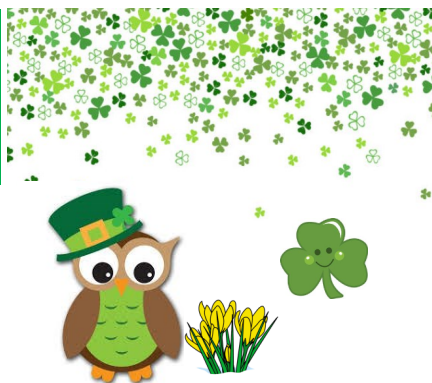


March 2023



March is Nutrition Month!

This theme ties in well with the questions we are hearing from everyone about healthy eating on a budget! To help you “unlock the potential of food,” Alberta Health Services Public Health Dietitians have pulled together some tips about shopping and cooking on a budget to help you save money.

Shopping on a budget:

1. Meal plan – plan your meals for the week before going to the store. Use store flyers to see what is on sale and plan meals around those items. Cookspiration.com can help with meal planning.
2. Compare prices – At the store, compare brand names, store brands, and generic brands to get the lowest price. Larger packages often cost less by weight than smaller ones, but that's not always the case! Unit pricing is the best way to compare the cost between items. You can learn more at bit.ly/3QNPjQ3
3. Buy in bulk – Stock up on sale items or buy family pack sizes if you have the money and extra storage space. It will save you money in the long run. Divide the larger amounts into smaller sizes at home.
4. Buy fresh vegetables and fruits that are in season. They are sometimes lower in price at that time. Frozen and canned options are also healthy. Frozen produce saves on cost and time as it has already been washed and cut and will store in the freezer, so no food waste. It is also a great way to mix up the variety!
5. Buy 'plain' foods that you have to cook yourself. Ready to eat processed foods and foods that have added sauces or seasonings cost more. For example, buy plain rolled oats instead of flavoured instant packages. Cook the cereal yourself and add your own sweeteners, cinnamon and fruit. Or buy plain rice and add your own spices and vegetables during cooking.

Cooking on a budget:

1. Do meal prep ahead of time (this is also part of meal planning). Wash and cut up fresh vegetables for the week. Cook extra pasta and rice to use later. Pre-cook meats and freeze for quick meals later.
2. Make use of one pot meals! Roast everything in one sheet pan or cook the whole meal in a slow cooker, instant pot, or casserole dish. You can find great recipes at unlockfood.ca
3. Reduce food waste. Did you know 63% of food thrown out could have been eaten? This is about \$1,300 of wasted food in each household per year! To avoid waste, plan to use leftovers for other dishes. A stir-fry, soup, salad, or casserole is a great way to use up leftover veggies, grains and meats!

Did you know Registered Dietitians can translate the science of nutrition into everyday actions? You can find dietitians working in hospitals, home care, supportive living, outpatient clinics, community health centres and communities. You can meet with an Alberta Health Services dietitian one-on-one or in a group setting to help you meet your health and nutrition goals. To find out how to access a dietitian in your area for free, go to ahs.ca/Nutrition.



Let's go skating!

Have you checked out the local rinks?

Andrew Arena - Indoor, Public Skating
Sundays from 12-3pm

Bruderheim Arena - Indoor, check town
Facebook page for dates and times

Bruderheim ODR - Outside, beside arena

Lamont Arena - Indoor, check town Face-
book page for dates and times

Lamont ODR - Outside, at Hillside Park

Mundare Arena - See Mundare Ag Society
Website for dates & times

Wholesome Dad Jokes

1. Can February March?
2. What did the Irish potato say to his girlfriend?
3. Why shouldn't you iron a four-leaf clover?

Answers: 1. No but April May
2. I only have eyes for you. 3. You might
press your luck.



Follow us on Facebook for the
most up-to-date information:
Kalyna Family Resource Network
Lamont County Region

For more information please call:
Erin @ 780-895-2233 ext 244
Toll Free 877-895-2233 ext 244
or email at: erin.b@lamontcounty.ca

What is the Kalyna Family Resource Network?



