

*APRIL 2020*

**COMPASSION**

BINDS US TO ONE ANOTHER –  
NOT IN PITY OR PATRONIZINGLY,  
BUT AS HUMAN BEINGS WHO  
HAVE LEARNT HOW TO TURN  
OUR COMMON SUFFERING INTO  
HOPE FOR THE FUTURE.

— NELSON MANDELA —

***WARBURG FCSS & RECREATION***



## VILLAGE OF WARBURG UPDATE

How the world has become smaller in a few short weeks. The conversations have changed from climate change, pipelines, and roadblocks to COVID-19.

Personally, on a daily basis I see our residents struggling with our new reality. I believe it has a lot to do with the unknown. Do I have it? Have I passed it on to a loved one? How bad will it affect me? Most of us will get COVID-19 in some form.

Go to the Alberta Health Services website when you are looking for up-to-date information. The website has a self-evaluation test and instructions on what to do. If you have symptoms call Health Link (811) but expect a wait time. Don't go to the hospital. All the measures that the province have put in place is to slow the spread so that the medical system doesn't get overwhelmed.

The Village has closed the hall, arena, curling rink and library. We have also closed the village office to the public. Both the village staff and public works will continue to work to ensure that essential services stay in place. We have split our office and public works staff. Public Works will be working opposite weeks so that if we get COVID-19 in a staff member we have a backup staff member to continue. You will still be able to call the office (780-848-2841) and FCSS (780-848-2828) for information and emergencies.

The Easter egg hunt and the volunteer appreciation night have been cancelled. We will be updating the village website and social media as things change. We thank you for your patience in this troubled time.

I have lived in this community for the last ten years and have been involved on several boards. I have witnessed a large volunteer group organize events and do random acts of kindness. I have seen citizens work behind the scenes and do great things. In the coming weeks and months I expect this will continue. If you have a neighbour that has self-isolated, reach out with a text or a phone call. Not all people will ask for help when they need it.

Here below I have listed some advice, tips and instructions.

- 1) Limit going out to only essential outings - otherwise stay home.
  - 2) When out - practice social distancing - this means keeping 1-2m distance from others in public social settings. Avoid touching / shaking hands. A wave will do.
  - 3) Upon return home, wash your hands thoroughly with soap and water for a minimum of 20 seconds.
  - 4) Avoid touching your face, mouth and nose areas.
  - 5) Cover up sneezes / cough with your sleeve or elbow or tissue.
  - 6) If you are feeling ill, but not seriously ill, with ANY respiratory illness (cold like symptoms, fever or cough), review yourself by going on the online Alberta Health Assessment Tool (or by contacting Health Link by dialing 811) before going to a doctor's office or walk-in clinic. Health Link can inform you if you need to be tested for COVID-19, even if you don't have a travel or exposure history. The assessment tool can be found here: <https://myhealth.alberta.ca/journey/COVID-19/Pages/COVID-Self-Assessment.aspx>
- If you are feeling ill, remain at home until your symptoms are resolved to prevent spread of your illness.
- 7) If you are feeling seriously ill, please contact emergency services by dialing 911.
  - 8) Travel is not advised outside of Canada. Countries are closing borders making return travel unpredictable.

More info: <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

- 9) If you have recently travelled or you have plans to travel outside of Canada, you must self-isolate yourself at home for 14 days after your trip to monitor for symptoms. The Alberta government has listed flights that were at higher risk of exposure of COVID-19. If you have travelled in the last 2 weeks, please check this document here: <https://www.alberta.ca/assets/documents/covid-19-flight-information.pdf>
- 10) For those of you with more complex medication issues, or if you are over the age of 65, you are more vulnerable to complications from COVID-19. Please take extra precautions to protect yourself, such as diligent hand hygiene precautions, avoiding large groups of people, avoiding travel and avoiding anyone who may be ill, including family members. If you are under 65 and healthy, your risk is less but it is certainly not zero, so please take appropriate precautions for yourself as well. Being overly cautious now is better than under prepared later.
- 11) If you have family in a hospital facility, long-term care facility or senior's home/apartment, it is not recommended to visit at this time. Please try to keep social visits to phone calls with these individuals for their protection.

