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Veteran's Day Recognition for Residents at Village Manor

Residents of Village Manor, who are veterans, were recognized at a Veteran's Day Ceremony by the VFW Post 3279 & Auxiliary. The ceremony included remarks and more. Village Manor residents who were recognized included: Reaves Armstrong, Marion Brown, Oren Glatt, Dean Hocker, Orville Kickhaefer, Gordon Kippenberger (not pictured), Dennis Roberts, Dean Robson. Thank you to all veterans for your service.



Addiction in the Elderly

Contributed by Andy Sutter, Village Manor Executive Director

Substance abuse among the elderly (adults over the age of 60), particularly of alcohol and prescription drugs, is one of the fastest growing health problems in the United States.

“Addiction among people 65 and up is often underestimated and under-diagnosed, which can prevent them from getting the help they need.”

Alcohol and prescription drug abuse affects up to 17% of adults over the age of 60 as per the National Institute on Alcohol Abuse and Alcoholism (NIAAA). Due to insufficient knowledge, limited research data, and hurried office visits, health care providers often overlook substance abuse among the elderly. This is made worse by the fact that the elderly often have medical or behavioral disorders that mimic symptoms of substance abuse, such as depression, diabetes, or dementia.

According to the Office of Alcoholism and Substance Abuse Services, substance abuse among senior citizens can be classified into two general forms: the “hardy survivor,” or those who have been abusing substances for many years and have reached 65, and the “late onset” group, which is those who form addictions later in life. Regardless of how old you are or when your addiction started, there are treatment options available to help you get back on a healthy path.

Causes of Addiction in the Elderly

There are several things that could contribute to someone turning to substance abuse later in life. These could be health-related issues or life-changing events that take an emotional toll. These events may provoke substance-abusing behavior that can result in a full-scale addiction.



Potential triggers or causes for drug or alcohol addiction in the elderly include: retirement, death of a family member, spouse, pet or close friend, loss of income or financial strains, relocation or placement in a nursing home, trouble sleeping, family conflict, mental or physical health decline (depression, memory loss, major surgeries, etc.).

The Dangers of Elderly Substance Abuse

Drug or alcohol abuse among the elderly is particularly dangerous because senior citizens are more susceptible to the deteriorating effects of these substances. Individuals over 65 have a decreased ability to metabolize drugs or alcohol along with an increased brain sensitivity to them. This makes it dangerous for seniors to use drugs or alcohol at all, even if the person isn't addicted.

Benzodiazepines, which are used to treat anxiety, pain or insomnia, are some of the most dangerous prescription drugs for seniors. These are generously prescribed and highly addictive. The rate of senior citizens addicted to benzos has increased every year.

Challenges In Identifying Addiction In The Elderly

Alcohol or drug abuse may actually mimic symptoms of other medical or mental health disorders, such as diabetes, dementia or depression. This makes it easy for doctors who encounter an older patient to chalk up declining mental or physical health simply to “old age.”

“Not long ago, a medical colleague referred a 67-year-old woman to me with mild depression, weakness and complaints of short-term memory loss. Her physician told her there was no clear medical explanation for her symptoms, given that her physical exam, exhaustive lab tests and brain M.R.I. were all normal... The problem, I soon discovered, was that her alcohol consumption had tripled since the death of her husband a year earlier. She did disclose to her internist that she drank but minimized the amount. She had turned to alcohol, self-medicating her grief, but it only worsened her mood and impaired her memory, typical of alcohol's effects on the brain.”

*Source: Richard A. Friedman, M.D.,
NYTimes.com/addictioncenter.com*



December



Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	2	3	4	5	6	7
11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Dominoes	9:30 Resident Council 11:00 Noodle Ball 3:00 Singing w/ Joan 6:30 Board Games	9:45 Aerobics 11:00 Noodle Ball 3:00 Bible Study w/Bev 6:30 Coloring Fun	9:30 Movie 11:00 Noodle Ball 3:00 Piano Time 6:30 Board Games	9:30 St. Andrew's Bingo 11:00 Noodle Ball 2:30 Decorating Cookies 3:00 Gift Cart 6:30 Puzzle Time	11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
8	9	10	11	12	13	14
11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Dominoes	9:30 Memorial Service 11:00 Noodle Ball 3:00 Singing w/ Joan 6:30 Board Games	9:45 Aerobics 11:00 Noodle Ball 3:00 Bible Study 3:00 Library 6:30 Coloring Fun	10:00 Fingernails 11:00 Noodle Ball 1:00 St. Andrew's Singing 3:00 Piano Time 6:30 Games	9:45 Aerobics 11:00 Noodle Ball 3:00 Gift Cart 6:30 Puzzle Time	11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
15	16	17	18	19	20	21
11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Dominoes	9:30 Gingerbread Houses 11:00 Noodle Ball 1:30 Resident Meeting 3:00 Singing w/ Joan 6:30 Games	9:45 Aerobics 11:00 Noodle Ball 1:15 Headstart Visitors 3:00 Bible Study w/Bev 6:30 Coloring Fun	7:30-9:00 AM Cafe 11:00 Noodle Ball 2:00 Cookies w/ children 3:00 Piano Time 6:30 Games	9:00 Ken King 9:45 Aerobics 11:00 Noodle Ball 2:00 Christmas Party 3:00 Gift Cart 6:30 Puzzle Time	11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
22	23	24	25	26	27	28
11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Dominoes	9:30 Memorial Service 11:00 Noodle Ball 3:00 Singing w/ Joan 6:30 Board Games CHRISTMAS EVE	9:45 Christmas Movie 11:00 Noodle Ball 6:30 Coloring Fun MERRY CHRISTMAS	9:30 Movie 11:00 Noodle Ball 3:00 What's for Dinner? 6:30 Board Games	9:45 Aerobics 11:00 Noodle Ball 3:00 Birthday Party 3:00 Gift Cart 6:30 Puzzle Time	11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
29	30	31	MERRY CHRISTMAS			
11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Dominoes	9:30 Movie 11:00 Noodle Ball 3:00 Singing w/ Joan 6:30 Board Games New Year's Eve	Available Daily: games, books, cards, puzzles, movies, pool table, manicures, and more.		One-to-Ones Daily *Activities Subject to Change	
HAPPY NEW YEAR						

