

COMMUNITY CONNECT



Celebrating Seniors

Seniors are a vital part of our communities. As parents and grandparents, mentors and friends, employees and employers, they make a difference in our lives. It is important that we continue to recognize, celebrate and support seniors during the COVID-19 pandemic.

As we move into summer and Alberta gradually relaunches its economy, we all need to continue to be careful, look out for each other and find new ways to be healthy, safe and active during these challenging times. Promoting how to reduce the risk of injuries due to falls by removing hazards in the home, practicing good nutrition habits and being physically active can help seniors remain healthy independent.

Keep Connected:

- Make an audio or video call, email or send letters/gifts to family, or send to a local seniors home
- Host an online family dinner, a virtual games night, or a virtual dance off with family and friends
- Arrange outdoor visits that observe physical distancing restrictions

Offer Assistance:

- Offer to assist with grocery and prescription purchases – online or delivery
- Organize a local group to offer physically distanced yard cleaning for seniors

Share Stories:

- Interview seniors and capture their stories and history
- Host a virtual music concert, a poetry reading, or a story-telling evening
- Host a physically-distanced dance or musical performance outside a seniors complex

June 1 to 7 - Seniors' Week has been celebrated since 1986 to celebrate and recognize seniors throughout the province. Seniors' Week is a great opportunity to honour and recognize all that seniors have contributed to making our families, communities and our province stronger.

June 15 - World Elder Abuse Awareness Day was established in 2006 to bring global attention to the need for all citizens to take responsibility in preventing elder abuse. A 24-hour Family Violence Information Line is available at 310-1818 to get anonymous help.

Joy4All

A great multi-generational initiative.

Children and youth can submit their own written messages, content, and even recordings! We encourage kindness, creativity, and diverse messages of joy.

A positivity hotline for seniors to listen to a pre-recorded joke, poem, story or feel-good quote. To hear a message call 403-209-4300 or 1-877-JOY-4ALL.

To submit a message, visit <https://www.joy4all.ca/>

ADOPT A GRANDPA FOR FATHER'S DAY 2020

Call Central Peace FCSS to sponsor a
gift to a local senior for Father's Day.
780-864-3500 ext 206

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.



This will be a digital event.

Rycroft Library is happy to announce hosting Get Outside and Play for the 3rd year.

Friday June 26@9 am – Monday June 28@9 am

Activities, games & fun posted daily on event page. Daily challenges to win CO-OP gift cards. Check Rycroft Library Facebook page for details.



Community Education Service



Improving emotional health and well being

Supporting a Smooth Transition into the 2020-2021 School Year

Michelle Deen, Registered Psychologist, B.A., B.Ed., M.Ed
Shelly Hutton, Learning Specialist, B.A., B.Ed., M.Ed

Since the closing of schools in mid-March due to the recent pandemic, school districts have offered at-home learning opportunities for all students (e.g., online, telephone check-ins, and/or course packages). Parents (in conjunction with their child's school team) have been supporting their child's learning and social-emotional development during this time. Currently, the province continues to work with school authorities and education system partners on developing a comprehensive re-entry plan. This situation leaves many families wondering how they can support their child to transition smoothly into the 2020-21 school year regardless of the re-entry plan that is developed. Knowing that it will be important for parents to share student strengths and home-based strategies that have worked well with school teams, this presentation will be designed to provide families with effective tools and ways to share information to ensure a smooth and successful transition. Tools to be explored may include; slides, videos, creating books and memory boxes.

FREE WEBINAR

**Monday, June 15, 2020
10:00 AM – 12:00 PM**

[Register](#)

<http://community.hmhc.ca/>

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with RVS, MHC B Stepping Stones to Mental Health.

The MD Bus is Back! As of May 26, the bus runs Tuesdays, Wednesdays and Thursdays except STAT holidays.

Bus Stops include:

- MD of Spirit River Office at 8:30 AM
- Pleasantview Lodge at 8:35 AM
- Rycroft Post Office at 8:45 AM

The Spirit River Kinettes Present "CHALK OF THE TOWN"

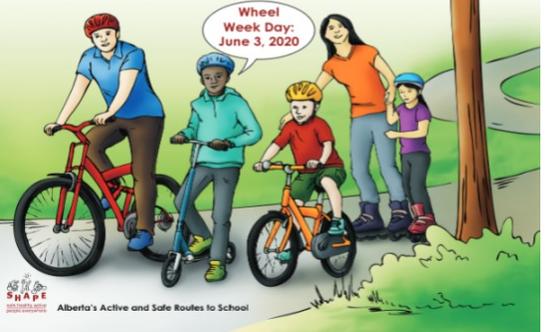
Enter Your Best Sidewalk Chalk Creation for a Chance to Win a Backyard Pool!
Running Now Until June 26th
Post a Picture of Your Colorful Sidewalk to Our Facebook Page
[@spiritrivervinetteclub](#)
To Enter the Draw
Help us Brighten Up The Town!



Get Wheelin' Alberta! Wheel Week June 1 - 8, 2020

Register your school, community group, or family at www.shapeab.com

Bike, Rollerblade, Scooter, Skateboard, or Walk to School, Work, or Play on Any or Every Day!



Bay Tree Market on 49

Every Tuesday 11 am to 1 pm

June 2 to September 1

Join us in the skating rink at the Bay Tree General Store, you won't be able to miss us.

We are an Alberta Approved Farmers' Market with AFMA.

Honey, baking, fresh eggs, Mead, canning, fresh herbs and produce (more when it is in season locally) crafty goods by the talented people that make them, and so much more to come. That is the beauty of a farmers market as it is always changing. Come join in the fun, there is no better way to support local and put some good food in your tummy.

If you are interested in being a vendor call Heather at 780-353-3055