

INTERCONNECTED

Westlock Interagency Newsletter | Sept 2021



WHAT'S HAPPENING THIS MONTH?

Learn more about the programming and events taking place within Westlock, and surrounding area.



"Start where

you are. Do what you can. Use what you have."

-Arthur Ashe

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To have your agency's event or program included in the next Interconnected Westlock Interagency Newsletter please submit your information by July 23rd. Each newsletter will be sent out the last Friday of each month.

Submit by emailing: westlock.interagency@hfalberta.com

The Early Childhood Intervention program is offered across the North Zone. Call the office nearest to you:

Barrhead	(780) 674-3408
Cold Lake	(780) 594-4404
Edson	(780) 712-2720
Fairview	(780) 835-6161
Fort McMurray	(780) 714-5616
Grande Prairie	(780) 513-7500
High Prairie	(780) 523-6450
Hinton	(780) 817-4105
Lac La Biche	(780) 623-4471
Peace River	(780) 624-7253
Slave Lake	(780) 849-5101
St. Paul	(780) 645 3396
Valleyview	(780) 525-3338
Whitecourt	(780) 706-3173

For more information on the Early Childhood Intervention Program in your area please contact:

Melody Ulmer
Infant & Child Development
Coordinator

Coverage Areas Include: Barrhead,
Westlock, Swan Hills, Lac Ste. Anne,
Thorhild, and Radway

Office:
Barrhead Community Health Services
780-674-3408 ex. 246
melody.ulmer@ahs.ca

Health Link
Call toll free, 24/7:
811



Revised 2016



**Early Childhood
Intervention
Program**

North Zone

What is the Early Childhood Intervention program?

The Early Childhood Intervention Program provides support to families of infants and children with developmental delays or disabilities from birth to school age.



We are here to help!



Services include:

- Developmental screenings and assessments
- Client visits and group activities
- Information on child development, parenting and play activities to encourage specific skill development.
- Connections for families to therapists and/ or community agencies
- Support in planning children's preschool years

The Early Childhood Intervention program is:

- Free
- Voluntary
- Home based
- Supportive
- Confidential



Further information on child development is available at:

www.MyHealth.Alberta.ca

www.healthyparentshealthychildren.ca

For fun play activities to try with your infant, toddler or preschooler check out:

<http://www.albertahealthservices.ca/services/Page13151.aspx>



Community Showcase Night

Wednesday, September 8, 2021 from 6 to 8 p.m.
Westlock Rotary Spirit Centre (fieldhouse), 9603 - 100 Street



Join us as we showcase the programs and opportunities within the Town.

Local organizations will be onsite to provide information and registration opportunities.

To register your organization or group, complete the registration form at <https://forms.office.com/r/7TUBLk5NPq>

For more details, contact Travis Darling, Community Services Program Supervisor at 780-349-6654.

THE NORTHWEST CENTRAL FASD NETWORK
INVITES YOU TO PARTICIPATE IN OUR ANNUAL

~Mocktail Challenge~ In honor of FASD Awareness Day Sept. 9

*We invite you to create your
favorite Mocktail to share with the
crowd and have judged.*

Prizes & Bragging Rights!



*Sept 8 • 6:00 pm
Community Showcase
~all tables welcome to participate*

CONTACT DEONNE FOR MORE INFORMATION
WST.FASD@HFALBERTA.COM



FASD
NETWORK

Northwest
Central
Alberta



**Healthy Families
Healthy Futures**

SERVICE CANADA

READY TO HELP

Date modified: 2021-03-24



We are ready to help Canadians through the COVID-19 outbreak. Find financial help during COVID-19: covid-benefits.alpha.canada.ca/en/start



Canada COVID-19 App

A tool to help you track your symptoms, receive the latest updates on COVID-19, and access trusted resources.

EMPLOYMENT INSURANCE (EI) PROGRAM

We made temporary changes to the Employment Insurance (EI) program to better support Canadians who need financial assistance. As of September 27, 2020, the minimum benefit rate is \$500 per week before taxes in most cases.

