



# A Grandparents Newsletter

*will be mailed separately*



## Upcoming Wellness Programs

### **Falls Management in GALLIA COUNTY**

*Mondays and Wednesdays from November 4th until December 2nd • 9:30 am - 11:30 am  
Holzer Wellness Center, Gallipolis*

### **Chronic Pain Self-Management in PIKE COUNTY**

*Mondays from November 4th until December 16th • 1:00 pm - 3:30 pm  
Pike County Senior Center, Waverly*

### **Diabetes Empowerment in SCIOTO COUNTY**

*Tuesdays from November 5th until December 10th • 1:00 pm - 3:00 pm  
Kings Daughters, Portsmouth*

### **Diabetes Self-Management in ROSS COUNTY**

*Wednesdays from November 6th until December 11th • 9:00 am - 11:30 am  
Hopeton Terrace, Chillicothe*

### **Diabetes Empowerment in JACKSON COUNTY**

*Mondays from December 2nd until January 6th • 9:30 am - 11:30 am  
Wellston Church of the Nazarene, Wellston*

### **Chronic Pain Self-Management in JACKSON COUNTY**

*Thursdays from January 9th until February 13th • 9:00 am - 11:30 am  
Oak Hill Senior Center, Oak Hill*

### **Chronic Pain Self-Management in JACKSON COUNTY**

*Thursdays from January 9th until February 13th • 1:00 pm - 3:30 pm  
Jackson Senior Citizens, Jackson*

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*Classes are free, but pre-registration is required. Call 1-800-582-7277 to register or to learn more information.*

*According to Urology Care Foundation, a quarter to a third of men and women in the U.S. suffer from urinary incontinence. The number of children birthed increase the risk in women. Men who have prostate problems are also at increased risk. Some medicines make it worse. Aging, dementia, diabetes, stroke, high blood pressure, obesity and smoking are also linked. Read the issue and answer True or False to the questions below.*

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1. *Because they may not recognize the need to use the toilet, "suggestions" to go to the bathroom can be very helpful, e.g., a reminder after a meal. T F*
2. *Marking a path to the bathroom can be done with something simple, such as reflecting tape. T F*
3. *Many psychologists suggest feeling connected to others is essential to happiness and well-being. T F*
4. *People with dementia would never touch or expose their genitals in public or try to touch others. T F*
5. *A regular toileting schedule and reading the signals when the person needs to go to the toilet may help the person to continue to use the toilet for a longer time. T F*
6. *Fecal incontinence (FI) is an inability to control bowel movements, which may result in stool leaking. T F*
7. *Incontinence usually begins in the late part of the middle stage of Alzheimer's. T F*
8. *If the mobile person is missing the toilet, get a toilet seat in a color that is different from the floor color. This may help them see the toilet better. T F*
9. *There could not be a physical cause to incontinence. T F*

**KEY:** 1. T 2. T 3. T 4. F 5. T 6. T 7. T 8. T 9. F