



Warburg

2024

NEW
YEAR

FCSS / RECREATION NEWSLETTER

WE ACKNOWLEDGE THAT WE ARE ON TRADITIONAL TERRITORIES OF THE MANY FIRST NATIONS, MÉTIS, AND INUIT IN ALBERTA AND EXPRESS GRATITUDE AND RESPECT FOR THE LAND WE USE, PLEDGE TO END SYSTEMIC RACISM, COMMIT TO ADVANCING RECONCILIATION AND PARTNERING WITH INDIGENOUS PEOPLES IN OUR WORK.



Home Alone: Parent and Child

Do you think your child is ready to start staying home alone occasionally for short periods of time? Does your child have some experience being home alone? No matter what your situation, this workshop will enhance your child's skill and confidence to stay home alone while giving you the knowledge about what your child needs in order to be ready.

This workshop focuses on home alone skills and readiness, as well as emergencies, back up plans and scenario practices.



- ▶ **Date:** Wednesday, Jan. 24, 2024
- ▶ **Time:** 6 to 8 p.m.
- ▶ **Location:** Calmar Public Library (4705 50 Ave, Calmar, AB)
- ▶ **Register:** online at www.leduc-county.com/home-alone-parent-and-child or contact Kristin at **780-955-6421** or kristin@leduc-county.com.
- ▶ **Spaces available:** Maximum 6 family groups

Children must be a minimum of nine years old to attend. A parent or caregiver must be in attendance.
Open to residents of Leduc County, Calmar, Thorsby, and Warburg.





Budget Breakers



“Where did all of my money go this month?”

Does this question sound familiar? Ever wondered how you can still have more month to go but not enough money to cover the expenses that come with it? It's become common and normal to feel broke, like you never seem to have enough. It's also common and normal to feel like you're not sure what the solution is.

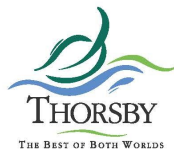
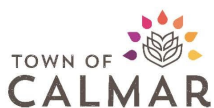
We can help you to stick to your budget by helping you to understand what you need to account for in your spending plan. We can also give you the education and the support you need to learn what you should keep your eye on to avoid breaking your budget.

Join us for an informative and interactive webinar on Budget Breakers where you'll learn to:

- ▶ Understand the components of a budget.
- ▶ Anticipate, plan and pay for irregular expenses like birthdays, car maintenance, clothing, school supplies and vacations.
- ▶ Create an emergency savings plan for rainy days.
- ▶ Recognize when you're spending money impulsively.
- ▶ Create an easy-to-implement action plan to manage impulse spending so that you stop the cycle.
- ▶ Learn what your money set point is so that you can sleep at night knowing you'll be able to handle any potential budget breakers that may arise!

This session is presented by the Credit Counselling Society.

- ▶ **Date:** Friday, Jan. 12, 2024
- ▶ **Time:** 1 to 2 p.m.
- ▶ **Location:** online via Zoom
- ▶ **Technology needed:** internet access by computer, laptop, tablet or smartphone.
- ▶ **Register:** online at www.leduc-county.com/budget-breakers or contact Kristin at **780-955-6421** or kristin@leduc-county.com.



Canadian Dental Care Plan

Accessible. Affordable. Essential.



Eligibility

To qualify, you must:

- ✓ be a Canadian resident
- ✓ have an adjusted family net income under \$90,000
- ✓ not have access to employer/pension-sponsored or private dental insurance
- ✓ have filed your tax return in the previous year

The CDCP will ease financial barriers to accessing oral health care for up to **nine million** eligible Canadian residents.



How to Apply

CDCP Application Phases

Group	Applications start date
Invitation to apply by mail	
Seniors aged 87 and above	December 2023
Seniors aged 77 to 86 years	January 2024
Seniors aged 72 to 76 years	February 2024
Seniors aged 70 to 71 years	March 2024
Application online	
Seniors aged 65 to 69 years	May 2024
Adults aged 18 to 64 with a valid Disability Tax Credit certificate	June 2024
Children under 18 years old	June 2024
All remaining eligible Canadian residents	2025

Oral health is important to your overall health and well-being. Regular visits to an oral health professional can reduce the risk of health problems.

In 2022, almost one in four Canadians reported avoiding visiting an oral health professional due to cost.

Every Canadian deserves accessible, affordable and essential oral health care.



Letters will be sent in phases by age group between December 2023 and March 2024 until all potential eligible seniors who are 70 years of age or older have been invited to apply for the CDCP.