KALYNA FAMILY RESOURCE NETWORK LAMONT COUNTY REGION

WHO WE ARE?

Family Resource Networks (FRNs) deliver high quality prevention and early intervention services and supports for children aged 0 to 18. Services are provided to all geographic areas and in various cultural communities across the province – either directly or through collaborative partnerships with qualified service agencies.

WHO CAN PARTICIPATE?

Family Resource Networks (FRNs) welcome anyone who is part of a child's life. This could be a parent, caregiver, grandparent, aunt/uncle, day home provider, nanny, the list goes on!

WHAT PROGRAMS DO WE OFFER?

Some of our programs include developmental screening (ASQ), Triple P Positive Parenting, Infant Massage, Kids Have Stress Too, summer programming for families, child and youth development programming including National Child Day and Welcome to Kindergarten.

WHAT WE DO?

Networks provide a range of services and supports that focus on strengthening parenting and caregiving knowledge, social support, coping and problem-solving skills, access to community supports and resources, improving child and youth development, building resiliency and fostering well-being.



UMBRELLA OF SUPPORT PROVIDED BY PROVINCIAL FRN:

- Child Development & Well-being Support
- Caregiver Capacity Building Support
- Social Connections & Support

OUR FRN NETWORK:

- Vegreville & Area
- Lamont County Region
- Mannville/Minburn/Innisfree
- Two Hills & Area
- WJS Canada

Parent Education & Caregiver Capacity Programs are available even if they are not on the monthly calendar. Contact Erin for more information.



What is an Ages & Stages Questionnaire?

The Ages & Stages Questionnaire (ASQ) checks 5 developmental areas.

1. Communication skills
2. Gross motor skills
3. Fine motor skills
4. Problem solving skills
5. Personal-social skills



Why complete an ASQ and ASQ-SE?

The great thing about ASQ is that it's strengths-focused - the emphasis is really on what your child can do. It's the perfect way to keep track of milestones and celebrate them as your child grows and develops.

For more information:

Call: (780) 895-2233 ext. 244
Facebook: Family Resource Network Lamont County Region
Email: erin.t@lamontcounty.ca

<https://agesandstages.com/about-asq-for-parents>



The ASQ & ASQ-SE are designed to show caregivers how the child is developing from birth to 5 years of age. They are simple and easy questionnaires that are filled out by the caregiver.

The ASQ-SE checks 7 social-emotional areas:

1. Self-regulation
2. Compliance (trust & respect)
3. Communication
4. Adaptive functioning
5. Autonomy (ability to function independently)
6. Emotional responses
7. Interaction with people



How do I complete one?

Go to these links (we recommend completing both screenings):
ASQ-3
<https://www.asqonline.com/family/70d5a8>

ASQ-SE
<https://asqonline.com/family/af517f>



Community Partners We Have Loved Working With

We want to bring you the best services possible. To do that, we will often partner with some of the amazing service providers that we have in the Lamont County Region and surrounding areas. Some of our partners are:

- | | |
|--|-----------------------------|
| Alberta Human Services | Alberta Children's Services |
| Alberta Health Services (AHS) | Primary Care Network |
| Early Childhood Coalitions of Alberta | Local Libraries |
| Various municipal governments | Prairie Central FASD |
| Family Day Homes | Local Community Clubs |
| Various Seniors Centres | Local School Divisions |
| CALC | Local Food Hampers |
| Family and Community Support Services (FCSS) | WJS Canada |

INTRODUCING

Alberta Indigenous Virtual Care Clinic

Receiving healthcare from doctors who understand Métis culture is essential to the overall health and wellness of our community.

The Alberta Indigenous Virtual Care Clinic (AIVCC) virtually connects Métis Albertans with family doctors who are experienced in providing Indigenous and culturally-safe healthcare.

All appointments happen by telephone or by video using your device. The choice is yours.

