

# COMMUNITY VIEWS

Serving the community leagues of  
Twin Brooks & Yellowbird



Apr/May 2018

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## Capital Line South LRT Extension

### Project Background

The Concept Plan for LRT from Century Park to the south city limit started in 2007 and was approved in 2008. In 2010, the preliminary design was approved for a portion of the line; from Century Park to Ellerslie Road. Public input played a major role in both these projects in determining the themes and aesthetics of the line.

Moving forward with updating the existing preliminary design to meet new standards and reflect current conditions and opportunities, the project will consider how the LRT will cross 9th and 12th Avenues, Saddleback Road, and Ellerslie Road; the addition of a potential stop at Twin Brooks; and the addition of the potential future Operations and Maintenance Facility north of the Heritage Valley Park & Ride. It will also confirm and validate the existing preliminary design. Sustainable Urban Integration (SUI) has been introduced into the design to integrate the LRT line, stops, and stations into the neighbourhood by looking at connections, land uses, landscape, materials, and aesthetics in more detail.

### Public Engagement and the Community Advisory Committee

The focus of the public engagement for this project will be on information-sharing, dialogue and identifying/addressing issues, opportunities, and concerns at the ADVISE level of the City of Edmonton public engagement spectrum.



The public will be invited to participate in engagement activities in 2018 to provide feedback on the preliminary design.

A Community Advisory Committee (CAC), made up of 12 members, was formed with representatives from the adjacent communities (as selected by the Community League boards), members at large, and associations and institutions near the Capital Line South LRT extension. This committee will help the project team to understand community issues and opportunities throughout the process. No decisions will be made by the Community Advisory Committee. They will act in an advisory role only. CAC meetings will be held throughout the project, which is anticipated to end in 2018.

For more information on this project, including public engagement activities, and to see the complete Terms of Reference for the CAC go to: [www.edmonton.ca/capitalsw](http://www.edmonton.ca/capitalsw)

## Family Day Thank You to Yellowbird Volunteers

Hi everyone,  
I am sending a huge shout out to everyone who made the Family Day Event at the Yellowbird Community League on February 19, 2018 a huge success. Every year we rely on our volunteers to prepare the chili, barbeque the hotdogs, prepare the bannock, supervise the bonfire, hand out hot chocolate and cookies, and coordinate all the activities from horse rides, miniature horse petting, horse drawn sleigh rides, with the maple shack and sledding or skating. I am so proud of all of you. This event is to honor our families, neighbors and friends on family day. All of our volunteers did an amaz-



ing job honoring them.

Sincerely,  
Heather Pearson  
President  
Yellowbird East Community League



## Yellowbird Community Garage Sale Day

Saturday June 9

9am-3pm

This is a day for you to hold your own garage sale, on your own lawn or driveway or garage. We'll advertise online and post signs directing traffic into the neighbourhood. Inside the neighbourhood, you can post your own signs directing people to your house, and wait for the customers to come by!

## Join the Great Neighbour Race 2018

Date	Saturday, April 28, 2018
Event	Great Neighbour Race 10k, 5k, 3k and 1k Kids Run, Walk, Jog
Location	William Hawrelak Park 9930 Groat Road Located S.W. Corner of Park
Time	10 am to 1 pm



Schedule	
9:00 am	Registration
9:45 am	Welcome & Runner Warm-up
10:00 am	Races Start
11:15 am	1k Kids Run
11:30 am	Awards, Prizes
Until 1 pm	Activities, food, and fun continue after the race!

Hosts	Emcee: Cory Edel (CTV Morning Live meteorologist) CTV (Official Media) EFCL President Fraser Porter
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For full event details, visit [RunningRoom.com](http://RunningRoom.com)

### Registration

Register an individual, family or team at [bit.ly/GNRace18](http://bit.ly/GNRace18) or [runningroom.com](http://runningroom.com)





# TWIN BROOKS Community League

CHECK OUT ALL THE LATEST NEWS  
AND INFO ON OUR COMMUNITY AT  
TWINBROOKS.CA

## Twin Brooks Board

**President:** Mike Lanteigne  
**Vice President:** Nate Dechoretz  
**Secretary:** Gonzalo Zambrano-Narvaez  
**Treasurer:** Irma Cooper  
**Membership:** Kelly Casault  
**Facilities:** Vacant  
**Sports:** David Murray  
**Sports Assistant:** Vacant  
**Programs:** Alex Kandathil  
**Social:** Monika Langer  
**Communications:** Natasha Mitrovic  
**Communications Assistant:** Deana DeRoche  
**Volunteer:** Shauna Nichols  
**Fundraising Coordinator:** Vacant  
**Casino Volunteer Coordinator:** Jamie Popowich

### MEETINGS:

Meetings held monthly September through June. Contact [volunteer@twinbrooks.ca](mailto:volunteer@twinbrooks.ca) for times and locations.

