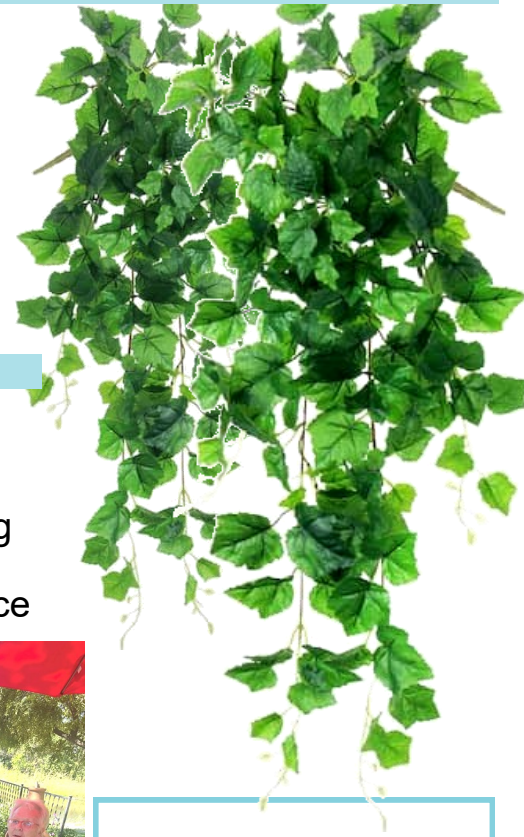


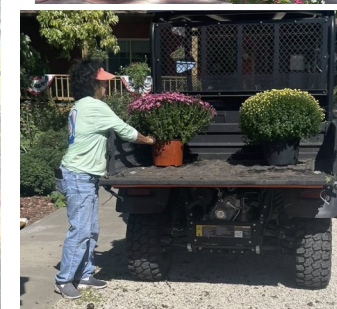
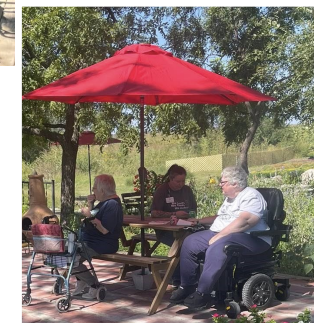
Village Vine

Monthly Newsletter of Village Manor



RESIDENTS TAKE TRIP TO MOOSE CREEK PUMPKIN PATCH

We are deeply grateful to Greg and Theresa Stroda for sharing your peaceful oasis with our residents and staff. We also appreciate the superb hospitality. Thank you for hosting us once again.



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SIX STEPS TO PREVENT FALLS

Take Control of Your Health:
Six Steps to Prevent Falls

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips!

 1 Find a good balance and exercise program Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.	 2 Talk to your health care provider Ask for an assessment of your risk of falling. Share your history of recent falls.
 3 Regularly review your medications with your doctor or pharmacist Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.	 4 Get your vision and hearing checked annually and update your eyeglasses Your eyes and ears are key to keeping you on your feet.
 5 Keep your home safe Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.	 6 Talk to your family members Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

Source: National Council on Aging



FAMILY MEMBERS OF THE RESIDENTS:
please be sure to keep your loved one's providers current with insurance cards, doctors, hospital, long term care, etc.
This helps us in many ways and makes things easier for all involved.

HOW TO TALK TO AN OLDER ADULT ABOUT SUICIDAL THOUGHTS

COMMUNITY EDUCATION



HOW TO TALK TO AN OLDER ADULT ABOUT SUICIDAL THOUGHTS



Conversations about suicide can be deeply uncomfortable, yet they're often essential. This is especially true when speaking with older adults, who may be quietly struggling with emotional pain, isolation, or a sense of hopelessness.

Many people hesitate to ask an older parent, grandparent, neighbor, or friend if they're having suicidal thoughts. It can feel intrusive, awkward, or even frightening. But asking the question—directly and compassionately—can be a powerful act of care.

