

Rimbey & Area Community Newsletter

2020



Rimbey Library

For more info. Check <http://rimbeylibrary.prl.ab.ca>

403 843-2841

The library is now open to the public, with a few modifications. Patrons entering the library must wear a mask. If you don't have access to one a mask will be provided.

For the time being we are not open on Thursday evenings.

We will still provide curbside delivery for those who do not feel comfortable coming in; please just give us a call so we can get your items ready.

We have online programming; Story Time (Tuesday mornings) and Freaky Fridays (Friday afternoons) available on Facebook and YouTube.

There is a scavenger hunt updated every Thursday – clues available on our front window.

The summer reading program is also different this year. Register your family and we will prepare a supply bag filled with crafts and activities to last the month!

Also new this year is our online reading challenge. Register at rimbeylibrary.beanstack.org.



Rimbey
Neighbourhood Place

e-mail; rimbeynp@telus.net

Or (P) 403.843.4304

Find us on facebook!

DENTAL HEALTH TIPS

NEED HELP WITH DENTAL COSTS?

The Alberta Child Health Benefit is a free insurance for low income families that provides: Dental care, Eye care, Prescription drugs, Emergency ambulance service, Essential diabetic supplies. Call toll free @ 1-877-469-5437

Oral Health Program – Alberta Health Services

Counselling

Do you struggle with Couples or Blended Family Issues, Communication, Anger management, Depression, Anxiety, Self-esteem?

Available in Rimbey. For Everyone – on a sliding scale fee – no financial barriers.

Call Red Deer Catholic Social Services intake; 403 347-8844 and ask to be seen in Rimbey

This Service is brought to you by the Rimbey & Area Community Wellness Association, Rimbey FCSS & the United Way



Rimbey Community Addiction & Mental Health Services

Free services offered by AHS for Children and Adults, struggling with addictions, anxiety, depression or any other mental health concern.
“Hours of operation: Monday-Thursday 8:00-4:30p.m., Closed during the lunch hour 12:00-1:00p.m., Closed for Statutory Holidays. Please call 403-843-2406 for an appointment.”



**OPEN YOUR HEART,
OPEN YOUR HOME**

MCMAN CENTRAL IS LOOKING FOR FOSTER HOMES TO PROVIDE YOUTH THE OPPORTUNITY TO GAIN LIFE SKILLS TO TRANSITION TO ADULthood.



**WE
NEED
YOU**



FOR MORE INFORMATION PLEASE CONTACT JACKI COLLISON @ 403-348-3008.

Rimbey Royal Canadian Legion News

Legion Bingo - the 2nd & 4th Friday of the month. Doors open @ 6:30 p.m. Bingo Starts @ 7:00p.m. ** Canceled until further notice Progressive BIN-GO. For Le-gion Hall Rentals call: 403 843-2184 or 403 843-2343. For Legion Memberships call 403 843-2464

Rimbey & District Victim Services Working in partnership with the Rimbey RCMP, Victim Services provides information, support, referrals and court support to victims of crime. We act as a liaison between the RCMP and victims. Learn about us at www.rimbeyvictimservices.com Contact our office 403.843.8494 We are a proud member of Victim Services Alberta.



VIRTUAL SUMMER CAMP



JUNE 29-AUGUST 21, 2020
MONDAY-THURSDAY
10:30AM-11:30AM AGES 5-8
1:30PM-2:30PM AGES 9-12

**EXCITING
THEME WEEKS!**
Storybook Summer Crafts & Creations. All About Agriculture. Around the World. Full STEAM Ahead. Express Yourself. Blast to the Past. Sunshine & Adrenaline

Virtual Summer Camp activities will happen on Zoom (participants must have their own computer or tablet). Materials required for planned activities will be provided to families. Youth will need to be registered for the entire week.

