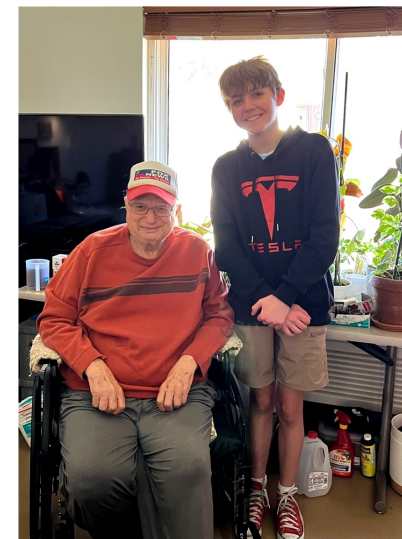


Village Vine

Monthly Newsletter of Village Manor

Wranosky—College Professor to Resident Tutor

By Haley Jones, Director of Marketing and Development



Once again, I found myself sitting across from Vernon Wranosky, a resident of Village Manor whom I have had the great privilege of getting to know in my position with Memorial Health System. He was instrumental in the Village Manor Gardens project last year, and now he continues to give more of his time as a mentor to a freshman student by the name of Shelton Holt, who is aspiring to be a Neurosurgeon.

I just love finding notes, cards, and letters on my desk. The day I saw the letter from Vernon, I knew before I opened it, that it would make me smile. He informed me that he was, “developing weekly neurology cases,

presenting real-time scenarios including a few factual symptoms for analysis” for a student who was in one of his daughter’s classes. It was Vernon’s opinion that the accomplishments of this student should be shared; just as any high-scoring basketball player would be front-page news for everyone to read about, and I happen to agree with him!

It took me a minute after reading Vernon’s letter to realize I knew who this young man was. I worked with his mother, Danielle Holt-Brill, at the start of my career here at Memorial Health System 10 years ago. It blew my mind that the little boy I used to hear her talk about was now in high school. How time flies! I was able to arrange a meeting with Vernon, Shelton, Danielle, and myself where I learned more about how Vernon became Shelton’s mentor. I would be remiss if I did not mention that this meeting was the first time Vernon and Shelton met in person. Up to that point, everything they had worked on together was through email. To say this

Cont. on next page

Inside this issue

- Cont. Wranosky-
College Professor to
Resident Tutor 2
- Drums 3
- Community Garden
Event 3
- Recognizing
Depression in Older
Adults 4
- April Fool’s Pranks
..... 5
- Hospice Room Coming
Soon! 6
- Attendance Award
Winner..... 6
- Welcome New
Residents and
Staff..... 6
- Resident and Staff
Birthdays..... 6
- Discharges..... 6
- In Memory..... 6
- April Calendar 7

Cont. Wranosky-College Professor to Resident Tutor

warmed my heart, to see this introduction take place, is an incredible understatement. I felt so honored to see these two men, young and old, shake hands for the first time, and listen to them discuss the things they had worked on over the last few months. I feel even more honored to write this story and share it with you.

Vernon resides at Village Manor with his wife who has dementia. What I have come to know about him is that his brilliant mind is probably still as strong as the days when he was teaching classes such as: Anatomy and Physiology (A&P), Zoology, Earth Science, Microbiology, Genetics, Dendrology, Botany, Mammalogy, and Anatomy for the Artist. If that wasn't impressive enough, he also served as the Science, Math, and Health Science Division Chairperson for 36 years.

His daughter, Shannon Heintz, does not fall far from the tree. She currently teaches biology at Abilene High School, and Shelton is one of her students. When he shared his desire to become a Neurosurgeon with Mrs. Heintz, she just happened to "know a guy" who could help support Shelton's goal and challenge him beyond the classroom. "Her exact words were "he is awesome," explained Vernon, "she asked if I would consent to generate some neurosurgeon problems for him to solve."

So far, Vernon has created nine case studies for Shelton. He started with an easy one, and it only took Shelton two days to solve the case study on Carpal Tunnel Syndrome. His mom, Danielle, giggled as she said, "He was so excited to get the first case study that he got on

it right away!"