WHY IT'S IMPORTANT

Older adults, particularly those aged 75 and older, have the highest rates of suicide of any age group, according to a recent study by Harvard researchers. Suicide risk increases with age, and factors like chronic illness, loneliness, grief, and reduced independence contribute to a mental health crisis in later life, according to the Centers for Disease Control.

Unlike younger individuals, older adults may not always show obvious signs of depression and are often less likely to ask for help. They may be more likely to speak about physical discomfort than emotional suffering, or they may downplay their struggles out of pride or fear of being a burden.

That's why it's so important to create space for honest, stigma-free conversations.

Check out the next page for more.

HOW TO BEGIN THE CONVERSATION

Start with observation, not judgement: Rather than confronting or diagnosing, gently reflect what you've noticed. For example: "You haven't seemed like yourself lately, and I've been a little worried. Would it be okay if we talked?"

Choose a quiet moment: Avoid rushed or public settings. Find a peaceful environment such as a walk, a car ride, or a relaxed conversation at home to reduce tension and make space for honesty.

Ask with kindness and clarity: It's okay to be direct. You might say: "When people feel overwhelmed by health issues or life changes, they sometimes think about ending their lives. Have you had thoughts like that?"

Use the word "suicide" instead of euphemisms like "hurting yourself." Clear language shows that you're open to hearing the truth, no matter how difficult.

WHAT TO DO IF THEY SAY:

YES

Thank them for trusting you.
Respond with warmth, not panic. Say something like: "I really appreciate you telling me. That takes a lot of courage."

Offer reassurance and support.
Let them know they are not alone. "We can figure this out together. I care about you, and I want you to be okay."

Collaborate on next steps.
Ask if they'd be willing to speak with a doctor, therapist, or crisis line. Offer to sit with them during the call, or help make the appointment.

Know when to escalate.
If they mention a specific plan or means to end their life, immediate professional intervention is essential.

NO, OR SEEM UNCLEAR

Even when the answer is "no," showing concern can be meaningful. Often, it opens the door for deeper conversations down the line.

People may hesitate to share their feelings openly. If the answer seems vague or deflective—"I don't know," or "Not really"—gently follow up with them.

You might say: "It sounds like you might be unsure, and that's okay. But I want you to know I'm here to listen if anything ever does feel overwhelming."



AFTER THE CONVERSATION

Support doesn't end after one conversation. Schedule a follow-up or check-in soon. This shows that your concern wasn't just a passing moment. Even small gestures, like sharing a meal or calling to say hello, can make a big impact.

Older adults, especially those who live alone or have limited social interaction, benefit enormously from consistent, caring contact.

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

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.

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.

Welcome New Residents

Helen Weller
Dianna Gatewood
Lila Neber
James Foster
Virginia Davis

Welcome New Staff

Brooklynn Lynn
Clayton Veal
Kathleen Richter
Amber Chalmers
Sarah Litwiller
Dahja Savoy
Gwendolyn Davis

Resident Birthdays

10/06 Joseph Rahe
10/16 Charles Peterson
10/20 Cornelia VanBuuren
10/22 Lea Brown

Staff Birthdays

10/02 Gwendolyn Davis
10/04 Mitch Brandt
10/05 Samantha Conger
10/10 LaDonna Shaffer
10/20 Heather Burns
10/24 Diedre Stout
10/24 Payton Ballou
10/24 Margaret Campbell
10/27 Blanca Alaniz
10/28 Cherryl Sorrell

Discharges

Fern Dolezal
Dianna Gatewood
Bonnie Frey
James Foster

In Loving Memory

Christian Frey
Shirley Deters
Janice Konrade
Lorene Fengel
Audrey Lardenois
Lonny Puckett

6

REMINDER...
SEASONAL ITEMS AND CLOTHING

Winter and colder weather are right around the corner. Now is a good time for families to take a look at residents' closets and to make sure that proper clothing and other seasonal items are on-hand. Though some warmer temperatures can, and probably will still occur, cold temperatures will be here to stay for a while before you know. Please plan accordingly.

