

# Village Vine

Monthly Newsletter of Village Manor

## VILLAGE MANOR RESIDENTS ENJOY RODEO, ONCE AGAIN, THANKS TO LOCAL SUPPORTERS

Residents of Village Manor enjoyed an evening at the Wild Bill Hickok Rodeo in Abilene during this year's Central Kansas Free Fair. The activity was made possible thanks to Tri-County Telephone (TCT) purchasing the tickets for the residents.

Bud and Linda Bankes, owners of Bankes Pharmacy, purchased the tickets to the rodeo for many years. When they sold their business in Abilene, their son, Scott Bankes, asked his employer, TCT, to continue the tradition. Linda handled the details to help make the evening happen. The activity was in memory of Edna Morris, a former resident of Village Manor, who enjoyed attending the rodeo.

We would also like to thank the Village Manor staff members who helped make the evening possible and to the members of the community who stopped to visit with the residents.



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RIBBONS WON AT THE FAIR AND CHILDREN VISIT

We are thrilled to acknowledge these two residents who participated in the Central Kansas Free Fair by submitting their artwork. Betty Danner achieved first place and Susan Kelly earned third place. Thank you Becky for making sure entries were turned in.



A special acknowledgement to Abilene Childcare Learning Center 2 for joining forces with Jamie Ely of the Abilene Public Library to provide games and story time, and to Candace Heinecke for coordinating this enjoyable experience with refreshments.



Loss, Loneliness, and Healing: How Older Adults Experience and Overcome Grief

COMMUNITY EDUCATION



LOSS, LONELINESS, AND HEALING: HOW OLDER ADULTS EXPERIENCE AND OVERCOME GRIEF



Grief is a natural response to loss, encompassing a range of emotional, physical, and psychological reactions. For older adults, the experience of grief can be particularly complex due to the accumulation of losses and the unique challenges associated with aging.

UNDERSTANDING GRIEF IN OLDER ADULTS

As individuals age, they may encounter multiple significant losses within a short timeframe. For instance, the death of a spouse can lead to not only the loss of a life partner but also changes in financial stability and social connections. Additionally, aging often brings about other forms of loss, such as declining health, reduced independence, and the conclusion of long-held roles like career positions. Sometimes, losses in different areas of life can come in quick succession, not leaving a person enough time to process any individual loss. These cumulative losses can result in what researchers refer to as "bereavement overload", an effect that can be overwhelming.

PHYSICAL AND COGNITIVE IMPACTS

Grief can manifest physically in older adults, exacerbating existing health conditions and leading to new concerns. Appetite changes are common; many older individuals already experience decreased appetite, which can be further diminished during bereavement, sometimes resulting in skipped meals or prolonged periods without eating.

Check out the next page for more information about living with grief.



Cognitively, grief may intensify confusion, forgetfulness, disorientation, and disorganization. When combined with the stress of financial pressures, especially after the loss of a spouse, these cognitive challenges can lead to significant difficulties.

### SOCIAL ISOLATION AND LONELINESS

Social isolation is a prevalent issue among older adults and can be intensified by the loss of loved ones. This heightened sense of loneliness not only affects emotional well-being but also poses risks to physical health. Studies have shown that social isolation can increase the risk of premature death, and the U.S. surgeon general famously declared in 2023 that loneliness poses health risks comparable to those of smoking 15 cigarettes per day.

### SUPPORTING GRIEVING OLDER ADULTS

Providing support to older adults experiencing grief involves several key actions:

- **Companionship:** Spending time together, whether through shared activities or regular communication, can alleviate feelings of loneliness and reduce the negative effects of social isolation.
- **Therapy:** In some cases, grief can trigger serious mental health challenges like depression and anxiety. Referring a struggling loved one to a therapist or a mental health program can help them learn the skills to cope with their grief and manage other mental health burdens.
- **Open Conversations:** Encouraging discussions about the deceased loved one can validate the grieving person's feelings and assist in processing the loss.
- **Assistance with Daily Tasks:** Offering help with routine activities can ease the burden during a challenging time and ensure that the individual's basic needs are met.

Recognizing the distinct ways in which older adults experience grief is essential for providing effective support. By acknowledging their unique challenges and offering compassionate assistance, we can help older individuals navigate the complex journey of loss with dignity and care.



### WE CAN HELP.

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**

## HOW CHRONIC ILLNESS IMPACTS MENTAL HEALTH IN OLDER ADULTS

As we get older, dealing with chronic illnesses like heart disease, diabetes, or arthritis becomes more common. But while most people focus on the physical challenges that accompany these conditions, it's just as important to recognize the impact they can have on mental health. In fact, chronic illnesses and mental well-being are closely connected, often affecting each other in ways that can make coping with these issues even more difficult.

