

February 2019 Newsletter

INSIDE THIS ISSUE:

Inside First Story	2
Inside Second Story	2
Special Interest Story	2
Inside Fourth Story	3
Inside Fifth Story	3
Special Interest Story	3
Back Page Story	4

Winter Games: Special Olympics Canada

This year our athletes will be meeting in Vernon, BC, for the opening ceremony for the winter games on February 21st.

Our local participant Jo-Ann Griffioen has been an athlete taking part in the games since 1990. She has experience in different events such as swimming, X-Country skiing and bowling. Having 29 years experience under her belt she goes into these February games calm and confident about the big event.

The Cranbrook team has joined forces with three members of the Elk valley, to take on the big day swiftly approaching us. The 5 members of our team have been practising diligently Tuesdays for the last few months at the local bowling alley.



Jo-Ann says “It makes me feel a part of something. Being with friends, having fun! I’m anticipating the bus ride where all the real excitement sets in”.

Of course the teams’ goal would be to make it to Nationals later this year. But it’s not their overall purpose of going. “Winning isn’t everything.” Say’s Jo-

Ann. “It’s about giving us a challenge and a sense of accomplishment, win or lose, having fun with great people, even if we don’t take home the gold.”

We want to wish all of the athletes’ safe travels and best of luck with the games!

Heart & Stroke Month

.Many risk factors for heart disease and stroke are in your power to control.

Here are some tips:

- Eat well

- Get moving
- Maintain a healthy weight
- Stop smoking
- Manage your stress

- Manage your conditions



HEART &™
STROKE
FOUNDATION

Heart and Stroke month



National wear red day
February 1st, 2019

Tina's Healthy Recipe of the Month

Tuna & Noodles:

Prep 10 min; Cook time 15 min.

2 ¼ C Water

3 C medium egg noodles uncooked

¾ pound VELVEETA cheese, cut up

1 package frozen veggies, thawed

1 Can Tuna, flaked

¼ tsp salt & pepper

1. Bring water to a boil in saucepan. Stir in noodles, reduce heat to medium low, cover simmer 8 minutes or until noodles are tender.

2. Add Velveeta,

vegetables, tuna and salt/pepper. Stir until Velveeta is melted.

ENJOY!!!!

BON APPETIT!!!!

Tip's of advice

Erin's Distress Therapy:

STRESS FREE ZONE

- *Have some me time
- *Meditate before writing your journal
- *Have a spa day
- *Treat yourself
- *Aromatherapy
- *Feel distressed give hugs

off right:

Our skin is drier through winter months. Start your day out right with drinking a glass of water when you wake up in the morning. If you have it adds a little lemon!

Janis's break the day up:

Yoga is safe way to take a little break and stretch restless muscles. What a great way to get through these cold days!

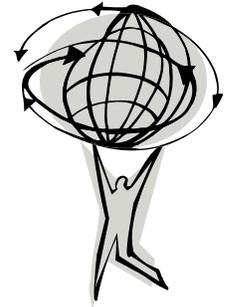
Tina's Kick starts your day

Saving Tips: Simple ways to save \$ on Groceries

1. Organize your kitchen.
2. Use what you have.
3. Eat something before shopping; don't shop on a hungry stomach.
4. Plan your meals a head of time.
5. Make a list. Only buy what's on your list.
6. Buy items on sale as much as possible.
7. Shop with cash.
 - * Studies have shown that when you use a credit card/bank card, you're more, likely to impulse buy AND buy less healthy food.

Days of Interest

*RAP Group:	REALM is CLOSED;
Taco soup & Bun \$5	Feb 15, 16, 17, 18 th
Feb 27 th , 2019	*In door Market;
*February 1 st National wear RED day	Feb 2 nd , Feb 16 th
*February 2 nd , Ground Hog day	
*February 14 th , Valentine's Day	
*February 18 th , Family Day	



Challenge of the Month: Movie

This month we have picked Movie Trivia: please tell one of us at the Newsletter group. The winner will be announced in next month's article.

Can you guess these famous quotes?

"You had me at 'hello.'"	Movie Challenge
"If you build it, he will come."	Name that film that made an impact on you the first time you watched it and that forever remained on your watch list. No need to explain your choice.
"The stuff that dreams are made of."	
"You talking to me?"	
If you think you know,	

Fundraising News & Events

Relay for Life:	Newsletter Group:
French toast, whipped cream & Fruit topping \$7.00	This month's featured recipe. Proceeds will be donated to the Heart & Stroke Curl-a-thon.
Wednesday Feb 20 th , 2019	Lunch Feb 22 nd , 2019

*'RELAY RAISED
\$78 for Heart &
Stroke*

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Realize Empowerment Access
Life to the Maximum



We're on the Web!
Realmbc.ca

As many of you may already know 'REALM' stands for "Realize Empowerment Access life to the Maximum." We are swiftly moving into the year of "Access." We would like to feature, each month, a space for you to enjoy words of what this means to our organization. This month we have been able to interview Anna, who shared with us a few of her thoughts regarding what this means to her. This is just the beginning; there will be much more to add.

I'm looking forward to working with other agencies and being a community partner as a resource to experiencing successful opportunities.

Accessibility is so much more than just physical, it's about communication. It's about the opportunities to express themselves, to be heard and understood. Accessibility is about being a part of community businesses and clubs. – Anna

Upcoming Birthdays

February is the month of
Aquarius: Here are your
Aquarius birthdays.

Feb 23rd, Mathew
Feb 25th, Fiona
Feb 28th, Erin S
Kristin

Feb 1st, Charity

Feb 2nd, Bob
Randy

Feb 3rd, Dusty

Feb 4th, Kelsey

Feb 6th, Susan

Feb 7th, Jade

Feb 9th, Dave P

Feb 18th, April

Feb 20th, Suzy G

Feb 21st, Karen B

And even though this
one's not on this time
around we, still know
you're one year older Mr.
Jonathan Righton.

Feb 29th, Jon Righton

**HAPPY BIRTHDAY
EVERYONE!**