

Village Vine

Monthly Newsletter of Village Manor



Springtime is Near—Let’s Get Together and Garden

Village Manor is coming up on year two of their garden project. You may remember, last year Village Manor was the recipient of a community grant initiative called *Pathways to a Healthy Kansas* which was funded by Blue Cross Blue Shield of Kansas. With this grant money, Village Manor was able to develop two separate resident gardens, a community garden, and a sidewalk that wraps around the whole building connecting all of the garden areas.

This year, Village Manor is hopeful for more community support! While gardening can be a very rewarding activity, it is also a lot of work. The residents and staff of Village Manor need your help! Please contact Andy Sutter or Mitch Brandt at Village Manor to find out how you can be a part of the community garden project! 785-263-1431



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MARCH IS NATIONAL NUTRITION MONTH

Eat Right for Life

https://www.eatright.org/health/wellness/healthful-habits/eat-right-for-life

Eating the same way in your 40s as you did in your 20s? Ignoring your nutritional needs at 60? Not you! Build and maintain your healthiest body by adjusting your eating habits to address the specific needs of each decade.

40s to 50s: Mindful Eating

These two decades are a time of big changes for women thanks to perimenopause and menopause. Hormone fluctuations during this time of life cause changes in metabolism and body weight. Rather than dieting to maintain your premenopausal shape, work on accepting your changing body and focusing on mindful eating and regular physical activity.

Men also need to consider the changes that occur as they age. Around age 40, calorie needs to start to decrease. If the same amount of calories continue to be consumed, weight gain can result. Of course, regular physical activity can help with weight maintenance and provide other benefits, too. A minimum of 150 minutes of moderate-intensity physical activity is recommended weekly for adults.

Another important nutrient is vitamin D. It's essential for bone

health, and researchers believe it may reduce the risk of some cancers, heart disease and infectious diseases. Vitamin D is difficult to get from food — the best sources are fatty fish, like salmon and trout, fortified foods and beverages, including milk and 100% fruit juices and cereals, as well as eggs.

The recommended daily amount of vitamin D is 600 IU per day for both women and men ages 19 to 70, but the majority of adults don't get enough. Consult your doctor or registered dietitian nutritionist about your need for a supplement.

60s and Beyond: Protein Power

Protein, along with regular strength building activities, is essential for maintaining muscle, which we tend to lose as we age. Consuming enough protein also may be linked with bone health.

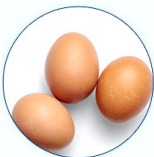
Women and men in their sixties need 5 to 5 1/2 ounce-equivalents, respectively, of protein foods daily

and preferably spread throughout the day. Good sources include lean cuts of beef, chicken, fish, pork and lamb. Not a meat eater? You'll also find protein in eggs, beans, tofu and nuts, as well as low-fat or fat-free milk, yogurt and cheese.

Vitamin B12 — which helps your body make red blood cells and keep the brain and nervous system healthy — is another vital nutrient. However, as people get older they can develop a reduced ability to absorb vitamin B12. You can get B12 through any food that comes from an animal: meat, fish, dairy products and eggs, as well as fortified foods. Talk to your doctor to see if you need a supplement, especially if your eating plan is mostly plant-based.

Each decade brings with it specific health concerns and different nutrition needs. Eat right for your age to help you sail through the decades feeling great.

