

## McKinley Health Center Memory Support Monthly Activity Calendar - March 2021

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>Leprechaun Hunt ALL MONTH LONG!</b>		<b>1</b>	World Prayer Day	<b>2</b>	Dr. Seuss Day!	<b>3</b>		<b>4</b>		<b>5</b>	Employee Appreciation Day!	<b>6</b>	
		11AM	Dining Room Music	9AM	Church with Ray	9:30 AM	Funny Videos	9:30 AM	Sing A Long	9:30AM	Beverly Hillbillies	9:30AM	Reminisce
		4PM	Sing A Long	9:45AM	Gospel Music	10AM	Sensory Dough	10AM	Craft Time	10AM	Flyswatter Ball		
		4:30PM	Ball Toss	10:15AM	Sing A Long	3:30PM	Relaxation Music	3:30PM	Patti Page Reminisce	3:30PM	Peaceful Music		
				3:30PM	Games	3:45PM	Snoozelen	3:45PM	Balloon Ball	3:45PM	Snoozelen		
				3:45PM	Name That Tune					4:15PM	Chat Time		
				4:15PM	Dramatic Reading								
<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>	National Girl Scout Day	<b>13</b>	
9AM	Hymn Sing	9:30 AM	Three Stooges	9AM	Church with Ray	9:30AM	Western Music Reminisce	9:30AM	Reminisce	9:30AM	Sing The Next Line	9:30AM	Reminisce
		10AM	Pretty Nails	9:45AM	Gospel Music	10AM	Water Painting	10AM	Name The Car Logo	10AM	Matching Game		
		3:30PM	Oldies Reminisce	10:15AM	Sing A Long	3:30PM	Chat Circle	3:30PM	Poetry Readings	3:30PM	Flyswatter Ball		
		3:45 PM	Balloon Ball	3:30PM	Peaceful Music	3:45PM	Name That Tune	3:45PM	Short Stories	4:15PM	Chat Time		
				3:45PM	Snoozelen								
				4:15PM	Dramatic Reading								
<b>14</b>		<b>15</b>		<b>16</b>		<b>17</b>	St. Patrick's Day!	<b>18</b>		<b>19</b>	National Laugh Day!	<b>20</b>	
9AM	Hymn Sing	11AM	Dining Room Music	9AM	Church with Ray	9:30AM	Name That Tune	9:30AM	Alphabet Game	9:30AM	Finish The Saying	9:30AM	Reminisce
		4PM	Games	9:45AM	Gospel Music	10AM	St Patrick's Day Cookies	10:15 AM	Games	10:30AM	Balloon Ball		
		4:30PM	Sing A Long	10:15AM	Name That Tune	3:30PM	Relaxation Music	3:30PM	Cheerful Chats	3:30PM	Name That Tune		
				3:30PM	Target Toss	3:45PM	Snoozelen	3:45PM	Room Visits	4:15PM	Chat Time		
				3:45PM	Games								
				4:15PM	Dramatic Reading								
<b>21</b>		<b>22</b>	World Water Day!	<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>	
9AM	Hymn Sing	9:30 AM	Beverly Hillbillies	9AM	Church with Ray	9:30AM	Paint Your Name	9:30AM	Parachute Ball	9:30AM	Target Toss	9:30AM	Reminisce
		10AM	Pretty Nails	9:45AM	Gospel Music	10:30AM	Room Visits	10:30AM	Moving To The Oldies	10AM	Funny Videos		
		3:30PM	Elvis Reminisce	10:15AM	Short Stories	3:30PM	Cheerful Chats	3:30PM	Games	3:30PM	Sing A Long		
		3:45PM	Ball Toss	3:30PM	Relaxation Music	4:00 PM	Rockin To The Tunes	4:00 PM	Room Visits	4:15PM	Chat Time		
				3:45PM	Snoozelen								
				4:15PM	Dramatic Reading								
<b>28</b>		<b>29</b>	National Vietnam Vets Day!	<b>30</b>		<b>31</b>		<div style="border: 1px solid black; padding: 10px; margin-bottom: 10px;">                     *Calendar subject to change*                 </div>   					
9AM	Hymn Sing	11AM	Dining Room Music	9AM	Church with Ray	9:30AM	Collage Art						
		4PM	Sing A Long	9:45AM	Gospel Music	10AM	Piano Music						
		4:30PM	Ball Toss	10:15AM	Games	3:30PM	Peaceful Music						
				3:30PM	Pretty Nails	3:45PM	Snoozelen						
				3:45PM	Name That Tune								
				4:15PM	Dramatic Reading								

## Health & Wellness



### 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.

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

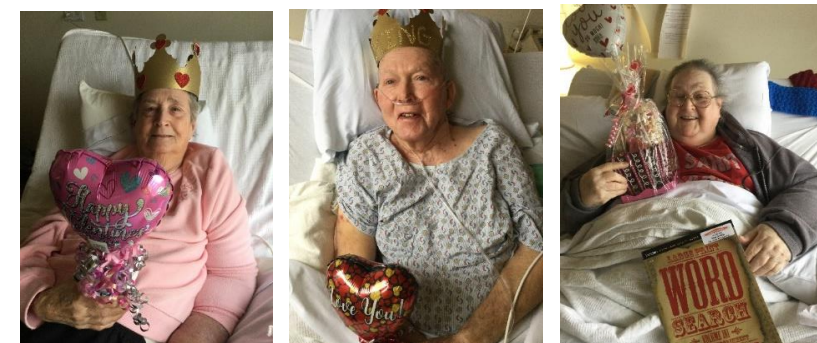
### FEBRUARY HIGHLIGHTS!

Last month our residents kept busy while celebrating several different holidays! We had a groundhog hunt, a valentine's day social, Mardi Gras party, and crowned residents King and Queen for the day. We received many valentine's cards and pen-pal letters from all over the United States! Check out WRC's Facebook page for updates on all of the fun activities we do!

Call Director of Life Enhancement and Wellness, Bailey Reinard, to schedule a virtual or window visit with your loved one! 849-0420.



### Valentine King and Queens!



### McKinley Health Center Memory Support



### 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.