

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

Happy Holidays from all of us to all of you!

A Year of "Connection and Care"

As Another Year Closes, our story continues. NHWW has been providing services and programs to assist older adults, 60+ to 'age in place', and we want to take some time to reflect on our journey with you.

Firstly, we want to say a huge THANK YOU to all of our wonderful volunteers, community partners and you, our seniors. We appreciate the support, generosity and kindness you have shown to all of our NHWW staff and the older adults in our communities. Our program continues to grow because of all of the contributions made by all of you.

NHWW River View Manor has been operating since February 2024. We started with both promotional and learning engagements and offered 'FREE' foot care services. By March 2024 we had 4 participants enrolled into the program. As of November 2025, we are up to 168 and continue to welcome new folks. NHWW service offerings are all about assisting you to remain living in your home for as long as you can and want to.

Many of our programs are offered weekly or monthly. NHWW service offerings continue to expand based on the needs and requests from the communities.

We are here to support older persons to 'age in place'.

Over the past year, we have made countless 'wellness check-in' calls and home visits. We have assisted several seniors in accessing homeware, foot care, food security and even some grant funds for minor home repairs. We have provided numerous opportunities for both learning and social engagements too.

If you are 60 and older and want to find out more about our program and service offerings, reach out to us. We are here to support and assist you on your journey to 'age in place'.

Education Segment: Understanding Acid Reflux and GERD

<https://www.mcmasteroptimalaging.org/blog/detail/videos/2025/11/12/understanding-acid-reflux-and-gerd--what-you-need-to-know>

“While experiencing heartburn now and then is common, it’s estimated that about 20% of older adults have chronic acid reflux or gastro-esophageal reflux disease, also known as GERD”.

“What is acid reflux? When you eat, food passes from your mouth through a tube called the esophagus and into your stomach. Once food is in the stomach, a small valve called the lower esophageal sphincter prevents stomach acid from moving back into the esophagus. If this muscle doesn't close well or opens at the wrong times, food and stomach acid can go back up into your esophagus. This is called acid reflux. It can cause a burning sensation behind your breastbone or in the middle of your chest, commonly referred to as heartburn. It can result in a sour taste in the mouth. It often happens after eating or when lying down”.

“If symptoms occur more than twice a week or start affecting your daily life, you may have developed GERD”.

Risk factor for older adults:

“One of the risk factors for GERD is age. As we get older, there may be several complicating factors that affect how the lower esophageal sphincter closes. These include weakened muscles and side effects from medications. For example, some medicines for blood pressure (such as calcium-channel blockers), asthma (such as anticholinergics or theophylline), certain sedatives/antidepressants, as well as medicines for motion sickness, can make GERD worse. They can relax the esophageal sphincter, making the seal less tight, resulting in food and stomach acid going back up into your esophagus.”

How to improve your symptoms:

- Keep track of which foods or drinks cause your heartburn and try to avoid them. Everyone’s triggers are different. Common ones include: fatty or fried foods, spicy foods, garlic and onions, citrus fruits, chocolate, peppermint, coffee and other caffeinated drinks, alcohol, and, tomato-based foods like pizza or pasta sauce.
- Eat smaller meals and avoid lying down for 2–3 hours after eating.
- Quit smoking – Smoking weakens the valve between your stomach and esophagus and reduces saliva, making acid reflux worse.
- Lose extra weight – Even a modest weight loss can reduce pressure on your stomach and improve symptoms.
- Avoid tight clothing or belts that put pressure on your midsection.
- Raise the head of your bed by 6–8 inches using blocks or a wedge pillow to help prevent nighttime symptoms.

When to see a healthcare provider: Speak with a healthcare provider such as your family doctor, pharmacist or nurse practitioner if you have ongoing heartburn or other warning signs.

- You have heartburn twice a week or more.
- Symptoms don’t improve after 2–4 weeks of treatment.
- You have trouble swallowing, pain when swallowing, or feel like food gets stuck behind the breastbone.
- You have unexplained weight loss, frequent nausea, persistent vomiting, or blood in your vomit.
- You have black, tarry stools or red blood in your stool.
- You’re over 60 with new symptoms, a history of Barrett’s esophagus, or a family history of esophageal cancer.

