

COMMUNITY HELPERS LIST

Below is a list of community members who graciously have offered to be contacted should a community member be in need. While they may not be able to help you themselves, they can point you toward someone who can.

Village of Harvey

Richard Corey	366-3039
Adam Davidson	230-3023
Eric Fiander	366-5390
Jodi Flower	260-0276
Staci / Brad Howse	366-3830
Gary Lemmon	366-8490
Dave MacMullin	366-8086

Route 3 from East Village Limit to Newmarket

Limits to Diversion

Anne Boucher	238-3035
Ashley & Josh Mason	261-4089 or 262-4089
Eleanor Tracey	366-5051

Diversion to Newmarket

Amanda Quackenbush	366-8127
Theresa Riley	261-8311/366-3011
Kayla Schriver	292-8564

Hanwell Road / Yoho

Kim Chase-Hird	366-5278
Barb Jones	366-3018
Crystal Whittaker	366-2174

Cork

Ian and Judy Smith	366-3223/230-2522
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Newmarket/ Route 102

Trent Jewett	447-1357
Mary Scott	260-2775
Bonny Burgoyne	260-0724
Colleen Boyne	363-3294

Route 3 from West Village Limit

Patterson Loop

Jill Grieve	261-1250
Tom MacDonald	440-3125
Jeff Swan	366-2960

Charlie Little Road

Jack Goode	366-5213 or 260-1927
Deanna/Richard Moffitt	461-4195

McCullough Road

Megan Keezer	366-2959
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Swan Road

Denzil Bernard	366-5254
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Tweedside

Bob/Krista Barrieau	476-3267/366-8992
Crysta Collicott	366-3493
Nancy Durelle	366-5616/366-8003
Jean/Randford Gass	366-2963
Krista Nestoruk	471-8660
Willa Piercy	366-3112

Frog Lake Area

Sarah Kantor	261-4743
Nancy Kitt	440-7897
Ted/Louise Wiggans	366-3410

Coburn/York Mills

Mary Walsh	366-3428
Tracey/Aaron Messer	470-2682/366-3935
Nancy Costello	366-3273

Thomaston Corner/ Route 4

Laura Bernard	366-9012
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Brockway

Andrea Johnson	366-3295
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Route 636/635 from North Village Limit

Lake Road (Harvey Lake Area)

John Thompson	366-2999 or 425-4064
Terri Caissie	366-3217 or 238-1189
Nicole Moeller	366-3873

Lake Road (Lake George Area)

Teresa Jones	261-6076 or 261-9174
Lynn Craig	366-8112
Gail Lockhart	366-1880 or 780-531-2735

Jen & Chris Blair	366-3197/238-1442
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Lake George (Route 635)

Stuart & Janet Blair	366-5663/461-5303
Lois Hood-Fraser	363-3719

Donnelly Settlement /Lake Rd

Diane Richard	366-9001
Jim Donnelly	366-5412

Ewart Hyde Rd

Thom & Janine Landry	262-2201/262-3201
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Pokiok Settlement Rd

Laurie Anderson	366-5370
Brenda & Frank Pierce	366-3314

Magundy/Magaguadavic

Jane Briggs	366-2138
Saundra/Martin MacMullin	366-3063
Patricia Chase	366-3009

HARVEY COMMUNITY DAYS

COVID-19 COMMUNITY RESOURCE PACKAGE

During these not-so-normal times, Harvey Community Days and our partners (Harvey Community Hospital Foundation, Harvey Lions Club and many others) want to provide resources to our community to help.

Within this package, you will find a wealth of information that may be helpful to you.

On the reverse side of this page is a list of community members that have graciously agreed to be contacted in the event of need. They may not be able to help with the issue directly but can help find someone who can!

Other package info:

- Grocery Delivery Program
- Harvey Community Hospital Foundation Activity Challenge
- Important COVID-19 Information / Resources

All of this is available at:
harveycommunitydays.com

Harvey Community Days Board of Directors

Anne Boucher
Dan Fletcher
Carl McGee

Janet Blair
Don Fletcher
Nicole McGillicuddy

Kathy Curtis
Mike Fletcher
Sheryl Pepin

Sarah Fiander
Alicia Little
George Phillips

Amelia Fletcher
Jennifer Little
Amy Reagon

HARVEY COMMUNITY DAYS

COVID-19 COMMUNITY RESPONSE INFORMATION

In times of uncertainty, it's more important than ever for our community to remain connected. Harvey is known far and wide for its network of volunteers, support systems and programming that make the greater community of Harvey such a wonderful place to call home.

