

February 2026



Care Beyond Walls

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Features

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**NHWW Office Closed
on Feb. 16th**

About NHWW

Services:

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Anyone 60+

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to help you

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**Happy Valentine's
Day to All!**

February is Heart Month

<https://publications.gc.ca/collections/Collection/H30-11-8-5E.pdf>

'As you grow older, your chances of developing heart disease increase. Coronary heart disease accounts for the greatest percentage of cardio-vascular deaths in seniors, half of which are attributable to heart attacks.'

'A heart attack occurs when the blood supply to a part of the heart muscle itself is severely reduced or stopped due to blockage, resulting in damage to that part of the heart.'

'Some symptoms and warning signs can include, but not limited to, the following:

Chest pain

- tightness, discomfort or crushing
- heaviness, pressure or squeezing
- fullness or burning

Pain from the center of the chest spreading

- down one or both arms
- up to neck, jaw, shoulder or back

Other signs

- shortness of breath
- paleness, sweating or weakness
- nausea, vomiting and/or indigestion
- anxiety or fear
- denial, refusing to admit that anything is wrong

Warning signs in women

Women are more likely to have less obvious symptoms such as indigestion-like discomfort, vague chest pressure or discomfort, nausea or back pain. It is crucial for women and their doctors not to ignore those easy-to-miss symptoms.'

February is Heart Month Continued

**If you notice any of these signs,
don't delay!**

**Contact a primary caregiver
immediately.**

'The longer an artery remains blocked the more damage it may cause. Delay in the early phases can significantly reduce the chances of survival. Yet Canadians wait an average of almost 5 hours before getting help. It is extremely important to recognize the signals and to respond immediately.'

Who is at risk?

'Some risk factors for heart disease cannot be altered, while others can be modified by lifestyle changes. Major risk factors you can't change include age and family history. Risk factors you can change or control include smoking, high blood pressure, high "bad" cholesterol (LDL) levels, lack of physical activity, diabetes and obesity.'

Even at a later age, you can reduce your risk of heart disease by adopting healthy habits such as:

- ♥ being smoke-free
- ♥ eating a healthy diet
- ♥ controlling your blood pressure
- ♥ being physically active
- ♥ taking time to relax

Treatment

Treatment for heart attacks may include medication, such as

- anti-coagulant drugs (to prevent clots from forming);
- thrombolytic drugs (known as "clot-busters" or "clot-dissolvers");
- drugs to lower blood pressure or to decrease heart rate;
- nitroglycerin (to relax the blood vessels);
- cholesterol lowering drugs.

Sometimes drugs used to treat or prevent irregular heart rhythms will also be given.'

For more information

Contact the Heart and Stroke Foundation toll free at 1-888-HSF-INFO.

The Physical Activity Guide for Older Adults can help you increase your level of activity (www.paguide.com/older or 1-888-334-9769).

Many Internet sites also provide information about heart health. Here are a few you may want to visit:

www.heartandstroke.ca
www.healthyheartkit.com
www.ccs.ca
www.healthyheart.org
www.cacr.ca
www.hc-sc.gc.ca
www.canadian-health-network.ca

The information provided in this article has been taken from the Division of Aging and Seniors Public Health Agency of Canada Info-Sheet.
www.phac-aspc.gc.ca



Family Day – February 16th

<https://www.timeanddate.com/holidays/canada/family-day>

Not every province in Canada celebrates 'Family Day'.

Family Day is a public holiday in the Canadian provinces of Alberta, British Columbia, Ontario, Saskatchewan, and New Brunswick on the third Monday of February. This holiday celebrates the importance of families and family life to people and their communities. Family day is a day off for the general population, and schools and most businesses are closed.

History

'First held in Alberta in 1990, Family Day was proposed by the province's former premier, Don Getty, after his son was arrested for dealing drugs. Although Getty denied any connection, it is believed that this episode motivated him to establish an occasion to counteract what he saw as the erosion of family values in Canadian society.'

'Family Day is supposed to reflect the values of family and home that were important to the pioneers who founded Alberta, and to give workers the opportunity to spend more time with their families. It was introduced in Saskatchewan in 2007 and in Ontario in 2008. British Columbia observed Family Day as a statutory holiday for the first time in 2013, New Brunswick in 2018.'



Definition of Family

vanierinstitute.ca

'Any combination of two or more persons who are bound together over time by ties of mutual consent, birth, and/or adoption or placement, and who, together, assume responsibilities for various combinations of some of the following':

- *Physical maintenance and care of family members
- * Addition of new members
- *Socialization of children
- * Guiding social behavior
- *Producing, consuming, and distributing goods and services
- * Love and emotional nurturance

'This definition is purposely broad because it is intended to include all family types and experiences. It is a functional definition, focusing on what relationships and roles within families have in common. A guiding idea in its development was that families are important to us and to society because of what they do, not because of what they happen to look like. Our definition includes diverse family structures such as single parents, same-gender couples, stepfamilies, married or common-law couples (with or without children), skip-generation families, and more. The definition includes at least one relationship between an adult and another person (adult or child)—a relationship over time, which signifies that a commitment has been made.'



This Month's Activity Feature:

Bowling Day, Golden Strides, and Games Day!

Wow, what a great turnout! 21 of us ended up attending the bowling day at the Bowlacade in Woodstock. With our highest score being 99 and a close second at 98, I feel we did pretty amazing!!!