Twin Brooks Community League  
11341-12 Ave NW  
Edmonton, AB T6J 6W8

## Seniors Innovation Fund (SIF) Program

*(Weekly Program & Sunday Events till August 2018)*

**GOAL:** Seniors maintain good physical and mental health, through active interactions with seniors and young generations from different cultures.

**LOCATION:** Twin Brooks Community Hall (if not specified)

**WHO:** People of intergenerational (all ages), inter-cultural (all ethnic -international groups), all educational backgrounds (interdisciplinary)

### ACTIVITIES:

**MONDAY, 7 - 8:30 pm - English as Second Language**

A conversation circle where participants can practice speaking English in a safe supportive and informal environment. Build vocabulary around individual and collective areas of interest. Gain confidence speaking in English as you share life experiences, opinions and values with the group. Bilingual TA's are available to assist Mandarin speaking participants.

Lead: Thelma Reid, 780-819-6524

**TUESDAY, 6:30 - 8:00 pm - Fitness Dance Program**

Focus on physical activity, with the vision that all age group community members are engaged in a regular physical activity for health benefit, especially for isolated seniors who lived in Twin-brooks and surrounding neighborhoods. This program is a fusion of Zumba dance, Latin, and Chinese square dance together. We try to establish and improve the health of older adults (55+) through this "fun and easy to do" activity and provide a platform for their social life. The initiative is multicultural and includes multi-ethnic group participants.

Lead: Maggie Wang, 780-218-7006, WeChat: ma26353

**TUESDAY, 8:00 - 9:00 pm - Qipao Dance Program**

A group dance program in Qipao dresses, a traditional Chinese dress that feature body curve. Open to all women. We particularly encourage senior's participation. This dance program aims to help woman recognize their body's shape, health, and promote healthy lifestyle and community connection.

Lead: Alice Ou, Contact: [alice\\_ou@yahoo.ca](mailto:alice_ou@yahoo.ca)

**THURSDAY 1:30 - 3 pm - Tai-Chi**  
Location: Patio at Community Hall

(Inside hall in rainy weather)

Lead: May Chan, Contact: Ida 780-989-5431

**FRIDAY, 6:30 - 9:00 pm, Jan.-Jun.22 (Except for PD days or holidays)**

Chess Club - Lead: Andrew Liu 780-807-1829

Family Board Games (Mahjong, Caribbean Dominoes and many others), SIF provides games to stimulate seniors' cognition and broad recreation for youngsters- emphasis on intergenerational interest.

Location: George P. Nicolson School Library

**April 8, Sunday**

All Things Garden -- Share & Swap (Seeds, plants, accessories), \$2 fee

**June 10, Sunday**

De Clutter -- Annual Garage Sale

FEE: All volunteer-run programs, involving minimum or no fees. Encourage donations.

### GENERAL INQUIRY:

Ida Richards: [irichardsco@hotmail.com](mailto:irichardsco@hotmail.com), Tel: 780-989-5431,

Gongchen Li: Text 587-982-2503;

To receive timely notice, please add 31521736 on WeChat app, and join SIF WECHAT Group



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Saturday: 8am-12pm  
Sunday: Closed

ACUPUNCTURE

IMS

## Elves school



### At Elves, School means Community for Parents of Children with Special Needs

Elves Special Needs Society offers a school tailored to support children with exceptional needs, from speech or language delays to complex medical needs. At Elves, children access teachers, occupational and physical therapists, speech and language pathologists, registered nurses, and social workers.

For parents, Elves offers a caring and understanding community. Parent, Tina Hartum, describes her experience prior

to her daughter attending Elves School Program. "Sara was taken care of, but it didn't give me many means of finding information or meeting different people, or becoming part of a group of parents," says Hartum.

Parents set goals for their children and participate in workshops critical to success.

To learn more about Elves, call 780-454-5310, or visit [www.elves-society.org](http://www.elves-society.org).

Possible Caption: Children learn through play and explore their abilities through specialized services and equipment at Elves Special Needs Society.