### How Chronic Illness Affects Mental Health

Living with a long-term health condition is often stressful and overwhelming. Managing symptoms, taking medications, and simply enduring the constant pain and discomfort can be utterly exhausting, all of which can take a toll on emotional well-being. Research shows that older adults with chronic illnesses are at a higher risk for depression and anxiety, which can make it harder to manage their conditions effectively. On the flip side, struggling with mental health can also make chronic illnesses worse. When someone feels depressed or anxious, they might skip doctor's appointments, stop taking medication as prescribed, or neglect self-care—leading to further health complications. This relationship between pain and poor mental health can lead to a debilitating feedback loop that is challenging to overcome.

### The Role of Social Support

One of the biggest factors influencing mental health in older adults is social support. Studies have found that people with strong connections to family, friends, or community groups tend to handle chronic illnesses better and experience lower levels of stress and depression. Unfortunately, many older adults face social isolation, which can make both mental and physical health challenges even harder to cope with.

### What Can Be Done?

The good news is that researchers have found ways to improve mental health while managing chronic illness, and new strategies are in development. Here are a few key tactics you can try:

- **Integrated Care:** Having medical and mental health care work together can lead to better overall health. Doctors and therapists collaborating on treatment plans can make a big difference.
- **Staying Connected:** Engaging in social activities, joining support groups, or even just keeping in touch with loved ones can boost mental well-being.
- **Regular Mental Health Check-Ins:** Routine mental health screenings, especially during doctor's visits, can help catch issues early and ensure people get the support they need.
- **Raising Awareness:** Educating the older adults and caregivers in your life about the connection between chronic illness and mental health can reduce stigma and encourage people to seek help.

Mental health is just as important as physical health—at every stage of life. By recognizing the connection between chronic illness and emotional well-being, we can take steps to support older adults in living healthier, happier lives. If you or a loved one is struggling, don't hesitate to reach out for help—support is out there.

### How to Support a Loved One's Mental Health During Chronic Illness

#### INTEGRATED CARE

Having medical and mental health care work together can lead to better overall health. Doctors and therapists collaborating on treatment plans can make a big difference.

#### KEEP THEM CONNECTED

Keeping your loved one engaged in social activities, joining support groups, or even just staying in touch with them can boost their mental well-being.

#### REGULAR CHECK-INS

Routine mental health screenings, especially during doctor's visits, can help catch issues early and ensure people get the support they need.



**Welcome New Residents**

Donna Sims  
Harold Mohr  
Doris Chaput  
Christian Frey  
Myra "Bonnie" Frey  
Cheryl Soderlund  
Daniel Morabito  
Connie Burt

**Welcome New Staff**

Shanell Cooper  
Christian Garcia  
Justin Potter  
Devin Stolzenburg  
Essence Plunkett  
Nathan Jackson  
Brenda Esteban

**Resident Birthdays**

09/02 Edna Long  
09/02 Donna Sims  
09/03 Richard Benninghoven  
09/14 Lisa Stark  
09/26 Janice Ditto

**Staff Birthdays**

09/01 Ramona Perez  
09/01 Destiny Boyer  
09/03 Brooklyn Swaim  
09/10 Annalesa Pond  
09/15 Brooklyn Lynn  
09/15 Candace Heinecke  
09/17 Carla Richardson  
09/22 Isabella Pond  
09/24 Samantha Emig  
09/24 Kristi Hottman  
09/27 Ann Winters  
09/28 Miranda Radenberg  
09/29 Sandra Spani  
09/30 McKenzie Hansche

**Discharges**

Hollis Worthen  
Daniel Morabito

*In Loving Memory*

Sharon Evers  
Diane Gibson  
Cheryl Soderlund  
Elizabeth Stalder

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Village Manor staff would like to remind families of residents to inform the facility of their loved ones upcoming appointments. This is important for the facility so that we have your loved one ready on time and, if we provide transportation, we are available when needed.

- Thank you

**COUPLE CELEBRATES 65th ANNIVERSARY**

Mr. and Mrs. Harold Mohr celebrated their 65th wedding anniversary on August 15th. When asked to offer insights into their enduring marriage, Mrs. Mohr highlighted the importance of their equal partnership, where decisions are made jointly. Mr. Mohr commended his wife's strong work ethic and commitment.

Village Manor is seeking volunteers!

785-263-6692

FOLLOW VILLAGE MANOR ON FACEBOOK!

