

June 2026



River View Manor | 82 Hospital Street, Bath NB | (506)278-3197 | rvmnhww@nb.aibn.com

Care Beyond Walls



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Anyone 60+

Wellness Check Ins

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Opportunities

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Engagements

Services to promote

healthy aging and

lots more to assist

you to remain living

in your home for

longer!

Call: (506)278-3197

Email:

rvmnhww@nb.aibn.com

Protecting Yourself and Others in Extreme Heat

<https://www.canada.ca/en/environment-climate-change/services/environmental-indicators/extreme-heat-events.html>

'Extreme heat events, often referred to as "heat waves", are one of the known impacts of climate change. Extreme heat events are defined as weather events during which daily temperatures have reached heat warning thresholds on 2 or more consecutive days with no relief overnight.'

'Extreme heat events are becoming more common and severe with climate change. Temperatures are much hotter and/or humid than average. These weather events can cause heat-related illnesses, exacerbate previous medical conditions, and potentially result in death. It is important to note as well, that if the inside temperature is above 26C, there is an increased risk for heat related illness.'

'In NB, we use the Heat Alert Response System (HARS) to alert people of the severity of the heat event. There are 3 levels.'



'Who is at risk of heat-related illness? Everyone, however there are some groups that are at increased risk. Older adults 60+, individuals with chronic health conditions, homeless or inadequately housed individuals and people who work outdoors.'

'As we age, our ability to cool off via sweating decreases. Our perception of being 'too hot', also decreases. Additional factors such as chronic illness, medications and mobility issues can increase our risk of heat related illness during a heat event.'

What is Heat Related Illness?

'Heat-related illness, is sometimes referred to as heat stress. This is an umbrella term for various conditions that are caused by heat, such as a rash, sunburn, heat cramps, heat exhaustion and even heat stroke. It is important to note that we don't want to wait for signs of heat related illness, we want to avoid it entirely. Even mild symptoms can rapidly become severe illness. And it is important to note that it takes our bodies about 2 hours to regulate its temperature again.'

Heat Exhaustion

Symptoms: feeling faint or dizzy, excessive sweating, cool/pale/clammy skin, nausea or vomiting, rapid weak pulse or muscle cramps.

What to do: get to a cooler or air-conditioned place, drink water, take a cool shower or use cold compresses.

This is serious as it can quickly progress to heat stroke, which is a medical emergency. Heat exhaustion is an opportunity to prevent yourself or someone else from experiencing heat stroke.

Heat Stroke

Symptoms: throbbing headache, no sweating, body temperature above 103F, red/hot/dry skin, nausea or vomiting, rapid pulse, poor or lack of coordination, may lose consciousness.

What to do: **CALL 911!!!** Take immediate action to cool the person until help arrives.

How to Prepare for Extreme Heat Events

'Now is the time to consider how to be better prepared for the hot humid days of summer, by making a plan. Know your home's cool zone and consider sleeping in the cooler space. Install a window cooling system in at least one room of your house. Install 'black out' curtains or other window coverings to keep the sun out. Know your room temperature. Have fans available to bring in the cooler air inside at night can be helpful, but fans are not effective at cooling our core body temperature.'

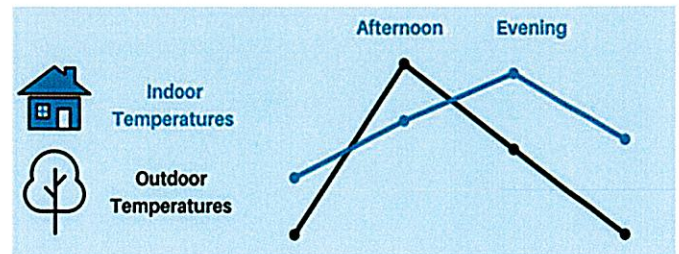
What is Peak Heat?

<https://cielowigle.com/blog/what-is-the-hottest-time-of-the-day/>

'During heat events, there is a time of day that is hottest. Understanding the hottest time of the day is essential for planning daily routines, minimizing exposure to heat-related risks, and managing energy usage more efficiently. While many assume that noon is the peak of daily heat, the temperature actually continues to rise for a few hours after midday.'

