

# COMMUNITY CONNECT



## Monthly Events

**-MEN'S NIGHT** Tuesdays 7pm  
@ Rycroft Library  
Open to All Men  
Contact Tom 780-933-6775

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

**-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 the MD at 780-864-3500 to book or for more information

FIT (Fecal Immunochemical Test) is the recommended screening test for colorectal cancer in people aged 50 to 74 who have an average (or normal) risk for getting the disease. You're considered average risk if you have no personal or family history of polyps or colorectal cancer.

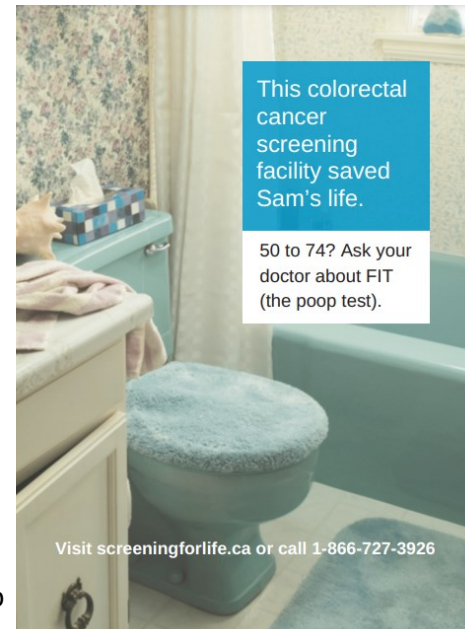
If you are average risk for getting colorectal cancer you should screen with FIT every year starting at age 50 and continuing to age 74. After age 74, the benefits may no longer outweigh the risks of screening and options should be discussed with your health care provider.

To order your free FIT kit you must:

- Be age 50 to 74 years
- Have an Alberta Healthcare Card
- Live in Alberta

If you are eligible for FIT you can order online or call AHS Screening Programs toll-free at 1-866-727-3926, Monday to Friday, 8:00 am to 4:30 pm or order online at <https://screeningforlife.ca/order-free-fit-kit/>

The FIT kit can be mailed to you and returned to the Central Peace Health Complex. Patients do not need to book an appointment at the lab to drop off their FIT.



This colorectal cancer screening facility saved Sam's life.

50 to 74? Ask your doctor about FIT (the poop test).

Visit [screeningforlife.ca](https://screeningforlife.ca) or call 1-866-727-3926



Heart attacks have been known to occur while shovelling heavy amounts of snow.

### SIGNS TO LOOK OUT FOR:

Lightheadedness, dizziness, being short of breath, tightness or burning in chest, neck, arms or back

If you experience any of these warnings signs while shovelling, sit down and rest.

If the feeling continues for more than a few minutes call 911.

## GLOW WALK

Even though the weather did not work with us this year, the 2022 Glow Walk was a success with approximately 80 participants and volunteers taking part.

A big thank you to all who helped and to all those who came to support this event.

### Purdy Chocolates Fundraiser

Spirit River Municipal Library is selling chocolates

Accepting orders until March 22

Check out the website below, or contact the library for a catalogue or to request an email link.

<https://fundraising.purdys.com/320878-93503>



**Central Peace FCSS News**

Community Volunteer Income Tax Program available by appointment only. Call 780-864-3500 for Julie. Eligibility: simple tax situation (no revenue or expenses from rental property, farms, or business), Income less than \$35,000/yr for singles and \$45,000 for couples

Parent and Tot Group now open Thursdays in Ross Family Room (Centennial Hall, Spirit River) from 10am-noon. Starting in Rycroft Community Hall on Tuesdays 10-noon, March 8.

Babysitting Basics will be offered through FCSS on April 23<sup>rd</sup>. Contact the office for more information.

Summer Camp is July 5-August 19, FCSS is looking for applications for Camp Leaders and Camp Supervisor, send your resume and cover letter in no later than May 16<sup>th</sup>.

FCSS looking for volunteers to provide in home visitation for seniors.

Central Peace FCSS Office - 780-864-3500 ext. 206  
PO Box 389 Spirit River AB T0H 3G0

Effective March 1, 2022 Town Office hours of operation will be changed to 8:30 a.m. - 4:30 p.m. Monday-Friday



**MARCH 8-9, 2022**  
**WORKING STRONGER**  
ALBERTA'S VIRTUAL WORKPLACE MENTAL HEALTH CONFERENCE

Canadian Mental Health Association Alberta Mental health for all

RURAL Mental Health


Register for the workplace conference at [workingstronger.cmha.ca/conference](http://workingstronger.cmha.ca/conference)

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](mailto: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](mailto:cphawc1@outlook.com) requesting to be added to the list.




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- ✓ Attend from anywhere you have internet
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[www.healthylivingprogram.ca](http://www.healthylivingprogram.ca)


**1-877-349-5711**




Heart and Stroke




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COPD




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Managing Pain



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