

September 2026



Care Beyond Walls

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



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NHWW Services:
FREE
Anyone 60+
Wellness Check Ins
System Navigation
Social Connection
Learning Engagements
Services to Promote
healthy aging and lots
more to help you to
'Age in Place'

HAPPY
Labour
Day

About World Alzheimer's Day 2026

<https://www.awarenessdays.com/awareness-days-calendar/world-alzheimers-day/>

'World Alzheimer's Day is an annual global event held on the 21st of September, dedicated to raising awareness about Alzheimer's disease and other forms of dementia. It serves as a central day within World Alzheimer's Month, a campaign throughout September focusing on education, stigma reduction, and support for individuals and their families.'

What Is World Alzheimer's Day?

'Organized by Alzheimer's Disease International (ADI) and recognized by the World Health Organization (WHO), this day acts as the focal point for global initiatives aimed at challenging misconceptions about dementia, promoting early detection, and encouraging community support. Many Alzheimer's organizations release reports, host events, and amplify public messaging on this day. September has been designated World Alzheimer's Month, with the 21st serving as the highlight for worldwide awareness and advocacy efforts.'

Why It Matters

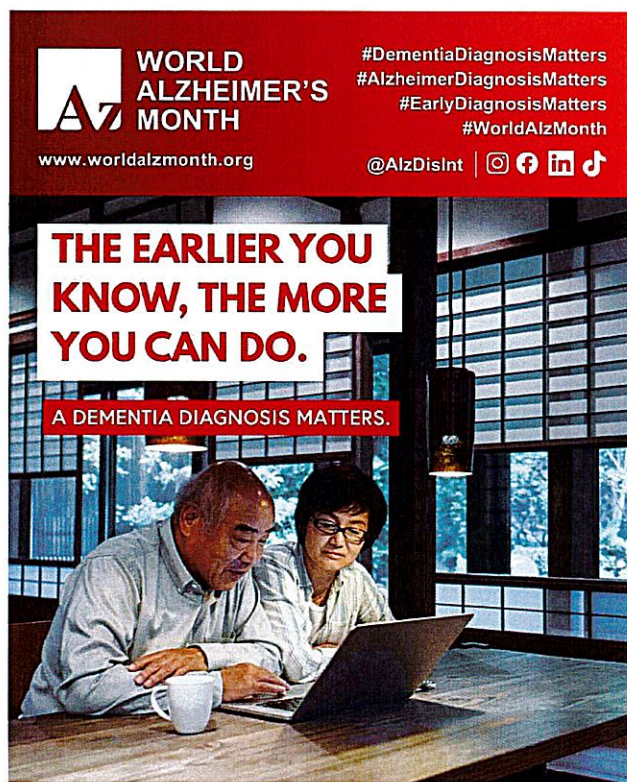
'**Raises awareness:** Alzheimer's is the most common form of dementia, affecting millions worldwide. Recognizing the day brings attention to its symptoms, challenges, and impact on families.'

Challenges stigma: Destigmatizing dementia helps foster understanding, empathy, and community inclusion for those living with the disease.'

Supports caregivers: Acknowledges the emotional, physical, and financial burdens on caregivers and highlights sources of help and advocacy.'

Advances research: Many organizations use the day to launch reports, share breakthroughs, fund research, and lobby for improved care policies.'

World Alzheimer's Day, September 21st



How to Observe

'Raise awareness: Share stories, infographics, or facts – many events and the annual ADI World Alzheimer Report are released on this day.

Participate in events: Join memory walks, seminars, webinars, or local public gatherings organized by Alzheimer's societies.

Use purple: Display a purple ribbon or wear purple as a symbol of solidarity. Iconic landmarks are often lit purple in major cities.

Support research & care: Donate, volunteer, or advocate for improved diagnostic tools, care resources, and dementia-friendly public policies.

Engage locally: Schools, workplaces, and community centers can host information booths, workshops, or screening events.'



