

SPRING
APR - MAY - JUN

2021

IN THE Know

SENIOR'S NEWSLETTER



INSIDE

- Yellowhead County Programs
- Senior Focus Activity Bags
- Volunteer Appreciation
- Difficult Conversations
- Seniors Week
- Step it Up Challenge



MESSAGE

from OUR STAFF

Spring has sprung! Or at least it is trying to. As the seasons change and the weather warms up, be sure to walk carefully, as there can still be ice on the sidewalks after a frosty night.

Take the opportunity to enjoy the sunshine and walk through the Town trails. Vitamin D is very important for our overall health and wellness, so get outside and soak up the sun.

There are plenty of ways to get involved in community life. The Step it Up challenge begins, get a team and get involved in that while staying active. Be on the look out for updates regarding Seniors Week festivities at the beginning of June as well. Updates will be posted in the newspaper and on our Community Development email newsletter. If you'd like to receive this newsletter please email me at alicjab@edson.ca and I will add you to the list. We send out monthly program and event updates.

Volunteer Appreciation Week is happening next month! If you know a volunteer that works hard and deserves some recognition, head to edson.ca/volunteer and nominate them for an award. It is free to do. Volunteers help Edson bloom!

Ali Broda
Community Development Coordinator
Town of Edson
Phone: 780 723 8616
Email: alicjab@edson.ca



Hinton, Edson and Yellowhead County
We Listen. We Connect.

Why did the M&M go to school?

It wanted to be a Smartie.

Why do bees have sticky hair?

Because they use honeycombs.

Why did the nurse need a red pen at work?

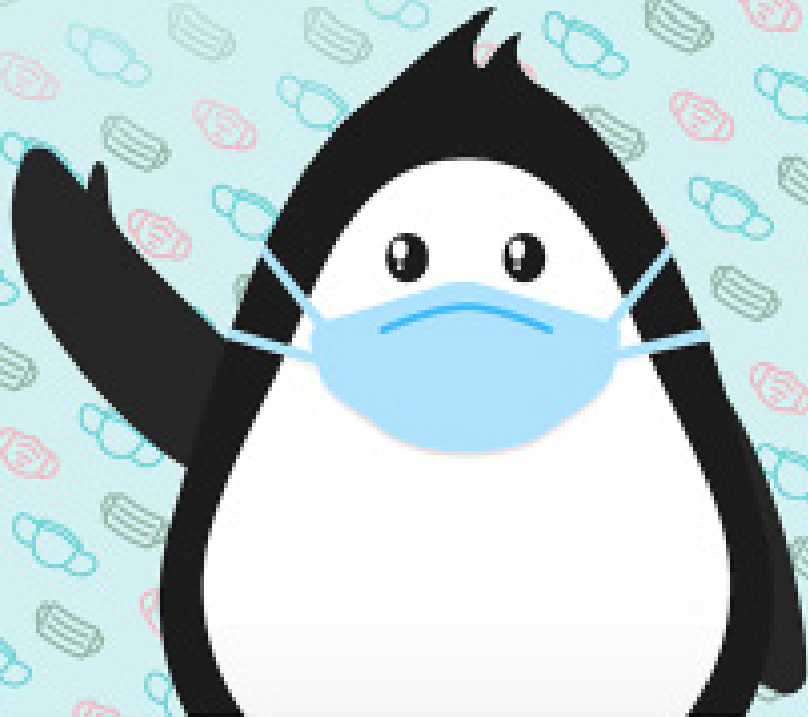
In case she needed to draw blood.

Where do you find a cow with no legs?

Right where you left it.



**MY MASK
PROTECTS YOU.
YOUR MASK
PROTECTS ME.**



Healthy Albertans,
Healthy Communities,
Together.



COVID-19 INFORMATION

HOW TO WEAR A NON-MEDICAL MASK

Non-medical masks, including homemade cloth masks, can help prevent the spread COVID-19. They are another tool to use in places where it's difficult to keep two metres from other people for extended periods of time – such as public transit, grocery stores, pharmacies, hair salons, airplanes and some retail shops.

Masks do not replace proper hygiene, physical distancing or isolation to prevent the spread.

SAFELY PUTTING A MASK ON

- 1 Wash/wipe your hands.
- 2 Inspect the mask, holding it by the ties or loops. Discard if damaged or dirty.
- 3 Open fully to cover from the bridge of your nose to your chin.
- 4 Adjust the mask to your face so there are no gaps on the side.
- 5 If mask has stiff edge, pleat to close gaps between sides and mask.
- 6 Keep your nose, mouth and chin covered at all times. Avoid touching the mask.

SAFELY TAKING OFF A MASK

- 1 Wash/wipe your hands.
- 2 Remove it from the back by releasing ties or loops. Do not touch the front of the mask.
- 3 Discard the mask immediately if disposable. Wash thoroughly if reusable.
- 4 Wash/wipe your hands.
- 5

FOR MORE INFORMATION ON WEARING AND CARE FOR YOUR MASK

alberta.ca/masks



SENIOR FOCUS

Senior Focus Activity Bags April 2021
 To register, call 780-723-8616 or email alicjab@edson.ca

FREE activity bags for seniors ages 60+

Deadline to register is April 21

County residents must pick-up in Edson



CONNECTIONS OUTREACH PROGRAM



Contact our local Primary Care Network Edson Office for more information regarding the Connections Program. This program is open to individuals in need. You will receive a giftcard valued at \$50 for the purchase of food, toiletries, pet food, household cleaners or self-care vouchers. Feel free to reach out to the Connections Team at the PCN for more information: 780-723-2131



MCLEOD RIVER *Primary Care Network*

Dedicated health care teams, enhancing your quality of life.

PROGRAMS IN YOUR AREA

ANTICOAGULATION MANAGEMENT SERVICES

Assists patients taking anti-coagulant medications to better manage their INR results & condition with regular calls & educational sessions.

GERIATRICIAN SERVICES

Provides consultations for seniors to identify the necessary care needed to live longer, healthier & happier lives.

DIABETES PROGRAM

Supports patients, in conjunction with other local diabetes initiatives, to improve their health & prevent or delay complications.

– Includes Diabetic Foot Care performed by a certified Foot Care LPN by doctor's referral and appointment only

JUST MOVE PROGRAM

An education/exercise program for adults with, or at risk for developing, a chronic condition.

CANCER & PALLIATIVE CARE

Offers care & support for patients & their families.

This program also aims to relieve suffering, improve the quality of living & dying for people diagnosed with progressive, incurable illnesses.

– Includes *Surviving to Thriving* – A free guided exercise program tailored to cancer survivors of ALL fitness levels.

COMPLEX CARE CLINIC

Examines problems identified by individuals with chronic diseases & helps them work towards improving their health & quality of life.

MATERNITY SERVICES

Delivering comprehensive & accessible care, counselling, education & relevant community program information to expectant mothers.

WELLNESS SUPPORT SERVICES

Assists individuals & families through the emotional, physical & financial challenges that come with chronic disease & life events. Our social workers support patients through short-term counselling, education & referrals to local resources.



LOCATIONS

MRPCN OFFICE

111 50 Street, Edson, AB
PH: 780-723-2131
FAX: 780-723-2191

EDSON MEDICAL CENTRE

616 50 Street, Edson, AB
PH: 780-723-3366

The Town of Edson Challenges YOU
to celebrate

EARTH DAY

by picking garbage in your neighborhood.

To enter our prize draws post a picture of your household's final garbage haul on our Facebook Page @edsoncomserv. Be sure to mention which neighbourhood you live in because there will be an award for the "Greenest Neighbourhood".

PARTICIPATE APRIL 22-29TH




Edson

More info @
edson.ca/cdprograms

Let's all
pitch in to
clean up our
Community!

Hey Edson!



Join our monthly email list!

Monthly email newsletters will include Community Development program and event updates: FCSS, Active Living and Arts and Culture.

