

# November Rimbey & Area Community Newsletter

Recreation Services 403-83-3151  
www.rimbey.com

## Vern Poffenroth Memorial Arena

2020/21 Family Skate Sundays

From 5:15pm–6:45pm



Our Sunday Family Skates this Season for 2020/21

is Proudly Sponsored by



Sunday Shinny 7–8:15pm

Wednesdays Parent & Tot/ Seniors skate 2–3pm

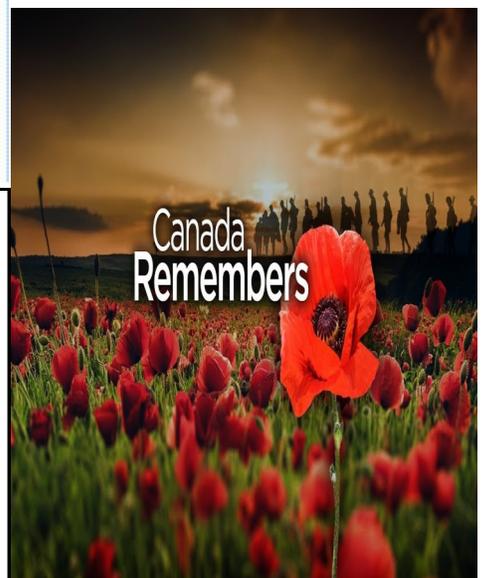
### Pickle ball or badminton

Main Auditorium at the Peter Lougheed Community Centre  
Thursdays each week 7-8:30pm \$2.00 drop in fee.

The first Thursday each month is proudly sponsored by  
Keyera Rimbey Gas Plant

\*Please note: can be **cancelled** due to community events

Please check our Facebook page: Rimbey Community and Recreation Services or call each week to confirm availability. 403-843-3151



# 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 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!



## Alberta Healthy Living Program

Free online educational workshops

### Diabetes the Basics

A workshop that provides information about Type 2 and pre-diabetes for those newly diagnosed or wanting an update.

4-Part series (4 X 2 ½ hours).

Dates: Sept 15, 22, 29 and Oct 6 from 9:30 a.m. to 12:00 p.m.  
Sept 30, Oct 7, 14 and 21 from 1 p.m. to 3:30 p.m.  
Nov 3, 10, 17 and 24 from 5:30 p.m. to 8 p.m.  
Nov 25, Dec 2, 9 and 16 from 9:30 a.m. to noon.

### Heart Wise

A 2-part workshop that provides information about nutrition, exercise, and other lifestyle choices to help you maintain or improve your heart health.

2-part series 2 X 2 ½ hours).

Dates: Sept 15 and 22 from 1 p.m. to 3:30 p.m.  
Sept 29 and Oct 6 from 9:30 a.m. to noon  
Oct 14 and 21 from 9:30 a.m. to noon.  
Nov 26 and Dec 3 from 1:00 p.m. to 3:30 p.m.

### Managing Emotional Eating

A series of workshops exploring why we eat the way we do and the factors that could be triggering food cravings.

Dates: Sept 17, 24, and Oct 1 from 1 p.m. to 3:30 p.m.  
Oct 13, 20 and 27 from 5 pm to 7:30 p.m.  
Nov 17, 24 and Dec 1 from 9:30 a.m. to 12:00 p.m.  
Nov 30, Dec 7 and 14 from 9:30 a.m. to 12:00 p.m.

### Minding Stress

A 2-part workshop, to learn what stress is, and how to reduce its effect on your health. Learn tips to identify what causes your stress, and some simple techniques to relax.

Dates: Sept. 21 and 28 from 1:30 p.m. to 4 p.m.  
Oct. 19 and 26 from 1:30p.m. to 4 p.m.

### Better Choices Better Health

A 6-week online workshop to help you learn techniques to better manage pain, and fatigue. Discuss better nutrition and exercise choices that work for you. Learn tips to improve communication with your doctor, and family about your health.

Dates: Sept. 17, 24, Oct. 1, 8, 15, and 22 from 9:30 a.m. to noon  
Oct. 19, 26, Nov. 2, 9, 16, and 23 from 9:30 a.m. to noon  
Nov 3, 10, 17, 24, Dec. 1 and 8 from 1 p.m. to 3:30 p.m.

Registration is required as date and time are subject to change. Please call the Alberta Healthy Living Program at 1-877-314-6997. You will receive a Zoom link when you register.

