

August 2026



Care Beyond Walls

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



Features

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Wellness Check Ins
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Al Dementia Caregiver
Tool
Social Connection
Learning Engagements
And lots more to
promote healthy aging
and assist you to
'age in place'

Happy New Brunswick Day!



August 'Happiness Happens' Month

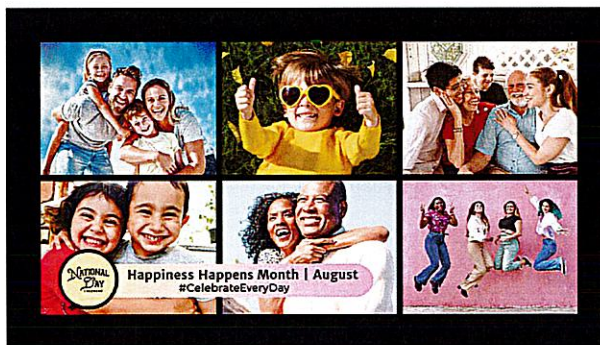
<https://nationaldaycalendar.com/celebrations/happiness-happens-month-august>

Happiness Happens' month is a time to remind ourselves to be happy as much as we can. It is a fun celebration that allows us to find happiness in everything that we do.

The celebration of this month started in 2000, before people only celebrated "Happiness Happens" for a day, members of the founding society wanted the feelings to linger so they expanded it to a month long.

They like to point out that happiness stems from our thoughts, even if things are not always perfect, learning to see the good can help make you happier long term. Reading books, watching videos, and listening to podcasts on how to be happy are all good ways to help you change your mindset and understand the advantages it brings. The main message you will find is **"Everything can be taken from a man but one thing; the last of human freedoms – to choose one's attitude in any set of circumstances, to choose one's way" – Viktor Frankl**

All you have to do to celebrate is notice more happy moments, no matter how small, and share them with others.



NHWW RVM Phone Update

Thank you for bearing with us as we have been experiencing issues with our phone line over the past several weeks. We have been working with the provider and things are slowly getting figured out. Please note when you call our main line, 506-278-3197 you will now be invited to use a directory. We are hopeful that this will serve you better.

Hypertension- The “Silent” Disease

High blood pressure is often referred to as the “silent” disease, as most people may not experience any warning signs, symptoms, or have any indication that their blood pressure is elevated. Over time, uncontrolled hypertension can greatly impact the risk of various diseases such as heart disease, kidney disease, stroke, and dementia. Being proactive and monitoring your blood pressure can help protect your health long-term.

Decoding The Numbers

Systolic (top number) is the active pumping pressure of heart and blood vessels. The diastolic (bottom number) is the resting base pressure of heart and vessels, they are in a relaxed state. Pressures will naturally fluctuate throughout the day, following the circadian rhythm. For example, blood pressures surge in the early morning hours (6am to 10am). Taking readings throughout the day can provide a better picture of overall pressure. Blood pressure can be influenced by factors such as stress, exercise, caffeine, and sleep.

New Guidelines of 130/80 vs the Historical View of 140/90

The new threshold for diagnosis of 130/80 is aimed at catching the cardiovascular risk sooner to allow for proactive protection of brain and heart health before the damage occurs. This aims to focus on early lifestyle interventions.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)		DIASTOLIC mm Hg (bottom/lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
STAGE 1 HYPERTENSION (High Blood Pressure)	130-139	or	80-89
STAGE 2 HYPERTENSION (High Blood Pressure)	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional)	HIGHER THAN 180	and/or	HIGHER THAN 120
HYPERTENSIVE EMERGENCY	HIGHER THAN 180	and/or	HIGHER THAN 120

‘Hypertensive Emergency’

<https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/when-to-call-911-for-high-blood-pressure>

‘Call 911 if your blood pressure is higher than 180/120 and you are experiencing symptoms that may include:

- Chest pain
- Shortness of breath
- Back pain
- Numbness
- Weakness
- Change in vision
- Difficulty speaking’

Lifestyle Changes that Influence Blood Pressure: Non-Medication Based Strategies

<https://www.mcmasteroptimalaging.org/blog/detail/blog/2021/06/24/managing-blood-pressure-with-non-medication-based-strategies>

‘DASH- Dietary Approaches to Stop

Hypertension: a low-sodium and high potassium dietary approach. Increase intake of whole grains, low-fat dairy, fruits, and vegetables, while also decreasing intake of sodium and saturated fats.

Adequate hydration: Dehydration can cause blood vessels to narrow, increasing blood pressure.