HOW TO JOIN:

- Call 780-723-8616 and leave your name and email
- Email cserv@edson.ca with subject "join list" - make sure you email from the address you'd like us to use
- Scan the QR code



EDSON SENIORS TRANSPORTATION SOCIETY

EP.O. BOX 6097, EDSON, AB T7E 1T6

HOURS OF OPERATION:
MONDAY-FRIDAY
8:30AM-4:00PM

FOR SERVICE CALL:
780-723-1122

\$20 ANNUAL MEMBERSHIP

Alberta SUPPORTS

click.call.come in.

Looking for assistance in applying for Provincial Senior's Benefits?

Connect with the Alberta Supports Coordinator:

Irfan Wahla
Community & Social Services
NC Region-Edson Office

Call 780-723-8260
Fax 780-723-8344
Toll Free 310-000

irfan.wahla@gov.ab.ca
www.alberta.ca

Walk-in services temporarily suspended
Please call



TEAM UP. GET MOVING. GET WINNING

The **Step it Up Challenge** is back for its 14th year!

NEW this year:

--Team Captains will be submitting their teams average weekly steps vs. each individual submitting (like last year).

--Weekly Prizes, Team Prizes, Local Coupons and a Participant Gift!



Challenge runs:
April 26th- May 23rd

Teams of 3+
All ages welcome

\$5/participant

Questions?

Check out edson.ca/stepitup

or

email krystas@edson.ca

Registration is open

April 6-22nd

in person only

@ Repsol Place

Monday-Friday

8:30am-12:00pm &

1:00-3:00 pm



EXPLORE WILLMORE PARK

Join us for a 90 min guided walk through Willmore Park exploring the beautiful trails it has to offer.

CHOOSE FROM TWO DATES:

THURS, APRIL 22 @ 6:30 PM
OR
SAT, APRIL 24 @ 10 AM

FOR MORE INFO EMAIL
KRYSTAS@EDSON.CA

IN-PERSON REGISTRATION HOURS

MONDAY-FRIDAY
8:30 AM-12:00 PM
and
1:00 PM-3:00 PM

REGISTER ONLINE:
EDSON.CA

Registration Questions?
Call
780-723-7665





For Older Adults

CHAIR YOGA @ HOME

VIA ZOOM

Led by Katie Brunen




THURSDAYS
APRIL 8 - MAY 27
6:00-7:00 PM
\$20



IN-PERSON REGISTRATION HOURS

MONDAY-FRIDAY
8:30 AM-12:00 PM
and
1:00 PM-3:00 PM

REGISTER ONLINE:
EDSON.CA

Registration Questions?
Call
780-723-7665



Fairy Door DIY for All Ages



Register:
[@edson.ca/cdprograms](https://edson.ca/cdprograms)
\$10/kit

Pick up:
9:00 - 11:00 am
Wed, April 28, 2021
Kinsmen Shack

Instructions:
11:00 am Friday, April 30
Facebook Live
[@edsoncomserv](https://www.facebook.com/edsoncomserv)

Seniors' Centre Without Walls

A seniors' centre from the comfort of your own home! A free phone-based seniors program that provides an opportunity for older adults 55+ to enjoy interactive information sessions, educational programs, games, and friendly conversation. Provides opportunities to socialize, learn new skills and stay connected.



What is the Alberta Seniors' Centre Without Walls (SCWW)?

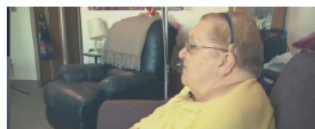
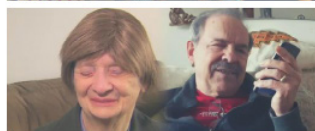
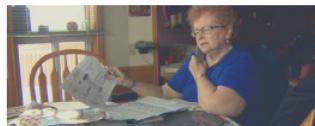
SCWW is a free phone-based program that offers recreational activities, health and well-being topics as well as friendly conversation for older adults.

Who is SCWW for?

Older adults (55+) who find it difficult to leave their home.

Program Instructions

- 1) Program schedules are sent out at the beginning of each 4 month series. They can be requested at any time from staff.
- 2) Contact SCWW staff to enroll. Phone number: **780.395.2626**
- 3) Register for programs and required materials will be mailed.
- 4) A few minutes before the program begins, follow the call-in instructions



Call-in Instructions






- 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 number followed by #"
225.573.6467#
 *if you hear a message 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"
 *There are no further ID numbers, please press the pound key
- 4) The next message will ask you to state your name and press the pound key (#). Please state your first name only.

What if I can't call myself into a program?




If you are unable to call into a program, we can call you into the line. If you have requested but aren't receiving calls please contact staff directly.

- 1) A few minutes before the program starts, you will receive a call from a number that depending on your phone will show as unknown, Zoom or 1 646 568 7788. Please ensure you do not block this number!
- 2) An automated voice identifying it as a ZOOM MEETING. **Press "1" to join the meeting**
- 3) When asked, state your first name and then press the pound key (#)

For our current full schedule of programs please visit edmontonsouthsidepen.ca/scww or call 780.395.2626

APRIL	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Support Group for Parents of Estranged Children to assist folks with difficult familial relationships and facilitate a sense of belonging as participants share their experiences. The focus of the group is a curriculum that is based on personal healing in order to foster healthier relationships.</p>			1 	2 GOOD FRIDAY
	5 	6 	7 	8 	9 1pm: Amazing Elders
	12 11am: Exercise 1pm: Conversations with Carol 3pm: Did You Know	13 11am: Beyond Meditation 1pm: News & Views 3pm: Jeopardy	14 11am: Library Update 1pm: French Conversation Practice 2:30pm: Parents of Estranged Children 3pm: Exercise	15 9am: Gratitude 11am: The Storyteller 3pm: Old Hollywood	16 11am: Coffee Chat 1pm: Amazing Elders 3pm: Word Play
	19 11am: Exercise 1pm: Writing for Fun 3pm: Fact or Fiction	20 11am: Relaxation 1pm: Readers' Corner 3pm: Working Through Grief	21 11am: Frank Slide Museum 1pm: Beginner French 2:30pm: Parents of Estranged Children 3pm: Exercise	22 9am: Gratitude 11am: Earth Day Celebration 3pm: Family Feud	23 11am: Small Towns Canada 1pm: Amazing Elders 3pm: Hymn Sing
	26 11am: Exercise 1pm: Conversations with Carol 3pm: Armchair Travels	27 11am: Relaxation 1pm: Read Aloud Short Story 3pm: Break the Ice	28 11am: Nutrition for Health 1:30pm: Across the Miles 2:30pm: Parents of Estranged Children 3pm: Exercise	29 9am: Gratitude 11am: Did You Know 3pm: The Art of Conversation	30 11am: Coffee Chat 1pm: Amazing Elders 3pm: BINGO

MAY	Monday	Tuesday	Wednesday	Thursday	Friday
	3 11am: Exercise 1pm: Writing for Fun 3pm: Violin Music with Adam Pappas	4 11am: Relaxation 1pm: News and Views 3pm: Living with Sight Loss	5 11am: Coffee Chat 1pm: French Conversation Practice 2:30pm: Parents of Estranged Children 3pm: Exercise	6 9am: Gratitude 11am: Sleep for Listeners 3pm: Small Towns Canada	7 11am: Mountains 101 1pm: Amazing Elders 3pm: Name That Tune
	10 11am: Exercise 1pm: Conversations with Carol 3pm: Pelvic Health	11 11am: Beyond Meditation 1pm: Alberta Seniors Benefits 3pm: Making Sense of the News	12 11am: Did You Know? 1pm: SCWW Advisory 2:30pm: Parents of Estranged Children 3pm: Exercise	13 9am: Gratitude 11am: Coffee Chat 3pm: Old Hollywood	14 11am: Mountains 101 1pm: Amazing Elders 3pm: Riddle Me This
	17 11am: Exercise 1pm: Writing for Fun 3pm: Coffee Chat	18 11am: Relaxation 1pm: Readers' Corner 3pm: Working Through Grief	19 11am: Super Sleuths 1pm: Beginner French 2:30pm: Parents of Estranged Children 3pm: Exercise	20 9am: Gratitude 11am: The Storyteller 2:30pm: Conversations That Matter 3pm: Hymn Sing	21 1pm: Amazing Elders 3pm: Family Feud
	24 VICTORIA DAY	25 11am: Relaxation 1pm: Making Sense of the News 3pm: Geriatrics Theatre	26 11am: Richard's Maritime History 1pm: Nutrition for Health 2:30pm: Parents of Estranged Children 3pm: Exercise	27 9am: Gratitude 11am: Coffee Chat 2:30pm: Conversations That Matter 3pm: Did You Know?	28 11am: Mountains 101 1pm: Amazing Elders 3pm: BINGO
	31 11am: Exercise 1pm: Conversations with Carol 3pm: Armchair Travels	<p>Mountains 101: Explore the mountain world, focusing on the physical, biological, and human dimensions of mountain places in Alberta, Canada, and around the world. Through this multi-session University of Alberta course, we'll learn how mountains are used, how they're protected, and how today they're experiencing rapid change in a warming climate.</p>			