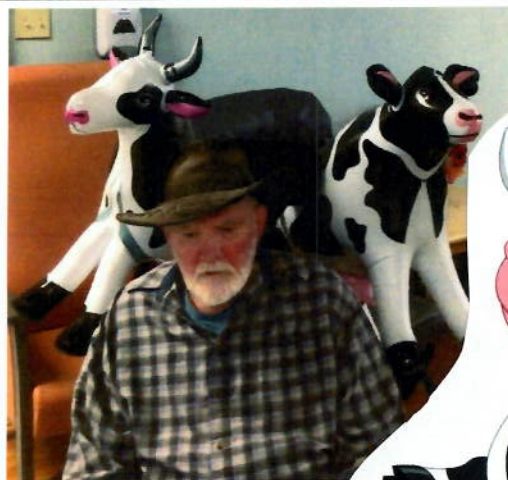
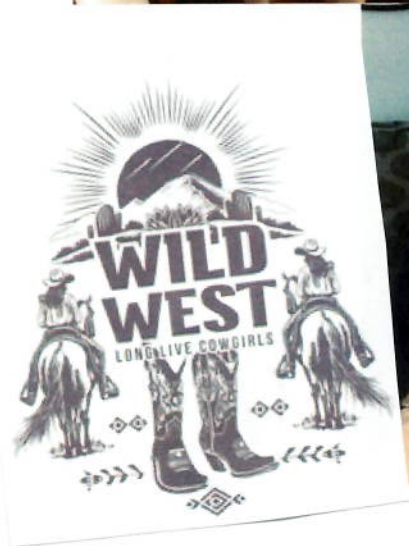
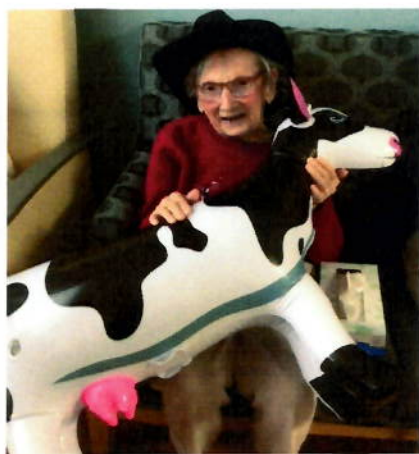


River View Manor

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. *Happy Holidays from all of us to all of you!*

Church Services	Special Music
Dec. 2 nd – Catholic Mass – 10:30am	Dec. 6 th , 13 th & 27 th – Maggie/Singing at 2:00pm
Dec. 4 th – Holmesville Church – 2:00pm	Dec. 12 th & 26 th – Singing with Dwight at 6:00pm
Dec. 7 th – Bath Baptist Church – 2:00pm	Dec. 20 th – Rachelle & Family at 3:00pm
Dec. 28 th - Beechwood Baptist – 2:00pm	Dec. 23 rd – Kintore Country Band at 1:30pm
	Dec. 23 rd – Mennonite Choir at 7:00pm

The residents of River View Manor escaped to the Wild West this past month.



Answers to Last Month's Fun Activities and Riddles

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

Link Letters

(solution)

Three-Letter Words

1. and
2. ant
3. ate
4. arc
5. ban
6. bat
7. bar
8. bra
9. cod
10. doe
11. med
12. met
13. nab
14. ode
15. ran
16. rat
17. tab
18. tan
19. tar

Four-Letter Words

1. ante
2. band
3. barn
4. bran
5. brat
6. crab
7. code
8. coed
9. comb
10. come
11. demo
12. dome
13. meta
14. mode
15. narc
16. tarn

Five-Letter Words

1. bated
2. brand
3. brant
4. comet
5. crate
6. rated

Six-Letter Word

1. ranted

Eight-Letter Words

1. combated
2. democrat

Why are the trees so easy going? **Because they let loose every fall**

What can help you count cows? **A cow-culator**

Why did the cow get arrested? **For moo-ving violations**



Wacky Wordies

(solutions)