Aerobic exercise: Exercises that increase cardiovascular function. Examples: walking, cycling, jogging, swimming, dancing, hiking.

Isometric exercise: Static strength training holds for different muscle groups, wall sit, leg extensions, side arm lift, yoga, etc.

Breathing exercises: diaphragmatic (belly) breathing, box breathing, slow breathing with prolonged exhalation.

Alcohol restriction: Alcohol can raise blood pressure. Limit alcohol to no more than two drinks per day for men and one drink per day for women.’

Lifestyle Changes...continued

'Smoking cessation: improves circulation, lowers heart rate and blood pressure, decreases risk of heart attack, stroke, and atherosclerosis. Blood pressure increases short term with every smoke.

Stress management: influences risk factors like poor diet, smoking, and alcohol intake. These strategies can also be used as a preventative measure in decreasing the risk of developing hypertension'.

Medications

<https://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure/types-of-blood-pressure-medications>

'There are many different classes of blood pressure medications that have different mechanisms of action. Some examples include:

- Diuretics: Furosemide
- Beta-Blockers: Metoprolol
- ACE Inhibitors: Ramipril
- Angiotensin II Receptor Blockers: Candesartan
- Calcium Channel Blockers: Amlodipine
- Alpha Blockers: Doxazosin
- Alpha-2 Receptor Agonists: Guanfacine
- Vasodilators: Hydralazine'

****Do not stop taking a medication or change the dose/frequency without talking to a primary care provider****



White-coat Hypertension

A condition where one's blood pressure is elevated in a doctor's office as compared to a blood pressure reading taken at home due to anxiety. Your autonomic nervous system, which responds to stress, constricts the blood vessels, increasing the blood pressure. Performing blood pressure readings within your home are more informative than an isolated office visit. This is why your primary care provider may ask you to take a series of blood pressures at home at various times of day.

Key Highlights

<https://www.mcmasteroptimalaging.org/blog/detail/videos/2026/06/10/taking-control-of-your-blood-pressure--what-the-new-guidelines-mean-for-you>

1. 'High blood pressure often has no symptoms.'
2. A diagnosis of hypertension is confirmed with a blood pressure of 130/80
3. One reading of high blood pressure does not mean you have hypertension; it is based on a trend of elevated pressures.
4. Monitoring your blood pressure at home is a key part of the diagnosis (trend monitoring).
5. Lifestyle changes are the foundation of treatment!
6. Proactive treatment helps to protect your heart, brain, kidneys and overall health.'

NHWW Blood Pressure Clinics

NHWW RVM is wanting to assist you with keeping an eye on your blood pressure along with other various health indicators such as your blood sugar levels.

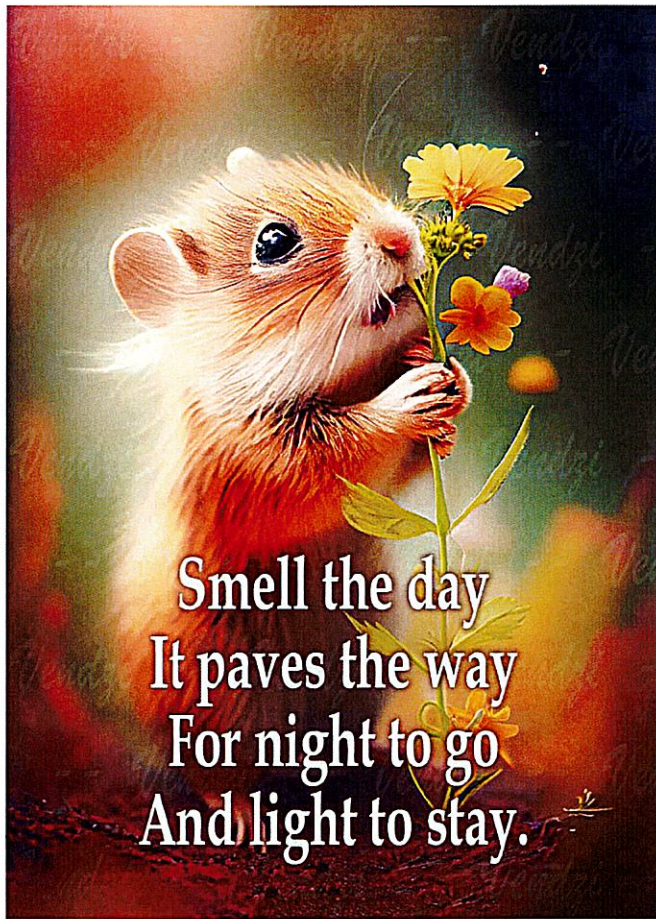
We are now offering **3 FREE** blood pressure clinics throughout the district of Carleton North.

