

July 2026



Care Beyond Walls

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Features

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**NHWW Services:
FREE**

**Anyone 60+
Wellness Check Ins
System Navigation
Social Connection
Opportunities
Learning
Engagements
Services to promote
healthy aging and
lots more to help
you 'age in place'.**

Happy Canada Day!



Social Wellness Month

<https://www.betterhelp.com/advice/current-events/july-is-social-wellness-month-heres-how-to-celebrate/>

July is Social Wellness month. Established in the early 2000's, this month encourages people to build healthy relationships and improve their social wellbeing. The goal is to put yourself first and focus on your mental health and wellbeing through healthy social interactions and strong social relationships.

Having strong and healthy social interactions means you have a strong social support system. Having a strong social support system is shown to offer emotional, physical and psychological health benefits like; improved self-esteem, good coping skills, reduced stress, strong feelings of belonging, and improved feelings of stability.

Ways you can build/improve your relationships this social wellness month include; spending quality time with friends and family, reconnecting with old friends, attending events, joining a group or club and getting to know the people around you. And don't forget...you are always welcome to attend one of our activities/service offerings!



The Men's Sheds Movement

<https://mensshedscanada.ca/history-of-mens-sheds/>
<https://nationalpost.com/life/real-canadians-mensshed>

What is this movement all about?

'Originating in Australia in the late 1990s, **the Men's Sheds movement** has since grown to over 3300 Sheds in more than 15 countries, and the numbers keep growing! While each is as different as the communities they are found in, Men's Sheds all share the same aim of improving men's health and well-being by providing a space for social interaction, skill-sharing, and community engagement.'

'The first Canadian Men's Shed was launched in Winnipeg in 2011, and the concept gradually spread to other provinces over the next ten years, with about 35 Sheds up and running by 2020. Just as momentum for the movement was growing, the COVID-19 pandemic struck, and although many Sheds stayed connected through Zoom meetings, there was a lull in the creation of new Sheds until the rescinding of social distancing.

Many individuals and organizations working at local, regional, provincial, and national levels have been key partners and promoters of Men's Sheds all across Canada, and the current growth to over 150 Sheds and representation in every province is a testament to this collective effort.'

What are 'Men's Sheds?'

'Men's Sheds are community-based spaces where men regularly meet to socialize and work on projects together. Participants choose the projects based on their interests — everything from woodworking and metalworking to cooking, IT or bicycle repairs.'

'The projects the men work on are often donated to schools or community organizations allowing the group to provide valuable community service, but the projects aren't the main point of Men's Sheds. The real benefit of Men's Sheds is to bring people together and combat the sense of isolation that men sometimes feel after they retire. It's a grassroots community-based way to improve physical and mental health for a demographic that has higher depression, divorce and suicide rates than the general population.'

BRAND NEW SERVICE OFFERING FOR MEN

The District of Carleton North has not been part of the 'Men Shed's Movement', however, NHWW RVM sees there is a need for a welcoming space for men who may feel isolated and in need of companionship, to gather.

We recently purchased new park benches, from a local craftsman. The benches are located in the front parking lot at our NHWW office.

We want to give men a safe place to gather, to spend time connecting with friends and neighbors. Men, you are invited to drop by our benches

Tuesday Mornings starting July 7th. This is a brand-new service offering for men, it is called the **Morning Men's Meet up**. You are welcome to come sit, chat and catch-up. Light refreshments will be provided between 9-10am. All men are welcome.



AI Caregiver Coach Tool

Support, guidance and answers – anytime you need it!

Our NHWW site participated in a pilot project last fall with Person Centered Universe to 'test' this artificial intelligence tool. We heard from several participants whom found the tool helpful. We are now heading into the next phase of this service offering to people living in the district.

Person Centered Universe is a New Brunswick based organization dedicated to transforming how to support people living with dementia and their families and friends whom care for them. This organization believes every caregiver deserves access to trusted, compassionate and expert guidance when they need it, not just during clinic hours.

Reality of Caregiving – 1 out of 5 Canadians provide unpaid care to a family member or friend. Dementia care does not follow business hours, it is 24/7. Nearly 50% of caregivers report high levels of stress and burnout. Many caregivers face the hardest moments alone. Dementia care does not wait for office hours; it can happen at 3am or on a holiday. Caregivers have no one to call, this is the gap the tool is structured to fill in.

The AI Caregiver Coach, is a support tool that is always available. It is practical advice given to you in plain language with no 'medical jargon'. The tool is safe and private. The information you will receive is built on 'person-centered' care. The tool can be used by anyone who is caring for someone who is at any stage of dementia.

What can you ask the Coach?

'I can't seem to get my loved one to take their medication at bedtime, what do I do?'

'I am feeling overwhelmed and stressed, is this normal?'

These are only examples.... you can ask the tool anything and it will give you evidenced-based responses. Want more info, then plan to attend our launch on **July 9th at 4:30pm**.

