

# NORTHEAST VOICE

*Serving the community leagues of  
Evansdale, Kilkenny, and McLeod*

February 2024



Published by Calder Publications. To advertise please call 780-434-9732 or email [info@communityleagueneews.com](mailto:info@communityleagueneews.com)

## Evansdale Community Snow Removal



Do you live in Belle Rive, Eaux Claires or Evansdale  
and need assistance with your snow removal this winter?

If you are a senior or are disabled please contact **Evansdale Community League**

Contact Jenilee  
Email: [secretary@evansdale.ca](mailto:secretary@evansdale.ca)  
Phone: (780) 984-3298

## Did you review your assessment notice?

Help make sure you pay only your fair  
share of property taxes.

Property assessment notices were mailed to all Edmonton property owners in January. The assessed value of your property represents its market value as of July 1, 2023 and is used to determine your share of provincial education and municipal property taxes. Provincial education taxes are collected by the City of Edmonton on behalf of the Government of Alberta to fund public education, while municipal taxes are used to fund City programs and services such as transit, road maintenance, fire rescue services, recreation centres, libraries and more.

### When you receive your property assessment notice:

- + **Review** the details on your assessment notice. Accurate information ensures you only pay your fair share of property taxes – no more, no less.
- + **Check** what makes up your property's assessment value and **compare** it with similar properties in your neighbourhood using the tools on [edmonton.ca/assessment](http://edmonton.ca/assessment).
- + **Contact** the City, if you have any questions. Call 311 for one-on-one support. Our staff can answer most assessment-related questions with no formal complaint fees required.

More online tools are available at [myproperty.edmonton.ca](http://myproperty.edmonton.ca), including the assessment and tax history of your property and the ability to sign up for electronic notices. Use the individual code on your paper notice to register for your MyProperty account.

For more information, call 311 or visit [edmonton.ca/assessment](http://edmonton.ca/assessment).

Edmonton

## Kilkenny Community Events

### Soccer Registration for CGSA

Check out Website [www.cgsa.ca](http://www.cgsa.ca)

- February 29 6:30 – 8 pm
- March 7 6:30 – 8 pm
- March 9 11am -1pm

### Swim Times

Londonderry Pool

Sundays 4:15pm to 5:45pm

Grand Trunk (Closed)

O'Leary

- Saturdays 3:45pm to 5:45pm

### Craft Show April 27 2024 11-5pm

Looking for Crafter email [president@kilkenny.ab.ca](mailto:president@kilkenny.ab.ca) or call Anna 780-478-3269  
Tables \$20

## 17TH ANNUAL FAMILY DAY FESTIVAL

# SPORTS

FEBRUARY 19, 2024  
12:00 – 4:00 PM

ENTRY BY DONATION

- DOOR PRIZES - SLEIGH RIDES - FOOD - CRAFTS - GAMES -  
ENTERTAINMENT: FEATURING "BARE N'VON HAIR"

BRING YOUR SLEDS AND SKATES  
FOR OUTDOOR FUN  
COMPLIMENTS OF THE MCLEOD  
COMMUNITY LEAGUE!

Edmonton

BAKE SALE FUNDRAISER &  
FOOD DONATION BOX!

GET MORE INFO @ [SHBC.CA](http://SHBC.CA) OR CALL 780.478.1553  
STEELE HEIGHTS BAPTIST CHURCH 5812-149 AVE.

## Evansdale Annual General Meeting



You are invited to attend the Evansdale Community League Annual General Meeting on February 27th at 7:30pm in the Rink Shack (9111 150 Avenue).

This is your opportunity to learn more about the community, elect and/or join our next board of directors. At the AGM there will be positions up for election and if you would like to nominate someone or are considering putting your name forward. Please feel free to contact any of the current board members to obtain more information.

Join together with your neighbours

that really care about our community and consider joining our board! Bring your passion, ideas and concerns for our community!

As an incentive we are offering free memberships for the remaining of the year (August 31) to anyone who attends the meeting and lives within our boundaries.

If you are not able to attend in-person and would like to attend virtually Zoom will be available. If you would like the link please send an email to newsletter@evansdale.ca and it will be provided.

## Community League Memberships

Get your community league membership anytime! Membership makes you part of an amazing community of people who care and help look after our community. Free community swimming times at local City of Edmonton facilities, discounts on community programs and on Edmonton City wellness programs along with hall/sports building rentals and the enjoyment of ice skating in the winter and pickleball in the summer at outside of our hall!

