

Village Vine

Monthly Newsletter of Village Manor

New Year's Eve—Fun Facts and Historical Events

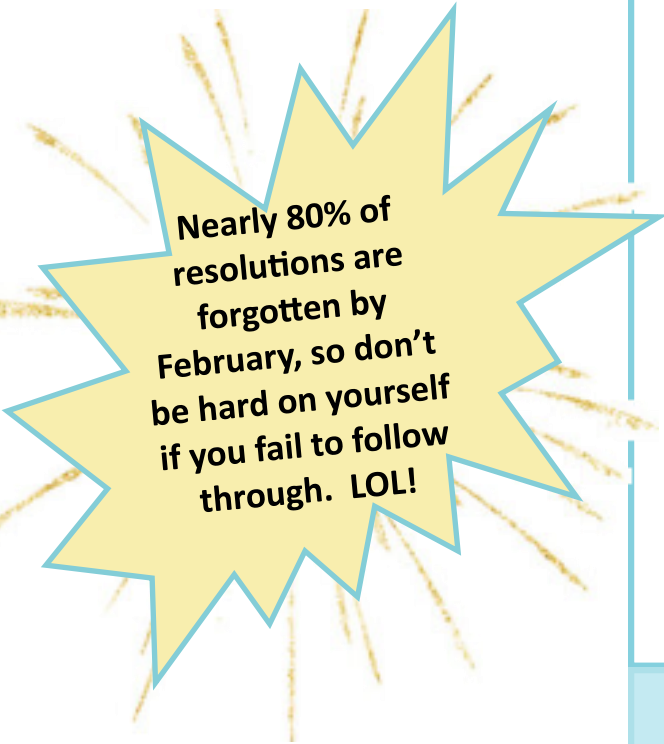


1946– President Harry Truman officially proclaimed the end of World War II.

1907– This marked the very beginning of the ball drop in New York Times Square.

1582– This marked the start of using January 1 as the day a new year begins. Thank the Pope Gregory XIII for this revised version of the calendar.

1967—Evel Knievel attempted to jump the Caesar's Palace Fountain. This was his longest attempted motorcycle jump at 141 feet. This failed attempt resulted in several broken bones throughout his whole body.



Nearly 80% of resolutions are forgotten by February, so don't be hard on yourself if you fail to follow through. LOL!

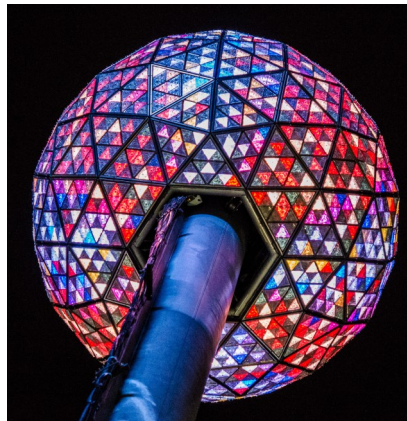


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cont. New Year's Eve Fun Facts and Historical Events



The ball dropped in Times Square on New Year's weighs 11,875 lbs., has over 32,000 lights, and displays over 16 million color patterns. A new pattern is chosen every year.

January's name is rooted in the Latin word "ianua" which means door. The name was chosen to symbolize the opening of a new door (or in this case a new year).

Over 50 tons of trash (3,000 lbs of confetti) is left in Times Square every year after New Year's Eve celebrations. Each piece of confetti holds a secret message!

Happy New Year's!

1988— The Fog Bowl, a heavy dense fog rolled over Soldier Field in Chicago during the second quarter of the Bears vs. Eagles NFC Divisional Playoff Game and it cut the visibility to 15-20 yards.



Village Manor Residents—Want to share a story, give a shout out, spread good news or important information? Please make submissions to Andy or Loretta, and they will forward it to the MHS Marketing Department.
Thank you!

Signs that it may be time to consider long term care for your loved one:

1. When more medical attention is required throughout the day.
2. Decrease mobility makes it harder to accomplish day to day tasks.
3. Problems with eating habits, this may include; *not having adequate food in the home, skipping meals, being unable to eat solid foods, loss of appetite, storing or preparing food in unsafe ways, and unexplained weight loss.*
4. Lack of caring about themselves or their environment.
5. Difficulty handling medication schedules.
6. Frequency for doctor visits increase.
7. Fall risk increases.

Health-related care and services offered at nursing homes vary by facility, but federal requirements specify that each nursing home must provide the following:

- Nursing and related services
- Specialized rehabilitative services to maintain a resident's physical, mental and psychosocial well-being
- Medically related social services
- Pharmaceutical services
- Dietary services individualized to your loved ones needs
- Professionally directed program of activities to meet the interests and needs of a resident's well being
- Emergency dental services
- Routine dental services as covered under your state's plan
- Room and bed maintenance services
- Routine personal hygiene items and services
- Specialized rehabilitative services for treatment of a mental illness or intellectual disability

8. Change in behaviors that cause concern such as: *refusing visitors in the*

Here's When the 2024 Social Security Cost-of-Living Adjustment Will Kick In

Article By: Rob Wile
Source: NBCnews.com

While inflation has been falling in recent months, seniors remain especially vulnerable to price increases, experts say.