<https://bit.ly/3aGavD2> 1-800-206-7218

CANADA RECOVERY BENEFIT (CRB)

The CRB provides \$500 (\$450 after taxes withheld) per week for up to 38 weeks for workers who:

- are not employed or self-employed for reasons related to COVID-19 or have had their income reduced by at least 50% due to COVID-19
- are not eligible for Employment Insurance (EI)
- meet all the eligibility criteria for period they're applying for

<https://bit.ly/2l0Ub5d> 1-833-966-2099

CANADA RECOVERY SICKNESS BENEFIT (CRSB)

The CRSB provides \$500 (\$450 after taxes withheld) per week for up to a maximum of four weeks, for workers who:

- Are unable to work for at least 50% of the week because they contracted COVID-19
- Are self-isolated for reasons related to COVID-19
- Have underlying conditions, are undergoing treatments or have contracted other sicknesses that, in the opinion of a medical practitioner, nurse practitioner, person in authority, government or public health authority, would make them more susceptible to COVID-19.

<https://bit.ly/36zGjZH> 1-833-966-2099

CANADA RECOVERY CAREGIVING BENEFIT

The CRCB provides \$500 (\$450 after taxes withheld) for up to 38 weeks per household for workers:

- unable to work for at least 50% of the week because they must care for a child under the age of 12 or family member because schools, day-cares or care facilities are closed due to COVID-19
- because the child or family member is sick and/or required to quarantine or is at high risk of serious health implications because of COVID-19.

<https://bit.ly/2F6YxXm> 1-833-966-2099

SOCIAL INSURANCE NUMBER

You can apply for your Social Insurance Number (SIN) online. Agents are available Monday to Friday, 8:30 am to 4:30 pm Canadian Local Time, except on statutory holidays.

<https://bit.ly/3mCINMK> 1-866-274-6627

Fill out our online service request form to let us know how we can help you, and we'll get back to you in two business days: eservices.canada.ca

If you've received benefits in 2020, learn how to report it for your tax return: <https://bit.ly/3bvodKA>

Not sure if you need to repay the Canada Emergency Response Benefit? Go to Canada.ca/repay-cerb or call 1-833-966-2099.

For a complete list of programs, services and resources available through the Government of Canada visit: Canada.ca/coronavirus



Due to recent service changes because of COVID-19 (Coronavirus), we urge you not to visit local Service Canada Centres unless it is necessary to do so.

Individuals should continue to use Service Canada's many online services whenever possible.

1) Go online: Canada.ca

For the most convenient, easy-to-use and secure way to apply, view or update your information, access our [most requested services online](#). Please note that you can now apply online for a Social Insurance Number (SIN), essential for accessing government services and benefits, through the secure [SIN online portal](#).

2) Call us

Access our [most requested toll-free numbers](#) for service. Please note that call volumes are expected to be high during this time.

3) Get extra help without leaving your home

If you have a question, need extra help or need to make an appointment for an in-person service, fill out the [service request form](#) and a Service Canada officer will call you back within 2 business days.

If your community members or individuals within your network do not have access to the internet or face other barriers, the **Service Canada Outreach Support Centre** will ensure they get access to the services and benefits they need. Call our toll-free number 1-877-637-2657 TTY: **1-833-719-2657** from 8:30am to 4:00pm Monday to Friday.

4) Visit us by APPOINTMENT

If you require service in-person, please make a request for an appointment by filling out the [service request form](#). A Service Canada officer will call you back within 2 business days. If your request cannot be completed by phone, they will offer you an appointment for service at a Service Canada Centre. Please note that we are not accepting requests for same day bookings.

If you require an appointment and do not have access to the internet, call our toll-free Service Canada Outreach Support Centre at 1-877-637-2657 TTY: **1-833-719-2657** from 8:30am to 4:00pm Monday to Friday.



Alberta Health
Services

Better Choices Better Health®

For Healthy Living with a Chronic Disease

Are you living with:

- Diabetes
- Depression
- Anxiety
- Arthritis
- Fibromyalgia
- High Cholesterol
- Stress
- Chronic Pain
- High Blood Pressure
- COPD
- Overweight/
Obesity
- Chronic Fatigue



You are not alone. Join us for a 6 week journey.
Learn how others are managing and try out some new
techniques with group support and understanding.