Top 5 High Protein Foods



Eggs



Chicken Breast



Greek yogurt



Oats



Peanut butter



WORD SEARCH

Beyond the Table: At the Farmers Market

Words may be horizontal, vertical, diagonal, or backwards

Apples	S	L	Y	O	H	C	K	O	B	L	I	N	A	I
Bok Choy	E	C	Y	R	P	A	E	S	Q	C	M	V	Y	S
Blueberries	I	U	I	H	E	G	G	P	L	A	N	T	B	A
Carrots	R	A	D	S	N	G	C	I	L	R	G	R	D	E
Cauliflower	R	I	B	L	U	E	B	E	R	R	I	E	S	W
Eggplant	E	W	S	H	N	M	T	G	C	O	N	G	E	N
Green beans	B	O	O	K	E	S	L	S	A	T	S	W	O	A
Kale	P	R	R	I	A	T	E	R	U	S	N	I	T	T
Mushrooms	S	E	S	W	N	L	A	N	L	D	A	N	A	N
Nectarine	A	B	P	A	P	O	E	I	I	A	E	L	T	E
Okra	R	K	C	P	S	U	K	M	F	C	B	M	O	C
Onion	L	W	A	T	E	R	M	E	L	O	N	E	P	T
Potatoes	O	B	L	I	V	R	U	L	O	V	E	D	N	A
Peppers	R	E	N	D	M	U	S	O	W	Y	E	R	A	R
Raspberries	S	I	E	Y	L	O	H	A	E	E	R	I	M	I
Swiss Chard	C	T	H	C	N	G	R	I	R	G	G	N	E	N
Tomatoes	A	K	O	O	L	E	O	T	B	L	L	O	C	E
Watermelon	R	P	I	R	S	E	O	T	A	M	O	T	E	C
	K	N	P	A	U	C	M	Y	U	I	P	G	B	O
	O	M	U	S	W	I	S	S	C	H	A	R	D	R

The Heart-Mind Connection

Article provided by Memorial Health System's Senior Life Solutions



Researchers at the American Heart Association (AHA) have discovered a strong connection between heart and mental health. They found substantial evidence to prove that each plays an important role in how the other functions. "For example, studies show people with depression are at greater risk for heart attacks and strokes, whereas people who report feeling optimistic have a lower risk of heart disease and stroke. Adults who report having a greater sense of purpose in life engage in lifestyle behaviors that reduce heart health risks, such as smoking less, staying more physically active, and maintaining better blood glucose control." (American Heart Association News, 2021). With these findings, we now know that adding interventions to help people can cultivate positive mental health and significantly impact improving heart

TIPS TO IMPROVE YOUR HEART & MENTAL HEALTH!

1. Add meditation to your routine.

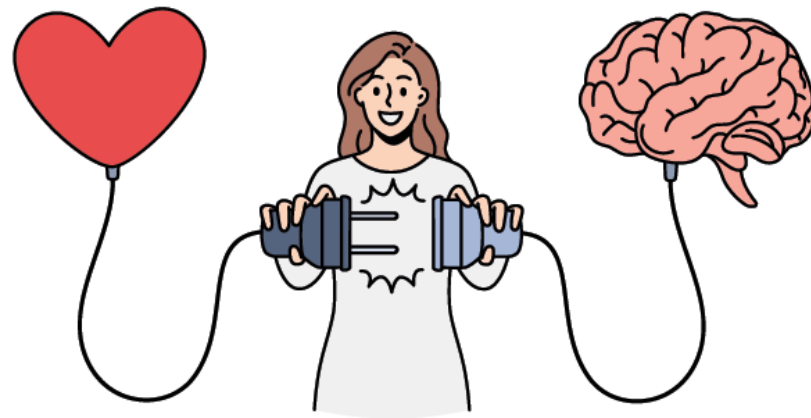
Recent studies offer promising results about meditation's impact on reducing stress, blood pressure, and risk of heart-related death. A few tips to help guide your meditation journey include:
Block out a time to meditate each day. 5 to 10 minutes to start is great. Do your best to sit quietly while concentrating on taking slow, deep breaths. Enhance the experience by adding peaceful music or white noise.

2. Improve stress management.

Building skills to manage the stress in your life can lower your exposure to cortisol and other stress hormones that increase your risk of developing anxiety, depression, heart disease, high blood pressure, and stroke. Ways to manage your stress include: Fostering healthy friendships and talking with friends and family. Keeping a journal to write down your thoughts or what you're grateful for. Taking time for hobbies, such as reading, listening to music, or watching your favorite show or movie.

3. Make lifestyle improvements.

Start small. Making small, manageable daily improvements adds up to better overall health. Even small changes like adding more fruits and vegetables to your plate or walking around the house can help. Try to find



4. Seek professional help.

Mental health is essential to everyone's overall health and well-being. Just like other areas of your health, you may need to seek additional support from a professional. There are various ways someone can receive the support they need, including individual or group therapy, teletherapy, support groups, and much more. Mental health support is proven to help reduce stress and improve the quality of life for those in treatment by helping provide a space to identify problems, build coping skills, and find unbiased support.

