

SEPTEMBER 2022

CARE PARTNER FAIR

Care partners are people who are supporting others in their physical, mental, medical, and/or emotional well-being. This can be in a paid or unpaid capacity. Maybe you have a spouse or parent who you provide care for, maybe it's your child, a neighbour or someone else. THIS event is for YOU!! Visit a variety of vendors that support care partners.

DATE: Sept. 8th, 2022
TIME: 12pm - 4:30pm
LOCATION: Innisfail Library Learning Center



Listen to the dynamic **guest speakers** starting at 1:00pm.

- ◇ **Phil Callaway** - Canadian Humor Author & Writer
- ◇ **Jim & Tracy Button** - Video Screening of the "The Invisible Patient"
- ◇ **Johnna Lowther** - Caregivers Alberta

Offering both in-person and online options

REGISTRATION LINKS BELOW:

In-Person Option 12:00pm - 4:30pm
<https://bit.ly/3PaRN9u>
On-line Option 1:00pm - 4:00pm
<https://bit.ly/3PtvIMM>



Are you interested in knowing what activities are available in Innisfail this Fall/Winter? Join us to meet some of our local clubs and organizations and find out how you can get involved in community-based activities.

For more information and for a complete list of organizations that will be attending, visit

<https://bit.ly/3AEsoQV>

WHEN: Tuesday, September 13th, 2022 6-8PM

WHERE: Innisfail Twin Arena

INNISFAIL SENIORS DROP-IN

LOCATED IN THE LUNGREN CENTRE



The group started back in 1974 by Mabel and Oscar Lungren, meeting at the United Church to play cards, games, and have coffee and tea. At the time, the Health Nurse surveyed the Town to see if there was an interest in a Seniors Drop-In - there was!

With the Society being an important part of the Innisfail community for more than four decades, we wanted to honour its founders and their contributions.

In June of 2018, the Innisfail Senior Drop-In Society got a new name on the building, "The Lungren Centre" and a new logo.



The Innisfail Senior Drop-In Society is in the same location today but the building, which is owned by the Town of Innisfail, is now called the Lungren Centre.

The Drop-In Society features weekly activities such as musical entertainment & jam sessions, carpet bowling, cards, birthday parties, and other social activities.

September activities:

- ◇ Birthday party: Wednesday, Sept. 14 at 1:30pm. Entertainment is Kountry Chix.
- ◇ Pour paint Class: Tuesday, Sept. 20th at 7:00pm. **Sign up required.**
- ◇ General Meeting: Wednesday, Sept. 21 at 10:00am. A light lunch will be provided for those who attend the meeting.
- ◇ Wellness Wednesday is back on Sept. 28 at 10:00am. Jessa, a Foot Care Nurse, is coming in to present on general foot health and common foot issues.
- ◇ Crib tournament: Tuesday, Sept. 27 at 9:30am to 4:00pm. **Please pre-register**
403-227-6601

Email: seniordropin@outlook.com

Website: www.innisfailseniorcentre.com

Events, updates, and information - share it all in this newsletter !

Send content to sandy.wacker@innisfail.ca

www.innisfail.ca

403-227-3376

WHAT'S HAPPENING AROUND TOWN

ALZHEIMER SOCIETY AB/NWT

Alzheimer/Dementia Drop-In Care Partner Support Group

This is a drop-in support group for care partners, allowing them to meet with other care partners who are experiencing similar situations. Care partners will have a chance to connect with others and share what is going well and not so well, while talking about any other topics or questions.

For further information, please call Shelby at the Alzheimer Society of Alberta and Northwest Territories at 403-342-0448 ext 706

Where: Innisfail Historical Village,
History Room 5139 - 42 Street

When: 2nd Monday / month

Time: 1:00pm - 2:30pm



JOIN US FOR OUR

10TH ANNUAL STEP N' STRIDE 2022

SEPTEMBER 10, 2022 at The Golden Circle

- ◇ We walk at Step 'n Stride to help raise awareness of Parkinson disease and Parkinson Plus Syndromes
- ◇ We walk at Step 'n Stride to help raise the funds needed to deliver the programs and services our communities have come to depend on.
- ◇ We walk to support the ones we love and care for.

