

April 2026



Care Beyond Walls

River View Manor | Bath NB | (506)278-3197 | rvmnhww@nb.aibn.com



Features

April is Oral Health Month
Canadian Dental Plan Info
CDCP Renewal Clinics
Trial Session for Zoomers
Activity Spotlight
Learning Engagements
April Tidbits
Earth Day – April 22nd

About NHWW Services:

FREE

Anyone 60+

Wellness Check Ins

System Navigation

Social Connection

Opportunities

**Services to promote
healthy aging and lots
more to assist you to
remain in your home for
longer!**

Call: 506-278-3197

Email:

rvmnhww@nb.aibn.com

Happy Easter!

April is Oral Health Month

<https://www.todays-woman.net/2025/awareness-days/april-in-canada/>
<https://www.canada.ca/en/public-health/topics/oral-health/caring-your-teeth-mouth/senior.html>

‘Dental professionals and organizations use this month to emphasize the importance of good oral hygiene for overall health. Canadians are encouraged to prioritize regular dental check-ups and adopt healthy oral care habits.’

‘People are living longer than ever before. Advances in oral health care prevention and disease treatment mean that many seniors will retain more of their natural teeth.’

‘When we age, teeth undergo changes. Sometimes these changes are affected by chronic diseases and the use of medications. Some changes may include:

- Sensitive teeth - teeth can be sensitive to hot or cold foods and/or to touch
- Exposed roots - gums may start to pull away from your teeth as you age. Exposed roots are exposed to bacteria that can cause cavities
- Darker or yellower teeth - the color of teeth naturally changes with age. Also, consuming foods and drinks that stain teeth over a lifetime can change the color of teeth. Plaque also builds up faster as we age and plaque accumulation can incorporate stains.’

‘Maintaining good oral health is important throughout life for overall health and wellbeing. Good oral hygiene can help prevent the development of lung infections such as pneumonia, especially for seniors who have a hard time swallowing. Pneumonia may be caused by the inhalation of harmful types of mouth bacteria, which accumulate when the mouth is not cleaned properly and regularly.’

‘People with diabetes are more at risk of mouth infections, especially gum (periodontal) disease. Gum disease can damage the gum and bone that hold your teeth in place via inflammation. Left untreated, the gum can become infected and the bone that supports the teeth can be lost.’

April is Oral Health Month

Continued from page 1

'Teeth with little bone support can become loose and may lead to painful chewing problems. In cases of severe gum disease, some people may lose their teeth. Gum disease may also make it harder for people with diabetes to control their blood sugar levels.'

'Gum disease may increase the risk of heart attack and stroke. Poor oral health may increase the number of harmful bacteria found in the mouth, which may release toxins into the blood that can damage heart tissue.

Poor oral health can lower self-esteem, reduce social interactions and is associated with lower quality of life.'

'Whether you can take care of your own mouth and teeth or require the help of someone else, teeth and gum problems can be prevented through good oral health habits, including brushing and flossing as well as regular checkups. Left untreated, oral health problems may lead to serious problems in your overall health and wellbeing.'

'Ultimately, the moral of the story is that oral hygiene is important for our health. The cornerstones of a well-rounded oral health hygiene routine include:

- Brushing our teeth at least two times a day for two to three minutes each time.
- Flossing at least once a day.
- Cleaning (e.g., brushing or scraping) our tongue.
- Being mindful of our diet (e.g., opting for water vs. sugary drinks, eating a nutritious diet).
- Quitting vaping and smoking and decreasing alcohol consumption.
- Regularly visiting an oral health professional for check-ups and cleanings.'

Canadian Dental Plan Info

[https://ebsource.com/government-benefits/federal/canadian-dental-care-plan-renewal/chrome-](https://ebsource.com/government-benefits/federal/canadian-dental-care-plan-renewal/chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://cliniquedentairelacolle.com/wp-content/uploads/2024/02/rcsd-en.pdf)

[extension://efaidnbmnnnibpcajpcglclefindmkaj/https://cliniquedentairelacolle.com/wp-content/uploads/2024/02/rcsd-en.pdf](https://ebsource.com/government-benefits/federal/canadian-dental-care-plan-renewal/chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://cliniquedentairelacolle.com/wp-content/uploads/2024/02/rcsd-en.pdf)

'To be eligible for the Canadian Dental Care Plan (CDCP), patients must meet all eligibility criteria. Eligibility will be reassessed annually:

- No access to dental insurance*
- Net family income of less than \$90,00
- Resident of Canada for tax purposes
- Tax return filed for the previous year

People mistakenly believe that their dental coverage renews automatically, similar to some government benefits. This misconception often leads to costly renewal errors. However, the CDCP requires members to renew their coverage each year to confirm they still meet all eligibility criteria.'