Scan the code to register!

Tuesday Mornings - 9:30am - 12:00pm
Sept 7 - Oct 12th

Or call 1-877-349-5711 or Visit

www.healthylivingprogram.ca



Alberta
Healthy Living
Program



International Day of **Persons with Disabilities**

3 DECEMBER



We are looking to organize an online event to celebrate the International Day for People with Disabilities and are looking for committee volunteers. We are asking for people to contribute 1 hour a month to work together in the planning and implementation of the online event. Please contact Sandy Doucet by September 3rd if you are interested in participating.

Sandy Doucet

Westlock Employment Facilitator

780-307-7192

sdoucet@employabilities.ab.ca



Public Service Announcement

August 4, 2021

Additional Wellness Exchange course dates available

Free, online courses focus on topics including exploring healthy connections

EDMONTON – New sessions are now available for Alberta Health Services' Wellness Exchange. Due to an overwhelming response, AHS has added additional fall and winter sessions. Albertans can register for any or all courses ranging in topics from managing reactions, helpful thinking, and increasing confidence through effective problem solving.

What: "Wellness Exchange" is a free week online class with five topics related to wellness.

Where: Online (via smartphone, tablet, or computer).

When: Thursdays, 6:30 – 7:30 p.m. Sept. 16 to Oct. 21, 2021 (no session on Sept 30)
Mondays, 2:00 – 3:00 p.m. Nov. 8 to Dec. 6, 2021

Who: Anyone interested in learning skills to cope with change, deal with stress, and pursue goals is welcome.

Registration: Register for any topic of interest. No need to attend all of the sessions.

Week 1 Problem Solving

It's important to clearly define our problems and look at all possible solutions. Learning ways to problem solve effectively helps us address the entire situation, gain control over what we can, and increase our confidence in the decisions that we make.

Wednesday, September 8 from 1:30 p.m. to 2:30 p.m. *(full)*

[Thursday, September 16 from 6:30 to 7:30 p.m.](#)

[Monday, November 8 from 2:00 to 3:00 p.m.](#)

Week 2 Positive Activities

Positive activities provide us with opportunities for enjoyment and can improve our mood, increase our sense of control over our life, and create hope.

Tuesday, July 27 from 10:30 a.m. to 11:30 a.m. *(full)*

Wednesday, September 15 from 1:30 p.m. to 2:30 p.m. *(full)*

[Thursday, September 23 from 6:30 to 7:30 p.m.](#)

[Monday, November 15 from 2:00 to 3:00 p.m.](#)



Public Service Announcement

Week 3 Managing Reactions

Physical and emotional reactions happen as life stressors occur. Having confidence that we are able to effectively manage our emotions is important, as it helps protect our well-being, maintain our healthy connections, make effective decisions, and respond in healthy ways.

Tuesday, August 3 from 10:30 a.m. to 11:30 a.m. *(full)*

Wednesday, September 22 from 1:30 p.m. to 2:30 p.m. *(full)*

[Thursday, October 7 from 6:30 to 7:30 p.m.](#)

[Monday, November 22 from 2:00 to 3:00 p.m.](#)

Week 4 Helpful Thinking

Our thoughts have an impact on how we see the world, how we feel, and how we behave. Shifting our unhelpful patterns to include helpful thinking is important to help increase our confidence in coping with stressors, improve our mood, and reduce the intensity of our reactions.

Tuesday, August 10 from 10:30 a.m. to 11:30 a.m. *(full)*

Wednesday, September 29 from 1:30 p.m. to 2:30 p.m. *(full)*

[Thursday, October 14 from 6:30 to 7:30 p.m.](#)

[Monday, November 29 from 2:00 to 3:00 p.m.](#)

Week 5 Healthy Connections

Social support and connecting with others helps us feel a sense of belonging and reduces isolation that can occur when stressor increase. Building healthy social connections helps increase our confidence, overall effectiveness, and flexibility when handling life-changing events and problems.