Canada.ca/dental

Accessible

Oral health is an important part of our overall health and well-being.

Regular visits to an oral health professional can reduce the risk of dental decay, gum disease and other serious health issues such as cardiovascular disease and stroke.

A third of people living in Canada do not have dental health insurance. In 2022, almost one in four Canadians reported avoiding visiting an oral health professional because of the cost.

The Canadian Dental Care Plan (CDCP) will ease financial barriers to accessing oral health care for Canadian residents with an adjusted family net income below \$90,000, who do not have dental insurance.

Affordable

To qualify for the CDCP, you must meet all the eligibility criteria. If you have a spouse or common-law partner, you both need to meet the eligibility criteria to be able to qualify for the CDCP.

To qualify, you must:

- ✓ be a Canadian resident
- ✓ not have access to employer/pension-sponsored or private dental insurance
- ✓ have an adjusted family net income under \$90,000
- ✓ have filed your tax return in the previous year

Canadian residents who have access to dental care benefits through government social programs will be able to apply to the CDCP if they meet all the eligibility criteria.



The CDCP will be rolled out using a phased approach, starting with seniors, adults with a valid Disability Tax Credit certificate and children under the age of 18. All remaining eligible Canadian residents between the ages of 18 and 64 will be able to apply in 2025.

Letters will be sent in phases by age group beginning in December 2023 until all potential eligible seniors who are 70 years of age or older have been invited to apply for the CDCP. All letters are expected to be delivered by end of March 2024.

Group	Applications start date
Invitation to apply by mail	
Seniors aged 87 and above	December 2023
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People covered under the CDCP will be reassessed annually to confirm they are still eligible.

Essential

The CDCP will directly reimburse the oral health provider enrolled in the CDCP for eligible expenses. Plan members, whose adjusted family net income is over \$70,000, will be required to pay a co-payment.

Adjusted Family Net Income	Co-payment percentage
Below \$70,000	Co-payment not required.
\$70,000 - \$79,999	40 per cent co-payment required.
\$80,000 - \$89,999	60 per cent co-payment required.

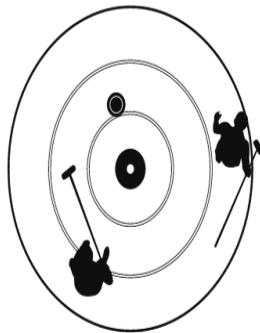
Coverage will begin on the date provided in your welcome package from Sun Life. Appointments with an enrolled oral health provider should be scheduled as of that date and no sooner for the eligible oral health care services to be covered under the Plan. The CDCP will not reimburse you for oral health care services received before that date.



For more information, visit Canada.ca/dental



FLOOR CURLING AT PIONEER REC CENTER (WARBURG HALL)



Warburg Floor Curling is starting up again for the season! Everyone from all over is welcome to join!

Date: will run every Thursday

Time: 1pm

\$2.00 to come and join!

SENIORS CENTRE



NEWS



Everyone welcome to join any event/lunch!



CARDS
1 PM EVERY WED.

SOUP&SANDWICH
EVERY 3RD WEDNESDAY OF THE MONTH (\$10.00)

SENIORS CLUB MEETING
EVERY 3RD WEDNESDAY OF THE MONTH

TAI CHI (10-11 AM)
CLASSES EVERY WEDNESDAY (\$2.00)

QUILTING TUES & THURS @ 9:30 (\$2.00)



Groups and Peer Support

Momentum Counselling- Grief and Loss Group

Momentum Counselling in Edmonton offers a 6-week virtual drop-in group for individuals who are grieving a loss. This group is a psychoeducational support group. The aims of the group include improving the understanding of grief and loss, gaining support from other members, and learning a variety of helpful coping strategies.

<https://momentumcounselling.org/grief-and-loss-group/>

Out of Grief Ministry

Hosted at Leduc Fellowship Church (4401 Rollyview Road, Leduc, AB), this is an informal get together for encouragement and support for anyone journeying through the grieving process. For more information contact Dale Ashley at outofgrief@gmail.com.

Navigating the Rivers of Grief- Self-Paced Online Grief Support Course

Created by the Edmonton Healing Centre, this course is a four-week interactive journey through your grief as you learn to ride the waves, stay grounded as they pass, and find your unique way forward. This course offers four modules for \$49 USD. <https://www.zivatibe.com/course/navigating-the-rivers-of-grief>

Counselling:

Contact Leduc County Family and Community Support Services (FCSS) at 780-955-6421 for information about local counsellors. If the cost of counselling is a barrier, you may qualify for a counselling subsidy that helps low-income residents access counselling services. Call 780-955-6421 to inquire. For more information visit the FCSS website: <https://www.leduc-county.com/en/living-here/counselling-subsidy.aspx>.

