

Village Vine

Monthly Newsletter of Village Manor



Alzheimer's & Early Stage Caregiving

<https://www.alz.org/help-support/caregiving/stages-behaviors/early-stage>

In the early stage of Alzheimer's, most people function independently. He or she may still drive, take part in social activities, volunteer and even work. Your role as care partner is an important one: to provide support and companionship, and help plan for the future.

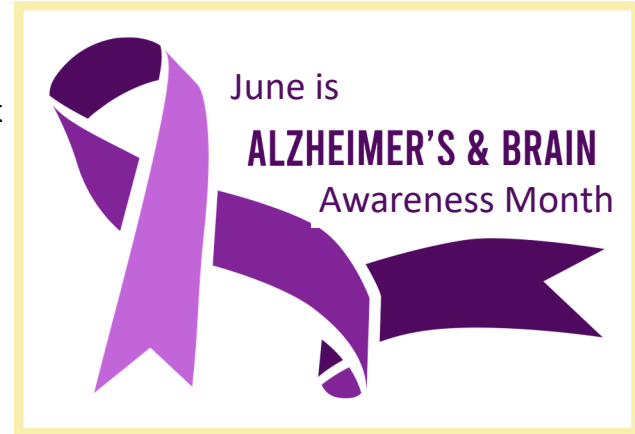
"Early stage" refers to people, irrespective of age, who are diagnosed with Alzheimer's disease or a related disorder, and are in the beginning stage of the disease. The early stage of Alzheimer's can last for years. A diagnosis of early stage Alzheimer's disease doesn't just affect those with the disease; it affects everyone who loves and cares about them.

Your role as a care partner (a term many choose to use rather than "caregiver," since a person in the early stage of dementia may not need much assistance), you may find yourself in a new and unfamiliar role. You may be unsure of where to go for information, anxious about what to expect as the disease progresses and concerned about your ability to support the person living with dementia. These questions and feelings are normal.

With an early diagnosis, you and the person with dementia now have the opportunity to make decisions about the future together, including legal, financial, and long-term care planning. The person living with dementia can take advantage of available treatments or participation in clinical trials and you both can benefit from local resources and support services. Being able to take advantage of all these benefits can reduce anxiety about the unknown and lead to better outcomes for everyone involved.

The role of a care partner is not limited to spouses, partners or close family members. Care partners may include "families of choice" such as friends, neighbors or long-distance relatives. If you are providing support as a secondary or remote care partner, it may be difficult to

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Alzheimer's cont.

determine the exact level of assistance needed without direct observation. Whenever possible, try to connect with others in the support network to share insights or make plans to meet the person with dementia in their own environment.

Finding a new balance is one of the greatest challenges care partners face; not knowing how much assistance to give or when to give it because the person with early-stage dementia is primarily independent with dressing, bathing, walking and may still drive, volunteer or work. The most difficult tasks may involve managing a daily schedule or household budget.

As a care partner, your support with these everyday tasks can help the person with dementia develop new coping strategies that will help to maximize his or her independence. Every relationship is different, but finding balance between interdependence and independence may increase confidence for both of you.

To help you determine when and how to provide the most appropriate support to a person living in the early stage of dementia consider these tips used by other care partners:

1. **Safety first:** Is there an immediate safety risk for the person with dementia to perform this task alone? If there is no immediate risk of injury or harm, provide encouragement and continue to provide supervision as necessary.
2. **Avoid stress:** Prioritize tasks or actions that do not cause unnecessary stress for the

person with dementia. For example, if you know that grocery shopping will be frustrating for the person with dementia, ask for their participation to outline a weekly menu and organize a grocery list.

3. **Make a positive assumption:** Assume that the person with dementia is capable of completing the task. If you sense frustration, try to identify the cause of the frustration before intervening. Focus on his or her current needs, rather than dwelling on the future.
4. **Create a help signal:** Identify a cue or phrase that you can use to confirm if the person with dementia is comfortable receiving support. For example, you may agree to use a phrase like, "Is there anything I can do to help?" or a nod to signal that it's ok to chime in if the person with dementia is having difficulty remembering a word or name.
5. **Talk it over:** The best way to determine how and when to provide support is to ask directly. Ask the person with dementia what they need or the frustrations they may be experiencing. Talk about it, then make a plan.
6. **Work better together:** Find activities to do together and keep the conversation going about expectations for how you will provide support. Check in regularly by asking the person with dementia if you are providing a level of assistance that is comfortable or adequate.

As a care partner you can help maximize independence for a person experiencing the early stage of dementia. It is common that a person in the early-stage may need cues and reminders to help with memory. As a care partner, it may be necessary for you to take the initiative to determine how you may be able to help. For example, he or she may need help with:

- Keeping appointments
- Remembering words or names
- Recalling familiar places or people
- Managing money
- Keeping track of medications
- Planning or organizing
- Transportation

Focus on the person's strengths and how they can remain as independent as possible, and establish a strong channel of communication. Consider ways to work together as a team. For example, if they are still comfortable balancing a checkbook, you may offer to provide a final review.