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**SKY Tae Kwon Do**  
Out of School Program

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July & August  
(7AM ~ 6PM)

**Kumdo**

**Taekwondo**

**Field Trip**

**Indoor Soccer**

**Gym Activities and more**

**Kindergarten to Grade 6 <Transportation is Provided>**

**BEFORE & AFTER SCHOOL PROGRAM 780.439.4391**

2503 Ellwood Dr. SW (Sejong Multicultural Centre) Edmonton / [skytaekwondo.ca](http://skytaekwondo.ca)



## Great Neighbour Race

**Saturday, April 28, 2018**

William Hawrelak Park

9:00am-1:00pm

The EFCL's third annual Great Neighbour Race is an exciting opportunity to bring family, friends, neighbours and co-workers together to show our community spirit. All ages 10k, 5k, 3k and 1k Kids – run, walk or jog. Stay for fun, food and activities after the race!

All net proceeds go to the EFCL 100th Anniversary Project which will build the new Community League Plaza in William Hawrelak Park.

### Important dates:

Friday, April 13 2nd registration (guaranteed t-shirt size) – early registration ended March 23

Thursday, April 26 Last online registration

Saturday, April 28 (day or face): Paper form registration

For event details and registration, visit [www.efcl.org](http://www.efcl.org) or <https://www.events.runningroom.com/site/?raceId=15009>

## Arts Galore

July 23-27

9:00 am-4:00 pm

Course Code 625940

Fee: \$174.00

Let your imagination soar and create a masterpiece! Use your creative skills as you explore a variety of art activities including painting, sculpting, paper mache and sketching. Participants will also enjoy a field trip to an art gallery!

The City of Edmonton offers a wide range of daycamps for children and youth. Course prices may vary due to varying course lengths, number of sessions, option to purchase materials, etc. Check out the Summer Daycamps Guide:

[https://www.edmonton.ca/activities\\_parks\\_recreation/documents/SummerDaycampsGuide.pdf](https://www.edmonton.ca/activities_parks_recreation/documents/SummerDaycampsGuide.pdf)

Registration for Daycamps opened on March 14, 2018. You can register using one of the following options:

Online at [ereg.edmonton.ca](http://ereg.edmonton.ca). If you would like to register online but do not have your personal barcode and PIN, please call 311.

By Phone: 311 - 24 hours a day, 7 days a week.

## 2018 Best Neighbourhoods Survey

For the seventh consecutive year running, Avenue's August issue will focus on the city's best neighbourhoods, as voted on by Edmontonians. Fill out the online survey for a chance to win great prizes from local restaurants. <http://www.avenueedmonton.com/2018-Best-Neighbourhoods-Survey/> The survey closes on April 30, 2018.

Over the past couple of years, Avenue has focused on infill, growth in the core and the revitalization of downtown Edmonton. This year, the magazine will look at the suburbs, and to the cities, towns, hamlets, villages and



counties that make up our region's metropolitan area.

Avenue is still asking readers what they think are Edmonton's best neighbourhoods. In 2017, Glenora was the top spot. That ended Strathcona's five-year run as the top vote-getting neighbourhood.

## Community League Wellness Program



By becoming a member of your Community League, you have demonstrated your commitment to your community. To honour your commitment and support your families' health and well-being, the Edmonton Federation of Community Leagues has teamed up with the City of Edmonton to form the Community League Wellness Program. Current Community League members receive admission incentives to enjoy the City's world-class sports and recreation facilities.

Present your valid Edmonton Community League membership card, showing expiry date (payment receipts will not be accepted) at any one of the City of Edmonton's sports and fitness facilities. Choose from the following Community League Wellness Products:

Annual Pass\*- 20% discount on Adult, Family, Child, and Youth/Senior Annual Passes

Multi Admission Pass\*- 15% discount on

our already discounted multi admission pass (5+ visits)

Continuous Monthly Pass - 20% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program.

Community league members who purchase one of the above passes will be issued a photo access card to be swiped at each admission.

\* Applies to new purchases only.

Facilities and amenities include swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton and tennis courts, indoor running tracks, gymnasiums, cafeterias and pro shops. Hours of operation are from 5:30 a.m. to midnight (hours vary according to facility). For more information, please call 311 or visit <http://www.edmonton.ca/wellness>

## Program Guides

The following City of Edmonton's program guides are available online at

[www.edmonton.ca/programguides](http://www.edmonton.ca/programguides)

Spring in the City (April-June 2018) These guides showcase Arts, Culture, History and Nature at City of Edmonton attractions. This guide goes digital Fall 2018.