Call 1-888-342-4822 to book your appointment or visit aivcc.ca for more information.
Hours: Mon - Fri 8:30am - 4:30pm, Sat - Sun 12:30pm - 4:30pm.

Please Note: Clinic is not an emergency care service. If you have an emergency, please call 911.

Programs & Information

Free program for families with children ages 1-6



We will be making: Fun Snacks!



COOKING WITH YOUR LITTLES

(Because who doesn't like a little adventure)

Join us for learning, socializing, and laughter as we cook with our littles (ages 1-6). While making a tasty treat, we will focus on engaging children in the kitchen and its importance.

Bruderheim Memorial Hall - Thurs., March 9, 2023 (1:00 - 2:30pm)

Bruderheim registration due by March 6 at noon

Andrew Lions Club - Wed., March 15 (1:00-2:30pm)

Andrew registration due by March 10 at noon

Please sign up for one Session by link or QR code: <https://signup.com/go/GPddskB>
For more info email: erin.b@lamontcounty.ca



Max 5 families /session

Scan me



SAINT PATRICK'S PROGRAM

MARCH 16, 2023

10:00AM - 11:30AM

JOIN US FOR SOME ST. PATTY'S FUN! WE WILL CRAFT, SNACK, AND MAKE CONNECTIONS WITH OUR FRIENDS AT BEAVERHILL PIONEER LODGE IN LAMONT

This program is FREE to families with children ages 0-6 and homeschool families but REGISTRATION IS REQUIRED.
Please register by noon March 13, 2023.
Registration link: <https://signup.com/go/PiqZVmx>
Please park on the street and enter around back at the main door. We will be upstairs in the activity room beside the elevator.

Beaverhill Pioneer Lodge

Made with PosterMyWall.com

FAMILY ACTIVITY NIGHT

FREE Drop-in!
Join us for some Springtime make & take and a snack!

All families welcome!

At the Andrew Multipurpose Room
Wednesday, March 22, 2023 from 5:00 - 7:00pm

Made with PosterMyWall.com

YOUTH RETREAT

GRADES 7-12

MARCH 29-30, 2023
9am Wed. - 1:30pm Thurs.
St. Michael Hall, St. Michael, AB
Cost: \$100 / Youth
Register & payment due by:
March 23, 2023

Bus trip to Activate in Edmonton, games, movie, youth related learning sessions food & snacks

Pack: Sleeping bag, pillow, toiletries, clothing & snack for the bus ride

DAY ONE
9am - Meet at St. Michael Hall
9:15am - Bus to Activate in Edmonton
1pm - Pizza Lunch
3pm - Return to St. Michael Hall
Evening - Activities, games, supper & movie

DAY TWO
9am - Breakfast
10am - Information Session by Saffron
11am - Brain Architecture Game
Noon - Lunch
1:30pm - Pick Up

HOW TO REGISTER:
<https://signup.com/go/djcsAdm>
or scan QR Code below.

Once online registration is complete, we will email you the full form and waiver for Activate. Please complete both ASAP.

Registration & Payment can be made in person at the Lamont County Admin Building in Lamont. Forms of payment accepted: Cash, cheque (payable to FCSS Lamont County Region) or credit card. Sorry, no e-transfer.

Please do not attend if you are feeling ill. Please notify Michelle.a@lamontcounty.ca ASAP if you are unable to attend.

Made with PosterMyWall.com

Programs & Information

**Chipman
YOUTH
Group**
Located at Chipman National Hall

Running Every Monday
Call 780-895-2233 for more info

3:30 - 6:30pm All Children and Youth
Aged 7 and older
Parents: Remember to fill out our one time permission
form for the year!!



**Bruderheim
YOUTH
Centre**
Located upstairs of Arena

Running Every Tuesday
Call 780-895-2233 for more info

3:30 - 6:30pm All Children and Youth
7 years of age and older

Parents: Remember to fill out our one time permission
form for the year!!



