

## Edgewood Heights Monthly Activity Calendar - March 2021

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>	Old Film Day	<b>6</b>	
		10am	hymn sing	10am	exercise	10am	bingo	10am	nails	10am	exercise	10am	coffee and chat
		2pm	corn hole	2pm	hang man	2pm	song titles	2pm	skeetball	2pm	community day	2pm	bird bingo
		4pm	finish this	4pm	knock down	4pm	zoo trip	4pm	hot potato	4pm	5-sences	4pm	phase ten
		6pm	word puzzles	6pm	casino time	6pm	ball toss	6pm	church video	6pm	independent activity	6pm	independent activity
<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b>		<b>11</b>	Johnny Appleseed Day	<b>12</b>		<b>13</b>	
10am	yoga	10am	sing a long	10am	exercise	10am	bingo	10am	nails	10am	exercise	10am	coffee and chat
2pm	church video	2pm	bowling	2pm	antique show	2pm	what am I	2pm	bake group	2pm	riddles	2pm	meditation
4pm	basketball	4pm	spelling bee	4pm	roll it	4pm	travel	4pm	trivia	4pm	dominos	4pm	this month in history
6pm	independent activity	6pm	book club	6pm	let laugh	6pm	independent activity	6pm	craft	6pm	penny ante	6pm	independent activity
<b>14</b>	Butterfly Day	<b>15</b>		<b>16</b>		<b>17</b>	St. Patrick's Day!	<b>18</b>		<b>19</b>		<b>20</b>	First Day of Spring
10am	sit and be fit	10am	hymn sing	10am	exercise	10am	bingo	10am	nails	10am	exercise	10am	coffee and chat
2pm	church video	2pm	noodle ball	2pm	tea party	2pm	trivia/party	2pm	red hats	2pm	ice cream sandwich bar	2pm	wheel of fortune
4pm	craft	4pm	name that tune	4pm	community day	4pm	craft	4pm	L.C.R.	4pm	family feud	4pm	guess the tv show
6pm	independent activity	6pm	Uno	6pm	dice bingo	6pm	independent activity	6pm	church video	6pm	price is right	6pm	independent activity
<b>21</b>	Poetry Day	<b>22</b>		<b>23</b>	Winter Picnic Day	<b>24</b>		<b>25</b>	Waffle Day	<b>26</b>		<b>27</b>	
10am	yoga	10am	sing a long	10am	exercise	10am	bingo	10am	nails	10am	exercise	10am	coffee and chat
2pm	church video	2pm	bells	2pm	noon picnic	2pm	ring toss	2pm	bake group	2pm	shuffleboard	2pm	masquerade ball
4pm	poetry reading	4pm	name game	4pm	remember when	4pm	bucket ball	4pm	what's in the bag	4pm	paint club	4pm	sketchy
6pm	independent activity	6pm	independent activity	6pm	Wii play	6pm	board games	6pm	church video	6pm	independent activity	6pm	independent activity
<b>28</b>		<b>29</b>		<b>30</b>	Restaurant Day	<b>31</b>		<div style="border: 1px solid black; padding: 5px;"> <p>The church service this month will be provided by The Oakland Church of God. We will have video church sermons on Sunday afternoons. Church videos will be showed most Thursdays evenings.</p> <div style="display: flex; justify-content: center; align-items: center; gap: 10px;">    </div> <p>*Calendar subject to change*</p> </div>					
10am	sit and be fit	10am	hymn sing	10am	exercise	10am	bingo						
2pm	church video	2pm	bean bag toss	2pm	what's in the news	2pm	who's who						
4pm	jeopardy	4pm	travel	4pm	our town	4pm	slang words						
6pm	independent activity	6pm	farkle	6pm	independent activity	6pm	word tiles						



## URINARY INCONTINENCE An Embarrassing Problem For Many Seniors

Among seniors 65+, urinary incontinence is a common ailment. The CDC states 43.8% of these noninstitutionalized Americans are affected by this inability to hold back the flow of urine until reaching the toilet. How embarrassing this can be for the victim and their caregivers. It can also be physically uncomfortable and very inconvenient. Even though seniors are commonly afflicted, this is not a disease that inevitably comes with age. Actually, urinary incontinence is not a disease at all. It is a symptom that is caused by some other disease or problem. In many cases, urinary incontinence can be controlled with treatment. It may even be cured. But before treatment can be recommended, diagnosis of the root problem must be made. So it is important to get over the embarrassment, be honest with your doctor and ask for help.

There are 4 primary types of urinary incontinence, each known by a simple, descriptive term:

**Urge** - A sudden, uncontrollable urge to urinate. Large amounts of urine can leak out. The most common type among seniors.

**Causes:** Irritation of muscles in the bladder due to a urinary tract infection or diseases that effect the nervous system's ability to control urination. (The diseases include multiple sclerosis, Parkinson's disease, stroke and dementia.)

**Overflow** - Leakage from a bladder that is always full due to a blockage of the urethra or a weak bladder. Most common in men.

**Causes:** The urethra can be blocked by an enlarged prostate, kidney stones or tumors. The bladder can be weakened by nerve damage from diabetes and other diseases. Severe constipation, medications and alcohol abuse may also cause overflow.

**Stress** - A leakage of urine that occurs when added pressure is placed on the abdomen and bladder from exercise, laughing, sneezing, coughing, lifting heavy objects, etc. Most common in young and middle-aged women.

**Causes:** Weakening of the pelvic floor muscles or sphincter to the point they can not hold back urine when stressed. May be the result of pregnancy or childbirth. Incidents increase following menopause.

**Functional** - The inability to get to the toilet or bedpan in time, even when bladder control is normal.

**Causes:** Physical and mental disabilities. The loss of speech, hearing and vision can also contribute to functional incontinence.

There is also mixed incontinence which is usually a combination of the urge and stress types. It is most common in women. And there is transient incontinence, caused by temporary circumstances.

(Sources: National Institutes of Health, CDC, American Foundation for Urologic Disease)



# Fence Project

The residents and staff of Edgewood Heights would like to thank you all for your generous donations, for our fence project.

Our residents are now able to sit outside and enjoy nature, away from the parking lot, and without fear of the hill. All current residents as well as future residents will enjoy this wonderful space you have helped us create.

Thank you all from the bottoms of our hearts.

The pictures show the fence being put in. The residents are excited to enjoy this new space this spring and summer.



## WHY NATIONAL WOMEN'S HISTORY MONTH IS IMPORTANT

### \*\* We haven't given women their due attention

For many years, women weren't acknowledged in historical texts. This isn't because women weren't in the midst of important discoveries or helping out with important conquests. It's mainly because men wrote the majority of historical documents for thousands of years. In March, we dig deep to uncover many of the important roles women have played throughout history.

### \*\* Women are inspirational

Learning about women who have stood up for their rights and fought for what they believe is fantastic motivation. We all have the power to influence the direction our world is headed in, and National Women's History Month reminds us of that.

### \*\* It recognizes the strength and power of women

It's easy to get caught up in the grind of daily life, but this month is an excellent opportunity to put a spotlight on all of the major things women accomplish each and every day. From domestic chores and carrying babies to fighting wars and governing countries, women are pretty darn amazing.

