




## McKinley Health Center Monthly Activity Calendar - March 2021

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>Leprachaun Hunt ALL MONTH LONG!</b>		<b>1</b>		<b>2</b>	<b>Dr. Suess Day!</b>	<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>	
		9:30AM	Good News - CCLR	9:30AM	Dr. Suess Trivia - CCLR	11AM	Wellness 1 on 1's	9:30AM	Good News - CCLR	9:30AM	Good News - CCLR	10AM	Spread the News - RH
		9:45-11AM	Pretty Nails - CCAR	9:45AM	Mass live Stream - CDDR2	2PM	Bingo - CDDR	9:45AM	Inspirational Stories - CCLR	9:45AM	Activity Visits	10:30AM	Spread the News - CCLR
				10AM	Morning Church w/Ray - CCLR	3:15PM	Stretches w/Kim - CCLR	10AM	Card Club - CCAR	2PM	Resident's Choice	2- 3PM	Bingo - PCDR
		2PM	Celebration Time - CDDR	10:30AM	Hymn Sing - CCLR	4PM	Word Search Whiz	2PM	Church w/Ray - CCLR	5PM	Trivia Time		
		6PM	Brain Duster - IR	2PM	Aim Game - CCLR	6PM	Shamrock Craft - CCAR			6PM	Game Night w/Gerry		
				5PM	This Day In History								
		6-7PM	Gardening w/Gerry - CCAR										
<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>	
9-10AM	Hymn Sing - CCLR	9:30AM	Good News - CCLR	9:30AM	Good News - CCLR	9:30-11AM	Wellness 1 on 1's	9:30AM	Good News - CCLR	9:30AM	Good News - CCLR	10AM	Spread the News - RH
1:30PM	Communion w/Pastor Ray Rehab	9:45-11AM	Pretty Nails - CCAR	9:45AM	Mass live Stream - CDDR2			9:45AM	Inspirational Stories - CCLR	9:45AM	Activity Visits	10:30AM	Spread the News - CCLR
2PM	Communion w/Pastor Ray			10AM	Morning Church w/Ray - CCLR	2PM	Bingo - CDDR	10AM	Coffee Chats - CCAR	2PM	Resident's Choice	2- 3PM	Bingo - PCDR
		2PM	Music Mondays - CCLR	10:30AM	Hymn Sing - CCLR	3:15PM	Stretches w/Kim - CCLR	2PM	Church w/Ray - CCLR	5PM	Trivia Time		
		6PM	Brain Duster - IR	2PM	Fly Swatter Ball - CCLR	4PM	Word Search Whiz			6PM	Game Night w/Gerry		
				5PM	This Day In History								
				6-7PM	Gardening w/Gerry - CCAR								
<b>14</b>		<b>15</b>		<b>16</b>		<b>17</b>	<b>St. Patrick's Day!</b>	<b>18</b>		<b>19</b>	<b>National Laugh Day!</b>	<b>20</b>	
9- 10AM	Hymn Sing - CCLR	9:30AM	Good News - CCLR	9:30AM	Good News - CCLR	11AM	Wellness 1 on 1's	9:30AM	Good News - CCLR	9:30AM	Good News - CCLR	10AM	Spread the News - RH
2-3PM	Livestream Curch - CCLR	9:45-11AM	Pretty Nails - CCAR	9:45AM	Mass live Stream - CDDR2	2PM	Leprachaun Bingo - CDDR	9:45AM	Inspirational Stories - CCLR	9:45AM	Bring Your Favorite Joke! CCAR	10:30AM	Spread the News - CCLR
