

# Rimbey & Area

# Community Newsletter 2021



FCSS is hosting a Seniors virtual coffee visit on Tuesdays at 10 am! Call 403-843-2030 for information or to sign up!



**Recreation Services 403-83-3151**  
[www.rimbey.com](http://www.rimbey.com)

## Employment Opportunities

We are now taking applications for Lifeguard and Instructors positions for the 2021 season!

Applicants must have current lifeguard and First Aid/CPR Certifications. Positions will be filled when suitable candidates are found.

Drop of your resume at the Recreation Office Monday through Friday 8:30am-4:30pm the office is closed for lunch 12-1pm or by email: [recreation@rimbey.com](mailto:recreation@rimbey.com)



Tennis nets are now up at the Tennis courts located by the outdoor swimming pool.

## OUR MIND, OUR HEALTH

Mental Wellbeing Workshops

Informative and interactive workshops introducing the topic of mental wellbeing. These workshops build awareness and understanding of mental health, mental illness, and teach proactive ways to support better mental wellbeing in ourselves and those connected to us.

Next session on **STRESS!** June 10th!



Brought to you by:  
Neighbourhood Place &  
Rimbey Adult Learning

Facilitator: Noah Boakye-Yiadom  
Health Promotion Facilitator  
Addiction and Mental Health

Second Thursday of the month  
10:00  
a.m. to 12:00 p.m.

For more information or to get the link to this free online workshop please email: [rimbeynp@telus.net](mailto:rimbeynp@telus.net)

Call or text (780) 887-2702

# Counselling

Do you struggle with Couples or Blended Family Issues, Communication, Anger management, Depression, Anxiety, Self-esteem?

Available in Rimbey, For Everyone – on a sliding scale fee – no financial barriers.

Call Red Deer Catholic Social Services intake; 403 347-8844 and ask to be seen in Rimbey

This Service is brought to you by the Rimbey & Area Community Wellness Association, Rimbey FCSS & the United Way



RIMBEY & DISTRICT



The Rimbey and District Attraction and Retention committee wishes to acknowledge all the health-care providers who provide quality healthcare to the larger community. We hope that everyone in Rimbey and surrounding Ponoka County can take a few minutes to thank their health professionals. A small gesture goes a long way!

To find out more about the Rimbey and District ARC, please contact: the ARC Chairperson, [rimbeyarc@gmail.com](mailto:rimbeyarc@gmail.com)



Rimbey Neighbourhood Place will get you connected locally!

e-mail; [rimbeynp@telus.net](mailto:rimbeynp@telus.net)

Or (P) 403.843.6299

Find us on facebook!

do you need a computer or stable internet?

Rimbey Neighbourhood Place

can help!

by appointment only:

403 843-6299



Computer can be used for:

- ✓ EI filing
- ✓ job searches
- ✓ zoom interviews
- ✓ online counselling



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#Rural Health Matters

[ruralhealthweek.ab.ca](http://ruralhealthweek.ab.ca)

May 24 - 28, 2021

Alberta Rural Health Week (ARHW) celebrates the contributions of health professionals and rural Albertans to the quality of life in rural Alberta. Visit [ruralhealthweek.ab.ca](http://ruralhealthweek.ab.ca)

to find out more and learn how to provide your local health-care heroes with a healthy dose of recognition.

## Rimbey Community Addiction & Mental Health Services

Free services offered by AHS for Children and Adults, struggling with addictions, anxiety, depression or any other mental health concern. "Hours of operation: Monday-Thursday 8:00-4:30p.m., Closed during the lunch hour 12:00-1:00p.m., Closed for Statutory Holidays. Please call 403-843-2406 for an appointment."



## Rimbey Library

For more info. Check <http://rimbeylibrary.prl.ab.ca>

403 843-2841

We are more than happy to provide curbside service to you while we are closed. Please phone us and we will gladly arrange for a time. We also allowed to book private appointments to proctor exams. Again, please call us to set up a time. 403-843-2841.

