

Village Vine

Monthly Newsletter of Village Manor



KIMBERLY HAVERLY NAMED NEW ADMINISTRATOR AT MEMORIAL HEALTH SYSTEM

Salina Regional Health Center and Memorial Health System, Abilene, announce the appointment of Kimberly Haverly as the new Administrator at Memorial Health System (MHS).

Haverly’s health care experience spans 14 years including serving as Chief Executive Officer and Chief Financial Officer at a rural hospital, leading a 1,000-member physician group and a developing a strong background in finance, revenue cycle and supply chain leadership. Haverly most recently served in a combined role as CEO and CFO for Carroll County Memorial Hospital in Carrollton, Ky. In this role she achieved impressive results to improve financial stability and create a positive bottom line, increased volumes and provider recruitment, enhanced patient care, formed a strategic partnership with University of Louisville Health and built a quality team to lead the hospital.



Haverly, who was raised on a farm near Nicholasville, Ky., is passionate about rural health care and enjoys small town life.

“We’re very fortunate to gain a dynamic, highly-skilled leader in Kimberly,” said Joel Phelps, President and Chief Executive Officer at Salina Regional Health Center. “The Memorial Health System Board of Trustees and Salina Regional Executive Leadership Team are confident that Kimberly is the best person to lead MHS into the future – building an environment of excellence in patient care, a highly-engaging culture for our employees, and adding value to the lives of the communities we serve.”

Haverly will officially join MHS June 30, 2025. She replaces Harold Courtois who is retiring after eight years of dedicated service as the Memorial Health System Administrator.

“While we are sad to see our current CEO, Harold Courtois, depart, we are excited to welcome Kim Haverly to Memorial Health System,” said Dr. Steven Schwarting, Memorial Health System Board Chair. “She brings strong potential and a fresh perspective. We look forward to continuing to grow and provide exceptional care to our patients and community under her leadership.”

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HOW SUMMER CAN IMPACT OLDER ADULTS



Summer is a season of warmth, light, and activity, but for older adults, it can also bring unique mental health challenges. While the sunny season offers opportunities for connection and activity, it's important to recognize how summer impacts emotional well-being. Programs like group therapy can be a valuable resource to help older adults thrive during these months and beyond.

HOW SUMMER CAN IMPACT OLDER ADULTS:

Increased Feelings of Isolation

For some older adults, summer can highlight feelings of loneliness or isolation, especially if family vacations or busy schedules mean fewer visits from loved ones. Seeing others engage in vibrant activities may intensify a sense of exclusion.

Health and Safety Concerns

While summer weather encourages outdoor activities, excessive heat and humidity can limit participation for older adults with health concerns. Reduced mobility or fear of overheating may lead to staying indoors, which can increase feelings of boredom or isolation.

Life Transitions and Reflection

Summer is often seen as a time for gatherings and celebrations, but it can also serve as a reminder of past losses or changes, such as loved ones who are no longer present or traditions that have shifted over time.

VILLAGE MANOR HOSTS ALZHEIMER’S WALK FUNDRAISER ON JUNE 19th, WITH FAMILY MEMBERS AND MEMORIAL HEALTH SYSTEM EMPLOYEES WALKING WITH THE RESIDENTS.



MORE PHOTOS ON PAGE 5

PTSD AWARENESS IN OLDER ADULTS



MEMORIAL HEALTH SYSTEM
Senior Life Solutions

ABILENE Salina Regional Health Center



Senior Life Solutions®

PTSD AWARENESS IN OLDER ADULTS:
UNDERSTANDING THE CONDITION
BEYOND COMBAT



When people think of Post-Traumatic Stress Disorder (PTSD), they often associate it with combat veterans. While PTSD is indeed common among those who have served in the military, it's important to recognize that PTSD can affect anyone who has experienced or witnessed a traumatic event. For older adults, PTSD may emerge from various life experiences, including ones that occurred decades ago, and understanding the condition is essential for supporting their mental health.

What Is PTSD?