Providing support is an ongoing and sometimes emotional process. As care partner, you may be feeling overwhelmed by emotions that range from fear to hope. Emotions may be triggered by thoughts about how this diagnosis will impact your life, but also the anticipation of future challenges. Learning to recognize your emotions may help you move forward and help the person with dementia live the best life possible.



Progress continues on the hospice room project at Village Manor. This new room will mean so much to everyone; residents and their families, staff and visitors.

Again, we want to thank Hospice of Dickinson County for this wonderful gift being added to the facility.

Have you been screened???

colorectalcaner.org

Colorectal cancer is the **second** leading cause of cancer-related deaths for men and women combined, and cases are rising in younger adults. It is the deadliest cancer among men under 50 and the second deadliest among women under 50, with experts predicting it will be the leading cause of cancer death in men and women ages 20-49 by 2030. Despite the screening age being lowered from 50 to 45 in 2021, only 20% of 45-49 year-olds are getting screened.

What is stage 0 colorectal cancer?

In stage 0 colorectal cancer, abnormal cells are found **in the innermost layer of the colon or rectum**. This thin inner layer of the colorectal wall is called the **mucosa** (moist tissue lining the colon).

What is stage I colorectal cancer?

Stage I colorectal cancer has grown through the mucosa and has spread into the muscular layer of the colon or rectum.

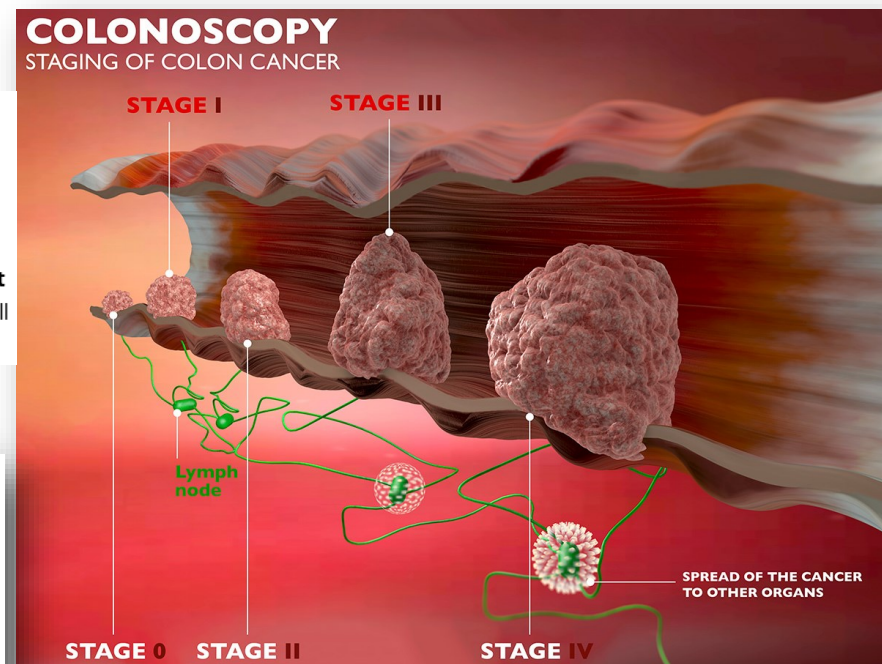
This means that cancerous cells have been found in:

- the innermost layer (mucosa)
- the second layer (submucosa)
- possibly the third layer (muscularis propria)

In stage I, the cancer **has not spread to any lymph nodes** or nearby tissue.

What is stage III colorectal cancer?

Stage III colorectal cancer has spread into nearby lymph nodes, but has not reached other areas of the body.



What is stage II colorectal cancer?

In stage II colorectal cancer, the cancer has spread into the outer layers of the colon or rectum but has not spread to any lymph nodes.

What is stage IV colorectal cancer?

In stage IV (metastatic) colorectal cancer, the cancer has been carried through the lymph and blood systems **to distant parts of the body**. The most likely organs to develop metastasis from colorectal cancer are the **lungs and liver**.

We could use your help this summer in the community garden!



Do you enjoy gardening?

Come help us with the community garden at Village Manor. Planting, watering, picking...it takes several hands all summer long. This is a community garden; open to the public! Help it grow and benefit from the production. Take home some fresh veggies for your sweat equity!

Call for more information.
Ask for Mitch or Andy
785-263-1431



The resident gardens are coming together and soon there will be an abundance of color making everything beautiful in both of the courtyards.



