



Our Community Newsletter

Discover what's going on in our community.

TRYathlon season is upon us again! This fun competition goes deeper than a regular sports game, as it builds strength and connects us to a larger purpose. It is impossible for one single person to win the TRYathlon Tournament. Instead, our success depends entirely on our ability to build and strengthen our team. As Dr. Bill always says, “We are better together”. The TRYathlon Tournament is designed for competitors of all abilities, so how will you contribute to the Piranha’s success? You could compete in one or more events, cheer on the team, or serve as timekeeper, scout, or statistician. To learn more or to participate, please speak with Community Life staff or attend one of the many Piranhas activities.

Providence Place continues progress on our dialysis center and is hopeful for launch in the beginning of April. We also enjoyed great attendance and participation in the all staff winter party in January. Many of our staff attended and enjoyed gifts and prizes given away. Thank you for your continued effort in keeping our building safe and warm during these winter months. Please be mindful of windows being open, ice and snow outside or any safety issue requiring staff assistance. Please alert staff if there any areas of concern.

-Regards, Noel

Happy Birthday!

2/7 Ronald H. 2N
2/16 Edward W. 2N
2/18 Tom D. 3N
2/18 Scott G. 2S
2/20 Irvin K. 2N
2/21 Mary S. 3N
2/21 Tom S. 3N
2/23 Rodney E. 3N
2/24 Carolyn J. 3S
2/27 Steve P. 3N



VIRTUAL PROGRAM

PRESENTED BY: HOMESTEAD
NATIONAL HISTORICAL PARK



Homesteading for Freedom

Learn how The Homestead Act of 1862 enabled 3,400 Black farmers to build homes, form communities like Nicodemus, Kansas, and pursue freedom, prosperity, and leadership despite systemic challenges.

FEBRUARY 6TH
2:00PM



A Morning Prayer by Mechthild of Magdeburg (c.1207-1290)

O sweet and loving God,
when I stay asleep too long,
oblivious to all your many blessings,
Then, please, wake me up,
and sing to me your joyful song.
It is a song without noise or notes.
It is a song of love beyond words,
of faith beyond the power of human telling.
I can hear it in my soul,
when you awaken me to your presence.
Amen.

Every Turn and Tune

Thirteenth century theologian, Mechthild of Magdeburg, was a gem. She wrote as a woman in a largely male-dominated world of letters. She did not know the more academic Latin of her time and instead wrote in her lay, mother tongue of German. As one of the wandering, marginalized and soon-to-be-outlawed “Begaine” mystics, she rejected the patriarchally prescribed routes for women in her time.

Mechthild knew the heft and hurdle of change –when today go differently than anticipated. Her call to alertness each morning urges openness to love at every turn and tune. Can you hear what’s good through the change?



What to Know About Urinary Tract Infections: Is Testing Causing More Harm Than Good?

Urinary Tract Infections (UTIs) are responsible for about 20% of all hospitalizations in older adults according to a report from the National Institute of Health, and they can lead to severe illness if the bacteria spreads into the blood stream causing sepsis.

According to Dr. Nick Schneeman, geriatrician and Chief Medical Officer for Lifespark, urine testing for seniors is a very complex topic and frequent testing leads to frequent “discovery” of contaminated or colonized bacteria that are not causing a problem,” said Dr. Nick. “This makes the decision to test or to just go ahead and treat pretty complex.” Dr. Nick adds that the best reason to consider testing or just offering antibiotic treatment is for dysuria, new burning pain with urination. After that, some good reasons include:

- Lower abdominal pain
- New urinary frequency- going to the bathroom more often/urge to go
- New incontinence or loss of bladder control
- Unexplained fever, chills, low blood pressure, and decreased level of consciousness with concern for sepsis

Without the right diagnosis, attributing UTIs as a root cause can lead to serious negative outcomes including antibiotic induced colitis, drug resistant organisms, poor appetites, and drug-drug interactions.

If your primary care is suggesting testing for a UTI, be sure they understand what your main symptoms are. If they do not align with good reasons to test or treat for a UTI, explore what other causes could be causing your symptoms to avoid missing something serious or be harmed by antibiotic over-treatment. Nobody wants to miss serious UTIs and sepsis. But decisions to test and treat are complex in seniors.

The good news is that Lifespark can partner with you to sift through symptoms to find solutions that are unique to you, all from the comfort of your home – no waiting rooms or going to the lab.

GROUNDHOG DAY

N E E D G W G O U A U W L D F P X K H R
E O M Z E W R N U N I X I L Q F W I T E
D M B D E X O Q Z B J T B N N Z B H T H
P X R E X Q U Q S P R I N G T E U Q L T
T R K A L V N S E U L X J S R E H U T A
Z S E O W A D D S Y S O T N P L R Q Z E
S W A D F A H N H Z Y R A U R B E F P W
A I J C I I O L A P E T H W P G H F L B
T E U Q E C G N D O E M O E M G A X L Y
L P W S I R T E O G E R H Z M F T O X N
J O P V O W O I W F R P V N D N W B V N
W I H P O X A F O U D L O C I Y F C L T
P S O X X Q I G B N E F T Q L O S B C S
Y K I P X Y S R G N H D K U T J G R T N
M F V L P O E T S C Y J J F S X L X B X
S U R P G K L R H U Y O L B G Q U Q Q C
M E T E O R O L O G Y S L B N K I L N J
Z J M I T F V D D B K H E K B J F V O A
Y S T U R V A U U J R V Q B E V K V B F
M A I Y Y B F K H Z Z Y N I C E H P P C

BURROW
COLD
DEN
FEBRUARY
FORECAST

GROUNDHOG
HIBERNATE
METEOROLOGY
PREDICTION
SHADOW

SPRING
WARM
WEATHER
WEEKS
WINTER