



Asset-based community engagement in Candle Lake 'What We Heard' Report

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Acknowledgements

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INTRODUCTION

On March 25 - 28th, 2024, approximately 45 community members participated in 2-hour focused discussions on health and wellness services, resources and needs in Candle Lake. These focused discussions were led by the Candle Lake Health Services Committee. The purpose of the meetings was to set a framework for the greater community survey to be developed in the next months. The focused discussions supported us to gain a deeper understanding of our community's health and wellness, available resources, service utilization patterns, access challenges, and existing gaps in service. Three topics were discussed in each of the session days:

- Health Services, Currently Utilized, Local and Tertiary.
- Living our Best Life - Community Supports.
- Wellness, Health Promotion, and Prevention of Injury and Illness.

KEY MESSAGES AND CALLS TO ACTION FROM THE CANDLE LAKE COMMUNITY

The following key messages and calls to action from people across the Candle Lake community have emerged from the three-day community convening held from March 25 to 28, 2024. More details of each of the key messages are provided in the next section below.

Key Messages

OUR THRIVING COMMUNITY What is Working Well	OPPORTUNITY FOR IMPROVEMENT Challenges and Barriers	LEADING OUR COMMUNITY VISION Future Vision
		
<ol style="list-style-type: none"> 1. Our people are our utmost strength. 2. Our community environment, facilities, and services are our greatest assets. 3. Our community gatherings promote well-being. 	<ol style="list-style-type: none"> 4. Strengthening the power of people and volunteerism. 5. Shining a light on local services. 6. Understanding the local environment. 	<ol style="list-style-type: none"> 7. Cultivating and co-building community strategies. 8. Exploring opportunities within the volunteer force and community subdivisions. 9. Looking into opportunities to expand local services.

Calls to Action Focused on Coordination and Awareness

During the course of the conversations, it was noticed several groups are motivated and actively engaged in implementing ideas and innovations in Candle Lake, especially by volunteer groups, but also by paid services/functions through private sector and public system organizations. An aspect that was also noticed by the community convening participants was that these activities are not always interconnected, and several groups are not always aware of each other’s work. A call to action focused on the coordination of activities and services to align efforts was suggested during the three-day conversations (figure 1).

Cultivating and co-building the Candle Lake community

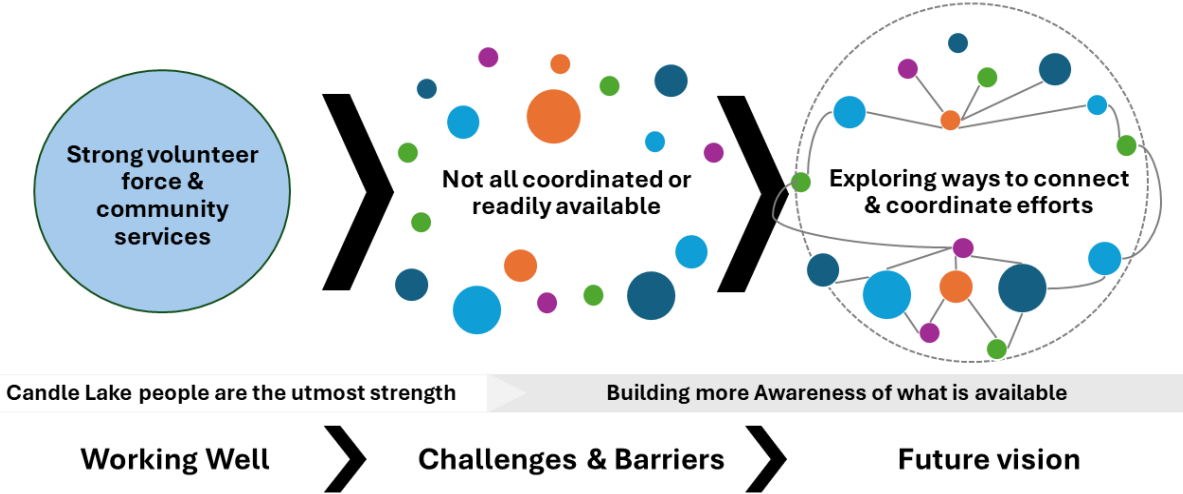


Figure 1 – Cultivating and co-building the Candle Lake community.

WHAT WE HEARD FROM THE COMMUNITY MEMBERS

During the conversations on the three proposed topics, the participants highlighted what is working well, what are the challenges and barriers, and what could be the future vision for Candle Lake. Below are some insights from the discussions.

Our Thriving Community – What is Working Well

1. **Our people are our utmost strength.**
 - **Proactive and purposeful volunteers.**
 - Volunteerism gives a sense of purpose.
 - Diversity of knowledge and skills in our community.