Memory Café

<https://alzheimer.ca/nb/en/memorycafe>

'A Memory Café is a safe, inclusive and welcoming space for people living with any stage of Alzheimer's disease or another form of dementia, their care partners and their community to come together, socialize, learn and have fun.'

What is a Memory Café?

A Memory Café is a free monthly program that welcomes people living with all stages of dementia, care partners, friends, family and community members for fun, building connections and learning about living well with dementia.

Led by community volunteers, Memory Cafés are offered in communities throughout New Brunswick.

Each Memory Café is unique and may offer fun activities, guest speakers, entertainment, snacks and resources.

NHWW RVM is resuming hosting Memory Cafes in the District of Carleton North, starting September 3rd. The café will be held at the Florenceville-Bristol Community Hall on 8696 Main Street, from 1 to 3pm the 1st Thursday of each month, starting September 3rd. All are welcome to attend.



MEMORY CAFE
SEPTEMBER 3RD
1-3PM

NHWW RVM in partnership with the Alzheimer Society, is starting their Memory Cafes.

When: Sept. 3rd from 1-3pm.
What we will be doing: We will be giving you access to a new AI Dementia Caregiver Coach Tool, offering support and a safe place to socialize and have some fun.
Who: All are welcome.
Where: 8696 Main Street, Florenceville-Bristol - Florenceville-Bristol Community Hall



Vaccination and Immune System

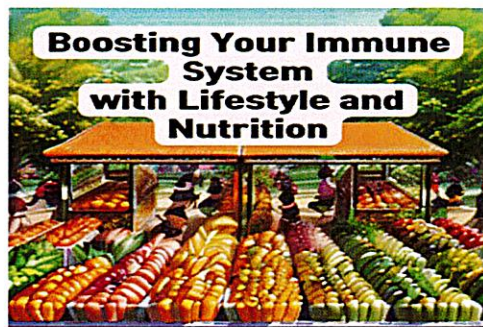
<https://aanmc.org/naturopathic-medicine/naturally-boost-your-immune-system/>

https://niageing.ca/wp-content/uploads/2025/12/November-12-2025_A-Guide-to-Vaccines-for-Older-Canadians_Resource-Revised.pdf

As we age, our immune system naturally decreases. There are various ways to enhance your body's defense system and prevent serious illness or decrease the risk of hospitalization. Living with multiple comorbidities (diseases) negatively impacts one's immune response. Optimizing lifestyle, nutrition, and accessing vaccinations can set your body's defenses up for success!

Primary Prevention

Being proactive in your health can prevent an issue from intensifying. Proper nutrients and positive lifestyle factors help create a strong foundation for overall health and immunity. Foods rich in vitamin C, zinc, and probiotics along with adequate sleep & hydration, stress management, and physical activity are optimal as your first line of defense against disease.



Comorbidities

Comorbidities refers to the presence of two or more medical conditions that one is living with at a time. Diseases like hypertension, Diabetes Mellitus, kidney disease, cancer, or autoimmune disorders can increase the likelihood of complications and hospitalization with Influenza, RSV, COVID 19, and Pneumonia. Understanding your specific health needs can be clarified by talking to a primary health provider or pharmacist.

Vaccinations and Eligibility

Vaccinations for People age 65+ PowerPoint Presentation-
Louise Lockhart BScN, MPH, RN

****Access at your local pharmacy,
no prescription required****

'Influenza (Enhanced for age 65+): Seniors get a high dose of the vaccine due to their decreased immune system. Influenza can often lead to pneumonia. Free to all.

Respiratory Syncytial Virus (RSV): RSV circulates typically through November to April. The vaccine can prevent lower respiratory complications. Free to those 75+ or indigenous people 60+.

COVID-19: Boosters help to reduce risk of severe illness and include evolving strains. Recommended to have two doses for those 65+ (one in spring and one in fall). Free to all.

Pneumococcal Conjugate-20: Pneumonia is the most common vaccine preventable diseases. Very effective for strains that are covered. Free to 65+.