'By understanding when the day reaches peak heat, we can avoid unnecessary outdoor exposure, reducing the risk of heat exhaustion, dehydration, and heatstroke. Planning outdoor activities during the early morning or late evening is particularly important for children, older adults, and those with medical conditions.'

'In NB, peak outdoor temperatures tend to be later hours of the afternoon, between 3-5pm. Peak indoor temperatures tend to be in the evening. Our homes tend to be warmer during this time of the day.'



How to Protect Ourselves and Others

There are 2 impactful interventions that we can do during a heat event.

1. Ensure people have a way of staying cool either inside their homes or elsewhere (cooling center, neighbor)
2. Conduct 'Heat-Informed' checks on older adults, persons with health conditions, those living alone and those with mobility issues to consult them on their well-being and support their needs.

Heat Check-In

NHWW River View Manor started doing 'heat check-ins' during the summer of 2024. We were the first NHWW site to offer the check-ins for the province of NB.

The 'heat check-in' service has grown. We have several older adults whom we check in on with a phone call/home visit as needed during extreme heat events. Last year we enlisted the help of 4 wonderful volunteers to aid in making the phone calls.

We will be offering this service once again this summer. How can you help keep yourself and others safe?

If you have no way to keep your home mechanically cool, reach out to us to sign up for this **FREE** service. One of our staff or a volunteer will call you each day during the heat wave. If they feel you need a home visit, then one of the NHWW staff will meet you in your home.

If you know of others who do not have a way to keep their homes cool during a heat wave, then refer them to our heat check in service. NHWW is here to help older adults stay safe. We can provide education on how to be better heat prepared, as well as provide support.

Heat Waves Can be Dangerous

No cooling system in your home?

- Get connected to this **FREE** service:
- Heat check-ins (phone or visits)
 - **FREE** thermometers & Cool-Kit supplies
 - Safety tips for staying cool indoors

Call us now to register: 506-278-3197

Anyone age 60+

Referrals are welcome from self, family and professionals.

Important for those age 60+ or people with chronic health conditions



How did this month get its name...

<https://www.almanac.com/how-did-months-get-their-names>

Named for the Roman goddess Juno, patroness of marriage and the well-being of women. Also, it comes from the Latin word juvenis, which means "young people."

JUNE BIRTHDAY SYMBOLS

Birthstone: Pearl

Alternative birthstones:

Moonstone & Alexandrite

Birthstone color: Light purple



Birth flower: Rose

Zodiac sign 1: Gemini (May 22 - Jun 21)

Zodiac sign 2: Cancer (Jun 21 - Jul 22)



1st, 3rd & 30th Wedding anniversary: Pearl

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www.monthlybirthstones.com/june-birthstone/



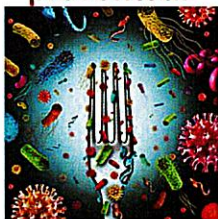
Food Safety for Older Adults

‘According to Health Canada, an estimated two million Canadians are affected each year by foodborne illness—commonly known as food poisoning. Many cases go unreported because the symptoms resemble other digestive illnesses. Unsafe food handling practices in the home are a leading cause of foodborne illness.’

‘Age brings experience and wisdom. Age also increases the risk of foodborne illness. Everyone's health is different, including our ability to fight off disease, but as we age: • immune systems weaken and our ability to fight illness is not as strong or efficient • stomach acid decreases (stomach acid plays an important role in reducing the number of bacteria in our intestinal tracts) • sensory losses (sight, smell and taste) may diminish our ability to detect food spoilage • the risk of chronic illness increases—diabetes, some cancer treatments, and kidney disease may increase a person's risk of acquiring foodborne illness.’

‘Foodborne illness can be deadly! In general, foodborne illness is not long lasting, but in some cases, it can be severe, even deadly. • Older adults, young children, pregnant women and people with weakened immune systems are more susceptible to severe bouts of foodborne illness. • Foodborne illness occurs when a person eats food contaminated with microscopic, disease-causing organisms, such as bacteria, viruses and parasites. • The most common symptoms may include stomach cramps, nausea, vomiting, diarrhea, headache and fever, or any combination of these. • These symptoms can occur several hours or several days after eating contaminated food. • Symptoms will vary according to the type and amount of bacteria, viruses and parasites present in the food.’

