



## WHAT'S NEW?



### NHWW Update

Learn how the Port Elgin Nursing Home Without Walls team reached out to seniors throughout the pandemic.

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### Going Virtual!

Learn how the Alzheimer Society of New Brunswick is constantly adapting and finding new ways to provide support while respecting Public Health requirements and keeping safety a top priority.

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## Covid-19 and Community Resilience

Welcome to the Collaborative's Fall edition of *Neighbours in Aging*, a quarterly newsletter that features engaged community profiles, individual healthy aging stories, and everything in between.

Communities across the globe have come together to collectively support one another throughout the Covid-19 pandemic, a time of great uncertainty that has impacted our jobs, families, communities and how we interact with one another. Throughout this time of uncertainty, while organizations and governments have been working to address the immediate challenges of this pandemic, communities too have been searching for social solutions at the local level.

As we move from crisis to recovery, what discoveries have we made about sustaining community and neighbourly support during a time of social distancing? How have New Brunswick communities come together to support one another, particularly our most vulnerable? This edition of *Neighbours in Aging* will highlight stories of adaptability and resiliency throughout the covid-19 pandemic.



### We'd love to hear from you!

Have a story you would like to share? Do you know of an initiative in your community that is having big impact? Please get in touch with us.

*Neighbours in Aging* is your newsletter and we welcome your stories describing the healthy aging journey as it is experienced in NB. Email your stories, ideas and updates to [admin@nbcollab.ca](mailto:admin@nbcollab.ca)

Looking forward to hearing from you!

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## Making Masks for our Communities

### *Update from the NB Women's Institute*

The New Brunswick Women's Institute (NBWI) is an organization of almost 600 women in over 50 Branches throughout the Province. Our aims are:

- To develop better informed, happier and more efficient citizens; thus making both family and community life better;
- To discover, stimulate and develop leadership for the future; and
- To promote understanding, tolerance and good will at home and worldwide.

With the advent of the Covid-19 pandemic, WI members across the Province added more thread to their spindles and got to work on washable, multi-layered cloth non-medical masks that would help prevent the spread of the virus.

Eighteen Branches participated in sewing masks and by the end of the project had completed over 2000 masks! Participating Branches included: Coldstream, Lakeside, Hillsborough, Salmon Creek, Norton, Upper Gagetown, Havelock, Maugerville, Debec, Central Rusagonis, Greater Fredericton, DeWolfe, Mount Pleasant, Grand Bay, Burn Church, Glen Leavit, Blackville and Corn Hill WI.

Maugerville WI alone had completed over 600 masks by the end of the project – and those dedicated women are still at their sewing machines filling orders for the masks.

Each Branch was asked to complete and deliver a minimum of 25 masks to 'at risk' community members - those persons with underlying health problems (such as COPD, Diabetes, Crohn's, Asthma, Heart conditions, etc.), health

care workers in senior complexes, extra mural workers, veterinary workers, physiotherapy clinics, daycare workers, etc. Each Branch was then allotted \$200.00 from the New Horizon for Seniors Project for supplies and materials. The New Horizon for Seniors program allowed our Institute to use funding from our Fidget Quilt Project to assist our communities with masks during this pandemic. This project has provided the members with a great sense of purpose during the Covid-19 pandemic – in fact, many Branches received donations from grateful recipients, thus demonstrating a market for the masks.



About the photo: Masks made by the Women's Institute

Once the project from the New Horizon for Seniors Program was completed, the Branches were able to continue making masks to sell to companies and individuals. This has further enabled the Branches to recoup some of the funds that they usually obtained through community events at this time of year such as community suppers, teas, quilt sales, bake sales, workshops, flea markets, rummage sales, homemaking courses, etc.