Welcome New Residents

Gloria Smith
Susan Kelly
Robert Emig
Laveta Wingerd
June DeWeese
Gerald Duerksen
Jean Britt
William Dennis

Welcome New Staff

NA

Resident Birthdays

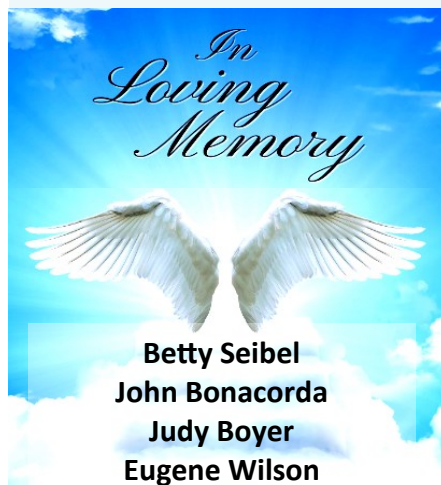
06/01 Phyllis Britt
06/03 Marcia Anderson
06/03 Clearnce Fakes
06/07 Kenneth Collins
06/09 Andrew Odell
06/13 Ramona Overlease
06/20 Rosetta Creach
06/25 Judy Adee

Staff Birthdays

06/17 Sarah Hubbs
06/17 Shauna Best

Discharges

Joe Hess
Gloria Smith
Robert Emig
Robert Milburn



Congratulations to our April Attendance Challenge Winner!!!
Sara Tyler, CNA

Village Manor is seeking volunteers!
785-263-6692

FOLLOW VILLAGE MANOR ON FACEBOOK!
CALL 785-263-1431 AND GET ADDED TO OUR E-NEWSLETTER LIST TO READ THE VILLAGE VINE ONLINE.

Do you live with Parkinson's Disease?
Impact Sports & Fitness can help you manage your symptoms!

FREE SERVICES

- Membership
- Classes
- Personal Training

Call us for more information, or stop by and see us!
785-263-3888
418 N Broadway Abilene, KS

MEMORIAL HEALTH SYSTEM
Impact Sports and Fitness
ABILENE Salina Regional Health Center

Activities are subject to change!

Available Daily

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

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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.					1 10:00 Movies 3:00 Cards 6:30 Birds & Chat
2 10:30 YouTube Church 3:00 Mr. Bishop	3 9:30 Reminiscence 11:00 Ball 2:45 Snacks 3:00 Bingo	4 9:00 Res. Council 10:00 Res. Mtg. 2:00 Nails 2:45 Snacks 6:30 Cards	5 9:00 NDC 9:15 Devotionals 10:00 Cards 2:45 Snacks 6:30 Cards	6 9:00 NDC 9:15 Devotionals 10:00 Cards 11:00 Drums 2:45 Snacks 6:30 Puzzles	7 9:00 NDC 10:00 Nails 10:40 Impact 12:00 Lunch/Chat 2:45 Snacks 6:30 Puzzles	8 10:00 Movies 3:00 Puzzles 6:30 Cards
9 10:30 YouTube Church 11:00 Darin Fahey	10 9:30 Reminiscence 11:00 Ball 2:45 Snacks 3:00 Bingo 6:30 Coloring	11 9:00 NDC 9:15 Devotionals 10:00 Cards 12:00 Lunch/Chat 2:45 Snacks 3:00 Puzzles 6:30 Coloring	12 9:00 NDC 9:15 Devotional 10:00 Cards 2:00 Puzzles 2:45 Snacks 6:30 Movie	13 9:00 NDC 9:15 Devotionals 10:00 Cards 11:00 Drums 12:00 BBQ 2:45 Snacks 6:30 Games	14 9:00 NDC 9:15 Devotionals 10:00 Cards 10:40 Impact 2:00 Father's Day Party 6:30 Games	15 10:00 Movies 3:00 Puzzles 6:30 Hall Choice
16 10:30 YouTube Church 11:00 Carswell Flanna 3:00 Mr. Bishop	17 9:30 Reminiscence 11:00 Ball 2:45 Snacks 3:00 Bingo 6:30 Puzzles	18 9:00 NDC 9:15 Devotionals 10:00 Cards 12:00 Lunch/Chat 2:45 Snacks 6:30 Cards	19 9:00 NDC 9:15 Devotionals 10:00 Cards 2:45 Snacks 6:30 Cards	20 7:30-9:00 AM CAFE 10:00 Cards 11:00 Drums 2:45 Snacks 3:00 Gardening 6:30 Puzzles	21 9:00 NDC 9:15 Devotionals 10:00 Cards 10:40 Impact 2:45 Snacks 6:30 Movies	22 10:00 Movies 3:00 Puzzles 6:30 Birds & Chat
23 10:30 YouTube Church 3:00 Mr. Bishop	24 9:30 Reminiscence 11:00 Ball 2:45 Snacks 3:00 Bingo 6:30 Coloring	25 9:00 NDC 9:15 Devotionals 10:00 Cards 12:00 Lunch/Chat 2:00 Nails 2:45 Snacks 6:30 Coloring	26 9:00 NDC 9:15 Devotionals 10:00 Cards 2:45 Snacks 3:30 Library 6:30 Movie	27 10:00 Memorial Service 11:00 Drums 12:00 BBQ 3:00 What's For Dinner 6:30 Puzzles	28 9:00 NDC 9:15 Devotionals 10:40 Impact 2:45 BirthDay Cake! 6:30 Puzzles	29 10:00 Movies 3:00 Puzzles 6:30 Cinema
30 10:30 YouTube Church 3:00 Mr. Bishop						