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



Rimbey & District Victim Services Working in partnership with the Rimbey RCMP, Victim Services provides information, support, referrals and court support to victims of crime. We act as a liaison between the RCMP and victims. Learn about us at [www.rimbeyvictimservices.com](http://www.rimbeyvictimservices.com) Contact our office 403.843.8494 We are a proud member of Victim Services Alberta.

## 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."



spread kindness



**Mentoring is Still Happening!**  
To Find Out How Call 403-843-1066  
Rimbey Kids Need Your Support Now More Than Ever.  
1 Hour a Week is All It Takes to Be the Change You Wish to See



Physical Distance Doesn't Have to Mean Emotional Distance

# Rimbey Library

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

403 843-2841

We are open Tuesday – Saturday 10 – 5. You MUST wear a mask if you are going to be inside the library.

**Closed – Wednesday November 11<sup>th</sup>**

We now have in person programming. Pre-registration is mandatory. All programs will run for six weeks.

There will be no in person programming the week of November 10 – 14.

Tuesday 10:30 am – You, Me, and a Book. Discovery Time – for parents and their children under the age of six.

Tuesday 3:30 pm – Afterschool Adventures

Wednesday 3:30pm – Game On! Video games & technological fun

Thursday 3:30 pm – Book Buds – a book club for jr and sr high school students

Wednesday November 25<sup>th</sup> 6:15 – Movie Night Sponsored by The Rimbey Lions Club. Sonic The Hedgehog. Peter Lougheed Community Centre. Pre-registration and pre-ordering of pop/popcorn is mandatory

Online Programming

Wednesday – Wacky Wednesdays

Friday – Bedtime Storytime

Keep an eye out for information on 1,000 books Before Kindergarten

## This is how to make your kids amazing: 4 secrets from research

Every parent wants their kid to do well in school. And it's simple to measure because GPAs and SATs have nice numbers that are easy to quantify and rank. On the other hand, we don't have a universally accepted "emotional intelligence index" or a "decent human being metric" let alone a "this kid's gonna end up in jail ratio."

But we're frequently told kids need to have a good internal compass, to be curious and flexible, have grit, be emotionally stable, mindful, have social skills, solid self-esteem... Okay, hold on. This is a lot. As a parent, there's a new buzzword every week for these "noncognitive traits" you need to instill.

How the heck do you do all that? We don't want kids to feel the only emotional tools they have to face the world are basic "fight or flight" reactions. (Neither of those two go over well in job interviews.) But the current list is insane -- and growing by the minute. What does a parent need to do these days to raise a good, happy, successful kid? Luckily, two experts have some answers.

Daniel J. Siegel, M.D., is clinical professor of psychiatry at the UCLA School of Medicine and the founding co-director of the UCLA Mindful Awareness Research Center. Tina Payne is a pediatric and adolescent psychotherapist, and Director of Parenting for the Mindsight Institute. The two teamed up to write The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child.

Alright, time to help your kids learn the fundamental skills they need. If you've ever been unsure on what steps you need to take, or perhaps you didn't experience the best parenting yourself and want to make sure you do a better job raising your own kids—check out next months newsletter.....

(to be continued...) From Barking up the wrong tree

## Ponoka & Rimbey Adult Learning Your Community Partner in Lifelong Learning

Phone: 403 843-3201

Email: [rimbey@adultlearningsociety.com](mailto:rimbey@adultlearningsociety.com)

Website: [ponokarimbeyalc.com](http://ponokarimbeyalc.com)

Facebook:

<https://www.facebook.com/RimbeyAdultLearningandFamilyLiteracy/>

upcoming classes :

- The Next Chapter Book Club - We will be reading the Harry Potter series.
- Internet Matters: Gaining confidence going online.
- Computer Basics: Getting started.
- Psychological First Aid
- Cultural Connections Community Kitchen in partnership with Rimbey FCSS and Rimbey Co-op

We are also looking for local board representation from the Rimbey area., call Tanya for details!



## Remembrance Day

### Central Alberta Community Legal Clinic

The Central Alberta Community Legal Clinic offers free legal advice to those who do not qualify for Legal Aid and who cannot afford to pay a lawyer. The Legal Clinic offers advice in the areas of Family Law, Criminal Law, Guardianship/Trusteeship, and certain areas of Civil Law/Wills. You must fill out an intake form in person or by phone before an appointment is booked. For criminal matters, you must have your disclosure before an appointment can be booked.