I believe that COVID-19 will bring this community closer together and we will come out the other side holding our heads high on the way we handled this crisis. On behalf of Council and village staff, I thank you for your patience, kindness and generosity in our time of need.

Mayor Kevin Maine



Text **COVID19HOPE** to **393939** to subscribe.

Feeling Stress, anxiety and/or depression due to the Covid-19 crisis? We can help.

The Mental Health Foundation, in partnership with Calgary Health Trust, the University Hospital Foundation, the Royal Alexandra Hospital Foundation, and the Alberta Children's Hospital Foundation, is supporting a new Alberta Health Services program Text4Hope - a free service providing three months of daily Cognitive Behavioural Therapy based text messages written by mental health therapists.

An Alberta based innovation, Text4Hope is an evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviors that a pandemic might provoke.

Through a set of daily messages, people receive advice and encouragement helpful in developing healthy personal coping skills and resiliency.

Community members simply subscribe to receive ongoing supportive content. There is no cost.

## How to Connect

Text **COVID19HOPE** to **393939** to subscribe.

The program provides one-way communication and does not replace other mental health therapies and supports.

It is a helpful option for people in self-isolation who can't access face-to-face services, as well as those in remote locations.

## Social Distancing

Social distancing involves taking steps to limit the number of people you come into close contact with. It can help you reduce the risk of getting sick.

This is not the same as self-isolation. You do not need to remain indoors, but you do need to avoid being in close contact with people.

To protect yourself and others:

- Keep at least 6 feet (the length of a bicycle) from others when going out for groceries, medical trips and other essential needs
- Limit the number of times you leave your home for errands
- Try to shop at less busy times
- Order online to have groceries or other items delivered if possible
- Go for a walk in your neighborhood or park while maintaining distance from others
- Avoid overcrowding in elevators or other enclosed spaces
- Follow Alberta's recommendations on mass gatherings
- Wash or sanitize your hands after touching communal surfaces

## Flexibility for Taxpayers

In order to provide greater flexibility to Canadians who may be experiencing hardships during the COVID-19 outbreak, the Canada Revenue Agency will defer the filing due date for the 2019 tax returns of individuals, including certain trusts.

- For individuals (other than trusts), the return filing due date will be deferred until June 1, 2020. However, the Agency encourages individuals who expect to receive benefits under the GSTC or the Canada Child Benefit not to delay the filing of their return to ensure their entitlements for the 2020-21 benefit year are properly determined.
- For trusts having a taxation year ending on December 31, 2019, the return filing due date will be deferred until May 1, 2020.

### LAI D OFF DUE TO WORK CLOSURES?

- Apply for regular EI benefits
- You will need 700 work hours in last year
- You will need a ROE saying you've been laid off from your employer to get benefits
- There is a 1-week wait period (so you will not be paid for 1 week)
- Apply online:  
<https://www.canada.ca/en/services/benefits/ei.html>
- Call 1-800-206-7218 for more info

### UNABLE TO WORK DUE TO SELF-QUARANTINE?

- Apply for EI Sickness benefits
- You will need 600 work hours in last year
- You do not need a ROE or sick note to qualify
- The 1-week wait period has been waived.
- Apply online:  
<https://www.canada.ca/en/services/benefits/ei.html>
- Call 1-833-381-2725 for more info

### LAI D OFF AND INELIGIBLE FOR EI?

- Apply for the Emergency Support Benefit.
- Amounts and eligibility has not yet been announced.
- Applications will be available in April via CRA MyAccount, My Service Canada Account, and a yet to be released toll-free number

### SELF-QUARANTINED & INELIGIBLE FOR EI?

- Apply for the Emergency Care Benefit for workers not eligible for EI (including self-employed) who are sick with COVID-19, quarantined, or taking care of a family member with COVID-19.
- Up to 15 weeks of benefits, up to \$900 bi-weekly.
- Applications will be available in April via CRA MyAccount, My Service Canada Account, and a yet to be released toll-free number

