

Staying Strong,

TANTRAMAR COMMUNITY



Photo: Wheaton Covered Bridge on the Tantramar Marsh

The **Tantramar COVID-19 Task Force** was established by MLA Megan Mitton, the mayors of Dorchester, Port Elgin, and Sackville, and the Chief of the Fort Folly First Nations with representatives from rural areas of Tantramar. The Task Force is made up of community volunteers working together to assist all residents of Tantramar with the short and long-term issues arising from the COVID-19 pandemic. We are your friends and neighbours, thinking of you constantly, gathering information to help us all get through the pandemic. Your community is here to help you during these challenging times so please text, call, or e-mail any of the listed resources based on your needs.

Resources to Stay Well

This is a year like no other - let's not pretend that it is not. No good comes from focusing on what we feel we are missing (routines, traditions, travel). Instead, let's use what we have and do what we can to build a "pick-yourself-up" game plan with new habits and traditions for now and for the future.

Cover your basics

Ensure you have food, shelter, and medical care - ask for help if needed (see resources on page 4). Get enough sleep!

Trust your relationships

This includes your relationship with yourself! Accept yourself as you are, be true to your values, and have faith in yourself and others. Enjoy any connections you can make with others.

Exercise regularly

No, don't give me that eye-roll. Breathing deeply on an outdoor walk can provide a valuable shift in energy, get your blood flowing, and help you feel good in your body! Full body maintenance tips can be found on pg 3.

Manage expectations and set concrete objectives

Don't abandon your dreams but do set achievable goals and daily plans so you don't become disheartened. Say no to others sometimes too.

Thinking positively

Pay attention to how you feel. Write down good things daily, review them regularly, and lookout for negative emotions. Ask for help, learn new skills, and practice gratitude.

Exert self-control

At first, this might not be easy. Pay attention and recognize what you are feeling, then take a breath and choose a response, instead of simply reacting. Daily practice will help improve this skills.

Stay away from negative news

You are what you eat, both food and emotions. Turning away from social media and the news is one way to limit how much negativity you consume and therefore feel. Focus on what is close to home that you can influence.

☒ Check your plan

"Every New Brunswicker should have a plan for self-isolation before they are directed to self-isolate."

- Dr. Jennifer Russell

- ☐ WHERE and HOW would you isolate yourself from your family, friends, and neighbours?
- ☐ What arrangements could you make with WORK/ SCHOOL/ your business on short notice?
- ☐ Who could help get your groceries/essential SUPPLIES?
- ☐ Do you need to RENEW or REFILL your prescription medications?
- ☐ Who is your backup option for CHILDCARE in case you or your usual provider becomes ill?
- ☐ SHARE your plan with family, friends, and neighbours, and set up a buddy system to check-in on each other by phone/email.

SPENDING HOURS ONLINE?



Photo: kongfitness.com/fix-poor-posture/

Take a moment & let your body relax

Due to COVID-19, there has been an increase in the amount of screen time required for many of us. Leaning over a laptop/screen can lead to **back, shoulder, and neck pain**.

Take a Short Break

Take a 2 minute stretch break every hour you are seated. **Five exercises** that are recommended by Monika Boehringer, PhD, Certified Yoga Therapist, are listed below. You can add these stretches to your daily routine which will help decrease the risk of long-term shoulder, neck, and back pain.



Reposition Set-Up

If your computer monitor is lower than your **natural forward gaze**, consider changing your set up. During extended periods of screen time, correct your posture so that; ears are over shoulders, fully extend spine, legs 90° to your torso, no perching, feet resting firmly on floor or stool, keyboard and mouse should be close to bellybutton level.



Get Outdoors

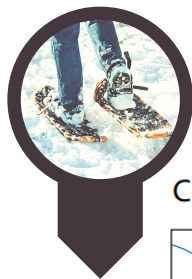
In the winter months you can skate in Waterfowl Park, on Ladies' College Skating Pond, or ski / snowshoe on nearby trails that are groomed by the Tantramar Outdoor Club (you do not require a membership to access these trails). Information about places to explore in Sackville and a map of the TOC's snowshoe trails can be found on the next page.



