



Bay Seniors NEWSLETTER



IN THIS EDITION

Volunteers make Covid masks, gowns

Tips to protect hands from all that washing

Video link offers exercise and stress advice

You tell us about your Covid-19 heroes

Bay Seniors sewing volunteers respond to call for masks, gowns

With long-term care residents hard hit by Covid-19, a plea from Northwood's volunteer coordinator, Ruth-Ellen Jackson, went out for fabric masks for residents, tenants and clients, and gowns for staff.

Said Ruth-Ellen, "Northwood needs you to wrap your arms around us right now."

The request spurred Fred Dolbel to ask Betty Learning and fellow Bay Seniors sewing volunteers, usually busy this time of year making the popular Bay Seniors reusable cloth bags, to turn their attention to producing masks and gowns.

More than 150 masks produced already

Donated fabric and other needed items have been delivered to the sewing volunteers by Bay Seniors Friendly Neighbour volunteers, who are also picking up and delivering finished masks to the Community Enterprise Centre, the drop-off and collection location.

Joining others around the province, Betty has coordinated 22 other home sewers in the Bay, who have so far produced 160 masks and 10 gowns, with more to come.

"Display of colour and caring"

Northwood's Ruth-Ellen Jackson says the masks and gowns are a welcome display of

Continued on Page 2



Betty Dolbel, one of the volunteers making masks and gowns for Northwood.

For information on volunteering to sew, or donating supplies or completed masks and gowns, email info@bayseniors.ca



Volunteers sew masks, gowns

Continued from Page 1

colour and caring. “We see the colourful gowns each day on the floors.

“Many staff will choose to wear these over the factory-made gowns.”

Betty Learning says, “We need more volunteers willing to sew gowns especially. All patterns will be supplied.

“We also still need donations of 1/8 to 1/2 inch elastic, 1/2 to 1 inch seam binding, bias tape, twill tape, and fabric for both masks and gowns, with 2 1/4 metres needed for each gown.”

Betty adds, “Thank you to all the generous contributors, and especially to our sewers.”

In thanking Nova Scotians for their response, Ruth-Ellen says, “I would like to thank all of you for the contribution of care you have shown for Northwood and all the residents, tenants, clients, and staff here.

“It does not go unnoticed, even now during our most difficult time.”

To volunteer or donate supplies or completed masks and gowns, email info@bayseniors.ca

Are your hands getting dry and painful from all that washing? Try these tips

One of the most important public health messages about preventing the spread of Covid-19 is to wash our hands often.

The result, many of us are finding, is dry hands, sometimes to the point of painful and damaged skin.

Sharleen Kalayil, a master clinical esthetician and owner of Ambili Esthetics, offers some advice.



Washing hands often is an effective way to prevent infection and illness. However, increased frequency of hand-washing can result in skin that is extremely dry, sometimes to the point of cracking and bleeding.

Here are suggestions to help prevent or alleviate this:

- Liquid hand soap is less drying than hard soap, as the latter tends to have a higher pH. Look for liquid hand soaps that contain hydrating ingredients, such as oatmeal, aloe, honey or milk.
- If possible, moisturize your hands after every hand-washing. An easy way to achieve this is to place a pump or squeeze bottle of rich hand moisturizer right next to your soap, so it is easily dispensable, and is a reminder to use it after each hand-washing.
- Use gloves when cleaning or washing dishes by hand. Dish detergent is designed to strip grease, so also does exactly that on your hands.
- Try the following deep hydrating treatment on your hands once or twice a week: Apply a generous amount of hand cream to the hands. Place hands in clean plastic bags (such as sandwich bags), or wrap in plastic wrap. If available, apply heat around the hands in the form of electric heated mitts, or hot towels (wet then wring out hand towels, and heat in microwave for about 1 minute). Leave hands in this treatment for 10 minutes.

If dry, cracked skin persists, or becomes infected, you may need to contact your physician for a medicated ointment.