After Vernon realized how smart Shelton was, he decided to make the questions a little harder. "It takes me a half hour to an hour to make these scenarios and the questions. You know, I sit there and think, how can I get him on this one!" We all shared a laugh as we pictured Vernon trying to come up with questions that would stump Shelton. Now, the case studies are taking Shelton about a week to solve. The tenth case study has been prepared and it is, "kind of a booger", Vernon described with a chuckle.

I asked Shelton if there were any case studies so far that he was not able to solve. "Well, the hardest one so far was *Fragile X Syndrome*. I was contemplating between *ASD (Autism Spectrum Disorder)*, *William's Syndrome*, or *Fragile X Syndrome*. I had to ask Mrs. Heintz, 'which one is it?'"

I sat in awe of this young man; his vocabulary far beyond any 14-year-old that I have ever known. When I asked Shelton if he was able to apply what he had learned so far from the case studies to what he is learning in class, Shelton mentioned, "Recently I heard something about *electrophoresis and thought*, 'Oh I know what that is thanks to these case studies.'" Vernon explained that the case studies are far beyond a freshman class level.

Danielle told us all that while she was taking her A&P and Medical Terminology courses a couple of summers ago, her books would come up missing and she would find them with Shelton. I asked him if that was around the time he discovered he wanted to be a

Neurosurgeon. He explained, "Shockingly, I used to be disgusted by blood, but then one time when we were watching a medical show, even though it's fake of course, I was closing my eyes as they were doing the open heart surgery, but I decided to take a peek. I thought wait, this isn't even gross at all. That's when I decided I wanted to go into medicine." Shelton has a few years to make decisions after high school, but right now, he is thinking about the KU School of Medicine. He is certainly on the right track to success.

Starting with the 2023-2024 school year, Abilene High School partnered with Memorial Health System (MHS) to bring a HOSA Chapter into the school with a sponsorship through the Kansas Hospital Association (KHA) Foundation Healthworks. HOSA stands for Health Occupation Students of America. A scholarship provided the funding for the first three years to begin the HOSA Chapter, and MHS matched the funds. Shelton is one of Abilene's first members of HOSA. On March 27 and 28, a HOSA Conference was held in Manhattan at the Kansas State University campus where Shelton was one of 880 high school students in attendance. He tested in two events; Medical Terminology and Medical Readings. "I had to read five books where I was tested on all five of them", he said. Shelton got second place in the Medical Readings event and he will travel to Texas for the national competition this summer.

This new friendship certainly has the capacity to grow and be beneficial for both of these men. Vernon has enjoyed creating case study scenarios for

Shelton, and he plans to do it for as long as Shelton wants him to. He explained that doing this for Shelton is giving him something else to do during the day. "I am learning as I go too", he said with a chuckle, "I taught A&P but didn't go into it in this much depth."

I asked Shelton if there were any topics that he found interesting and would like to see in future case studies that Vernon creates for him, and he told Vernon, "Maybe make some of them from your field; maybe give me some random microbiological ones. It will probably be really hard since that's your field."

"Sure," said Vernon, "I would love to do

that!" We all shared another laugh as we watched Vernon's eyes light up thinking of future case studies he could create. "Now that I know you, I can make the questions harder!"

Mrs. Heintz had mentioned her dad's love of plants to Shelton and he asked to see them while we were there. The visit ended with a little trip down the hall to Vernon and his wife's room where we all had a short lesson on several interesting plants including an interesting cactus, a plant whose leaves give it the nickname "Swiss cheese plant" and another that resembles several spiders with long legs. Shelton was invited back to see Vernon any time.

As the end of the school year approaches, and summer is just within reach, it is safe to assume that Shelton will be spending his break, unlike most students. He will be spending time feeding his hungry brain that yearns to know more. He loves to read. He and his mom like to visit thrift stores to look for books and he spends a lot of time at the Abilene Public Library. Medical thrillers and mysteries are among his favorites, "I really like *Freida McFadden who writes psychological thrillers and is also a practicing physician who specializes in brain injury*." Shelton may also find himself visiting Village Manor to see a new friend this summer.

grab your loves and get ready to garden!

Village Manor is entering year two of their community garden project and they want you to come garden with them!

When: Saturday, April 20th at 9am

Where: Village Manor
705 N Brady, Abilene
(garden is in back of building on 7th St.)