Tuesday, August 17 from 10:30 a.m. to 11:30 a.m. *(full)*

Wednesday, October 6 from 1:30 p.m. to 2:30 p.m. *(full)*

[Thursday, October 21 from 6:30 to 7:30 p.m.](#)

[Monday, December 6 from 2:00 to 3:00 p.m.](#)

Questions: ahswellnessexchange@ahs.ca

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.



Module Descriptions

Problem-Solving – Why are these skills Important?

- They help us clearly define our problems and look at a variety of possible solutions
- Effective problem-solving helps us address the entire situation and influence what we can; it can also increase our confidence in the decisions that we make

Positive Activities – Why are they important?

- Positive activities provide us with opportunities for enjoyment
- When our life feels challenging, positive activities can help us feel connected to ourselves and our values
- Positive activities can improve our mood, increase our sense of control over our life, and create hope

Managing Reactions – Why is this important?

- Physical and emotional reactions happen as a response to life's stressors
- Having confidence that we are able to effectively manage our emotions is important to:
 - help protect our well-being
 - maintain our healthy connections
 - make effective decisions
 - respond in healthy ways

Helpful Thinking – Why is this important?

- Our thoughts have an impact on how we see the world, how we feel and how we behave
- Shifting our unhelpful patterns to include helpful thinking is important to:
 - help increase our confidence in coping with stressors
 - improve our mood
 - reduce the intensity of our reactions

Healthy Connections – Why are these important?

- Social support and connecting with others helps us feel a sense of belonging and reduces the feeling of isolation that can occur when stressors increase
- Maintaining our healthy connections helps to meet our emotional and practical needs, and helps us feel reassured, understood, needed and wanted
- Building healthy social connections helps increase our confidence, overall effectiveness, and flexibility when handling life-changing events and problems



Adult Book Club



**Books available at
Service Desk
Meeting September 9
at 5:30**



Mother Goose

**Join us every
Monday from
10:30 – 11:30
for singing,
rhyming and
connecting with
your little one.**

**For children aged
3 years and
younger and their
caregivers**



Puppet Fun

September 29 at 10:30



Kevin and Blue are SO excited to see all their friends!
Enjoy a puppet show, stories and crafts.

Call for more information
780-349-3060



Stories, Signs and Songs



Stories, signs, songs, and rhymes for children aged 6 years and under and their parent/caregiver.

This program is designed to entertain, enlighten and promote early literacy skills.



Fridays 10:30

For more information visit our website: www.westlocklibrary.ca

Art with Katie!



Join Katie each month
for an Art program!
“Paper Molas”

This month she is
doing a project for
Grades K – 3 on
September 21
At 4:00

Please call to register
780 349 3060



Culture Days: Reimagine

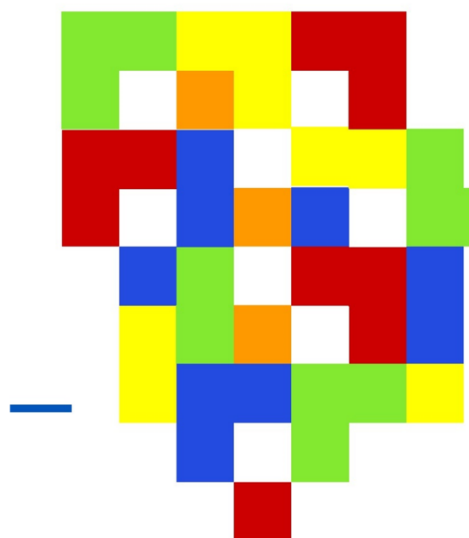
Did you know that the Westlock Library Logo is an abstract representation of Westlock County? The three orange squares represent each of our libraries; Westlock, Jarvie and Fawcett.

This year we want you to help us make a mosaic painting of our Westlock Logo.