Through the good times and the bad, the Community of Harvey is here to support you.



PHYSICAL DISTANCING



is currently the **BEST** tool we have to fight the spread of COVID-19. This means we need **YOU** to:

- **STAY HOME:** limit unnecessary trips out. Do you *want* to go out or *need* to go out?
- If you *need* to go out; **keep 6 feet** between you and others
- "If you don't live with them don't visit them"
- If you aren't feeling well, **STAY HOME**



HAND WASHING



GNB proper handwashing guidelines:

- 1) Wet hands with warm water & apply soap
- 2) Vigorously rub hands together, scrubbing all surfaces including between fingers, front and back of hands, area around finger nails.
scrub for at least 20 seconds
- 3) Rinse with warm water & dry

**If soap and water aren't available, hand sanitizer with 60% is a good substitute*

SEEKING MEDICAL HELP:

Are you experiencing symptoms? Follow the Government of New Brunswick's Self-Assessment Tool:

www.gnb.ca/coronavirus

Get Help NOW: if you are having severe **trouble breathing, bluish face/lips**, you think you have a **life-threatening emergency**, you are **short of breath even at rest**, you are having **trouble speaking** even at rest, you **cannot lie down due to breathing trouble**, you are **unable to manage chronic health conditions** due to trouble breathing -- **Call 911.**

Get Help SOON: if you have returned home travel outside of NB in the past **14 days** and have cough, fever or mild trouble breathing, you had contact with **confirmed** COVID-19 patient within 14 days of your symptoms (cough, fever or trouble breathing), or close contact with someone who is sick **and** has returned from travel outside of NB in the past 14 days -- **Call 811.**

Care at home: if you have no symptoms, but have had close contact with a confirmed COVID-19 case in the last 14 days; keep an on symptoms as they develop. If you have **no symptoms but** have travelled outside of NB within the last 14 days, **OR** live with someone who has. **Stay home. Self-monitor and self-isolate.**

Stay Connected:



Harvey Community Days



@harvey_community_days



harveycommunitydays.com

HARVEY COMMUNITY DAYS

COVID-19 COMMUNITY RESPONSE INFORMATION

ADDITIONAL RESOURCES

FINANCIAL

GOVERNMENT OF NEW BRUNSWICK

The New Brunswick Workers Emergency Income Benefit: one time income benefit of \$900 for residents of New Brunswick who have lost their jobs. 1-800-863-6582 https://www2.gnb.ca/content/gnb/en/departments/post-secondary_education_training_and_labour/promo/nbweib.html

Low Income Benefit: annual benefit to assist low income seniors. 1-800-669-7070
<https://www2.gnb.ca/content/gnb/en/departments/finance/promo/seniors.html>

Social Assistance: financial assistance available to individuals who have no means to meet their basic needs. 1-866-444-8838
https://www2.gnb.ca/content/gnb/en/services/services_renderer.10295.social_assistance_program.html

GOVERNMENT OF CANADA

Canada Emergency Response Benefit: temporary income support if you have lost your job,
<https://www.canada.ca/en/services/benefits/ei/cerb-application.html>

Employment Insurance Benefits: <https://www.canada.ca/en/services/benefits/ei/ei-regular-benefit/apply.html>




IMPORTANT INFORMATION

DURING THIS TIME, HOME IS A SAFE PLACE FOR MANY. HOWEVER, HOME IS NOT A SAFE PLACE FOR EVERYONE. PLEASE STAY VIGILANT FOR CONCERNS OF CHILD ABUSE, ABUSE OF VULNERABLE ADULTS AND SITUATIONS OF DOMESTIC VIOLENCE

Child abuse and adult protection concerns: Department of Social Development, 1-888-992-2873 or After Hours Emergency Social Services 1-800-442-9799.

Domestic violence; Women in Transition, (506) 459-2300 and your local RCMP.

Stay Connected:

 Harvey Community Days
 @harvey_community_days
 harveycommunitydays.com



MENTAL HEALTH CHECK-IN:

Feeling **overwhelmed**, **confused**, and **anxious** is an understandable way to feel right now - especially when we may not be able to be close to our greatest supports or things that provide meaning to our day. We may be worried about our finances, our loved one and even ourselves falling ill – **THIS IS NORMAL**.

Need support?