Growing and maintaining a community garden takes several hands to be successful. This garden is open to the public. Anyone is welcome to help and benefit from what the garden produces.

Please RSVP to Andy or Mitch by calling **785-263-1431** so we have an idea of how many hands we can count on for our gardening event.
Thank you!!!



Last year's garden was a great success, but it can be even better with more hands from the community!

Recognizing Depression in Older Adults: When to Refer for Mental Health Support

Article provided by Memorial Health System's Senior Life Solutions



Symptoms of depression in older adults can often be overlooked or mistaken as part of the aging process. However, depression can significantly impact a person's physical health and overall quality of life. Recognizing when to refer a patient to a mental health program for depression is crucial to their well-being.

Several indicators suggest the need for referral.



Physical Signs: Changes in appetite, sleep disturbances, neglect of personal care and hygiene, or unexplained physical complaints could be manifestations of underlying depression.



Social Signs: Persistent sadness, hopelessness, social withdrawal, or lack of interest in previously enjoyed activities are also red flags. Moreover, if the patient exhibits signs of cognitive decline or memory impairment beyond what is typical for their age, a mental health assessment is warranted to differentiate between depression and dementia.

Patient History: Prompt intervention is essential to prevent further deterioration in patients with a history of previous depressive episodes or suicidal ideation. Healthcare professionals should trust their clinical judgment and consider referring older adult patients to mental health programs when symptoms persist, interfere with daily functioning, or pose a risk to their safety and well-being. Early identification and appropriate intervention can significantly improve outcomes for older adults struggling with depression.

Healthcare professionals should trust their clinical judgment and consider referring older adult patients to mental health programs when symptoms persist, interfere with daily functioning, or pose a risk to their safety and well-being. Early identification and appropriate intervention can significantly improve outcomes for older adults struggling with depression.

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 or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community referrals.

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

FOLLOW VILLAGE MANOR ON FACEBOOK!

READ OUR NEWSLETTER ONLINE AT
WWW.VILLAGEMANOR.ORG

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



I filled the window of my boss's office with Styrofoam peanuts. From the outside, it appeared the whole office was full. From the inside, you can see they were just held in place by bags. I set up a camera in the hall to record his horrified reaction as he walked up. The best part was, minimal cleanup.

At my work there are two doors opposite from each other that lead to an entryway. I put a 'please use other door' sign on both of them. The look on their face when they realize they could have used either door in the first place.

You can get 1500 lady bugs on Amazon delivered for about \$6...oh the possibilities. My most popular prank ever. lol.

Last year, I took a Windex bottle, cleaned it out really thoroughly and filled it with blue Mt Dew. Then while driving my clients around in my cab, I would nonchalantly spray it in my mouth or open it up and take a swig at stoplights. Good times.

I got lots of boots from a thrift store and placed the pairs side by side, facing forward, in every bathroom stall in my office building. Then I locked the stalls from outside with a screwdriver

I adhered an air horn to the bottom of coworkers chairs all day, so that whenever they sit down, it goes off. By the end of the day people were checking their chairs before that sat. hahaha

New Residents

Lorene Fengel
Joy Benninghoven
Richard Benninghoven
Shirley Carrier
John Bonacorda

New Staff

Emersyn Shirack, CNA
Paige Palmer, RA
Vanessa Shaffer-Berriozabal, RA

Resident Birthdays

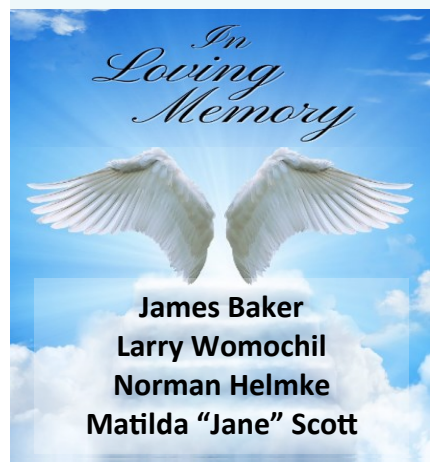
04/02 Shirley Deters
04/02 Myron Lady
04/17 Lorree Stitt
04/20 Eugene Wilson
04/26 Lea Burger

