



August

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2020

Rimbeey & Area Community Newsletter

COVID is not going away any time soon so here are some amazing resources from Alberta Health Services to help you through.

Mental Health Supports

We know during this time, you may be feeling stressed and tired. We all need to continue to take care of our physical and mental health for the weeks and months to come.

If you need help managing health, work and life challenges, you can access support services and resources such as [Text4Hope](#); a free daily text messaging service that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke. To subscribe text COVID19HOPE to 393939.

We also encourage you to visit [Healthy Together](#) - a guide to family and home life during COVID-19, or to watch [Mental Wellness Moment with Dr. Nicholas Mitchell](#) - videos on topics including how to deal with stress and talking to kids about COVID-19.

For a huge variety of COVID help please go to:

<https://www.albertahealthservices.ca/amh/Page16759.aspx>



You can also get in touch with Rimbeey Neighbourhood Place & we'll get you connected locally!

e-mail; rimbeynp@telus.net
Or (P) 403.843.6299
Find us on facebook!

Happiness is the new rich.
Inner peace is the new success.
Health is the new wealth.
Kindness is the new cool.

-Syed Balkhi

The Rimbeey Community Newsletter is not being published or distributed in hard copy at this time. You can find all editions on the town of Rimbeey website. Not for profits are still welcome to submit by the 20th of the month, thank you!

TO ALL THE
HEALTHCARE
HEROES
THANK
YOU

THERE ARE SO
MANY BEAUTIFUL
REASONS TO BE
HAPPY.

It's your community. It's your call.

**Report
Impaired
Drivers**



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



“Showing gratitude is one of the simplest yet most powerful things humans can do for each other.”

thank you

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.



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.

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



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.



He that loves reading has everything within his reach.

-William Godwin

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

“Acknowledging the good that you already have in your life is the foundation for all abundance.”

—ECKHART TOLLE



BREATHE. LET GO. AND REMIND YOURSELF THAT THIS VERY MOMENT IS THE ONLY ONE YOU HAVE FOR SURE.

OPRAH WINFREY



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/Rimbeycarsseats/>



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: August 12 & 26, Sept. 9 & 23.

Time: 10 a.m. to 11:30 a.m.

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



MCMAN IS NEEDING FOSTER HOMES IN YOUR AREA

For more information on how to become a Foster Parent please contact Jacki Collisson at 403-348-3008.



STAYING SAFE ON THE ROAD

IMPAIRED WALKING

Impairment is a factor in many serious pedestrian collisions. In 2017, about one in six (15.4) of pedestrians involved in fatal collisions were legally impaired!

So even when you make a safer choice and choose not to drive after you've consumed alcohol or drugs, you do still need to be careful as a pedestrian. Remember, the reasons you shouldn't drive when impaired (impaired judgement, decision making, reaction time, coordination, etc.) still exist if you are a pedestrian. When impaired, you're more likely to cross the road in the wrong place, travel too closely to oncoming traffic, or to enter a crosswalk when it's not safe.

You can use many of the same precautions as a pedestrian as you would if you were a driver. Have a designated driver take you home. Or a "designated walker" who can help you stay safe as you walk. Make sure this person is decided on before your event. Also consider whether you need more than one DD to help get everyone home safely. Or consider taking a taxi or ride sharing service.

Also consider making yourself as visible as possible if you'll be walking home at night. Think about brightly coloured or reflective clothing or items to help drivers see you in the dark. Cross at brightly lit crosswalks and avoid jaywalking.

From saferoads.ca

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



Mentoring is Still Happening!

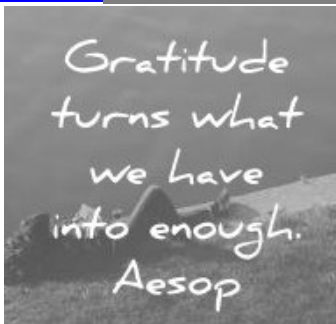
To Find Out How Call 403-843-1066

RimbeY Kids Need Your Support
Now More Than Ever.

1 Hour a Week is All It Takes
to Be the Change You Wish to See



Physical Distance
Doesn't Have to Mean
Emotional Distance



What happens is not as important as how you react to what happens.

Thaddeus Golas

IT IS NOT HAPPY PEOPLE WHO ARE THANKFUL. IT IS **THANKFUL** PEOPLE WHO ARE **HAPPY**.

IF A CANADIAN FALLS IN THE FOREST
— and no one's around, —
DOES HE STILL APOLOGIZE?