

Village Vine

Monthly Newsletter of Village Manor



NOVEMBER IS AMERICAN DIABETES MONTH

November is American Diabetes Month®, a time for the American Diabetes Association® (ADA) and the world to rally behind the fight to end diabetes. Nationwide, over 38 million people have diabetes and nearly 98 million have prediabetes. In the last 20 years, the number of Americans with diagnosed diabetes has more than doubled.

For many, a diagnosis of diabetes brings shock and worry about costs, care and how life will change. The ADA is here with resources to meet people where they are, offering nutrition and diabetes education, mental health encouragement, and evidence-based recommendations for diabetes treatments and technologies.

“While the statistics are stark, this American Diabetes Month we’re reminded that behind every number is a person, likely someone you know or love, with their own story. It’s a friend struggling to afford insulin, a child placing an insulin pump for the first time, or a neighbor who just learned that diabetes is causing their blurred vision. At the American Diabetes Association, we’re fighting for a cure for all of them,” said Charles “Chuck” Henderson, the ADA’s chief executive officer.

The ADA’s vision, life free of diabetes and all its burdens, is more critical than ever before. Through advocacy and education, the ADA is fighting to improve the quality of life for everyone affected by diabetes. They’re driving discovery and research to treat, manage, and prevent diabetes while working relentlessly for a cure.

This American Diabetes Month, join the ADA in raising awareness about diabetes and the lives it touches. Learn your risk of developing diabetes and encourage friends and family to do the same. Talk to your health care provider. Stay informed. Share your story. And join the fight at diabetes.org/WeFight.



About the American Diabetes Association

The American Diabetes Association (ADA) is the nation’s leading voluntary health organization fighting to end diabetes and helping people thrive. For 85 years, the ADA has driven discovery and research to prevent, manage, treat, and ultimately cure diabetes. There are 136 million Americans living with diabetes or prediabetes. Through advocacy, program development, and education, we’re fighting for them all. To learn more, visit diabetes.org or call 1-800-DIABETES (800-342-2383).

Source: American Diabetes Association

Inside this issue

November is COPD Awareness Month 2

ADHD in Older Adults: What You Should Know 3-4

Home Health and Hospice of Dickinson County Offers Caregiver Connections; Resident Bake Sale 5

Thanksgiving Dinner with Residents; Residents Enjoy Trunk or Treat 6

Welcome New Residents and Staff, Resident and Staff Birthdays, Discharges, In Memory 6

November Calendar 7

NOVEMBER IS COPD AWARENESS MONTH

Chronic obstructive pulmonary disease (COPD) is a type of progressive lung disease characterized by chronic respiratory symptoms and airflow limitation.

What Causes COPD?

Over time, exposure to lung irritants like tobacco smoke or chemicals can damage your lungs and airways. This long-term exposure can cause COPD, which includes chronic bronchitis and emphysema. The leading cause of COPD is smoking, however 1 in 4 people living with COPD never smoked.

COPD Risk Factors

COPD is often referred to as a "smoker's disease" however although smoking is one of the main risk factors for developing COPD, people who never smoke may also develop COPD. Other risk factors may include:

- A history of childhood respiratory infections
- Smoke exposure from coal or wood burning stove
- Exposure to secondhand smoke
- People with a history of asthma
- People who have underdeveloped lungs
- Those who are age 40 and older as lung function declines as you age

While these causes and risk factors may increase your risk of developing COPD, people living in poverty and people living in rural areas are more likely to develop COPD. Beyond smoking status, some reasons for the increased risk of developing COPD may include exposures to indoor and outdoor pollutants, occupational exposures and lack of access to healthcare.

Reduce Your Risk for COPD

If you are concerned about developing COPD, you can take steps to reduce your risk.

- Quit smoking for good by finding support, programs, and resources through the American Lung Association.
- Avoid secondhand smoke exposure.
- Stay up to date with your COVID-19, flu, and pneumonia vaccinations. Vaccinations help protect you against respiratory viruses.
- If you are exposed to chemicals, dust and fumes through your workplace, use appropriate protective equipment and attend safety training.

COPD is a progressive disease, and it can get worse overtime. If you have risk factors for COPD or are experiencing symptoms, do not wait to talk to your healthcare provider. The earlier you are diagnosed with COPD, the sooner treatment can begin.



ADHD IN OLDER ADULTS: WHAT YOU SHOULD KNOW



When we think of ADHD (Attention-Deficit/Hyperactivity Disorder) most of us picture kids who are bouncing off the walls or can't sit still in school. But many older adults also live with ADHD. It doesn't disappear with age. Many people may not even realize they have ADHD. And too often, it gets confused with just "getting older" or even early dementia.

