

Nursing Home Without Walls is helping older persons live at home for longer!

*Happy Valentine's Day from the Staff of NHHW River View Manor!*

### What is happening this month?

The Alzheimer Society is offering a Support Group in Hartland, for family/friends of people living with any form of dementia. They will also be presenting in Florenceville-Bristol on various dementia related topics over the next 4 months.

(Details for the support group and the learning engagements on the right hand side)

What is dementia? Cognition is our ability to interact with the world around us, encompassing functions such as learning and memory, language, visual and spatial perception, executive function, and social function. When certain areas of the brain become damaged, one or more of these cognitive functions may be weakened. When this impairment is severe enough to affect a person's ability to function independently day-to-day, then they have developed dementia. As we age, some cognitive abilities gradually decline. We may not remember as much when learning new information, process things as quickly, or find it more challenging to learn complex tasks. However, we continue to make lifelong memories, and our vocabularies and wisdom may even improve into later life. These changes associated with normal aging are subtle and do not impact a person's ability to function independently. Mild cognitive impairment (MCI) is diagnosed when people, their families, or friends notice a decline in memory and thinking skills that impacts function, though they are still able to be independent.

(<https://www.mcmasteroptimalaging.org/e-learning/dementia/dementia-overview>)

The Alzheimer Society is providing a FREE Caregiver Support Network group for anyone who has family and friends that are living with any form of dementia. This peer support group is being held the last Thursday of each month at the Hartland Library from 6:30 to 8pm.

Société Alzheimer Society  
NEW BRUNSWICK · NOUVEAU BRUNSWICK

#### CAREGIVER SUPPORT NETWORK

A monthly support group for family and friends of people living with dementia

The Caregiver Support Network is a safe, inclusive, compassionate and welcoming peer support group. Family members and friends of people living with any stage of Alzheimer's disease or other forms of dementia come together in a stigma-free environment to share, learn and connect.

🕒 Last Thursday of the month from January to June 2025  
6:30PM-8:00PM

📍 Dr. Walter Chesnut Library in Hartland  
395 Main Street, Hartland

This program is a space to:

- Share stories, feelings and ideas
- Connect with peers
- Learn from one another



ALL ARE WELCOME TO JOIN THIS FREE PROGRAM

CONTACT US TO LEARN MORE

 info@alzheimer.ca  
 1-800-454-5411  
 www.alzheimer.ca/nb

NHHW will be hosting the Alzheimer Society for 4 monthly presentations on Dementia. Plan to join us the **last Thursday of each month, from 4:30 to 5:30pm**. Bring your supper if you wish. We will provide tea/coffee. **Location: 8696 Main St. Florenceville-Bristol. (Old High School)**

**Feb. 27<sup>th</sup>** – What is Dementia?

**Mar. 27<sup>th</sup>** – Communication

**Apr. 24<sup>th</sup>** – Understanding Behaviour

**May 29<sup>th</sup>** – Taking Care of Your Brain



## Education: “Beating the Winter Blues” – CMHA Lunch-n-Learn Presentation

<https://www.psychologytoday.com/us/blog/buddhist-psychology-east-meets-west/202401/10-ways-to-beat-the-winter-blues>

Each month NHWW hosts education sessions to provide seniors, 60 and older with an opportunity to learn. Part of our mandate is ‘to increase knowledge on health related issues important to aging in place’. (Healthcare Excellence Canada)

On January 16<sup>th</sup>, NHWW River View Manor hosted the Victoria Glen Manor Nursing Home Without Walls site at the Upper Kent Recreation Center for a Lunch-n-Learn presentation, “Beating the Winter Blues”. Canadian Mental Health Association reps, Dustin and JP, provided lots of helpful tips and some light hearted fun too. Lunch was provided by the rec center. We had 48 in attendance. It was a great time of learning and meeting new people, and old friends.

What is ‘Well-being?’. It is a state of being comfortable, happy and healthy. It includes having a sense of purpose in life and a high satisfaction with the ability to manage stress and life challenges. We have 8 dimensions of ‘well-being’. These include, intellectual, occupational, social, environmental, emotional, physical, financial and spiritual. These are the areas we want to focus our attention on maintaining a ‘healthy balance’.

Winter can be a dreaded time of year for many. The days are shorter. The weather is colder and the conditions for driving, being outdoors, etc are not as predictable during these months of the year. When we are struggling with our ‘blue’ feelings, it is important to take care of ourselves. Here are a few tips - shower and get dressed, keep our living space free of clutter, listen to upbeat music, exercise, call a friend, meditate, be kind to yourself and ask for help.

If you or someone you know is struggling with feeling the ‘winter blues’. There is help available. Contact the Canadian Mental Health Association at 1-888-357-8442 or Addiction & Mental Health Services – (506)325-4419. Reach out to NHWW too...we will help you get the support you need.