PTSD is a mental health condition that can develop after exposure to a traumatic event. These events might involve actual or perceived threats to life, serious injury, or severe emotional distress. While many people experience temporary emotional distress following trauma, PTSD occurs when symptoms persist for months or years, significantly impacting daily life.

Common Causes of PTSD in Older Adults

For older adults, PTSD may stem from a variety of experiences, such as:

- 1. **Accidents or Injuries:** Car accidents, falls, or medical emergencies.
- 2. **Natural Disasters:** Surviving events like hurricanes, floods, tornadoes, or earthquakes.
- 3. **Loss or Grief:** Witnessing or experiencing traumatic loss, such as the sudden death of a loved one.
- 4. **War or Combat:** Even non-combat veterans or civilians who lived through wartime may experience PTSD.
- 5. **Childhood Trauma:** Incidents from early life may resurface as unresolved PTSD symptoms in older age.
- 6. **Caregiving Stress:** Providing long-term care for a seriously ill loved one can sometimes result in trauma.
- 7. **Abuse or Neglect:** Physical, emotional, or sexual abuse earlier in life.

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Recognizing PTSD in Older Adults

PTSD symptoms can vary and may be misinterpreted as other age-related issues, such as dementia or depression. Key symptoms to look out for include:

Re-Experiencing the Trauma

- Flashbacks or vivid memories of the event.
- Nightmares or distressing dreams related to the trauma.
- Intense emotional or physical reactions to reminders of the event (e.g., heart racing, sweating, or crying).

Avoidance

- Steering clear of places, people, or situations that may trigger memories of the event.
- Emotional numbness or disinterest in activities they once enjoyed.

Negative Changes in Thinking or Mood

- Persistent feelings of guilt, shame, or blame.
- Difficulty remembering parts of the traumatic event.
- Social withdrawal or estrangement from loved ones.

Heightened Arousal and Reactivity

- Irritability, angry outbursts, or aggression.
- Hypervigilance or being easily startled.
- Trouble concentrating or sleeping.

Why PTSD Awareness Is Important for Older Adults

For many older adults, PTSD symptoms may remain untreated because they feel they should “move on” or because they don’t connect their current struggles to past trauma. Additionally, PTSD symptoms can intensify with age, particularly when life changes—like retirement or health challenges—bring more time for reflection. Left untreated, PTSD can lead to depression, anxiety, substance abuse, or even physical health problems like heart disease. Raising awareness ensures older adults receive the care they need to lead fulfilling, healthy lives.

Understanding the symptoms of PTSD is the first step in providing support. Be patient and compassionate when discussing their feelings or behaviors. Create a safe and stable environment that reduces triggers and encourages open communication. Therapists trained in trauma can help older adults process their experiences. Intensive outpatient group therapy programs are designed to address the unique mental health needs of older adults, offering therapy and support tailored to their experiences.

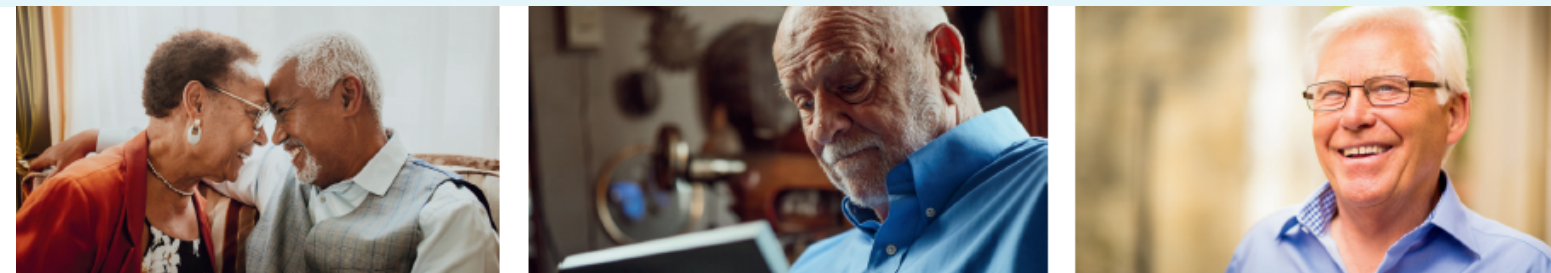
PTSD doesn’t have to define an older adult’s life. With the right support and resources, healing is within reach. If you or someone you love is struggling with symptoms of PTSD, don’t wait. Help is available.