- **Community connectedness and sense of community.**

- Sense of community encouragement.
- Welcoming community.

- **Community fostering “neighbouring”.**

- Neighbors and friends check in on each other.

2. Our community environment, facilities, and services are our greatest resources and assets.

- **Candle Lake nature:** lakes, ponds, forests, walking trails
- **Community Communications:** The Wave Newsletter, Community News FB page
- **Health Center:** Physician, Nurse, Practitioner, Lab services, calendar of the services, Health Committee.
- **Pharmacy:** Pharmacist, prescription online order and local pickup.
- **Emergency services:** First responders, AED machines in the community, Fire Department, Community Safety Officers.
- **Local Market and Restaurants:** the variety of available food.
- **Library:** child to adult programming.
- **Spiritual:** weekly services, prayer groups and Bible studies
- **Physical Activity/Social/Cultural spaces:** trails, recreational hall, golf course, curling rink, Métis Local start-up, seniors center.
- **Community Garden:** for social gathering and growing fresh produce.
- **Inclusion equipment:** mobility wheelchair.

3. Our community gatherings promote well-being.

- **Community-driven Wellness activities and programming.**

- Physical Activity/Exercise programming, activities, and clubs (indoors and in nature – all ages).
- Social/Cultural groups and clubs programming and activities (art, education, music, garden, dance).
- Spiritual groups gatherings and activities (home visits, group practice).

- **Community-led Health Promotion activities and programming.**
 - Mental Health Awareness events and activities.
 - Health promotion education and events (guest speakers)
 - Vaccination/Immunization clinics.
- **Community Guided Injury and Illness Prevention.**
 - Safety strategies and maintenance of trails and walking paths.
 - Safety education for water activities, food safety, and gun safety.
 - Local services: massage therapist, pharmacist advice.

Opportunity For Improvement – *Challenges and Barriers*

4. Strengthening the power of people and volunteerism

- **Finding ways to better support and expand volunteer work.**
 - e.g. volunteer-based relies on the same group of people.
- **Exploring approaches to attract and retain people in the community.**
 - e.g. young people, seniors, and professional services.
- **Finding ways to navigate the reluctance to ask for help.**

5. Shining a light on local services

- **Co-building awareness strategies for local services & scope of services.**
 - Communication as to what is available in our community.
 - Branding matters: “North of 50” versus “seniors center”.
- **Co-designing strategies for transportation services: locally & to Prince Albert.**
- **Exploring opportunities for home support and community-based services.**
 - Delivery services: groceries, prescriptions, food (e.g. Meals on Wheels)
 - Home maintenance services (e.g., handyman services).
 - Respite care and Caregiver support.
 - Childminding/Childcare.
- **Looking into opportunities to expand services.**

Health-related services

- Primary care providers: consistent access to services, walk-ins for urgent concerns, continuity of care, and limited space in the health center.
- Lab services: expanded hours, limited scope.
- Mental Health support: counselling services, AA, NA, traumatic events, grief support.
- Emergency services: Ambulance service, location of AEDs, location of First Responders, Stars response is quicker than the ambulance.
- Home Care and Hospital to community services: transportation for follow-up surgery treatment; community support after leaving hospital, chronic health conditions management.
- Dental services.
- Respite care services: to support caregivers.
- End-of-life care: palliative care, coroner.

Housing and infrastructure-related services

- Retirement housing and services: Long-term care, retirement homes.
- Mobility and Accessibility around the village: more connectivity for all walking trails, and more accessibility to people with mobility challenges, clear numbers on homes for emergency calls, transportation services.

Wellness and health promotion/prevention

- Physical activities and infrastructures: yoga, Tai Chi, water exercises, swimming pool, skating rink, Zipline, gym with affordable prices.
- Social, cultural, and/or spiritual activities: meditation/mindfulness sessions; men's clubs and programming.

6. Understanding the local environment

- **Appreciating our wide-ranging demographics.**
 - Programming for those working during the day.
 - Programming and services for all ages
- **Recognizing our varied geography.**
 - Community subdivisions are widespread - challenges for mobility, connectivity, and access to services.
- **Weather changes.**
 - This year we did not get enough snow for people to come for winter sports.
- **Seasonal residents.**
 - The population changes by season and on weekends - population growth to over 10K in the summer months.

- **Wildlife.**
 - May represent real/perceived danger.

