

# COMMUNITY CONNECT



## Upcoming Events

-WORLD DAY OF PRAYER 7 pm March 6  
@Spirit of Peace United Church

-COMMUNITY KITCHEN 9 am to 1 pm  
March 10—Spirit River Centennial Hall  
March 18—Rycroft Memorial Hall

-SAVANNA CREATIONS - Craft, Shop,  
Visit Doors Open 9:30 am March 12-14,  
call 780-351-2215 for more information

-COMMUNITY LUNCH @ Fourth Creek Hall  
March 16 12 pm, \$5.00 per person

- BUNCO—March 24 7:00 pm  
@ Spirit of Peace United Church

-ONE-ON-ONE TECHNOLOGY TRAINING  
HELP SESSION Contact 780-864-  
8605 March 24 9:00 am to 12:00 pm  
@Fourth Creek Hall

-COMMUNITY KITCHEN  
Fourth Creek Hall 9:30 am - 12:30  
Friday March 27

## Monthly Events

-RYCROFT & DISTRICT LIONS BINGO  
Mondays 7:00 pm. Doors open 6:30 pm

- FOURTH CREEK FITNESS  
Mondays & Wednesdays @Fourth Creek  
Hall 9:30 am ages 18+ 11 am ages 50+  
\$2.50/session plus \$10 yearly membership  
Contact 780-351-2126 for more info

-CENTRAL PEACE HEALTH COMPLEX  
AUXILIARY CLUB - 1:30 pm Third Monday  
of each month @ Central Peace Clinic

-TOPS – 9:30-10:30am Tuesdays  
@ SR Happy Hour Club.  
Weigh-ins 8:30-9:20am

-SENIORS COFFEE GET TOGETHERS  
Tuesdays 1:00 pm to 4:00 pm  
@Woking Community Hall

## COLORECTAL CANCER SCREENING.

FIND IT EARLY. PREVENT IT. TREAT IT.

Colorectal cancer is the second leading cause of cancer death in Canada and affects more than 26,000 Canadians a year. March is Colorectal Cancer Awareness Month. To acknowledge this Alberta Health Services will be sending text or voice mail messages to Albertans between the ages of 50 to 74 encouraging them to speak to their doctor about colorectal cancer screening.

You may not have given much thought to being screened for colorectal, especially if you feel perfectly healthy or no one you know has ever been diagnosed with the disease. But cancer can develop without feeling any symptoms, so once you've reached 50, getting screened is one of the best things you can do to give you peace of mind.

What is colorectal cancer screening?

Colorectal cancer screening simply means looking for cancer in people who don't have any symptoms of the disease. These tests look for abnormalities that could be or become cancer. If nothing's found, you'll gain important peace of mind. If something is found, and it is cancerous, or pre-cancerous, it can be removed and treated early if needed.

There are a few colorectal cancer screening tests that are available once you turn 50:

- Fecal Immunochemical Test (FIT): This is a home stool test that is recommended for colorectal cancer screening for anyone who has no personal or family history with the disease. It's safe, easy to do and can be done right at home – and should be done at least every year to make sure nothing new has developed.

- Colonoscopy: If your FIT shows any abnormal results, this follow-up test lets your doctor examine the lining of the rectum and colon for polyps. Polyps are small growths that may or may not be related to cancer and they can be removed right away if they're found. A colonoscopy can also be recommended as your screening test instead of a FIT if you have any history that puts you at an increased risk

How do you get screened for colorectal cancer?

Getting screened can be done easily right at home. If you're 50 years or older, ask your doctor about the FIT home stool test, even if you feel well. If you've previously had colorectal cancer or if someone in your family has had colorectal cancer when they were younger than 60, talk to your doctor about getting a colonoscopy.

Remember, getting screened is the single most important thing you can do to protect yourself against colorectal cancer.

Submitted by Frances Russell, AHS Health Promotion

## Walk & Talk

Spirit River Centennial Hall  
Mondays, Wednesdays, Fridays  
10:00 am to 1:00 pm

Bring non-marking indoor shoes!

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.