Resident Birthdays

Jean Page	Dec. 9
Lyman Hill	Dec. 16
Norma Johnson	Dec. 16
Frances Wright	Dec. 19
Alton Lawson	Dec. 20
Carol Rutz	Dec. 20
Florence Smith	Dec. 26
Darlene Parker	Dec. 28
Dean Robson	Dec. 29



Thank you to Auburn Pharmacy for providing the birthday cake

Welcomes

Beverly Schmutz
 Melvin Stout
 Lila Stout
 Phyllis Thompson
 Patricia Lamborn
 Robert 'Joe' Foltz

In Memory

Richard Cowan
 Virginia 'Ginny' Wells



Discharges

Theresa Verner
 Galen Kubin

Staff Birthdays

Kassidy Mendon	Dec. 1
Madison Smith	Dec. 1
Susan Weberg	Dec. 3
Baylee Jones	Dec. 5
Crimson Garza	Dec. 15
Tristan Rangel	Dec. 15
Christa Crable	Dec. 21
Cheylynn Jacobs	Dec. 24
Alice Holopirek	Dec. 25



Welcome to our Team!

Loretta McMillen	Social Worker
Mitch Brandt	Lead Maintenance
Heather Beasley	C.N.A.
Matthew Hamm	C.N.A.
Ebony Sublett	C.N.A.
Sara Saenz	Room Attendant
Joyce Stoneberger	Homemaker

Just a Get-away With a Purpose

by Gma Bev (Village Manor Resident)

This past week, the organization known as Watchmen Evangelist took several of their members and went on an elk hunt in the highest of the mountains in Colorado. Not sure what all they do, but know they grill, and as they meet their quota on game, they take it to a local butcher shop. The meat is cleaned, wrapped, packaged, and frozen so they are able to bring it home, where it is distributed to families in need.

Personally, I think it is a great way to have the sporting event, along with providing a blessing for those in the community that spiritually need a blessing! Have you ever just taken time to look at the food on your table and pondered what those less fortunate are doing to provide food for their own family? Believe me, a large package of meat will make it possible to cook various types of meals over many weeks!

I remember this one family that lived on the corner just east of us, and periodically would profess how little money they had, and that they did not have the resources to invest to hopefully make a balance good enough to stand on, and so they could not get ahead. Wonder if that sounds familiar to any of us?

As we are starting to prepare for the holiday season, are we allowing for gifts of sharing? Or are we too focused on self and family to look out around us?

Think about that and we will research it better in the next issue!

Adopt a Resident for the Holiday Season

Anyone is welcome to "adopt" a resident who does not have family to provide them with a gift.



If you are interested, please call Cheryl or Loretta at 785-263-1431.

Preventing Falls: How Nutrition Can Help!

Contributed by Sharon Phillips, RDN, LD, Memorial Health System Registered Dietitian

Falls cause older Americans many injuries every year! Taking care of yourself and understanding your doctor's instructions are important steps to take to prevent falls.

There are a large number of factors to take into consideration when talking about falls, and nutrition is just one of them. It is important to take into account when you eat, how much you eat, and what you eat!

Swings in blood sugar can promote falling because both high and low blood sugar can cause dizziness. Eating meals at regular intervals throughout the day helps to stabilize blood sugar for everyone. Skipping meals causes your blood sugar to drop and you may get fatigued, increasing your risk for a fall. Try to keep sweets to a minimum each day to avoid a spike in blood sugar, which will be followed by a low. Even Steven is the way to go.



Hydration issues have been known to cause dizziness or fainting which can lead to falling. Being sure to stay adequately hydrated will help with staying healthy in general. When our bodies are properly hydrated we have more energy, digest our food better, and can avoid some common aches and pains like headaches or constipation. If you are on a fluid restricted diet, follow the direction of your provider.

Eating well balanced, healthful meals at regular intervals will also prevent falls by giving your body the fuel it needs to keep going and the building blocks it needs to repair and rebuild. Working with therapy, walking, or using the therapy room will help keep you on the go and promote a healthy appetite.

There are many ways to prevent falls, but improving nutrition is one of the easiest: find a few healthful items you like, a few friends you like, and eat together.

Some residents recently filled 'shoe boxes' for Operation Christmas Child to send overseas and brighten some children's days! Thank you to all that donated for this special occasion!





VILLAGE MANOR CHRISTMAS PARTY

Village Manor residents invite you,
friends, & family, to their
Christmas Party

FRIDAY, DECEMBER 20 AT 2:00 P.M.

Join us for holiday
munchies, music,
and merriment!



*If you would like your loved
one to open a present at the
party, please bring one in by
Friday, December 13.

MERRY CHRISTMAS TO YOU AND YOUR
FAMILY FROM ALL OF US AT
VILLAGE MANOR