Your Community League membership is valid for one year from September 1st

to Aug 31st.

\$25 Family

\$15 Single Family/ Senior Couple

\$10 Single Person

Contact Elaine Sarac at membership@evansdale.ca or 780-476-7442 to get your Evansdale Community League membership. Please leave a voice message if you cannot reach Elaine.

If you are in a rush, you can buy memberships at the Edmonton Federation of Community Leagues website: [www.efcl.org](http://www.efcl.org)

## Venue Rentals at Evansdale Community League

Looking for a venue for your next event? Our main hall and sports building can accommodate a variety of capacities for your gatherings.

For more information including booking please contact Teri Muiselaar by phone at (780) 222-0474; or by email at [rentals@evansdale.ca](mailto:rentals@evansdale.ca)

Sports Building – Capacity 50	Rates	Damage Deposit
Meeting	\$25/hr	
Function	\$35/hr	
Weekdays - All Day	\$125	\$100
Weekends – Full 3 days	\$350	\$300

Main Hall – Capacity 230	Rates	Damage Deposit
Individual Weekday/Weeknight (Monday-Thursday)	\$350/day	\$350
Single Day Over Weekend (Friday-Sunday)	\$450/day	\$400
Full Weekend (3 Days)	\$650	\$600
Use of Dishes	\$100	
Use of BBQ	\$75	
Meeting	\$50/hr	

## Evansdale Community Winter Carnival



On January 20, 2024 we held our winter carnival at the Community League Hall.

Thank you to the many families who came out and enjoyed the events and a special shout out to Big Bounce Theory for the indoor festivities and to Longriders for the horse sleigh rides!

## Skating at Evansdale

Schedule Effective Feb 1	
Mon, Tues, Wed & Fri	6 PM to 9 PM
Thurs	Closed for the Free to Play Program
Sat	2 PM to 9 PM
Sun	noon to 6 PM

Our outdoor boarded rink and skating oval are now fully open for 2024!

Weather permitting, we will close at -20° with a windchill or when it is too warm for ice to be usable. Any announcements and closure info will be posted on

our Facebook page.

Skating is free with proof of a community league membership and all Edmonton community league memberships will be honoured at our rink. If you do not have a membership. Adults \$3/day, under 18 \$2/day.

## Evansdale Community League Swim

Show your valid 2023-2024 Evansdale Community League membership card at any of the following City of Edmonton Leisure Centres and enjoy FREE swimming during the times listed

Facility	Day and time
Grand Trunk Fitness and Leisure Centre 13025 112 Street	Friday 7:15-9:15PM Sunday 4:15-5:45PM
Londonderry Leisure Centre 14528 66 Street	Sunday 4:15-5:45PM
O'Leary Leisure Centre 8804 132 Avenue	Sunday 4:00-6:00pm



## Kilkenny Community League Main Hall



### Meeting Room

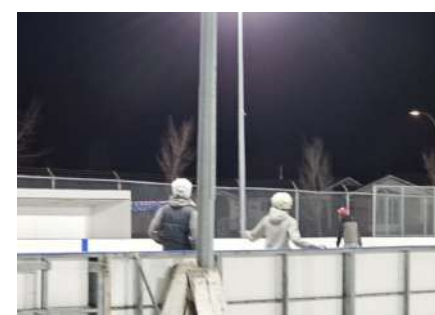
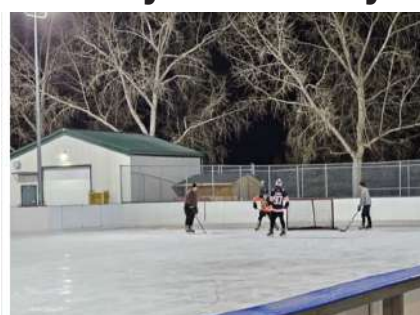
#### Times

	Main	Meeting Room	Both
Weekday/ Weeknights	\$200	\$100	N/A
Fridays (after 5pm)	\$400	\$100	\$500
Saturdays	\$550	\$100	\$650
Sunday	\$400	\$100	\$500
Two Day Wedding Sat/Sun	\$750	N/A	\$850
Full Weekend Fri@6pm to Sun 6pm	\$1,000	N/A	\$1,100
Hourly rate (4hour min.)	\$50	\$25	N/A

### Main hall Kitchen

	Main	Meeting Room	Both
Weekday/ Weeknights	\$200	\$100	N/A
Fridays (after 5pm)	\$400	\$100	\$500
Saturdays	\$550	\$100	\$650
Sunday	\$400	\$100	\$500
Two Day Wedding Sat/Sun	\$750	N/A	\$850
Full Weekend Fri@6pm to Sun 6pm	\$1,000	N/A	\$1,100
Hourly rate (4hour min.)	\$50	\$25	N/A

## Kilkenny Community Rink



We are excited to welcome you to our community ice rink which was one of more than 50 community rinks who received a community rink grant from EP-COR this year! The grant helps communities like ours create safe places to skate in Edmonton and discourages skating on stormwater facilities. Still ponds in our neighborhood may look safe, but they are actually important stormwater facilities with water moving beneath the surface.