HALLOWEEN
AT VILLAGE MANOR

Friday, October 31st
from 5:30 p.m. to 7:00 p.m.

Donations of candy for our residents to pass out to trick-or-treaters are greatly appreciated.



Village Manor is seeking volunteers!
785-263-6692

FOLLOW VILLAGE MANOR ON FACEBOOK!



2025

OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1-on-1s done daily!	Insight: 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 for details!	1 9:00 NDC 10:00 Cards 10:30 Impact 2:45 Snacks 6:30 Resident Choice	2 9:00 NDC 9:30 Devotional 10:00 Cards 11:00 Resident Choice 2:45 Snacks 3:00 Nails 6:30 Games	3 9:00 NDC 9:30 Devotional 10:00 Cards 10:30 Resident Choice 12:00 L&C 1:00 Bingo w/ students 2:45 Snacks 6:30 Movies	4 10:00 Movies 3:00 Resident Choice 6:30 Adult Color
5 10:00 Movies 1:00 Live Church w/ Colleen	6 9:00 NDC 9:30 Reminisce 10:00 Cards 2:45 Snacks 3:00 Bingo 6:30 Dominoes	7 9:00 Resident Council 9:30 Resident Meeting 10:00 Cards 2:00 Resident Choice 2:45 Snacks 6:30 Games	8 9:00 NDC 10:00 Cards 10:30 Impact 2:45 Snacks 6:30 Color Time	9 9:00 NDC 9:30 Devotional 11:00 Cards 12:00 BBQ 2:45 Snacks 6:30 Games	10 9:00 NDC 9:30 Devotional 10:00 Cards 2:30 Resident Choice 6:30 Movies	11 10:00 Movies 3:00 Cards 6:30 Checkers
12 10:00 Movies 3:00 Live Church w/ Tom B 6:30 Coloring Fun	13 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Puzzles	14 9:30 Devotional 10:30 Resident Choice 11:00 Cards 12:00 L&C 2:45 Snacks 3:00 Cards 6:30 Games	15 9:00 NDC 10:00 Cards 10:30 Impact 2:45 Snacks 6:30 Color Time	16 7:00-9:30 AM CAFÉ 9:30 NDC 9:45 Devotional 11:00 Cards 2:45 Snacks 6:30 Color	17 9:00 NDC 9:30 Devotional 10:00 Cards 1:30 Music 6:30 Puzzles	18 10:00 Movies 3:00 Resident Choice 6:30 Cinema Night
19 10:00 Movies 10:30 Live Church??? 3:00 Live Church w/ Tom B	20 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Coloring	21 9:00 NDC 9:30 Devotional 10:00 Cards 12:00 L&C 1:00 Nails 2:45 Snacks 6:30 Games	22 9:00 NDC 10:00 Cards 10:30 Impact 2:45 Snacks 3:00 Library 6:30 Resident Choice	23 9:30 NDC 9:45 Devotional 10:00 Memorial Service 12:00 BBQ 2:45 Snacks 6:30 Color	24 9:00 NDC 9:30 Devotional 10:00 Cards 1:30 Music 2:30 Witch Party 6:30 Puzzles	25 10:00 Movies 3:00 Puzzle Time 6:30 Cinema Night
26 10:00 News 3:00 Live Church w/ Tom B 6:30 Coloring Fun	27 9:00 NDC 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Puzzles	28 9:00 NDC 9:30 Devotional 10:00 Cards or dominoes 1:00 Nails 2:45 Snacks 6:30 Games	29 9:00 NDC 9:30 Devotional 10:00 Cards 10:30 Impact 2:45 Snacks 6:30 Color Time	30 9:00 NDC 9:30 Devotional 10:00 Cards 11:00 Resident Choice 2:45 Snacks 3:00 Nails 6:30 Games	31 9:00 NDC 9:30 Devotional 10:00 Cards 2:30 Resident Choice 5:30—7:00 TRICK OR TREAT HAPPY HALLOWEEN	Activities are subject to change! 