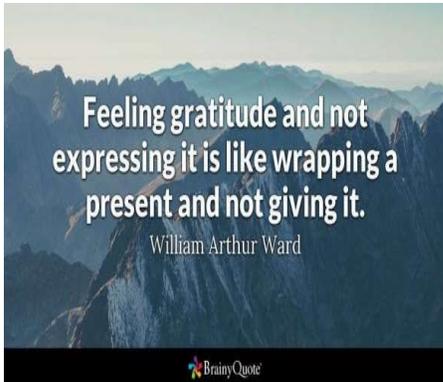


We have just experienced a most challenging period, with physical distancing and new expectations to support individuals –STUDENTS, INDIVIDUALS AND FAMILIES, EMPLOYEES, COLLEAGUES. It is great that the province is allowing changes to begin with services and activities, but challenging times will continue to be with us for the next few months with an uncertain future, post-COVID.



- *The Abrio Health team sends our thanks to each of you for your leadership during these challenging times.*
- *The strength of Airdrie is showing through in the personal connections among folks; the extra efforts by emergency services, health care employees and physicians across our community; extra efforts by the City, community services and volunteers to support people in need with supports and food; businesses that remain open and serve us in new ways, ensuring safety for all; businesses that are closed but are developing creative ways to serve.*
- *We think about the challenges for families and teachers supporting students in new ways; about individuals who have lost their jobs; businesses that are closed and wondering if they will be able to reopen; farmers wondering about the impact of changing access to markets and dropping prices.*
- *We recognize the pressures on staff meeting needs of seniors and others living with vulnerabilities in housing and care locations —thank you for staying the course; we look for better times ahead.*
- *AND we are also benefitting from the strength of Alberta (thanks AHS & AH) to bring us data about COVID -19 and strong communication to keep us together.*

What are folks with Abrio Health doing? As your organization focused on enabling progress toward Canada’s healthiest community and creating new opportunities to connect health and health care services for improved results for all—individual and family health and well-being, organization productivity, system costs.

**SURVIVING COVID 19, TOGETHER!**



**The Abrio Health team has been working from home with these pictures top of mind.**

**1.Connecting the Dots for Health. The Blue Zones Project (BZP) Airdrie Team** has been working with other Blue Zones Project communities to share learnings around supporting HEALTH during this period when it is more important than ever. They are connecting with individuals on social media regarding tips for healthy living. They are also developing web- based capacity to be a reliable source for top of the mind resources to make the healthy choices the easy choices , as well as a place where you can find links to health and wellbeing resources in the community. It will also be the repository for various health and wellness features from other social media platforms.

**You will receive information when this site is available. We invite you to check it out. PLEASE LET US KNOW HOW WE CAN MAKE THIS DEVELOPING SET OF RESOURCES AND LINKS TO COMMUNITY RESOURCES COMPLETE AND MOST HELPFUL.**

**Blue Zones Project Airdrie, Executive Director Kent Rupert, provides this additional update :**

- a. All other previously planned engagement activities are paused out of respect for the current circumstances.
- b. As the mandate of physical distancing and self-isolation continues and attention needs to be paid to reopening businesses, **we will clearly be delaying our scheduled launch event in June.** We have been collaborating with our partners at the BZP Central team to modify business plans/blueprints to determine a new way forward for our community transformation and community engagement.
- c. Already many creative solutions are emerging to encourage staying healthy, productive, engaged and satisfied with modified activities to improve our community's resilience to get through this next period. Right now our efforts are focused on activities to create digital tools to support online implementation, find new ways to engage the community in the context of physical distancing and to continue to Canadianize the Airdrie Blue Zones Project so it aligns with our single payer healthcare system.

**2. Meeting Needs in New Ways: Mental Health Youth Hub**

- a. Work by the Oversight and Implementation Committee has also paused. Anah Aslam, our Youth Hub Coordinator, is working with the Abrio Health Team related to providing value-adding communication and engagement activities with and for youth.
- b. We are very pleased that additional provincial funding for mental health has been announced. Hope some funds will trickle into Airdrie!

**3. Digitally Connecting Individuals and Our Community**

- Work continues to develop measurement tools to support the Blue Zones Project—with partners like Alberta Blue Cross key to the success of the Well-Being Measure & Community Index.

***PREPARING FOR THE POST-PANDEMIC WORLD WITH RESILIENCE AND OPPORTUNITIES TO CREATE NEW VALUE AND SUSTAINABILITY THROUGH OUR COMMUNITY HEALTH PLAN***



Many considerations to juggle and make sense of, including the following which are being discussed in the media and professional articles:

- *Directions for restarting our economy with new realities of ongoing attention to infection control in businesses and places where we come together, the environments we live in, etc*
- *Socio-economic realities that are beginning to become clear (with surveys by the City and our provincial and federal governments)—and the reality of financial challenges for individuals, service organizations, businesses, and local, provincial and federal governments.*
- *Rapid evolution of technology with social changes to how we shop, learn, connect, and receive and be involved in our care.*
- *Renewed importance of the full range of determinants of health, mental well-being and community-based services and of the need to enhance integration of services for quality to individuals and families, sustainability and impact.*

***WHAT CAN WE DO??***

## **1. Continue our focus on Connecting the Dots for Health—implementation of Blue Zones Project-Airdrie.**

*...A video conference with U of A Professor Dr. Raine on April 22nd re post-COVID actions, challenged us to think about the silent pandemic, the impact of chronic conditions that negatively impact health even more significantly than the infectious pandemic that is so visible today!*

*..We have begun; the future of owning our own health, becoming Canada's first Blue Zones Certified Community can be ours!*

## **2. Share learning and ideas to shape our future—and then take action to meet needs in new ways.**

*... Much learning took place at the February 10<sup>th</sup> Forum, Healthy Aging in Community, by Community, for Community. Some promising ideas were shared:*

- new models for care in community,*
- models for integrating primary health care with information about community services,*
- automated systems to integrate information about community services with self-referral and provider referral systems to improve value both to individuals seeking information (and wanting to own their own health) and providers delivering services, and*
- new approaches to providing attainable housing, with inter-generational communities.*

*...Each one of you will also have learning from the pandemic experiences and ideas for new ways to go forward and build on the beginning list of drivers for change identified –and the challenge for all as we juggle issues, priorities and opportunities! We will be creating opportunities for stakeholders across the community to share learning and perspectives regarding the future and to provide input on ideas from the Forum and ideas coming from providers and communities across Alberta, Canada and beyond!*

*..This will inform our way forward and updating initiatives in the Community Health Plan.*

We look forward to working together on our journey in Airdrie and surrounding community to be at our collective best for health.

**AND**

*Best wishes for the days ahead: as we all do our part to help each other get through the next phase of the COVID 19 experience in a healthy manner—with learning and convictions to shape sustainable and new futures!!*

*We will pick up future meetings –virtual or in person—as the COVID-19 situation permits.*