Rec Centres Spring Guide (April-June 2018) Fitness classes, swimming lessons, programs, daycamps, pool schedules, and facility information at City recreation centres.

Central Lions Seniors Association Spring Guide (April-June 2018) Recreational and educational programs for seniors, hosted by the Central Lions Seniors Association.

Summer Daycamps Guide (Summer 2018) Your guide to daycamps at City of Edmonton facilities and in your neighbourhood.



## DEVELOPMENT PERMIT COMPLIANCE



The City of Edmonton does not do routine checks to ensure that new developments follow regulations. To a great extent, the city relies on leagues and nearby neighbours to report building developments which are not in compliance with regulations in the zoning bylaw and the development permit.

Call 311 with your inquiry if you suspect abnormalities. Perhaps a building appears abnormally large or too close to the property line, or you are concerned about other problematic irregularities.

## Community Safety

The Edmonton Police Service (EPS) highly encourage citizens to report all suspicious activities and crimes as crime statistics will allow EPS to better allocate policing resources.

Citizens can report certain crimes online at the EPS website [www.edmontonpolice.ca/reportacrimeonline](http://www.edmontonpolice.ca/reportacrimeonline)

Reportable crimes include Damage/Mischief to Property, Damage/Mischief to Vehicle, Lost Property, Theft under \$5000, and Theft from Vehicle under \$5,000, and Theft under \$5000.

For other types of crimes, call 9-1-1 for

an emergency or a crime in progress. For non-emergencies, please visit a police station, enter #377 from a mobile device or call 780-423-4567 from a landline.

EPS has developed the Neighborhood Crime Mapping Website for the public to view crime in neighbourhoods across the city. <http://crimemapping.edmontonpolice.ca/>

By accessing this timely information on reported crime, you will be able to know what is happening in your neighbourhood. By knowing what is going on, we can work together to reduce and prevent crime.

For more information about community

policing, visit [www.edmontonpolice.ca/communitypolicing.aspx](http://www.edmontonpolice.ca/communitypolicing.aspx)

### • City Services & General Information

Visit [www.edmonton.ca/311](http://www.edmonton.ca/311) or call 311 for information and access to City of Edmonton programs and services such as:

Inspections, licenses, permits

Comments, commendations, bylaw complaints

Roadway & waste management information

Program registrations and bookings

Transit information

311 agents are available 24 hours a day,

every day.

To access city services in person, the Edmonton Service Centre is a one-stop shop. It is located on the 2nd floor of Edmonton Tower, 10111 104 Avenue across from Rogers Place. Residents and businesses will no longer need to visit various downtown City offices to pay taxes, obtain bus passes and business licences, review engineering and architectural drawings with City specialists, or do other business with the City. The operating hours are 8am-4:30pm Monday to Friday. The centre is closed on weekends and statutory holidays.

Edmonton Transit Service | City of Edmonton

## Let's talk about Edmonton's changing **bus routes**.

From April 12 until June 14, help us refine your future bus network, online or at a community workshop. New bus routes will be shaped by Edmonton's Transit Strategy and your insights.

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[edmonton.ca/newbusroutes](http://edmonton.ca/newbusroutes)  
or call 311

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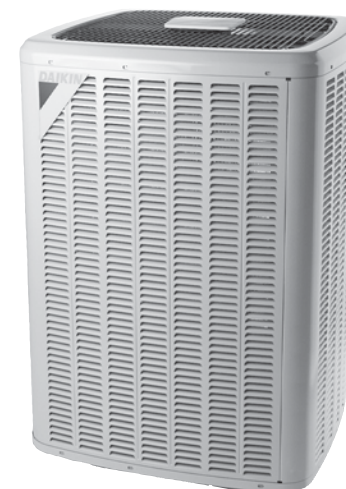
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Saturday, April 28

9am to 3pm



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Sports and self-esteem

Youth learn the confidence to move When kids play sports—whether in an organized lacrosse league or just kicking a ball around the park with friends—they benefit beyond building a stronger body. They’re building stronger mental health as well.

Participating in sports has strong positive effects on self-esteem, concluded researchers at Carleton University who studied about 400 boys and girls in Grades 5 to 8.

