

McKinley Health Center Memory Support Monthly Activity Calendar - May 2021

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
For updates on or if you would like to schedule a visit with your loved one, please call Bailey Reinard at (814) 849-0420.				<div><div>OLDER AMERICANS MONTH</div><div>MAKE YOUR MARK: MAY 2020</div></div>				National Skilled Nursing Care Week (NSNCW) will take place May 9-15, 2021, and the theme, “Together Through the Seasons,” will honor the collaborative commitment of skilled nursing care facilities and their staff in providing compassionate care to their residents during this unprecedented time. Check out our website and Facebook for upcoming pictures highlighting this special week. Thank you for your continued care				1	
												9:30 AM	Reminisce
2		3		4		5		6		7		8	
9:30 AM	Hymn Sing	9:30 AM	Name That Tune	9:00 AM	Church with Ray	9:30 AM	Water Painting	9:30 AM	Games	9:30 AM	Peaceful Music	9:30 AM	Reminisce
		10:00 AM	Pretty Nails	9:45 AM	Gospel Songs	10:00 AM	Oldies Music	10:00 AM	Cheerful Chats	10:00 AM	Snoozelen		
		3:30 PM	Ball Toss	10:30 AM	Room Visits	3:30 PM	Relaxation Music	3:30 PM	Rockin To The Oldies	3:30 PM	Sing A Long		
		3:45 PM	Elvis Reminisce	3:30 PM	Flyswatter Ball	3:45 PM	Snoozelen	3:45 PM	Outdoor Strolls				
				4:15 PM	Dramatic Reading			4:15 PM	Chat Time				
9	Mothers day	10		11		12		13		14		15	
9:30 AM	Hymn Sing	11:00 AM	Dining Room Music	9:00 AM	Church with Ray	9:30 AM	Games	9:30 AM	Paint With Me	9:30 AM	Funny Videos	9:30 AM	Reminisce
		4:00 PM	Target Toss	9:45 AM	Gospel Songs	10:00 AM	Piano Music	10:00 AM	Sing A Long	10:00 AM	Room Visits		
		4:30 PM	Sing A Long	10:30 AM	Cheerful Chats	3:30 PM	Western Music	3:30 PM	Relaxation Music	3:30 PM	Outdoor Strolls		
				3:30 PM	Games	3:45 PM	Outdoor Strolls	3:45 PM	Snoozelen				
				4:15 PM	Dramatic Reading			4:15 PM	Chat Time				
National Skilled Nursing Care Week													
16		17		18		19		20		21		22	
9:30 AM	Hymn Sing	9:30 AM	Sing A Long	9:00 AM	Church with Ray	9:30 AM	Flyswatter Ball	9:30 AM	Coloring Circle	9:30 AM	Beverly Hillbillies	9:30 AM	Reminisce
		10:00 AM	Pretty Nails	9:45 AM	Gospel Songs	10:00 AM	Name That Tune	10:00 AM	Piano Music	10:00 AM	Room Visits		
		3:30 PM	Relaxation Music	10:30 AM	Games	3:30 PM	Ball Toss	3:30 PM	Cheerful Chats	3:30 PM	Outdoor Strolls		
		3:45 PM	Snoozelen	3:30 PM	Sing The Next Line	3:45 PM	Outdoor Strolls	3:45 PM	Outdoor Strolls				
				4:15 PM	Dramatic Reading			4:15 PM	Chat Time				
23		24		25		26		27		28		29	
9:30 AM	Hymn Sing	11:00 AM	Dining Room Music	9:00 AM	Church with Ray	9:30 AM	Games	9:30 AM	Water Painting	9:30 AM	Relaxation Muisc	9:30 AM	Reminisce
		4:00 PM	Ball Toss	9:45 AM	Gospel Songs	10:00 AM	Room Visits	10:00 AM	Games	10:00 AM	Snoozelen		
		4:30 PM	Oldies Reminisce	10:30 AM	Room Visits	3:30 PM	Cheerful Chats	3:30 PM	Outdoor Strolls	3:30 PM	Ball Toss		
				3:30 PM	Games	3:45 PM	Ball Toss	3:45 PM	Sing A Long				
				4:15 PM	Dramatic Reading			4:15 PM	Chat Time				
30		31	Memorial Day	<div><div><div>Celebrates ★ Honors ★ Remembers</div></div></div>									
9:30 AM	Hymn Sing	9:30 AM	Name That Tune										
		10:00 AM	Pretty Nails										
		3:30 PM	Peaceful Music										
		3:45 PM	Snoozelen										

OLDER AMERICANS MONTH: COMMUNITIES OF STRENGTH
May 2021



In tough times, communities find strength in people—and people find strength in their communities. In the past year, we’ve seen this time and again at WRC as friends, neighbors, and businesses have found new ways to support each other. In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year’s theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, WRC will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.

Here are some ways to share and connect:

- Look for joy in the everyday:** Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.
- Reach out to neighbors:** Even if you can’t get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a home cooked meal.
- Build new skills:** Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.
- Share your story:** There’s a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that’s something to celebrate! Please join WRC in strengthening our community!



Last month was full of activities at McKinley Health Center! Craft club was busy creating the egg decorations for their monthly bulletin board as well as Easter eggs for in their rooms. The resident's were visited by the Easter Bunny and got to hunt for Easter eggs as well! One of our monthly games was live candyland where the activity staff were the moving game pieces. The weather is warming up so our residents are spending more time enjoying the sunshine and feeding the chipmunks. The most exciting news last month was the start of haircuts again! Woohoo!!



McKinley Health Center
Memory Support



Village at Laurelbrooke
Robert Stephen

Village at Ridgmont
Francis Sidelinger
Arthur Zambanini
Sonny Chenot

Laurels
Lanny Ferraro
Jack Johnston
Larry Gilford
David Welton
Ken Himes
Raph Minich
Roger Roebke
Ken Sprankle
Darr Briggs

Ridgmont PC
Terry Titchner
Paul Parmigiani

Edgewood Heights PC
Julian Males
Jack Mogle

Highland Oaks PC
Doc Crawford
Ed Clowney
John Burgdorfer
Donald Lavelly
Cecil Smith
Larry Slaten

McKinley Health Care
Lawrence Aharrah
Harry Chitester
Edward Dornbrock
Bernard Drayer
Richard Haas
Samuel Hanley
Richard Kahle
Robert “Tom” Milligan
George Senott
Robert Stormer

Villas
Irvin “Poncho Yockey”

North Fork Heights
Richard Atchison
Glenn Gearhart
Susan Joiner
Steven McMurray
Rocco Pangallo
Eugene Richards
Clyde Shumaker
Wayne Flack
Richard Atchetson
Robert Teeter

Laurelbrooke PC
William Williams
John Tress