Social Security recipients and others on fixed incomes will soon see a slight increase in their monthly benefit checks from the U.S. government.

Starting in January, the estimated average monthly retirement benefit will increase by 3.2%, or \$59 a month, for 2024 — from \$1,848 to \$1,907.

The new amounts, the result of the agency's annual cost-of-living adjustment (COLA), will kick in next month on a staggered, weekly basis, according to when a recipient's birthday occurs.

The latest COLA increase pales in comparison to the 8.7% increase recipients saw for 2023. That's because inflation has been falling over the past several months. The annual COLA is calculated based on inflation readings for July, August and September. In those months, the relevant measure of 12-month inflation clocked in at 2.6%, 3.4% and 3.5%, respectively.

Yet despite the more recent slowdown of price increases, many Americans on fixed incomes, especially seniors, will continue to struggle financially even as inflation slows into 2024, experts and economists say.

Since mid-2020, average prices in the U.S. have climbed more than 20%. Yet, the total Social Security cost-of-living adjustment has increased just 17.8% over the same period.

"There is some very sticky inflation," said Mary Johnson, Social Security and Medicare policy analyst for the Senior Citizens League, a nonpartisan advocacy group.

Seniors are especially vulnerable to the rising cost of housing, with the average older person spending 49% of their household budget on shelter, Johnson said. Even as other categories of inflation have slowed or even reversed in recent months, shelter costs have continued to trend upward. In September, a key measure of shelter costs increased by

0.6%, the largest rise since February, after a 0.4% gain in August.

Mark Zandi, chief economist at Moody's Analytics, said that while many higher-income seniors have likely weathered the recent inflationary period, many low- and middle-income seniors — especially those on fixed incomes — have not.

"It's been a really tough three or four years, and that continues," Zandi said of those cohorts.

Next year's Medicare Part B premium adjustments will further erode savings from those monthly Social Security checks. Following a rare year in which the premium was reduced, the standard monthly Part B rate will increase by about \$10 to \$174.70.

The formula for setting the annual COLA increase was established some five decades ago. The Senior Citizens League has said that,

over time, spending categories that more directly impact seniors, especially health care costs, have increased at a faster rate than others.

The league has calculated that, as a result, Social Security benefits have lost more than 30% of their purchasing power since 2000.

Government economists have created — but not implemented — an alternative index, called the Consumer Price Index for the Elderly (CPI-E), which puts greater weight on senior-focused categories. Currently, there is no active congressional legislation pushing a switch to CPI-E.

The Senior Citizens League nevertheless estimates that a senior who filed for Social Security with average benefits over 30 years ago would have received nearly \$14,000 more in retirement if the CPI-E had been used.

However, the CPI-E has slightly trailed standard measures of inflation since the pandemic, climbing 18.4% since mid-2020 — meaning the cost-of-living adjustments seen in recent years would have been slightly smaller.

Still, Johnson and the league say many seniors remain



Social Security Benefits are expected to rise in 2024....

vulnerable, especially since they are less likely to be able to take on additional work to boost income.

"Housing, motor vehicle insurance, the cost of hospitals and care of [disabled persons] at home — these are the savings-draining black holes even when inflation is low," Johnson wrote in a recent Senior Citizens League report.

"Yet these are the very categories seeing the most persistent and painful inflation right now."

**READ OUR NEWSLETTER
ONLINE AT
WWW.VILLAGEMANOR.ORG**

**OR CALL
785-263-1431 TO BE
ADDED TO OUR
E-NEWSLETTER LIST!**

Fern Dolezal
Douglas Hoesli

Lahaina Ortega, Homemaker
Amanda Steele, Nursing

01/03 Sally Thomas
01/07 Georgia Marie Phillips
01/11 Gregory Clare
01/28 Susan Greene
01/29 Linda Wranosky
01/30 Joe Gonzalez Sr.

01/01	Betty Slaughter
01/08	Cameron Herting
01/19	Micaela Morgan
01/20	Lahaina Ortega
01/21	Terry Langdon
01/21	Summer Crouse
01/26	Lisa Picking

Janice Brungardt



LOSS OF A SPOUSE

Facilitator: Susie Gassman

Hospice of Dickinson County & Community Bible Church
invite you to attend
Sunday, January 28, 2024 from 1:00pm - 3:00pm
Community Bible Church
1400 N. Cedar, Abilene, KS

Seminar details
As you know, the death of a spouse brings a unique kind of pain. People who are widowed haven't just lost a loved one—they've lost an entire lifestyle. The loss of a spouse comes with its own and very unique set of challenges and changes that you may have already experienced, didn't know you were experiencing or haven't quite experienced.