“People participate in sports for different reasons, but ultimately it’s all around making kids better, healthier people,” says Lea Norris of Sport for Life, a non-profit that aims to improve the health of Canadians. “The self-confidence, mental health, ability to socialize—that sense of social belonging is huge—as well as leadership and resiliency—all those pieces fall into place when kids play sports.”

Kids can pick from a wide range of sports—everything from fencing to rock climbing—but not every activity can fit their family. Finances, transportation and schedules can all be a barrier to children developing their physical skills.

“If you don’t have that foundation of movement skills you may be less likely to have that confidence to move,” Norris says. Just riding a bike or playing catch with family in the early elementary years



can help your kids develop the motor skills—and feelings of competence—to help them play when they’re older.

Developing those early movement skills is especially important for girls because they’re more likely to quit a sport. “When girls start to drop out at 12, 13 or 14, it’s really hard to get them back,” says Norris. “You can offer every type of activity possible in high school, but those girls have left. We want them to stay in long enough to get the benefits of sports.”

You don’t have to enroll your young girls and boys in tennis lessons or suit

them up with expensive hockey equipment. “Get them out in a nonthreatening environment with their friends or the family to try something new,” says Norris. Throw a Frisbee or a football around. Try playing tag or going for regular family bike rides.

“The important thing,” she says, “is to move.”

To find out more about ‘What’s your balance?’ visit [ahs.ca/whatsyourbalance](http://ahs.ca/whatsyourbalance). You can also join the conversation on social media by using the hashtag #AH-Swhatsyourbalance

As Seen on CTV

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## Oral Health: it's about more than the Mouth

Did you know that a healthy mouth is also an important part of your overall health?

Anyone who has experienced poor oral health can attest to the negative impact it has on overall quality of life. Mouth pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes, affecting their physical, mental and social well-being.

On the other hand, health conditions can affect oral health. For example, diabetes increases the risk of gum disease while gum disease can make diabetes harder to manage.

Gum disease, along with tooth decay and oral cancer are common chronic oral diseases. They share common risk factors with other chronic diseases including, heart disease, respiratory illness, diabetes and other cancers.

The good news? Making healthy lifestyle choices helps prevent and manage oral diseases while impacting other chronic diseases. Eat more fruits and vegetables, use less sugar, drink less alcohol, and choose to be tobacco free. For good oral hygiene brush with a fluoride toothpaste and floss daily. Visit your dentist regularly.

For more information on oral health, visit [www.ahs.ca/oralhealth](http://www.ahs.ca/oralhealth).

## Your most important relationship is with you

Your most important lifelong relationship is with you. Your circumstances and the messages you tell yourself influence how you navigate that relationship.

If your circumstances include an unhealthy relationship or poor work-life balance, you may need to make some life decisions that lead you in a more positive direction. If you have a relentless inner critic who continually finds fault, you may need to learn how to exercise some self-compassion.

Practising self-acceptance and positive self-talk are surefire ways to build your self-worth.

Here are six proven ways to build a strong foundation of self-worth.

Acknowledge your thoughts. Our thoughts can greatly influence our approach to life. Mindfulness meditation, and mindfulness in general, are great ways to get in touch with negative self-talk. Acknowledging your thoughts goes

a long way toward loosening their grip.

**Cut yourself some slack.** Adopting a more accepting and encouraging approach to yourself can uncover more rewarding paths to travel in life. Be a nicer person—to you. And avoid comparing yourself, or your success, to others.

**Connect with others.** We learn more about ourselves by connecting with others. And others can influence how we feel about ourselves—good or bad. Surrounding yourself with positive people creates a strong network that can support and encourage you.

**Take care of the basics.** Making self-care a priority sends you an important subliminal message—your well-being is important, because you're worth it. Strive for a healthy lifestyle that's fuelled by healthy eating, regular activity and adequate sleep. Carve out time to de-stress, enjoy hobbies, spend time with positive people, or simply

take a bath. You'll reap the rewards in better self-esteem and better health.

**Go out on a limb.** Taking risks fosters continual learning and growth. When you succeed, you gain self-confidence. When you fail, you learn to reflect on what you can do differently and practise self-compassion.

**Build yourself a trophy case.** Track your successes—this can be as simple as jotting them down in a notebook or adding them into your smartphone. Then, take a moment every week to review and genuinely savour what you've achieved. You'll be surprised at how you'll start to notice all your accomplishments—both large and small.

