



Information Bulletin

Fredericton - A Community for All Ages

AGE FRIENDLY- SPECIAL BULLETIN #6

November 2020

-please share as best you can.

WALKING TRAILS AND SKATING NOW AVAILABLE

Public skating programs at all four City arenas (Lady Beaverbrook Rink, York Arena, Willie O'Ree Place and the Grant-Harvey Centre) have begun and the walking tracks at Willie O'Ree Place and the Grant-Harvey Centre are now open.

Please book your use in advance!

- To book a free skate click [here](#).
- To book time on a walking track click [here](#)

Check out this very helpful How to Guide: [Booking the Walking/Running Track or Public Skating](#)

THERE IS STILL AN OPPORTUNITY TO PARTICIPATE IN THE INTERGENERATIONAL HOUSING PROJECT

Ten young adults, a mix of professionals and students, have been carefully screened and approved and are seeking a match with a qualified senior, individual or couple, needing some home support.

The lodging can be a single dwelling, apartment, or condo as long as space is available for an individual. The host participants decide: hours of support such as chores, pet care or errands; what is included; any cost sharing such as groceries or heat, but not rent; and the details of the agreement. There is a "Pull the Plug" clause if things do not work out and there is the option for a two-week trial. This is a pilot project to match seniors living alone with a younger adult. The program seeks to alleviate loneliness and enable seniors to stay in their homes longer.

For more information contact the iGenNB at 457-1717 or

E-mail: iGenLiving@gmail.com

NURSES UNION RECOMMENDATIONS ON LONG TERM CARE HOMES

There has been an urgent call for reform in New Brunswick's Long Term Care sector and a report has been released by the NB Nurses Union. Gerontologist, Dr. Deborah van den Hoonaard, wrote the foreword in the report and asks the question, "How would I want to live"? This timely report contains the voices of New Brunswick nurses working in Long Term Care and makes 38 recommendations involving both provincial and federal levels of government. The document may be viewed by going to: <http://www.nbnu.ca>

THE CITY OF FREDERICTON WANTS TO HEAR FROM YOU

Engage Fredericton is the city's new public engagement platform and they want to hear from you on things that matter to our community. Learn about plans, weigh in on decisions you care about or tell us your big idea to make our growing city even better. A survey on single room occupancy is currently on the site. It is recommended you regularly check out Engage Fredericton. For information and to sign up go to: <https://www.engagefredericton.ca>

IMPORTANT REMINDERS

ACTS OF KINDNESS MATTER

As the days get longer and Christmas approaches it is important to remember those who may be lonely or isolated. Reaching out and small acts of kindness can make a big difference! Being too busy is not a good excuse- you will get as much joy as the joy you give to someone else by letting them know they matter.

STAY VIGILANT

Everyone is tired of Covid and the restrictions that go along with, and the impact on our daily lives. But now is not the time to let our guard down. Be sure to wear your mask, it is mandated by the NB government, wash your hands, social distance and avoid being in large groups.