

April 2020 f

BCAK NEWS



This newsletter is bringing all our members a BIG BCAK hug and the hope that we are all healthy. We put out a request to some of our members to send us stories or cartoons or jokes that we could share with you all...to lighten the day. Here are but a few. We hope to issue another newsletter in 2 weeks and each 2 weeks until the pandemic is over. Help us...we want to hear from you too...funny stories, light stories, heartwarming stories and silly jokes are welcome.

Don't forget, the office is closed but we have by no means shut down our efforts to provide services to our members. If you need to get hold of anyone, call the phone line (613-531-7912) and leave a message. The phone messages are picked up several times daily. You can also email either admin@bcakingston.ca, president@bcakingston.ca or email.bcak@gmail.com.

From our President, Lynne Funnell

We have seven grandkids who we are very close to and watch when their parents are working. We were devastated when we realized we had to self isolate. We're having major withdrawal. To keep in touch we now face time them on a regular basis and the older kids send photos and videos on kid messenger.

One of our daughters works at Providence Care and was off for three weeks with a cold. When she went back to work she took some artwork that the kids had made to give to the seniors. They can't have any visitors so this small gesture made them very happy and our daughter very proud of the Littles.

On Facebook I saw a few stories from Kingsdale Chateau that made me smile. Some relatives of the residents wanted to celebrate their birthday and anniversary. The residents were on their balcony and their family was on the front line waving and holding signs. Last week they hired a singer to come and do a concert on the lawn. It is so good to hear heartwarming stories..

To all our members, please take care and stay safe.

From member Eileen V. "I have finished 20 masks YAY! I also found and cut elastic for 7 more...I will start on them this afternoon. We think we will stop shopping during senior hours, our larder is well stocked and the neighbours have offered to pick things up for us as needed."

That moment when you're worried about the elderly and realize that you are the elderly. 😊

From member Marilyn M. "I have been spending time sewing masks and taking walks in the woods. I'm also calling some old people I know who live all alone. I know that some people are painting words of hope on rocks and leaving them at Lake Ontario Park. I have a brother who has recently gone to live in a retirement home and of course no one can visit. He is too far away for me to stand outside his window and yell and wave at him from the lawn. I send "thinking of you cards", sometimes with pictures of the family from years and years ago. I have been typing letters to enclose in the cards talking about memories."



Member Leda R. reports that she has made over 177 masks to date and hopes to top 200 soon, all this while juggling her research job at Queens. Leda, no stranger to working in a sterile environment relies on her spray jar of ethanol to keep both she and husband Kevin safe. Thank you Leda and Kevin for all your hard work, pertinent information and encouragement.

Member Wendy B: I have made over 50 face masks with another 50 cut and pinned but the sewing machine got repurposed when my daughter, a nurse in the ICU at KGH, asked if I could come up with something to hold her hair back and to which she can attach the very irritating face mask elastic. Seems I may have been successful because I understand I am about to go into mass production!!! Keeps me busy!! Oh yes, and I've gone to war with Queen's University over their decision to continue to charge hospital staff for parking in the underground lot during this pandemic.

A few weeks ago we sent out an email with a challenge to our members to help sew face masks for our local health care professionals. I missed it but apparently the head of Kingston Health Sciences said in a tv interview the other day that the work the volunteers in the community have been doing is greatly appreciated. Apparently some of the face masks we are making have been used by patients coming into the hospital.

There has been a lot of discussion and confusion about the importance of wearing a face mask in public to protect yourself and others. In the news we were being advised it might be harmful. Here is an article I was sent that addresses the topic.

[COVID-19: Should we all be wearing masks?](#)

by Mark Sumner, Daily Kos

Leave the N95 masks to health care workers who need them. What an ordinary cloth mask will definitely do is cut down on the travel of those droplets, in both directions. It may also reduce the number of times you touch your nose or mouth while out and about—assuming you don't get into a habit of adjusting your mask every 10 seconds. Because you don't know who is sick, and because you can't be sure that you're not sick, and because at this point it probably makes other people simply feel a little better ... why not wear a mask? If nothing else, pull a bandana up over your nose, or wrap a scarf around your face. Just don't throw away a mask in public, and don't reuse it without washing. And definitely leave the professional masks to the professionals who desperately need them.

If you have no choice but to go out in public, I have a supply of home made masks that I can hand out to our members. I live in the Cataraqui Woods area...so if you would like a mask or two, email me at : email.bcak@gmail.com. I will respond with my address and the procedure for you to pick them up from my house so as not to put you or me in Covid's way!