Read the full article in Apple magazine's fall 2017 issue on [applemag.ca](http://applemag.ca).

To find out more about 'What's your balance?' visit [ahs.ca/whatsyourbalance](http://ahs.ca/whatsyourbalance). You can also join the conversation on social media by using the hashtag #AHSwhatsyourbalance



# SEE A PLAYGROUND, SLOW TO 30.

7:30 am to 9:00 pm  
**EVERYDAY**



**edmonton.ca/why30?**

## Get by with a little help from your friends

**Your social circle can add health and happiness to your life**

Good friends influence our lives, shaping how we feel, think and act. They know our dreams and fears. They cheered when we won that school race and rallied when we lost a high school sweetheart. They toasted our first promotion and flew back for our wedding.

It's our friends—the ones we turn to when we need a favour, a shoulder to lean on, some advice or well-earned praise—who benefit our health the most. Caring friends

not only help us cope better emotionally, but evidence shows these strong bonds help us manage anxiety or grief by lowering our blood pressure and heart rate and decreasing the stress hormone cortisol.

Janet Halberg, who moved several times because of her husband's job, learned how to meet people and make friends. "It's not easy putting yourself out there, but you have to remember that you're not the only one (looking)."

As a gardener and self-described dog per-

son, Halberg always found a local gardening group or dog club to join. She also volunteered for various groups and made a point of meeting her neighbours. After her divorce at 55, Halberg joined a gym, took up golf and began playing bridge with colleagues from work.

Beyond personal interests, your community centre, local library, place of worship or favourite charity are other places to meet people. There is no prescribed quota on friends. Some prefer one or two close

friends to confide in, while others enjoy more casual connections with a diverse group of friends.

Making friends may seem daunting, but those new friendships could be a source of health and happiness for decades to come.

Read the full story in Apple magazine's winter 2014 issue on [applemag.ca](http://applemag.ca)

To find out more about 'What's your balance?' visit [ahs.ca/whatsyourbalance](http://ahs.ca/whatsyourbalance). You can also join the conversation on social media by using the hashtag #AHSwhatsyourbalance.

## Ask Charles

**I've taken possession of my new home, but pictures, sold price, and its address are still on the listing agent's website, advertised as sold. I want them to take down the pictures and address. Can I make them?**

It depends if the information they post on their website is personal information or not. Personal information is defined in the Personal Information Protection Act as information about an identifiable individual. This means that if the information could identify you, it's personal information, and someone needs your consent to use it.

In real estate, a picture of the exterior of your house, information about its neighbourhood, and even the address are likely not

personal information. All of that information is readily available on sites such as Google Maps, but the law is less clear when this information is combined with a statement that the property was just sold, and at a certain price.

Though it has not been tested in court yet, this combination of information could be considered personal information. It's because of legal grey areas like this that RECA recommends real estate professionals get written consent from buyers of their listings if they want to continue advertising a sold listing after possession takes place. Once possession takes place, the seller is no longer the person who provides that consent; it's the new owner – the buyer.

If there is any doubt about whether or not

there is personal information in an advertisement, real estate professionals should try to get written consent from the property owner before advertising, or don't include the information in the ad.

If you are concerned that a real estate professional's website contains your personal information through posting a sold listing, talk to the real estate professional in question. There are strict confidentiality rules for real estate professionals, and privacy legislation may apply too. You can also bring the issue to the real estate agent's broker.

You may not be able to make a real estate professional take an ad down if it doesn't contain your personal information, but if

you're still uncomfortable with it because you believe it shares too much about your property, a true professional should be open to hearing your concerns and working with you to address them.

*"Ask Charles" is a question and answer column by Charles Stevenson, Registrar of the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email [askcharles@reca.ca](mailto:askcharles@reca.ca).*





Emergency  
Medical  
Services



## National Paramedic Services Week

**National Paramedic Services Week is May 27 – June 2, 2018**

National Paramedic Services Week honours the paramedic profession and recognizes the men and women of Emergency Medical Services (EMS) providing this key public service. It is also an opportunity for the public to better understand the important role EMS has within both the health care system and our communities.

The year's national theme is, *Paramedics: Health. Community. You.*

Whether directly, or indirectly, every Albertan has felt the importance of the service paramedics provide. Paramedics are trained health care professionals who stabilize and treat patients before and during transport to hospital. In some areas of the province, paramedics are now working side-by-side their health care colleagues in hospitals and community care facilities.

