

Ridgmont Monthly Activity Calendar - March 2021

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		1		2	Dr. Seuss Day	3		4		5		6	
		10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	2PM	Picture Time & Snack (Aides)-L
		10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	6:30PM	Picture Time & Snack (Aides)-L
		11AM	Crazy 8's -A	11AM	Dr. Seuss Trivia -A	11AM	Library-A	11AM	Bunco -A	11AM	Yahtzee -A	7:30PM	Night Time Snack (Aides)-D
		2PM	Noodle Ball -L	2PM	Bingo -D	2PM	Nail Painting -A	2PM	Bingo -D	2PM	Craft -A		
		3:30PM	Picture Art/Games -A	4PM	Read Across America -A	6:30PM	Cards (Aides) -A	4PM	Old Time Music -A	6:30PM	Board Games (Aides)-A		
		6:30 PM	Trivia (Aides) -A	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D		
		7:30PM	Night Time Snack (Aides)-D										
7		8		9		10		11		12		13	
8:30AM		10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	2PM	Picture Time & Snack (Aides)-L
to	Televised Church-L,D	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	6:30PM	Picture Time & Snack (Aides)-L
11AM		11AM	UNO -A	11AM	Roll-A-Leprechaun -A	11AM	Library-A	11AM	LRC -A	11AM	Yahtzee -A	7:30PM	Night Time Snack (Aides)-D
		2PM	Noodle Ball -L	2PM	Bingo -D	2PM	Nail Painting -A	2PM	Bingo -D	2PM	Cooking -A		
1PM	Puzzle Packet Pickup-A	3:30PM	Picture Art/Games -A	4PM	Old Time Music -A	6:30 PM	Cards (Aides) -A	4PM	Old Time Music -A	6:30PM	Board Games (Aides)-A		
7:30PM	Night Time Snack (Aides)-D	6:30PM	Trivia (Aides) -A	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D		
		7:30PM	Night Time Snack (Aides)-D	Happy Birthday Edna!									
14		15		16		17	St. Patrick's Day!	18		19	National Let's Laugh Day	20	Spring Equinox
8:30AM		10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	2PM	Picture Time & Snack (Aides)-L
to	Televised Church-L,D	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	6:30PM	Picture Time & Snack (Aides)-L
11AM		11AM	Crazy 8's -A	11AM	Roll-A-Leprechaun -A	11AM	Library-A	11:00 AM	Bunco -A	11AM	Tell me a joke! -A	7:30PM	Night Time Snack (Aides)-D
		2PM	Noodle Ball -L	2PM	Bingo -D	2PM	Make Shamrock Shakes -A	2PM	Bingo -D	2PM	Nail Painting -A		
1PM	Puzzle Packet Pickup-A	3:30PM	Picture Art/Games -A	4PM	Pot of Gold Treasure Hunt -D	6:30PM	Cards (Aides) -A	4PM	Old Time Music -A	6:30PM	Board Games (Aides)-A		
7:30PM	Night Time Snack (Aides)-D	6:30PM	Trivia (Aides) -A	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D		
	Happy Birthday Alta!	7:30PM	Night Time Snack (Aides)-D										
21		22		23		24		25		26		27	
8:30AM		10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D	2PM	Picture Time & Snack (Aides)-L
to	Televised Church-L,D	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A	6:30PM	Picture Time & Snack (Aides)-L
11AM		11AM	UNO -A	11AM	Roll-A-Snowman -A	11AM	Library-A	11AM	LRC -A	11AM	Yahtzee -A	7:30PM	Night Time Snack (Aides)-D
		2PM	Noodle Ball -L	2PM	Bingo -D	2PM	Nail Painting -A	2PM	Bingo -D	2PM	Craft -A		
1PM	Puzzle Packet Pickup-A	3:30PM	Picture Art/Games -A	4PM	Old Time Music -A	6:30PM	Cards (Aides) -A	4PM	Old Time Music -A	6:30PM	Board Games (Aides)-A		
7:30PM	Night Time Snack (Aides)-D	6:30PM	Trivia (Aides) -A	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D	7:30PM	Night Time Snack (Aides)-D		
		7:30PM	Night Time Snack (Aides)-D							Happy Birthday Eileen!			
28		29		30		31		   <p>*Calendar subject to change*</p>					
8:30AM		10AM	Exercise-D	10AM	Exercise-D	10AM	Exercise-D						
to	Televised Church-L,D	10:30AM	Devotions -A	10:30AM	Devotions -A	10:30AM	Devotions -A						
11AM		11AM	Crazy 8's -A	11AM	Roll-A-Snowman -A	11AM	Library-A						
		2PM	Noodle Ball -L	2PM	Bingo -D	2PM	Monthly Birthday Party -D						
1PM	Puzzle Packet Pickup-A	3:30PM	Picture Art/Games -A	4PM	Old Time Music -A	3PM	Nail Painting -A						
7:30PM	Night Time Snack (Aides)-D	6:30PM	Trivia (Aides) -A	7:30PM	Night Time Snack (Aides)-D	6:30PM	Cards (Aides) -A						
		7:30PM	Night Time Snack (Aides)-D			7:30PM	Night Time Snack (Aides)-D						



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.

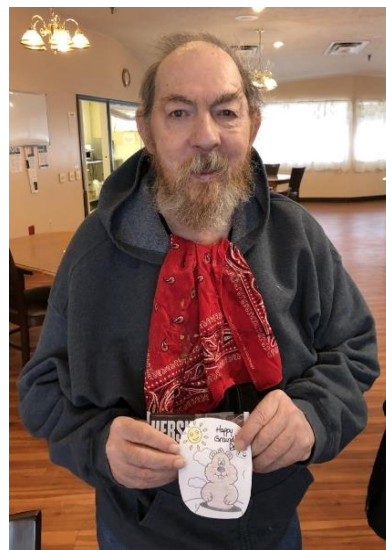
There is also mixed incontinence which is usually a combination of the urge and stress types. It is most common in women. And there is transient incontinence, caused by temporary circumstances.

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

GROUNDHOG CELEBRATION

The Resident's of Ridgmont recently celebrated Groundhog Day.

They enjoyed making predictions, trivia, Groundhog cookies and a scavenger hunt. Pictured are the winners of the scavenger hunt, Victor Lee and Donna Matheson



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.