2025

| Sun   | Mon  | Tue   | Wed   | Thu  | Fri   | Sat   |
|---|--|---|---|--|---|---|
| 1-on-1s<br>Daily in Rooms   | 1<br>10:00 Movies<br>3:00 Resident Choice<br>6:30 Cinema Night<br><br>LABOR DAY!                       | 2<br>9:00 Resident Council<br>9:30 Resident Meeting<br>10:00 Cards<br>2:00 Resident Choice<br>2:45 Snacks<br>6:30 Games | 3<br>9:00 NDC<br>10:00 Cards<br>10:30 Impact<br>2:45 Snacks<br>6:30 Resident Choice                                       | 4<br>9:00 NDC<br>10:00 Cards<br>11:00 Resident Choice<br>12:00 BBQ<br>2:45 Snacks<br>3:00 Nails<br>6:30 Games  | 5<br>9:00 NDC<br>9:30 Devotional<br>10:00 Cards<br>10:30 Resident Choice<br>2:45 Snacks<br>6:30 Movies                      | 6<br>10:00 Movies<br>3:00 Resident Choice<br>6:30 Adult Color   |
| 7<br>10:00 Movies<br>3:00 Live Church w/ Tom Bishop<br><br>GRANDPARENTS DAY     | 8<br>9:00 NDC<br>9:30 Reminisce<br>10:00 Cards<br>2:45 Snacks<br>3:00 Bingo<br>6:30 Dominoes           | 9<br>9:00 NDC<br>9:30 Devotional<br>10:00 Cards<br>12:00 L&C<br>1:00 Nails<br>2:45 Snacks<br>6:30 Games                 | 10<br>9:00 NDC<br>10:00 Cards<br>10:30 Impact<br>2:45 Snacks<br>6:30 Color Time   | 11<br>7:00-9:30 AM CAFÉ<br>9:30 NDC<br>9:30 Devotional<br>11:00 Cards<br>2:45 Snacks<br>6:30 Games             | 12<br>9:00 NDC<br>9:30 Devotional<br>10:00 Cards<br>2:30 Resident Choice<br>6:30 Movies                                     | 13<br>10:00 Movies<br>3:00 Cards<br>6:30 Checkers               |
| 14<br>10:00 Movies<br>3:00 No Live Church<br>6:30 Coloring Fun                  | 15<br>9:30 Reminisce<br>10:00 Games of Choice<br>2:45 Snacks<br>3:00 Bingo<br>6:30 Puzzles             | 16<br>9:30 Devotional<br>10:30 Resident Choice<br>11:00 Cards<br>12:00 L&C<br>2:45 Snacks<br>3:00 Cards<br>6:30 Games   | 17<br>9:00 NDC<br>10:00 Cards<br>10:30 Impact<br>2:45 Snacks<br>6:30 Color Time   | 18<br>9:00 NDC<br>10:00 Cards<br>11:00 Resident Choice<br>12:00 BBQ<br>2:45 Snacks<br>3:00 Nails<br>6:30 Games | 19<br>9:00 NDC<br>9:30 Devotional<br>10:00 Cards<br>1:30 Music<br>6:30 Puzzles  | 20<br>10:00 Movies<br>3:00 Resident Choice<br>6:30 Cinema Night |
| 21<br>10:00 Movies<br>10:30 Live Church w/ Carswell Flanna<br>6:30 Coloring Fun | 22<br>9:30 Reminisce<br>10:00 Games of Choice<br>2:45 Snacks<br>3:00 Bingo<br>6:30 Coloring            | 23<br>9:00 NDC<br>9:30 Devotional<br>10:00 Cards<br>12:00 L&C<br>1:00 Nails<br>2:45 Snacks<br>6:30 Games                | 24<br>9:00 NDC<br>10:00 Cards<br>10:30 Impact<br>2:45 Snacks<br>3:00 Library<br>6:30 Resident Choice                      | 25<br>7:00-9:30 AM CAFÉ<br>9:30 NDC<br>9:30 Devotional<br>11:00 Cards<br>2:45 Snacks<br>6:30 Color             | 26<br>9:00 NDC<br>9:30 Devotional<br>10:00 Cards<br>2:30 Monthly Birthday Party<br>6:30 Movies                              | 27<br>10:00 Movies<br>3:00 Puzzle Time<br>6:30 Cinema Night     |
| 28<br>10:00 News<br>11:00 Darin F. Live Church<br>6:30 Coloring Fun             | 29<br>9:00 NDC<br>9:30 Reminisce<br>10:00 Games of Choice<br>2:45 Snacks<br>3:00 Bingo<br>6:30 Puzzles | 30<br>9:00 NDC<br>9:30 Devotional<br>10:00 Cards or dominoes<br>1:00 Nails<br>2:45 Snacks<br>6:30 Games                 | Insight:<br>As weather is starting to cool down in the weeks to come, we will be having outdoor activities. Come join in! |  | 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. |   |
|   |  |   |   | Activities are subject to change!  |   |   |