Let's explore what ADHD looks like in older adults, and why it's important to get the right diagnosis and support.

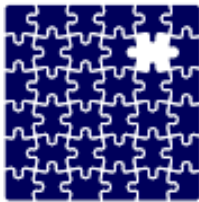
Spotting the Signs of ADHD Later in Life



Forgetfulness



Trouble staying focused



Difficulty finishing tasks

If these experiences sound familiar, you're not alone. These are common symptoms of ADHD in older adults.

For many people, retirement, a change in lifestyle, or chronic illness removes the routines that helped keep them on track for years. Without that structure, ADHD symptoms may feel more noticeable. But unlike age-related memory loss, ADHD symptoms usually start much earlier in life, even if you didn't know it at the time.

A recent review of studies found that many older adults either have a diagnosis of ADHD or fit the criteria, even if they've never been officially diagnosed. That means there are likely lots of people out there struggling silently.

Challenges in Diagnosis

Here's the tricky part: the symptoms of ADHD can look a lot like other issues that happen with aging, like mild memory problems or even depression. As a result, ADHD often goes undiagnosed or misdiagnosed.

Harvard Health argues that doctors might not be thinking about ADHD when evaluating older patients. That's starting to change, but slowly. Family history can be a helpful clue since ADHD often runs in families. There are also screening tools that can help, but a full evaluation by a professional is the best way to know for sure.

Another challenge? Most of the tools used to diagnose ADHD were designed for kids. They're not always a good fit for older adults, which means the condition can fly under the radar for years.

What Can Be Done to Help?

The good news is: there are treatments that can make life easier if you're living with ADHD.

Some people benefit from medications like stimulants, which are commonly used to treat ADHD. But for older adults, these meds can sometimes affect the heart, so it's important to work closely with your doctor if you're considering them.

Therapy, including cognitive-behavioral therapy (CBT) and group therapy can also help. It focuses on building routines, improving time management, and learning ways to stay on track. More research is still needed to figure out what works best for older adults, but many people find relief with the right support.

Why It Matters

Understanding ADHD in older adults is important all year, not just during ADHD Awareness Month. It helps avoid the frustration and confusion that come with being misdiagnosed. And with the right tools and support, many people are able to manage their symptoms and enjoy a better quality of life.

If you, or someone you care about, have trouble staying focused, forget appointments often, or struggle to finish everyday tasks, it's worth bringing up with a doctor. ADHD doesn't just affect kids. And you're never too old to get the answers and help you deserve.



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



MEMORIAL HEALTH SYSTEM

Senior Life Solutions

ABILENE Salina Regional Health Center

Read our newsletter online at www.villagemanor.org
or call (785) 263-1431 to be added to our E-newsletter list!

Caregiver Connections

"A circle of understanding, strength, and renewal."

Join us for a welcoming space where caregivers can connect, share experiences, and find support. Each session offers encouragement, practical tips, and resources to help you navigate the challenges of caregiving.

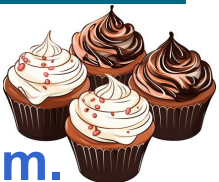
**Join our Caregiver Support Group
sessions on the first and third
Tuesday of every month.**

Time: 3:00 pm – 5:00 pm

Location: 111 N Brady St., Abilene



RESIDENT BAKE SALE



Tuesday, November 25th, 10:00 a.m. to 3:00 p.m.

Support can be shown by bringing an item to sell for folks to purchase.

Cash donations are accepted!

Proceeds benefit the Resident Fund at Village Manor.

Location: Village Manor, 705 N. Brady, Abilene (in the storm shelter).

Please park on 7th Street and enter the side door.

Available: baked goods, chilies, and soups.



Welcome New Residents

Fern Dolezal
Myrna Wilks
Janice Muchow
Judith Himburg
Lawanda Markley
Dody Bricker

Welcome New Staff

Margaret Campbell
Judy Williamson
Johnathan Breland
Sara Sprouse

Resident Birthdays

11/10 Robert Hartung
11/15 Christopher Hargrave
11/20 Harold Mohr
11/25 Lila Neber
11/28 Mary Fife

Staff Birthdays

11/05 Antoinette Gammell
11/05 Lorrin Graham
11/06 Birgitte Mager
11/09 April Brake
11/11 Norma Curtis
11/12 Nicholas Eravelly
11/16 Julia Rhodenbaugh
11/19 Kristina Swedberg-Noel
11/22 Payton Ryba

Discharges

Helen Weller
Virginia Davis
Ralph Weller

In Loving Memory



Donald Zumbrunn

6

THANKSGIVING DINNER

Would you like to eat Thanksgiving Dinner with a resident?

