

November 2026



Care Beyond Walls

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



Features:

Diabetes Month

Healthy Eating Tips

Curiosity Café

Nov. 6th - 'Living Well with Diabetes

Dine & Learn

Nov. 24th – S.A.F.E

Season of Giving Celebration

Dec. 2nd

Assistance with Wrapping/Writing

Activity Spotlight

Let's Laugh

November Tidbits

Turn Back the Clocks

NHWW Services:

FREE for anyone 60+

Wellness Check Ins

System Navigation

Blood Pressure Clinics

Foot Care

Friendly Call Service

AI Dementia Caregiver Tool

Social Connection

Learning Engagements

And lots more to promote healthy aging and to assist you to 'age in place'

Our office is closed in observance of Remembrance Day, Nov. 11th

November is Diabetes Month

Many Canadians are in the dark about diabetes.

Are you one of them?

<https://www.medaviebc.ca/en/living-well-hub/posts/diabetes-month>

'Diabetes likely affects you or someone you know. Nearly 12 million Canadians today are living with diabetes or prediabetes, but less than 50% of Canadians can identify the early warning signs of the disease.

Early and common signs of diabetes

No matter what type you have, living with diabetes isn't easy. People with diabetes will need to test and manage their blood glucose levels for the rest of their lives. How often they test and how they manage their levels depends on the type of diabetes and the treatments being used.

The most common symptoms associated with diabetes are:

- unusual thirst
- frequent urination
- weight change (gain or loss)
- extreme fatigue or lack of energy
- blurred vision
- frequent or recurring infections
- cuts and bruises that are slow to heal
- tingling or numbness in the hands or feet

However, people with prediabetes or early Type 2 may not notice any symptoms. People with a family history of diabetes or anyone over age 40 should periodically be screened for high glucose levels.

Both prediabetes and type 2 diabetes can often be prevented. By taking steps to improve one's lifestyle you can prevent or delay the onset of Type 2 diabetes. Prevention is critical if you are at higher risk of type 2 diabetes due to excess weight, high cholesterol, or a family history of diabetes.'

Healthy Eating Tips

<https://www.diabetes.ca/nutrition-and-recipes/eating/basic-meal-planning>

'Having a well-balanced diet is a key factor to managing Diabetes and reducing the risk of other diseases such as a heart attack or stroke.

Portion Size: Canada's Food Guide suggests to do 50% fruits and vegetable, with more vegetables than fruit due to sugar content. 25% of the plate to have protein, and 25% whole grain foods. Portion size helps with weight loss, which helps control blood sugar levels.

Eat Healthy Carbohydrates: There are many healthy carbohydrates that are good for you. Foods that have a low-glycemic index such as legumes, whole grains, and fruits and vegetables can control you blood sugar and manage weight.

Eat More Whole Foods—Avoid Highly Processed Foods: Highly processed foods contain excess sodium, sugar and saturated fat. Whole foods like whole grains, vegetables and fruits are healthy options. Avoid juices as they are high in sugar, with the exception of having fruit juice during a hypoglycemic event to quickly raise your blood sugar. Limit sugars and sweets; the more sugar you eat, the higher your blood sugar will be.

Eating at regular times, three meals a day, helps to regulate blood sugar levels. Eating a healthy carbohydrate and the right amount of carbohydrates can maintain blood sugar levels between meals.

Healthy Fats: Unsaturated fats are good fats found in olive oil, avocado oil, avocados, nuts, seeds, and oily fish such as trout and salmon.

Moderate intake of saturated foods: red meat and dairy. Avoid trans fats in deep fried foods and prepackaged foods.

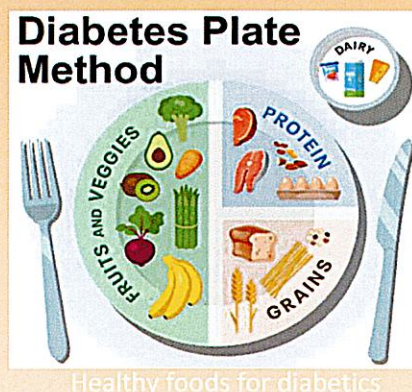
Water is the best choice of beverage! It is sugar-free and calorie-free, and won't affect you blood sugar. Alcohol can affect blood sugar and cause weight gain; best to limit intake.'