1. **2nd Wednesday** of the month – 8:30 to 11am – Bun Veysey Center in F'ville.
2. **3rd Thursday** of the month – 11 to 1pm – Juniper Community Center in Juniper
3. **4th Tuesday** of the month – 9 to 11am – NHWW office – 82 Hospital St. Bath (Formerly known as Bath Medical Clinic)

Activity Spotlight

July, where have you gone???

With vacations, family visits and gardens to look after we've slowed down on the events and activities. Summer is such a busy time of year for most of our participants and it's nice to be able to take a pause and smell the flowers.... literally!



Regardless, if you take a look at the calendar, we do have a pretty good number of activities and services happening for the month of August. Also keep an eye out for pop-up events that may be happening.

****Save the Date****

RVM and NHWW will be hosting an open house on September 10th from 11 to 1pm. We will be celebrating the new space with a casual barbecue. We look forward to seeing you!

Benefits of Multi-Generational Play

Play is for everyone—not just children. When people of all ages play together, it helps create stronger, more connected communities.

Multi-generational play brings children, parents, grandparents, and older adults together in shared spaces. These experiences help build stronger relationships, encourages understanding and respect between generations, and creates lasting memories. They also support creativity and problem-solving.

By designing spaces and activities that welcome everyone—from toddlers to older adults—we can create meaningful opportunities for connection, fun, and healthy living.

We will be having another intergenerational event on August 19th at the RVM Complex, 100 Hospital St. Bath.

There will be food, games and friendly competition! 😊



Let's Laugh

NHWW would like to share a few laughs with you.

If you know a good joke or pun please send it to us at rvmnhww@nb.aibn.com or call it in at 506-278-3197. Because sharing a good joke makes it even better.

Contributor's names will be added to a draw for a prize.

Something to Laugh About!

My friend Jack says he can communicate with vegetables.

That's right...Jack and the beans talk.

Which beans are the most athletic?

Runner beans.



Why did the raspberry join the debate team?

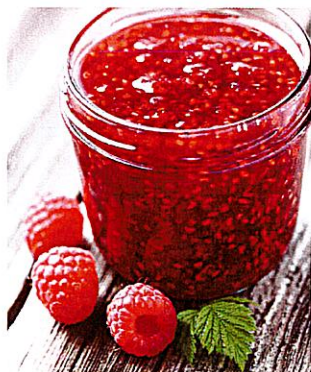
It had a lot of juicy points to make!

Why did the raspberry bring a map?

It didn't want to get into a jam!

How was the raspberry after reading all these terrible puns?

Feeling a little seedy, but still berry optimistic!



How did this month get its name...

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

August marks another Roman ruler enshrined in the calendar, Augustus, nephew of Julius Caesar and the first emperor of Rome. The emperor's name came from the Latin *augustus*, which gave us the adjective "august," meaning "respected and impressive."

AUGUST BIRTHDAY SYMBOLS

Birthstone: Peridot

Official birthstones: Peridot & Spinel

Alternative birthstone: Sardonyx

Birthstone color: Light green



Birth flowers: Gladiolus & Poppy

Zodiac sign 1: Leo (Jul 23 - Aug 22)

Zodiac sign 2: Virgo (Aug 23 - Sep 23)



16th Wedding anniversary: Peridot

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



The gladiolus flower symbolizes strength, honor, moral integrity, and admiration, with origins tracing back to Africa, the Mediterranean, and ancient Roman culture.

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Postage
Information

National Friendship Day Sunday, August 3, 2026

National Friendship Day is celebrated annually on the first Sunday of August.

This day is dedicated to appreciating and honoring the importance of friendships, encouraging people to reach out to friends, strengthen bonds, and celebrate platonic relationships. Traditions often include exchanging greetings, gifts, or spending quality time together, and the day emphasizes the social and emotional value of maintaining strong friendships.



Morning Men's Meet Up Every Tuesday from 9-10am NHWW Office 82 Hospital St., Bath

There are still some spots left on the park benches for any men out there looking to connect with others. This is a great social time. We serve coffee/donuts and provide you with a 'hangout to talk about men kinds of things'. We would love for you to join the crew that has been meeting weekly.

NHWW recognizes that a lot of our programs are geared towards women. This is a service to assist men to connect with men in a safe space. It is a great way to meet new people.

All men are welcome.