	Monday	Tuesday	Wednesday	Thursday	Friday
J U N E	/	1 11am: Beyond Meditation 1pm: News and Views 3pm: Suicide Prevention	2 11am: Coffee Chat 1pm: French Conversation Practice 2:30pm: Parents of Estranged Children 3pm: Exercise	3 9am: Gratitude 11am: Jeopardy 2:30pm: Conversations That Matter 3pm: Just for Laughs	4 11am: Mountains 101 1pm: Amazing Elders 3pm: Name That Tune
	7 11am: Exercise 1pm: Writing for Fun 3pm: Did You Know	8 11am: Beyond Meditation 1pm: Read Aloud Short Story 3pm: Making Sense of the News	9 11am: Coffee Chat 1pm: Music Appreciation 2:30pm: Parents of Estranged Children 3pm: Exercise	10 9am: Gratitude 11am: Old Hollywood 2:30pm: Conversations That Matter 3pm: Hobby Talk	11 11am: Shared Mic Podcast 1pm: Edmonton Trash Talk 3pm: Word Play
	14 11am: Exercise 1pm: Conversations with Carol 3pm: Medications for Heart Health	15 11am: Relaxation 1pm: Readers' Corner 3pm: Working Through Grief	16 11am: Would I Lie to You? 1pm: Beginner French 2:30pm: Parents of Estranged Children 3pm: Exercise	17 9am: Gratitude 11am: The Storyteller 2:30pm: Conversations That Matter 3pm: Hymn Sing	18 1pm: Small Town Canada 3pm: Family Feud
	21 11am: Exercise 1pm: Writing for Fun 3pm: Armchair Travels	22 11am: Relaxation 12:30pm: Canadian Connections 3pm: Making Sense of the News	23 11am: Coffee Chat 1pm: Nutrition for Health 3pm: Exercise 5pm: Live Jazz Music - Seven Deadly Syncopaters	24 9am: Gratitude 11am: Richard's Maritime History 2:30pm: Conversations That Matter 3pm: Read Aloud Story	25 11am: Chicken Soup for the Soul 1pm: Did You Know? 3pm: BINGO
				Would I Lie to You?: Based on the British panel show, teams compete as each player reveals an unusual fact or personal tale, some are true; some are not, and it is the other team's task to decide which is which.	

Program Highlights

Making Sense of the News: This University of Alberta course will help learners develop their critical thinking skills to better identify reliable information in news reports and to become better informed about the world in which we live. The course will discuss the key elements of journalism from the viewpoint of the news audience.

Conversations That Matter: Sometimes it can be hard to get a conversation started, and even harder to keep the conversation going! Learn communication tools to create meaningful relationships and friendships. The Canadian Mental Health Association will present this 6 week course. **Pro-registration is required.**

Sleep for Listeners: This presentation will provide a basic overview of environmental aspects that affect sleep. Our main focus will be on understanding how sound can interfere with sleep and how it can be controlled to promote sleep. There will be lots of time for discussion and sharing ideas after the talk.



SENIORS' CENTRE
WITHOUT WALLS

Please choose one of the following options to join a program:

- To join by **phone**, call: **1-855-703-8985**.
When prompted, enter Meeting ID: **225-573-6467#**.
Press # if asked for any further numbers.
- Join electronically through the following link: <https://zoom.us/j/2255736467>.
No video will be used.
- Contact Program Staff if you are unable to follow these options.

Please note that if a program name is in red, pre-registration is required and will have a different Meeting ID. Please contact program staff to register.

Program Staff:

Heather: 780-395-2626

Gayle: 780-395-2643

Elizabeth: 780-395-2628

Please leave a message with your name and phone number.

Code of Conduct 

We value and support diversity and the human rights of others regardless of their race, religion, gender identity, & sexual orientation. We strive for an inclusive environment, mutual respect, fairness and equality. Please respect all group members and their opinions even if you may not agree. No disrespectful comments will be allowed.

It's tax time!

Get your taxes done free of charge

Through the Edson FCSS Community Volunteer Income Tax Program

Eligibility Requirements:

- **Simple tax returns only** (no business income, no capital gains, no depreciation and no death returns)
- Edson and area residents welcome
- Low income, seniors, students

Income Thresholds are as follows:

- 1 person income \$35,000 or less
 - 2 person income \$45,000 or less
 - 3 person income is \$47,500 or less
 - 4 person income is \$50,000 or less
 - 5 person income is \$52,500 or less
- and increases by \$2,500 per individual per family thereafter

Need your taxes done?



By appointment **ONLY**.
Clinic open until April 29
We will not be accepting taxes prior to this date.
We are not accepting walk-ins.

To make an appointment please call:
 780-723-8616 OR email: alicjab@edson.ca

Reminder:

A current tax return is required for federal benefits to continue without disruption, ex: government pensions, child tax benefits.



For more information
 please call 780-723-8616



Proudly Supported By





Submitted by the Galloway Station Museum

Charles Melville Hays

At the time of its construction, the White Star Lines Titanic was the largest and most luxurious liner ever built. In April 1912, the “unsinkable liner” sank off the coast of Nova Scotia on her maiden voyage. Of the 2,223 people aboard, there was a loss of 1,517 passengers and crew. It was one of the most deadly peacetime maritime disasters in history, and by far the most famous.

The passengers travelling came from diverse nationalities and backgrounds, such as Benjamin Guggenheim, a wealthy American mining magnate; Isidor Struass, co-owner of Macy’s department store; John Jacob Astor IV, a real estate millionaire; J. Bruce Ismay, the White Star’s managing director; and Charles Melville Hays, president of the Grand Trunk Railway.

American-born Charles M. Hays was appointed general manager of the Grand Trunk Pacific in 1896, and in 1909, he became president of the company. Hays was appointed president when the company was near insolvency and was under-performing its rival, the Canadian Pacific Railway (CPR). It was believed that Hays would have the business aggression to get the company back on its feet.

Hays envisioned a transcontinental railroad, which would run 3,600 miles from Moncton, New Brunswick, to Prince Rupert, British Columbia.

In 1902, Hays received the backing of the company and the Canadian government subsidized the Grand Trunk to the tune of \$30 million. In 1903, the National Transcontinental Railway Act was passed, which enabled the incorporation of the Grand Trunk Pacific Railway (GTP), and in 1905, the construction of his vision began.

However, Hays had many obstacles ahead: he had planned to buy out the Canadian Northern Railway (CNoR), but the company declined and instead provided hostile competition. In addition, Hays lacked support from the Board of Directors in London, who were not in favour of expansion.

By the end of 1911, the railroad was struggling with a debt of \$100 million. In April 1912, Hays went to England for a directors meeting to solicit financial support for the failing GTP. Whilst in London, Hays received news that his pregnant daughter back in Canada was not well and he should return. He also had another reason for returning: he wanted to be at the opening of the Chateau Laurier Hotel in Ottawa. Hays had a personal interest in the Chateau Laurier, as it was part of his expansion plan. While in Europe, he allegedly selected the dining room furniture for the hotel.