WE CAN HELP. Contact Memorial Hospital’s Senior Life Solutions

Our hospital-based 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 consultations.

Call us today at 785-263-6805

UNDERSTANDING SUICIDE RISK IN OLDER MEN



Suicide is a complex and deeply personal issue, and older men are among the most vulnerable populations. Despite advances in mental health awareness, older men often remain overlooked in discussions about suicide prevention. Understanding the risk factors and warning signs specific to this group is essential for offering timely support and intervention.

WHY OLDER MEN ARE AT HIGHER RISK

Statistics consistently show that older men, particularly those aged 65 and older, have the highest rates of suicide. Several factors contribute to this increased risk:

- **Chronic Illness or Pain:** Physical health challenges can lead to feelings of hopelessness, especially when they affect independence or quality of life.
- **Social Isolation:** Many older men face loneliness due to retirement, loss of loved ones, or lack of close friendships.
- **Unaddressed Mental Health Issues:** Older men may be less likely to seek help for conditions like depression or anxiety, often due to stigma or generational attitudes about mental health.
- **Financial Stress:** Concerns about finances after retirement or the inability to provide for oneself can contribute to feelings of despair.
- **Loss of Purpose:** Retirement or other major life changes may leave older men feeling unproductive or without a sense of direction.

The suicide risk among older men is a serious issue, but it's not insurmountable. By recognizing the warning signs, fostering open conversations, and connecting older men with the right resources we can make a difference.

Memorial Hospital’s Senior Life Solutions can help. Call 785-263-6805.

MORE ALZHEIMER’S WALK PHOTOS



Welcome New Residents

Hollis Worthen
Darlyne Porter
Richard Shogren
Edna Polston
Theresa McGuire-Davis
Joe Hess
Lou Ann Neaderhiser

Welcome New Staff

Diedra Needham
Brian Kmak
Kenneth Powell
Hailey Vinduska
Kayla Fernlund

Resident Birthdays

07/02 Doris Chaput
07/04 Constance Frazier
07/06 Robert Daily
07/18 Hollis Worthen
07/26 Richard Evers
07/26 Vicki Huck
07/27 Susan Kelly

Staff Birthdays

07/06 Zeb Schultze
07/10 Kayla Fernlund
07/11 Elizabeth Watts
07/12 Allison Newton
07/14 Amanda Johnson
07/15 Selena Espinoza
07/27 Micki Picking
07/28 Jamie Meeks
07/29 Loretta McMillen
07/30 Diedra Needham

Discharges

Dorothy Holmstrom
Darlyne Porter
Joan Mills
William Hasselman
Richard Arnberger



**ATTENDANCE
CHALLENGE**

**Congratulations to
our May
Attendance
Challenge Winner!!!
Toni Gammell,
Dietary Aide**



Impact Sports and Fitness



OFF Site Facility

**One-on-One
Personal Training**

A certified personal trainer
will come to you and train in
the comfort of your own
private room/ space

Sessions Will Improve:

Price
\$150
5 sessions
30 minutes each

**Strength
Flexibility
Mobility
Range of Motion
Balance
Everyday Living Skills**

Did you know???

- *Only 35% of people 65 and older get the recommended amount of physical activity.
- * Exercise has been shown to reduce the risk of dementia.
- * 50% people over the age of 75 will experience a fall at some point
- * Muscle mass decreases if not used at a rate of 3-8% each decade.

