

COMMUNITY CONNECT



Monthly Events

-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
June 3 to September 30
Thursdays 3:00 to 6:00 pm
@Rycroft Ag Centre



North Zone Public Health Nutrition AHS

Alberta Health Services (AHS) online nutrition classes are being offered to North Zone parents and guardians seeking more information about feeding their infants and/or young children. Two classes are being offered in September - November of this year.

Starting Solid Foods – Feeding Your Baby (6-12 months) provides more information about how to safely transition from feeding babies breast milk or formula to solids foods.

Feeding Toddlers and Young Children – Tips for enjoyable mealtimes provides participants with more information about strategies to help make family mealtimes enjoyable for everyone, managing common eating habits in young children, and introducing and exploring new foods.

To register, follow this link:

<https://www.eventbrite.ca/o/north-zone-public-health-nutrition-ahs-32096142217>

School Bus Safety—Key Messages

Children should arrive at least 5 minutes before the bus comes.
Children should walk, not run, to the bus.
Children should stay away from using a mobile device or gadgets
until they are in a safe location.
It's a good idea to walk the bus route with their child until they know how to get to the bus stop safely.

It's a good idea to teach their children about pedestrian safety and safe behaviour while they're on and off the bus.



Community Connect Night

September 15 from 6:30 to 8 pm @ Ross Room

A chance for groups and organizations to provide information to the public and for the community to learn what's available in the area.

More information to come.

SUPPORT MEALS ON WHEELS

Resuming in September, our program requires more patrons to keep it going. Get hot fresh meals delivered to your door up to 3x a week.

Contact **Julie at Central Peace FCSS**
780-864-3500 for more information, and to sign up.



The Municipal District of Spirit River *presents*

DAY TRIPS ON THE BUS

Monday September 13—Casino Day: The bus will arrive at the Evergreen Casino in Grande Prairie at 10:00am. Have some fun playing the slots, enjoy lunch at the Pines Restaurant, or walk the grounds and have a picnic at the Old Log Cabin. The Bus will depart Grande Prairie at 2pm.

Monday September 20—Railway Exhibit & McLennan Bird Walk: First stop is Falher for a photo op with the World's largest bee. Then its off to McLennan for a visit at the railway station and train exhibit and a walk on the famous McLennan Bird Walk. The tour will stop for lunch before heading back.

CALL RECEPTION at 780-864-3500 to register for your trip now! Bus leaves the MD garage at 8:30 and picks up riders at their designated locations, and will return between 3:30 and 4:00pm. Riders are responsible for all expenses over and above the bus fare. \$25 bus fare for trip, due upon registration

Bringing Integrated Cancer Screening Services to You

What: AHS Screen Test Mobile Mammography Clinic

Additional Services: Cervical (Pap tests) and colorectal screening (FIT home stool test) services

How to book: Call 1-800-667-0604 (toll-free)

Cost: None

Who should be screened for breast cancer?

· **Women 50 to 74:** this group is most commonly diagnosed with breast cancer, and should plan to have a mammogram every 2 years until they turn 75. This group can self-refer.

· **Women 40 to 49:** screening is optional and they should discuss the [risks and benefits](#) of screening with their health care provider. A [referral](#) is needed for their first mammogram in Alberta, which is available online at www.albertahealthservices.ca/frm-20078.pdf

· **Women 75 and over** can continue screening and should discuss the risks and benefits with their health care provider.

Why are mammograms important? Screening mammograms are routine tests used to find early signs of cancer in women who have no breast problems or symptoms. They can find changes in the breast that are too small to be felt by a woman or her doctor. Early detection with mammograms is one of the reasons that most women (90%) are now surviving breast cancer.

Who should be screened for cervical cancer?

Women 25 to 69: this group should receive cervical cancer screening, also known as Pap tests. After the first Pap test, women should have a Pap test once every three years.

Why is cervical cancer screening important? Pap tests are used to find potential health issues or conditions before symptoms appear. Regular Pap tests check for cervical cell changes, which can be followed closely to make sure they clear up. 90% of cervical cancer can be prevented with early treatment.

Who should be screened for colorectal cancer?

Everyone aged 50 to 74: this group should receive regular colorectal screening. A consultation with a healthcare provider can determine if the FIT home stool test or colonoscopy is the right test.

Why is colorectal screening important? Colorectal cancer screening looks for early signs of cancer in people who feel well and have no symptoms. Colorectal cancer is easier to treat when found at an early stage. 90% of cases can be treated successfully if found early.

To learn more about cancer screening services, visit screeningforlife.ca or call us at 1-800-667-0604.

Spirit River Central Peace Health Complex		
Screen Test breast screening (mammogram) October 18 to 26, 2021	Cervical screening (Pap)* October 19 & 20, 2021 <small>*Offered this year through AHS Screening Programs</small>	Colorectal screening (FIT)* October 19 & 20, 2021 <small>*Offered this year through AHS Screening Programs</small>

Silver Valley Savanna Agricultural Society Rec Plex	
Screen Test breast screening (mammogram) October 29, 2021	Colorectal screening (FIT)* October 29, 2021 <small>*Offered this year through AHS Screening Programs</small>

Appointments are required. Call to book:
1-800-667-0604 (toll free)

Supervised Exercise Program

Real-time classes Fun
Safe Small-group
 Interactive



Do your joints hurt too much?
Have a health condition and you're afraid to over do it?
Don't like to exercise in public?
Just getting started?
Think exercise is not for you?

Learn to exercise safely while living with a health condition.

Experience the health benefits!

Free Zoom Exercise Program

- Tailored to your fitness level - led by exercise therapist
- 2 times per week for 6 weeks
- Learn to do it safely through Zoom in your own home.
- No equipment needed!

Click to connect with our exercise team!
Or for information call 1-877-349-5711
Visit www.healthylivingprogram.ca
to see a list of dates for summer/fall 2021



Alberta Healthy Living Program Alberta Health Services

Coping With Stress

Summer and early fall are times when people get out and enjoy the nice weather and warm sun. However, it's not that way for everyone. This time of year can be very stressful on many, especially agricultural producers who may be struggling with harsh weather conditions, including drought. Stress can be overwhelming, but understanding what you can do to help reduce stress is important. Simple steps can make a big difference. Here are some positive ways to help you reduce your stress:

- Start by talking to someone you trust — your spouse, a family member or close friend.
- Get enough sleep.
- Find an exercise or activity that helps you relax.
- Eat healthy foods.
- Reduce consumption of alcohol and/or drugs.
- Take up a hobby such as gardening or making home repairs.
- Practice deep breathing, meditation, or muscle relaxation.
- Listen to music.
- Seek counselling if you continue to struggle.

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](http://CentralPeaceHealthAndWellnessCoalition(CPHAWC)Facebookpage). 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.