



# Information Bulletin

## Fredericton - A Community for All Ages

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### AGE FRIENDLY- SPECIAL BULLETIN 2 MAY 2020

**-please share as best you can.**

Feeling lonely or isolated and need someone to talk to or ask questions? There are services available to help you during these difficult times. The Red Cross has partnered with the government of New Brunswick to provide guidance on a wide variety of support services. For information call toll free 1-800-863-6582.

CHIMO has also been helping residents of New Brunswick for 48 years by providing a crisis helpline available 24/7. They offer bilingual confidential services. The volunteers and staff are committed to supporting individuals with issues including loneliness, emotional distress, anxiety and thoughts of suicide. Call toll free 1-800-667-5005.

Find out about other mental health and wellness resources, by visiting the City of Fredericton “People Helping People” web page at [www.fredericton.ca/PeopleHelpingPeople](http://www.fredericton.ca/PeopleHelpingPeople).

Masks have now become a reality! Are you finding it a challenge to find masks? We have attempted to create a list of where masks are available. It is by no means a complete list, but hopefully it will be helpful.

1. Branches of the New Brunswick Women’s Institute are offering masks for \$6. Check out their website for more information at <https://www.nbwi.ca> or e-mail [nbwi@nb.aibn.com](mailto:nbwi@nb.aibn.com)
2. Sameera Yusuf is making facemasks in return for donations to the food bank. [sameera.yusuf2@gmail.com](mailto:sameera.yusuf2@gmail.com)
3. Margie King is making facemasks--the type to cover an N95— a version that can be used to go out in public. [mking415@gmail.com](mailto:mking415@gmail.com). They are free, but a donation

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of thread, sewing elastic or donation to women's shelter or food bank would be appreciated.

4. Nancy Robison, on the North side, not far from Peters' Meat Market, makes homemade masks. Her email is [thenance13@hotmail.com](mailto:thenance13@hotmail.com).
  5. Ryan Jacobson of Yanky Sports is making facemasks —Mask It By Yanky. The price is \$19.99 + tax, with \$5 per unit sold being donated to the Fredericton Resilience Fund (created in an effort to help those in the service industry in the surrounding area). To order, call or text 506-478-8072 OR email [ryan@yankysports.com](mailto:ryan@yankysports.com)
  6. **Mayday Print Inc./Swagshop.ca**  
Unit 15, 385 Wilsey Road  
Fredericton  
506-452-1007  
[info@maydayfineprint.com](mailto:info@maydayfineprint.com)  
Non Medical Disposable Masks for One Time Use (50 per box minimum)  
Price per mask:  
1-250 at \$1.75 each  
251-500 at \$1.50 each  
500+ at \$1.25 each
- The Fredericton Chamber of Commerce is also working to prepare a list of business in the city that have masks, sanitizers, etc. You may also find masks for sale on kijiji and various locations in the city. A google search may be helpful to locate some and also reach out and ask friends and family.
  - A reminder the City of Fredericton has the High Priority Disaster Response Registry in place. There are specific requirements to qualify to be included on the list. Information is available at Fredericton.ca and the application is online at <http://www.fredericton.ca/en/form/high-priority-disaster-response-registry-form>
  - Even though regularly scheduled clinics have been cancelled because of the COVID-19 isolation rules, income tax help is still available through the Community Volunteer Income Tax Program (CVITP) for low-income residents of greater Fredericton. You can reach out to the Brunswick St. Baptist Church at 458-8348 on the south side and at the Salvation Army Food Bank on the north side at (506) 455-3243

CVITP is sponsored by Canada Revenue Agency and in partnership with these and other community organizations, they are continuing to make every effort to assist those in need to have their income tax returns prepared and submitted.

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- A new program has been launched called Adopt a Grandparent/Elder. It is a wonderful way to make intergenerational connections that benefit everyone. For more information contact- Penny Pacey [paceypenny@gmail.com](mailto:paceypenny@gmail.com) at (506) 261-6551
- An important reminder to all seniors – we are still at risk and vulnerable as we progress through the Covid 19 crisis:
  - o Wash your hands frequently
  - o Cough or sneeze into your bent elbow
  - o Avoid touching your eyes, nose and mouth with unwashed hands
  - o Clean and disinfect frequently touched objects such as toys, doorknobs, smartphone, computer keys and mouse etc
  - o Wear non-medical masks when out in the community when physical distancing is challenging

- Important City of Fredericton COVID-19 (Coronavirus) Resources:

City of Fredericton coronavirus web page, with information about City programs & services: [www.fredericton.ca/coronavirus](http://www.fredericton.ca/coronavirus)

#SupportFredLocal web page, with lists of businesses that are offering goods and services in compliance with social distancing regulations: [www.fredericton.ca/SupportFredLocal](http://www.fredericton.ca/SupportFredLocal)

People Helping People web page, listing resources to help residents, including accessing food, growing your own food, helping out & volunteering, activities, and mental health: [www.fredericton.ca/PeopleHelpingPeople](http://www.fredericton.ca/PeopleHelpingPeople)