Upper River Valley Hospital Diabetes Education Centre:

Can self-refer or be referred by a health care professional. Certified Diabetes Educators are available to guide on nutrition therapy, blood sugar management, and other tools to help with daily diabetes management.

There are many easy and healthy Diabetes-friendly recipes online, explore the link below and have fun!

www.diabetes.ca/nutrition-and-recipes/recipes



Curiosity Café

Living Well With Diabetes

When: November 6th at 1:00pm

Where: NHWW Office – 82 Hospital Street, Bath

Who: Anyone looking to learn more about diabetes either for themselves or a loved one.

Join us for this FREE presentation from an Outreach Diabetes Case Manager from the Upper River Valley Hospital.

Something **NEW** from our NHWW site... **Dine & Learn**

The Florenceville Kin Club has kindly donated their space and offered to serve lunch for this upcoming learning engagement.

We are calling these types of educational sessions, 'Dine & Learn'.

Plan to join us on November 24th to learn about a very important topic that affects all ages, not just older adults.

S.A.F.E. Awareness & Financial Exploitation

Presenter: Finfo – Financial and Consumer Services Commission of NB

When: November 24th – 11:30am

Who: Anyone 60+

Cost: FREE

Lunch will be served. Soup, roll and dessert.

**Pre-register by calling
506-278-3197
Deadline to sign up: Nov. 17th**

What will you learn: spotting red flags, recognizing signs of financial exploitation and where to seek help.

We will be playing 'Fraud Bingo' with chances to win prizes too!



A look ahead at what special events are taking place in December...

SEASON OF GIVING CELEBRATION

FEATURING:

CANADIAN FOODGRAINS BANK
LEARNING TOUR 2026 TO KENYA
WITH CHARLIE & SHAUNA MCINTOSH

LUNCH FROM NHWW-RVM

CHRISTMAS CAROLS WITH
YOU AND
PETER MCLAUGHLIN

SIGN UP BEGINS ON NOV. 17TH

DECEMBER 2ND, 11 AM
SECOND WIND MUSIC CENTRE



Sign up starts on **November 17th**. Call to reserve your seat.



🎄 📝 **Wrap With Cheer, Write With Love** 📝 🎄

December 10th | 1:00–4:00 PM

For many of us, as we get older, our hands don't work like we want them to. For others, their spouse use to look after the wrapping and writing. These tasks have become more difficult to do.

NHWW is wanting to assist you this season.

Come spend the afternoon with us! We're happy to lend a hand with wrapping and writing, sharing some Christmas cheer and helping to make your holiday preparations a little less stressful and a lot more fun.

Activity Spotlight

Fall has been spectacular. Beautiful colors, lovely weather and lots to do.

Here are a few highlights from this month's activities and service offerings.

NHWW joined RVM on National Seniors Day for an afternoon of music with John and Jean Maunder. It was a great time of toe tapping and singing.



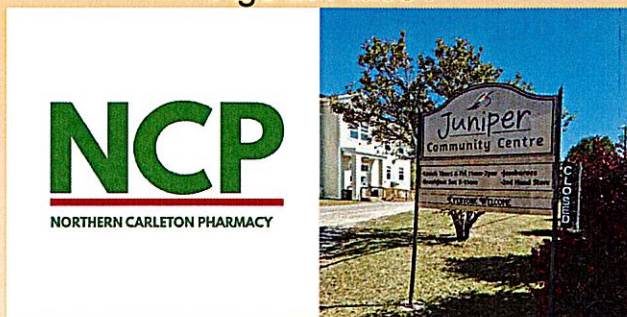
Our Memory Café was hosted on National Seniors Day and National Cookie Day! We had a great time decorating cookies and of course eating a few too.



We hosted a presentation on Radon Gas by NB Lung. We learned lots and a few took home a free test kit.



Northern Carleton Pharmacy joined us in Juniper and in Bath for vaccination clinics. 25 people rolled their sleeve up for their annual shots and 16 attended our blood pressure clinic in Juniper alone! What a great turn out. We certainly appreciate the pharmacy staff and the Juniper Community Center for being so willing to serve alongside of NHWW to assist older adults to 'Age in Place'.



We would like to take a moment to say thank you to all our veterans.

