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NEWSLETTER

Sask Slowly Begins to Open Up: How Age-Friendly Communities Stay Safe



Medical Officers & governments are praising the stay-at-home actions of Canadian citizens during the last six weeks.

However, over time it is natural for the feeling of being at risk to 'wear off'.

"This success that we are currently enjoying is not guaranteed to continue if we don't take our personal responsibility very seriously." - Saskatchewan Premier Moe

"We must do physical distancing at all times."
 - Saskatchewan Chief Medical Officer Dr. Shahab

Credit: Saskatchewan Medical Association

Even if you have no symptoms of the virus, assume that you could be a "silent" or asymptomatic carrier. Continue to physically distance from others (at least 6 feet or 2 meters) and stay at home as much as possible. We will not know until there is broad community testing just how wide-spread the virus is. The virus has not gone away. It is still here!

If you are an older citizen or are immune-compromised with a history of respiratory illness or medications that suppress your immune system, please continue to avoid gathering with people outside your household.

The Saskatchewan public health order limiting gatherings to no more than 10 people remains in place. With extreme caution, **one** or **two** close families (under 10 people) may now form an extended household group.

If you decide to leave your 'bubble' and meet with another household or 'bubble', remember to maintain a small circle and practice physical distancing at least 6 feet (2 meters) apart **at all times**. The virus has spread at events where food is shared.

“All of us should be able to name all the people we’ve been in close contact with over the last two weeks as the new normal.” - Dr Shahab. Let this guide your decisions about with whom you will be in contact. Keep those lists as tight as possible.

Continue to avoid unnecessary travel. Self-isolate if experiencing any symptoms (cough, fever, runny nose). Wash your hands often.

If you cannot have your groceries delivered, call your grocery to ask what is the best time to shop. Be organized and shop only once a week. Shopping is a necessary excursion not a social outing. If you see a friend in the store, call out through your face mask that you will phone her from home. When you arrive home, we need to always ask ***“Did I come closer than two meters to anyone outside my household when I could not have?”*** - Dr. Shahab. What will I do differently next time?



Three questions during the long days of a prairie spring:

1. I try to physically distance, but sometimes when I am out for a walk, I see an old friend and his dog, and suddenly we find ourselves talking a foot away from each other. What should I do?

When you realize you are too close, PAUSE, step back at least 6 feet (2 meters) and acknowledge what has happened. Be kind but firm with your friend that you must maintain this distance. If you are concerned about having offended him, call when you get home.

“Be kind, be calm, and be safe.” Dr. Henry, Chief Medical Officer of B.C.



Credit: Caleb Woods.Unsplash

2. I am out in my yard and I see my neighbour who is hearing impaired coming towards me. Our joint fence needs repairs. She can’t hear me unless I stand within a foot of her. How do I stay safe?

Option 1: Wave to your neighbour. Tell her you will phone her when you get inside.

Option 2: Talk to each other outside on portable or cell phones so that you can hear each other — and can remain six feet apart.



Credit: Bonnie Kittle.Unsplash

3. I have a cell-phone and I have done something to the settings so it is not working properly. My grandson says he will fix it after his shift at the grocery store. How do I stay safe?



Credit: Freestocks. Unsplash

Option 1. Ask your grandson to fix your phone outside your house. Put the phone outside for him, and make sure you clean it and your hands before and afterwards.

Option 2. Ask your grandson to coach you from home to “screen share” so he can fix it remotely.

Option 3. If he comes into your house, can you keep 6 feet apart while he works on your phone? If you need to sit closer to him, make sure both of you are wearing clean masks, and clean the phone and your hands before and after.

Although Saskatchewan is starting to ease some restrictions, staying home as much as possible will help to stop spreading the virus.

“It’s very important that we remain more and more disciplined.... We have to maintain that discipline. It’s the only way we will keep the curve flat.” - Dr Shahab

How can Age-Friendly Committees meet during this time of staying safe by physical distancing?

Option 1: By email and phone calls to talk about how we can communicate to our communities about what Age Friendly initiatives are occurring (for example: Seniors Shopping Hours or Delivery, Puzzle or Book Exchanges).

Option 2: By a phone-tree that connects everyone on our committee with idea sharing.

Option 3: Check with your phone service-provider about how to do linked or merged calls. One person calls another and keeps adding more callers. It may be possible for the second person to add others as well so that between 8-10 people can be part of the same call.

Please share your Age-Friendly ideas for our next newsletter. Thank you!
Click on the two sites below for up-to-date Canadian information.

[GOVERNMENT OF SASKATCHEWAN](#)

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