Call: 506-278-3197

Email: [rvmnhww@nb.aibn.com](mailto:rvmnhww@nb.aibn.com)

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## NHWW-Community Food Smart- small bags initiative.



For those who are interested but lack transportation, NHWW-RVM can pick up and deliver a small bag of fresh fruits and vegetables to you at home. When you order, we'll explain arrangements to pay Community Food Smart for the bags.



### River View Manor

Our manor has lots of activities and various organizations that love to come visit, sing and speak to our residents. The public is always welcome to join us for any of these. Here are a few dates that we are excited to share with you. We would love to see you!

#### Church Services:

- February 2nd** Bath Baptist church service at 2pm
- February 4<sup>th</sup>** Catholic Mass at 10:30am
- February 6<sup>th</sup>** Holmesville Church at 2pm
- February 23<sup>rd</sup>** Beechwood Baptist church service at 2pm



#### Special Music:

- February 1st, 8<sup>th</sup> and the 22<sup>nd</sup>** singing by Maggie White at 2pm
- February 15<sup>th</sup>** Special singing at 3pm
- February 14<sup>th</sup> and the 28<sup>th</sup>** singing with Dwight Butterfield at 6pm
- February 25<sup>th</sup>** performance by the Mennonite Choir 7pm



## Safety Check: February is Heart Month <https://www.heartandstroke.ca/healthy-living>

Did you know that 8 in 10 cases of premature heart disease and stroke cases are preventable through healthy lifestyle behaviours. Many risk factors for heart disease and stroke are in your power to control. Did you know that up to 80% of premature heart disease and stroke can be prevented through your life habits, such as eating a healthy diet and being physically active?

Lets explore some heart-healthy tips. Improve your heart and brain health by eating a healthy balanced diet. Being physically active can dramatically lower your risk of heart disease and stroke by helping to prevent and control risk factors such as: high blood pressure, high cholesterol, type 2 diabetes, osteoporosis, improve sleep, reduce stress, and more. Achieving a healthy weight is an important step in promoting your heart and brain health too. Smoking and exposure to second-hand smoke increase your risk of developing heart disease and stroke. Stress can increase your risk of heart disease and stroke, and lead to depression and anxiety. That's why it is important to recognize and manage it. These are just a few tips to be aware of and perhaps to work on being heart healthy in 2025!

**S'no Jokes:**

What do snowmen eat for breakfast? *Frosted Flakes*    What falls but never gets hurt? *Snow*

**Wacky Wordies**

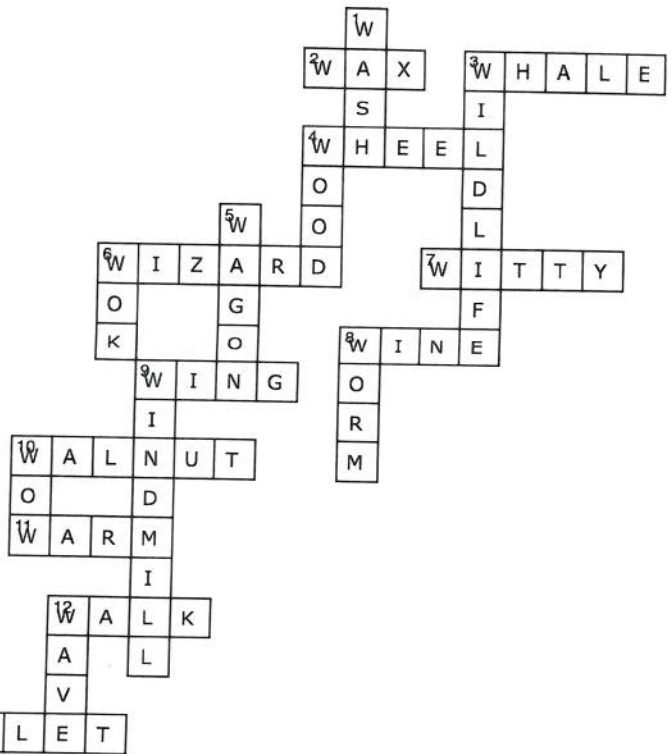
(solutions)

1. Out with the old
2. Go hand in hand
3. I before E except after C
4. Face-to-face
5. Turn over a new leaf
6. Countdown
7. Two-way mirror
8. Every now and then
9. A new slant
10. Forehead
11. Time and again
12. In with the new



**W Is for Winter**

(solution)



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# Word Games & Other Brain Engaging Activities