2 MINUTES TO STRETCH

1. **Smile!**
 2. **Triceps**
 3. **Door frame**
 4. **Behind your back**
 5. **Shoulder release**
- 1 Let the smile start in the eyes, then spread to the corners of the eyes. Let it completely fill your mouth until it turns the corners of the mouth slightly up. Voila: with one smile, you softened and relaxed your whole face: temples, cheeks, tongue, jaw, and the throat. Keep smiling!
 - 2 While standing, extend the right arm over your head, palm facing backwards. Bend the elbow and touch right shoulder. Then put the left hand on the right elbow and, very gently, press the elbow backward to lengthen the upper arm; hold for a couple of breath cycles; release and repeat one or two more times and then switch arms.
 - 3 Step in front of a door that opens away from you. Extend both arms over head and place both hands to the left and right of the door frame. Release shoulders down the back, stand tall and keep the collar bones wide (avoiding "swayback"). Exhale three or four voiceless "who" sounds that help to release the shoulders, and inhale through the nose. When the tension in shoulders and arms subsides a bit, step a tiny bit closer to the threshold. Repeat one or two more times, then release the arms and enjoy the increased blood circulation in your hands, wrists, arms, and the shoulders.
 - 4 Clasp your hands behind your back, on the sacrum, while the collarbone and the chest are wide open; the tips of your shoulder blades are moving towards each other. Standing tall, inhale and lift the hands away from the sacrum. Don't strain; exhale and relax hands back to the sacrum. Repeat a couple of times.
 - 5 This final shoulder release is for those who can easily kneel in front of a chair. Bring your elbows shoulder width onto the front of a chair, and put the palms of your hands together over the head (or hold a yoga block lengthwise between both hands). Then walk your knees away from the chair until the spine is fully extended (maintaining its natural curves); knees are hip-width apart. Exhale with a voiceless "who" sound a couple of times while releasing your shoulders, inhale through the nose. Release hands, bring them to the chair and walk the knees to the chair, then stand up by stabilizing yourself with your hands.

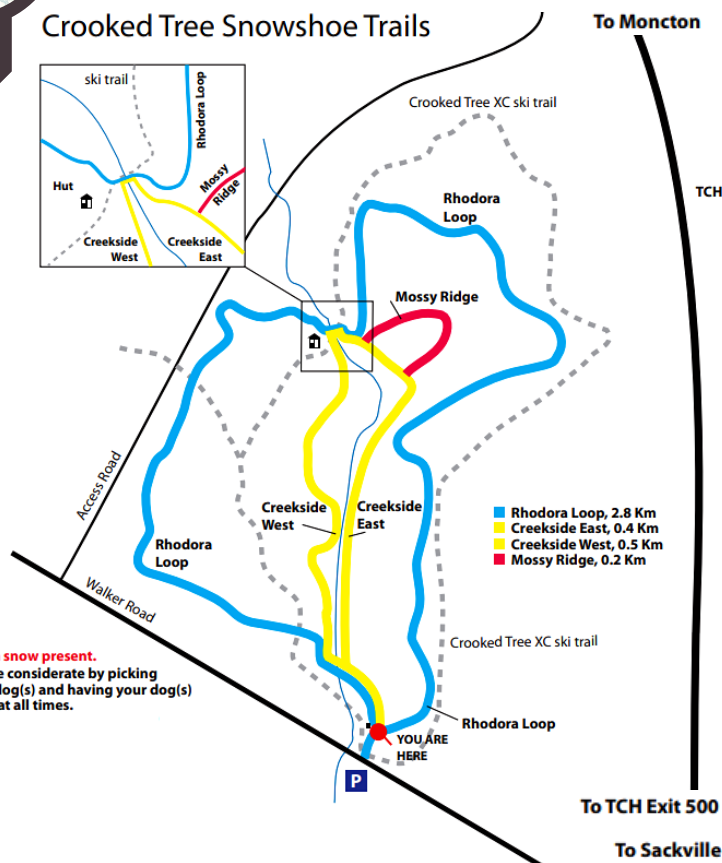




GETTING OUTDOORS IN TANTRAMAR

Explore the various trails connected to nature's most impressive creations.

Crooked Tree Snowshoe Trails



Here are some suggestions from long-time residents of Sackville, NB, on places to explore:

- Waterfowl Park (skating and winter walking).
- Ladies' College Pond (skating on MtA campus).
- Trails around stormwater ponds on Lorne Street.
- Trans Canada Trail/Old Rail Line starting from Tantramar Regional High School.
- Silver Lake (winter skating).
- Beech Hill Park (Exit 500 - beginner snowshoe and cross country trails)

When venturing outdoors during the winter it is vital that you have proper gear, such as breathable layered clothing, boots with a good tread, and trekking poles for stability. If you do not have outdoor winter equipment, you can obtain adult and youth size snowshoes for FREE from the Tantramar Veterans Memorial Civic Centre. Call (506)364-4955 to make an appointment to pick-up snowshoes and use them for a week at a time.

The Tantramar Outdoor Club trails are located just off the Walker Rd (Exit 500 - more advanced trails). There are trails specific for snowshoeing and skiing, so be aware of signage and respect the designated trails accordingly. More information about the Tantramar Outdoor Club and their programs can be found at www.tantramaroutdoorclub.org.