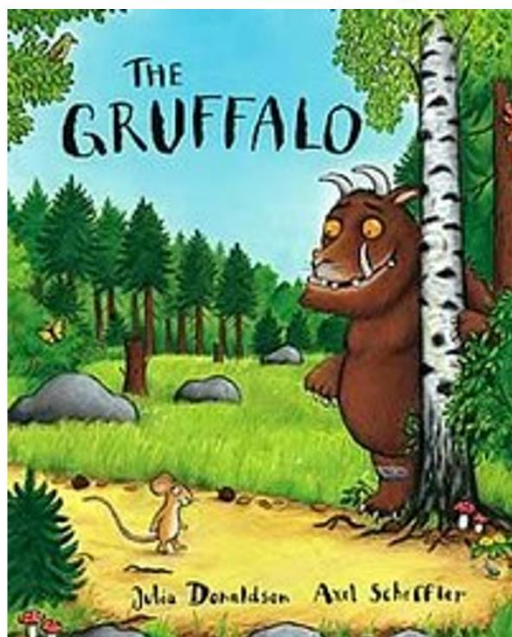
Pick up a package at the library starting September 1. Inside the package you will have a 4 x 4 canvas and a paint color. Your painting can be anything you like; your favourite book; an image representing your heritage; or a culture you admire; but there is a catch! Your painting can only be done in the color you are given! For example, if you get red, your entire painting needs to be done in shades of red.

Please call for more information

780 349 3060



Story Walk Time!!



Enjoy a walk on the grass behind the Library Building (or inside if raining) and read a book with your family!

A Story Walk is pages of a book displayed in an outdoor setting. Families then walk and read the story together!

End your time with a craft, a take home package and some outside visiting.

**August 30 at 10:00 – 11:30
and 2:00 – 4:00**

September 2 at 6:00 – 7:30

How does the program work?

Our volunteers are trained to support loss through illness (cancer, heart disease, etc), sudden death (suicide, accidents, etc), and even the loss of a four-legged companion.

Please feel free to pass along our information to any adult Albertan you encounter in your profession who may be feeling that free, safe support in their grief journey would be helpful. **We are also in the process of getting brochures printed up. If you would like to have these available to hand out, please let me know and I would be happy to mail these to you.**

Elizabeth (Betty) George (she / her)
Volunteer Coordinator
Alberta Hospice Palliative Care Association
bgeorge@ahpca.ca
403 206 9938 / 403 208 4208 (Direct line)



Seniors Bus Trip



Fort Assiniboine Museum

September 14th & 16th, 2021

Only 13 seats available per trip!

Bus Departs from FCSS Office at 2PM

TICKETS ONLY



**To book your seat, stop in to the new FCSS
office inside the Heritage Building.**

Advance registrations only.

Westlock & District FCSS

10007 - 100 Ave., Westlock, AB

780-349-5900

SENIORS 55+ PAINT DAY

SEPTEMBER 24, 2021



Your session will guide you through, step-by-step on how to complete your version of the featured image. We encourage you to put your creative spin on your painting.

Time: 10:00 a.m. - 12:00 p.m.
OR 1:30 p.m. - 3:30 p.m.

Cost: \$ 10 per person

Location: Westlock & District FCSS
10007-100 Ave, Westlock, AB
Heritage Building

All materials will be provided! Must pre-register! For more information call 780-349-5900!

Sponsored by:





Westlock & District FCSS



*Parking Lot
Party & Grand
Opening!!!*

*September 23, 2021
3:30 p.m.-6:00 p.m.*

Please Note

New Location

Heritage Building

10007-100 Ave

Westlock, AB

(Same Building as Library)

Fun

Music

Games

Come tour our new office!

Free Meal

(while quantity last)

SENIORS 55+ CARD MAKING



Your session will guide you through, step-by-step on how to complete your version of making cards. You will take home 2

**Time: 10:00 a.m. - 12:00 p.m. or
1:30 p.m. - 3:30 p.m.**

Cost: \$ 10 per person

Location: Westlock & District FCSS

10007-100 Ave, Westlock, AB

All materials will be provided!

Sponsored By:



BACK TO SCHOOL WITH THE RIGHT TOOLS



Families of modest income can **register** their children for the **Tools for School** program **online** or by calling or visiting the FCSS office.