March 28, 2023
1:00pm-3:00pm
Bruderheim
Youth Centre

At Home Alone

FREE
Ages 10 and Up

Join Us

Registration is required.
Please register by March 22 at noon.
Registration link:
<https://signup.com/go/gchChAV>
or scan QR Code:



Do you know what to do when
you are Home Alone?
Join us and learn to be safe.
(Must be 10 yrs old by date of course)

For more information please
call 1-877-895-2233 ext 223

FREE!!!

PARENT'S & TOTS

BRUDERHEIM
TUESDAYS from 9:30am - 11:30am
Located at the Karol Maschmeyer Arena

LAMONT
WEDNESDAYS from 9:30am - 11:30am
Located at the Lamont Alliance Church

ANDREW *Registration is now required
For Andrew
SOME FRIDAYS from 9:00am - 11:00am
Nov 4, 25, Dec 2, 9,
Jan 6, 13, Feb 3, 17, March 10, 17, Apr 14, 21

MUNDARE
SOME FRIDAYS from 10:00am - 12:00pm
Second and Fourth Friday of the month
Located at the Mundare Town Office

If you have any questions or concerns please contact
Melissa at
780-895-2233 Ext 228
melissa.s@lamontcounty.ca



Virtual Child Development Walk-in Clinic

Birth to Five Years

Do you have questions or do you want to learn more
about...

How your child:

- Speaks
- Hears
- Colours
- Moves
- Plays
- Follows Directions
- Sleeps
- Eats



Sensitivity to:

- Noise
- Clothing
- Food Textures
- Messy Play



Your child's:

- Routines (bedtime, toileting)
- Emotions
- Growth
- Development



Call us at our Virtual Walk-in Clinic!

~ 780-895-5817 ~

FREE

The first **THURSDAY** of every month
Community Rehabilitation Program – Pediatrics
9:00 a.m. – 11:30 a.m.

Virtual services that may be accessed include:

Occupational Therapy
Early Intervention Support (birth-31/2 yrs)

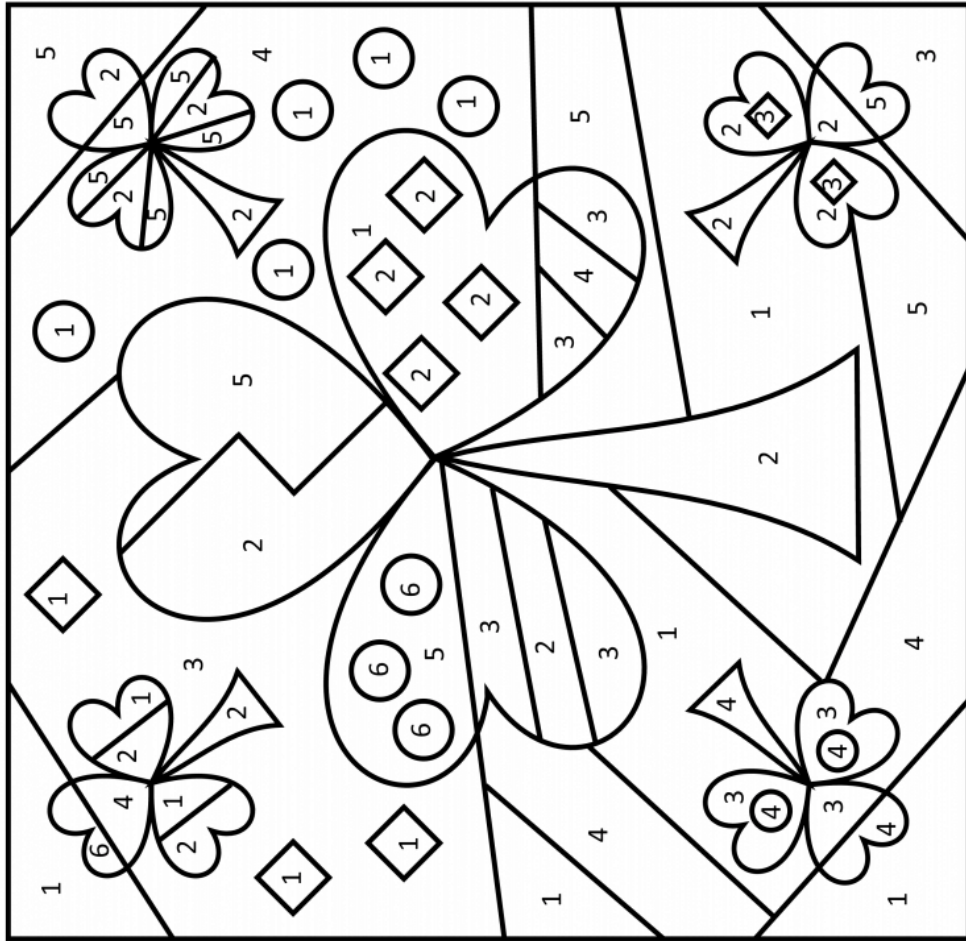
Physical Therapy
Speech-Language Pathology
Social Worker