For more information call 785-263-3888

**Village Manor is
seeking volunteers!
785-263-6692**

**FOLLOW VILLAGE MANOR
ON FACEBOOK!**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Activities are subject to change!	We have a group that plays cards & dominoes about every day. If you would like to play or learn to play, see Bob or Cheryl for details!	1 9:00 NDC 9:30 Devotional 10:00 Cards 2:00 Resident Choice 2:45 Snacks 6:30 Games	2 9:00 NDC 9:30 Devotional 10:00 Cards 10:30 Impact 6:30 Movies	3 9:00 NDC 9:30 Devotional 10:00 Cards 11:00 Resident Choice 2:45 Snacks 6:30 Games	4 9:00 NDC 9:30 Devotional 10:00 Cards 10:30 Resident Choice 2:45 Snacks 6:30 Movies INDEPENDENCE DAY	5 10:00 Movies 3:00 Resident Choice 6:30 Adult Color
6 10:00 Movies 3:00 Live Church w/ Tom Bishop 6:30 Cards	7 9:00 NDC 9:30 Reminisce 10:00 Cards 2:45 Snacks 3:00 Bingo 6:30 Dominoes	8 9:00 Resident Council 9:30 Resident Meeting 10:00 Cards 2:00 Resident Choice 2:45 Snacks 6:30 Games	9 9:00 NDC 10:00 Cards 10:30 Impact 2:45 Snacks 6:30 Color Time	10 9:00 NDC 9:30 Devotional 11:00 Resident Choice 1:30 Outside 2:30 Resident Choice 2:45 Snacks 6:30 Cards	11 9:00 NDC 9:30 Devotional 10:00 Cards 2:30 Resident Choice 6:30 Movies	12 10:00 Movies 3:00 Puzzle Time 6:30 Checkers
13 10:00 Movies 3:00 Live Church w/ Tom Bishop 6:30 Coloring Fun	14 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Puzzles	15 9:30 Devotional 10:30 Resident Choice 11:00 Cards 2:45 Snacks 3:00 Nails 6:30 Games	16 9:00 NDC 10:00 Cards 10:30 Dominoes 2:45 Snacks 6:30 Color Time	17 7:30-9:00 AM CAFÉ 10:00 Cards 11:00 Resident Choice 1:30 Outside 2:45 Snacks 3:00 Nails 6:30 Games	18 9:00 NDC 9:30 Devotional 10:00 Cards 1:30 Music outside 6:30 Puzzles	19 10:00 Movies 3:00 Resident Choice 6:30 Cinema Night
20 10:00 Movies 10:30 Live Church w/ Carswell Flanna 6:30 Coloring Fun	21 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Coloring	22 9:00 NDC 9:30 Devotional 10:00 Cards 10:30 Resident Choice 1:00 Nails 2:45 Snacks 6:30 Games	23 9:00 NDC 10:00 Cards 10:30 Impact 11:00 Dominoes 2:45 Snacks 3:00 Library 6:30 Resident Choice	24 9:00 NDC 9:30 Devotional 10:00 Memorial Service 11:00 Cards 2:45 Snacks	25 9:00 NDC 9:30 Devotional 10:00 Cards 2:30 Birthday Party 6:30 Movies	26 10:00 Movies 3:00 Puzzle Time 6:30 Cinema Night
27 11:00 Movies 3:00 Live Church w/ Tom Bishop 6:30 Coloring Fun	28 9:00 NDC 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Puzzles	29 9:00 NDC 9:30 Devotional 10:00 Cards 10:30 Resident Choice 1:00 Nails 2:45 Snacks 6:30 Games	30 9:00 NDC 9:30 Devotional 10:00 Cards 10:30 Impact 11:00 Dominoes 6:30 Movies	31 9:00 NDC 9:30 Devotional 11:00 Resident Choice 1:30 Outside 2:30 Resident Choice 2:45 Snacks 6:30 Cards	Band concerts in Eisenhower Park at the Royer Band Shell started last month. If interested in attending, let Cheryl know!	As weather permits, we will be doing a lot of activities outside— picnics, gardening, bird watching, yardwork, visiting, music, trips, etc.