

May 2025



# Newsletter



## Programs/Events

- Thank you
- 24 Hour Golf & Golf Classic
- Menopause Myths Unplugged
- Therapeutic Touch Therapy
- Wellness Challenge

Thank you to everyone that purchased a ticket and supported this event supporting the Vulcan Community Health Centre Palliative Care Project. Thank you to all the bidders and buyers of the live and silent auctions. You raised **\$30,696.00** toward this project.

Additional, cash donations were made by:  
McMorris Ranches Ltd. \$2500.00  
Northwest Coating Inc. \$200.00  
Brenda & Doug McIntyre \$200.00  
Pioneer Farms Ltd. \$500.00  
Ralph Umscheid Farms Ltd. \$400.00  
Carol Steiner \$200.00  
Nadine Bexte \$5000.00  
Kinette Club of Vulcan \$5000.00  
**Totaling \$14,000.00**

Total dollars raised:  
**\$44,696.00**

If you would like to donate to this project, contact Gail at 403-485-4001.

From all of us here at your Vulcan County Health and Wellness Foundation, thank you for your generous and continued support.

## 24 Hour Golf/Golf Classic Tournament

The 24 Hour Golf Challenge and Vulcan County Health and Wellness Golf Classic Tournament are scheduled for Friday, June 20th.

Please sponsor one of our 12 golfers:

Alex Hutton



Austen Bates



Colton Wark



Logan Busse



Travis Ivarson



Sarah Tiegen



Jordan Krystalowich



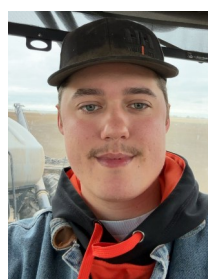
Tanner Stovin



Alex Horkoff



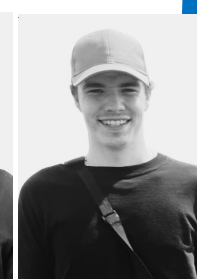
Grady Honess



Will Smith



Ryder Barr



# Menopause Myths Unplugged

Thank you Kim Hand Mama Coach for agreeing to provide women in our community with some much needed and worthwhile information on Menopause.

Myths women live with unplugged:

**Myth #1** Symptoms don't start until you no longer have a period.—Perimenopause can start 7-10 years before menopause. Fluctuating hormones can cause symptoms even while still having a period.

**Myth #2** Blood work determines perimenopause.—Hormones fluctuate daily, making blood test unreliable

for diagnosing perimenopause. Symptoms and experience provide better guidance.

**Myth #3** If you have a period you can't have or benefit from HRT.— Many perimenopause women still menstruate and can benefit from Hormone Replacement Therapy (HRT) to relieve symptoms.

**Myth #4** Menopause is natural, so you just have to deal with it.— While menopause is a natural stage of life, suffering from symptoms is not necessary. Treatment options exist to improve quality of life and improve long-term health.

**Myth #5** Hormone therapy causes cancer. The Women's



Health Initiative led to misinformation. Most recent research shows that certain types of HRT may actually reduce breast cancer risk.

**Myth #6** Testosterone is only for men. Women need testosterone too! It supports energy, mood, bone health, and libido,

and levels naturally decline during perimenopause.

If you or someone you know would like more information please contact Kim at [kim-hand@themamacoach.com](mailto:kim-hand@themamacoach.com) or check out her website [kim-hand.mamacoach.com](http://kim-hand.mamacoach.com).

## Therapeutic Touch

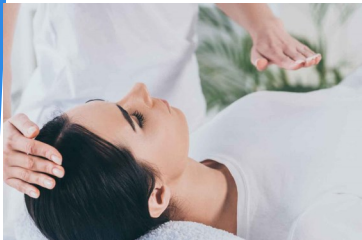
Thank you to Betty Whitney for informing us on the many benefits of Therapeutic Touch.

**Therapeutic Touch® is a:**

- modern version of ancient healing practices.
- research based complementary practice.

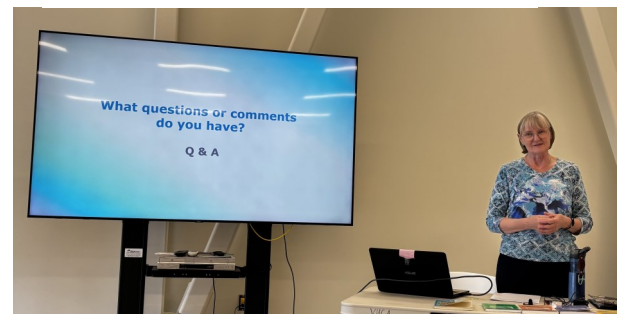
**Benefits may include:**

- Relaxation
- Reduced anxiety
- Sense of wellbeing
- Improved sleep
- Altered pain experience
- Supporting the body's natural healing processes



**What a session looks like:**

- The client remains fully clothed and is seated in a chair.
- Offered with or without physical touch.



## Wellness Challenge



Registration for Wellness Challenge 2025 ends Monday, May 5th. If you have not already registered you can register at <https://townofvulcan.ca/recreation>.

Teams/individuals can pick up their registration/t-shirt packages the week of May 26-30th. Please check out our Facebook and Social media sites for actual dates and times. An email will also be sent to each team captain.

Our committee has been working hard to plan new and exciting events for all participants. We have a few new things along with traditional events. If you

have any suggestions or would like to host an event please email us your suggestions [vchw.foundation@gmail.com](mailto:vchw.foundation@gmail.com)

Please check out our Facebook page <https://www.facebook.com/groups/537552586359201> or the Vulcan County Health and Wellness Foundation <https://www.vchwfoundation.com/county-wide-wellness-challenge-2025/> for all Wellness Challenge information and updated events.

We look forward to seeing you at one of the events. Remember to have fun and enjoy yourselves!!