403-783-3112

www.ponokayouthcentre.com



Boys & Girls Clubs
of Wolf Creek



Do you have car seat questions or need your car seat checked by a certified technician? Call Neighbourhood Place @ 403 843-4304, or email rimbeynp@telus.net Find us on facebook: <https://www.facebook.com/Rimbeycarseats/>



Has moved some programming online to help support the public in meeting their health needs.

Infant Nutrition Class answers all of your questions about how and what to feed your baby, introducing solid foods and textures, and establishing a healthy feeding relationship with your child. RDs answer questions and show parents how to make their own baby food using a variety of kitchen tools; like hand mixers, food mills and food processors. Parents learn how to prepare vegetables, fruits, meats, meat alternatives, infant cereals.

Location: Online with Zoom
Upcoming Dates: May 27, June 10 & 24, July 8 & 22, August 12 & 26, Sept. 9 & 23.

Time: 10 a.m. to 11:30 a.m. (Note: May 27th only has both 10-11:30am and 1:30-3pm option)

Please call the Rimbey Community Health Centre to register: (403) 843-2288

You will receive an email with the Zoom link two days before the workshop.

Goodbye Mealtimes Struggles is a free workshop available for families with children 1-5 years of age who are experiencing challenging mealtimes or who want to prevent them. This class is a partnership between Nutrition Services and Children's Rehabilitation Services in Central Zone and co-taught by an RD and OT. This class is the first options for families experiencing mild feeding concerns/picky eating in Central Zone.

Please call the Rimbey Community Health Centre to register: (403) 843-2288

Diabetes the Basics is a free workshop for anyone diagnosed with pre-diabetes, Type 2 diabetes, or at risk of developing diabetes. In this workshop participants will learn about diabetes and effective strategies to help manage it. This class is offered through the Alberta Healthy Living Program and sessions are taught by a Client Health Educator and RD.

Number of sessions: 4 Location: Online with Zoom Dates and time: June 16, 18, 23 and 25 from 9:30 a.m. to noon. July 7, 14, 21 and 28 from 2 p.m. to 4:30 p.m.

Registration is required as dates and times are subject to change. Please call the Alberta Healthy Living Program at 1-877-314-6997.

You will receive an email with your Zoom link three days before the workshop.

3 Simple Rituals That Will Make You A



Fantastic Parent Part 11 (the LAST part— continued from the last newsletter) From *"Barking up the Wrong Tree"*

Okay, we've covered a lot. Let's round it all up -- and for those who feel that this might be too touchy-feely, that the adult world is not always so collaborative, well, we're gonna address that too...

Sum Up

Here's how to be a fantastic parent:

- **Mad Skillz:** It's not a battle of wills, it's all about skills. And if you listen, they'll learn.
- **"But I'm the parent!":** If that was working there is no way you would have read this far. You're not that masochistic.
- **Step 1 - Empathy:** "I've noticed that..." + (problem) + "What's up?"
- **Step 2 - Define the problem:** "The thing is..." + (communicate your concerns about the problem)
- **Step 3 - Invitation:** "I wonder if there's a way we can..." + (address kid's concern) + "but that still makes sure to" + (address your concern) + "Do you have any ideas?"

Realistic and Mutually Satisfying: I'm not sure those words describe anything I've ever done in my life, but when their solution hits both marks, you're golden.

Some might say the adult world is not always such a collaborative place. Your kid may end up in a job with a boss who unilaterally dictates orders, doesn't listen and makes threats.

That is a 100% real possibility. And that is a problem...

Which is why we taught them awesome problem-solving skills, right?

From The Explosive Child:

A (dictator) boss is a problem to be solved. How does your child learn to solve problems? (With the above three steps.) Which skill set is more important for life in the real world: the blind adherence to authority... or identifying and articulating one's concerns, taking others' concerns into account, and working toward solutions that are realistic and mutually satisfactory...? If kids are completely dependent on imposition of adult will to do the right thing, then what will they do when adults aren't around to impose their will?