### UNABLE TO WORK DUE TO SCHOOL CLOSURES?

- Parents with children who require care due to school closures can apply for the Emergency Care Benefit.
- 15 weeks of benefits, up to \$900 bi-weekly.
- Applications will be available in April via CRA MyAccount, My Service Canada Account, and a yet to be released toll-free number

### DO I QUALIFY FOR WORKSAFE BENEFITS?

- WorkSafe benefits are not available for preventative measures or non-work-related exposure
- Only file a claim for COVID-19 virus infection contracted through work-related exposure.
- Call 1-888-967-5377 for more info

Please be advised that all events originally scheduled within the community up to the end of May have been cancelled until further notice. This list includes but is not limited to:

- \* Senior's Centre - Tues Quilting, Weds Card games, Easter Lunch
- \* Legion - Pancake Breakfast
- \* Volunteer Appreciation Banquet
- \* All Early Childhood events/Stay and Plays
- \* Thorsby Fish and Game Banquet
- \* Easter Egg Hunt

As you are all aware, the situation is ever evolving, and we will make best efforts to inform

**\*\*\* the Village of Warburg Office is currently closed to the public\*\*\***

Please go to the Village website at [www.warburg.ca](http://www.warburg.ca) for more information on the crisis.

All essential Village services will be covered.

For Emergencies or should you have any questions, please contact the Office at 780-848-2841 or by email at [village@warburg.ca](mailto:village@warburg.ca). Staff will still be available during regular business hours.

Payments to the Village can be made via e-transfer, or through your bank. If paying by cheque or cash via the drop box, please include the bottom portion of your invoice.

***TAMI AT THE FCSS OFFICE CAN BE REACHED AT 780-848-2828 OR FCSS@WARBURG.CA. SHE WILL BE IN OFFICE DURING REGULAR OFFICE HOURS, TUESDAYS WEDNESDAYS AND THURSDAYS.***

Please also note that the Community Park and Toboggan Hill are currently closed as well. Please do not use these Community facilities as we try to keep Warburg and it's residents healthy and safe.

We truly thank you for your compliance and understanding during this difficult time, and are sorry for any inconvenience this may cause.

# FROM THE WARBURG PUBLIC LIBRARY

Warburg Library is closed to the Public. Staff is at the Library Tuesdays, Wednesdays and Thursdays to take phone calls and let patrons know

which services they can still access, like resources, hoopla and overdrive, both are free to patrons with a trac card. YRL and AWA can help Patrons with obtaining a TRAC card.

AWA: 780-848-2391 and YRL: 1-877-962-2003 then press 0 for the main line and to talk to Someone or to leave a message. Thank you for your patience and stay safe and healthy



## Breathing Exercise for Anxiety, stress and grounding

### **Paced Breathing:**

*Paced breathing is a technique that can help to activate stress reduction mechanisms in the body by promoting a harmonious state between your respiratory system and your heart. You can drastically reduce the physical symptoms of anxiety by gaining control of your breath.*

- ◇ The basic technique is to inhale for a count of 2-4 seconds and exhale for a count of 4-6 seconds. Find the combination that works for you, making sure to exhale longer than you inhale.
- ◇ Focus your attention on a specific object, image, sound or even your own breath to free your mind from distractions
- ◇ Begin by taking a normal breath and then take a deep breath. Breathe in slowly through your nose, letting your chest and lower belly expand. Breathe out slowly through your mouth, pursing your lips and making a swoosh sound.
- ◇ If your mind wanders, gently redirect your focus back to the counting and breathing.

Repeat for five minutes or until you feel a heightened sense of calm.

## Seniors' Centre Without Walls

A seniors' centre from the comfort of your own home! Join us for a variety of interactive telephone-based social and health programming, free of charge. Provides opportunities to socialize, learn new skills and stay connected. New series of participant-selected topics every four months. Program funded in part by the Government of Canada's New Horizons for Seniors Program.