NB CHIMO helpline: 1-800-667-5005

Canada Suicide Prevention Service: 1-833-456-4566

Hope for Wellness Indigenous Helpline and online chat: 1-855-242-3310

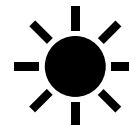
Kids Help Phone (toll-free, 24/7): 1-800-668-6868 or TEXT "talk" to **686868**

GNB Info on Mental Health & Coping: www.gnb.ca/coronavirus; scroll down to find "Mental Health & Coping"

REMEMBER staying **connected**, keeping **busy** and maintaining a **routine** are the best ways to maintain your mental health. Follow the **Harvey Community Days on Facebook** for **#MentalWellnessMondays** for tips and tools to stay well.

We are all in this together.

Keeping our bodies and immune systems strong is important too!



- **STAY ACTIVE:** Aim for **30-60 minutes** of physical activity per Canadian Physical Activity Guidelines
- **EAT WELL:** While our access to the grocery store may be limited, try your best to follow Canada's Food Guide
- **STAY HYDRATED:** drink lots of water, even if you're not thirsty
- **GET OUTSIDE:** fresh air and sunshine can be a great mood booster and way to stay active

REMEMBER social distancing is still required outdoors.

HOW HCD IS HELPING:

○ Volunteer Grocery Delivery Service

See attached information on our new partnership with the Independent Grocer in McAdam.

○ Community Spirit Challenge

Follow our Facebook & the HES email – if you'd like to share your pictures on our social media, send them to us on Facebook!

○ April Activity Challenge

A social distancing spin on an old favourite! Re-download your ParticipACTION app and see the attached information on this year's activity challenge. **Let's STAY active Harvey!**

○ Community Helpers Program

Not sure where to go for help? See our list of community helpers attached. You will also find a red and a green sheet of paper. Doing okay? Place the green paper in window. Need a check-in? Place the red paper in your window.

○ Lakeland Foodbank

If you require foodbank service, we kindly ask that you call Lakeland the day before pick up, (506)-784 - 2251. Hours of operation are: **Tuesdays and Thursdays, 10am-12pm.**

If you would like to make a donation, electronic money transfers can be sent to mcadamfoodbank@nb.aibn.com

Volunteer Grocery Delivery Service for the Greater Harvey area – STARTING FRIDAY, APRIL 3rd

A new volunteer task force will provide "contact-free" grocery delivery in the greater Harvey area. This service is for anyone who cannot or chooses not to leave their homes due to self-isolation, age or health concerns during the COVID-19 pandemic. We encourage community members to take advantage of this free program.

Groceries will be picked up and delivered on **Fridays**.

The **deadline** for submitting grocery orders will be **5pm** on **Thursday**.

PLACING YOUR ORDER

Grocery orders can be placed directly to Corey's Independent Grocer in McAdam by:

Phone to: 784-2536

OR

Email to: coreysorensen8@gmail.com

OR

Fax to: 784-2462

If you are sending your order by fax or e-mail, please include your home address and be as specific as possible about your product preferences (i.e. brand, flavour, size, etc.). A grocery order form is available to use as a guide – it is not an exclusive list of all items that are available.

EXAMPLE:

ITEM	DESCRIPTION	QTY
Canned Soup	Campbells chicken noodle	3 cans

If items you have ordered are not available, there will be no substitutions and you will not be charged for those items.

****If you require assistance with submitting your grocery order, please contact Pat Carlson at 366-2067.**

If no answer, please leave a message and she will return your call**

PAYMENT

Payment by credit card is preferred, but e-transfers can also be sent to the above email.

DELIVERY INFORMATION

On the day of delivery, the volunteer will ring the doorbell or knock on the door, and will leave a tote of your groceries on the doorstep for you to pick up. You will be asked to remove your grocery bags from the tote and leave the tote back on the doorstep for the volunteer to collect. Volunteers will be taking precautions by keeping their social distance, wearing gloves, and disinfecting all totes between deliveries.

**Harvey
Region
Dial-a-Ride**



Independent
Your Independent Grocer

HARVEY
COMMUNITY
DAYS

Grocery Order Form

Name: _____

Phone Number: _____

Address: _____

Payment Method: Credit Card Other: _____

Produce	Description	QTY
Bananas		
Apples		
Grapes		
Lettuce		
Tomato		
Cucumber		
Mushrooms		
Onion		
Bell Peppers		
Broccoli		
Carrots		
Potatoes		
Other		
Dairy	Description	QTY
Milk		
Cheese		
Coffee Cream		
Yogurt		
Butter		
Margarine		
Eggs		
Other		
Non-Perishables	Description	QTY
Beans		
Canned Soup		
Canned Tomatoes		
Canned Vegetables		
Tuna		
Other canned meat		

Non-Perishables	Description	QTY
Tomato Sauce		
Crackers		
Granola Bars		
Condiments		
Other		
Meat	Description	QTY
Chicken		
Ground Beef		
Beef		
Pork		
Fish		
Other		
Grains	Description	QTY
Bread		
Rice		
Pasta		
Cereal		
Other		
Frozen	Description	QTY
Frozen Vegetables		
Frozen Fruit		
Pizza		
Battered Fish		
Breaded Chicken		
Other		
Beverages	Description	QTY
Coffee/Tea		
Juice		
Other		

Other Requests: _____



A social-distance spin on an old favourite!