211 service puts resources at you fingertip

Angie Zinck, director of outreach and communications for 211 Nova Scotia, says the service, a toll-free helpline that connects callers to community and social services in their area, is busier than ever. The 211 service is available 24/7 in over 140 languages, offering non-emergency, non-medical help. You can also visit the website at <http://211.ca/>.

Health Team offers support by phone

While Covid-19 has encouraged the development of more online offerings than ever before, some programs and services are still available by phone.

Erika McFarland, an occupational therapist, and Cheryl Jeffers-Johnson, a recreational therapist, are wellness navigators with the Chebucto Community Health Team. They talked about working with clients only by phone at this time.

Q: What turned out to be less challenging than you expected?

A: Because the Community Health Team navigators have always offered navigation appointments by phone, we had everything in place to go to an entirely phone-based navigation service. Although we miss seeing our clients, we're pleased to be able to continue to work by phone to provide support.

Q: What are you most looking forward to when you're face-to-face with clients again?

A: We're certainly looking forward to being back in our communities, attending community events and meetings, in-person navigation, and hosting our learning programs. Not only do participants connect with us in these programs, but also with each other. It will be great to be part of that again.

Need help with exercise or stress? Try a video meeting with an expert

The Community Health Team continues to be available through telephone and online resources. The following online programs are being offered through the Zoom video platform by the CHT. To register, email CHT@nshealth.ca or call 902-460-4555.

Practicing Skills to Support Managing Stress. Thursday May 7, noon-12.30 pm. CHT wellness navigators will provide skills to help manage stress, such as breathing techniques.

Sit Less, Move More at Home. Tuesday May 12 noon-1 pm. A CHT physiotherapist will share tips for moving more in your neighbourhood, yard or home.

Finding an Online Exercise Program. Thursday May 14, noon-12.30 pm. The CHT physiotherapist will explore the online exercise resources available to us, whether we're new to exercise programs or are missing our regular exercise classes.

Nutrition Fact or Fiction in Covid-19. Tuesday May 19, noon-12.30 pm. An examination of two nutrition myths currently circulating about Covid-19, how to spot the red flags of a myth, and trusted sources for Covid-19 information.

Tax deadlines extended

The Canada Revenue Agency has extended tax filing and payment deadlines. This year's tax filing deadline for individuals is now June 1. The deadline to pay any amounts owed has been extended to September 1. If you wish to file your taxes online, register for My Account at canada.ca/my-cra-account.

Do you qualify for CERB?

If you had employment income in 2019, you may be eligible for the Canada Emergency Response Benefit (CERB). Apply through My Account or by calling the automated service at 1-800-959-2019 or 1-800-959-2041. More information at <https://www.canada.ca/en/revenue-agency/services/benefits/apply-for-cerb-with-cra.html>



Nova Scotia Strong

Support for the families, friends and communities affected by the events of April 22 in Colchester County continues to come in from around the world.

St. Margaret's Bay residents have joined in, sending condolences and donations, and displaying signs, candles and, especially, hearts and Nova Scotia tartan.

To share support go to: <https://www.facebook.com/groups/162084731778930>.

Getting a kick out of helping the community: one volunteer's experience

Gillian Hatcher (right) says that when she moved to the Bay area in November, she knew she and her dog would love it here. An outdoor enthusiast, Gillian enjoys running and walking with her dog as they explore the region.

Then the Covid-19 situation had Gillian working from home beginning in mid-March. "I wanted to find some way to help," she said.

A good friend directed her to contact Bay Seniors, which she did via Facebook, having heard about the Friendly Neighbour Program. "Picking up essentials for seniors and others who may require assistance seemed to fit the bill."

Originally from Sydney, Gillian spent a decade as a radiation therapist with the Cape Breton Cancer Centre. Now she is manager of a cancer research program with the Nova Scotia Health Authority, so she is well-versed in the importance of infection control.

Gillian appreciates the care with which she and her fellow delivery volunteers have been trained to shop for, handle and deliver food and medications.

"I've been incredibly impressed by the dedication of the Association to fill this need within the community," she said. And she says she appreciates being part of a community-initiated program that ensures residents of her new community can have food and medications delivered to them safely. "Social distancing, frequent hand-washing and staying home are the federal and provincial guidelines we have been instructed to follow. Keeping the most vulnerable safe is at the crux of these guidelines."