NHWW has partnered with Service Canada to host 3 clinics to assist older adults to renew their Canadian Dental Plan.

Check out the details on page 3.





FREE CANADIAN DENTAL PLAN RENEWAL CLINIC

SERVICES OFFERED

- ✔ CDCP Renewals
- ✔ Social Insurance Number
- ✔ Canada Disability Benefit

DROP IN ANYTIME

 10:30 AM - 2 PM

There will be a mini presentation on the Canadian Dental Plan & The Disability Benefit between 11 and 11:30am



FREE ASSISTANCE WITH ANY OF THESE SERVICES



 (506)278-3197

 3 Locations:
Juniper, Bath and Centreville

 rvmnhww@nb.aibn.com

Zoomers In Balance is coming to a community near you!

Have you ever wondered, 'if a Zoomers in Balance exercise class might be right for you'? Have you ever thought, 'it would be a great way to meet up with old friends and make new ones? Have you ever thought, 'if it was only in my community, I would give it a try'?

Well now is your chance! NHWW has partnered with Zoomers In Balance to offer you an opportunity to try a session with no strings attached...in your community. During the months of April and May, we are hosting a trial Zoomer Session somewhere near you. Watch our calendars for information on the location and times or call, we will share the details.

NHWW is wanting to get this Fall Prevention exercise program going in your community. We are looking for locations, with a secure internet connection and a group of interested people who want to improve their balance and have some fun while doing so. Call us if you are able to host a session.

This is a FREE in person service. Locations and dates of CDCP Renewal Clinics:

Juniper – April 21st from 1030 to 2pm – Juniper Community Center (Old School)

NHWW RVM Office – April 22nd from 1030 to 2pm – 82 Hospital Street, Bath, (Dr. Lockharts' previous medical offices)

Centreville – May 5th from 1030 to 2pm – Western Valley Multi-plex.

****No new applications can be submitted between April 15th and June 1st. Renewals only!**




DROP IN AND TRY THIS NEW ONLINE EXERCISE CLASS!

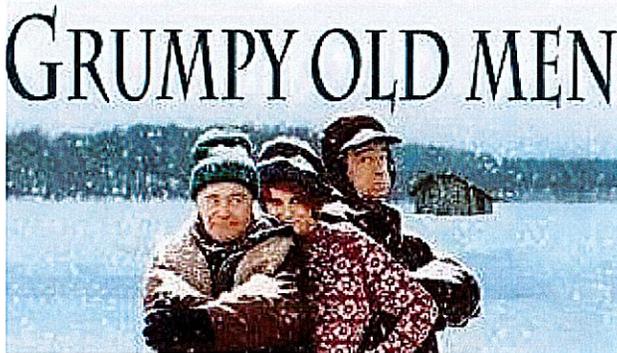
MOVE IN BALANCE

RSVP WITH JOANNE



March Activity Spotlight

March 25th 2026 – Atlantic Cinema’s **On Golden Pond** was our first attendance to the Senior Legacy Series Events. We attended this event with 13 participants on the bus and a few on their own. This event was a hit and we will be attending this event again on April 29th and the movie will be **Grumpy Old Men**.



March 26, 2026 – Kenneth Maple Farms Bus – loaded with 14 participants, extra cars, participants AND the Leadership Group from Bath Community School along with Mrs. Beth Thomas on the school bus.

It was great to have our Leadership Group able to attend the Brunch with NHWW. They are a great group of young students, eager to help and assist in any way they can.



Transportation Priority



NHWW staff could not be more pleased with how eager our participants are in wanting to attend activities.

This being said, we are wanting to ensure a fair and equitable service to all our members. The manor bus will seat 14. There may be times that we will have to prioritize who gets to go. For example: If you still drive yourself to larger shopping areas, we may occasionally give priority to people who no longer feel comfortable driving in busy places.

