Village Manor
of Heritage Village, CCRC

Village Vine

June 2021

Monthly Newsletter of Village Manor

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An affiliate of Memorial Health System

Meet the New Director of Nursing at Village Manor; Linda Ramsey

I have been a nurse for 35 years, actively working for the past 33 years. I received my Associate Degree from Cloud County Community College. I have worked in Med/Surg (Inpatient) and Home Health and Hospice, with the majority of my career working with the elderly population in Long Term Care or Skilled Care. I have found this choice very rewarding over the years.

I have spent the last 20-plus years in Missouri around the Springfield area. I relocated to Abilene after my husband passed away to be closer to my family. I have one son and two grandchildren, April and Dalton, who still live in Missouri. Both grandkids are in high school and live very active lives. April will graduate next year and Dalton will be done in three years.

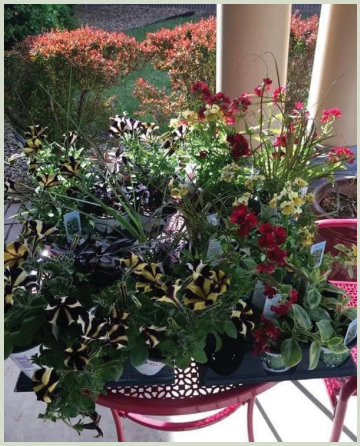
So far, my dog Sophie and I have really enjoyed our time here in Abilene. I am looking forward to getting to know the residents, families, and staff here at Village Manor.

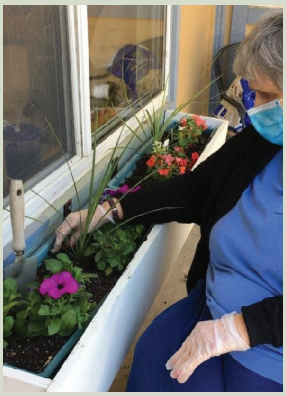
We welcome you, and Sophie, to Abilene Linda

We are happy to have you here at Village Manor

OUTSIDE COURTYARDS GET SOME BEAUTY

We can't thank the Chris Hocker family and Collman family enough for the donations from Lumber House, True Value in Abilene for our courtyards!! Thank you from the bottom of our hearts. We love the variety of flowers and decorations! And thank you to Amber Engle for helping us with this and delivering all of the goodies!





JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 **9:00 Resident Council** 10:00 Resident Meeting 11:00 Drums 3:00 Singing 6:30 Coloring	**2** 9:00 News & Prayer 9:45 Aerobics 10:00 Minister Visit 2:00 Snacks 3:00 Music 6:30 Games	**3** 9:00 News & Prayer 11:00 Drums **12:00 BBQ for all!** 2:00 Snacks 6:30 Checkers	**4** 9:00 News & Prayer 11:00 Noodle Ball 2:00 Gift Cart 3:00 Nails 6:30 Games	**5** 11:00 Noodle Ball 3:00 Color Time 6:30 Hall Choice
6 9-11 Morning Church 11:00 Noodle Ball 6:30 Coloring Fun	**7** 9:00 News & Prayer 11:00 Noodle Ball 2:00 Nails 3:00 Bingo 6:30 Games	**8** 9:00 News & Prayer 11:00 Drums 1:00 Library 3:00 Singing 6:30 Coloring	**9** 9:00 News & Prayer 9:45 Aerobics 10:00 Minister Visit 2:00 Snacks 3:00 Music 6:30 Games	**10** 9:00 News & Prayer 11:00 Drums 2:00 Snacks 6:30 Cards	**11** 9:00 News & Prayer 11:00 Noodle Ball 2:00 Gift Cart 3:00 Piano 6:30 Games	**12** 11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
13 9-11 Morning Church 11:00 Noodle Ball 6:30 Color Fun	**14** 9:00 News & Prayer 11:00 Noodle Ball **12:00 Lunch and Chat** 3:00 Bingo 6:30 Coloring	**15** 9:00 News & Prayer 11:00 Drums 2:00 Snacks 3:00 Music 6:30 Board Games	**16** 9:00 News & Prayer 9:45 Aerobics 10:00 Memorial Service 3:00 Music 6:30 Cards	**17** **7:30-9:00 AM Cafe** 11:00 Drums 1:00 Crafts 2:00 Snacks 6:30 Board Games	**18** 9:00 News & Prayer 11:00 Noodle Ball 2:00 Gift Cart **3:00 Father's Day Party!** 6:30 Cards	**19** 11:00 Noodle Ball 3:00 Color Time 6:30 Hall Choice
20 9-11 Morning Church 11:00 Checkers 6:30 Cards ***Father's Day***	**21** 9:00 News & Prayer 11:00 Noodle Ball 2:00 Snacks 3:00 Bingo 6:00 Puzzles	**22** 9:00 News & Prayer 11:00 Drums 2:00 Snacks 6:30 Board Games	**23** 9:00 News & Prayer 9:45 Aerobics 10:00 Minister Visit 2:00 Snacks 6:30 Cards	**24** 9:00 News & Prayer 11:00 Drums 2:00 Snacks 3:00 Nails 6:30 Cards	**25** 9:00 News & Prayer 11:00 Noodle Ball 2:00 Gift Cart **3:00 Month Birthdays** 6:30 Games	**26** 11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
27 9-11 Morning Church 11:00 Noodle Ball 6:30 Coloring	**28** 9:00 News & Prayer 11:00 Noodle Ball **2:00 Snacks** **3:00 Bingo** 6:30 Cards	**29** 9:00 News & Prayer 11:00 Drums 2:00 Snacks 3:00 Music 6:30 Puzzles	**30** 9:00 News & Prayer 9:45 Aerobics 10:00 Minister Visit 2:00 Snacks 3:00 Music 6:30 Checkers			
			Available Daily: games, books, puzzles, movies, manicures, horseshoes, music, and more.	*Available Daily: Face-time and Skype and 1x1s, computer time, free WiFi.*	*One-to-Ones Daily* **Activities Subject to Change*	

