

COMMUNITY CONNECT



Monthly Events

-MEN'S NIGHT Tuesdays 7pm
@ Rycroft Community Hall
Open to All Men
Contact Vern 780-834-7829 or
Tom 780-933-6775

-DUNVEGAN TOASTMASTERS CLUB Wednesdays on Zoom
6:30 pm to 8 pm Contact Carolyn at 780-864-5657

-FCSS ROUND TRIP BUS to Grande Prairie, Sexsmith or Clairmont on Tuesdays, Wednesdays & Thursdays
Leaves 8:30-9:00 am, returns by 5:00 pm - \$25.00 per trip Call 780-864-3500 to book or for more information

New Year Goals

Create a list of New Year's goals that are easy, attainable and can help you make better -for-you lifestyle tweaks each and every day. If there's anything that we've learned in 2021, it's not to take our health for granted; in 2022, a renewed focus on your own lifestyle and priorities may be top of mind. This year, it's time to put you first.

Cook something new each week - everyone wants to eat healthier in the new year, but you should also try to eat more diverse foods. After all, variety is the spice of life. This year, choose an easy dinner recipe you've never tried before at least once a week.

Start a journal! - Start keeping a regular record of your personal thoughts, feelings, and insights. The benefits of journaling are plentiful: It can help reduce anxiety, create awareness, and regulate emotions. Plus, you'll love looking back on your musings later in life. Your future self will thank you!

Create a cleaning schedule you'll stick to - Keeping your home tidy without doing what feels like a deep clean every week can feel like a big ask. It's true that you may be under cleaning some tricky spots, but it's also true that you may be overdoing it elsewhere.

Make time to catch up with friends and family - The less time you spend on your electronics, the more time you'll have to catch up with family and friends. (Unless you're connecting virtually!) In 2022, try to make a concentrated effort of showing up for those you love. You'll be blown away by how much that simple connection can improve your mood and overall feelings of satisfaction with life.

Join a club - Starting a new hobby is one thing, but joining a club will help you meet new people in the process. Creative clubs can also be a boon in helping you stick to mastering a new craft.

Bathe for a better sleep - Next time you have trouble nodding off, there's a research-backed idea that could help: Take a hot bath! It helped people fall asleep about 10 minutes earlier and have a better quality snooze. The best time to do it? About an hour or two before bedtime, says most research.



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| <p>ingredients</p> <ul style="list-style-type: none"> • A generous amount of people • 1 cup of passion • 1 cup of dedication • A dollop of readiness • A dash of creativity • A pinch of patience • A sprinkle of skill • A drizzle of will • A package of fun & humour | <p>directions</p> <ul style="list-style-type: none"> • Mix people together in a room (or on zoom!) • Prepare and plan • Take action by adding all ingredients together • Communicate each step along the way • Think outside the box • Baking time may differ depending on available resources • Results may vary • Reflect on final outcome to improve next time • Share & enjoy with others! |
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**Connect.
Create.
Innovate.
Together.**

Coming in the New Year

Workshop Series: *Anxiety to Calm

*Alberta Health Basics

*Happiness Basics

If you are interested in taking a workshop series or if you have a group who would be interested in taking one of these, please contact:

Petrina at South Peace Rural Community Learning: 780-864-7774

The Alberta COVID-19 Youth Mental Health Resource Hub

A hub of relevant resources to help you take care of yourself and look out for the people you love during this challenging time.

Youth are among the most underserved population in regard to mental health and addictions in Alberta. And COVID-19 has significant impacts on their mental health. In these noisy times, finding accurate information and appropriate resources can be hard. So the Government of Alberta, Jack.org, and Kids Help Phone have partnered to bring you all the information needed in one easy-to-access hub so that youth mental health remains top of mind, and our communities are able to easily access the education, tools, support, and reliable information they need. Please share widely with the young people in your life.

<https://jack.org/Resources/ABHub>

Unleash Creativity and Learning in the Kitchen - www.albertahealthservices.ca

Are you wanting to encourage your children to try new foods? Get them involved in preparing snacks and simple meals.

Having fun when preparing food doesn't need to be complicated. Take bananas, for instance. They are a nutritious snack that can easily be transformed in the kitchen.

A few suggestions:

- Try baking a banana - Slice a lengthwise slit in the peel, roughly halfway into the fruit, to make a banana boat. Stuff some nut or pea butter or a few chocolate chips into the fruit (which is still inside the peel).
Once it is stuffed to satisfaction, wrap the whole banana in tinfoil, Then pop it into the oven at 350°F (180 C) until the middle is gooey. Unwrap from the foil, let cool to avoid burns, and dive into the caramelized banana with a spoon.

Engage your kids in discussion about what they are eating. Try this tactic to encourage your children to try new foods, too.

- What does the texture feel like in their hands and mouths?
- Do they taste sweet, bitter, or salty?
- What flavours might pair well with it?

Kids love to be involved and spend time with their families. Learning about different foods is a great way to support learning, encourage new tastes and stimulate creativity.

This newsletter is a community project supported by the Central Peace Health & Wellness Coalition and the Town of Spirit River.

We welcome your ideas and submissions, please email by the 20th of the month to cphawc2.connect@outlook.com. Visit [Central Peace Health And Wellness Coalition \(CPHAWC\)](#) Facebook page.

If you would like to receive the newsletter via email, please send an email to cphawc1@outlook.com requesting to be added to the list.