

# COMMUNITY CONNECT



## Monthly Events

### - BAY TREE MARKET ON 49

2021 season June 1 - Aug 31  
Tuesdays 11 am to 1 pm @  
Bay Tree General Store  
Outdoor Rink

### - 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

### - RYCROFTS FARMERS MARKET

2021 Season starting June 3  
Thursdays 3:00 to 6:00 pm  
@ Rycroft Ag Centre

## Mark Your Calendar: Chepi Sepe Days on August 14, 2021

With the restrictions being lifted, the Chepi Sepe Days Committee is going ahead with the planning of our annual event with the theme "Bursting the Bubble".

Thanks to our volunteers we have confirmation for the trade show, bench show, parade, car show and kids' games. We are waiting for a schedule for a truck and tractor pull.

Trade Show will be organized by Westview Park committee. They will be needing volunteers to set up and clean up. Please contact Meagan at 780-864-5576 or private message her on Facebook.

Bench show booklets can be picked up at the following businesses: Rexall Pharmacy, Div's Pharmacy, Spirit River Library and Town Office.

If anyone is interested in helping in anyway or would like to organize a different activity please contact Denise at 780-864-0545 or skowo@hotmail.com.

## Immunization is our greatest protection against COVID-19

Everyone is at risk of getting sick with COVID-19. As we've seen here in Alberta, even healthy people are at risk of severe illness and even death from this virus. The best way to protect yourself, the ones you love and your community is by getting immunized.

"The COVID-19 vaccines are safe and effective, and they save lives," says Dr. Kristin Klein, Medical Officer of Health, Provincial Population and Public Health. "They build antibodies to help prevent disease and make your immune system stronger. It's much safer to get immunized than to get COVID-19."

COVID-19 vaccines will not change your DNA and they will not give you the virus.

Different people have different feelings and concerns about COVID-19 immunization, and that's OK. But we should all have the same information and support each other to learn more. The decision to get the COVID-19 vaccine is a personal choice. However, we recommend all Albertans get immunized as soon as they can, no matter what vaccine option is provided.

"We've seen how vaccines are working in Alberta to protect people and prevent outbreaks," adds Dr. Klein. "For example, COVID-19 in continuing care facilities has been significantly reduced since residents were immunized." "We understand you may be anxious about whether the COVID-19 vaccine is right for you," says Dr. Klein. "We encourage you to speak with your healthcare provider if you have any questions or concerns. Together, you can decide if the benefits of immunization outweigh potential risks based on your health and circumstances."

Everyone born in 2009 or before (turning 12 and up) can get their first dose of the COVID-19 vaccine in Alberta. The COVID-19 vaccines are free. Book your appointment today at [ahs.ca/covidvaccine](https://ahs.ca/covidvaccine).

**Content provided by: Alberta Health Services**

PLEASE JOIN US IN SAYING THANKS TO

## DR. WILHELM SPRUYT RETIREMENT BBQ

Hot Dogs, Smokies and refreshments will be provided  
- AHS Covid guidelines will be followed -

On: July 11th, 2021

From: 1 - 4 PM

At: Nardam Park

Located west of Rycroft on Hwy 49

FOR MORE INFORMATION CONTACT MICAELA  
@ 780-518-3547

**Alberta Health Services** **Alberta Healthy Living Program**

### FREE Workshops for Adults by ZOOM

Welcome to Education that supports your health and your life. Classes run monthly. Morning, afternoon or evening classes available. Visit our website for the full class schedule.

#### Adult Weight Management

How do you get started?

- 3 tiered system of classes
- Learn how to build healthier habits
- Explore how thinking patterns, sleep, nutrition, & physical activity impact your goals
- Learn from Registered Dietitians & health educators
- combine research based strategies with practical ways to get started

#### Managing Diabetes

- 3part workshop
- Learn From a Registered Nurse and Registered Dietitian.
- Explore Blood Sugar monitoring, nutrition, foot care, how diabetes works

#### Better Choices Better Health®

##### Chronic PAIN or Conditions

- 1 class per week for 6 weeks
- Learn how to take control of your on-going health conditions
- Try new skills and techniques to manage symptoms
- Discover ways to deal with stress, anxiety, fatigue and pain
- Work towards your goals to live healthier

**Finally make the changes last!**

#### Getting to know COPD

##### Chronic Obstructive Pulmonary Disorder (COPD) can be a daunting diagnosis.

- 1.5 hour class
- Understand what affects your breathing
- Learn how to manage COPD and live your best life
- Learn from Respiratory Therapist and Registered Nurse

#### Minding Stress

A 2 part workshop for anyone who feels stress.

- What is it?
- What causes it?
- How does it affect your life?
- How can we reduce it?
- How do we manage the rest?

#### Heart & Stroke

##### Managing Blood Pressure & Cholesterol

- A 2 part workshop with a Nurse and a Registered Dietician
- Learn what affects blood pressure & cholesterol levels
- What you can do to manage your risks for heart disease and stroke

**Central Peace FCSS is hosting their annual day camp this summer from July 5– August 20.**

Registrations are weekly:

Mondays-Fridays 9:00am-3:00pm

\$60/week per child (\$45 for August 3-6). Bring your lunch.