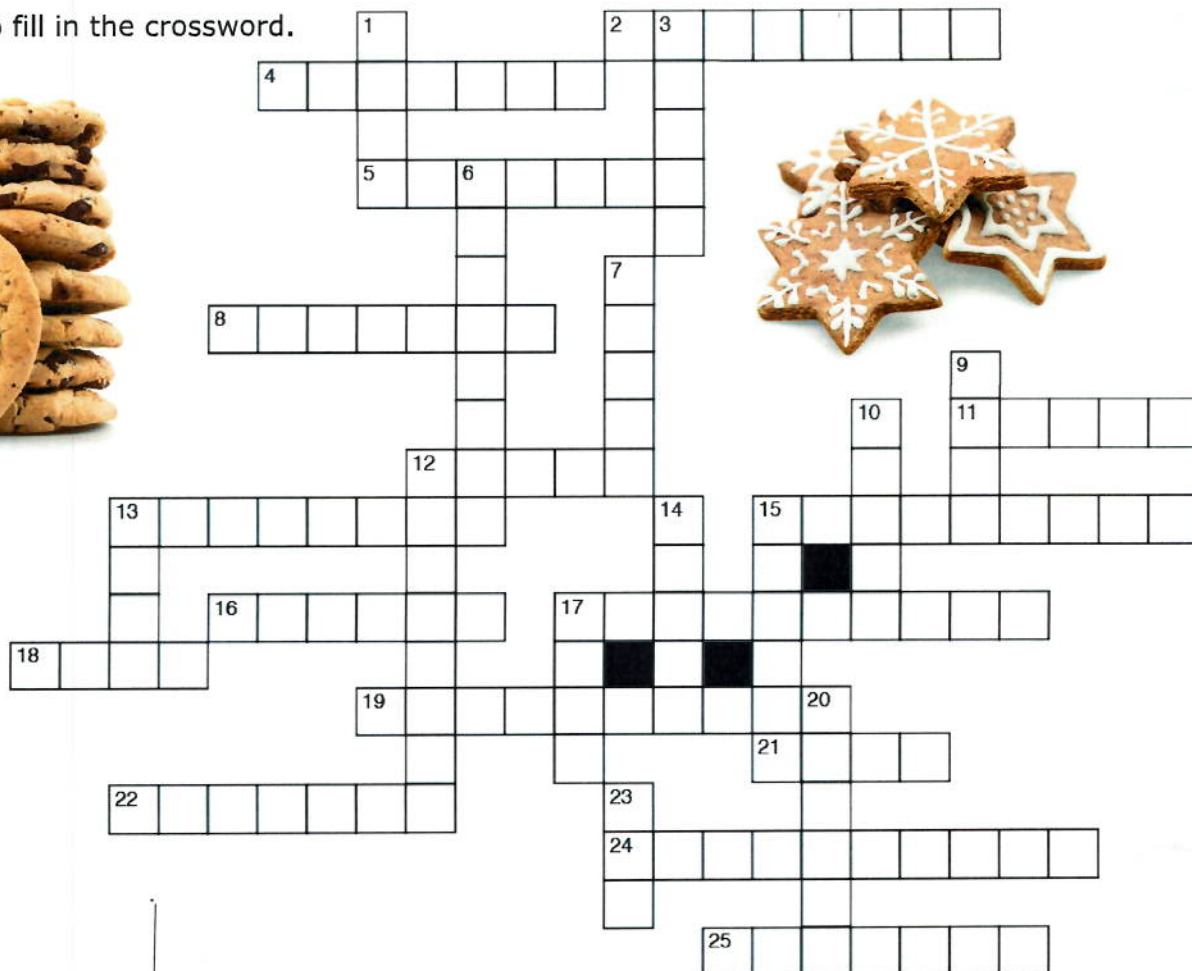
1. Thanks in advance
2. No spring chicken
3. Black Friday
4. Write home about it
5. Up to date
6. Home free
7. A fox in the chicken coop
8. Sliced bread
9. All over the place
10. *All in the Family*
11. Two left feet
12. A new slant

This Month's Fun Activities and Riddles

Word Games & Other All Games provided by <https://activityconnections.com>

Everyone Loves Cookies

Use the clues to fill in the crossword.



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Change the First Letter

Make a word into a new word by changing the first letter.

1. Change a noontime meal _____ to a cluster _____
2. Change strength _____ to late evening _____
3. Change a project step _____ to an act of pursuit _____
4. Change a postal item _____ to an Irish dog _____
5. Change a type of grain _____ to what you can do to onions _____
6. Change a residence _____ to a small rodent _____
7. Change a shoreline _____ to impart knowledge _____
8. Change merriment _____ to a hospital delivery _____
9. Change a Lego unit _____ to a timepiece _____
10. Change garbage _____ to a market worry _____
11. Change an imperfection _____ to a safe _____
12. Change a noise _____ to a dog _____

ACROSS

2. Twice-baked Italian cookie
4. Utensil with a flat blade
5. French meringue cookie
8. Chinese after-dinner cookie
11. Common cookie shape
12. Natural sweetener
13. Coconut-based cookie
15. Toll House favorite; _____ chip
16. Perfectly baked color
17. Buttery Scottish cookie
18. Fundraising event; _____ sale
19. Sponge cookie used in tiramisu
21. Wire cooling platform
22. Drip syrup thinly for garnish
24. Troops that sell cookies in the spring
25. Common extract

DOWN

1. Not too hot
3. Sweet topping
6. Spice used in a snickerdoodle
7. Soft cookie texture
9. Iconic sandwich cookie
10. Baking base
12. Made in the kitchen
13. Beverage that goes with cookies
14. Cookie dough utensil
15. Cookie shaping tool
17. Opposite of hard
20. Fruit in some oatmeal cookies
23. Binding ingredient

A Scrapbook Collage of Our NHWW Activities in 2025.



We look forward to making many more memories with all of you in 2026!