This makes the ice dangerously unpredictable. This winter let's work together to remind friends, family and neighbours to choose a safe location to enjoy the outdoors! #skatesafeyeg Learn more at [ep-cor.com/wintersafety](http://ep-cor.com/wintersafety).

### Kilkenny Hours

Depending on weather and ice conditions hours (safety first)

Monday to Friday 5-9pm

Saturday and Sunday 12-5pm

## VOLUNTEERS Wanted



Want to do something with your community. Be a Board member at large and see what we are doing.

Start up a committee of your interest -

book club, crochet club, coffee night (decaf), Paint night. Men's club, card night, cooking we have a space for you. Contact Anna at [president@kilkenny.ab.ca](mailto:president@kilkenny.ab.ca)

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R. Lucyshyn DD

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\*Some conditions and restrictions apply.

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# Math game

## Addition



Solve the examples in the table on the left.  
Find these examples on the plate to the right.  
They can be written horizontally or vertically.  
Circle them.



<input type="radio"/>	7+1 =
<input type="radio"/>	6+2 =
<input type="radio"/>	4+9 =
<input type="radio"/>	5+6 =
<input type="radio"/>	9+3 =
<input type="radio"/>	2+6 =
<input checked="" type="radio"/>	4+6 = 10
<input type="radio"/>	3+4 =
<input type="radio"/>	6+9 =
<input type="radio"/>	2+7 =
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3	5	0	8	6	5	1	4	8	4	2	6	3	0	6	6	7	9	5	4	1
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7	9	3	1	2	1	5	8	2	9	1	1	5	1	8	3	1	2	3	9	7
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8	5	4	9	1	2	3	4	4	9	2	3	7	2	8	0	4	1	3	4	6
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4	8	1	1	2	9	0	8	1	2	1	5	6	6	7	4	1	3	0	8	9
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8	4	1	2	4	4	3	6	5	2	8	6	4	8	3	4	2	7	9	9	4
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8	3	1	1	1	8	9	1	8	2	6	0	8	5	6	1	1	9	5	7	3
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7	7	2	0	4	0	8	6	9	1	2	7	4	7	6	9	9	5	1	4	7



## Checking in with Anxiety

It's normal to feel worried or anxious at times within your daily life. Mild to moderate anxiety can help you focus your attention, energy, and motivation. But when these feelings become severe and out of balance, causing you to feel helpless, confused, or very worried, it may be a symptom of an anxiety disorder or a more serious problem such as depression.

Anxiety can cause physical and emotional symptoms. A specific situation or fear can cause some or all of these symptoms for a short time. When the situation passes, the symptoms usually go away.

What is an Anxiety Disorder?

Anxiety disorders occur when people have both physical and emotional symptoms. These disorders interfere with how a person gets along with others. They also affect daily activities.

Often the cause of anxiety disorders isn't known. Many people who have them say that they've felt nervous and anxious all their lives. This problem can occur at any age. Children who have at least one parent with the diagnosis of depression are more than twice as likely to have an anxiety disorder than other children.

Did you know? Women are twice as likely as men to have problems with anxiety disorders.

Anxiety disorders often occur with other problems, such as:

- Mental health problems, like depression.
- Substance use problems.
- A physical problem, like heart or lung disease. A complete medical checkup may be needed before an anxiety disorder can be diagnosed.

When you have generalized anxiety disorder, you feel worried and stressed

about many everyday events and activities. But it could result in more serious outcomes like panic attacks and phobias.

What is a panic attack?

Panic attacks are sudden feelings of extreme anxiety or an intense fear without a clear cause or when there is no danger. While common, panic attacks sometimes occur in otherwise healthy people. They usually only last a few minutes but can last longer. For some, anxiety can worsen quickly during the attack.