Check out our daily social media posts for online programming.

We are expanding to the north of the building! If you would like to financially support us in this endeavor please contact 403-843-2841.

Tickets are on sale for the beautiful quilt that Lana Curle has made and donated for us to raffle. Please support our renovation AND take the chance to win a gorgeous locally made quilt.

Check out Paskapoo Park for one of our Story Walks. Take a picture of your child with a story walk panel, post it on social media, tag us, and then come get a prize!

June is Pride Month. We have a great selection of LGBTQ2 books. Please check them out. Keep an eye on our social media accounts for more pride

"In a world when you can be anything choose to be kind". Kindness is so important particularly in today's polarized world. We have teamed up with Rimbey Neighbourhood Place and the Boys and Girls Club to create a kindness rock snake. We have created kits with rocks and everything you need to paint them along with a children's book to read. You can pick up your kits at the library. If you would like to paint a rock on your own that's great too. Paint the rock and take it to the BYAS building to form the snake. If you see a rock that resonates with you take it and leave one in its place. Please do not take a rock without leaving one.

June 8<sup>th</sup> is World Oceans Day. We will be providing a link to a virtual tour of an aquarium. They also have live cams so you will be watching the animals move. We will be having an under the ocean themed craft kit available to pick up from June 3<sup>rd</sup> - June 8<sup>th</sup>.

Father's Day is June 20<sup>th</sup>. Father's Day kits will be available to pick up the week of June 14<sup>th</sup>.

Check out <https://rimbeylibrary.beanstack.com/reader365> For some reading challenges that will win you prizes. If you have a child that is not yet in kindergarten enter our 1,000 books before kindergarten challenge. Your child will receive a book just for signing up! And most of all please stay safe. The library has some masks available courtesy of the Alberta Government. If you haven't already please come pick up a pack.

This is how to make your kids amazing: 4 secrets from research  
Part 8—LAST ONE! continued from last month

### Sum Up

This is how to make your kids amazing:

- **Behavior is communication. Discipline is teaching:** Kids say, "Dearest parent, I am in serious need of coaching in regard to my social skills" by screaming at their brother. You need to teach them something better to do instead, not scream at them about screaming at people.
- **Balance:** Connect and redirect to return them to the green zone.
- **Resilience:** No bubble-wrapping. Sometimes use pushin' and other times cushion to expand their green zone.
- **Insight:** Name it to tame it. Label emotions and help them be both "player" and "spectator."
- **Empathy:** Draw children's attention to other people's feelings.

I've written a lot of posts about parenting over the years. Very rarely do I come across anything about improving a child's behavior that adults couldn't learn from. These days grown adults seem to really enjoy YA novels and I suggest we just expand that to nonfiction as well. If it's about improving kids' behavior, it will likely be incredibly helpful for you. (If you find that condescending, fine. I get naptime and cookies and you don't.)

Most of what children learn isn't taught explicitly. If you're an anger-fueled overachiever or a people-pleasing martyr, that's very likely what you are unconsciously role-modeling for your children. And so I ask...

Did you make sure you were in the green zone before you tried to get your kid back in there? Do you know what your triggers are? Do you know what gets you back in the green zone?

Do you push yourself to be more resilient? Spectate your own behavior enough to gain insight? Pay enough attention to be sensitive to the feelings of others?

You are trying to teach your child to be a great adult. You are already an adult. Hopefully, you are a great one. If not, work on it with the same tools you use to help them. *Physician, heal thyself.*

Again, most of what children learn isn't taught explicitly.

It's much easier to raise a better child after you've put in the time to be a better you.

