

MAY Community Connections



Home Support

Home Support Offers Light housekeeping, light meal preparation, laundry, and local errands. If you are a senior or have health concerns and need help in your home please inquire at 780-372-4074.

\$19/hour + 40¢/km

Supported through United Way Central Alberta



United Way
Central Alberta

Meals on Wheels

Meals on Wheels provides hot meals delivered right to your door! This lunch is a 3 course meal prepared at Bashaw Meadows.

To register or find out more, call 780-372-4074.

\$8.00 / meal

We are once again accepting VOLUNTEER DRIVERS!

If you are interested in delivering Meals of Wheels, please contact the office at 780-372-4074

Mental Health Therapy & Addictions Counselling

Walk-in Appointments Available
Mondays 10am - 2pm



*This service will resume May 17
Call 780-372-4074 for more information

Want to Submit to the Monthly Newsletter?

Deadline for June Community Connections:

May 26, 2020

frontdesk.bdss@gmail.com

Ph. (780) 372-4074, Fax: 780-372-3951

4909 50 St, Box 568



FOOD BANK

Thank you to everyone who donated to the Food Bank over the past month. The Food Bank could use donations of crackers, macaroni and cheese, ichiban style noodles, and lunch snacks such as granola bars, fruit cups, and applesauce cups.

SMALL FRIDGE AND
SMALL CHEST FREEZER

WANTED

The Food Bank is searching for a donation of a small fridge and chest freezer for the Donalda Food Bank. Charitable receipts will be provided. Please call 780-372-4074 or email frontdesk.bdss@gmail.com.

BASHAW UNITED CHURCH

Dear Friends,

Hope you're staying safe and healthy. We're still not able to gather at the church building, but here, below, are some of the ways you can connect with us.



Please remember, too, that being church isn't just a seat in a building, it's a place in your heart.

Love your neighbour. Care for the earth.
Live that.

We are all children of God and members of the family of creation. Pandemics don't change that.

Love knows no distance, and Kindness and Compassion are never cancelled.

Visit risingspiritministry.com or find us on Facebook. Visit our YouTube channel, Rising Spirit Ministry. Message us, email bashawunited@gmail.com or call 780 372-3891. We like mail, too.

Join our live-streamed Sunday morning service at 10:30 am via Facebook or go to our web page and click on Live Stream.



BASHAW UNITED CHURCH
A Partner in Rising Spirit Ministry
PO Box 448 BASHAW AB T0B 0H0



Join us as we worship our Risen Savior and Lord, Jesus Christ, every Sunday at 10am. We invite you, your family and friends to become a part of this friendly and inviting Church family.

BASHAW COMMUNITY CHURCH

5119 - 50 Street

Contacts:

Bob & Ruth Thompson 780-372-3581
Roberto Angelone 780-298-9355

PHARMASAVE BASHAW

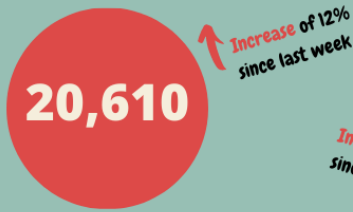
COVID UPDATE LOCAL NUMBERS



April 26, 2021 Edition

This weekly update provides focused information for our area, as reported by the Government of Alberta

TOTAL ACTIVE CASES IN ALBERTA



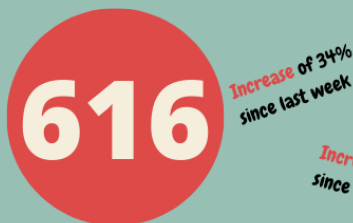
TOTAL ACTIVE CASES IN CENTRAL ZONE



TOTAL ACTIVE CASES IN OUR AREA

Location	Active Cases	Trend from last update	Public Health Measures
Camrose County (including Bashaw)	75	↓	Step 1
City of Camrose	153	↑	Step 1
Lacombe County	109	↑	Step 1
City of Lacombe	136	↑	Step 1
Ponoka County (including Ponoka)	155	↓	Step 1
Red Deer County	163	↑	Step 1
City of Red Deer	683	↑	Step 1
Stettler County (including Stettler)	32	↑	Step 1
Wetaskiwin County	51	↓	Step 1
City of Wetaskiwin	106	↓	Step 1

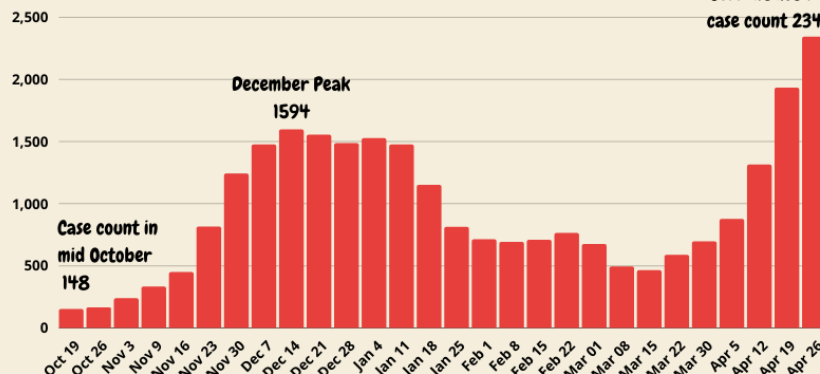
TOTAL HOSPITALIZATIONS IN ALBERTA



TOTAL INTENSIVE CARE UNIT (ICU) IN ALBERTA



ACTIVE CASES IN CENTRAL ZONE



"Success seems to be largely a matter of hanging on after others have let go."
~ William Feather, American Author



Free Workshops

Alberta Healthy Living Program



Classes are based on your interest or chronic condition and offered until June 30, 2021. Find a class that fits in your schedule by visiting the guide online.