It is suggested that Hays had discussions with the White Star Line about transporting travellers from Europe to the Orient using White Star ships and his transcontinental railroad. As a result, J. Bruce Ismay, chairman and managing director of the White Star Line, invited Hays, his family and associates as guests aboard the RMS Titanic.

Tragedy struck when on April 12, the ship hit a colossal iceberg. Most of Hays’ family survived, but Hays lost his life in the disaster. On April 26, a body was recovered out of the water and identified by his personal effects as Charles Hays.

His dining room furnishings were onboard and they too were lost as the furniture sank with the ship into the Atlantic.

The day before Hays' body was discovered, the GTP and all its associated lines held a unique service: all operations in Montreal, Prince Rupert, and London, England were suspended for five minutes of silence. All trains squealed to a halt and all steamships dropped anchor. Every train station was draped in mourning. A Grand Trunk vice-president claimed Mr. Hays's body, which was placed aboard his private rail car, named Canada, bound for Montreal. Hays was buried at Mount Royal Cemetery.

As this tragedy was unfolding, work did not stop on Hays' railway the line still had to get finished. The GTR directors chose Edson Chamberlin as Hays' successor, and the weight to finish the project now fell on his shoulders.

Finally, on April 17, 1914 Edson's namesake Edson Chamberlin drove the last spike into the line and the GTP line was completed.

However, the problems did not cease for the company, the three main railway companies were over extended and they were fighting for resources and vying for government assistance. In 1923, the Canadian Northern Railway, the Grand Trunk Pacific and the Grand Trunk Railway amalgamated to create the Canadian National Railway.

Hays accomplished his dream maybe not quite as he had envisioned but Canada was finally connected coast to coast. Hays would be proud to know that travelers consider the train journey as one of the best in the world.

If you would like further information on this or have any information you would like to share on this or other topics please contact the Galloway Station Museum at 780 723 5696 or visit our website at www.gallowaystationmuseum.com.

The museum is open and Covid safety measures are in place. If you would like further information or have any information you would like to share on this or other topics please contact the Galloway Station Museum at 782 723 5696 or visit our website at www.gallowaystationmuseum.com.



YELLOWHEAD COUNTY PROGRAMMING UPDATES

Recycling Trailers in Yellowhead County

Locations of recycling trailers where residents can drop-off recyclable materials:

- Behind the Pembina Arena in Evansburg
- Behind the Lobstick River Food Store in Wildwood
- Parking lot at the Niton Community Hall
- Parking lot at the Peers Multiplex.



Home Support (Housekeeping Services)

Anyone in the Yellowhead County with mobility issues or a chronic health condition that does not allow them to do their housekeeping can call the Yellowhead County Wildwood Office at 780-325-3782 for an intake visit.

Community Outreach Coordinator

The Community Outreach Coordinator will help seniors one on one with any government forms, information regarding senior's benefits and more. Please call the Yellowhead County Wildwood Office at 780-325-3782.



West Central Meals on Wheels Program

The West Central Meals on Wheels program is providing frozen meals once a month to communities of Wabamun, Seba Beach, Entwistle, Evansburg, Wildwood, Mackay, Niton Junction and Peers, and meeting a demand.



Health & Safety Precautions have been put in place for all available programming to prevent the spread of COVID-19.





NeighbourLink Friendly Caller Program



Are you feeling lonely, bored, or isolated? Do you know someone who might be feeling this way?

Call today to get matched with a Friendly Caller to receive regular phone check-ins!

Call 780-325-3782 or 1-800-814-3935

Yellowhead County Family and Community Support Services (FCSS) screens all Friendly Callers to make sure you're talking to friendly and caring members of the community.

And if you can think of a special person who would love to volunteer for this program, tell them to call us too! Details for volunteers are on the right.

Seeking Friendly Callers!

We're looking for volunteers ages 14+ who have 15 minutes to spare! As a Friendly Caller you will provide a phone check-in with a senior or resident who might be feeling isolated during this time.

Why volunteer? Flexible, at-home work! And you'll build new relationships and make a positive difference in the county!

Volunteers will fill out an application package, criminal record and vulnerable sector check, and go through orientation.

Call for details:
780-325-3782 or 1-800-814-3935

TAX TIME IS COMING!

Get your taxes done free!

...with the Yellowhead County Volunteer Income Tax Program!



Eligibility Requirements:

- Tax Returns must be simple (no business or farm income, no capital gains, no depreciation and not a death return)
- Must be a resident of Yellowhead or Parkland County
- For Low Income Individuals:
 - i. 1 person income \$35,000 or less
 - ii. 2 person income is \$45,000 or less
 - iii. 3 person income is \$47,500 or less
 - iv. 4 person income is \$50,000 or less
 - v. 5 person income is \$52,500 or less

Reminder: A current tax return is required for federal benefits to continue without disruption, ex: child tax credit, government pensions.

Where: Yellowhead County Offices (Wildwood and Edson),.

For more information, please call Yellowhead County at 780.325.3782.



West Central Alberta

Now in **SIX**
local communities!
Order Today!

Meals on Wheels

West Central Alberta Meals on Wheels continues to get affordable meals to local residents!

West Central Alberta Meals on Wheels is a local non-profit group dedicated to getting meals to you!

To order your meals, please contact the Wabamun, Seba Beach, Entwistle, Evansburg, Wildwood or Niton libraries.

Meal orders are taken and submitted once a month, on the first Wednesday of every month.

Meals are held in freezer storage and are ready for pick up the following Wednesday.

Call your local library for more info!

Wabamun Library
780-892-2713

Seba Beach Library
780-797-3940

Entwistle Library
780-727-3811

Evansburg Library
780-727-2030

Wildwood Library
780-325-3882

Niton Library
780-795-2474



Meals come packaged like this



Meatloaf



Beef Stew



Beef & Spinach Lasagna



Roasted Pork Loin



Roasted Chicken with Mushroom Sauce

Speak Up

Start the conversation about end-of-life care

It's about wishes.
It's about conversations.
It's how we care for each other.

Advance Care Planning in 5 steps



THINK

Think about your values, wishes, beliefs and understanding about your care and specific medical procedures.



LEARN

Learn about different medical procedures and what they can and can't do.



DECIDE

Decide who will be your substitute decision maker. Someone who is willing and able to speak for you if you can't speak for yourself.



TALK

Talk about your wishes with your substitute decision maker, loved ones, and your doctor.



RECORD

Record your wishes. It's a good idea to write down or make a recording of your wishes.

Speak Up

National Advance Care Planning Day is April 16

Mark your calendar for April 16

April 16th is National Advance Care Planning Day, a day for you to think about and share your wishes for future health care with others.

If you've already had a conversation with your substitute decision maker, April 16th is a great day to review your wishes and talk again.



It's easy. Start planning today

This interactive workbook will help you outline your future health and personal care wishes in the event that you are unable to speak for yourself. It's simple and free.

SPEAK UP! Download a campaign kit

Visit our website for a complete list of our tools and resources for patients and families, health care professionals, community organizations, educators, and researchers.

The laws about advance care planning vary in each province / territory. Learn more about your local resources and legal requirements in our "Your Province or Territory" section.

 myspeakupplan.ca

 advancecareplanning.ca



Printed on unbleached 100% post consumer paper.

West Yellowhead
RECYCLES

www.westyellowheadrecycles.ca

780.723.4002

Edson Regional
Recycling
Depot
5237 - 1st Ave.

The Town of Edson has one of the best and most well known recycling programs in the Province. The newly expanded Depot is a dropoff point for a wide range of materials and also holds a "Toxic Roundup" twice a year for items that may not normally be accepted.

Please sort recyclables into the following categories:

1. All Plastic Containers

Rinsed containers & bottles.

2. All Plastic Bags

All plastic bags including grocery & shopping bags that are not soiled.

3. Office Paper

Any colour: bond, photocopy, NCR, fax, telephone message notes, 'Post It' notes or loose leaf papers. File folders, envelopes, utility bills and receipts. Paper clips and staples are OK. Shredded office paper, preferably bagged.