## Neighbours in Aging

# What Resilience looks like in our Nursing Home

## Adapting to Changes

By Juanita Hebert, Activity Director, Rexton Lions Nursing Home

In March 2020 like the others, we closed our doors to protect our residents from a virus most of us knew little about. New information, rules and guidelines came in rapidly and changed quickly. Staff that were away for March break were uncertain about returning to work. We did wellness screening and temperature audits before beginning work. Housekeeping staff already busy added extra cleaning protocols to their routine. Residents were monitored and their temperature taken, were kept two meters apart and activities they once took part in were discontinued. (Due to spacing and use of shared items like game pieces). The dining room was split.

ready to take on the virus while praying they never needed to. Everyone committed to keeping it out.

All around the world was changing. The new routine came with learning and teaching new technology so family and friends could video call. A new way to visit was outside the window, until we could allow outside visits and get set up for those with rules of screening, masks, and appointments. Then we were given the go ahead for inside ones, all with doing our most important job – looking after our residents.



In the photo: Resident Donna Robichaud having a window visit with her mother and brother on her birthday.



In the photo: Staff member Krystal Savoie in full PPE.

That was just the beginning. The staff adapted to the changes, adjusted to wearing masks and trained to be



In the photo: Resident Alfred Filmore meeting his great granddaughter via video call.



## Neighbours in Aging

It has been a journey, a learning curve, a frustrating situation, a whole lot of extra work in a place that was already very busy, yet we carry on. It is not who we are at Rexton Lions Nursing Home. We know it is hard on our residents and families; they do not always understand. We do not like it any better than you do, but it is what we must do and will continue to do as we are told. Our priority is and has always been our residents and their safety. Inside our walls our residents are in their own community, and they amaze me! Of course, they are missing their visits with friends and family, but they carry on as well. Today they are focused on the good things like an afternoon treat of an ice cream sundae and sitting out in the back yard. Perhaps that is a lesson for us, focus on the good things... and have some ice cream.



About the photo: Outside visiting areas set up in the backyard.



## Seniors Who Live in Their Own Homes and the Outreach to Them Throughout the Pandemic

### *Update from Nursing Home Without Walls*

By the Nursing Home Without Walls Port Elgin Team

After the long winter of 2019-2020 at Nursing Homes Without Walls (NHWW) – Port Elgin, efforts were put forth to help seniors in the rural area to avoid the ‘hum drums of winter’. At NHWW, in addition to providing essential information for aging in place and navigating services, we provided educational talks, seniors luncheon’s at a local restaurant, fun bingos, an exercise program, walking groups - all in an effort to help seniors, who are isolated manage their health and wellbeing while living in their own home. We currently have 150 seniors registered with our program and interest is always increasing.

After a busy and successful programming season in January, February and part of March, we were all struck with the fear of COVID-19 and the pandemic. Our programs were postponed, and we wondered, how could we reach out to seniors and help them through this difficult time.

We immediately took action and called all of our clients to hear their fears and assure them if they needed help, we were here in Port Elgin to help them.

On a routine basis, reassurance calls were made to seniors living alone, who had agreed to having a call every Wednesday mainly from a volunteer, to see how they were





## Neighbours in Aging

doing. This continued and the volunteer noted that the conversations were becoming much longer, while they listened to their concerns about catching the virus and the limitations to their activities.

To keep seniors connected, it was decided that partnering with Tantramar Radio 107.9 – a local community station that targets an older audience, was a good way to reach seniors and keep them informed. The radio show began April 9<sup>th</sup> and each week a 20-minute broadcast called Staying Home with Nursing Homes Without Walls was created. A local retired doctor and the Seniors Navigator at NHWW began setting up topics of interest to seniors and acquiring various speakers from all professions. We added a lighthearted ending some weeks, and an update on our services. Response came from seniors that they liked listening to the program and it continues every Thursday to date. A five-minute audio tape of exercises was created by our fitness instructor, and it was played twice on the radio to encourage seniors to get up and stretch.

Another undertaking was providing a food box and frozen entrée dinners to seniors. The local food bank had said they were not getting seniors asking for help, so we thought we would give them a sample of what was available. This delivery took place twice, and then the seniors were encouraged to contact the food bank directly as needed. Feedback was positive with seniors really enjoying getting a box of food and goodies. The Rotary Club of Sackville assisted with funding some of the frozen entrées we had promoted to seniors in an attempt to give them variety in their meals. We provided seniors with masks that were being made by many of the local ladies as well as the Rotary Club of Port Elgin with the food boxes.

