

March 2026



# Care Beyond Walls

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



## Features

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## About NHWW

**Services:**

**FREE**

**Anyone 60+**

**We offer:**

Wellness Check Ins

System Navigation

Activities for Social

Connection

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

**Happy St. Patrick's Day!**

## March is Kidney Health Month

<https://kidney.ca/News-Media/News/ALL/Meet-your-mighty-kidneys-this-Kidney-Health-Month>

'March is Kidney Health Month in Canada. If you haven't yet considered the way your mighty kidneys impact your overall health, now is the time.'

Kidneys are often misunderstood and their value to overall health underestimated. Kidneys are vital organs with an important role, including removing waste from the body, helping to make red blood cells, and regulating blood pressure. Diabetes and high blood pressure are the leading causes of kidney disease, and heart disease can be both a cause and a complication for those living with kidney disease.

Kidneys are a critical part of your health. They "clean" your blood by removing wastes from the body through your urine, help your body to make red blood cells, and regulate blood pressure. One of the main jobs of the kidneys is to remove wastes from the blood and return the cleaned blood back to the body. Every minute, about one litre of blood (one fifth of all the blood pumped by the heart) enters the kidneys through the renal arteries. After the blood is cleaned, it flows back into the body through the renal veins.'

### How Your Heart and Kidneys Speak to One Another

'Your heart and kidneys are more deeply connected than you realize. When either organ starts to fail, the other is put at serious risk. Diabetes, high blood pressure, obesity, smoking, age, and family history are risk factors for both organs, often leading to gradual damage that can develop silently over years until it's too late.'

### How does kidney disease affect the heart?

'Chronic kidney disease (CKD) significantly increases the risk of heart disease because the kidneys play a key role in regulating fluid balance and blood pressure, forcing the heart to work harder and increasing the risk of heart failure over time.'

## March is Kidney Health Month

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'CKD also triggers widespread inflammation in the body and causes a buildup of toxins that can injure heart tissue, which CKD also triggers widespread inflammation in the body and causes a buildup of toxins that can injure heart tissue, which further strains the cardiovascular system and contributes to long-term heart damage.'

### How does heart disease affect your kidneys?

'When the heart grows weak, the kidneys suffer from decreased blood flow. With less blood reaching them, they can't filter properly, leading to fluid buildup, disrupted hormone balance, and a drop in kidney function. In fact, people who experience heart failure are far more likely to develop kidney disease than those who do not.'

### How can you protect your kidneys?

'One of the most important ways to preserve your kidney function is to gain control over other medical conditions you may have.

Blood pressure control is one of the most effective ways of slowing the progression of kidney disease. High blood pressure can cause the filters in your kidneys to become scarred and lead to a decrease in kidney function.

It is important to control your blood sugar if you have diabetes. High blood sugar clogs all blood vessels including the filters of the kidney, which causes decreased kidney function.

Maintaining a healthy weight is a big challenge for many people. Eating a well-balanced diet and staying physically active can help.

If you smoke, try to quit. Smoking increases your risk of heart attack, stroke, lung disease, kidney disease and cancer. Smoking can be particularly harmful if you have kidney disease, and can increase the risk of progression to end-stage kidney disease.'

## Location Changes Coming This Month

**Our Monthly Memory Cafes**  
Please note that our Cafes will be hosted from the  
Faith Memorial United Church  
starting on March 5<sup>th</sup>.

Address:

**175 Burnham Rd, Florenceville-Bristol**



**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 March 5th for:

- Boredom busters
- Seed planting
- Community and connection

**ALL ARE WELCOME TO JOIN THIS FREE PROGRAM**

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

**Societe Alzheimer Society**  
**Nursing Foyer Home Inc.**

MEMBER ASSOCIATION OF ALZHEIMER SOCIETIES OF CANADA  
This program is offered by the Alzheimer Society in partnership with Nursing Homes Without Walls.

**NHWW Office will be relocating this month to**

**82 Hospital Street, Bath.**

(The old medical office where Dr. Bruce and Dr. Colin Lockhart were located)

**Details will be shared on our Facebook page, emails and word of mouth when the move is completed.**

## Clocks Spring Ahead – March 8<sup>th</sup> Springing Forward Tips for Older Persons

<https://crestwoodmanoronline.org/blog/daylight-savings-tips-for-seniors/>

'While this time change signals brighter evenings and the promise of spring, it can also disrupt sleep patterns and daily routines, particularly for older adults who thrive on consistency and structure.

The shift to daylight saving time affects everyone differently, but seniors may experience more pronounced effects. The time change can disrupt carefully maintained medication schedules, meal times, and sleep patterns established over the years. Research suggests that older adults may need additional time to adjust to circadian rhythm changes, highlighting the importance of preparation and support during this transition.

Start early with gradual adjustments, rather than waiting until the night before the time change. It is a good idea to begin adjusting your sleep schedule gradually in the week leading up to March 8<sup>th</sup> by shifting your bedtime and wake-up times by 15 minutes each time you change them. This approach allows your body's internal clock to adapt naturally.

Create an ideal sleep environment to ensure your bedroom remains conducive to quality rest. Keep the room cool between 60 and 67 degrees Fahrenheit and eliminate sources of light and noise. Blackout curtains can be particularly helpful during the transition when evening light patterns change.

Maintain consistent evening routines even as you adjust your sleep schedule, keep your pre-bedtime rituals consistent. Whether it's reading, gentle stretching, or listening to calming music, these familiar activities signal to your body that it's time to wind down.'



'If you take medications at specific times throughout the day, consult with your healthcare provider or pharmacist about whether you should adjust your dosing schedule gradually or all at once. This is especially important for medications that need to be taken at precise intervals.