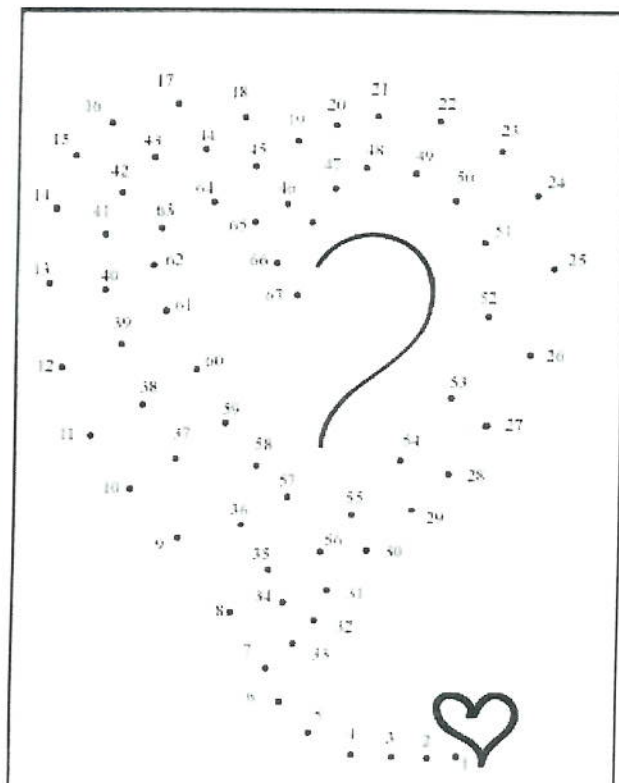
All Puzzles provided by <https://activityconnections.com>

Look for the answers to this month's word games and other activities in next month's newsletter

Dot-to-dot provided by <https://everfreecoloring.com/cp/printable-valentine-dot-to-dot-coloring-pages-d4vif/>

## Goody Goody Gumdrops

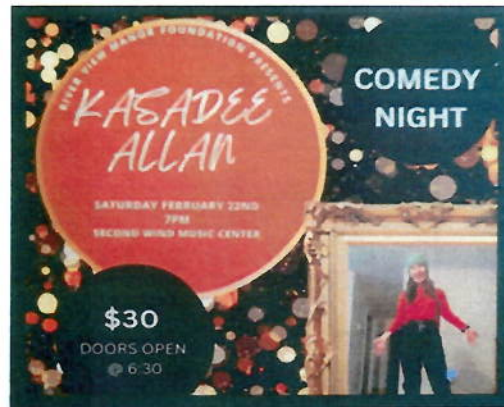
The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



- |            |          |            |
|------------|----------|------------|
| CANDY      | FRUIT    | MINT       |
| CHERRY     | GELATIN  | ORANGE     |
| CINNAMON   | JELLY    | SPICED     |
| COLORS     | LEMON    | STRAWBERRY |
| DECORATION | LICORICE | SUGARY     |
| DOMED      | LIME     | SWEET      |

## River View Manor Fundraiser

The River View Manor Foundation is hosting a 'Comedy Night' on February 22nd at the Second Wind Music Center. Comedian, Kasadee Allan will perform at 7pm. Tickets are \$30.00 each and are available to purchase from the River View Manor.



## Heads up on a few things that are being planned for March!

**Nursing Home Foyer de soins**  
WITHOUT WALLS | SANS MURS

**SLEIGH RIDE, HOT CHOCOLATE AND HOT DOG ROASTING!**

March the 8th at 12:45

Space is limited  
Sign up by February 28th  
Tel: (506) 278-3197

**SENIOR SAFETY**  
TIPS FOR PHYSICAL AND ONLINE SECURITY

March 17th  
1:30 to 3:00pm  
Juniper Rec. Center  
(opposite the Sub Dept. Complex)

The RCMP will be giving a FREE presentation on safety tips for people 60 and older.

- Personal Safety
- Consumer Scams
- Watch for Phishing Scams!
- Online Safety

CONTACT US  
Tel: 278-3197  
rvmnhww@nb.aibn.com

**BLOOD PRESSURE WALK-IN CLINIC**  
DATE TO BE ANNOUNCED

Having trouble accessing your primary caregiver to have blood pressure, glucose, or even your weight checked? Are you currently without a primary caregiver?

NHWW is offering a Free Blood Pressure Drop-In Clinic. There will be a healthcare professional on site to check on various aspects of your wellbeing. You can choose to have any of the following tested, blood pressure, glucose, weight, H2O level.

**Location:** R.G. "Bun" Voysey Active Living Centre - 40 McCain St.  
**Time:** Drop in anytime between 8:30-11:00am  
**Who:** Anyone 60+  
**Price:** FREE

**MORE INFORMATION:**  
Tel: 278-3197 | rvmnhww@nb.aibn.com

**& The Alzheimer Society**

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Tea/Coffee provided

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Family, Friends, Caregivers are all welcome to attend!

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