- There are over 4,000 EMS practitioners and 550 ambulances in the Alberta Health Services system province-wide;
- Approximately 5,500 patients will be transferred by fixed wing aircraft through contracted air ambulance providers in Alberta this year;
- EMS dispatch receives over 500,000 ground ambulance calls each year.

EMS practitioners across the Alberta and Canada will be celebrating National Paramedic Services Week in a variety of ways. Watch for information in your local media as well as **AHS EMS Twitter (@ahs\_ems)**, **Facebook (@albertahealthservicesEMS)** and [ahs.ca/ems](http://ahs.ca/ems) about events happening in your community.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million Albertans and it's more than 661,848 square kilometers. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.



[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

## Conversations matter: talk about your wishes and health care values

Do your loved ones know what type of medical care you would want if you were unable to speak for yourself?

Many of us “save for a rainy day”, plan for retirement, or even plan our next vacation. Just as important, we need to plan for our health care future – and make sure our wishes are known. Alberta Health Services is encouraging you to think about, talk about and document your wishes for healthcare to ensure your voice is heard. Advance Care Planning allows your family or close friends to know what kind of care you want, and could bring comfort and peace of mind to those making healthcare decisions on your behalf.

Take the time to talk to your friends and family about your wishes. If there's an unexpected event or change in your health and you aren't able to make decisions about your healthcare, having a plan in place ensures your wishes are known. Check out AHS's interactive guide to help you start the conversation.

Things you can do:

- Learn about Advance Care Planning
- Think about your values and wishes for your healthcare now and in the future
- Talk with those who you are close to about your values and wishes
- Discuss your wishes with your health care provider
- Consider naming an Alternate Decision Maker or agent
- Complete your personal directive

It's about making choices for your health care before a personal crisis, you owe it to yourself and you owe it to your family to think about your health care wishes now. Visit: [www.conversationsmatter.ca](http://www.conversationsmatter.ca)

## Get loud about mental health

Each year, more than 500,000 Albertans visit a doctor about their mental health. Taking care of your health means taking care of your mind too.

Engaging in physical activity, eating healthy foods, practicing gratitude and having fun are all small steps that can improve your mental health and help to reduce stress.

Alberta Health Services wants to remind you to take care of yourself and share how you are making a difference in your own mental wellbeing. Get loud about the positive steps you are taking and encourage others to do the same.

Try these simple steps and challenge your family, friends, co-workers and yourself to better health and wellness.

### Get active

- Physical activity can improve your mood. What's good for your biceps is good for your brain too.

### Eat healthy foods

- What we eat can affect how we feel. Eat healthy to feel healthy.

### Be kind

- Showing kindness can help you and others feel good, enhances positivity and lifts your mood.

### Be yourself

- Appreciating yourself can have a positive impact on your mental health. Get rid of your inner critic by appreciating who you are.

### Practice gratitude

- Giving and receiving thanks creates a more positive outlook, which helps to keep you emotionally balanced.

### Get your groove on

- Music soothes the soul, pumps you up and helps ease your worries.

### Laugh

- Laughter is medicine for the mind and helps to reduce stress and tension.

Follow us and tell us what you are doing for your mental health and well-being:

For more information or help contact Mental Health Help Line toll-free at 1-877-303-2642, 24 hours a day 7 days a week.

## Paying attention to fatigue

Many of us feel fatigued at one time or another, but fatigue can sometimes mean more is happening with your body.

Fatigue can often be the result of overwork, poor sleep, worry, boredom, or a lack of exercise. People who have anxiety or depression may also experience fatigue. It can also be a symptom caused by illness, medication, or medical treatment such as chemotherapy.

Fatigue brought on by over work or illnesses such as colds or flus often resolves itself on its own without having to see a doctor. However, if you are experiencing fatigue that lasts longer than two weeks, it may be a symptom of a more serious health problem and a trip to the doctor may be required:

- Anemia – a decrease in the amount of hemoglobin (oxygen-carrying substance) found in the red blood cells
- Heart problems, including coronary artery disease or heart failure, that limit the supply of oxygen-rich blood to the heart or the rest of the body
- Metabolic disorders, including diabetes
- Thyroid issues – both hypothyroidism (low thyroid level) and hyperthyroidism (high thyroid level) can cause fatigue
- Kidney or liver disease

Check your symptoms to help determine if and when your fatigue may require a visit to your doctor. Learn more about fatigue on MyHealthAlberta.





