

May 2026



# Care Beyond Walls

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



## May 4<sup>th</sup> to May 10<sup>th</sup> is Mental Health Awareness Week

<https://cmhanb.ca/mentalhealthweek/>

**'Come Together,  
Canada  
Stronger connections.  
Better mental health.'**

'Social connection is essential to overall health and well-being. But too many people are feeling alone. In Canada, millions of people say they feel lonely often or always.'

'This May 4-10, CMHA is inviting people across Canada to Come Together. It's a call to spark small, everyday actions of connection, and to recognize the role we all play in supporting mental health through connection.'

'Together, we can strengthen mental health, build healthier communities, and help more people feel connected.'

'Because connection strengthens mental health.'

'Social connection is part of everyday life social connection takes many forms. It might look like sharing a meal with someone you love, calling a friend, or exchanging a few words with a stranger. These moments of connection happen all around us, every day.

And they matter more than we might think.

Human beings are social animals. Our very survival and ability to thrive depends on how we interact with others. Research shows that strong social support is linked to:

- Higher rates of well-being
- Greater safety and resilience
- Increased prosperity
- Longer life expectancy

Having good social support has also been found to lead to positive health outcomes, a sense of purpose, belonging, security, and self-worth.'

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

**Happy Mother's  
Day!**



## Mental Health Awareness Week.... continued

'When connection is missing people may experience social isolation. Or if they can't connect with others in ways that feel satisfying or their needs are met, they can experience loneliness and possibly mental health and physical health problems.

Social isolation is having few relationships or limited contact with others. Loneliness is the feeling – or perception – of being alone or disconnected. People can live solitary lives and not be lonely, while some people can be surrounded by people and yet feel very alone.'

### 'What sets the stage for feeling connected?

When it comes to social connection, the quality of your relationships plays an important role. Research shows that loneliness is more likely to surface when people feel they lack close, meaningful attachments.'

**Mental Health Week | May 4-10**

**COME  
TOGETHER,  
CANADA.**

Stronger connections,  
better mental health.



## Where to get help for your mental wellness....

Are you looking for mental health services?

Your healthcare professional is a good place to start.

If you or someone you know is in immediate crisis or has suicide-related concerns:

9-8-8 is for anyone who is thinking about suicide, or who is worried about someone they know. Connect to a responder to get help without judgement. Call or text 9-8-8 toll-free, anytime for support in English or French.

Call: 9-8-8 (toll-free, 24/7)

Text: 9-8-8 (toll-free, 24/7)

For more information, visit <https://988.ca>.

Addiction and Mental Health Services accepts walk-ins, or you can call to schedule an appointment.

(506)325-4419 -Woodstock

(506)273-4701 – Perth-Andover

NHWW staff will be happy to talk to you, to listen and to assist you in getting the help you need. Reach out to us, we are here to support you to age in place.



**Nursing Home** | **Foyer de soins**  
WITHOUT WALLS | SANS MUR

## Tai Chi is coming to a community near you!

<https://myacare.com/blog/tai-chi-for-seniors-benefits-and-how-to-get-started>

How many of you have heard of an exercise program entitled, Taichi? Do you know what kind of a program it is? Would you be interested in participating in a trial session? NHWW has lined up an instructor trained in Taichi...who will be offering this program to a community near you.

### What is Tai Chi?

'It is a gentle, low-impact exercise well-suited for seniors, combining mindful movement with breathing to support physical and mental well-being. It may improve balance, flexibility, strength, and mood, while helping manage age-related conditions. With adaptable styles and beginner-friendly exercises, it offers a practical approach to maintaining mobility, independence, and overall quality of life.'

'Tai Chi is particularly well-suited for seniors for several reasons. Its gentle and accessible nature makes it a welcoming choice for people of all fitness levels. Seniors can engage in Tai Chi without the fear of straining their bodies or pushing themselves too hard. This low-impact exercise is also effective in addressing common concerns associated with aging, such as joint pain and mobility issues.'

'Over and above, the benefits of Tai Chi for seniors extend to many other aspects of health and wellbeing, including improving balance, strength, mental clarity, and mood.'



NHWW RVM is very pleased to have Conroy Drost offer instruction on chair Tai Chi exercises.

Conroy has spent the last several weeks learning all about Tai Chi and the techniques that make this an excellent program for seniors to engage in.

Plan to join Conroy and NHWW in communities near you, on the following dates for this FREE trial session.

**May 20<sup>th</sup> – Centreville Baptist Church  
11:15am**

**May 25<sup>th</sup> – NHWW office  
2:00pm**

**May 28<sup>th</sup> – Glassville Community Center  
11am**

If we get enough interest we will consider offering this program in your community.

## AI Dementia Caregiver Coach

NHWW is offering caregivers FREE access to an AI tool that is designed to support family and friend caregivers in the District of Carleton North. The use of this AI tool, will help to gather valuable feedback and to shape the future of dementia support tools for the future.