Are you feeling stuck inside the home lately and missing that bit of social interaction? Are you interested in games, guided exercise sessions over the phone, nutrition chats, reliving memories of trips, educational sessions (i.e., grief, caregiving, etc.) - amongst many others? Maybe you just want to check in and listen to others. You can do that with us!

**Seniors Centre Without Walls** is a seniors' centre from the comfort of your own home! A variety of interactive telephone-based social and health programming is provided, free of charge. Socialize, learn new skills, and stay connected. New series of participant-selected topics every four months.

To access:

- 1) Dial the toll free number: 1-855-703-8985**
- 2) You will hear an automated voice with the following message: *Welcome to Zoom. Please enter your Meeting ID # followed by the # : 225.573.6467 \*\*\* if you hear that this meeting does not exist, please check that you have entered the correct number and try again***
- 3) The next message will be the following: *"Please enter the participant ID or press the pound key" Just press #.***
- 4) The next message will ask you to state your name and press the # key. Please state your first name only.**

**\*\*\*For our current full schedule of programs please visit [edmontonsouthsidepcn.ca/scww](http://edmontonsouthsidepcn.ca/scww) or call 780-395-2626\*\*\***

Here are just a few of the programs offered:

**Exercise Classes:** All exercise classes have varying levels of difficulty and exercises can be modified to suit your needs! Home, seated & Strengthening exercises available.

**Games:** BINGO, Family Feud, Jeopardy, Memory Practice, Trivial Pursuit, Super Sleuths and more!

**Nutrition for Health:** Get up-to-date healthy eating information from registered dieticians and share tips and cooking ideas.

**\*\*\* check the latest schedule for full offerings - these programs are all FREE!!!\*\*\***

## Chair Yoga Poses

The following 10 poses are done one after another in the sequence they are presented. Begin by sitting in a chair with your spine very straight and your feet flat on the floor.

- Chair Cat-Cow Stretch.** Slowly inhale and arch your back while dropping your shoulders (cow position). Slowly exhale while rounding your spine. Let your shoulders and head come forward (cat position). Repeat the full cycle for five breaths (inhale and exhale).



Beginning Pose



Cow Stretch



Cat Stretch

- Chair Raised Hands.** After completing your fifth Chair Cat-Cow Stretch, inhale and raise your left arm toward the ceiling with your palm facing in. Keep your feet flat on the floor. As you continue to reach upwards, let your shoulder blade slide down your back. Exhale slowly and lower your left arm. Inhale as you slowly raise your right arm toward the ceiling with your palm facing in. Exhale and slowly lower your right arm. Let your shoulder blade slide down your back. Continue with the Chair Forward Pose.



- Chair Forward Bend.** Inhale and raise both arms with your palms facing. Slowly exhale, lower your arms and bend forward over your legs. Let your hands rest on a chair in front of you. Let your head hang.



For more stretch, continue to bend forward until your hands rest on the floor. Let your head hang. Slowly inhale, return to a sitting position and raise your arms over your head again. Repeat the Chair Raised Hands followed by the Chair Forward Bend five times. After the fifth time, move on to the Chair Extended Side Angle Pose.

- Chair Extended Side Angle.** Slowly inhale while raising your right arm toward the ceiling with your palm facing in. Point your fingertips to the ceiling. Slowly exhale and bend to the left. Don't overdo it. You should just feel a gentle stretch. Hold this pose, breathing slowly several times, before exhaling and bringing your right arm down to your side. Repeat with your left arm. Slowly inhale while raising your left arm toward the ceiling with your palm facing in. Point your fingertips to the ceiling. Slowly exhale and bend to the right.



Hold this pose, breathing slowly several times, before exhaling and bringing your left arm down to your side. Slowly repeat five times, alternating arms.

- Chair Pigeon.** After completing the Chair Extended Side Angle, bring your right ankle up and rest it on your left thigh. Keep your knee in a straight line with your ankle as much as possible. Hold this pose for three to five breaths. For a stronger stretch bend forward slightly. Repeat with your left leg.