If you or someone you know is struggling with a recent heart-related diagnosis or a decline in mental health, our program can help. Whether through our psychiatry and therapy program, or another service, our team works to identify and address the emotional needs of those in our community and provide support.

WE CAN HELP.

Our outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging. Anyone can make a referral to our program, including self referrals, provider referrals, or community referrals. Call us today at 785-263-6805.

Meals on Wheels

Contact Home Health and Hospice of Dickinson County
785-263-6630

Online Application Available:
mhsks.org/home-health-hospice-mealsonwheels

This program is funded by
The community Foundation of
Dickinson County

Meals are prepared by Village Manor
and delivered by Home Health &
Hospice of Dickinson County

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

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

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

**FOLLOW VILLAGE MANOR
ON FACEBOOK!**

New Residents

Judith Hettenbach
Dale Correll
Rosalie Cornelius
Constance Frazier

New Staff

RileyAnn Marbut, Dietary
Melina Arellano, Unit Coord.
McKenzie Hansche, CNA

Resident Birthdays

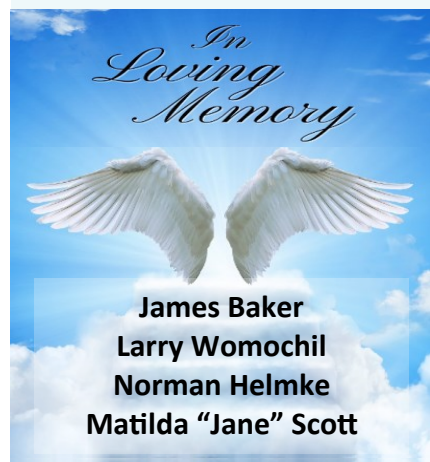
03/01 Steven Krenzin
03/03 Douglas Plunkett
03/10 David Michael
03/23 Judith Hettenbach
03/30 Phyllis Turner

Staff Birthdays

03/01 Sherree Osland
03/01 Leah Carnes
03/02 Michael Cunningham
03/06 Gregg Biggs
03/09 Amanda Steele
03/14 Ryan Hengemuhle
03/14 Megan Hand
03/16 Nevaeha St. Julien
03/17 Katlyn Burnett
03/17 Teia Potter
03/23 Linda Ramsey
03/23 Ashley Ballou
03/25 Lori Meyer
03/26 Amy Boyer
03/26 Kylie Engle

Discharges

Joe Gonzalez
Doug Hoesli
Evelyn Britt



CLOUD COUNTY COMMUNITY COLLEGE
ALLIED HEALTH
CERTIFIED NURSE AIDE COURSE

March 25, 2024 - May 16, 2024
Online/Hybrid Course - 5 credit hours (AH197 CBI)
Location: CCCC Geary County Campus
631 Caroline Avenue | Junction City | Building D
Mandatory orientation: Friday, March 8 • 1 p.m.

How to Apply
www.cloud.edu
Click "Apply Now"
to complete the
application for admissions

How to Enroll
Enroll online
or contact
Advising at
800.729.5101, ext. 275

Payment
Pay online or call
Cloud's Business Office
at 800.729.5101,
ext. 202, 203 or 205

Clinical schedule:
Village Manor
705 N Brady St., Abilene, Kansas
April 1 9 a.m. - 4 p.m.
April 8 9 a.m. - 4 p.m.
April 10 9 a.m. - 4 p.m.
April 15 8 a.m. - 4 p.m.
April 22 8 a.m. - 4 p.m.
April 29 8 a.m. - 4 p.m.
May 6 8 a.m. - 4 p.m.
May 13 8 a.m. - 4 p.m.
Test Date: May 14 @ 1 p.m.

Instructor:
Linda Ramsey, RN
Cost:
\$790, payable to Cloud County Community College
Includes CNA license fee. Book not included.
High School students can use the CTE waiver and pay only \$100
(Includes CNA license fee. Book not included)
Registration is required, and class size is limited.

Email Cloud County Nursing Department
at nursing@cloud.edu, for more information.

CLOUD COUNTY
Community College

Concordia • Geary County
Online & Outreach
800.729.5101 • www.cloud.edu



Pictured Left:
Kristi Hottman, Attendance
Winner for the month of
January!