To Register go to: <https://bit.ly/3PLKi8y>

For more information contact the Parkinson Association at 403-346-4463 or Tollfree at 1-800-561-1911

SENIORS INFORMATION FAIR

**** FREE ****

***If you are a senior within Red Deer and Area,
this Information Fair is for YOU!***

Talk with staff from agencies that support seniors in our community. Enjoy snacks and refreshments. (In conjunction with Seniors Service Providers Interagency)

WHEN: Thursday Sept 29, 2022 9am - 12pm

WHERE: Collicutt Centre, Red Deer

INNISFAIL MEN'S SHED

WHAT IS A MEN'S SHED?

In a shed, men from all walks of life get together for activities like woodworking projects, visiting, bike repairs, music, and yelling at the television during the playoffs. We aim to see a similar movement develop here in Canada, and better yet, right here in Innisfail.

These are spaces dedicated to men to have a space where they can hang out, work, and talk. RUN BY MEN, FOR MEN

For more info. on how to get involved contact Ellen Helgason at 403-350-5092 or email at ellen.helgason@ahs.ca



CENTRAL ALBERTA SEXUAL ASSAULT SUPPORT CENTRE (CASASC)

The CASASC is hosting a learning series and they would like to invite you to join in.

WHAT HAPPENS ON A 24/7 SEXUAL VIOLENCE HELPLINE? (60 min) Join us for an informal session about operating and volunteering on a 24/7 Sexual Violence Helpline.

FREE For more information and to register go to <https://bit.ly/3APZvRP>

"ASK AN EXPERT" PARENTING & SEXUALIZED BEHAVIOR CONVERSATIONS WITH OUR CLINICAL EXPERT (60min) Join us for an informal session with our Child Therapist. Learn information related to parenting and supporting children and youth who display concerning sexualized behaviours.

FREE For more information and to register go to <https://bit.ly/3CDOqEG>

Other sessions available:

- ◇ Consent 101 (60 min)
- ◇ Supporting Disclosures (45 min)
- ◇ Services & Programs at CASASC (30 min)
- ◇ Introduction to Sexual Violence (60 min)



For more information on these sessions and for the registration links please contact the Central Alberta Sexual Assault Support Centre at 403-340-1124 or Email: casasc@casasc.ca

SUPPORT WITHIN OUR COMMUNITY



EVERGREEN WELLNESS

Becoming a new mom can feel overwhelming. Maybe you are experiencing uncomfortable feelings like loneliness, anxiety, and sadness.

Connecting with others can help.

Starting September 15, 2022

Every Thursday at 2pm for 6 weeks via Zoom

Bring your babies and little ones

Cost \$225.00

Facilitated by Megan Logan BSW, RSW, MC, CCC

Owner/Counsellor Evergreen Wellness

Register at evergreenwellness.ca

403-507-5650

Email info@evergreenwellness.ca

Evergreen Wellness is a multi-disciplinary team who offers mental wellness care to individuals seeking support. They offer both in person and remote services!

For more information call 403-507-5650 or visit the website at evergreenwellness.ca

LETS CONNECT !

What is Let's Connect?

Let's Connect! provides interactive phone or online social/health program opportunities. The programs are **free of charge** and provide friendly conversation for adults. Participants can join from the comfort of their own home.

<https://us02web.zoom.us/j/8711592750>

Meeting ID: 871 159 2750

Dial in: +1 587 328 1099 or

on your cell phone +15873281099#

Looking for Let's Connect! Calendar?

