



# Rimbey & Area Community Newsletter 2021

## OUR MIND, OUR HEALTH

### Mental Wellbeing Workshops

Informative and interactive workshops introducing the topic of mental wellbeing. These workshops build awareness and understanding of mental health, mental illness, and teach proactive ways to support better mental wellbeing in ourselves and those connected to us.

Recreation Services 403-83-3151  
www.rimbey.com

### Employment Opportunities

We are now taking applications for Lifeguard and Instructors positions for the 2021 season!

Applicants must have current lifeguard and First Aid/CPR Certifications. Positions will be filled when suitable candidates are found.

Drop of your resume at the Recreation Office Monday through Friday 8:30am-4:30pm the office is closed for lunch 12-1pm or by email: [recreation@rimbey.com](mailto:recreation@rimbey.com)



Brought to you by:  
Neighbourhood Place &  
Rimbey Adult Learning

Facilitator: Noah Boakye-Yiadom  
Health Promotion Facilitator  
Addiction and Mental Health

Second Thursday of the month  
10:00  
a.m. to 12:00 p.m.

For more information or to get the link to this free online workshop please email: [rimbeynp@telus.net](mailto:rimbeynp@telus.net)

Call or text (780) 887-2702

# 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 Neighbourhood Place will get you connected locally!

e-mail; [rimbeynp@telus.net](mailto:rimbeynp@telus.net)

Or (P) 403.843.6299

Find us on facebook!

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](http://www.rimbeyvictimservices.com) Contact our office 403.843.8494 We are a proud member of Victim Services Alberta.



RIMBEY & DISTRICT



ATTRACTION & RETENTION  
COMMITTEE

The Rimbey and District Attraction and Retention committee wishes to acknowledge all the health-care providers who provide quality healthcare to the larger community. We hope that everyone in Rimbey and surrounding Ponoka County can take a few minutes to thank their health professionals. A small gesture goes a long way!

To find out more about the Rimbey and District ARC, please contact:  
the ARC Chairperson, [rimbeyarc@gmail.com](mailto:rimbeyarc@gmail.com)

## 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.”



Alberta Rural Health Week (ARHW) celebrates the contributions of health professionals and rural Albertans to the quality of life in rural Alberta. Visit [ruralhealthweek.ab.ca](http://ruralhealthweek.ab.ca)

to find out more and learn how to provide your local health-care heroes with a healthy dose of recognition.

All I really need  
is love, but a little  
chocolate now and  
then doesn't hurt!

~ Lucy Van Pelt, in *Peanuts*,  
by Charles M. Schulz



## Rimbey Library

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

403 843-2841

We are open once again! As we realize that not everyone is comfortable in person browsing we will still be providing curbside service.

Our book sale looks a little bit different this year. It is inside the library – please come check it out!

We have activity kits for children of all ages that have been updated. Come check them out!

We have one virtual program that runs through Facebook; Bedtime Story Time – Fridays 7:00 pm

You Me and a Book with Sue (Pre-school story time) Tuesdays 10:30 – pre-registration is required.

Check out <https://rimbeylibrary.beanstack.com/reader365>

For some reading challenges that will win you prizes. If you have a child that is not yet in kindergarten enter our 1,000 books before kindergarten challenge. Your child will receive a book just for signing up!

And most of all please stay safe. The library has some masks available courtesy of the Alberta Government. If you haven't already please come pick up a pack.

### 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

This is how to make your kids  
amazing: 4 secrets from research  
Part 6—continued from last month



Don't bubble-wrap them. Don't throw them in the deep end. It's all about incremental progress. Sometimes you'll overestimate them and sometimes you'll underestimate them. That's fine. But keep stretching them and they'll grow into someone who can calmly handle challenges.

Balance means fewer meltdowns. Resilience means more balance over the long haul. But now it's time to go deeper...

### 3) Insight

Now you know how to "connect and redirect" when a kid wigs out. The next big step is helping them become aware of their feelings and reactions so they can get to know themselves better, and learn to use that information to make better decisions in the future.

The key is labeling. It's why therapists ask the question, "How does that make you feel?" over and over and over until how you feel is angry because they just keep saying it. When we notice and label our emotions they die down.

