

January 2026



January is Alzheimer Awareness Month

Caregiver Support Groups

Caregiver Support Groups are safe places for people in caregiving roles to come together regularly for mutual care and support. These confidential groups provide space to talk, listen and share information, tips and strategies. Groups are facilitated in a non-judgemental, respectful atmosphere – a place where others understand what you are going through and help you realize you are not alone.

- These groups are for care partners.
- Groups are available both in-person and online.
- There is no cost but registration is required.

**Please call our Dementia Helpline
at 1-800-611-6345 for further information and
to register.**

(Alzheimer Society of Nova Scotia, 2025).



Harbour View Haven Bill of Resident Rights

As a Resident of Harbour View Haven;

8. "You have the right to decorate and arrange your room as you wish."

Any changes to your room must follow safety requirements and recognize other resident rights. HVH is in no way liable for the loss or damage to personal items brought into the facility.

Food Services has planned a special meal on December 31 for Supper: Sweet & Sour Chicken, Spring Roll, Mixed Vegetables with Rice, and Ice Cream for Dessert.

Happy New Year

Upcoming Events!

Bingo—Wednesdays at 2:00 p.m. in the Floor 2 Lounge.



“Musical Memories” with Kelly and Dave Barnes—January 13 at 2:00 p.m. in the Floor 2 Lounge.



Musical Entertainment with “Midlife Crises” - January 20 at 2:00 p.m. in the Floor 2 Lounge.



Musical Entertainment with “Sunny Side Up” - January 26 at 2:00 p.m. in the Floor 2 Lounge.



Quality Report: Hand Hygiene Education

Wendy Finlayson, our Infection Control Nurse, attended the Resident Council meeting in November to provide hand hygiene education to both residents and management in attendance. The session included an engaging activity using blue paint on gloves.

Residents were asked to close their eyes and pretend to wash their hands, while the blue paint helped highlight areas that were missed during the washing process.



Submitted By Carrie Frazier, Programs Manager

10 Ways to Reduce Your Risk of Dementia

Société Alzheimer Society
NOVA SCOTIA



Be physically active each day
Get moving! Any physical activity is better than none at all.



Protect and support your hearing
Hearing loss in midlife can increase dementia risk by an average of 90%. Use hearing aids if needed – they help reduce that risk.



Stay socially active
Stay connected and engaged with your family, friends and community.
Social isolation in later life can increase dementia risk by an average of 60%.



Quit or reduce smoking
Get support in quitting or reducing smoking. Even in later life, these steps can improve your brain health and reduce your dementia risk.



Drink less alcohol
Research shows that higher alcohol consumption in midlife increases dementia risk by an average of 20%.
If you need help in quitting or limiting alcohol, speak with your healthcare provider.



Avoid concussion and traumatic brain injury
Steer clear of activities where you might put your brain at risk of harm. Play, travel and work safe!



Manage your medical conditions
In collaboration with your healthcare provider, try to manage

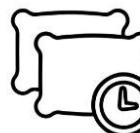
complex conditions such as diabetes and obesity as best you can.



Seek support for depression
Depression is more than just feeling sad. Seeking depression treatment and support will help improve your mood and brain functioning.



Protect your heart
Working with your healthcare provider, monitor and manage your blood pressure and heart health. What's good for the heart is also good for the brain!



Aim to get quality sleep
Work toward sleeping well for 6 to 8 hours each night. If you experience sleep apnea or other sleep issues, talk to your healthcare provider for treatment options.

Every action counts. Learn more at alzheimer.ca/ns/riskreduction.

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