

Village at Ridgmont Monthly Activity Calendar - March 2021

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
		1		2	Office Hours	3		4		5		6		
		9am	walk fit	9am	walk fit	9am	walk fit	9am	walk fit	9am	walk fit			
				12 Noon	2nd Covid Clinic									
		1pm	Birthday Cake & Ice cream	1pm	Bingo									
7		8		9	Office Hours	10		11		12		13		
		9am	walk fit	9am	walk fit	9am	walk fit	9am	walk fit	9am	walk fit			
					Happy Birthday Elsie Haralson									
14	Daylight Savings Time Set your clock ahead 1 hour	15		16		17	St. Patrick's Day!	18	Office Hours	19		20	First Day of Spring	
		9am	walk fit	9am	walk fit	9am	walk fit	9am	walk fit	9am	walk fit	10:30am	Spring Fling with donuts & coffee	
							St. Patrick's Day trivia is due.	1pm	Chocolate Chip Mint Ice Cream cups & Shamrock Sugar Cookie				wear your favorite spring hat!	
									Wear your green!! Winner of trivia					
21		22		23	Office Hours	24		25		26		27		
		9am	walk fit	9am	walk fit	9am	walk fit	9am	walk fit	9am	walk fit			
	Happy Birthday Barbara Whitehouse			2pm	National Chip & Dip Day									
28	Palm Sunday	29		30		31		<div style="border: 1px solid gray; padding: 5px; display: inline-block;">*Calendar subject to change*</div> <div style="display: flex; justify-content: center; gap: 10px; margin-top: 10px;">    </div>						

VILLAGE AT RIDGMONT
UPCOMING EVENTS
MARCH 2021



Monthly Birthday Party Schedule

Residents get together for a birthday party on the first Monday of each month. The following residents have volunteered to provide cake for the designated months:

March: Art Zambanini
April: Barbara Whitehouse
May: Rose Dattoli
June: Sonny & Becky Chenot
Everyone is welcome to attend.

Upcoming Events:

Please light up your front window and hang some Shamrocks to share a little fun for St. Patrick's Day. On Thursday, March 18th at 2pm stop by the community center for a little treat - cup of chocolate chip mint ice cream & a Shamrock sugar cookie. **Remember to wear your green!!**

St Patrick's Day Trivia - How much do you know about leprechauns and St. Patrick's Day traditions? Included is some fun trivia to test your knowledge. Complete the trivia and turn it in to the office before 3/17/2020. Those with the most correct answers will win a candy bar.

1st day of spring is Saturday, March 20th. Spring Fling at the Community Center - wear your favorite hat/bonnet or crazy hat that you made for March Madness to get a donut & coffee at 10:30am at the Community Center.

National Chip & Dip day is Tuesday, March 23rd! Stop by the community center for a treat.

The Village at Ridgmont is following the CDC guidelines and PA Governor Wolf recommendation that everyone wear a face covering, mask or shield and practice 6' social distancing while in the Community Center.



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. 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)



Village at Ridgmont



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.