- Chair Eagle.** Cross your legs with your right thigh over your left thigh. Wrap your right foot around your left calf as far as possible. Cross your left arm over your right arm at the elbow. Bend your elbows and touch your palms together. Lift your elbows while dropping your shoulders away from your ears. Hold this pose for three to five breaths. Lower your right foot to the floor and continue with the Chair Spinal Twist.



- Chair Spinal Twist.** Slowly inhale and lengthen your spine. Slowly exhale while twisting your torso toward the left. Hold the arm or seat of the chair. Inhale as you return to a straight spine position. Repeat the twist for five breaths. Change direction and repeat the Spinal Twist to the right for five times.



### 8. Chair Warrior Poses:

- Chair Warrior I.** After completing the Chair Spinal Twist, move to the edge of the chair and gently move your left leg behind you. Try to place the sole of your left foot flat on the floor. Raise your arms to the ceiling as you inhale. Hold for three breaths. Move on to Chair Warrior II.



- Chair Warrior II.** After completing the Chair Warrior I pose, slowly inhale while turning your body to the right. Your right leg is bent at the knee and pointing to the right. Your left leg is behind you to the left as straight as possible. Exhale and open your arms, so your right arm is over your right leg and your left arm is back over your left leg. Gaze out over your right fingertips and hold for three breaths. Turn your body to the left and repeat the pose with your left leg forward and your right leg behind you.





# FEELING THE NEED TO HELP?

1. Check on a senior neighbor or relative via phone. Do they need anything? Make small talk - they may not have the access to the other forms of communication that you do; even if they turn down the offer for grocery pick up, they may just need to connect with you!
2. Spend some of your spare time gathering clothing/food bank donations. There are many Social Assistance Organizations that are facing both lowered donations and increased need, and that will only worsen as the economic impact of Covid19 is felt
3. Take special care of those under your roof. Have patience with them. Understand that this pandemic is affecting each and every one of them, and the effects may not all present the same. Most of all, have patience with yourself. We are all dealing with this isolation and uncertainty, and we all have different ways of processing the never ending information that is coming down the pipes, and the inevitable stress that follows with it. You are doing the best that you can. Whenever possible, take the time to practice gratitude for what you have, for who is in your circle, and for the understanding that although we don't have an exact timeline for when life can return to normal, it WILL return to normal.



## A MESSAGE FROM THE LEDUC & DISTRICT FOOD BANK

### **We are OPEN during COVID-19**

You may **call 780-986-5333 for an appointment** on Mondays, Wednesdays and Fridays starting at 8:30 am to book for same day pick up. However, our call volume is very high, so we ask for your patience. We have also had to **REDUCE** hamper sizes to be able to assist everyone.

MONETARY donations are greatly appreciated and can be made through **Canadahelps.org** or **ATB cares (click the images below)**.

Non-Perishable donations can be delivered to our site Monday, Wednesday and Fridays. Drop off by back door, ring doorbell and return to your vehicle or phone and advise of your donation. You can also use our collection bins in the grocery stores to put your food donations in.

We would like to thank the community for their support and patience as we navigate this new challenge and work towards maintaining social distancing.

## **Important links for up to date information:**

<https://www.albertahealthservices.ca/>

<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

<https://www.leduc-county.com/en/county-government/covid-19-coronavirus.aspx>

<https://www.leduc-county.com/en/county-government/covid-19-social-services-supports.aspx>

[https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html)

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

**MY HOUSE GOT TP'D LAST  
NIGHT, IT'S NOW APPRAISED  
AT \$875,000**

Beast: The castle is your quarantine now. You can go anywhere you wish, except the West Wing.

Belle: What's in the West Wing?





# Council Notes

## Council Notes:

Complete Minutes are available on our Website once approved at the next month's council meeting.