Book Recommendations:

It's Okay That You're Not Okay: Meeting Grief and Loss in a Culture That Doesn't Understand

Megan Devine

How to Carry What Cannot Be Fixed (Guided Journal)

Megan Devine

Understanding Your Grief: The Essential Touchstones for Finding Hope and Healing Your Heart

Dr. Alan D. Wolfelt

The Grieving Brain: The Surprising Science of How We Learn From Love and Loss

Mary-Frances O'Connor

Grief is Love: Living with Loss

Marisa Renee Lee

I Wasn't Ready to Say Goodbye: Surviving, Coping, and Healing After the Sudden Death of a Loved One

Brook Noel & Pamela D. Blair Ph.D.

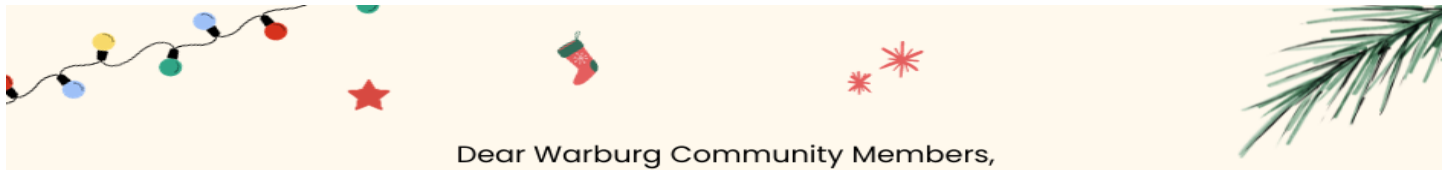
Children's Book Recommendations:

The Invisible String

Patrice Karst

The Heart and the Bottle

Oliver Jeffers



Dear Warburg Community Members,

We extend our warmest thanks to our incredible volunteers and community members who poured their hearts into the Christmas Elves Hamper Project. Your generosity and time have created magic beyond belief!

A special shoutout goes to our local sponsors, including the wonderful folks at Genessee Power Plant, Pair A Dice Trike Event, Leduc Regional Food Bank, all of our cherished local businesses, as well as the Firefighters Food Bank Drive. Your support lights up our community with joy, and we're truly grateful.

A special twinkle of appreciation to the Village of Warburg Market, Dave from Public Works, Councillor Henderson, Chris P. for their last-minute dash to assist with those magical festive touches. Whether it was through financial contributions or the gift of time, we extend our heartfelt thanks to each and every person who aided in this program!

May your holidays be filled with the warmth and kindness you've so generously shared with us! From the bottom of our hearts, thank you for making this year's Elves Program a season of joy and love.

Wishing you all the magic of the season,

Warburg FCSS & Christmas Elves



Community Gym Night at the Warburg School

- December 16th
- January 20th
- February 17th
- All nights start at 5:30pm and go to 8:30pm.
People are welcome to come and go as they like and it's free



ARENA SCHEDULE

23/24

MON

**SHINNY
3:45-5:15**

**FAMILY SKATE
3:45-5:15**

helmets mandatory for anyone under age of 18

WED

**FRI
PARENT & TOT
SKATE
10-12**

helmets mandatory for anyone under age of 18

Mastering the Art of Simplicity:

Decluttering Your Way to Happiness and Peace of Mind



MICHELLE KUNY
PROFESSIONAL ORGANIZER



PRESENTS:



Let's face it: clutter and disorganization often negatively impact a person's physical and emotional well-being and it takes a toll on us and our loved ones.

Join Michelle Kuny, Owner/ Professional Organizer of MK Organizing, as she teaches her "GDP Method of Organization" and guides us through the five simple foundational principles of organization. These principles can be applied to everything from decluttering to downsizing to time management – and when followed can transform lives.



Anyone can do it! Join us for snacks, conversation and some potentially life-changing learning!

- ▶ **Date:** Feb 29, 2024
- ▶ **Time:** 2:15 to 3:30 p.m. (doors open at 2 p.m.)
- ▶ **Location:** Council Chambers, County Centre, 1101-5 Street, Nisku AB
- ▶ **Register:** contact Carla at **780-955-4554** or carla@leduc-county.com or online at leduc-county.com/Mastering-the-Art-of-Simplicity
- ▶ **Spaces available:** minimum eight registrants; maximum 40



WARBURG MUSEUM

COFFEE AND PIE

RUNS THE FIRST SATURDAY OF EACH MONTH!