Staff Birthdays

04/03 Kalicia Wilson
04/04 Hannah Walter
04/04 Shaye West
04/10 Lucasey Hammock
04/11 Sonya Ketcher
04/13 Jasmine Saunto
04/15 Nataya Leister
04/25 Andy Sutter
04/28 Sandra Hanback

Discharges

Joe Gonzalez
Doug Hoesli
Evelyn Britt



Pictured Left:
Hospice Room Coming Soon!
An exciting development is underway at Village Manor. With fully funded support from the Hospice of Dickinson County Board of Directors, a Hospice Room will be built using space from Hall 5. The space that was used for a community room is being converted for and the community space will be revised in another area. The room will include an entrance from the exterior of the building allowing the privacy that is deserved as families and friends spend their last moments with the ones they love.



Pictured Left:
Attendance Winner for the month of February! Lori Meyer, CNA

Pictured Right:
Drums!
Therapeutic ball chairs are not only great to sit on, but they work well as drums too! This activity had some extra hands guiding it with the therapist and the restorative aide.



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!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 NDC 9:30 Reminisce 10:30 Cards 2:45 Snacks 3:00 Bingo 6:30 Puzzles APRIL FOOLS DAY	2 9:00 Res Mtg. 9:30 Res Council 10:30 Cards 12:00 Lunch/Chat 2:45 Snacks	3 9:00 NDC 9:30 Devotionals 10:00 Cards 10:30 Res Choice 2:45 Snacks 6:30 Games	4 9:00 NDC 9:30 Devotionals 10:00 Cards 11:00 Drums 2:45 Snacks 3:00 Nails 6:30 Games	5 9:00 NDC 9:30 Devotionals 10:00 Cards 10:40 Impact 2:45 Snacks 6:30 Games	6 10:00 Movies 3:00 Puzzles 6:30 Hall Choice
7 10:30 Viral Church in Pub 1:00 Live Church in Village Center 6:30 Cards	8 9:00 NDC 9:30 Reminisce 10:00 Cards 2:45 Snacks 3:00 Bingo 6:30 Checkers	9 9:00 NDC 9:30 Devotionals 10:30 Cards 12:00 Lunch/Chat 2:45 Snacks 6:30 Puzzles	10 9:00 NDC 9:30 Devotionals 10:00 Cards 10:30 Res Choice 2:45 Snacks 6:30 Games	11 9:00 NDC 9:30 Devotionals 10:00 Cards 11:00 Drums 12:00 BBQ 2:45 Snacks 3:00 Nails 6:30 Games	12 9:00 NDC 9:30 Devotionals 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 10:30 Viral Church in Pub 11:00 Live Church in Village Center 6:30 Games	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 10:30 Cards 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 7:30-9:00 AM CAFE 9:30 NDC 10:00 Devotionals 11:00 Drums 2:45 Snacks 6:30 Games	19 9:00 NDC 9:30 Devotionals 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 10:30 Viral Church in Pub 11:00 Live Church in Village Center 6:30 Games	22 9:00 NDC 9:30 Reminisce 10:00 Cards 11:00 Pet Therapy 2:45 Snacks 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 3:30 Library 6:30 Games	25 9:00 Cards 10:00 Memorial Service 12:00 BBQ 2:45 Snacks 3:00 Music 4:00 Whats4Dinner 6:30 Games	26 9:00 NDC 9:30 Devotionals 10:00 Cards 10:40 Impact 3:00 Birthday Cake 6:30 Games	27 10:00 Movies 3:00 Puzzles 6:30 Cinema Night
28 10:30 Viral Church in Pub 1:00 Live Church in Village Center 6:30 Games	29 9:00 NDC 9:30 Reminisce 10:30 Cards 11:00 Pet Therapy 2:45 Snacks 3:00 Bingo 6:30 Checkers	30 9:00 NDC 9:30 Devotionals 10:00 Cards 10:30 Games 12:00 Lunch/Chat 2:45 Snacks 6:30 Games		1-on-1s Daily in Rooms Pet Therapy All Month Long	We are gifted with Electronics that you can use to visit family, play games and play music just to name few ideas.	