AI Caregiver Coach Launch Invite

**Compassionate, knowledgeable
support for caregivers**

When:

Thursday, July 9th at 4:30pm

Where:

NHWW Office –

Formerly Bath Medical Clinic

What to Bring:

Tech Devices – immediate access to the tool

Light Refreshments will be served
Pre-registration preferred but not necessary

Phone: (506)278-3197

This tool is specialized to assist caregivers who are caring for someone who is in any stage of dementia. The tool gives you 'in the moment' support, practical ideas and problem-solving strategies, easy access 24/7 and it is FREE.

If you have questions, please feel free to reach out.

electronic
surveys



Today, caregivers face expanding caregiver responsibilities.

Activity Spotlight

June Events and Activities 😊

We hosted several sessions of Chair Tai Chi with Conroy. These trial sessions have become very popular. From Juniper to Centreville and some communities in between, Tai Chi has been very well attended and enjoyed!

Thank You Conroy!



Up and coming Aquacise and Lap Swim in July

Come join Joanne and Sophie at the Bath Pool –
July 9th and 14th 12:30 – 1:30

Swimming offers seniors a low-impact, full-body workout that improves heart health, strengthens muscles, enhances flexibility, supports mental well-being and helps with balance, posture and fall prevention.

We look forward to you joining us!



Lap/walk/float/swim...getting in and moving
is what it's all about!



To prevent sun exposure while at the pool:

Apply Sunscreen: SPF of 30 or higher –
15 – 30 min before exposure
(follow directions on reapplication)

Wear Protective Clothing – UV protection
sunglasses – long-sleeved swim shirt –
wide brimmed hat

Stay Hydrated – drink plenty of water
Limit outdoor activity and seek shade
during extreme heat events.



Let's Laugh

Over the next three months, NHWW – RVM would like to tickle your funny bone.

With the majority of news media focusing on negative news and gossip, we'd like to drop some light and laughter into your day-to-day Facebook scroll.

We'd also like your help, so we can do this for longer or another time, possibly through the winter months.

Please send us your favorite jokes, puns, or funny short stories (less than 250 words). Send them by e-mail to rvmnhww@nb.aibn.com, private message them to us at our Facebook page, **Nursing Home Without Walls River View Manor**, or call us with them at **506-278-3197**.

Contributor's names will be added to a draw for a prize at the end. If you need help condensing your short story to 250 words, Sophie our summer student, will happily help with that.

Laughing Facts

Laughing is so ingrained in human nature that babies as young as 17 days old have been seen doing it.

Approximately 15 minutes of laughing can burn up to 40 calories.

Laughing can improve immunity and sleep.

Laughter has been shown to be contagious.

Laughter is a human sound that doesn't belong to any language.



How did this month get its name...

<https://wordsmarts.com/how-did-july-get-its-name/> &
<https://www.almanac.com/how-did-months-get-their-names>

"Caesar" is more than the name of a delicious salad — it's also perhaps the most powerful surname in ancient Roman history. Julius Caesar was a famed Roman statesman. The month of July was named to honor the Roman dictator (100 B.C. – 44 B.C.) after his death. His legacy is still present in our modern calendar.



JULY BIRTHDAY SYMBOLS

Birthstone: Ruby

Alternative birthstone: Carnelian

Birthstone color: Red



Birth flower: Larkspur



Zodiac sign 1: Cancer (Jun 21 – Jul 22)

Zodiac sign 2: Leo (Jul 23 – Aug 22)



15th & 40th Wedding anniversary: Ruby



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www.monthlybirthstones.com/july-birthstone/

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Postage
Information

Lyme Disease

What you should know this season

<https://www.mcmasteroptimalaging.org/blog/detail/videos/2026/04/29/lyme-disease-and-west-nile-virus--what-you-should-know-this-season>

'Lyme disease can develop after being bitten by an infected blacklegged tick (deer tick) or a western blacklegged tick. In most cases, a tick must be attached for at least 24 hours to transmit the bacteria that causes Lyme disease.

Signs and symptoms of Lyme disease can vary from person to person. Symptoms can appear days to weeks after a bite and may include: an expanding skin rash over several days (often over 5 cm), fever, chills, fatigue or headache, swollen lymph nodes, and/or muscle and joint pain. It is important to note that these symptoms can be mistaken for other common conditions in older adults.'



How to reduce your risk?

Spending time outdoors is part of a healthy lifestyle at any age. Taking a few simple precautions can help you stay well.

Wear long sleeves, pants and closed-toe shoes when in wooded or grassy areas

Tuck your shirt into your pants, and your pants into your socks

Use insect repellent (DEET or icaridin) on exposed skin and clothing

Check your body, clothes and any outdoor gear after being outdoors

Check your pets for ticks after they are outdoors, and talk to your vet about tick prevention

If you find a tick: Remove it as soon as possible, clean the area of the bite, watch for symptoms over the next few weeks. Early diagnosis and treatment with antibiotics can prevent complications and improve recovery.