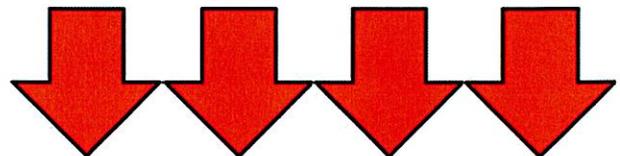
Please know, that we will always do our best to be fair and accommodate as many as we can.

We thank you all for your continued support and appreciate your understanding.

A Riddle for one of the next April Events!

I’m filled with moments, bits of the past,
 Photos and tickets, all glued to last.
 Stickers and captions in colorful rows,
 A story of you as your history grows.
 I sit on a shelf, but I’m more than I seem—
 What am I, keeper of your theme?

Answer: See Calendar - April 17th 2026



NHWW OFFICE – NEW LOCATION!!

82 Hospital Street, Bath
 (Formerly known as the Bath Medical Clinic)

Learning Engagements for April

NHWW will be hosting a guest speaker from the Alzheimer Society on April 2nd, at the monthly Memory Café.

The presentation is entitled, 'Dementia Friendly Communities'. All are welcome to attend!



MEMORY CAFÉ

The Memory Café is a free program for people living with all stages of dementia and their families to meet others, learn, and have fun!

Faith Memorial United Church
175 Burnham Rd
Florenceville-Bristol, NB
E7L 1Z1

Join us April 2nd for:

- A presentation on Dementia-Friendly Communities
- An Easter/spring themed craft

ALL ARE WELCOME TO JOIN THIS FREE PROGRAM

FOR MORE INFORMATION:
info@alzheimer.nb.ca
506-459-4280 | 1-800-664-8411
www.alzheimer.ca/nb

Société Alzheimer Society
Nursing Home des Soins

This program is offered by the Alzheimer Society in partnership with Nursing Homes Without Walls

Canadian Dental Care Plan & Disability Benefit

A Service Canada representative will be facilitating mini-presentations on the Canadian Dental Plan and the Disability benefit between 11 and 11:30 am during the Canadian Dental Care Plan Renewal clinics.

Locations and other info on can be found on page 3.



How was this month named...

<https://www.rd.com/list/how-months-are-named/>

'Believe it or not, the source of April's name has stumped historians for centuries. Because it was the second month on the ancient Roman calendar, some claim its title comes from the Latin word for "second." Others believe the name is linked to the term "aperire," which means "to open" in Latin—named for the budding greenery in spring. Still others speculate that April was named after the Greek goddess of love and beauty, Aphrodite. The true origins remain a mystery.'



Illustration by Unknown Authors from iStockphoto.com

APRIL BIRTHDAY SYMBOLS

Birthstone: Diamond

Alternative birthstone: Quartz

Birthstone color: Clear or White



Birth flower: Sweet Pea

Zodiac sign 1: Aries (Mar 21 - Apr 19)

Zodiac sign 2: Taurus (Apr 21 - May 21)



10th, 60th & 75th Wedding anniversary:

Diamond

© Monthly Birthstones – personal use permitted
www.monthlybirthstones.com/april-birthstone/

NHWW River View Manor
82 Hospital Street
Bath NB
E7L 1B9

Postage
Information

Earth Day History

<https://nature.mcmaster.ca/history-of-earth-day/>
<https://www.wincalendar.com/ca/Earth-Day>

‘Earth Day seeks to raise awareness about the pressing issues affecting our planet. Its core objective is to foster an appreciation for the earth's environment and to encourage the global community to take steps towards its preservation.’

‘The observance specifically concerns improving public awareness about issues like pollution, deforestation, climate change, and the depletion of non-renewable resources. 1990 was the first year Earth Day was officially celebrated in Canada, through the formation of the environmental charity Earth Day Canada.’

Earth Day, April 22nd, 2026

Canada holds a significant portion of the world's fresh water and intact forests. Protecting these resources is a global necessity. Earth Day 2026 serves as an important milestone as the country works toward its emission reduction goals. By 2030, Canada aims to significantly lower its greenhouse gas emissions to help stabilize the global climate.

Every province and territory plays a role in this transition. Communities from British Columbia to Nova Scotia are organizing events to raise awareness and drive action. When you join these efforts, you support a nationwide movement toward a cleaner, healthier environment. Knowing you are part of a larger, supportive community is a great feeling.

Our Power, Our Planet is the Earth Day's theme, reflecting a fundamental truth: environmental progress doesn't depend on any single administration or election. It's sustained by daily actions of communities, educators, workers, and families protecting where they live and work.

What do you plan to do this year?