.

The contribution that I plan to offer as a member of the Board of Directors is my experience on other Prince Albert boards, as well as my passion for the clinic and offering the best services to the community.