We will host a 'soft launch' at our upcoming Memory Café on May 7<sup>th</sup> from 2-4pm. All are welcome.

NHWW RVM will host a more in-depth launch in June.

Date to be Determined.

For more information, reach out to us. We would love to talk about how this tool can assist you and your loved ones to 'age in place'.

## April Activity Spotlight

*This past month we enjoyed lunch at the Country Side Pub and Grill, a visit to the Andrew and Laura McCain Art Gallery to see Dr. Marco's art collection. We shared a great time at the Games Day with our friends at the Glassville Community Centre. And the trial sessions for Zoomers In Balance, in Centreville, Glassville and Bath were a great success. These are to name just a few of our great activities planned by Joanne. Look out.... she has many more events planned for May!*



**TEASER!**

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## Coming Summer 2026

I tumble down but never trip,  
I roar aloud without a lip  
From mountain high to valley low,  
I never stop- I only flow.

By the sea where tides run wide,  
Historic streets and charm reside.  
Whale watchers scan the ocean blue,  
Garden bloom with vibrant hue,  
A Town so quaint, yet full of view  
Where in New Brunswick am I pointing to?

I sit in summer's golden throne  
With heat and harvest fully grown.  
Long days begin to slowly fade,  
As hints of autumn start to wade  
Vacations peak, then drift away  
Which month am I at summer's sway?



Social Connection....so important for our mental wellness!

With Spring comes a wonderful time for friendships to flourish! With a subtle sense of renewal, this is also a great time to reconnect with someone you've drifted from. Make the call, send the text or email, have the cup of coffee! Overcome the shyness, doubts or guilt of no contact! 😊

## Learning Engagements for May...

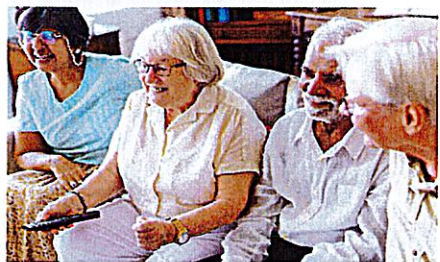
### 'Bone Health and Fracture Prevention'

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

The second virtual session will be aired later this month. "Bone Health and Fracture Prevention" to be presented by Dr. Jason MacDonald, a geriatrician at Horizon.

For anyone who would like to watch it with us, NHWW is throwing open our doors and scooping up the popcorn. We'll be showing the live presentation at our office, on **Friday, May 29<sup>th</sup>, at 2:00pm**. Please call to sign up, so we can save you a seat!

If anyone wants to watch this Zoom presentation from home, we can provide the registration link or you can find it on the Zoomers in Balance, or Horizon Health websites.



**'Age Friendly Communities'** .... want to learn what this initiative is all about?

Join us on **May 22<sup>nd</sup> at 10:30am** to **'Feed Your Mind'** at our NHWW location, 82 Hospital St., Bath. We will have light refreshments, a guest speaker and an opportunity to have your say about what you think your community should look like as an 'age friendly community'. Call to reserve your seat by May 15<sup>th</sup>.



## How did this month get its name...

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

MAY is named for the Roman goddess Maia, who oversaw the growth of plants. Also, from the Latin word maiores, "elders," who were celebrated during this month. Maia was considered a nurturer and an earth goddess, which may explain the connection with this springtime month.

### MAY BIRTHDAY SYMBOLS

Birthstone: Emerald

Alternative birthstones:

Agate & Chrysoprase

Birthstone color: Green



Birth flower: Lily of the Valley

Zodiac sign 1: Taurus (Apr 21 - May 21)

Zodiac sign 2: Gemini (May 22 - Jun 21)



20<sup>th</sup> & 35<sup>th</sup> Wedding anniversary: Emerald



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



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

Postage  
Information

## Are you Prepared for the 'Heat Waves' of Summer?

NHWW RVM is gearing up once again this summer to offer educational sessions and 'heat check-ins' for anyone who does not have a way to keep their homes mechanically cool.

We are looking for volunteers to assist us in making 'heat check-in' calls. If you or someone you know would like to volunteer, we would love to speak to you.

We offer a short training session. Will support you and offer flexible options that will fit with your schedule.

Give us a call for more info at (506)278-3197.

Become a Volunteer and Impact Lives Today!

Do you like to talk on the phone?  
NHWW  
is looking for volunteers to assist  
with 'Heat Check-Ins'  
during extreme heat events.

**VOLUNTEER**  
With Purpose

Time commitment: only during an extreme heat event  
Training: provided by NHWW  
What is needed: a phone and a love to chat with others.

**Training Date**  
**Early June**  
**For more info call**

Join Us! Phone: 506-278-3197

**Nursing Home** **Foyer de soins**  
WITHOUT WALLS | SANS MUR