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.

Activities are subject to change!

Available Daily

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

MARCH
2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
We are gifted with Electronics that you can use to visit family, play games and play music just to name few ideas.	Pet therapy all month long!				1 9:00 NDC 9:30 Devotionals 10:00 Cards 10:40 Impact 2:45 Snacks 6:30 Games	2 10:00 Movies 3:00 Puzzles 6:30 Hall Choice
3 10:00 Church Live 11:00 Movies 6:30 Games	4 9:00 NDC 9:30 Reminisce 10:00 Cards 2:45 Snacks 3:00 Bingo 6:30 Checkers	5 9:00 Res Mtg. 10:00 Res Council 12:00 Lunch/Chat 2:45 Snacks 6:30 Puzzles	6 9:00 NDC 9:30 Devotionals 10:00 Cards 10:30 Res Choice 12:00 BBQ 2:45 Snacks 6:30 Games	7 9:00 NDC 9:30 Devotionals 10:00 Cards 1:00 Color Time 2:45 Snacks 3:00 Nails 6:30 Games	8 9:00 NDC 9:30 Devotionals 10:00 Cards 10:40 Impact 1:00 Nails 2:45 Snacks 6:30 Games	9 10:00 Movies 3:00 Puzzles 6:30 Cinema Night
10 10:00 Movies 4:00 Evening Church Live 6:30 Cards	11 9:00 NDC 9:30 Reminisce 10:30 Cards 11:00 Pet Therapy 2:45 Snack 3:00 Bingo 6:30 Checkers	12 9:00 NDC 9:30 Devotional 10:00 Cards 10:30 Games 12:00 Lunch/Chat 2:45 Snacks 6:30 Puzzles	13 9:00 NDC 9:30 Devotional 10:00 Cards 2:45 Snacks 6:30 Checkers	14 9:00 NDC 9:30 Devotional 12:00 BBQ 10:00 Cards 12:00 Lunch/Chat 2:00 🍀PARTY 6:30 Games	15 9:00 NDC 9:30 Devotionals 10:00 Cards 10:40 Impact 2:00 Music 2:45 Snacks 6:30 Puzzles	16 10:00 Movies 3:00 Color Time 6:30 Hall Choice
17 10:00 Movies 3:00 Live Evening Church 6:30 Cards St. Patrick's Day 	18 9:00 NDC 9:30 Reminisce 10:00 Cards 11:00 Pet Therapy 2:45 Snacks 3:00 Bingo 6:30 Checkers	19 9:00 NDC 9:30 Devotional 10:00 Cards 10:30 Games 12:00 Lunch/Chat 2:45 Snacks 6:30 Puzzles	20 9:00 NDC 9:30 Devotional 10:00 Cards 10:30 Res Choice 2:45 Snacks 3:00 Music 6:30 Games	21 7-9:00 AM CAFE 9:00 Devotional 10:00 Cards 10:30 Games 2:45 Snacks 3:00 Music 6:30 Games	22 9:00 NDC 9:30 Devotionals 10:00 Cards 10:40 Impact 2:45 Snacks 6:30 Games	23 10:00 Movies 3:00 Puzzles 6:30 Cinema Night
24 10:00 Movies 11:00 Church Live 6:30 Cards	25 9:00 NDC 9:30 Reminisce 10:30 Cards 11:00 Pet Therapy 2:45 Snacks 3:00 Bingo 6:30 Checkers	26 9:00 NDC 9:30 Devotionals 10:00 Cards 10:30 Games 12:00 Lunch/Chat 2:45 Snacks 6:30 Games	27 9:00 NDC 9:30 Devotionals 10:00 Cards 10:30 Res Choice 2:45 Snacks 3:30 Library 6:30 Checkers	28 9:00 NDC 9:30 Devotionals 10:00 Memorial Service 12:00 BBQ 2:45 Snacks 3:00 What's for Dinner 6:30 Cards	29 9:00 NDC 9:30 Devotionals 10:00 Cards 10:40 Impact 2:00 Easter Party 6:30 Games	30 10:00 Movies 3:00 Puzzles 6:30 Cinema Night
31 						