Mobility and the freedom to step out, whether it's for a walk, a visit or just a change of scenery does so much for a person's wellbeing. Shorter days and less sunlight can chip away at mood and motivation! Light activity boosts serotonin and helps keep seasonal low-mood at bay! 😊 Cold weather leads to more sitting, which affects balance, circulation and joint comfort...gentle movement keeps the body limber and reduces stiffness. And it's so much fun to have a group supporting one another with our play!



PLEASE NOTE A CHANGE IN ACTIVITY STARTING THIS MONTH!

We are placing the seated exercises at Shiktehawk Place on hold for the next few weeks while we re-evaluate this service. After many inquiries, Joanne will be hosting a walking group, entitled

Golden Strides.

All are welcome to join.

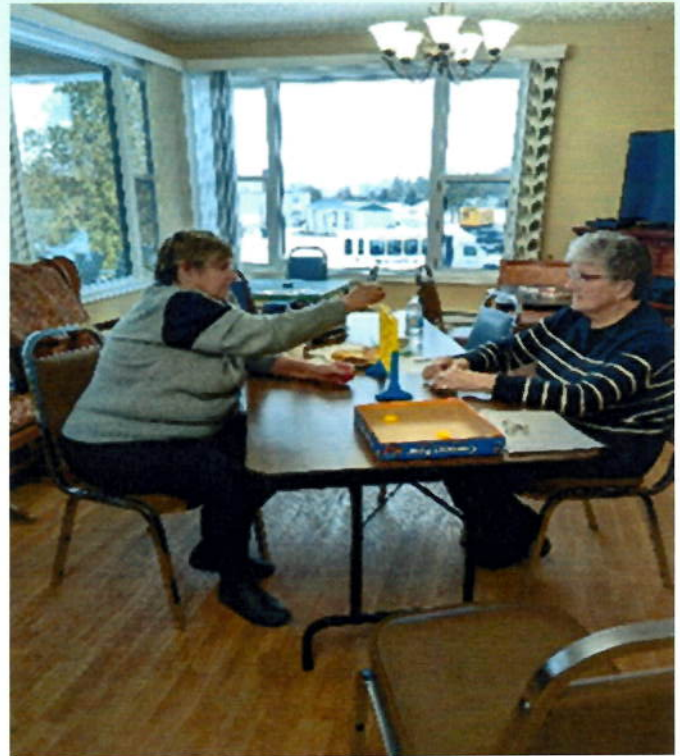
Meet at the Bun Veysey Active Living Center Indoor Walking Track **every Wednesday at 9:00am starting February 4th.**

Plan to join us on Wednesday for a lap or 10!



Games Day

Game day was a bit rainy and a slippery mess of a day, but...we had 9 brave souls come out to play! 😊 Filling the day with cards, games and easy laughter. It was simple, spirited fun – the kind that reminds us why gathering matters.



NHWW What is our next bigger event??? Can you guess???

I jingle without pockets,
I run without feet,
I glide without asking.
Across snow cold and sweet.
I carry laughter, blankets tight –
What am I on this winter day/night?

Answer:

Look on the Calendar, February 27th 2026

Unbook Group

The Un-Book Club meets monthly at the library in Florenceville. Unlike other book clubs, we don't all read the same book, and discuss it. We all enjoy reading, we read different books and we enjoy getting together to talk about the books we've read. Sometimes we pass books around and loan them out to each other. Sometimes the library staff finds books for us, or makes suggestions, too.

On alternate months, Dec., Feb. and April, we'll talk with the library staff about books. This month it will be about books and relationships, or about love songs, either way there will be friends to meet, things to learn and tea to drink. We welcome any readers who want to join us for an hour, or every month from Oct. to May.



**NHWW invites you
to share your love
of reading with
new & old friends
at the Un-Book Club.**



**Please join us at the
A & L McCain Library
on Feb. 3rd, 2-3:00
to talk about books!**



How did this month get named...

February is the shortest month of the year.

The first ancient Roman calendar started with March and was only 10 months long. January and February were added in 700 BC, making February the last month of the Roman year.

February comes from the Latin word februare, which means "to purify," as Romans performed purifying rituals to prepare for the new year.

Around 153 BC, January was moved to the first month of the year and February to the second.

FEBRUARY BIRTHDAY SYMBOLS

Birthstone: Amethyst

Alternative birthstone: none

Birthstone color: purple



Birth flower: Violet



Zodiac sign: Aquarius (Jan 21 - Feb 19)

Zodiac sign: Pisces (Feb 20 - Mar 20)



6th Wedding anniversary: Amethyst



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www.monthlybirthstones.com/february-birthstone/

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Postage
Information

Will the Groundhog See Its Shadow in 2026?

'The first official Groundhog Day celebration took place on February 2, 1887, in Punxsutawney, Pennsylvania. The annual ritual has roots in pre-Christian traditions and was brought to the U.S. by German immigrants that settled in Pennsylvania, US.'

'Groundhog Day is a tradition observed regionally in the United States and Canada on February 2 of every year. It derives from the Pennsylvania Dutch superstition that if a groundhog emerges from its burrow on this day and sees its shadow, it will retreat to its den and winter will go on for six more weeks; if it does not see its shadow, spring will arrive early.'

'While the tradition remains popular in the 21st century, studies have found no consistent association between a groundhog seeing its shadow and the subsequent arrival time of spring-like weather.'



'Ground Hog Day has evolved from a simple weather prediction into a beloved, cultural event, blending folklore, community spirit, and a bit of humor.'

Will the groundhog see its shadow on Feb. 2nd? Will we have 6 more weeks of winter or will spring come early? It is always fun to see the predictions of the famous 'woodchucks' around the world predicting our weather for the next 6 weeks.