TOURS CAN STILL BE ARRANGED THROUGH
SUSIE (780-848-2507) OR JOAN (780-621-7174)



Warburg Curling Club

Curling 2023/2024

Monday & Thursday 7pm

Tuesday (Sturling Night) 6:30 p.m.

Men's Morning Curling Thursday 10 a.m.

New Curlers always welcome!

Questions call Rob Tessier-780-789-3723

Men's Curling call Les N. 780-848-2661



Save the Date



*Volunteer Appreciation Friday April 19th
Stay tuned for more details closer to the
date!*

WELLNESS AND BETTER HABITS

1. PRIORITIZE SLEEP:

AIM FOR 7-9 HOURS OF QUALITY SLEEP EACH NIGHT. CREATE A RELAXING BEDTIME ROUTINE AND ENSURE YOUR SLEEP ENVIRONMENT IS COMFORTABLE.

2. STAY HYDRATED:

MAKE A CONSCIOUS EFFORT TO DRINK ENOUGH WATER THROUGHOUT THE DAY. CARRY A REUSABLE WATER BOTTLE TO ENCOURAGE CONSISTENT HYDRATION.

3. BALANCED NUTRITION:

FOCUS ON A WELL-BALANCED DIET RICH IN FRUITS, VEGETABLES, LEAN PROTEINS, AND WHOLE GRAINS. LIMIT PROCESSED FOODS AND ADDED SUGARS.

4. REGULAR EXERCISE:

INCORPORATE REGULAR PHYSICAL ACTIVITY INTO YOUR ROUTINE. FIND ACTIVITIES YOU ENJOY, WHETHER IT'S WALKING, JOGGING, YOGA, OR DANCING.

5. MINDFUL EATING:

PRACTICE MINDFUL EATING BY PAYING ATTENTION TO WHAT YOU EAT, SAVORING EACH BITE, AND AVOIDING DISTRACTIONS LIKE SCREENS DURING MEALS.

6. DIGITAL DETOX:

SET DESIGNATED TIMES TO DISCONNECT FROM SCREENS, INCLUDING SMARTPHONES AND COMPUTERS. USE THIS TIME FOR RELAXATION, READING, OR SPENDING QUALITY TIME WITH LOVED ONES.

7. STRESS MANAGEMENT:

INCORPORATE STRESS-REDUCING ACTIVITIES INTO YOUR ROUTINE, SUCH AS MEDITATION, DEEP BREATHING EXERCISES, OR MINDFULNESS PRACTICES.

8. SET REALISTIC GOALS:

ESTABLISH ACHIEVABLE AND REALISTIC GOALS FOR THE YEAR. BREAK THEM DOWN INTO SMALLER, MANAGEABLE STEPS TO STAY MOTIVATED.

9. REGULAR HEALTH CHECK-UPS:

SCHEDULE REGULAR HEALTH CHECK-UPS AND SCREENINGS TO MONITOR YOUR WELL-BEING AND CATCH ANY POTENTIAL ISSUES EARLY ON.

10. CULTIVATE POSITIVE RELATIONSHIPS:

SURROUND YOURSELF WITH SUPPORTIVE AND POSITIVE INDIVIDUALS. FOSTER CONNECTIONS THAT CONTRIBUTE TO YOUR OVERALL WELL-BEING.

11. PRACTICE GRATITUDE:

KEEP A GRATITUDE JOURNAL TO REFLECT ON THE POSITIVE ASPECTS OF YOUR LIFE. CULTIVATING GRATITUDE CAN ENHANCE YOUR OVERALL OUTLOOK.

12. LEARN SOMETHING NEW:

STIMULATE YOUR MIND BY PICKING UP A NEW HOBBY OR LEARNING A NEW SKILL. THIS CAN ADD A SENSE OF ACCOMPLISHMENT AND JOY TO YOUR LIFE.

13. MIND-BODY CONNECTION:

EXPLORE MIND-BODY PRACTICES LIKE YOGA OR TAI CHI TO PROMOTE PHYSICAL AND MENTAL WELL-BEING.

14. LIMIT CAFFEINE AND ALCOHOL:

BE MINDFUL OF YOUR CAFFEINE AND ALCOHOL INTAKE. CONSIDER ALTERNATIVES LIKE HERBAL TEAS AND NON-ALCOHOLIC BEVERAGES.