We may not be able to be active in person,
but we can be **active together!**



April 1 – April 30, 2020



KICK-OFF WALK/RUN

Wednesday, April 1, at 7 pm

Location: *wherever you choose!*

For 4 weeks, **Harvey Community Hospital Foundation** is challenging all members of our community to strive toward achieving the Canadian Guidelines for Physical Activity:

Youth: 1 hour of moderate to vigorous physical activity **daily**

Adults: 30 minutes of moderate to vigorous physical activity **5 times per week**



Record your daily minutes of activity on the attached calendar.

**ANYTHING THAT GETS YOU SWEATING AND YOUR
HEART PUMPING COUNTS!**

NEED MORE SHEETS?

harveycommunitydays.com/covid19

At the end of April, we invite everyone to submit a copy (photo / PDF) of their minutes to harveycommunitydays@gmail.com for a chance to WIN!

Categories for participants:

Youth Winner (<18)

Adult Winner (18+)

Senior Winner (55+)

A \$50 cash prize to be spent at local business!



COME ON, HARVEY – LETS GET ACTIVE!

2020 APRIL

Name: _____ Age: _____
 Phone: _____ E-mail: _____



PARTICIPATE IN ANY OF THESE **FREE** ACTIVITIES, OR DO SOMETHING ON YOUR OWN!

ACTIVITY RECORD INSTRUCTIONS:

Record physical activity minutes done each day in the calendar below. Submit your calendar to harveycommunitydays@gmail.com by May 3 for the chance to WIN!

Prizes for most active Youth, Adult (18+) and Senior (55+)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEK TOTAL
		1	2	3	4	5	
		10 am - Activity Challenge Kick-off Walk/Run from wherever you like!	PE with Joe (kid friendly) - 9 am Live on YouTube Zumba on ZOOM with Colleen Jesso - 6:30 pm	PE with Joe (kid friendly) - 9 am Live on YouTube	Online HIIT Class - 9 am Find on HCD Facebook Cosmic Kids Yoga - 11am find on YouTube		
6	7	8	9	10	11	12	
Zumba Gold on ZOOM with Colleen Jesso - 11am Online HIIT Class - 7 pm find on HCD Facebook	"PE with Joe (kid friendly) - 9 am Live on YouTube Gentle Fit - 10:30 am on HCD Facebook page	Online HIIT Class - 7 pm find on Harvey Community Days Facebook Page	PE with Joe (kid friendly) - 9 am Live on YouTube Zumba on ZOOM with Colleen Jesso - 6:30 pm	PE with Joe (kid friendly) - 9 am Live on YouTube	Online HIIT Class - 9 am Find on HCD Facebook Cosmic Kids Yoga - 11am find on YouTube		
13	14	15	16	17	18	19	
Zumba Gold on ZOOM with Colleen Jesso - 11am Online HIIT Class - 7 pm find on HCD Facebook	"PE with Joe (kid friendly) - 9 am Live on YouTube Gentle Fit - 10:30 am on HCD Facebook page	Online HIIT Class - 7 pm find on Harvey Community Days Facebook Page	PE with Joe (kid friendly) - 9 am Live on YouTube Zumba on ZOOM with Colleen Jesso - 6:30 pm	PE with Joe (kid friendly) - 9 am Live on YouTube	Online HIIT Class - 9 am Find on HCD Facebook Cosmic Kids Yoga - 11am find on YouTube		
20	21	22	23	24	25	26	
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27	28	29	30				
Online HIIT Class - 7 pm find on Harvey Community Days Facebook Page	"PE with Joe (kid friendly) - 9 am Live on YouTube Gentle Fit - 10:30 am on HCD Facebook page	Online HIIT Class - 7 pm find on Harvey Community Days Facebook Page	PE with Joe (kid friendly) - 9 am Live on YouTube Zumba on ZOOM with Colleen Jesso - 6:30 pm				
For links to online activities please see: www.harveycommunitydays.com					GRAND TOTAL		