4. Low Grade Paper

Construction paper, brown paper bags, blueprints, paper egg cartons, carbon paper, sugar, flour & pet food bags.



5. Newspaper

This includes all newspaper, TV guides, comics, flyers, inserts & auto traders.

6. Magazines

All glossy magazines, catalogues flyers etc.

7. Old Corrugated Cardboard

Please flatten all boxes. Staples, tape or a little paper is OK.

8. Clear Glass

Clear glass jars, containers, window pane glass etc. Jars must have labels (low grade paper) and lids (tin or plastic) removed. Broken and whole glass is acceptable. **NO:** auto glass, coloured glass, ceramics or china.

9. Tin Cans

All tin, steel or aluminum cans, labels removed (low grade paper), rinsed and flattened. Tin foil is acceptable.

10. Computers, Electronics & Accessories

Obsolete personal computers (CPUs, servers & monitors), printers, cables, laptops and all sizes of TVs.

11. Aerosol Paint Containers & Paint Cans

Paint aerosol containers, paint and paint cans. Container sizes from 100ml to 24L.

12. Printer Cartridges

Ink jet & laser printer cartridges, e.g. Canon, HP, IBM, Xerox & many more.



13. Batteries

Car, truck, rechargeable & alkaline batteries.

14. Household Aerosol Cans

Household aerosol cans, fire extinguishers & small green propane tanks.

15. Refundable Containers

Pop, juice, milk, beer, water etc.



16. Compost (Seasonal May-September)

Recycle your yard waste. Bin for grass, leaves & vegetable garden waste. **NO:** Bags, containers, kitchen or food waste or large branches/trees.

17. Fluorescent Light Bulbs

All sizes of fluorescent tubes compact & high intensity discharge bulbs. Drop off during business hours only please as these contain toxic heavy metals.

18. Used Oil, Oil Filters & Oil Jugs

This includes five gallon oil pails.

For more information ...

Edson Regional Recycling Depot 780.723.4002

Edson Bottle Depot 780.723.3501

Edson Landfill 780.723-6476

Edson Thrift Shop 780.723.4545

www.westyellowheadrecycles.com

Alberta Recycle Information:

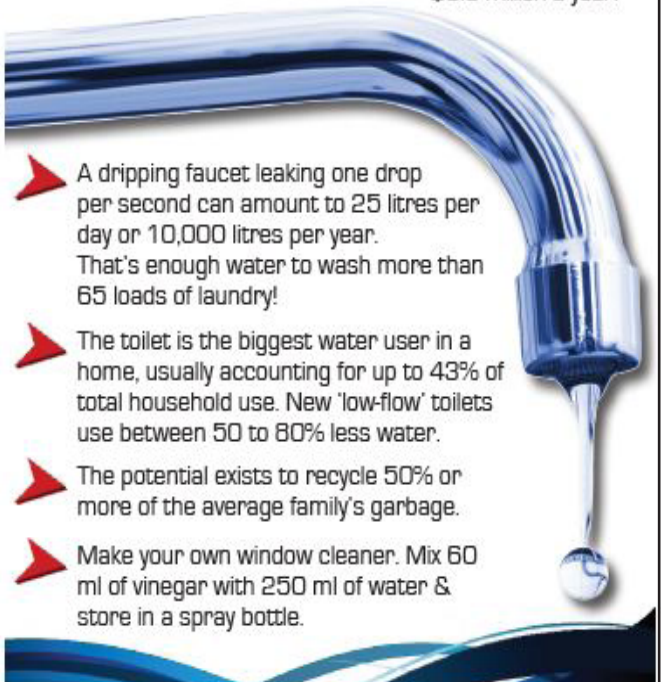
1.800.463.6326

Conservation Facts



- Plastic milk jugs are made of the highest grade of plastic.
- Recycled milk jugs can be made into; fleece material, carpeting & other plastic containers
- Recycling beverage containers is estimated to conserve more than 189,000 barrels of crude oil per year - a savings of \$6.5 million a year!

- There are more than **1,500,000,000** beverage containers (excluding milk) sold in Alberta.



- A dripping faucet leaking one drop per second can amount to 25 litres per day or 10,000 litres per year. That's enough water to wash more than 65 loads of laundry!
- The toilet is the biggest water user in a home, usually accounting for up to 43% of total household use. New 'low-flow' toilets use between 50 to 80% less water.
- The potential exists to recycle 50% or more of the average family's garbage.
- Make your own window cleaner. Mix 60 ml of vinegar with 250 ml of water & store in a spray bottle.

Curbside Waste Collection



The Town of Edson, along with our partner GFL Environmental Inc, is pleased to announce our modernized residential waste collection and diversion program.

Park It
Cart should be on the street with the wheels against the curb.

Point It
Arrows should point to the centre of the road.

1M 1M

Space It
Give at least an arms length of clearance on all sides.

Acceptable Household Waste Materials

Any currently accepted household waste (please separate out organics listed below)

**Recyclable materials are still to be taken to the Recycle Depot*

NOT Acceptable Household Waste

- Auto parts, tires
- Furniture
- Medical waste/including sharps
- Fluorescent light tubes
- Construction or demolition waste or rubble (e.g. lumber, plywood, cement, steel)
- Hot ashes or burning material, toxic waste
- Dirt, rocks, sod
- Animal carcasses
- Electronics (e.g. computers, TV, monitors, appliances)
- Motor oil

Acceptable Organic Waste Materials

All Food (Raw and Cooked)



Food Soiled Paper

- Paper plates
- Coffee grounds, coffee filters and tea bags
- Food-soiled paper towels, napkins and tissues



Yard Waste

- Leaves and cones (all conifers - pine, spruce, etc.)
- Branches, twigs and hedge trimmings (less than 15 cm in diameter and 1.25 m in length so it fits inside the cart)
- Grass clippings and sod



Pet Waste

- Dog waste and cat litter/Animal bedding from pet cages (must be collected in a certified compostable bag or paper bag)
- Pet fur, hair or feathers
- Pet food and treats (includes rawhide bones and birdseed)



Other

- Cold BBQ or fireplace ashes (must be collected in a certified compostable bag or paper bag)
- Untreated lumber (less than 15 cm in diameter and 1.25 m in length. Must be free of nails, screws, etc)
- Wood shavings and sawdust (must be collected in a certified compostable bag or paper bag)

NOT Acceptable Items - Please keep the following OUT of your organic bin

- No plastic, oxo-biodegradable or biodegradable bags. If using a bag, only use certified compostable bags
- No diapers, wipes or sanitary products
- No plastic food or beverage packaging
- No plastic plates or cutlery
- No painted or treated wood
- No fruit or vegetable stickers

Did you know?

An average family of four can compost over 500 kilograms of food and yard waste in a year.