Resident Birthdays

John Coup	June 12
Judy Adee	June 25
Stella Kamm	June 26

Thank you to Auburn Pharmacy for providing the birthday cake

Welcomes

Charles Anderson
Donna Watson
Matilda 'Jane' Scott
Sylvia Shipman
Silynda Christiensen
Patricia 'Patsy' Phillips

In Memory

Kenneth Bebermeyer
Stephen 'Steve' Helms
Oren Glatt

Discharges

Joyce Nelson

Staff Birthdays

Ashley Delamora	June 7
Emma Seidl	June 10
Olivia Davis	June 13
Sarah Hubbs	

J

Welcome to our Team!

Linda Ramsey	Director of Nursing
Kalicia Wilson	RN
Judy Rhodenbaugh	Certified Dietary Manager

COVID-19 & Village Manor Residents

contributed by Sue Tracy,
Village Manor Resident

Covid 19 & Village Manor Residents.

We've been held captive by this pandemic for about 18 months now. Things are opening up in town around so are we at Village Manor. I have some reservations and misgivings - is it too much - too soon? Will the surge in India translate to a surge here? Life's full of questions. But, for today, I'm focusing on positivity. Village Manor is supported by the community in an amazing fashion. Everywhere I look, I see something from the community. Every holiday is enhanced by the community. Each & everyone of us have been provided with hygiene items. Halloween brings us candy so we are able to gift the community children. We always enjoy the children. Flowers, for each room at Christmas time, were provided. At another time, cactus & succulents were donated by a local business. Our court yards have been provided with flowers and yard decorations by family members. Also, a family has donated many hours to the upkeep of the approach to the main entrance. We are blessed and are truly grateful. Thank you.

Sue Tracy

Staying Safe When It's Too Darn Hot

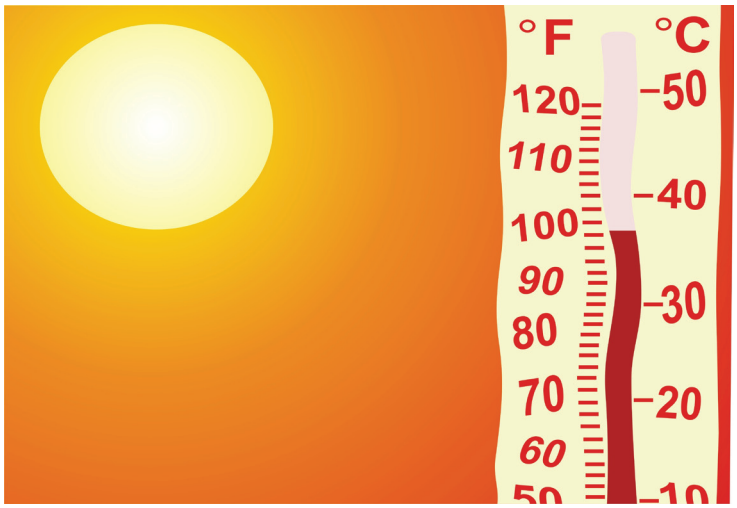
Contributed by Andy Sutter, Village Manor Executive Director/RN

While summer brings us warmth and bloom, prolonged exposure to excessive heat in summer months can be dangerous. This is especially true for older adults. Every summer, more than 600 Americans die of health problems caused by excessive heat and humidity. Older adults and individuals with chronic medical conditions are at high risk of developing heat-related illnesses, because of aging-related physical changes in the body, chronic health conditions, and even effects of taking some medications.

When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

• Stay away from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.

• Air conditioning is your friend in summer. Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. For example, read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center. (Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.)



• Stay hydrated. Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.

• Dress appropriately. Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat, and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.

• Did someone say sunburn? Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.

• Cool down! Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

Source: HealthinAging.org

Read our newsletter online at www.villagemanor.org or call (785) 263-1431 to be added to our E-newsletter list!

Residents enjoy a BBQ and some beautiful weather on a day in May

The second week of May, we celebrated National Healthcare Week with some fun spirit days and treats everyday! We can't thank everyone enough for their love and dedication they bring forth day in and day out for our residents and families. Keep up the great work! Here are a few photos.

Below:
Twinsie Day.

Above: Wear the color of Executive Team member day.

Left: Mismatch Print Day.

Below:
Twinsie Day.