3PM	Rehab Hymn Sing - HW			10AM	Morning Church w/Ray - CCLR	3:15PM	Stretches w/Kim - CCLR	10AM	Poetry Readings - CCAR	2PM	Resident's Choice	2- 3PM	Bingo - PCDR
		2PM	Music Mondays - CCLR	10:30AM	Hymn Sing - CCLR	4PM	Word Search Whiz	2PM	Church w/Ray - CCLR	5PM	Trivia Time		
		6PM	Brain Duster - IR	2PM	Live Candyland - CCLR	6PM	Shamrock Craft - CCAR			6PM	Game Night w/Gerry		
				5PM	This Day In History								
				6-7PM	Gardening w/Gerry - CCAR								
<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>	
9- 10AM	Hymn Sing - CCLR	9:30AM	Good News - CCLR	9:30AM	Good News - CCLR	9:30-11AM	Wellness 1 on 1's	9:30AM	Good News - CCLR	9:30AM	Good News - CCLR	10AM	Spread the News - RH
2-3PM	Livestream Curch - CCLR	9:45-11AM	Pretty Nails - CCAR	9:45AM	Mass live Stream - CDDR2			9:45AM	Inspirational Stories - CCLR	9:45AM	Activity Visits	10:30AM	Spread the News - CCLR
3PM	Rehab Hymn Sing - HW			10AM	Morning Church w/Ray - CCLR	2PM	Bingo - CDDR	10AM	Craft Club - CCAR	2PM	Easter Egg Craft - CCAR	2- 3PM	Bingo - PCDR
		2PM	Fancy Tea Party - CCLR	10:30AM	Hymn Sing - CCLR	3:15PM	Stretches w/Kim - CCLR	2PM	Church w/Ray - CCLR	5PM	Trivia Time		
		6PM	Brain Duster - IR	2PM	Pedal to the Medal - CCLR	4PM	Word Search Whiz			6PM	Game Night w/Gerry		
				5PM	This Day In History								
				6-7PM	Gardening w/Gerry - CCAR								
<b>28</b>		<b>29</b>		<b>30</b>		<b>31</b>		<div style="border: 1px solid black; padding: 10px; margin-bottom: 10px;">*Calendar subject to change*</div>   					
9-10AM	Hymn Sing - CCLR	9:30AM	Good News - CCLR	9:30AM	Good News - CCLR	11AM	Wellness 1 on 1's						
1:30PM	Church w/Pastor Ray Rehab	9:45-11AM	Pretty Nails - CCAR	9:45AM	Mass live Stream - CDDR2	2PM	Bingo - CDDR						
2PM	Church w/Pastor Ray			10AM	Morning Church w/Ray - CCLR	3:15PM	Stretches w/Kim - CCLR						
		2PM	Music Mondays - CCLR	10:30AM	Hymn Sing - CCLR	4PM	Word Search Whiz						
		6PM	Brain Duster - IR	2PM	Baseball Game - CCLR	6PM	National Crayon Day!						
				5PM	This Day In History		Trivia - CCAR						
				6-7PM	Gardening w/Gerry - CCAR								

## 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. And there is transient incontinence, caused by temporary circumstances.

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

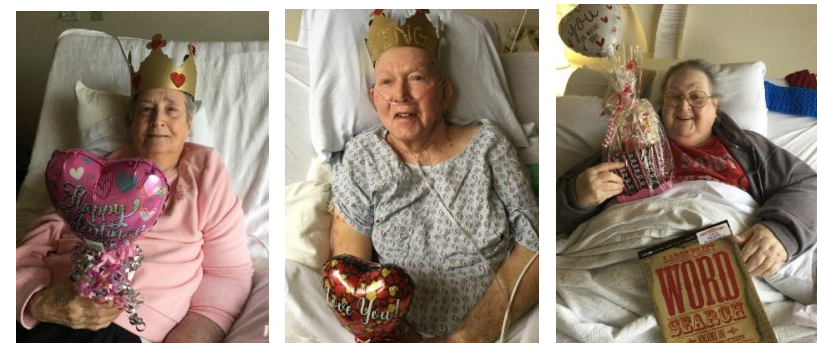
### FEBRUARY HIGHLIGHTS!

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

MARCH  
2021



### 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.