Registration opens June 21, 2021.

Ongoing registration through summer.

**CONTACT: [fcss@mdspiriteriver.ab.ca](mailto:fcss@mdspiriteriver.ab.ca)  
ph. 780-864-3500 ext 206**

Camp is a fun, socially interactive, supervised place for children to express themselves while working on communication, creativity, friendship skills, and conflict resolution skills. There is a planned craft and activities each day, and a weekly theme to guide the fun and games! All COVID-19 protocols will be adhered to. Masks may be mandatory.



Thank you to all the community members and companies who sponsored Senior's Gifts this year.

Thank you to Div's Pharmacy for your partnership on Senior's Appreciation Week.



## COVID-19 Myth Busters

Here are some myth busting facts to help you get the information you need to stay safe. Let's stick with the facts, stick together and learn more.

**MYTH:** The COVID-19 vaccines are not safe.

**FACT:** The vaccines approved for use in Canada are safe and effective. They have been rigorously tested and meet all safety standards by Health Canada. Canada is recognized around the world for high standards for vaccine review, approvals, and monitoring systems. No steps were skipped. The vaccines cannot give you COVID-19 because they don't contain the virus that causes it. The vaccines cannot change your DNA.

**MYTH:** The COVID-19 data cannot be trusted.

**FACT:** COVID-19 was a new virus, never seen before 2019. Early in the pandemic, public information about COVID-19 was changing often as physicians and scientists conducted research and learned about the new virus; public health recommendations were updated to reflect what was learned. This led some people to be concerned with the reliability of the data and information. Now, more than a year after the virus was discovered, we know more about it and our data is increasingly reliable.

**MYTH:** There are no long term effects to COVID-19.

**FACT:** Some people who have had COVID-19, whether they have needed hospitalization or not, continue to experience symptoms, including fatigue, respiratory and neurological symptoms. These long lasting symptoms have been termed "long COVID-19" and are being closely studied in Alberta, and around the world.

**MYTH:** I was already diagnosed with COVID-19. I don't need a vaccine.

**FACT:** There's evidence that you can still benefit from the vaccine, even if you have already had COVID-19. At this time, we simply don't know how long someone is protected from getting sick again after recovering from COVID-19. Some early evidence suggests natural immunity may not last very long.

**MYTH:** Are there religious reasons to not get the COVID-19 vaccine?

**FACT:** Many faith leaders around the world have spoken about the moral duty of their faith communities to be immunized, to help protect their friends and neighbours. The COVID-19 vaccines that are approved in Canada are from Pfizer-BioNTech, Moderna, AstraZeneca and Janssen do not contain gelatin or pork products. Benefits to family, friends and the community should be strongly considered.

**MYTH:** The COVID-19 vaccine can cause infertility in women, and is dangerous for pregnant women and their babies.

**FACT:** Although research on pregnancy is limited (most new drugs and vaccines exclude pregnant women from initial clinical trials), many pregnant women have been vaccinated and there is no suggestion that there is any safety issue for COVID-19 vaccines in pregnancy. Likewise there is no indication that the COVID-19 vaccine can cause infertility.

Have you heard a myth about COVID-19 that you want to fact check? Check out our myth busting tool on [TogetherHealth](https://www.ahs.ca/covid). Post your comment under and an AHS expert will provide accurate, up-to-date information to validate or [debunk](#) your post as fact or fiction. You can find answers to commonly asked questions on our [public](#) and [staff](#) FAQs. For more information about COVID-19 see [www.ahs.ca/covid](https://www.ahs.ca/covid).

## Get support. Take control. Feel better.

If you're struggling to cope, you don't have to do it alone. Togetherall offers a safe, and anonymous community to connect from anywhere, at any time.

REGISTER TODAY

A free, online community for 24/7 mental health support.

### HOW CAN WE HELP?

#### Community

Share anonymously and get support from others like you. Accessible 24/7, our site is run by registered mental health practitioners.

#### Courses

Find courses specific to your concerns. Learn how to manage your mental health and feel better.

#### Resources

Access a variety of free articles, tests, and techniques to take control of your wellbeing.

### WHY USE TOGETHERALL?

- Members interact anonymously so you're free to share without fear.
- Togetherall's community is accessible and active 24/7 by phone, computer or tablet.
- 24/7 moderation ensures that the community remains safe and supportive.

"Togetherall gave me a place to feel safe, everyone was so supportive, it helped me through a difficult time."

LEARN MORE

Free to all Albertans, register at: [togetherall.com](https://togetherall.com)  
Or learn more at: [ahs.ca/virtualmentalhealth](https://ahs.ca/virtualmentalhealth)



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 \(CPHAWC\)](https://www.facebook.com/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.

## Grief Recovery Support Group

Information, friendship, and support for those grieving the death of a spouse, child, family, or friend.

TUESDAYS 2-4pm

4712-50ST Rycroft

For more information contact:

**Wendy 780-864-9400**

**GriefShare**