Many parents have just discovered
the teacher is not the problem

Exercising at home

As our members are aware, BCAF has suspended exercise and yoga classes until further notice. This has led many members to wonder how they can continue exercising at home. The [Canadian Physical Activity Guidelines](#) for adults and seniors recommends at least 150 minutes per week of moderate-to-vigorous-intensity aerobic physical activity, and muscle and bone strengthening activities should be performed at least two days per week.

Luckily, if you have an internet connection there are plenty of options available on youtube. Here are some excellent suggestions:

[Jenny's Fit Start](#) – Fun exercise videos for Seniors and Beginners. Jenny McClendon offers 20, 35 and hour-long indoor and outdoor classes that are easy to follow.

[Silver Sneakers](#) – Offering exercise and yoga videos for seniors of all levels

If you don't have an internet connection or would rather not exercise in front of your TV then you can exercise the old-fashioned way and take a brisk walk or a bike ride. To follow social distancing guidelines, it is best to exercise in your own neighbourhood rather than travel to a busy park or walking trail. Remember to keep at least 6 feet of distance between you and others on the sidewalk for safety. Also, be aware of uneven pavement or loose gravel pathways which could make walking difficult or pose a safety risk. Apartment-dwellers can take a few laps around the lobby or down the hallway as long as there is no risk of crowding. Adding urban poles (aka walking poles) will help to increase the intensity of your walking workout.

Safety is always of great importance when exercising, but when exercising alone please take particular care. Our exercise and yoga instructors will not be there with you to provide form corrections or reminders to manage your exertion level. Keep water and rescue medication – if required – nearby, and check in with a buddy to let them know that you will be exercising. They should know to check on you if you run into difficulty. When balance is a concern keep a chair close by. Lastly, spend the first five minutes of your workout gently warming up your joints, and another five minutes cooling down after the intense portion of your workout.

We hope to see all of you back in our exercise studio once isolation guidelines have ended, but until then, please exercise often and exercise safely!

Elizabeth Cochrane, Maple Family Health Team

Check-in with the TaTa Sisterhood of YGK

Liz Adamson, who coordinates the TaTa Sisterhood of YGK program, reports that these very special ladies are all doing well during this difficult time. They are staying connected with each other online, sometimes by video chat. These young women, most of whom have young families and are working outside the home as well, are keeping very busy.

If you think you might be infected with Covid virus, an assessment centre is open at the Memorial Centre in Kingston, at 303 York Street. The centre is set-up to assess returning travellers, as well as community residents who are experiencing symptoms of COVID-19, including fever, cough, or difficulty breathing. The assessment centre operates seven days a between the hours of 10:00 am to 8:00 pm. Large signage will direct people to the main entrance, just off York Street.

The Kingston, Frontenac, and Lennox & Addington Health Unit is encouraging people to use the online self-assessment tool from the Ontario Ministry of Health before showing up to the centre (the online tool can be found here: <https://covid-19.ontario.ca/self-assessment/#q0>), however they are also accepting walk-ins.



Free weekly interactive videoconference / lecture series during the COVID lockdown

- Join Oncologist Rob Rutledge and Psychology Professor Gabriela Ilie as they host the **Healing@Home Empowerment Series every Sunday for the next 6 weeks.**
- Learn about
 - Integrative Cancer Care (combining medical and complementary care / diet etc)
 - Mind-Body Healing Techniques
 - Mindfulness-based Stress Reduction
 - Connection while at home
- Starting Sunday, March 29, 2020
- **7pm AST, 6pm EST, 3pm PDT**
- Every week for six weeks:
 - March 29
 - Apr 5
 - Apr 12
 - Apr 19
 - Apr 26
 - May 3
 - and longer if need be!

Join by zoom videoconference from home for an hour of learning, practice and connection. Or join by telephone to listen in @ [1-647 -558 -0588](tel:1-647-558-0588). You'll still need the same meeting number noted below to get in.

Join Zoom Meeting at <https://zoom.us/j/848516048> or go to www.zoom.us and 'Join Meeting' using 848 516 048

My body has absorbed so much soap and disinfectant lately that when I pee it cleans the toilet

First time in history we can save the human race by lying in front of the TV and doing nothing. Let's not screw it up.

**Take care
Stay safe**

The world has flipped upside down. Old folks are sneaking out of the house, and their kids are yelling at them to stay indoors. "It's for your own good"!