Shingrix Vaccine: Shingles is the reactivation of the Chicken Pox virus in the sensory nerve endings, causing nerve pain and blistering. 1 in 3 people will get shingles. 90% efficacy over 3 years. Not free, but still highly recommended.'

****Contact your local pharmacist
to set an appointment****

Tips to Keep in Mind

- During cold and flu seasons, please respect others and their health and safety by:
- staying home if you are sick
 - wear masks if you are going out in public while sick
 - cough into your elbow, sleeve, or tissue to decrease the aerosolization of germs
 - practice hand hygiene to prevent the spread of germs

Activity Spotlight

A Summer with Sophie

You will have noticed that we had the pleasure of having an amazing summer student with us in 2026. Sophie came to us for 12 weeks, and those 12 weeks were busy for her!

We were so happy to have Sophie help out with activities, administration, Tech Help, and everything in between. Our days with Sophie were full of education—sometimes for both parties—silliness, laughter, and lots of memorable moments.

Sophie jumped in wherever she was needed, always with a smile and a willingness to learn. Whether she was helping with activities, lending a hand with technology, tackling administrative tasks, or simply spending time with our participants, she quickly became an important part of our days.

Over the summer, Sophie shared her time, energy, patience, and many laughs with us. We hope that she learned as much from her time here as we learned from having her with us.

We are so grateful for everything Sophie did during her 12 weeks with us. She brought a wonderful energy to our office and will certainly be missed!

Thank you, Sophie, for a fantastic summer. We wish you all the best in whatever comes next—and we hope you'll come back next summer or to visit us!

Highway Holiday for October Fall Color Drive and Millie's Tea

October 6th

Must pre-register as the restaurant can seat 30 people. Limited transportation provided. Bus seats will be prioritized for those who do not drive. Must call to reserve a seat at the restaurant and let us know if you require transportation no later than September 25th. Lunch will be on your own.

Our Ice Cream Social

Sophie's last day Going back to school party...was, a complete success!!! Many came out to wish Sophie well and have some cake and ice cream!!! In a short time, our Sophie made an impression on our participants!!! Thank you all for coming out.



UP AND COMING!!!!

**Please note we are planning a
'Highway Holiday' in November**

Event: Christmas at the Station

Date: To be determined

Where: McAdam, NB

Cost: To be determined once details are received from venue.

Must Sign Up: Starting **September 15th**, you may call and reserve a spot on the bus. Tickets will be on your own and NHWW will provide the transportation.

Let's Laugh

What do you get when you mix beans and onions? **Tear gas**

Did you hear about the clumsy, gossiping cook?
He lost his job for spilling the beans.

It's a good idea to invest in the bean market.
We hear the stalks are going up.

How did the peas get a job in broadcasting? **They are natural podcasters.**

Can vegetables play music?
Haven't you heard of the cuke-u-lele?

What do you call a pickle thief? **Cucumburglar**

What do you call a fish with no eyes? **A fsh.**

What do you call a can opener that doesn't work?
A can't open 'er.

We're really going to miss our super, summer, student, SOPHIE!

Thanks for all the Tech Support



How did this month get its name...

<https://wordsmarts.com/september-name/>

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

'As we flip the calendar from summer to fall, big changes start happening. One month your observing fall colors in their splendor, the next month you're dressing up in a spooky costume. In another month, you are remembering those who gave their lives for our freedom, and then we are carving up a turkey and singing carols in the snow. (And if you pay attention to retail stores' decorations, you might never know what month you're in.) But while September, October, November, and December are celebrated quite differently, they were all named in a similar manner by the ancient Romans.

September comes from the Latin word 'septem', meaning "seven," because it was the seventh month of the early Roman calendar.