The latest copies can be found on Wolf Creek Primary Care Network website under the Programs and Classes tab. wolfcreekpcn.com

24/7 Sexual Violence Help Line

1-866-956-1099 (phone/text)

Webchat at www.casasc.ca



Standing Stones offers client-focused counseling services to individuals and couples in Central Alberta.

Women's Assertiveness and Self Confidence workshop ~ Sept. 24 10am-3pm

Men's Managing Anger ~ Oct. 15 10am-3pm

2 separate Couples workshops

Seven Principles for Making Marriage Work ~

Oct. 21 7pm-9pm & 22 9am-5pm or

Nov. 4 7pm-9pm & 5 9am-5pm

Registration is now open and available on the website standingstones.ca

All workshops are held in the River Room
Unit F 4924 48 ave.

INNISFAIL VICTIM SERVICES IS HOSTING A COMMUNITY BBQ

Innisfail Victim Services invites you and yours to the summer's community BBQ sponsored by CO-OP and EQUUS.

WHEN: September 6, 2022
11:30am - 1:30pm

WHERE: West end of the
COOP parking lot



ARE YOU LOOKING FOR A LITTLE CARE, COMPASSION, AND JUST SOMEONE TO TALK WITH?

Join us for a coffee at the Innisfail Nazarene Church from 10:00-11:30am on the following dates:

September 10 and September 24

No strings attached, just friends willing to visit and listen.



Call **403-304-4853** for more information.

Everyone welcome



Career Assistance Network offers a wide range of services, in a variety of formats, for a diverse spectrum of clients. Most of our services are provided for free through funding from the Government of Alberta and Government of Canada.

**CAN is hosting their
2022 Central Alberta Job Fair**

WHEN: September 14, 2022 12pm - 5pm

WHERE: Pidherney Curling Centre
4725 43 Street, Red Deer, AB

CAN is also hosting the following:

Workplace Essential Skills Training *FREE*

16 WEEKS of half-day Classes on Mon, Tues, and Thurs.

This program assists adults to increase essential skills including reading, writing, math, communication and computer skills; and provides employment supports including resume and interview skill development who job placement opportunities. If you are 18+ year old resident of Alberta who is currently living within Red Deer and area, you may qualify.

One-On-One Employment Services

Are you finding it harder then ever to find the work you want? Do you live in rural areas that seem to have fewer work options?

Don't worry, you're not alone, we can help.

If you are living in the Olds, Rocky Mountain House, Drayton Valley, Red Deer County, Lacombe County and Ponoka County regions and are needing support, contact us for more information.

Youth Employment Services

CAN provides a variety of vital job search services and supports to help individuals find the work they want. If you are living in Central Alberta, are age 18-25 and not currently attending a high school program, we can help!

To find out how CAN can help you meet your career and employment goals, visit us online at <https://www.rdcn.ca/> or call **403-341-7811**.

INNISFAIL FEE ASSISTANCE PROGRAM

Have you heard of the Fee Assistance Program through the Town of Innisfail?

Eligible applicants will be able to access up to \$200.00 annually for support with program fees, memberships, drop in activities, and transportation. Possible considerations may include sports fees, swim lessons, meditation, yoga, or community bus tickets.

Eligible applicants or households include those receiving unemployment benefits, Assured Income for the Severely Handicapped (AISH) or those falling below the low income threshold.

Confidential applications can be emailed to or delivered to the Town Office.

If you would like more information contact FCSS at **403-227-3376** or to download a copy of the application go to <https://bit.ly/3rJVFFy>

INNISFAIL FOOD BANK

Open Tuesdays 1pm - 3pm

◇ receive 1 hamper every 5 weeks

Located at the back of Coop mall directly behind the Pet Store
Address - 4303 50 Street , Innisfail



Required for FIRST HAMPER ONLY

* proof of residence

Required to receive **EVERY** hamper including the first:

* each family members health care card/ copy

**If new in town and food is required call:
Val at 403-505-8890**

REMEMBER TO