## February 24, 2020 Minutes

### Thorsby Notice of Termination of Contribution

Council voted that a letter be issued to the Town of Thorsby indicating the Village of Warburg's disappointment in their decision not to contribute their \$5000 funding for the Regional RCMP Support Staff for 2020.

### Policy Review

Council reviewed and approved Policies 41/02, 42/02, and 44/05. Policy 43/05 was reviewed and voided. Policy 46/06 was reviewed and Administration was requested to amend and return it to another meeting for approval as well and have a new policy composed for the Promoting of Volunteers.

### Development Proposal

Council approved the development proposal for a driveway to be constructed at Lot 6, Block 10, Plan 3022MC.

## March 9, 2020 Minutes

### Bylaw 168/20 being cited as the "Cat Bylaw"

Council enacted Bylaw 168/20 cited as the "Cat Bylaw" which came into effect upon Final Reading. Residences may house up to 3 cats. Cats in residence prior to the Bylaw coming into effect are "grandfathered in". Cats must be licensed: \$20.00 for "fixed" felines, \$50.00 for "unfixed" felines. Seniors rates—half price. Residents are asked to register their cats effective immediately.

### Land Lease

Council resolved to enter into an agreement with Mr. Rick Harakal for lease of Village farm land west of the Village.

### Tax Sale

Council has set the Village of Warburg Tax Recovery Sale for June 30, 2020.

### Recycle Grant

Council authorized Administration to apply for a grant through the Community Champions Grant Program.

\*\*\*\*\*

### Mountain Pine Beetle

It has been discovered that some trees within the Village have an infestation of pine beetles. It is extremely important to remove and dispose of infested trees prior to mid-June, when mature beetles begin to emerge and fly to new trees. Please check the trees on your property for "boring dust", pitch tube (resin that pine trees produce to repel the beetle) and blue stain fungi. Any infested trees must be removed by May 1, 2020. Infested bark should be chipped, burned or buried to ensure adults and larvae are destroyed.

\*\*\*\*\*

### Council Meetings

Upcoming Regular meetings of Council will be held on Tuesday April 14 & Monday, April 27, 2020 @ 7:00 pm. Please note: All documents and notice of delegation intended to be submitted to the Council must be received by the CAO not later than 4:30 p.m. on the Monday of the week prior to the meeting.

\*\*\*\*\*

**THE GREATNESS OF A COMMUNITY  
IS MOST ACCURATELY MEASURED  
BY THE COMPASSIONATE ACTIONS  
OF ITS MEMBERS.**

# APRIL 2020

							Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3						4
				Find a YouTube Tutorial. Learn it..	Play 20 questions with a family member over the phone	Invent a new word. Share it and it's definition online!						Organize your junk drawer
5	6	7	8	9	10	11						
Make some jam with all those frozen berries in your freezer	Learn a new card game	Write a letter to the 5th person in your address book.	Use the Duolingo app; learn a new language!	Read your favorite book from your childhood	Make some abstract art with masking tape, canvas and paints.  GOOD FRIDAY	Paint Easter Eggs						
12	13	14	15	16	17	18						
Look up the top ten songs from the day you were born. Have a listen!  EASTER SUNDAY	10 minutes of chair yoga  EASTER MONDAY	Council meeting 7pm	Go for a walk	Have a pet? Dress it up! Take cute pictures!	Movie Night! -Pick an actor and watch the oldest film they've made!	Make a list of the top 3 things you WANT to do once things go back to normal						
19	20	21	22	23	24	25						
Jigsaw Puzzle time!	Bake and Freeze Cookies and squares for when we can FINALLY HAVE COMPANY OVER	YATZEE!	Post a message of encouragement in your window for passers by	Make a silly video and send it to your family members for a laugh	Dance party!!! Play some tunes; and let loose!!!	Go through your spices - trust me, you have too many.						
26	27	28	29	30	31							
Spend ten minutes Meditating.	Council meeting 7pm	Know a nurse? Reach out and thank them for all that they do!	Clean a closet	Organize those photos that have been sitting in a box since the mid 90's	Apple Crumble Day!!!							