15. EXPRESS CREATIVITY:

FIND OUTLETS FOR CREATIVITY, WHETHER IT'S THROUGH ART, WRITING, OR MUSIC. EXPRESSING YOURSELF CREATIVELY CAN BE THERAPEUTIC.

Clay for Kids[®]

CLAY & GLASS FUSION MOBILE STUDIO

Established 1981

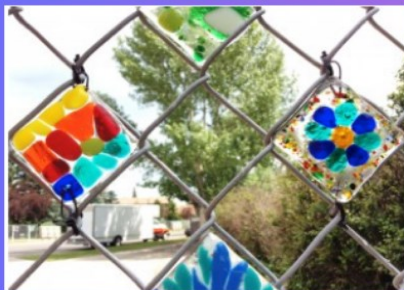
**AND
ADULTS!!!**

**KIDS Session ages 7+ will run from 1:30-4:30 pm
\$30.00/ticket, snacks and beverages included**

**ADULT session will run from 6-9 pm
\$30.00/ticket
snacks and beverages included.**

JANUARY 31, 2023

WARBURG RECREATION CENTER



**Please register at the Warburg
Office or email fcss@warburg.ca
Payment will secure your spot
for this fun event!!**

- Each student will create a bowl on the pottery wheel + a 4x3 suncatcher glass fusion project with the theme of your choice
- Slip glazing is included for the bowls
- Glass fusion option includes 4x3 Suncatchers
- Projects will be fired and returned within 21 days



Happiness Basics

Happiness Basics is a course that helps you boost your overall happiness. Learn how to make lifestyle changes and add new habits into your everyday life to create more joy.

Happiness Basics is based on the practice of positive psychology and has shown to improve participant's mood and energy levels, boost mental health and promote happiness in all aspects of life.

In this creative and fun group, you will learn mindfulness techniques, ways to identify joy and how to incorporate pleasure into day-to-day activities. Learn how you can choose to have more positive experiences in your life and be more engaged with those you care about.

- ▶ **Date:** Thursdays: Feb 1, 8, 15, 22, 2024
- ▶ **Time:** 1 to 3 p.m.
- ▶ **Location:** online
- ▶ **Register:** contact Lucille at **780-941-2382** or **lucille@leduc-county.com** or online at **leduc-county.com/happiness-basics**
- ▶ **Spaces available:** minimum five registrants; maximum 50

Susan Malek

Susan is a Behavioural Health Consultant and has been at the PCN (Primary Care Network) for 5 years. Susan has a Bachelor of Social Work Degree and is a Registered Social Worker. Susan is currently working to complete her Masters in Counselling from Yorkville University and she is very happy when spending time with her animals.

Melissa Jordan

Melissa is a Registered Nurse at the PCN and has been there for one year. Melissa has a Bachelor of Science in Nursing from the University of Alberta and was born and raised in Leduc County. Melissa is happy doing outdoor activities, but prefers the warmer weather when it is here.

Both Susan and Melissa see patients at the PCN Office in Leduc and work within some member clinics; as well as facilitating group classes there.



January 2024

Sun Mon Tue Wed Thu Fri Sat

	1	2	3	4	5	6
			TAI CHI 10-11			Pie & Coffee at the Museum
7	8 Council Meeting 7pm Bus to Aquafit Resumes	9 Volleyball 7-9 pm	10 TAI CHI 10-11 AG MEETING 7	11	12	13
14	15 Bus to Aquafit	16 Volleyball 7-9 pm	17 Soup and Sand- wich Seniors 12 pm (10.00)	18	19	20 Community Night at the Gym 5:30-8:30 Every- one welcome!
21	22 Council Meeting 7pm Bus to Aquafit	23 Volleyball 7-9 pm	24 TAI CHI 10-11	25	26	27
28	29 Bus to Aquafit	30 Volleyball 7-9 pm	31 PD DAY Please see ad for Clayworks TAI CHI 10-11	<p>Floor Curling :Every Thursday at the Hall 1PM TAI CHI Every Wednesday 10-11 am (\$2.00) Busy Brushes Wednesday 10-2-Linda 587-590-0378 Shinny—Every Monday 3:45-5:15 Family Skate: Every Wednesday 3:45-5:15 Bus to Aquafit/Walmart Runs Every Monday-Register with Shauna-780-848-2828 Sew Heavenly Quilters: Thursday @ Cultural Center</p>		