Call 785-263-6630 or visit: www.griefshare.org

Registration for the next GriefShare sessions are now open! Loss of Spouse is a one day session on January 28, and a 13-week group session starts on February 4. Find links to the registration forms on the Home Health and Hospice website page. Use the QR code to take you there!



*Village Manor is
seeking volunteers!
Please call for more
information.
785-263-6692*

***FOLLOW VILLAGE
MANOR ON
FACEBOOK!***

**Pictured Left:
Terry Langdon, Attendance
Winner for the month of
November!**



Activities are subject to change!

Available Daily

**Games, books, cards, puzzles, movies,
manicures, horseshoes, bean bag toss,
and more!**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 Movies 10:30 Cards 2:00 Games 6:30 More Games New Year's Day	2 9:00 Res Meeting 10:00 Res Council 12:00 Lunch/Chat 2:45 Snacks 6:30 Puzzles	3 9:00 NDC 9:30 Devotional 10:00 Cards 10:30 Res Choice 2:45 Snacks 6:30 Games	4 9:00 NDC 9:30 Devotional 10:00 Cards 10:30 Games 2:45 Snacks 6:30 Games	5 9:00 NDC 9:30 Devotional 10:00 Cards 11:40 Impact 2:45 Snacks 6:30 Movies	6 10:00 Movies 3:00 Puzzles 6:30 Hall Choice
7 10:00 Live Church 11:00 Movies	8 9:00 NDC 9:30 Reminisce 10:00 Cards 2:45 Snacks 3:00 Bingo 6:30 Checkers	9 9:30 NDC 9:30 Devotional 10:00 Cards 12:00 Lunch/Chat 2:45 Snacks 6:30 Puzzles	10 9:00 NDC 9:30 Devotional 10:00 Cards 10:30 Res Choice 2:45 Snacks 6:30 Games	11 9:00 NDC 9:30 Devotional 12:00 BBQ 1:00 Color Fun 2:45 Snacks 3:00 Nails 6:30 Games	12 9:00 NDC 9:30 Devotional 10:00 Cards 10:40 Impact 1:00 Nails 2:45 Snacks 6:30 Games	13 10:00 Movies 3:00 Puzzles 6:30 Cinema Night
14 10:00 Movies 4:00 Evening Live Church 6:30 Cards	15 9:00 NDC 9:30 Reminisce 10:30 Cards 11:00 Pet Therapy 2:45 Snacks 3:00 Bingo 6:30 Puzzles	16 9:00 NDC 9:30 Devotional 10:00 Cards 10:30 Games 12:00 Lunch/Chat 2:45 Snacks 6:30 Puzzles	17 9:00 NDC 9:30 Devotional 10:00 Cards 2:45 Snacks 6:30 Checkers	18 7:30—9 AM Café 9:00 Devotional 10:30 Games 2:45 Snacks 3:00 Music 6:30 Games	19 9:00 NDC 9:30 Devotional 10:00 Cards 10:40 Impact 2:00 Music 2:45 Snacks 6:30 Puzzles	20 10:00 Movies 3:00 Color Time 6:30 Hall Choice
21 10:00 Movies 1:00 Checkers 3:00 Evening Live Church 6:30 Cards	22 9:00 NDC 9:30 Reminisce 10:00 Cards 11:00 Pet Therapy 2:45 Snack 3:00 Bingo 6:30 Checkers	23 9:00 NDC 9:30 Devotional 10:00 Cards 10:30 Games 12:00 Lunch/Chat 2:45 Snacks 6:30 Puzzles	24 9:00 NDC 9:30 Devotional 10:00 Cards 10:30 Res Choice 2:45 Snacks 6:30 Games	25 9:00 NDC 9:30 Devotional 10:00 Memorial Service 12:00 BBQ 2:45 Snacks 6:30 Games	26 9:00 NDC 9:30 Devotional 10:00 Cards 10:40 Impact 2:45 Birthday Cake 6:30 Games	27 10:00 Movies 3:00 Puzzles 6:30 Cinema Night
28 10:00 Movies 11:00 Live Church 6:30 Cards	29 9:00 NDC 9:30 Reminisce 10:30 Cards 11:00 Pet Therapy 3:00 Bingo 6:30 Checkers	30 9:00 NDC 9:30 Devotional 10:00 Cards 10:30 Games 12:00 Lunch/Chat 2:45 Snacks 6:30 Games	31 9:00 NDC 9:30 Devotional 10:00 Cards 2:45 Snacks 3:30 Library 6:30 Checkers		1 on 1's in rooms daily!	<i>Pet Therapy All month long!</i>