Source: Government of Alberta (2008) "Waste Facts" Alberta Environment

2021

Waste Collection Pickup Schedule

- Monday Organics
- Tuesday Organics
- Wednesday Organics
- Thursday Organics
- Household Waste A
- Household Waste B

January						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

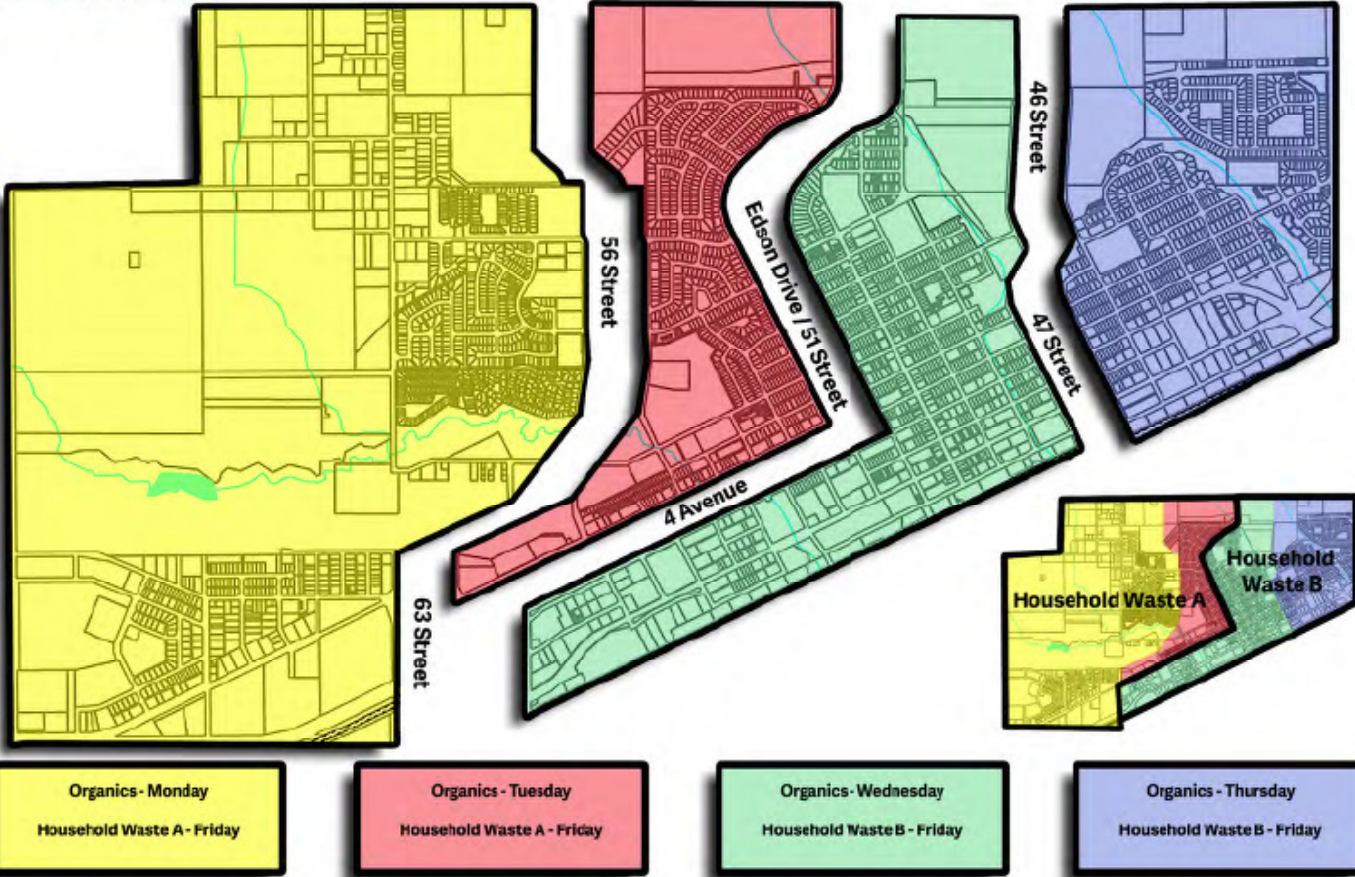
October						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Waste Collection Routes/Schedule



Organics pickup is every week during the summer months and every 2 weeks during the winter, based on the routes above. Household waste collection is every 2 weeks. See the schedule for your pickup dates. For more information, please call Public Works at 780-723-6461 or go to www.edson.ca/curbside.



The Edson and District Recycling Society has everything you need for convenient organics collection. Stop by and purchase a kitchen catcher and compostable certified bags. Each kitchen catcher or box of 90 bags is just \$10! They also have stickers and brochures with helpful info.

Certified compostable bags can also be purchased at most local grocery or hardware stores.



Self-Care

What is it? We often hear about it, or we are told to “take care of ourselves” – what does this mean? Anything you (the caregiver) do to take care of yourself; something just for YOU. It is NOT the things you have to do (like work, studying, errands, housework, caregiving). It includes taking care of your self:

- **Physically (health and wellness)**
- **Psychologically (stress reduction)**
- **Emotionally**
- **Spiritually**

It can be done alone or with the help of professionals, groups, instructors, family, counselors, or even with books, classes, and the internet. Caregivers often see self-care as selfish and say things like “there’s no time, I’m too busy.” As caregivers we often put ourselves last. If you don’t take the time to care for yourself you will be the next patient - and then what? We all need balance in our lives.

101 WAYS TO TAKE CARE OF YOURSELF AND REDUCE STRESS

- | | |
|--|---|
| 1. Get up 15 minutes earlier (or later) | 21. Unclutter your life |
| 2. Prepare for the morning the night before | 22. Smile |
| 3. Avoid tight fitting clothes | 23. Be prepared for rain |
| 4. Avoid relying on chemical aids | 24. Tickle a baby |
| 5. Set appointments ahead | 25. Pet a friendly dog or cat |
| 6. Don't rely on your memory...write it down | 26. Don't know all the answers |
| 7. Practice preventative maintenance | 27. Look for the silver lining |
| 8. Make duplicate keys | 28. Say something nice to someone |
| 9. Say no more often | 29. Teach a kid to fly a kite |
| 10. Set priorities in your life | 30. Walk in the rain |
| 11. Avoid negative people | 31. Schedule play time into every day |
| 12. Use time wisely | 32. Take a bubble bath |
| 13. Simplify meal times | 33. Be aware of the decisions you make |
| 14. Always make copies of important papers | 34. Believe in yourself |
| 15. Anticipate your needs | 35. Stop saying negative things to yourself |
| 16. Repair anything that doesn't work properly | 36. Visualize yourself winning |
| 17. Ask for help with the jobs you dislike | 37. Develop your sense of humor |
| 18. Break large tasks into bite size portions | 38. Stop thinking tomorrow will be a better today |
| 19. Look at problems as challenges | 39. Have goals for yourself |
| 20. Look at challenges differently | 40. Dance a jig |

41. Say hello to a stranger
42. Ask a friend for a hug
43. Look up at the stars
44. Practice breathing slowly
45. Learn to whistle a tune
46. Read a poem
47. Listen to a symphony
48. Watch a ballet
49. Read a story curled up in bed
50. Do a brand new thing
51. Stop a bad habit
52. Buy yourself a flower
53. Take time to smell the flowers
54. Find support from others
55. Ask someone to be your “vent partner”
56. Do it today
57. Work at being cheerful and optimistic
58. Put safety first
59. Do everything in moderation
60. Pay attention to your appearance
61. Strive for excellence NOT perfection
62. Stretch your limits a little each day
63. Look at a work of art
64. Hum a jingle
65. Maintain your weight
66. Plant a tree
67. Feed the birds
68. Practice grace under pressure
69. Stand up and stretch
70. Always have a plan “B”
71. Learn a new doodle
72. Memorize a joke
73. Be responsible for your feelings
44. Learn to meet your own needs
75. Become a better listener
76. Know your limitations and let others know them too
77. Tell someone to have a good day in pig Latin
78. Throw a paper airplane
79. Exercise every day
80. Learn the words to a new song
81. Get to work early
82. Clean out one closet
83. Play patty cake with a toddler
84. Go on a picnic
85. Take a different route to work
86. Leave work early (with permission)
87. Put air freshener in your car
88. Watch a movie and eat popcorn
89. Write a note to a far away friend
90. Go to a ball game and scream
91. Cook a meal and eat it by candlelight
92. Recognize the importance of unconditional love
93. Remember that stress is an attitude
94. Keep a journal
95. Practice a monster smile
96. Remember you always have options
97. Have a support network of people, places and things
98. Quit trying to “fix” other people
99. Get enough sleep
100. Talk less and listen more
101. Freely praise other people

PLAN time for YOURSELF—it doesn’t happen without a plan!

“Don’t worry about things that you have no control over, because you have no control over them.
Don’t worry about things that you have control over, because you have control over them.”