Symptoms include:

- Feeling like you're dying or losing control of yourself
- Rapid breathing (hyperventilation)
- Numbness or tingling of the hands or lips.
- A racing heart. You may feel dizzy, sweaty, or shaky
- Trouble breathing, chest pain or tightness, and an irregular heartbeat. These symptoms come on suddenly and without warning.

Sometimes symptoms of a panic attack are so intense that you may fear that you're having a heart attack. Many of the symptoms of a panic attack can occur with other illnesses, such as hyperthyroidism, coronary artery disease, or COPD. A complete medical checkup may be needed before an anxiety disorder can be diagnosed.

People who have repeated unexpected panic attacks and worry about the attacks are said to have a panic disorder.

What is a phobia?

Phobias are extreme and irrational fears that interfere with daily life. While phobias are common, they can present as fears that are out of proportion to real danger. Some individuals with severe phobias are unable to control their fears and can occur with other conditions, such as panic disorder or Tourette's disorder.



Alberta Health  
Services

Emergency  
Medical  
Services

## Burns and Scalds



Emergency Medical Services routinely respond to emergencies involving children who have sustained burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stove, iron), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

### Degrees of burn

- **1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- **2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- **3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

### First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

### Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access, if not already built in;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

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

Most people deal with phobias by avoiding the situation or object that causes them to feel panic. This is called avoidance behaviour. A phobic disorder occurs when the avoidance behaviour becomes so extreme that it interferes with your daily activities.

There are three main types of phobic disorders:

- Agoraphobia: fear of being alone or in public places

where help might not be available or escape is impossible

- Social Phobia: fear of situations where you might be exposed to criticism by others

- Specific Phobia: fear of specific things

Phobias can be treated to help reduce feelings of fear and anxiety.

Paying attention to Anxiety

Life is full of ups and downs which can cause shifts in your anxiety from time to time. It's important to check in with yourself, finding time each day to take notes or monitor how you are feeling in certain situations. Documenting these moments of anxiety can help you process and work through those issues, but it can also help you determine a baseline. This can help

make it clear when things are going well or if you need to check in with your doctor and develop a plan to address your anxiety.

Anxiety can be treated through cognitive-behavioural therapy, relaxation therapy, anxiety reduction classes, medicines, or a combination of methods. Talk to your doctor and ask questions if you think you are struggling with anxiety.

# MCLEOD Community League News



## Indoor Soccer

The 2023/24 indoor season will conclude February 24 assuming we do not experience facility outages. This has been an exciting season watching players make new friends and develop their soccer skills. A big thank you to the coaches who volunteered their time to this season. We couldn't have done it without you.

Todd  
McLeod Soccer Director

### McLeod Outdoor Soccer Registration

McLeod will be holding registration sessions as follows at McLeod community hall.

February 24 noon – 2:30pm

February 28 6:00 – 8:30pm

March 5 6:00 – 8:30pm

Registration fees:

Please see the McLeod and CGSA websites for additional information. If you

Birth Year	Fee	Game Day
2019 – 2020	\$80	Monday
2017 – 2018	\$80	Tuesday
2015 – 2016	\$140	Sunday afternoon
2013 – 2014	\$140	Wednesday
2011 – 2012	\$140	Thursday
2007 – 2010	\$140	Sunday evening

miss our last registration date, you can still register by emailing soccer@mcleodcommunityleague.ca.

We will most likely be short coaches so please consider coaching. Coaching younger age groups is about making new friends, having fun and snacks.

Feel free to contact me at soccer@mcleodcommunityleague.ca if you have any questions or concerns.

Todd  
McLeod Soccer Director

## Benefits of CGSA Soccer

Parents often ask "Why sign up for CGSA soccer?"

The most obvious benefit of CGSA soccer is exercise. The season tentatively runs from May 1st to June 30th. The CGSA community program focuses on friends playing with friends and having fun. When registering for the McLeod soccer program, players can request to play with a certain friend or coach. We try to honour requests as best as possible. However, there are occasions when friend or coach requests cannot be filled, as every team has a team player limit. Players can expect fair field time.

CGA community soccer is very affordable. In addition to registration fees, players are responsible for their own footwear, shin pads, socks, and shorts. McLeod will provide jerseys that will be returned upon season end with the exception for U5 – U7 players who



keep their jerseys. Parents will be required to purchase a community membership and sign up for one community service per child to a maximum of two per family.

We hope to see you at one of our upcoming payment sessions. For more information, please see the CGSA website at [www.cgsa.ca](http://www.cgsa.ca) or contact soccer@mcleodcommunityleague.ca.



