

COMMUNITY CONNECTIONS



Know Where to Turn 2024

Know Where to Turn – Run to End Family Violence Calls for Participants, Volunteers, and Donations to Support Family Violence Prevention and Supports in the Community.

Community Links, a leading organization dedicated to preventing family violence, is excited to announce its upcoming annual event on Sunday, May 5, 2024. We are thrilled to announce our Title Sponsor this year for "Know Where to Turn – Run to End Family Violence Presented by Propak". The event aims to raise critical funds to support Family Violence Services provided by Community Links for over 20 years. Participants will have the opportunity to race, walk, or volunteer, all while championing the cause of family violence prevention. This event provides a unique opportunity for individuals to take action and support this important cause.

There are four events to choose from: 5K, 10K, Half Marathon, or Kids Race. By signing up as a participant or by volunteering, individuals can make a direct impact on their community and contribute to creating a healthier and safe environment for all.

The event will take place on Sunday, May 5, 2024 at East Lake Park, Airdrie, starting behind Bert Church High School. The Half Marathon kicks off at 9am, with the event being professionally timed by Startline Timing.

Attendees can also enjoy live entertainment and vendors for all ages.

For more information about the race event or to sign up as a participant or volunteer, please visit www.knowwheretoturn.ca. Your donation of time or money will greatly contribute to the success of this event and the overall health of our community.

Mission

To inspire hope, support healthy development, strengthen wellbeing and resiliency by connecting individuals and families to supports and resources in our communities.

Support Services Update



DID YOU KNOW?

CanTalk is a phone-based interpretation service offering interpretation in over 200 languages and dialects. The service can be used when the community member attends in person or requires phone-based supports. This allows community members who may not have English as a first language to access information and referral services.



ROCKY VIEW
COUNTY

Rocky View County Fair Access- if you live in Rocky View County, are you aware of the new Rocky View Fair Access Program. This program supports low-income residents of Rocky View County with subsidized programming at Genesis Center and Bert Church Theater. If you qualify you will receive a subsidy between 25 and 75% depending on your income and family size. Come to Community Links to receive an application form, we can support you to apply.



Community Links is offering the Community Volunteer Income Tax program (CVITP) in partnership with the Canada Revenue Agency.

Contact our office for more information if you have a simple tax situation and are financially eligible. Certain restrictions apply.

Scams and fraud targeted at seniors

Many scams and frauds are targeted at senior citizens. Don't become a victim - be aware of these scams and don't let them happen to you or someone you love.

1. **Telemarketing fraud:** Telemarketers sales pitches are sophisticated and include phony prizes, illegitimate sweepstakes, fake charities, and bogus investments.
2. **Home improvement fraud:** Home improvement contractors use several methods of targeting seniors: high pressure phone calls, flyers, advertisements and door-to-door-sales. Fraudulent contractors can be very effective in making people think their services are needed, and then defrauding their victims.
3. **Door-to-door sale scams:** Older adults are frequent victims of door-to-door scams and high-pressure sales tactics. Con-artists often try to encourage older adults into buying unnecessary products or services. They usually appear friendly and appear sincere in their desire to help. They are successful because they seem so honest.
4. **False charities:** If an unfamiliar charity organization contacts you - by mail, phone or Internet - be careful. Bogus charities often use names that are very close to the names of legitimate and respected charities. Don't trust high-pressure or threatening telemarketers who want you to contribute immediately. If someone calls and thanks you for a pledge you don't remember making, hang up.
5. **Dead air calls:** "The phone is ringing but no one is there when I answer." If this happens to you, you may be receiving calls from an automatic dialer that logs the time the phone is answered. A telemarketer uses the information to indicate when a person will be at your number to answer the phone.
6. **Service scams:** Service scams are any false, deceptive or misleading promotion of services or solicitation for services. These scams typically involve third parties that make offers for telecommunications, internet, finance, medical and energy services. This category of scams may also include offers such as extended warranties, insurance and sales services.
7. **"Grandparent" scams:** In the typical scenario, a grandparent receives a phone call from a con-artist claiming to be one of his or her grandchildren. The caller goes on to say that they are in some kind of trouble and need money immediately. Typically they claim that they've been involved in a car accident, have had trouble returning from a foreign country or need bail money. Wanting to help their grandchild, the victim sends money.

Never send or give your personal information to unfamiliar companies or unknown persons. Never indicate that you live alone. Be sure to register on the National Do Not Call List (DNCL); this will eliminate most calls. Never say yes to someone who wants money up front before the job is done or wants you to withdraw a large amount of money from your bank. Get competitive bids on all work and be wary of any bids that seem too good to be true. Don't buy on impulse. Don't forget the power to simply hang up the phone when a stranger calls trying to sell you something you don't want.