Phone: 403-314-9129 Toll Free: 1-877-314-9129

AHS has launched a webpage with information about what it means to be a close contact and how to protect yourself and those around you if you have been identified as a close contact. <https://www.albertahealthservices.ca/topics/Page17221.aspx>

Also

### Effective 18-Oct-2020

#### COVID-19 testing in Alberta is recommended for:

- Albertans with symptoms of COVID-19;
- Albertans who are close contacts of a confirmed case, whether symptomatic or not;
- Albertans who are linked to a known outbreak, whether symptomatic or not; and,
- Asymptomatic Albertans who are:
  - o School teachers and/or school staff;
  - o Healthcare workers; o Staff and/or residents at congregate living facilities, including long-term care;
  - o Experiencing homelessness; or
  - o Require asymptomatic testing for the purpose of

travel

Voluntary asymptomatic testing for Albertans that do not fall into the above list, is no longer recommended.

#### Why are the testing criteria changing? Why now?

- This year, our health system will need to respond to both COVID-19, influenza disease and other respiratory viruses. We must prepare for a surging demand for tests.
  - o In addition to potentially contracting COVID-19, Albertans will have a greater chance of catching a cold or the flu, which have similar symptoms to COVID-19. This means more people may experience symptoms that require them to get tested.
  - o Winter will also bring more Albertans indoors and potentially increase the risks of exposure and the need to access quick and timely testing.
    - o Ensuring quick and timely access to COVID-19 testing is crucial to supporting the health of Albertans, now and in the months ahead.

#### What did asymptomatic testing achieve? And why aren't we just continuing it?

- We thank all Albertans who received asymptomatic testing in recent months. This testing helped us move forward with the relaunch of Alberta, and prepare for the challenges ahead.
- Despite widespread asymptomatic testing, we found the likelihood of having a positive test in those without known exposure or linked to an outbreak was extremely low. Only 0.09% of the more than 233,705 voluntary asymptomatic tests were positive.
- The significant number of asymptomatic tests have helped our health system prepare for any potential surge in testing, in the months ahead.
- We will continue offering voluntary asymptomatic testing for groups who pose the greatest risk of being linked to outbreaks, as well those at greatest risk of exposing vulnerable Albertans to COVID-19. These groups include:
  - o Teachers and school staff, staff and residents in continuing care centres, health care workers, and those experiencing homelessness.
- The spread of COVID-19 will continue to be monitored, and our testing strategy will be adapted as needed.



#### What should Albertans who aren't in the target groups do to stay safe, and help others stay safe?

- It is very important that all Albertans continue to follow all public health guidance, including:
  - o Maintaining physical distance
  - o Wearing a mask anywhere physical distance cannot be maintained at all times, as well as in compliance with all local bylaws or business regulations;
  - o Practicing good hand hygiene; and
  - o Monitoring themselves for symptoms (and staying home when ill).
- A detailed list of symptoms is available on [Alberta.ca](http://Alberta.ca). Any Albertan experience symptoms should immediately self-isolate, and complete the AHS online self assessment tool for testing, at [www.ahs.ca/covid](http://www.ahs.ca/covid).

## Rimbey Royal Canadian Legion News

*Legion Bingo - the 2nd & 4th Friday of the month. Doors open @ 6:30 p.m. Bingo Starts @ 7:00p.m. \*\* Progressive BINGO. For Legion Hall Rentals call: 403 843-2184 or 403 843-2343. For Legion Memberships call 403 843-2464*

### SAFEROADS ALBERTA BRANCH

Alberta is transitioning to an administrative adjudication model, that will be known as the **SafeRoads Alberta Branch**, to address most first time impaired drivers as of December 1, 2020. SafeRoads will be a branch within Alberta Transportation.

Drivers who wish to appeal their impaired driving penalty can do so by applying for a review to SafeRoads Alberta. An Adjudicator rather than a judge in a traditional courtroom will hear a review. Instead of having to attend in-person to schedule and attend court hearings, Albertans will be able to manage all matters in writing or by phone.

This new model will be simple, fast, efficient and fair for Albertans.

More information will be made available in the coming months.

In the fall of 2021, Alberta will be expanding SafeRoads Alberta to include challenges to other contraventions of the *Traffic Safety Act* that do not result in bodily harm or death.

Changes to Alberta's impaired driving laws and impaired driving program will be implemented as of December 1, 2020. Changes to Alberta's impaired driving laws will be found on the Alberta.ca website. Please visit this website periodically as updates will be made in the coming months. From [saferoads.ca](http://saferoads.ca)

**RIMBEY & AREA COMMUNITY NEWSLETTER - Available at: The Town Office, The Community Centre, Blindman Youth Action Building, Rimbey Foods, FCSS, Seniors Drop-in, The Manor, A&W, Subway, COOP, The Grand Hotel & 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)