

October 2026



Care Beyond Walls

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

Features

National Seniors Day
Breast Cancer
Activity Spotlight
NBCC Student
Let's Laugh
October Tidbits
Soliciting

NHWW Services:
FREE

Anyone 60+
Wellness Check Ins
System Navigation
Social Connection
Learning Engagements
& Lots of Services to
Promote
'Healthy Aging
In Place'



RVM Activity Department
is preparing for their
annual fundraiser,
Christmas Bazaar!
Accepting gently used
Christmas/household
décor. Drop off at RVM.

OCT
01
CELEBRATING
15
YEARS

Happy
National
Seniors
Day!



#NationalSeniorsDay

 Government of Canada
Gouvernement du Canada

Canada

National Seniors Day is October 1

https://www.canada.ca/en/employment-social-development/campaigns/national-seniors-day.html?utm_medium=email&utm_source=get-ready-national-seniors-day-is-october-1&utm_campaign=edsc-esdc-jna-nsd-26&utm_content=en

'This is an occasion for all Canadians to join in celebrating older adults across Canada—whether a parent, a co-worker, a neighbor or a friend. The Government of Canada is proud to acknowledge the contributions that older adults in Canada have made and continue to make to our families, communities and society.'

This year is especially significant as we celebrate the 15th anniversary of National Seniors Day. It also coincidentally marks the 60th anniversary of the Canada Pension Plan (CPP), a cornerstone of Canada's retirement income system that has helped provide financial security to Canadians for six decades.'

Breast Cancer Awareness

Breast cancer | Canadian Cancer Society

'October is Breast cancer awareness month, and affects both men and women. All adults have breast tissue, though male breasts are less developed. Breast cancer is most often diagnosed in women, with less than 1% being diagnosed in men. Breast cancer in men is similar to the disease in women.

Most breast cancers diagnosed in men are ductal carcinoma, which start in the cells lining the ducts. Lumps found within the breasts may not always be cancerous. Breast calcifications, breast cysts, gynecomastia (breast enlargement in men), and fibrocystic breasts are considered non-cancerous and are usually not life threatening. It is important to participate in screening, as if cancer is discovered early, the chances of successful treatment are higher.'

Screening

<https://www.gnb.ca/en/topic/health-wellness/manage-health-disease/cancer/breast-cancer/screening-breast-cancer.html>

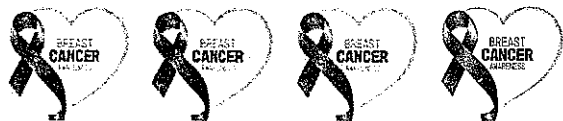
'The typical method of screening is getting a mammogram (x-ray view of the breast). In New Brunswick, people age 40-74 and have no signs, symptoms or previous diagnosis of breast cancer can self-refer for a screening mammography by contacting one of the screening sites through the province.

People aged 74 and older with no previous symptoms or diagnosis of breast cancer are accepted for screening mammography only by referral from a primary health-care provider.'

****Refer to the GNB website for more detailed information****

**Cancer screening information line:
1-844-777-3443**

Screening for breast cancer - gnb.ca



Many medical organizations no longer recommend doing breast self-exams, although experts do agree that you should be familiar with your typical look and feel of your breasts.

Risks

Most risks for breast cancer can't be changed, but being aware of factors such as family history of breast and other cancers, certain genetic conditions, Ashkenazi Jewish ancestry, BRCA gene mutations, breast density, and tall adult height can alert one to screen early. Risks such as weight gain, sedentary lifestyle or consumption of alcohol are within our control to change and can influence our chances of developing cancer.

Signs and Symptoms

There may not be any signs or symptoms in the early stages of cancer, they may appear when the tumor is large enough and has spread to other tissues and organs. This is why early screening and awareness of risk factors is important.

- Lumps (tender or not)
- Thick feeling tissue
- Lump in armpit
- Skin dimpling
- Change in size or shape of breast
- Nipple changes (inversion) and/or nipple discharge (blood or pus)



Canadian
Cancer
Society

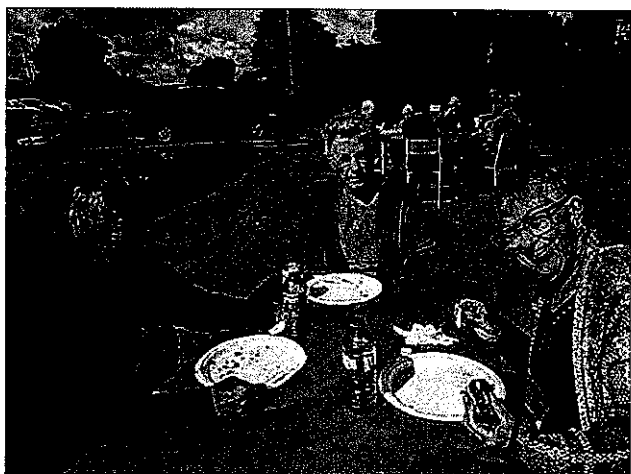
Activity Spotlight

Open House, Morning Men's Meet-up, Exercises, Games Day, and a Highway Holiday... what a great month! So many fun activities, great memories, and wonderful moments together!



Our Open House brought together more than 80 members of our community for a BBQ, social time, and an opportunity to tour the new space. It was wonderful to see the incredible support from our community members and participants for this wonderful and much-needed program for seniors in our community.