— Mickey Rivers

Adapted from: www.peer.hdwg.org



10 Ways to Build Resilience



1. **Make connections** – Good relationships with close family members, friends, or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope.
2. **Avoid seeing crisis as insurmountable problems** – You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better.
3. **Accept that change is a part of living** – Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.
4. **Move toward your goals** – Develop some realistic goals. Do something regularly - even if it seems like a small accomplishment - that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I can accomplish today that helps me move in the direction I want to go?"
5. **Take decisive actions** – Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.
6. **Look for opportunities for self-discovery** – People often learn something about themselves and may find that they have grown in some respect as a result of their struggle. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality, and heightened appreciation for life
7. **Nurture a positive view of yourself** – Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.
8. **Keep things in perspective** – Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

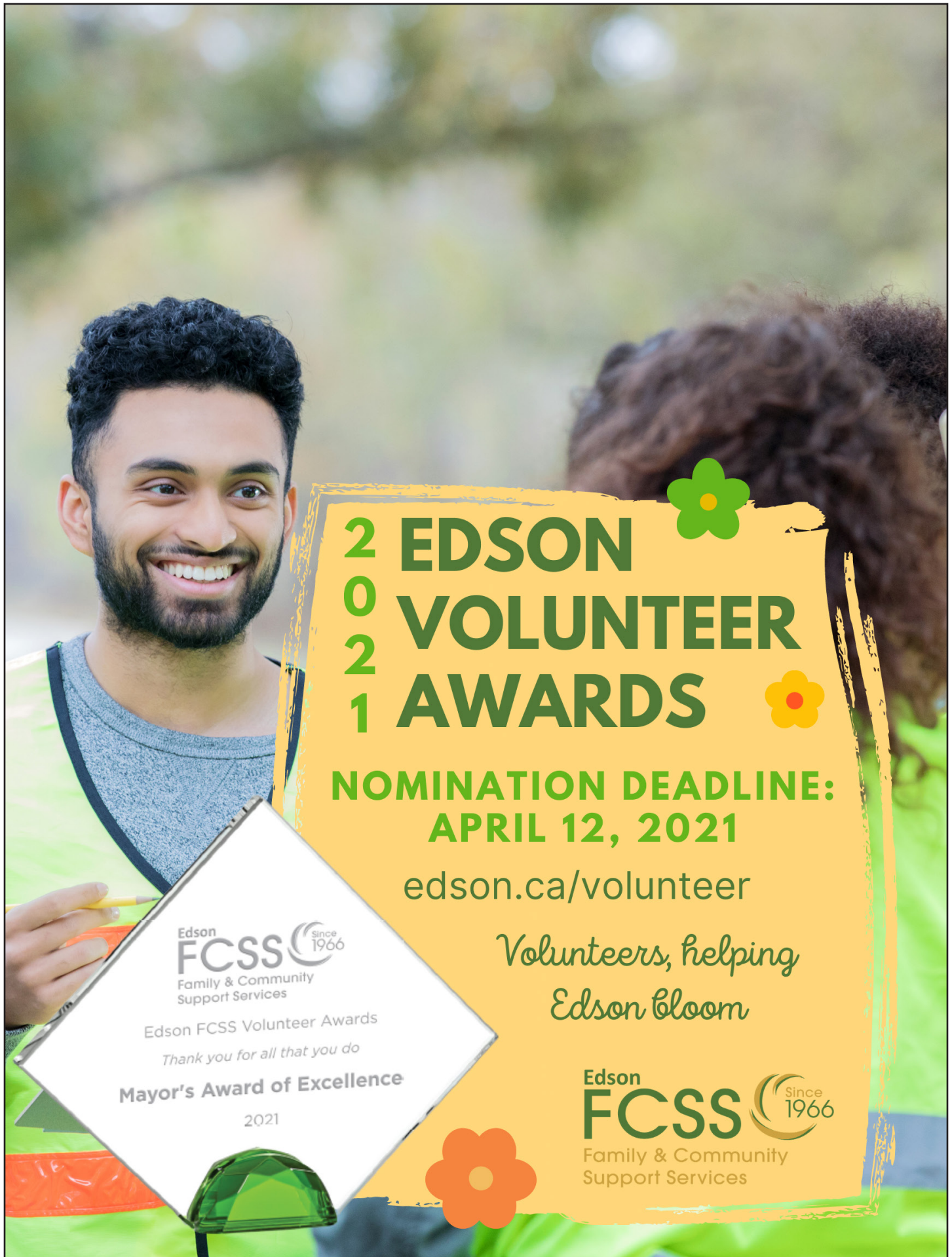


9. **Maintain a hopeful outlook** – An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.
10. **Take care of yourself** – Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

Additional ways of strengthening resilience may be helpful: journaling, meditation, and spiritual practices can be helpful to build connections and restore hope. The key is identifying ways that work for you as part of your own personal strategy for fostering resilience.

Tips adapted from the Dystonia Dialogue.





2021 EDSON VOLUNTEER AWARDS

NOMINATION DEADLINE:
APRIL 12, 2021

edson.ca/volunteer

*Volunteers, helping
Edson bloom*

Edson
FCSS Since 1966
Family & Community
Support Services

RURAL MENTAL HEALTH PROJECT

MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH

ABOUT THE RURAL MENTAL HEALTH PROJECT

The project aims to build capacity in rural communities to improve the communities' wellness and mental health.

A local project animator will help to ignite the conversation and strengthen relationships in the community to identify areas for strength, concern and opportunity. These conversations will lead into discussions about projects that can be done for the community by the community.



Join us for a community conversation:

Wednesday, April 21, 2021

12:00 PM - Zoom platform



To learn more about how to get involved contact Ali:
780-723-8616
alicjab@edson.ca



TO LEARN MORE CHECK OUT [HTTPS://ALBERTA.CMHA.CA/DOCUMENTS/RURAL-MENTAL-HEALTH](https://alberta.cmha.ca/documents/rural-mental-health)

Engaging in Challenging Conversations

PRESENTED BY THE
IMAGINE INSTITUTE

LIMITED SPACES
AVAILABLE

FREE

ZOOM PLATFORM

APRIL 19 12 PM-3 PM

Whether they involve a colleague, client, friend or family member, challenging conversations are an inevitable part of life. Fortunately, there are ways to engage in more effective conversations with anyone.

This 3-hour session supports participants to dig into what can cause conversations to become difficult, discuss ways to maximize conversation effectiveness and prepare for having a conversation of their own.

This is a practice-based session, so come prepared to practice strategies for not only engaging in challenging conversations but increasing conversation confidence.



REGISTER BY APRIL 16



EDSON.CA/FCSS

MEALS ON WHEELS

OFFERED
BY



Proud Partners of Edmonton Meals on Wheels

Edmonton Meals on Wheels - Who are they?

Edmonton Meals on Wheels is a local non-profit and registered charitable organization that provides home-delivered meal and food services to a diverse mix of people. Their meals are made fresh on site and frozen for each order. They make all of the meals in their approved kitchen facility with fresh ingredients.

How can I order meals?

There are lots of ways to order meals, and it's simple:

- scan/email completed order form to director@reflectionsedson.com
- fax completed order form to 780-723-2342
- fill out and submit online order form on reflectionsedson.com
- fill out order form in person at Reflections
- place an order over the phone by calling Reflections at 780-723-2390

What is the order deadline?

Orders are due the first (1st) Wednesday of each month.

When will the meals arrive?

Ordered meals will arrive the Tuesday following the order date.

Once meals arrive, how can I access them?

In the case that you are shut in or unable to leave your home, you can arrange delivery of your meals with Reflections upon ordering. Otherwise, your order will be ready for pick-up at Reflections.

How can I pay for meals?

We prefer debit/credit or payment by cheque made payable to "Reflections". We will accept cash.



5029 1 Ave
Edson, AB T7E 1V8
PH: 780-723-2390
FX: 780-723-2342

Reflections has a limited supply of meals on hand for purchase at the office..

There is no minimum or maximum order amount.

There is no obligation to order each month.

