

January 2026



'Care Beyond Walls' Newsletter

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Happy New Year

Look what we have done.... a bold refresh for our monthly newsletter and calendar.

We welcome feedback on our new style.

Do you have any suggestions regarding any new ideas for service offerings and activities? If you have recommendations for a learning engagement or an activity you would like for us to plan, we want to hear from you!



Newsletter Content:

Social Isolation
Senior Reach Call Service
Activity Feature
Vaccinations
January Tidbits

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

There are no fees for our services.

Anyone 60+ are eligible for service.

You can refer yourself, or someone you know by contacting us.

We offer monthly check ins by phone and home visits as needed.

We provide support navigating and accessing senior services.

We connect seniors with their community by providing opportunities for social activities to combat social isolation.

Older adults benefit greatly from lifelong learning—it supports mental agility, independence, and social connection. NHWW provides opportunities to give seniors a sense of fulfillment and curiosity.

Our services are all about working with seniors to help them live well at home for longer.



Education: Social Isolation

<https://www.mcmasteroptimalaging.org/e-learning/social-isolation-are-you-at-risk>

Are you at risk of 'Social Isolation?'

For older adults, social isolation can result from a significant event, such as the loss of a loved one or retirement, or a combination of several smaller events. Do you know if you are at risk? It is thought the more risk factors a person has, the greater likelihood that they'll experience social isolation. Keep in mind, the presence of risk factors doesn't necessarily mean a person will experience social isolation. Whether a person experiences it or not, or to what degree it's experienced, depends on their coping skills and the support available from family, friends, and the community.

Groups at increased risk

There are specific groups of older adults who are at greater risk of social isolation, including:

- caregivers
- Indigenous peoples
- newcomers to Canada, and
- lesbian, gay, bisexual and transgender people.



Risk Factors for Social Isolation:

- living alone
- being age 80 or older
- having multiple chronic health conditions that may impact your mobility, such as diabetes, dementia or osteoarthritis
- size of your 'social network'
- frequency of contact with the members of your social network
- living with low income
- challenges in using technology
- where you live
- lack of access to transportation
- changes in family structures, such as younger people moving for work and leaving older adults behind
- critical life changes such as retirement, death of a spouse or losing a driver's license, and
- age-related disorders such as hearing loss, loss of speech, fear of falling and incontinence

What can you do?

There are many proactive steps that you can take to reduce the risk of social isolation.:

- managing chronic conditions and promoting brain health to optimize your function and mobility
- regularly engaging in both physical and social activities
- using technology to expand your social network and to increase the frequency of contact (especially between different generations)
- being open to alternate transportation options
- volunteering, and
- addressing age-related health conditions.

'Senior Reach' – A Friendly Call Service

This past month, NHWW launched a brand-new service, **'Senior Reach'**.

The service is offering anyone 60 and older a 'friendly call' from one of our supportive volunteers. "This program offers seniors a friendly voice and a caring ear, helping them feel valued and connected to their community."

Seniors receive regular, friendly phone calls from one of our trained volunteers who offer conversation, encouragement, and a listening ear.

Calls provide not only social contact but also a gentle check-in, helping seniors feel supported and less isolated.

The program is powered by volunteers who care deeply about building relationships and strengthening community bonds.

Seniors can choose how often they'd like to receive calls, ensuring the service fits their comfort level and lifestyle.

Every call is guided by respect, empathy, and kindness—designed to uplift without being intrusive. All of our volunteers have provided criminal record checks and have signed oaths of confidentiality. NHWW has also provided them with orientation and guidelines regarding the call service they are providing.

Are you someone who could use this service?

Loneliness can weigh heavily on older adults—but a simple phone call can make all the difference. Our Friendly Call Service, entitled 'Senior Reach', connects caring volunteers with seniors who would love a regular chat, a listening ear, and a reminder that they're valued.

Sometimes, older adults live alone or have limited contact with family and friends. Days can feel long, and the absence of regular conversation may lead to feelings of loneliness.

If you would like to receive this free service, give us a call. We would love to connect you with one of our wonderful volunteers.

If you have some availability and want to join us in building community, one conversation at a time. Your kindness, and your voice can brighten someone's day.

✨ Volunteer today—because no one should feel alone.

Give us a call – (506)278-3197



This Month's Activity Feature:

Fidget Quilt Making Day!

Thank you for the generous donations of fabric, fidgets, thread, batting and our volunteer's time! Because of your support, we were able to reach our goal of making 15 quilts.

We were so fortunate to have 7 volunteers, participants and RVM residents, come and join us for a day of Quilting. From cutting, machine sewing, hand sewing and putting the finishing touches... the fidget. We enjoyed a wonderful day of laughing and learning alongside some of our seasoned quilters – and of course, plenty of eating and socializing. Because of your generosity, we will be able to provide our Memory Café with some fidget quilts for our participants and also some fidget quilts will be finding a home with River View Manor. Your support helped make it all possible.



The Kindness Craft Club Bath Community School

Our wonderful, young friends from the Bath Community School have donated these beautiful Carfts for our NHWW Participants. The kindness and thoughtfulness these students show in doing things for others is very impressive and deeply appreciated. Thinking of others in this way is a true reflection of their character and compassion.



Thank you!!!

February Special Activity!!!! What could it be???? Clues are in the riddle. 😊

I'm not a stage, yet actors appear. I'm not a book, yet stories are clear. You pay to enter, then sit in the dark, waiting for magic to suddenly spark. With laughter or tears, the night will be sweet— Where do people gather for this treat?

Answer??? Look for it in the Feb Calendar.


We are now in **Respiratory Virus Season**...Are you protected?

Department of Public Health tells us that it is not too late to get vaccinated for one or all of the vaccines that help protect us from seasonal illnesses like the flu, COVID-19 and RSV.

These vaccines help you:

- **Stay healthy through the winter**
- **Avoid hospital visits**
- **Protect family and friends**

 **Flu Shot: Free for everyone.**

 **COVID-19 Vaccine: Updated doses are available this fall — even if you've had one before.**

 **RSV Vaccine: Free for adults 75+.**

Contact your local pharmacy or health care provider for more information on the seasonal vaccinations or to get your shot.

As the old saying goes, 'an ounce of prevention is worth a pound of cure'. Stay healthy and well this winter!



Where did the Name of The Month Come From...

January's name is actually derived from the ancient Roman god Janus, who is thought to have presided over the dawning of each new year. He was often referred to as the "god of gateways" or "god of doorways." Janus is the original "two-face," as his image is often symbolized by a face that looks both backward and forward at the same time—a reminder that the first month of the year is a good time to reflect on the events of the previous year and to recognize the proverbial clean slate of opportunity that waits immediately ahead.

JANUARY BIRTHDAY SYMBOLS

Birthstone: Garnet

Alternative birthstone: none

Birthstone color: deep red



Birth flower: Carnation



Zodiac sign: Capricorn (Dec 22 - Jan 20)

Zodiac sign: Aquarius (Jan 21 - Feb 19)



2nd Wedding anniversary: Garnet



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www.monthlybirthstones.com/january-birthstone/

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Postage
Information



Setting Better Resolutions

Many of us set New Year's resolutions, and year after year, most of those yearly goals end up unfulfilled. In fact, research shows that 20% of us abandon our resolutions after just one week, and fewer than 10% of us achieve our aims.

To increase the likelihood of success, set specific and realistic goals.

For example, instead of vowing to write a book, promise to produce at least one page of writing each day.