I'm going to stop shouting at Hans and we're both going to use Google Translate.

You're teaching your kid the skills they need to be empathetic and respectful, to problem-solve and negotiate. And in the process, you'll get better at those things too.

When it comes to abilities, we act like kids are our equals. But when it comes to respect, we act like they're inferior to us.

Try reversing that.

MCMAN IS NEEDING FOSTER HOMES IN YOUR AREA

For more information on how to become a Foster Parent please contact Jacki Collisson at 403-348-3006.

Rimbey Aquatic Centre

Will open July 6th, 2020

Due to COVID 19 this years season will be different.

Public swimming will be available with limited numbers.

Hot Tubs are closed for this season.

There will be no season passes available this year.

Punch cards will be available to purchase (please note there will be limited numbers allowed in the pool.)

Spray park will open July 6th, 2020. Note: numbers will be limited.

Please have your swim suits on upon arrival for the pool.

Monday to Friday July 6th-10th

7:30am-9:00am Lane swim

1pm-2:30pm Parent & Tot/Lane swim

2:30pm-8pm Public swim

8pm-9pm Lane swim

Saturday & Sunday July 11, 12th, 2020

Parent & Tot/Lane swim 12pm-1:30pm

Public swim 1:30-6pm

Lane swim 6pm-7pm

There will be no party room this year.

We will do pool rental on Saturday or Sunday 11am-12pm .

Maximum 30

There is no free swim this year.

Lessons registration will start Monday July 6th, 2020

by email to programs@rimbey.com or by phone 403-843-3151.

registration forms can be found on the town website

www.rimbey.com.

Lessons will start on Monday July 13th, 2020, 8:30am - 1:00pm

Preschool—Swim kids 4 will only have 4 participants

Swim kids 5-10 will only have 6 participants

Only one parent will be allowed to accompany their child (children) for the swimming lesson

Please have your child in their swim suits when you arrive.

Arrive only 5 minutes early for lessons.

Bring your own goggles.

Bring your own sanitizer.

New report cards will be issued.

Follow us on Facebook: *Rimbey Aquatic Centre* and

www.rimbey.com for up to date information on pool schedules and lesson registration

You can't be brave
if you've only had
wonderful things
happen to you.

-Mary Tyler Moore

3 WAYS TO BE SEEN

HERE'S SOME TIPS HOW TO MAKE SURE YOU STAND OUT

Did you know?

Between 2013 and 2017, on average, 43 pedestrians were killed and 1,166 pedestrians were injured each year.

When you're walking or running outdoors at any time of day, you're smaller than all the vehicles around you and are much more vulnerable in a collision. Here's how to make sure you stand out

1) We recommend wearing light coloured clothing

We recommend brightly coloured clothing it will improve your visibility to other drivers and make sure that you're seen while crossing the road or walking/running against traffic.

2) Signal your intent

Use hand signals before crossing the road to let drivers know what you plan on doing. Fully extend your right or left arm and point in the direction you're going in before crossing.

3) Watch the weather

When it's raining, snowing, or there's a heavy fog, you can be even harder to see outside. Make sure that you wear brightly coloured clothing, reflectors, and use hand signals at all times.

From saferoads.ca

When we learn how
to become resilient,
we learn how to
embrace the
beautifully broad
spectrum of the
human experience

Jaeda Dewalt

Central Alberta Community Legal Clinic

The Central Alberta Community Legal Clinic offers free legal advice to those who do not qualify for Legal Aid and who cannot afford to pay a lawyer. The Legal Clinic offers advice in the areas of Family Law, Criminal Law, Guardianship/Trusteeship, and certain areas of Civil Law/Wills.

You must fill out an intake form in person or by phone before an appointment is booked. For criminal matters, you must have your disclosure before an appointment can be booked.

Phone:403-314-9129 Toll Free:1-877-314-9129



It might be
stormy now,
but rain doesn't
last forever