The springtime change means more evening daylight but darker mornings. This shift can temporarily disorient you during your usual morning routine. Ensure pathways in your home are well-lit, especially routes you typically take before sunrise. Keep nightlights in hallways and bathrooms, and avoid rushing when you first wake up.

The time change affects visibility during your regular driving hours. Morning commutes or appointments may now occur during darker hours, while evening drives will have better natural light. Allow extra time for morning trips, and ensure your vehicle's headlights are functioning properly.

Fatigue from the time change can affect balance and reaction time. Schedule important activities or appointments for times when you typically feel most alert, and don't hesitate to take short rest breaks if needed during the adjustment period.

Even though the time changes, maintaining consistency in your daily activities remains vital. Continue eating meals at your regular times (even if the clock says otherwise), take medications as scheduled, and maintain your exercise routine. This consistency provides stability for your body during the adjustment period.

Seniors experiencing dementia or Alzheimer's may find the time change particularly challenging. The disruption to routine can temporarily increase confusion or agitation. Family members should be aware that sundowning behaviors may intensify during the transition period. Extra patience, reassurance, and maintaining familiar routines can help ease this adjustment.'

## This Month's Activity Spotlight



### Golden Striders

February 4<sup>th</sup>, 2026 was the start of our Walking Group, and walking we do!! 120 Laps collectively, I call that a success!

Walking is good for various reasons:

Improves Heart Health

Mental Health Benefits

Joint Health

Overall Well-being, like lower high cholesterol and blood pressure

Walking every day can improve mood and boost energy levels. Walking is also easy to fit into your routine, all you need is a good pair of shoes and really, you can walk anywhere.

It's also important to remember to be safe while walking...i.e. stay hydrated and bring water on your walks. Make sure to be aware of your surroundings. If walking outdoors, make sure to walk during daylight or in well-lit areas and wear a reflective vest if it gets dark. And make sure your ear buds or headphones are not turned up too high. You need to hear what's going on around you. This is to only name a few.

Come walk with us, we'd love to have you! 😊



### Games Day

We had our first "away" games day on February 12<sup>th</sup>, 2026 in Glassville.

13 participants attended and I do want to say everyone had a great time!

– from what I hear 😊 –

With the successful day of games and cards we are doing it again!

**March 12<sup>th</sup>, 2026 we will be hosting another games day from 1-3:30, at the Glassville Rec Center, come join the fun!!!**

**RVM Apartments will also have a Games Day on the 19<sup>th</sup> from 1-4.**



### Riddle

Our next adventure

In the cold I wake and run,  
Golden rivers in the sun.  
Buckets hang where I once slept,  
Boiled and stirred till thick and sweet,  
Poured on snow for kids to eat.  
Forest farm without a plow,  
What and where am I right now?

# Learning Engagement for March:

## Watch Party on Cognition and Aging: What's Normal, What's Not, and How to Protect Your Brain

Horizon's Seniors Health program is partnering with Zoomers in Balance to offer quarterly education sessions for seniors online.

The first virtual session was held on Feb. 19<sup>th</sup>, presented by geriatrician, Dr. Feltmate, it was on Teams, and titled Cognition and Aging: What's Normal, What's Not, and How to Protect your Brain.

If you were unable to watch, NHWW is offering another chance.

On **Tues., Mar. 17<sup>th</sup>** we're inviting you to watch a recording of Dr. Feltmate's talk, at the Community Room in the River View Apartments, next door to our office.

Please call our office, 506-278-3197, to sign up for this educational "Watch Party" in advance, so we can save you a good seat!



## How did this month get named...

<https://www.almanac.com/content/month-march-holidays-fun-facts-folklore>

March is named for the Roman god of war, Mars. However, we think of it as the beginning of spring, as March brings the vernal equinox, the Full Worm Moon, and the return of Daylight-Saving Time!

Mars, the Roman god of war, would resume military campaigns that had been interrupted by winter during this time of year.

In the early Roman calendar, March (or Martius) was the first month of the calendar year. As March brought the first day of spring with the vernal equinox, it was the start of new beginnings.

March became the third month when January and February—which were added to the end of the Roman calendar around 700 BCE—instead became the first and second months around 450 BCE.

### MARCH BIRTHDAY SYMBOLS

Birthstone: Aquamarine

Alternative birthstone: Bloodstone

Birthstone color: light blue



Birth flower: Daffodil



Zodiac sign 1: Pisces (Feb 20 - Mar 20)

Zodiac sign 2: Aries (Mar 21 - Apr 19)



19<sup>th</sup> Wedding anniversary: Aquamarine



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[www.monthlybirthstones.com/march-birthstone/](http://www.monthlybirthstones.com/march-birthstone/)

Nursing Home Without Walls  
River View Manor  
96 Hospital St., Bath NB  
E7J 1B9

Postage  
Information

## St. Patrick's Day – March 17<sup>th</sup>

'Every year on March 17, the world turns a little greener—literally! From parades packed with leprechauns to rivers dyed emerald, St. Patrick's Day is a celebration like no other. But beyond the shamrocks, green attire, and pints of Guinness, there's a rich history behind this beloved holiday.'



## History of St. Patrick's Day

<https://www.britannica.com/topic/Saint-Patricks-Day>

'St. Patrick's Day, or otherwise known as the Feast of St. Patrick. St. Patrick was born in Roman Britain in the late 4th century; he was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 BC to convert the Irish to Christianity. By the time of his death on March 17, 461, he had established monasteries, churches, and schools. Patrick was a patron of Ireland and credited with bringing Christianity to Ireland. Many legends grew up around him—for example, that he drove the snakes out of Ireland and used the shamrock to explain the Trinity. Ireland celebrates St. Patrick's Day on the day St. Patrick died, with religious services and feasts.'

