

Know Your Neighbour

January 2025

What is a “Health Neighbourhood”?

Our Four Directions Health Neighbourhood is a group of people who want to bring health care closer to where people live. We focus on care in the community.

By looking at things that affect health, we make communities healthier through connection and awareness. We promote a variety of community services.

Who is in the Neighbourhood?

- Community Members
- Bonnyville Wellness Coalition
- Bonnyville Friendship Centre
- Dragonfly Centre Sexual Violence Services
- Buffalo Lake Métis Family Centre
- Whitefish Lake First Nation
- Caregivers Alberta
- Healthy Aging Alberta
- Morning Sky Health and Wellness Society
- RhPAP
- Alberta Health Services
- Primary Care Networks

Hear from the Four Directions Health Neighbourhood Members!

“We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to love... and then we return home.” - Elder Miriam-Rose Ungunmerr-Baumann
- Member Priscilla LaRiviere, Morning Sky Health & Wellness Society

“Health Neighbourhoods allow everyone to work together for the betterment of health while focusing on the social determinants of health rather than one aspect of health.”
- Member Lisa Basisty, AHS

“To me, health and wellness stem from all aspects of life—physical, mental, emotional, social, and beyond. I believe that each area is interconnected”
- Member Sarah Ivany, Cold Lake Primary Care Network



Hello, Neighbour!
Featured Professional:
Michael Procinsky, BSW RSW
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Michael Procinsky, BSW RSW
Healthy Aging Alberta

Michael Procinsky BSW, RSW

Michael is a registered social worker and Regional Community Developer with Healthy Aging Alberta. His role supports Community-Based Seniors Serving (CBSS) Organizations to have the resources needed for non-medical home supports for older adults to thrive in their community of choice. Michael supports in lifting and amplifying the voices of CBSS organizations in rural Alberta on the provincial stage.

Michael's areas of expertise are case management, community-based social work, and asset-based community development.

Did you know?

Social factors can be more important than lifestyle choices. These include your physical environment, money, education, and social life. 80% of a person's health depends on these social factors (Hood et al. 2016). All these things affect your health. Focus on these social factors for better overall wellness.

Neighbourly Advice

Be brave! Find new people in your community, seek out at least one neighbour to find meaningful connection with. This can look like a coffee with a new friend, enjoying a walk in nature, or be a volunteer for a local organization like FCSS Snow Angels Program.

How to Connect

Email: michael.procinsky@healthyagingalberta.ca

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We will be bringing you more articles to support health literacy, navigation, and connection to community.
Stay tuned for more!