Thank you for your courage, your sacrifices, your dedication and your willingness to serve. Because of you, we are reminded of the true meaning of freedom, honor and service to our country.

We can never fully repay the sacrifices you have made, but we can always show our gratitude, respect and appreciation. To those who served, those who continue to serve, and those who never made it home — we remember you, we honor you and we thank you from the bottom of our hearts.

Lest we forget. 



Let's Laugh

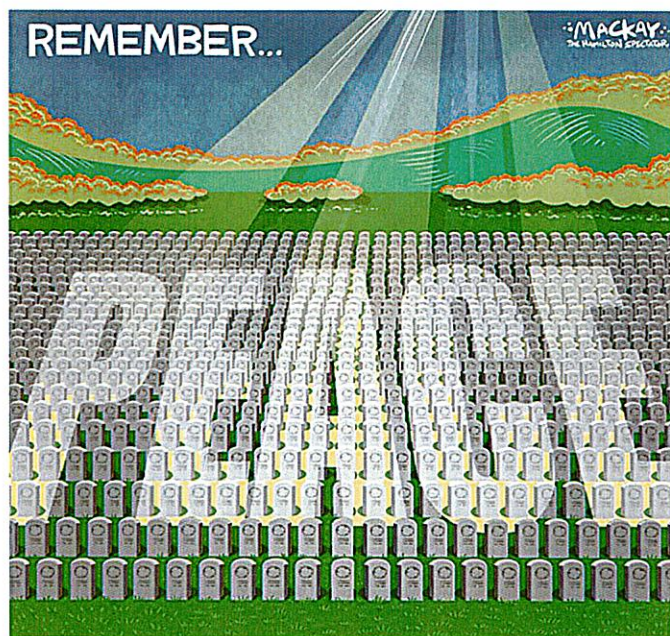


A bit of military humor for this month:

Three weeks into training camp, I still hadn't gotten used to Navy cooking and was surviving on milk and desserts. In one food line, I picked up the biggest piece of cake available and set it on my tray. The mess cook behind the counter saw the gleam in my eye and asked me if I'd like two pieces. When I eagerly answered that I would, the cook leaned over and cut my piece of cake in two.
- Jack Leonard

Why couldn't the sailors play cards?
The captain was sitting on the deck.

What do you get when you drop a piano on an Army officer? A-flat Major.



How did this month get its name...

<https://www.almanac.com/content/november-holidays-fun-facts-folklore>

'Named for the ninth (novem) month in the early Roman calendar. November, the 11th month of the year, has 30 days and marks the beginning of the winter holiday season for most folks, even if the winter solstice doesn't occur until late December.'

NOVEMBER BIRTHDAY SYMBOLS

Birthstone: Topaz (yellow/orange)

Official Birthstones: Topaz & Citrine

Alternative birthstone: Citrine

Birthstone color: Yellow



Birth flower: Chrysanthemum

Zodiac sign 1: Scorpio (Oct 24 - Nov 22)

Zodiac sign 2: Sagittarius (Nov 22-Dec 21)



13th Wedding anniversary: Citrine

23rd Wedding anniversary: Imperial Topaz



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



**NOVEMBER
BIRTH
FLOWER**

THE OLD
FARMER'S ALMANAC

NHWW RVM
82 Hospital Street
Bath NB
E7J 1B9

Postage
Information

**NHWW office is closed on
November 11th**



Turn your clocks back on Nov.1st

Daylight saving time ends across most of Canada at 2 a.m. local time on Sunday, November 1, 2026, when clocks move back one hour to 1 a.m. and standard time resumes. This year the map looks different from every previous year: British Columbia and Alberta have both adopted permanent year-round daylight time, so neither province will turn its clocks back. For residents of those two provinces, November 1st is an ordinary Sunday with no time change at all.

The change matters beyond the extra hour of sleep. Time zone gaps between provinces will shift for the winter months, which affects flight and train schedules, cross-border business calls, broadcast times, medication schedules and any device that does not update itself automatically.

The date is set by provincial and territorial law rather than by Ottawa. Canada has no federal statute that fixes when clocks change; each province and territory legislates its own time. That is why the answer to the question of whether your clocks change now depends entirely on where you live.

<https://www.thecanadianwire.com/news/daylight-saving-time-ends-november-1-2026-which-provinces-still-change-clocks>