SEPTEMBER BIRTHDAY SYMBOLS

Birthstone: Sapphire

Alternative birthstone: Lapis Lazuli

Birthstone color: Deep blue



Birth flowers: Aster & Morning Glory

Zodiac sign 1: Virgo (Aug 23 – Sep 23)

Zodiac sign 2: Libra (Sep 24 - Oct 23)



5th & 45th Wedding anniversary: Sapphire

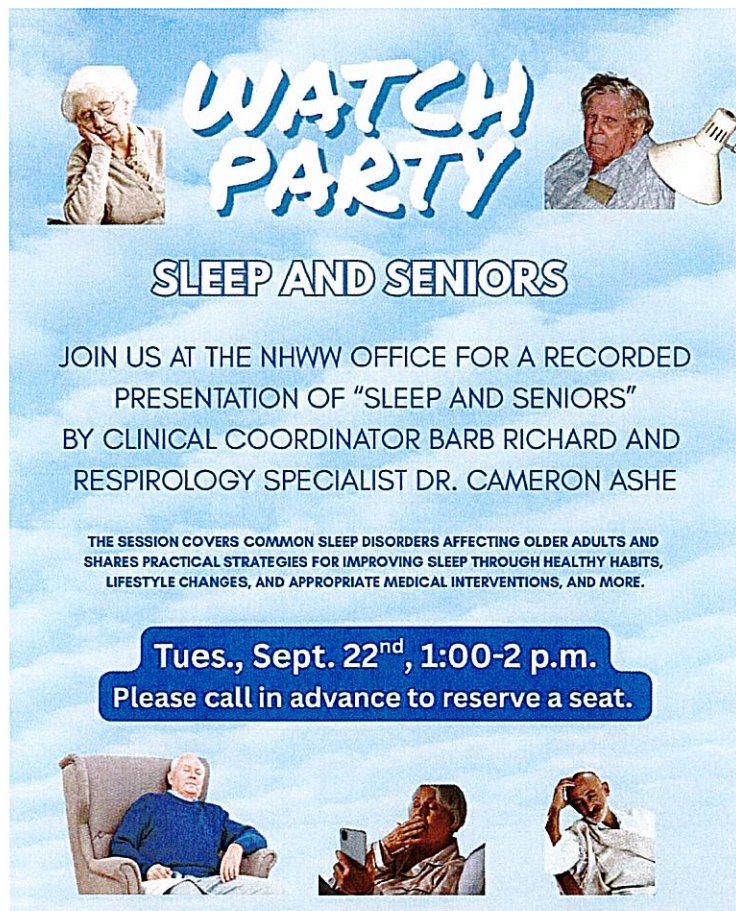
65th Wedding anniversary: Star Sapphire



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www.monthlybirthstones.com/september-birthstone/

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Postage
Information



WATCH PARTY

SLEEP AND SENIORS

JOIN US AT THE NHWW OFFICE FOR A RECORDED PRESENTATION OF "SLEEP AND SENIORS" BY CLINICAL COORDINATOR BARB RICHARD AND RESPIROLOGY SPECIALIST DR. CAMERON ASHE

THE SESSION COVERS COMMON SLEEP DISORDERS AFFECTING OLDER ADULTS AND SHARES PRACTICAL STRATEGIES FOR IMPROVING SLEEP THROUGH HEALTHY HABITS, LIFESTYLE CHANGES, AND APPROPRIATE MEDICAL INTERVENTIONS, AND MORE.

Tues., Sept. 22nd, 1:00-2 p.m.
Please call in advance to reserve a seat.

The poster features a blue sky background with clouds. At the top, there are two small photos of older adults: one on the left and one on the right. At the bottom, there are three small photos of older adults: one sitting in a chair, one holding a phone, and one resting their head on their hand.

National Day for Truth and Reconciliation

<https://www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html>

'September 30th marks National Day for Truth and Reconciliation and Orange Shirt Day – Every Child Matters'

'Orange Shirt Day – Every Child Matters began in Williams Lake, British Columbia, on September 30, 2013. Established to honour Residential School Survivors, their families, and those who never returned home, it serves as a powerful reminder of the lasting impacts of the Residential School system., reflection, and reconciliation each year.'