The good news—foodborne illness can be prevented.’



‘Bacteria can be present throughout the kitchen—on cutting boards, utensils, sponges and counter tops.’

Meat, poultry, seafood, eggs, fruits and vegetables may carry bacteria responsible for foodborne illness and as you handle them you can cross-contaminate other foods and working surfaces.’

Here’s how to fight bacteria:

‘Wash your hands for 20 seconds with soap and warm water before and after handling food, using the bathroom and handling pets. Wash your cutting boards, dishes, utensils and counter tops with soap and warm water after preparing each food item and before you go on to the next food. Once cutting boards (including plastic, non-porous, acrylic and wooden boards) become excessively worn or develop hard-to-clean grooves—replace them. Wash tea towels and dish cloths often in the hot cycle of a washing machine. Consider using paper towels to clean up kitchen surfaces. For added protection use a commercial kitchen sanitizer as directed or make your own bleach solution on counter tops and cutting boards for added protection. Rinse thoroughly with water.’

‘Keep hot foods ‘hot’ & cold foods ‘cold’ Use a cooler with ice to transport food in the car. Use ice packs or frozen drinking boxes to keep lunches cool. Use insulated bags or hot packs in coolers to transport hot food. It may be necessary to reheat items to a safe internal temperature when you reach your destination.’

The Two-Hour Rule

‘Refrigerate or freeze perishables, prepared food and leftovers, within two hours. Discard food left at room temperature longer than two hours. This includes food in the car, picnics and food left on the counter.’

We want you to enjoy your summer and not to become ill due to unsafe ‘food practices’.

May Activity Spotlight

May Activities and Events Fun!!!

Mother's Day Event May the 8th, Bus Adventure to Thrifting Stores and Boutiques. The first stop of the day, we were greeted by the ladies of the Centreville Baptist Church Second Hand Store. Our participants were able to browse and shop, prior to the opening of the store, lots of beautiful items were found for our group. We were treated to a beautiful "Tea" with sandwiches, fruit, sweets, tea and coffee. We are so appreciative of our time with you and your kindness and thoughtfulness! Thank you for a great time!



Bowling, Tai Chi with Conroy, Games Day, all were very well attended and we always have the best time!

Our online trial session of Zoomers in Balance happened in Upper Kent, as well as a surprise birthday celebration for one of NHWW participant's! 😊



June Events and Surprises...

Grand Falls Shopping Trip, first of our Summer Highway Holidays

Plan to join us for some shopping, lunch, ice cream perhaps? A visit to the Falls may be on the itinerary too.

This will be a full day, leaving at 9am and back at...3, 4 or 5? Must sign up on Friday, June 19th starting at 8:30am. The rules for this highway holiday have changed, we will not accept any voice messages left after midnight on the 19th. We want to speak to you directly.

Priority will be given to those who have never attended one of our 'highway holiday' trips.

Seating on the bus is limited. If you still drive, and want to join us, we will be happy to share our plans for the day with you. We would appreciate a call to let us know that you are wanting to participate in the activity.



ALL ABOARD!!

Please join us in welcoming our summer student, Sophie. She is a 2nd year university student who is assisting us with our services and programs for the next 12 weeks!

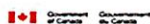
WELCOME SOPHIE!

NHWW River View Manor
82 Hospital Street
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Postage
Information

National Indigenous History Month

#NIHM2026



Canada

Here are a few ideas of how you can learn more: read books, attend community gatherings, watch movies, documentaries, listen to music by indigenous artists, and/or follow First Nations, Inuit and Métis creators on social media.

National Indigenous History Month

<https://www.rcaanc-cimac.gc.ca/eng/1466616436543/1534874922512>

June is National Indigenous History Month in Canada, an opportunity to learn about the unique cultures, traditions and experiences of First Nations, Inuit and Métis who have lived on this land since time immemorial and whose presence continues to shape Canada today. It is also a moment for reflection and to recognize the ongoing impacts of colonization and to reflect on how we can all contribute to reconciliation.

The campaign dates back to 2009, when the House of Commons designated June as National Aboriginal History Month. The name was changed to National Indigenous History Month in 2017.