# YOU'LL LOVE BEING HOME

Every day has a rosy glow in Crimson. Nestled in south Edmonton's Heritage Valley, Crimson offers a variety of housing styles including single family, duplex and townhomes.

**Pacesetter Homes | Prominent Homes | Sterling Homes**

**'Donald R. Getty' - NEW K- 9 School Now Open!**

[crimsonincreekwood.com](http://crimsonincreekwood.com)

  
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communities



# yellowbird & East Community League

## First Aid and CPR courses

Join Yellowbird and Oak Hills for First Aid and CPR training provided by a certified Red Cross instructor. Help make our communities a safer place by learning to provide initial emergency first aid!

### First Aid

Sat, 21 April 2018  
8:30 AM – 4:30 PM  
Yellowbird Hall

### CPR

Sat, 14 April 2018  
8:30 AM – 12:30 PM  
Yellowbird Hall

Official certification will be provided upon completion of the course. More details on our website and Facebook.

## Join the board!

Have you ever wondered who plans our amazing events? Or who makes sure we have ice to skate on every winter? Or who runs the Facebook page? Join our board of fun-loving directors and meet the people who work to keep our neighbourhood vibrant! Meetings happen on the second Tuesday of each month, 7pm, at Yellowbird Hall. Next meeting is Tuesday Apr 10 at 7pm at Yellowbird Hall.

## Parents and Tots Playgroup

This fun cooperative-run morning happens on:

Tuesdays, 9:00am-11:00am  
at Yellowbird Hall

Join us for socializing, play, a snack for the little ones and chocolate for the Moms, Dads, or Caregivers! There is a small fee of \$2.50 per child required and your current Community League Membership. This is a co-operative run playgroup with all attending pitching in for a fun and smooth operating program.

We are also looking for an interested individual to share the responsibilities of some of the administrative opportunities. Those interested in finding out more about volunteering their time in this rewarding program please contact Barbara Petrunia at [barbara.petrunia@gmail.com](mailto:barbara.petrunia@gmail.com).

Hope to see you there!

## Free Community Swim for Members

Every Sunday at William Lutzky YMCA from 3-5 pm. Show your community league membership card at the door. Free access to YMCA indoor playground from 3-5 pm on Sundays.

## Yellowbird Yoga



Thursdays

7:00pm - 8:15pm

Class designed for beginners through more advanced. Commitment is only \$75.00 for 6 classes. Contact Ruth at 780-237-6730 or [ruthe.sjoberg@gmail.com](mailto:ruthe.sjoberg@gmail.com) for info and to register.





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15,000  
HAPPY  
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## Hall Rental

YECL offers a bright window lit hall with an adjoining kitchen, bar and outdoor patio. Folding chairs and 5-ft circular tables are available for use.

10710 - 19 Avenue NW

Friday, Saturday, Sunday

Non-members \$500 per day/\$75 per hour

Members \$450 per day/\$60 per hour

Deposit: same as fee

A multi-purpose room or furnished board room may be rented separately for smaller groups. Please call Connie at 780-438-1318 or email [office@yellowbirdcl.com](mailto:office@yellowbirdcl.com) for more information.

## YECL Board Contacts

President: Heather Pearson [president@yellowbirdcl.com](mailto:president@yellowbirdcl.com)  
Vice President, Executive: Julie West [vicepresident@yellowbirdcl.com](mailto:vicepresident@yellowbirdcl.com)  
Vice President, Operations: Shawn Hudson [buildings@yellowbirdcl.com](mailto:buildings@yellowbirdcl.com)  
Memberships: Cheryl Fix [memberships@yellowbirdcl.com](mailto:memberships@yellowbirdcl.com)

For full board listing, see our website: [yellowbirdcl.com](http://yellowbirdcl.com)

Find us on Facebook: <http://www.facebook.com/YellowbirdCL>



**Opening**  
May 19th

**Experience**  
Adventure





Live, laugh and love! Langdale in Windermere has something for everyone.

From the luxurious **EXECUTIVE HOME** with triple car garage, **STREETSCAPE HOME** with quaint front porches and super unique curb appeal, or the affordable **TOWNHOME** featuring options to match any lifestyle.

You'll enjoy nearby amenities ranging from restaurants, shopping and schools to scenic trails, green space and a pond with viewing decks.

Learn more at [Langdale-windermere.com](http://Langdale-windermere.com)

**Save up to \$24,000!\***

\*Restrictions apply

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