**Monthly Events**

- HIGHWAY 49ers TOASTMASTERS  
Tuesdays 7:00 pm to 8:30 pm  
@ Merry Pioneers Center, Rycroft
- SPIRIT RIVER LIBRARY BOOK CLUB  
7:30 PM, First Tuesday of each month
- SPIRIT RIVER ACTIVE AGING  
Tues. Classes at 10 am & 11 am  
@Spirit of Peace United Church.  
Contact Carrie 780-351-2126
- FOOT CARE & LUNCH - 2nd Tuesday  
of each month Lunch 12 to 2, Foot  
Care 1 to 3 @ Rycroft Merry Pioneers  
Senior Centre
- RYCROFT & DISTRICT LIONS CLUB  
7:00 pm, 3rd Tuesday of each month  
@ Rycroft Community Hall.
- MONTHLY POT LUCK - last Tuesday  
of each month 5:30 pm @ Rycroft  
Merry Pioneers Senior Centre
- COURT WHIST TOURNAMENT  
1pm on Wednesdays  
@ SR Happy Hour Club
- RYCROFT COMMUNITY QUILTERS  
Wednesdays 1 to 5 pm @ Rycroft  
Merry Pioneers Senior Centre  
Open for quilting or crafting—bring  
your project Contact Helen for more  
info at 780-814-9880 or 780-765-2221
- DROP-IN SHUFFLEBOARD  
1 to 5 pm on Thursdays @ Rycroft  
Merry Pioneers Senior Centre
- FAMILY HISTORY GROUP 1-3 pm,  
Last Thursday @ Rycroft Library

**Volunteer Spotlight of the Month**

Nominate a volunteer in our community whose efforts deserve recognition. Monthly program begins now, kicking off on April 19 during our Annual Volunteer Appreciation Pancake Supper

Nomination forms are available on the Central Peace FCSS website. We host this program in partnership with The Central Peace Signal

[www.centralpeacefcss.ca](http://www.centralpeacefcss.ca)

**Community Cares Coffee House**



Spirit of Peace United  
Church Spirit River

March 27, 2020 7:00 pm

Bring your talent to share or simply join us for great listening!

FREE & FUN for all ages

Donation box for “Virtual Food Bank”  
Ministerial Association

**DID YOU KNOW...?**

There is affordable transportation to Grande Prairie available for people of **ALL** ages.

The MD bus goes from Spirit River/Rycroft to Sexsmith/Clairmont/G.P. every Tuesday, Wednesday, and Thursday. Not on STAT Holidays.

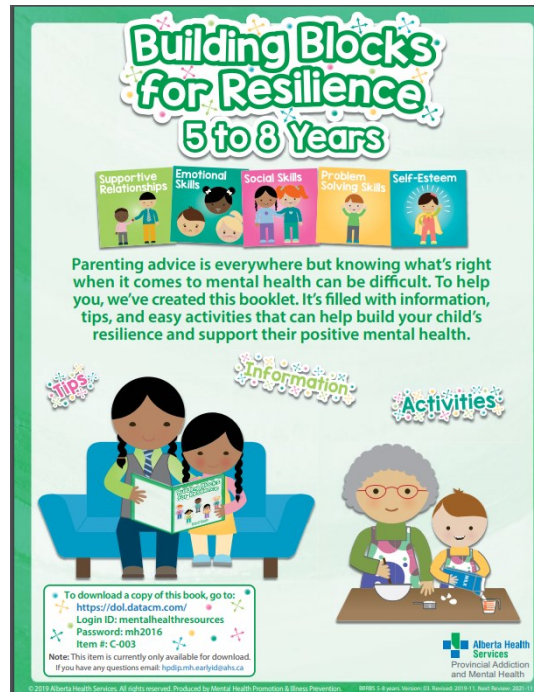
\$25 Round trip to anywhere you need to go.

Bus leaves for GP in the morning by 8:50am, and comes home by 5:30pm.

Perfect for appointments, shopping trips, and airport transit!!

Call Julie at FCSS or Lori at the MD to book your seat on the bus, 24 hours in advance.

Pay ahead of time at the MD of Spirit River office, or over the phone by credit card.



**FREE AFTERSCHOOL FUN!!**

For children ages 8-13, there is a fun after school program that runs for 2 hours, once a week for 6 weeks being offered in each of the school communities of our G5. Children learn about healthy communication, coping skills, family connections and personal wellness while playing games and doing crafts with community mentors.

Please contact the program coordinator at [centralpeaceufit@gmail.com](mailto:centralpeaceufit@gmail.com) to register your child for this program or if you or anyone you know is interested in sharing their skills and knowledge, or wanting to help out with this community program. You can find the full year schedule soon on the Central Peace Health and Wellness Facebook page, and at [www.centralpeacefcss.ca](http://www.centralpeacefcss.ca)

Mondays February 24 to March 30 @ Spirit River Centennial Hall

*You are invited*

to join with the Grande Spirit Foundation and MLA Todd Loewen for the announcement of a new seniors' facility in Spirit River



Pleasantview Lodge  
Spirit River, AB

Friday, March 6, 2020  
starting at 3:00 pm