So the phrase to remember is "Name it to tame it." Encourage kids to verbalize how they feel. When they're losing it, this will help them increase emotion regulation. But we're not just trying to put the fire out in the short term. You want kids to better understand themselves so they can address dysregulation on their own. This is how you prevent kids who scream and cry over nothing from turning into adults who scream and cry over nothing.

From Barking up the wrong tree—to be continued.....



## Social Isolation & Loneliness

### What is social isolation?

Social isolation happens when a person has little or no contact with other people. Isolation may be over a short or long time period. It's a physical state of not being around others.

### What is loneliness?

Loneliness is a feeling of being alone, empty, or separated from others. It's an emotional state. It can be felt even when people are surrounded by others.



### Social isolation & loneliness impact each other.

Social isolation may lead to loneliness. Not being around others for a long period of time can leave people feeling very lonely. Loneliness may lead to social isolation. Feeling lonely for a long time can make it hard to connect with others. Sometimes isolation and feelings of loneliness may happen at the same time without one being caused by the other.



### Social isolation and loneliness affect a person's physical, mental, and emotional well-being.

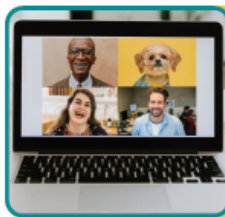
It can lead to health problems like heart disease (e.g., stroke, heart attack), mental health problems (e.g., depression, cognitive decline, dementia), and pre-mature or early death.



A person may be surrounded by people and feel lonely.

A person may be socially isolated and not feel lonely.

Social Isolation and loneliness can affect anyone, regardless of age, income, gender, religious beliefs, or employment status.



### What can you do about it?

- Connect with friends and family through technology (e.g., phone, text, video chat).
- Participate in community events.
- Try new things, (e.g., music, painting, curling).
- Make new connections—volunteer, join a social club, or group activity (e.g., new parents group chat, bird watching group, online book club, swim class).
- Reach out to people and support each other.



For more information about social isolation and loneliness and to find support in Alberta, call 211 or talk to a health or social care provider.

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The Family Resource Network supports children and youth ages 0-18 and families in Rimbey and surrounding areas. The FRN Hub provides a single point of entry for families to connect with individualized supports through a variety of programs available including in home support, child and youth development, parent education, traditional parenting, and cultural supports. Through connecting with the Family Resource Network Hub, families will be referred to a program(s) that meets their needs as well as connections to community supports. All services are currently being offered via phone or virtually, due to current health restrictions. For more information or to connect with supports, contact 780-352-4643 Ext. 28.

**RIMBEY & AREA COMMUNITY NEWSLETTER - Available at: The Town Office, The Community Centre, Blindman Youth Action Building, Rimbey Foods, the Tickle Trunk, Subway, COOP, The Grand Hotel & Bluffton Store** Brought to you by Rimbey Neighbourhood Place. Please send us your submissions, questions or concerns: 4907 49th Street PO Box 980 Rimbey, AB T0C 2J0 phone:403.843.4304 e-mail: rimbeynp@telus.net

## What's happening at Ponoka & Rimbey Adult Learning



### Basic Computer Use Workshop - \$40

A series of 3 in-person, small group workshops that will teach you the basics of using a computer, how to operate files and folders and use the internet and email. Date TBA

### Internet Matters - Free

A workshop to help you gain the confidence to go online. We will cover some internet safety and how to spot fake news.

### Connecting with ZOOM - Free

Bring your device to us and we will help you set the Zoom program and teach you how to set up and accept meeting invites. A great way to stay connected during the winter months!

### Spanish for Travelers - \$120

A six-week course where you will learn Spanish from a native Spanish speaker. *This course has been re-scheduled for the New Year.*

### The Next Chapter Online Book Club – Free via Facebook Live

Every Wednesday afternoon starting at 1:30 we will be reading the entire Harry Potter book series. Get the book and read along or just come to listen to the story!

### Foundations in Learning - Coming in the New Year

This 13-week course is designed to help adult learners build the skills and habits needed to set their own learning goals, be successful in further learning, and increase confidence in their ability to become a more self-directed and independent learner.



**Big Brothers  
Big Sisters**  
OF RIMBEY

**Become a mentor today!**

**One hour a week is all it takes!**

**Mentors greatly needed in our area.**

**Call 403-843-1066 for more information!**