Every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every month  
1100 hrs

RCL Kingsway Branch 175  
14339 50 St NW  
Edmonton Alberta



Veterans of the Canadian Armed Forces, RCMP and Allied Forces are welcome. You do not need to be a Legion member to attend.

Open to all Veterans. Your local legion is here supporting our area.

Come meet fellow Veterans in a safe, non-judgemental atmosphere of comradeship. There will be free coffee, tea and soft drinks.

For more information contact Louise Abdou at  
[Edm175buddycheckcoffee@hotmail.com](mailto:Edm175buddycheckcoffee@hotmail.com) or call 780-868-8917



SING



SIGN



LAUGH



LEARN

## Edmonton Public Library SING, SIGN, LAUGH AND LEARN

Ages: Birth to three and their Caregiver

At the Norwood's McLeod Stay and Play  
Location: **McLeod Community League Hall**  
14715 59 Street NW

**Weekly Drop-in: Thursdays, 10:30-11:15 am**

You and your child from birth to age three are invited to join us for a story, rhymes, signs, and songs with scarves and shakers! This is an inclusive **free class**, offered in collaboration with the Edmonton Early Intervention program to provide caregivers one-on-one interactions with their children through literacy play, repetition, visuals and movement. Drop-in for individual dates or come every Wednesday.



## At Londonderry Public Library

### Sing, Sign, Laugh and Learn (Baby & Toddler):

Sundays | 11:00 AM – 11:45 AM  
Mondays | 10:15 AM – 11:00 AM, 1:30 PM – 2:15 PM  
Tuesdays | 10:15 AM – 11:00 AM, 1:30 PM – 2:15 PM  
Wednesdays | 10:15 AM – 11:00 AM, 2:30 PM – 3:15 PM  
Fridays | 10:15 AM – 11:00 AM, 2:30 PM – 3:15 PM  
Saturdays | 2:30 PM – 3:15 PM

You and your child from birth to age three are invited to join us for songs, rhymes, and signs.

### Discovery Club (Child - 6-8):

Tuesdays | 4:30 PM – 5:15 PM  
Full STEAM ahead! From robot battles to hovercrafts to building your own games, discover all things Science, Technology, Engineering, Art, and Math. You're invited to try new things and create stuff at this class for junior makers.

### English Conversation Circle (LACE) (English Language Learners - Adult):

Thursdays | 10:00 AM – 12:00 PM  
Drop-in and join others who also want to practice their English. English Conver-

sation Circle is part of Catholic Social Services' Learning and Community Enrichment (LACE) program.

### Preschool Problem Solvers (6 Weeks) (Early Literacy Preschooler):

Thursdays | 4:30 PM – 5:00 PM  
This event is designed to improve early literacy skills in preschoolers.

### VOCABULARY CLUB: English Conversation Class (English Language Learners - Adult):

Thursdays | 6:30 PM – 7:30 PM (Adult)  
Improve your English language skills through conversation and practice.

### Tech Time (Adult, Senior):

Fridays | 3:00 PM – 4:00 PM  
Need some one-on-one tech help? Bring your device (or use one of ours) and come prepared with a tech-related question or challenge you would like to explore with a savvy staff member.

### Youth Talk (Teen):

Fridays | 3:30 PM – 5:00 PM  
Practice your communication skills and gain familiarity with Canadian society and culture in this conversation-based program designed for newcomer youth.

### Baby Laptime (Baby & Toddler):

Fridays | 1:30 PM – 2:00 PM  
Enjoy stories, songs, and rhymes in this lapsit program for babies and their caregivers.

### One-off Events:

#### Family Day Celebrations:

Monday, February 19 | 1:30 PM – 4:30 PM

Enjoy Family Day celebrations with EPL. Join the fun activities with your family at the Library.

### Family Storytime:

Monday, February 19 | 2:00 PM – 2:30 PM

Enjoy stories, songs, and rhymes suitable for the whole family.

### Your Little One's Teeth: An Oral Health Talk (Baby & Toddler):

Enjoy a free interactive community oral health discussion with an experienced Dental Hygienist to discover how to begin healthy teeth habits with your young child, birth to three years old. Children are welcome to attend with their parent. The talk is in-person. To register or for more information: Call 780-3421227 or email: EZ.OH@ahs.ca.

### Book Clubs of EPL: Nine Perfect Strang-

### ers (Adult):

Wednesday, February 28 | 7:00 PM – 8:00 PM

Explore books and engage in lively discussions with fellow book lovers.