. REGISTER NOW . FREE CLASSES . ONLINE OR OVER THE PHONE .

WORKSHOP	CHRONIC PAIN	DIABETES	HEART HEALTH	HEALTHY LIVING	PHYSICAL ACTIVITY	BREATHING CONCERNS	WEIGHT MGMT	STRESS
Better Choices, Better Health®	•	•	•	•	•	•	•	•
Diabetes the Basics		•						
Getting Started: Planning for Success							•	
Heart Wise: Managing Cholesterol and Blood Pressure			•					
Lifestyle Change: A Toolkit For Success	•	•	•	•	•	•	•	•
Lifestyle Series: Ready For Change	•	•	•	•	•	•	•	•
Lifestyle Series: Sleep Well	•	•	•	•	•	•	•	•
Lifestyle Series: Stress Less	•	•	•	•	•	•	•	•
Lifestyle Series: Time to Move	•	•	•	•	•	•	•	•
Managing Emotional Eating				•			•	•
Minding Stress: Effectively Reduce and Manage the Stress in Your Life				•			•	•
Moving Matters: Including Physical Activity in Your Day				•	•		•	
Nutrition: Eating Away From Home and During Special Occasions				•			•	
Nutrition: I Know I Should Eat Healthy, But How?				•			•	
Nutrition: The Top Five Tips to Reduce Calories				•			•	
Nutrition: The Truth About What Works in Weight Management				•			•	
Nutrition Labels: Reading Between the Lines			•	•			•	
Respiratory Education						•		
Supervised Exercise	•	•	•	•	•	•	•	•

Class Schedule Available Online:

<https://albertahealthservices.ca/assets/programs/ps-cdm-central-ahlp-program-guide-current.pdf>

For more information or to register, call 1-877-314-6997.

For help to register or accessing technology please contact us, 780-372-4074.











ONLINE

Child Development Walk-in Clinic

Book a Zoom visit with us!

Help your child with:

-  Talking and speech sounds
-  Hearing
-  Following directions
-  Printing, pasting, cutting
-  Moving (crawling, walking, jumping)
-  Sensitivity to noises or messy hand play
-  Sensitivity to clothing and food textures
-  Accessing community resources



Visit times will be scheduled between 9am – 1pm
The 3rd Tuesday of the month

Call anytime to book your Zoom visit: 780-608-8643

Services that may be accessed:

Speech-Language Pathology
Physical Therapy
Occupational Therapy
Social Work

Bashaw Municipal Library

There have been several changes to library services since the pandemic started in 2020 but Bashaw Municipal Library is still providing many services to our community.



- *Curbside Pickup:*

Simply call, message, or use the website to order your books and a few days later they are ready to be picked up right outside the library!

- *eLibrary Resources:*

You can visit the eLibrary 24/7 to access eBooks, audiobooks, tutorials, language learning, and more!

- *Wifi Access:*

FREE wifi is available outside the library 27/7! Take advantage of the beautiful weather and get some work done at the same time!

Call 780-372-4055 or email bashawlibrary@prlab.ca for more information



Ph. 780-372-4074
Fx. 780-372-3951
4909 50 Street, Bashaw, AB

Bashaw & Area
Community Resource Centre

Bashaw & District Support Services
Bashaw & District Food Bank
Bashaw Adult Learning
Bashaw Bus Society
Healthy Families
Navigation and Referral
Psychological Services
Alberta Mental Health
Family Resource Network

Services

Bashaw & Area Community Resource Centre is expanding to better meet the needs of our community and surround it's members with all essential services.



WHO:

WHAT TO EXPECT:

- families expecting a baby or have a child up to 3 years old
- to build foundations for strong family functioning
- to promote healthy childhood growth and development
- to cultivate nurturing, responsive parent-child relationships
- support for prenatal care and its role in a healthy pregnancy

alye@cafcl.org
780-679-8066



BASHAW & DISTRICT
SUPPORT SERVICES
AND BASHAW FOOD BANK

ANNUAL GENERAL MEETING

Attendance will be limited to allow for
Social Distancing
Please call to RSVP
780-372-4074

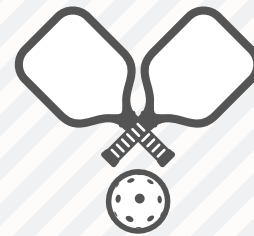
Monday May 17, 6:30pm

PICKLEBALL

BASHAW & AREA RECREATION BOARD

Due to the continuing COVID-19 Regulations set by the Government of Alberta, Pickleball will be cancelled until further notice.

For more information, contact:
Chris Brosinsky: 780-372-3936
Marj Savage: 780-226-5661



BUS SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27 9 am - Bashaw Bus	28	29 9 am - Camrose Bus	30	1
2	3	4 9 am - Bashaw Bus	5	6 9 am - Stettler Via Donalda Bus	7	8
9	10	11 9 am - Bashaw Bus	12	13 9 am - Camrose Bus	14	15
16	17	18 9 am - Bashaw Bus	19	20 9 am - Stettler Via Alix Bus	21	22
23	24	25 9 am - Bashaw Bus	26	27 9 am - Camrose Bus	28	29

Call 780-372-3631 to inquire or book your spot

Bashaw Bus - \$6.00
Camrose/Stettler Bus - \$15
Charter Bus - \$30/hour + 75¢/km