From Barking up the wrong tree



**Neighbourhood Place**

**WHAT WE CAN DO:**  
LISTEN WITHOUT JUDGEMENT, GENUINELY CARE ABOUT YOUR WELLBEING AND CONNECT YOU TO SERVICES

**Would you just like someone to talk to?**

**WHAT WE CAN'T DO:**  
COUNSEL OR ADVISE; WE ARE NOT SOCIAL WORKERS

in Rimbey call  
403 843-6299

**On-going Rummage Sale at Rimbey United Church!**  
**Wednesdays from 10:00 a.m.—4:00 p.m.**  
**& Saturdays from 10:00 a.m.—3:00 p.m.**

The Family Resource Network provides a variety of programs in your community for children, youth, and families to enhance skills, strategies, resilience, and connections to the community. Through contacting the FRN Hub, you will be referred to a program(s) that meets your family's needs and receive information on other community resources available. Call 780-352-4643 Ext. 28 for more information or to sign up!

**The quality of a father can be seen in the goals, dreams and aspirations he sets not only for himself, but for his family.**

Reed Markham

**“Dads are most ordinary men turned by love into heroes, adventurers, story-tellers, and singers of song.”**

**PAM BROWN**

Addiction & Mental Health News May 2021

**Mindfulness PRACTICE**

Practicing mindfulness together can help build your family's connection with each other.

Need help to calm a busy mind? Try this simple strategy to tune into your surroundings using your 5 senses. Look around you, what do you see, hear, smell, taste, feel?

*Mental Health Tip*

**MOVE YOUR BODY**

Move your body every day to improve your mental and physical well-being. The key is to make movement fun and try activities that you enjoy.

What is your family's favourite way to connect and get active together?

*Mental Health Tip*

**FUEL YOUR BODY**

Did you know that what you eat and drink affects how you feel? We know that it helps your body grow and stay strong, but it's also good for your brain.

Make a family goal to focus on drinking water to hydrate your body and keep your brain fuelled and energized.

*Mental Health Tip*

**Build ASSETS**

Did you know there are many things you can do to help your kids grow up great? A simple way to build assets and model kindness is to tell your kids why they matter to you. Talk together about how being kind makes you feel great! Kindness can reduce stress. Fill your heart with joy, and assist you in feeling more helpful and hopeful.

*Mental Health Tip*

Interested in more ideas on how to create positive connections and build a healthy family? Join us for the **Move Your Mood June Family Challenge**. Register in May at [www.sparc0red0eer.ca](http://www.sparc0red0eer.ca)

**Everything gets better** when you move your body. [www.participation.com](http://www.participation.com)

*Mental Health Tip*

**EXPAND YOUR MIND**

Did you know that being creative, dancing, and listening to music are simple ways for your family to boost their mental well-being and release feel good chemicals in their brains? Take time to expand your mind today. Be kind to yourself and others, have a great laugh, turn up the music, and dance like no one is watching!

*Mental Health Tip*

Information on mental health, community supports, programs and services in your area:

**Settlement Support in Regional Communities: Supporting Newcomers in Central Alberta**  
**Do you know anyone who is new to Canada?** Or, maybe you are a newcomer yourself?  
 The Regional Settlement program (through Central Alberta Refugee Effort, Red Deer) offers Permanent Residents support, information, and referrals on:

- Documentation and Basic Needs
- Improving English Language Skills
- Interpretation and Document Translation
- Settlement support in schools
- Community Connections
- Canadian Culture and Society
- Volunteer and Employment Opportunities

Please contact our C.A.R.E. Regional Settlement Practitioner:  
 403-318-1706 [regionalsettlement.care2centre.ca](http://regionalsettlement.care2centre.ca)  
[www.immigrant-centre.ca](http://www.immigrant-centre.ca)  
 Funded by the Government of Canada

**RIMBEY & AREA COMMUNITY NEWSLETTER - Available during Covid restrictions at: The Town Office, The, Blindman Youth Action Building, Rimbey Foods, the Tickle Trunk, Subway, COOP & Bluffton Store** Brought to you by Rimbey Neighbourhood Place. Please send us your submissions, questions or concerns: 4907 49th Street PO Box 980 Rimbey, AB T0C 2J0 phone:403.843.4304 e-mail: [rimbeynp@telus.net](mailto:rimbeynp@telus.net)