## At McConachie Public Library Sing, Sign, Laugh and Learn (Baby & Toddler)

Sundays | 10:30 AM – 11:15 AM  
Mondays | 1:30 AM – 2:15 PM  
Fridays | 10:30 AM – 11:15 AM  
Sing, Sign, Laugh and Learn is a fantastic opportunity for babies and toddlers to enjoy songs, rhymes, and learn basic sign language in a playful and supportive environment.

### Day Home Rhyme Time (Preschooler)

Mondays | 10:30 AM – 11:00 AM  
Day Home Rhyme Time is a lively and engaging program where toddlers and preschoolers can enjoy rhymes, songs, and stories.

### Baby Laptime (Baby & Toddler)

Wednesdays | 10:30 AM – 11:00 AM  
Join us for Baby Laptime, a fun and interactive storytime for babies and toddlers.

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## Okinawan Martial Arts at McLeod Hall



Looking for something new? Try Okinawan martial arts, offered at McLeod Hall.

Classes are held every Tuesday; separate karate classes for adults and youth (parents can join the youth class and work with their kids). Kids will learn the fundamentals of classical Goju-ryu karate by applying the four key elements of physical literacy. Karate helps with focus, flexibility, discipline and so much more!

Adult classes rely heavily on function strength training as well training that focuses on the practical aspects of karate train-



ing – awareness, confidence, conflict avoidance and self defence.

We also practice Ryukyu kobudo for those who have experience in martial arts and want something different – or for the new student who wants to expand their martial experience. It's a workout for the mind and body.

Students of the McLeod classes are also eligible to attend training nights at all other halls at no extra cost – four nights a week for the price of one! For more information, call/ text 7806193136 or email kaizen.dojo@shaw.ca.




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9 am to 7:30 pm  
**Saturday:**  
9 am to 1:30 pm

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under 18 and people living  
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**Contact my office if you want to learn more:**

**Blake Desjarlais, MP | Edmonton Griesbach**  
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## Making the most of your Doctor's Appointment

Working closely with your doctor is one of the most important things you can do to help you get – and stay – as healthy as you can.

Have you ever caught yourself saying the following things ...

- "Doctors are so busy. I don't want to bother them."
- "The doctor's the expert, not me. I just listen."
- "I'm afraid of saying something that isn't right."
- "I'm actually a little scared of my doctor. He intimidates me."

Partnering with your doctor shouldn't have to be a struggle. Doctors are experts on medical care but you are the expert on yourself. And, together, you can find a solution that best fits your values, beliefs, and lifestyle.

Things to do before visiting your doctor

- Be prepared. Write down what you want to say, how you feel, and any symptoms you are having.
- You can also write down the three most important questions you have; what means

the most to you.

- Don't be afraid to say what you think.
- Bring someone with you, especially if you have trouble remembering or would like some support
- Always asks questions to ensure you understand. Some examples of questions you can ask when talking with your doctor about treatments and tests are:
  - o What is the name of the test, medicine, surgery, or other treatment?
  - o Why is it needed?
  - o What are the risks?
  - o What are potential side effects?
  - o Are there alternatives?
  - o How much does it cost?
  - o What will happen if I decide not to have treatment?
  - o How do I prepare for each test or treatment?
  - o Is the cost of the medicine covered by my provincial health plan or private health insurance?
  - o How do I take this medicine?
  - o How will this medicine react with other medicines I am taking?

## Tansi neighbours!

The universal Canadian Dental Care Plan is starting this year for seniors, people with disabilities and children under 18. Because of this program, no one will have to miss going to the dentist because it's too expensive.

Who is eligible?

- Have no access to employer/pension-sponsored or private dental insurance.
  - Have an annual adjusted family net income under \$90,000.
  - Be a Canadian resident for tax purposes; and
  - Have filed their tax return in the previous year.
- When can you apply?
- Seniors aged 70+ will begin receiving a letter inviting them to apply by phone starting in December 2023 and through March 2024, in

sequence based on age.

- Seniors aged 65-69 will be able to apply online starting in May 2024.
- People with disabilities and children under 18 will be able to apply online in June 2024.
- Applications for all remaining eligible Canadian residents should start by 2025.

Since December, over 400,000 seniors have already been approved for the Canadian Dental Care Program.

For more information, please do not hesitate to reach out to my office at [Blake.Desjarlais@parl.gc.ca](mailto:Blake.Desjarlais@parl.gc.ca) or by phone at 780-495-3261, or visit <https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html>.

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