Having a hard time deciding what to order? There are 5-packs on hand with 5 entrees including best sellers and new options.



www.reflectionsedson.com

Supported by Edson FCSS and West Central Alberta Meals on Wheels



EDSON MEALS ON WHEELS
Proud Partners of Edmonton Meals on Wheels



TO ORDER: call 780-723-2390
visit: reflectionsonedson.com
mail: director@reflectionsonedson.com

ORDER FORM

BEEF

Classic Meatloaf with mushroom gravy, mashed sweet potatoes, and peas	\$6.00
Shepherd's Pie with carrots and peas	\$6.00
Salisbury Steak with gravy, sauteed onions, roasted potatoes and cauliflower	\$6.00
Lasagna with cauliflower and French beans	\$6.00
Spaghetti and Meatballs with carrots and corn	\$6.00
Ukrainian Duo of perogies, a cabbage roll, and dilled beets	\$6.00
Beef Stew with mashed potatoes and corn	\$6.00
Beef Stir-Fry Bowl with mixed peppers	\$6.00
Savoury Meat Pie with roasted root vegetables, mashed potatoes, and gravy	\$6.00
Roast Beef with gravy, garlic mashed potatoes, and carrot-turnip mash	\$6.00
Spicy Beef Stew with rice, carrots and turnips HALAL	\$7.00

PORK

Roasted Pork Loin with gravy, apple stuffing, roasted sweet potatoes, and broccoli	\$6.00
Ham with Cranberry Apricot Sauce with scalloped potatoes and brussels sprouts topped with caramelized onion	\$6.00
BBQ Pork Ribslets with potato wedges and French beans	\$6.00
Bratwurst with sauerkraut, braised cabbage, and fried potatoes	\$6.00

SEAFOOD

Cod with Dill Sauce with rice pilaf and peas and carrots	\$6.00
Pesto Salmon with rice and broccoli	\$6.00
Pesto Shrimp Linguine Bowl	\$6.00
Baked Salmon with Herb Butter with wild rice pilaf and honey yellow carrots	\$6.00

VARIETY PACK

5-Meal Variety Pack with 5 entrees including best sellers and new options	\$30.00
---	---------

POULTRY

Mushroom Chicken with mashed potatoes and sunrise vegetables	\$6.00
Roasted Chicken with Gravy and cheesy potatoes, peas, and red pepper	\$6.00
Fresh Herb Baked Chicken Thighs with yellow rice and cauliflower	\$6.00
Rosemary Chicken with roasted potatoes and carrot-turnip mash	\$6.00
Chicken Stir-fry Bowl with mixed peppers	\$6.00
Roasted Turkey with gravy, stuffing, mashed potatoes, peas and pearl onions	\$6.00
Chicken Cordon Bleu with garlic mashed potatoes and PEI mixed vegetables	\$6.00
Butter Chicken Bowl with broccoli	\$6.00
Turkey Pot Pie	\$6.00
Sweet Curry Chicken HALAL	\$7.00

VEGETABLE

Mushroom and Tomato Curry with yellow rice and lentil stew VEGETARIAN	\$5.50
Chickpea and Tomato Curry with yellow rice and broccoli VEGAN	\$5.50
Sweet Corn and Spinach Casserole with yellow rice and lentil stew VEGAN	\$5.50
Vegetable Stew HALAL VEGAN	\$6.00
Curried Lentil Casserole HALAL VEGAN	\$6.00
Split Pea Casserole HALAL VEGAN	\$6.00
Chickpea and Ginger Casserole HALAL VEGAN	\$6.00

BREAKFAST

Bacon, Egg and Cheese on an English muffin	\$3.75
Pancakes with sausages and hash browns	\$6.00
Baked Omelette with hash browns, bacon and red peppers	\$6.00



EDSON MEALS ON WHEELS
Proud Partners of Edmonton Meals on Wheels



TO ORDER: call 780-723-2390
visit: reflectionsonedson.com
mail: director@reflectionsonedson.com

ORDER FORM Continued

SWEETS

Banana Muffin DIABETIC	\$0.95
Blueberry Muffin DIABETIC	\$0.95
Carrot Muffin DIABETIC	\$0.95
Raisin Bran Muffin DIABETIC	\$0.95
Nanalimo Bar	\$1.00
Strawberry Cream Cake	\$2.25
Triple Chocolate Cake	\$2.25
Chocolate Chip Cookie DIABETIC	\$5.00/ Dozen
Oatmeal Raisin Cookie DIABETIC	\$5.00/ Dozen

SOUP

Beef and Barley	\$2.25
Cheesburger	\$2.25
Borscht VEGAN	\$2.25
Chicken Noodle	\$2.25
Country Vegetable VEGETARIAN	\$2.25
Cream of Broccoli VEGETARIAN	\$2.25
Tomato Pesto VEGETARIAN	\$2.25
Split Pea and Ham	\$2.25
Ginger Carrot VEGETARIAN	\$2.25

EXTRAS

Lentil Stew (Dahl) VEGAN	\$3.00
Beef Gravy	\$1.00
Turkey Gravy	\$1.00
Chocolate Ensure® Protein Plus	\$1.50
Strawberry Ensure® Protein Plus	\$1.50
Vanilla Ensure® Protein Plus	\$1.50
Wild Berry Glucerna® DIABETIC	\$1.75
Baked Potato Casserole with cheese and bacon	\$2.00
Yorkshire Pudding	2 for \$1.50

*Items and prices are subject to change

www.reflectionsonedson.com

www.reflectionsonedson.com

SENIORS WEEK

JUNE 7-13

More information to follow

Keep an eye out for updates at edson.ca/fcss

FREE drive-by meal for seniors in partnership by the Edson Recycle Society

FREE Meditation and Chair Yoga!

Medium coffee or tea courtesy of Edson FCSS at Sacred Groundz! One per person.

Seniors ONLY Golf

E-Bike Testing

RECIPE CORNER



Spring Vegetable Fettucine Alfredo

INGREDIENTS

- 9oz pack fettucine
- extra-virgin olive oil
- 2 cups of mushrooms
- 1 bunch thin asparagus
- 1 stick unsalted butter
- 1/2 cup frozen peas
- 2 cups heavy cream
- 1 1/2 cups parmesan cheese
- chopped chives
- zest of 1/2 a lemon

INSTRUCTIONS

Bring a large pot of salted water to a boil. Add the pasta and cook according to the package. Save half a cup of the pasta water and strain the rest. Slice mushroom caps into strips. Cut the woody ends off the asparagus and cut into 2-inch lengths. Heat a large skillet over medium heat, add 2 tbsp of butter. When the butter melts, raise the heat to medium-high and add the mushrooms in 1 layer. Cook, until the undersides are brown then stir and cook until golden brown. Add the asparagus, another tbsp of butter and salt and continue cooking until the asparagus is tender. Transfer the vegetables to the colander with the pasta. Reduce the heat to medium and add the remaining 5 tbsp of butter to the pot. When butter is melted, whisk in the cream and bring to a simmer, add the peas and cook for two minutes. Whisk in the parmesan, vegetables, pasta, chives, lemon zest and toss well. Finish with salt and pepper. Pasta will thicken as it cools. Enjoy!

Lemon Bars

INGREDIENTS

- 2 1/4 cups unbleached flour
- 3/4 cups + 3 tbsp powdered sugar
- 1 1/2 tsp salt
- 1 cup very cold unsalted butter
- 1-2 tsp ice water
- 5 large eggs at room temperature
- 1 1/2 cups granulated sugar
- 1 tbsp lemon zest
- 3/4 cup lemon juice

INSTRUCTIONS

Preheat oven to 350'. Grease a 9x13" baking pan and line it with parchment paper, leaving 1" overhang on the two long sides. In a food processor, pulse 2 cups flour, 3/4 cup powdered sugar and salt. Add butter and pulse until mixture resembles a coarse meal. Add ice water 1 tsp at a time if mixture is too dry. Press dough into bottom of pan. Bake for 20-25 mins. Set aside, reduce oven temperature to 300'. Whisk together eggs and granulated sugar until well combined and pale in colour. Stir in lemon zest, juice, remaining flour, salt. Pour topping over crust. Bake for 15-20 minutes, dust with powdered sugar once cooled.

