



# Information Bulletin

## Fredericton - A Community for All Ages

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**This is a special bulletin -please share as best you can.**

WELL DONE SENIORS! You are to be congratulated for following the restrictions and guidelines during the Covid 19 Crisis. You as well as all New Brunswickers have much to be proud of.

It is not an easy time and each senior is having a different experience. It is Okay to reach out for help if you are feeling lonely, overwhelmed or scared. CHIMO is an example of a place you can call if you need someone to talk to. 1-800-667-5005

You can reach out to those who maybe having a more difficult time. A phone call or simple act of kindness can make all the difference in someone's day.

- The Province is the key source of information about COVID-19. Find out details at [www.gnb.ca/coronavirus](http://www.gnb.ca/coronavirus).
- GNB has also set up a toll-free information line (1-844-462-8387) and email address ([helpaide@gnb.ca](mailto:helpaide@gnb.ca)) to help answer non-health related questions related to coronavirus.

## Fredericton Age-Friendly Community

- For the latest on City facilities and program closures, visit [www.fredericton.ca/coronavirus](http://www.fredericton.ca/coronavirus).
- Many local businesses are open in an alternate fashion such as online or telephone orders, curb- side pick up or delivery. Check out: [Fredericton.ca/SupportFredLocal](http://Fredericton.ca/SupportFredLocal)

**IMPORTANT:** Greater Fredericton Social Innovation has partnered with the Council of Aging in Ottawa and would like to hear about your experiences during the early stages of the COVID-19 pandemic. With questions about how you are coping, managing anxiety and staying connected, the information collected can be used to support older adults in the Fredericton area during this and other public health crises.

- [https://www.surveymonkey.com/r/Fredericton\\_English](https://www.surveymonkey.com/r/Fredericton_English) to complete the survey online. It will take about 15 minutes.
- If you would like to complete this survey in French, Please use this link [https://www.surveymonkey.com/r/Fredericton\\_French](https://www.surveymonkey.com/r/Fredericton_French)

Make sure your voice is heard and PLEASE DO SHARE THIS SURVEY with anyone 65 and older.

It is important during this time to keep your body and mind active if you are able. The following are 10 suggestions you might want to think about.

- Create a daily routine to give your day a little structure.
- Participate in some form of exercise to keep your body moving. Some thing as simple as “arm aerobics while sitting in a chair” or walking in a hallway or doing some stretching is good for you. But listen to your body.
- Get some fresh air the best way you can and breathe deep. It is soothing and calming for the body and mind.
- Word games and crossword puzzles are good for the mind. There are lots on line but the local paper features daily cross word puzzles and Sudoku. Books are also available at some stores.
- Virtual tours of museums, galleries, and parks are also available online.
- Online concerts. Many entertainers are offering free online concerts that provide wonderful entertainment.
- Reach out to a friend! it is a great time to re-connect or maintain connections with friends and family.
- Do a little project around your home each day. You will feel better and have a sense of accomplishment.
- Reading, crafting or art, baking or doing a puzzle is always a great way to pass the time. Some stores are taking orders and offering curbside pick up for books and supplies and groceries.
- Do something nice for someone else. That always makes you feel better.

**KEEP UP THE GOOD WORK EVERYONE  
AND STAY HEALTHY AND SAFE**