The Royal Canadian Legion members of Cape Tormentine also volunteered to assist with offering to help seniors, who needed supplies or food to be picked up. As seniors' requests came in, the Legion members were available to help.

And, as recently reported by CBC New Brunswick, students from Mount Allison University were paired up with seniors for a visit once a week - all while respecting public health guidelines of sanitizing, distancing and wearing a mask. A gathering in the Serenity Garden, at the Westford Nursing Home where the NHWW project is located, between the seniors and students was a hit, as we saw the smiles and engagement of the students and seniors together.

Overall, our outreach was welcomed and appreciated by most seniors and although they were struggling with staying at home, we believe they felt supported by our NHWW project.



## Story of the Volunteers

### *Loch Lomond Villa's Essential Heroes*

By Tricia Hayes, Volunteer Services Coordinator, LLV

The Loch Lomond Villa complex consists of two nursing homes and three independent living apartment buildings, home to 190 residents and 267 older adults. Independent Living offers many services, providing the best care and support for tenants. Specifically, the meal plan service is for tenants who need or prefer the option to have their meals prepared and served, while also providing the social aspect of dining in the cafeteria.



## Neighbours in Aging

With the onset of COVID 19, we could not safely social distance in our cafeteria, so we needed to get creative on how the tenants would receive their meals! That's when eleven tenants stepped in and committed to delivering two meals a day, seven days a week for 34 tenants. Every week these selfless volunteers dedicate their time and risk their own health to help others. They work together to make sure no meal is missed while communicating each week to make sure they never miss a beat!

## Supporting those affected by dementia

### *The Alzheimer Society of NB adapts by going virtual!*

By Adrienne McNair, First Link Coordinator, ASNB

Throughout the pandemic, our team continues to support those in our province affected by dementia, their caregivers, and their families. We are constantly adapting and finding new ways to provide support while respecting Public Health requirements and keeping safety a top priority. The following are some of the services we are currently offering.

**InfoLine:** Call us toll-free at 1-800-664-8411 or email [info@alzheimernb.ca](mailto:info@alzheimernb.ca) if you have any questions, need to talk, or would like to set up an in-person appointment at your local Alzheimer Society Resource Centre

**Mind-Body Connection:** If you are a family caregiver of someone living with young-onset dementia (diagnosed under the age of 65) looking to connect with other caregivers, you may be eligible to join our virtual social support program called Mind-Body Connection. For more information, contact us at [amcnair@alzheimernb.ca](mailto:amcnair@alzheimernb.ca) or 1-800-664-8411.

**Caregiver Support Network:** Our Caregiver Support Networks are going virtual this fall! If you are interested in joining a network of other caregivers on the dementia journey, contact our office at 1-800-664-8411 or [info@alzheimernb.ca](mailto:info@alzheimernb.ca) for more information.



In the photo: Volunteers of Loch Lomond Villa.





## *Neighbours in Aging*

The New Brunswick Women's Institute donated incredible fidget blankets to the ASNB. We are so grateful to the NBWI for spearheading this wonderful initiative and for enabling our clients to benefit from it! If you are interested in receiving a fidget quilt, please contact our office at 1-800-664-8411 or [info@alzheimernb.ca](mailto:info@alzheimernb.ca).

### **Educational and recreational videos**

Because we can't connect in all of the ways we used to, the team at the ASNB has been creating educational and recreational videos to support you during the pandemic. Take a look at the videos below, and don't hesitate to let us know if there's a particular topic you'd like to see covered!

#### **Dementia@Home: Educational Series**

- [Handwashing](#)
- [Sundowning](#)
- [Hallucinations](#)
- [Bathing](#)
- [Dressing, Toileting and Incontinence](#)

#### **Keeping Busy with the ASNB: Leisure and Activity Series**

- [Activities at Home](#)
- [Stained Glass Window Craft](#)
- [Sing-Along](#)
- [Building a Sensory Board](#)

