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50+ Newsletter



January 2023 • Issue 1

New Brunswick Senior Citizens Federation

www.nbscf.ca 

211 NB is accessible across the province



We are realizing with the calls coming into our provincial office that many seniors are still not aware of 211.

211 NB, a free, bilingual, confidential resource to help New Brunswickers navigate the network of community, social, non-clinical health and government services was launched by the provincial government in partnership with the federal government and the United Way in October 2020.

This service equips New Brunswickers with information on the support available in their communities.

New Brunswickers can call 2-1-1 and trained staff will work to connect callers with services for both everyday needs and times of crisis.

211 NB helps fill the gap of navigating social and community services and resources across New Brunswick – from basic needs like housing and food access to support for youth, seniors, mental health and more. As a provincial service, 211 NB can reach all of our communities and give them the support they need.

The service is fully active, providing information and referral services 24 hours a day, everyday.

Phones are available 24/7, 365 days a year, offering services in 170 languages to residents across the province. This gives everyone a chance to connect with a real person and ask questions about their situation.

This service is 100% free and confidential.

To contact 211 NB, you can:

- Dial 2-1-1 (free)
- Call the toll-free line (TTY) 1-855-258-4126
- Call the toll-free VRS line 1-855-405-7446
- Email 211nb@findhelp.ca
- Or use the 211 Online portal and searchable database: nb.211.ca

Their website is the public online version of the database. This website complements the 211 telephone service. By dialing 211, residents of New Brunswick can obtain information on a wide range of community programs and services. Here are the key features of 211:

- Easy to remember, non-emergency phone number that provides quick access to information and referral to community, social, health and government services
- Always answered by a person

- Available 24 hours a day, seven days a week by phone or online
- Offers multilingual phone services
- Available to people who are deaf, deafened or hard of hearing via TTY

Partners

- United Way Canada Centraide
- Saint John Human Development Council
- Findhelp Information Services

Call 2-1-1 for:

- Non-emergency police number
- Food banks
- Walk in clinics
- Alzheimer support
- Mental health help
- Meals on Wheels
- Emergency shelters for homeless
- Services for domestic violence victims
- Public health
- Telecare NB
- Crisis services
- Provincial and local helpline phone numbers
- Settlement help for newcomers
- Housing help centres

(Continued on page 2)

 Follow us, Like our page and Share!

Winter safety tips

Winter has arrived! With the temperatures dropping and longer hours of darkness, older adults may find the cold weather has a negative impact on their health and well-being.

Here are a few reminders to help protect yourself and stay healthy:

- Keep up with weather updates, including wind chill alerts.
- Dress in flexible, breathable layers and keep your head and neck covered.
- Remove wet or damp clothing as soon as you come back inside.
- Try to keep moving and stay active.

- Eat a healthy diet to keep your energy up and stay hydrated.
- Keep your kitchen stocked.
- Maintain social connections to protect your mental health.
- Find shelter in extreme cold conditions.
- Wear winter footwear with good traction to help prevent falls.
- Limit the use of space heaters (fire hazard).
- Keep an emergency kit (flashlight, candles, lighter, battery-operated radio...)



- Prep your car for the winter
- Schedule calls or check-ins with your loved ones.

With the winter weather, it is extremely important stay healthy in the extreme cold.

211 NB is accessible across the province

(Continued from page 1)

- Youth drop-in programs
- Child, youth and family counselling
- Emergency utility assistance
- Understanding which government service might help or be of assistance
- Disability support programs
- Parenting programs



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