WORD SEARCH

Coffee

E	T	H	I	O	P	I	A	I	B	M	U	L	O	C
T	E	M	R	U	O	G	A	C	I	B	A	R	A	H
S	F	R	E	N	C	H	P	R	E	S	S	P	T	I
A	R	A	B	S	T	O	H	S	H	O	P	O	R	C
T	E	C	R	A	G	U	S	P	I	U	R	L	E	O
O	N	I	E	N	S	D	I	U	C	F	K	L	E	R
P	C	R	W	A	J	T	R	C	E	U	C	I	X	Y
E	H	A	O	E	O	J	I	I	D	L	A	M	P	H
N	R	T	R	B	E	N	A	M	P	L	L	I	R	E
I	O	S	G	K	O	N	A	V	U	E	B	L	E	A
E	A	O	A	M	Y	E	T	T	A	L	S	K	S	D
F	S	C	A	R	E	D	N	I	R	G	A	U	S	A
F	T	E	P	I	S	D	N	U	O	R	G	N	O	C
A	R	O	M	A	T	I	C	A	S	M	O	O	T	H
C	O	W	B	O	Y	P	E	R	C	O	L	A	T	E

ARABICA	COWBOY	GRINDER	MILK
AROMATIC	CREAM	GROUNDS	MILL
BEAN	CUP	GROWER	PERCOLATE
BLACK	DRIP	HEADACHE	POT
BREW	ETHIOPIA	HOUSE	SHOP
CAFFEINE	ESPRESSO	ICED	SHOTS
CAKE	FRENCH PRESS	IRISH	SIP
CANDY	FRENCH ROAST	JAVA	SMOOTH
CAPPUCCINO	FROTH	JOE	STIMULANT
CHICORY	FULL	KONA	SUGAR
COLUMBIA	GOURMET	LATTE	TASTE
COSTA RICA			TREE

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<http://www.thepotters.com/puzzles.html>

Family Resource Services Update

Programs are intentionally designed to meet your changing needs as your baby grows into a toddler and beyond. Check out these programs and many more on our Website. We offer programming for parents with children 0 – 12 years.

Ages & Stages Questionnaires (Also Ages & Stages – Social/Emotional) for parents to complete for children 0 – 60 months (5 years).

Baby Babble for parents/caregivers and children 0 – 3 months.

Baby Networks for parents/caregivers and children 4 -12 months.

Sign, Say, & Play for parents/caregivers and children 6 - 18 months.

Wonderful Walkers for parents/caregivers and children – cruisers (able to move around independently) and walkers up to 24 months.

We are offering Programs to keep your child safe – such as R U Ready in Irricana and Airdrie as well as SafeKids and SafeTots in Airdrie.



Family Resource Services Update

Self-Regulation (Talaris Institute, Because Parenting Counts)

Self-regulation is a child's ability to control his or her behaviour. It develops over time, and involves many aspects of social, emotional, and cognitive development. Self-regulation can also be thought of as the successful integration of emotion (what a child feels) and cognition (what a child knows or can do) resulting in appropriate behaviour.

Self-regulation appears to help children solve problems and develop coping strategies. It includes the ability to focus and to control impulses. The sooner a child can self-regulate, the sooner they will be prepared for school, where academic and social success require them to think for themselves and meet the expectations of others. Children who have good self-regulation skills usually develop good social skills (friendships and healthy relationships) easier and sooner than children who struggle with self-regulation.

What Parents Can Do

- 1.) Provide structure and predictability (routine).
- 2.) Model self-control and self-regulation in your words and actions when you are frustrated, upset, or excited.
- 3.) Seek help. If your child is struggling with managing their emotions or behaviour, early identification and intervention can support both you and your child in developing these important skills.

For more information or to talk to a Parent Coach, please contact Community Links.

Newsworthy



Are you passionate about making a positive impact in your community? Do you thrive in collaborative environments where your voice can make a difference? If so, we invite you to consider becoming a valued member of Community Links' Board of Directors!

For more information, please visit our website.

Board Members

Chair, Monica Guzzwell
Vice Chair, Jim Hanson
Secretary, Stuart Clark
Treasurer, Mary Rawson
Director, Art Skow
Director, Glenn Smaha
Director, Dimitri Dimopoulos
Director, Claire McCauley
Director, Nathir Haimoun

Community Links
Regular Hours of Operation
Monday – Friday
8:30 a.m. - 4:30 p.m.
Thursday: 8:30 a.m. - 8:00 p.m.
Closed Daily from 12:00 - 1:00 p.m.

Beiseker Hours
4th wednesday of the month
9:30 a.m. - 3:00 p.m.

Crossfield Hours
2nd Wednesday each month
1:00 pm - 4:00 pm

Irricana
By Appointment Only