And Gillian says: "I'm so happy to be able to participate in this program. I truly feel I get more out of it than those I deliver to."

The Friendly Neighbour Program provides shopping and delivery of groceries and delivery of prepaid, preordered medications to Bay residents (not just seniors) who are staying home and do not have someone who can pick up necessities for them.

The shopping and delivery is free, and participants are billed only for items purchased for them.

To book the service, call 902-821-8388.

More details at: <https://discoverstmargaretsbay.ca/bay-seniors-friendly-neighbour-free-grocery-deliveries/>



Reader Round-Up: Mom's words of wisdom

Sharon Jessup Joyce:

In 1975, my sister Susan had her first apartment, and convinced our grandmother to give her the unused old wringer washer in my grandparents' cellar.



Worried my free-spirited and easily distracted sister would lose a finger to the wringer, Nanny provided detailed instructions and dire warnings.

Wanting to underline how seriously she was taking this, Susan asked, "Is there anything else, anything at all, that I need to know?"

Nanny looked carefully at Susan, who was wearing only shorts and a thin tee-shirt. "Yes," she said. "When you use it, always wear a bra."



Wash-day advice from Nanny Greta Jessup

Ashley South:

The best advice from my mom has always been to "just take it one day at a time," and "first and foremost, be thankful for your health and your family." In these uncertain times, these are good reminders.

Rev. Wayne Smith:

Before visiting Grandma, who always offered juice, my mother would say, "Have a couple of glasses of water now, so when we get there, you won't act like you're thirsty."

Betty Learning:

I grew up in a family of 13 children, 6 boys and 7 girls.

We were seldom bored, as we always had someone to do things with. But with a range of ages and personalities, there was bound to be some sibling rivalry.

Mom would always demand that we stop it right away. If that didn't work, she would threaten us: "Just wait until your father gets home." And that was often enough to calm things down.

Ironically, she would seldom tell Dad anything about it.

Next month: the best piece of advice you got from your father

We're giving Dad equal time in honour of Father's Day, so send your dad's best advice or funniest quip to sharon@bayseniors.ca for next month's Reader Round-Up.

And remember, we're always looking for Member Stories to share about your most interesting job, strangest hobby or wildest adventure. We're happy to interview you if you'd prefer to tell your story rather than writing it.

We asked readers to nominate their Covid-19 heroes. This is what you said.

Front-line food, pharmacy and other essential retail staff

“They are under so much stress right now.”

“You see them cleaning and being careful and helping shoppers follow the rules. They must be exhausted.”

Long-term care staff

“God bless them, they must be afraid to go to work, but they’re taking care of the people who need it the most.”

Chief Medical Officer of Health Dr Robert Strang

“Dr. Strang is honest, even when it’s not good news. That makes me trust what he says.”

“When he said the Easter Bunny has been good about paw-washing since he was a very young bunny... that made my heart melt.”

**YOUR
COVID-19
HEROES**

The RCMP

“Putting their lives on the line all the time to protect us.”

Premier Stephen McNeil

“He’s showing strong leadership when we need it the most.”

“‘Stay the blazes home’ was the best advice ever. No wonder it’s on tee-shirts and mugs.”

All of us

“Everyone following instructions and staying home, despite the personal and economic cost, is a hero.”

Established in 2009, the Seniors Association of St. Margaret’s Bay (Bay Seniors) is a not-for-profit registered society whose purpose is to promote and participate in the development of wellness living for seniors; to research and represent the interests of seniors living in the greater St. Margaret’s Bay area; and to provide housing and accommodation options for seniors. For more information about any of the topics in this newsletter, visit our website www.bayseniors.ca or contact the Seniors Information Centre: email centre@bayseniors.ca telephone 902-820-3334. The centre is located at Unit 1 – 5229 St. Margaret’s Bay Road, Upper Tantallon, NS, B3Z 4R5. It’s open 10 - 2 on Tuesdays and Thursdays.