Pilates Full Body Maintenance Program

One of the best things you can do for your health is to strengthen your core muscles, which are central to nearly every move you make. Your core, or your "powerhouse", is more than just abdominal muscles; it includes the muscles in your back, sides, groin, hips, and buttocks. Pilates is a form of low-impact exercise that targets your core but works other areas of your body as well. A strong core improves balance and posture, and increases your power and efficiency for other sports and exercise activities. Here are two very basic Pilates exercises from Renee Rioux, of Perpetual Motion Dance Studio in Sackville. The full set of exercises in Renee's **Pilates Full Body Maintenance Program** can be found by following the link on page 4.

Foot Lifts:

Lie on your back, knees bent, feet planted firmly onto the mat, hip-distance apart. Arms long by your sides, palms down. Inhale to prepare, as you exhale contract abdominals and gently press spine into the mat (imprinted spine). Keeping abdominals engaged at all times, inhale, and as you exhale, slowly peel the right foot off the mat raising it an inch off the floor. Inhale and hold foot up, then as you exhale, work through the foot (toe-ball-heel) to lower the foot down onto the mat. Repeat by lifting left and then right foot 4 to 8 times each. Repeat full exercise twice. Modifications for greater workout: This exercise can be done with the head off the mat, arms lifted 12 - 15 cm (6 in) off the mat, level with the shoulders. If you experience tension in the neck, keep head down.



One Hundreds:

Lie on your back, knees bent, feet planted firmly onto the mat, hip-distance apart. Lengthen the back of the neck, then maintaining this length; slide the rib cage toward the pelvis. Lift the head and shoulders off the mat, and lift both arms 12-15 cm (6 in) off the mat, level with the shoulders. Inhale for 5 counts then exhale for 5 counts while doing small vertical pulses with the arms at each single count. Audible breaths help you keep track of counts. Repeat 10 times by counting to 100. Modifications for greater workout: This exercise can be done with the legs in tabletop position, or legs extended while keeping an imprinted spine.



Takeaways & Tips

- ➔ **Symptoms of COVID-19** to watch for include: fever, a new or worsening cough, sore throat, runny nose, headache, new onset of fatigue, diarrhea, loss of sense of taste and/or smell, purple markings on fingers and toes (in children), and a difficulty breathing.
- ➔ Try to incorporate some of the things identified on pages 1 - 3 into your weekly schedule to assist in achieving/maintaining good physical and mental health.
- ➔ With Christmas coming up, it is important to remember that you have the ability to say "no" if there is pressure to host or attend gatherings.
- ➔ Make a plan today so that you are prepared for the possibility that you or someone in your family have to isolate after being exposed to COVID-19. As much as we hope that this does not happen, it is best to be prepared.

Additional Services/Links:

Government of NB

Stay informed and learn how to best prevent the spread of COVID-19 by seeing up to date info at www.gnb.ca/coronavirus

Renee's Pilates Full Body Maintenance Program (instructions/video)
Check out www.linktr.ee/TantramarCOVID19TaskForce

Rural Rides Tantramar (small fee)
506-962-3073 or find them online at Facebook.com/RuralRidesTantramar

MAKERmatic by Owens Art Gallery
Take the quiz at: www.owensartgallery.outgrow.us/makermatic to find your Maker Kit match. The Owens will prepare a custom arts/crafts kit just for you and email you when it's ready (curbside pick-up). Maker Kits are for anyone looking for a creative outlet during these unprecedented days.

Food Banks in Tantramar

Dorchester Food Bank

379-6232 || 11 School Street, Dorchester,

Pedvac Foundation

574-0091 || 12 Church Street, Port Elgin,
By appointment for food pick-up OR to make a donation (Wed-Friday from 10AM - 3PM)

Sackville Food Bank

536-4164 || 9B Willow Lane, Sackville
Open for food pick-up on Wednesdays from 9:30AM - 11:30AM. Deliveries are available. Donations can be dropped off on Tuesdays.

Banque de Nourriture de Memramcook

758-2589 || 576 rue Centrale, Memramcook,

Help Lines (local & national)

Reaching out for help is not a sign of weakness; it is a sign of strength.

NB Referral Resource

Confidential information and referral line for social, non-clinical health and government services available across the province | 211

Kids Help Phone (19 and under)

Text TALK to 686868 or call 1-(800)-668-6868 for 24/7 support.

CHIMO Helpline

NB mental health and suicide helpline
1-(800)-667-5005

Hope for Wellness Helpline

Offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada | 1-(855)-242-3310

Trans Lifeline

Crisis hotline for transgender people, staffed by transgender people | 1-(877)-330-6366

Crossroads for Women

Help women and children transition from crisis to empowerment | 1-(844)-853-0811

Mobile Mental Health Crisis Team

(2pm-10pm) | 1-(866)-771-7760

Canada Suicide Prevention Service

Text 45645 or call 1-(833)-456-4566