Thank you to everyone who came out, shared in the day, and helped make our Open House such a success! We are so grateful for the continued support of our community.



Morning Men's Meet-up

Starting in October, the men in our community have an opportunity to get together over a warm cup of coffee/tea and a tasty snack.

It's a great opportunity to chat, catch up, share a few laughs, and socialize the way only men do!

A simple hour of good conversation, friendship, and community can do wonders for our over all mental wellbeing.

We love seeing everyone come together!



District of Carleton North Community Calendar Hotline

Looking for upcoming events and activities happening in our community?

District of Carleton North Calendar Hotline provides a recorded listing of events happening throughout the upcoming week.

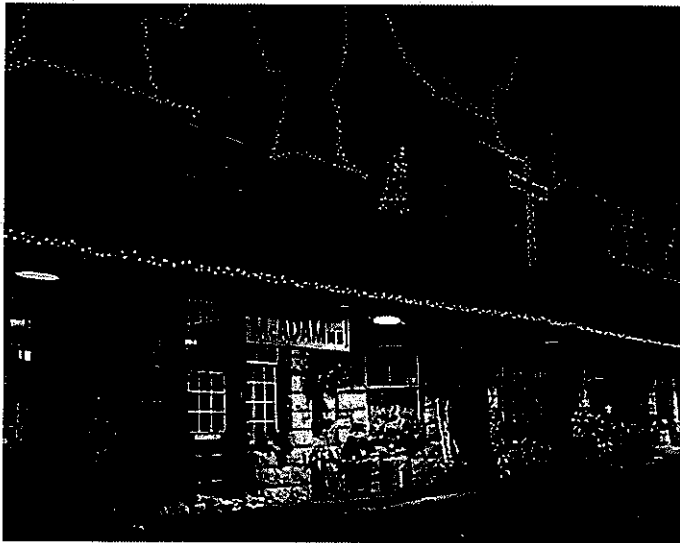
 To listen to the recording, call
506-392-6763, extension 257.

Stay informed and never miss what's happening in our community!

Highway Holiday for November

Christmas at the Station in McAdam

**November 12 leaving
NHWW office at 2:30
\$15 entry fee at the Station
Bring a packed meal.**



**Call us at 506-278-3197
to reserve your spot on the bus.
Space is limited.**

Learning Engagement October 21st at 2pm

We are excited to be hosting a presenter
from the



They will be talking to us about air quality
and the importance of Radon Testing.
Must call to register, as seating is limited.

Welcome to our newest staff member

My name is Addie. I am 20 years
old, and I am a year 2 student
studying Human Services
Practitioner at New Brunswick
Community College.

I am excited to complete my fall
placement at NHWW RVM and gain
valuable hands-on experience in
the field.

I look forward to learning new
things, meeting new people,
building meaningful connections,
and getting to know everyone.



Addie will be working on Wednesday and
Thursday's, assisting with our services and
activities until December 10th.

**Welcome, Addie. We are so happy that you
chose us to do your placement with!**

Let's Laugh

How much does a chimney cost?

Nothing, it's on the house.

What is the best vehicle to take on a fall color drive? **An autumn-mobile**

Why is it so easy to trick a leaf in October?

They'd fall for anything.

I slipped on a pumpkin today.

It caught me off gourd.

What do you get when you drop a pumpkin?

Squash.

How do pumpkins greet each other?

Happy Hollow-ing!

Why was the jack-o-lantern afraid to cross the road? **Because it had no guts.**

Why did the skeleton stay home from the Halloween dance?

She had no body to go with!

What does October say to people who go crazy trying to make their Halloween decorations perfect? **Don't sweat the fall stuff!**



How did this month get its name...

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

'In the ancient Roman calendar, October was the name of the eighth month of the year. Its name comes from octo, the Latin word for "eight." When the Romans converted to a 12-month calendar, they tried to rename this month after various Roman emperors, but October's name stuck!'

OCTOBER BIRTHDAY SYMBOLS

Birthstone: Opal

Official Birthstones: Opal & Tourmaline

Alternative birthstone: Pink Tourmaline

Birthstone colors: Multi-color, White or Pink



Birth flowers: Marigold & Cosmos

Zodiac sign 1: Libra (Sep 24 – Oct 23)

Zodiac sign 2: Scorpio (Oct 24 - Nov 22)



8th Wedding anniversary: Tourmaline

14th Wedding anniversary: White Opal



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



NHWW River View Manor
82 Hospital Street
Bath NB
E7J 1B9

Postage
Information

Important Reminder on Soliciting

Nursing Home Without Walls provides support at absolutely no cost to participants. There are no fees for our services/assistance to help older adults remain safe and comfortable in their own homes.

Please be aware:

- Nursing Home Without Walls staff and volunteers will NEVER ask for money.
- We do not conduct fundraising or request donations from participants or the public.
- If anyone is claiming to represent our program, asks for money, this is fraudulent behavior and should be reported immediately.

Your safety and trust are our top priorities. If you are ever unsure or concerned about someone claiming to be affiliated with NHWW, please contact us directly or call the Canadian Anti-Fraud Center at 1-888-495-8501, Website: www.antifraudcentere.ca

On November 24th, NHWW will be hosting a Lunch-N-Learn.

Guest Speaker: Lisa

Topic: Fraud Prevention

**Must Call to Reserve a Seat
Spaces are Limited!**