Please call soon and reserve space.
Meal price for visitors is \$10.00.
Four guest limit.

We will serve the Thanksgiving meal at noon on Thanksgiving Day, November 27.
Please call the business office to reserve space at: 785-263-1431.



Happy Thanksgiving

"SWEETS STREET"

-A TRUNK OR TREAT ON BRADY STREET -

Village Manor residents enjoyed the Trunk or Treat event at Memorial Hospital on October 27th.
Some residents had never been to one.



Village Manor is seeking volunteers!
785-263-6692

FOLLOW VILLAGE MANOR ON FACEBOOK!



2025

NOVEMBER



Happy Thanksgiving

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1-on-1s done daily!	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!	9:00 NDC 10:00 Cards 10:30 Impact 2:45 Snacks 6:30 Resident Choice	9:00 NDC 9:30 Devotional 10:00 Cards 11:00 Resident Choice 2:45 Snacks 3:00 Nails 6:30 Games	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	1 10:00 Movies 3:00 Resident Choice 6:30 Adult Color
2 10:00 Movies 3:00 Live Church w/ Tom Bishop 6:30 Resident Choice	3 9:00 NDC 9:30 Reminisce 10:00 Cards 2:45 Snacks 3:00 Bingo 6:30 Dominoes	4 9:00 Resident Council 9:30 Resident Meeting 10:00 Cards 2:00 Resident Choice 2:45 Snacks 6:30 Games	5 9:00 NDC 10:00 Cards 10:30 Impact 2:45 Snacks 6:30 Color Time	6 9:00 NDC 9:30 Devotional 11:00 Cards 1:00 Bingo w/ students 2:45 Snacks	7 9:00 NDC 9:30 Devotional 10:00 Cards 2:30 Resident Choice 6:30 Movies	8 10:00 Movies 3:00 Cards 6:30 Checkers
9 10:00 Movies No live church 3:00 Outing to see musical at high school 6:30 Coloring Fun	10 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Puzzles	11 9:30 Devotional 10:30 Resident Choice 11:00 Cards 12:00 L&C 2:45 Snacks 3:00 Cards 6:30 Games Veterans Day	12 9:00 NDC 10:00 Cards 10:30 Impact 2:45 Snacks 6:30 Color Time	13 9:30 NDC 9:45 Devotional 11:00 Cards 12:00 BBQ 2:45 Snacks 6:00 Outing to Chapman musical	14 9:00 NDC 9:30 Devotional 10:00 Cards 1:30 Music 6:30 Puzzles	15 10:00 Movies 3:00 Resident Choice 6:30 Cinema Night
16 10:00 Movies 10:30 Live Church 6:30 Coloring Fun	17 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Coloring	18 9:00 NDC 9:30 Devotional 10:00 Cards 12:00 L&C 1:00 Nails 2:45 Snacks 6:30 Games	19 9:00 NDC 10:00 Cards 10:30 Impact 2:45 Snacks 3:00 Dominoes 6:30 Resident Choice	20 7:00-9:30 AM CAFÉ 9:00 NDC 9:30 Devotional 2:45 Snacks 6:30 Color	21 9:00 NDC 9:30 Devotional 10:00 Cards 1:30 Music 6:30 Puzzles	22 10:00 Movies 3:00 Puzzle Time 6:30 Cinema Night
23 10:00 News 3:00 Live Church w/ Lindsey B 6:30 Coloring Fun	24 9:00 NDC 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Puzzles	25 9:00 NDC 9:30 Devotional 10:00 Cards or dominoes 10:00—3:00 Bake Sale 2:45 Snacks 6:30 Games	26 9:00 NDC 9:30 Devotional 10:00 Cards 10:30 Impact 2:45 Snacks 3:00 What's for Dinner 6:30 Color Time	27 9:00 NDC 9:30 Devotional 10:00 Cards 11:00 Resident Choice 12:00 BBQ 2:45 Snacks 6:30 Games HAPPY THANKSGIVING!	28 9:00 NDC 9:30 Devotional 10:00 Cards 2:30 Resident Choice	29 10:00 Movies 3:00 Resident Choice 6:30 Dominoes