Leading Our Community Vision – *Future Vision*

7. Cultivating and co-building community strategies

- **To support the Volunteer work.**
 - Volunteer work coordination (registry, centralized location, services available and in need, volunteer support and training, coordinator to match volunteers, capture seasonal residents, engage volunteers utilizing their skills and abilities appropriately)
- **To co-design a Hub or centralized location for local services.**
 - With a coordinator and central contact number to match the need with the right support (paid or volunteer)
- **For Awareness of local services and programs.**
 - Directory of services.
 - Information sharing/gathering of services including the use of social media, paper-based, emails, and bullet boards.
 - Information booth and large signage, community page.
 - Communication strategies for local initiatives and programs.

8. Exploring opportunities within the volunteer force and community subdivisions

- **To co-build awareness initiatives for current and new residents.**
 - Welcome wagon.
- **To support wellness check-ins and respite for caregivers.**
 - Adopt a senior, fridge magnets with emergency contact, and phone calls to individuals at risk).
- **To co-design strategies for transportation service options.**
 - “Golden Ride”; designated drivers, using a platform that allows the public to provide and/or access services (with a combination of paid and volunteer personnel).
- **To support AED/CPR training along with registration of local AEDs.**

9. Looking into opportunities to expand local services

- **Aging-in-place support and Enriched Living options with intergenerational opportunities.**
 - including childcare in the same space.
- **Extended Health Services - including the use of technology and engaging local expertise.**
 - virtual care, visiting specialists, mobile services, augmented hours during the summer months, Vial of Life end-of-life program, and home supports services using a platform that allows the public to provide and/or access services.
- **Health and Wellness Center - including a volunteer center in the same space.**
 - education session on aging gracefully, mental health, diabetes, cholesterol management, hypertension, stress management, nutrition, and phone tree to keep neighbors in check.
- **Mobility & Transportation initiatives.**
 - community W/C accessible vehicle; Friends of the Trail program to help keep trails in good condition; signage for mobility wheelchairs in the parking lot/beach.
- **Programs for teens and children.**
 - preschool program, childminding during adult programming, childcare, and playgrounds.
- **Allied health professions and services.**
 - optometrist, physiotherapist, chiropractor, nutritionist, foot care clinic, eye clinic, hearing clinic, sleep clinic, blood donor clinic, herbalist.
- **Group policy insurance.**
 - explore the possibility of a group policy for the community.

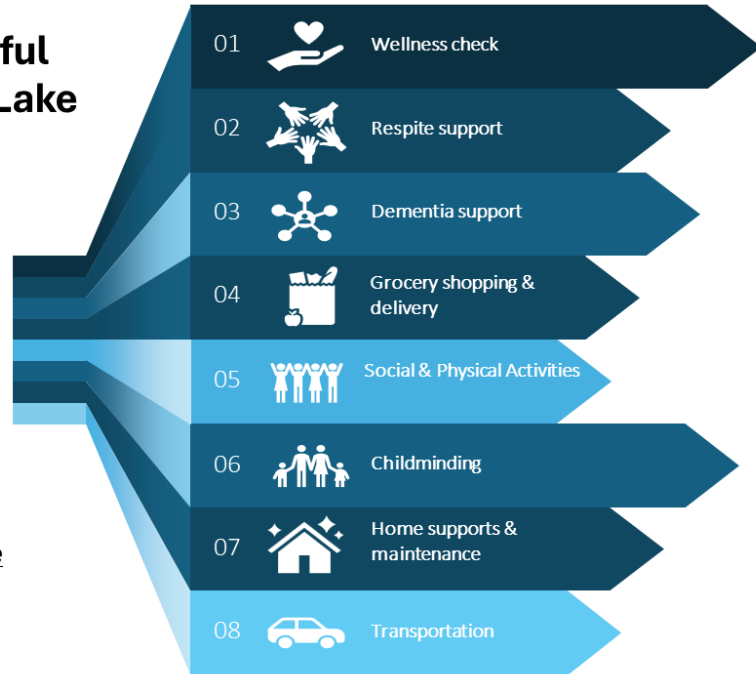
ROLE OF VOLUNTEERS IN THE COMMUNITY – THE CONNECTORS

Volunteers play an important role in Candle Lake and are cited as the core element in supporting the community to thrive. Volunteers were seen as crucial for the community's future vision.

Proactive & purposeful volunteers in Candle Lake



*“Volunteering brings the
sense of belonging,
purpose, and value”*



NEXT STEPS OF THE CANDLE LAKE HEALTH SERVICES COMMITTEE

These focused discussions with community members held in March 2024 marked the official launch of the “Candle Lake – Alive and Well” project led by the Candle Lake Health Services Committee members. The information gathered on those days and presented in this report set the frame for the greater community survey we will undertake this spring. The goal of the survey is to explore our community resources that can be activated to support community health and wellbeing.