March Fun!

Color by Number

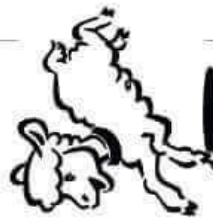
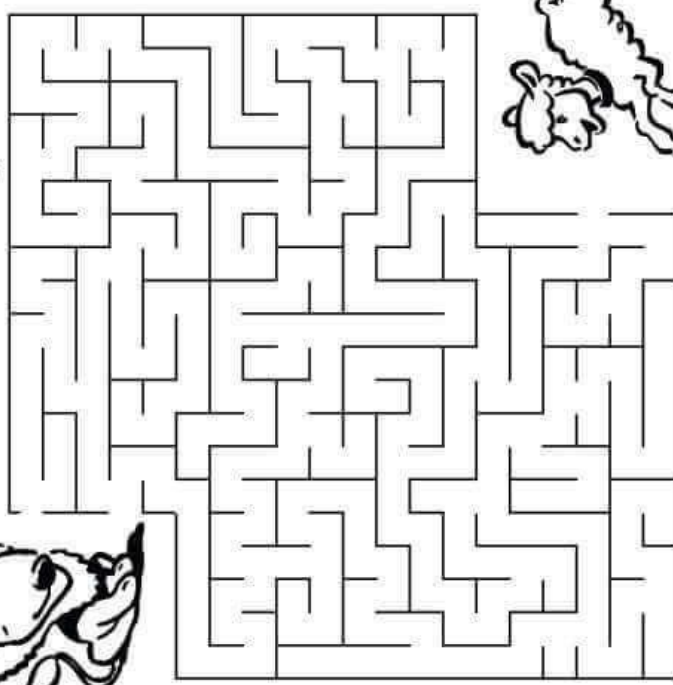
Directions: Color each section in the picture below according to the numbers below.

- 1 Blue
- 2 Green
- 3 Red
- 4 Yellow
- 5 Purple
- 6 Orange



MARCH



comes in like a lion



Goes out like a lamb

March 2023



SUN	MON	TUE	WED	THU	FRI	SAT
			1 EIPS—Early Out P&T - Lamont ROE - Andrew School	2 AHS Virtual Child Development Walk – in Clinic	3 P&T - Andrew	4
5	6	7 P&T - Bruderheim	8 P&T - Lamont ROE - Andrew School	9 Cooking with Your Littles - Bruderheim	10 P&T - Mundare	11
12 Daylight Savings Begins 	13	14 P&T - Bruderheim	15 P&T - Lamont ROE - Andrew School Cooking with Your Littles - Andrew	16 Connecting Generations	17 Happy St. Patrick's Day P&T - Andrew 	18
19	20 First Day of Spring 	21 P&T - Bruderheim	22 P&T - Lamont ROE - Andrew School Family Activity Night -Andrew	23	24 P&T - Mundare	25
26	27	28 P&T - Bruderheim Home Alone Course	29 Youth Retreat 	30	31	