

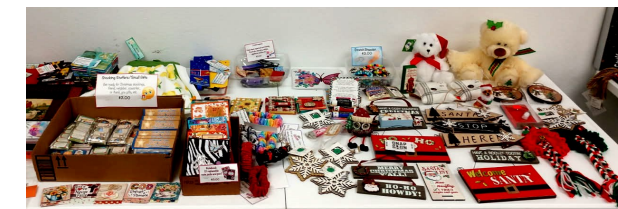
# Village Vine

Monthly Newsletter of Village Manor



## RESIDENT BAKE SALE HUGE SUCCESS IN NOVEMBER

The residents of Village Manor held a bake sale on November 25th inside the storm shelter. The bake sale included baked goods, such as cookies, brownies, breads, and much more, along with chili and cinnamon rolls. Stocking stuffers/small gifts and holiday decorations were also available. Thank you to everyone who made the event a huge success; community members, Village Manor residents, resident family members, volunteers, staff, and everyone in between!



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[Find more photos on the Village Manor Facebook page.](#)





MEMORIAL HEALTH SYSTEM  
Senior Life Solutions  
ABILENE Salina Regional Health Center



## A NEW CHAPTER: FINDING PURPOSE AFTER RETIREMENT



Retirement is often viewed as the finish line after decades of work, but in reality, it can be the starting point for something just as meaningful. For many older adults, the post-retirement years offer a chance to rediscover passions, build community, and redefine what purpose looks like in this new stage of life.

### First, Orient Yourself

The first step in finding purpose after retirement is reflection. Without the structure of a work schedule, it is natural to feel a little unmoored. Ask yourself: What activities bring me joy? What causes or communities matter most to me? Is there a skill or hobby I have always wanted to explore? Your answers can help guide you forward.

### Volunteering and Giving Back

One of the most fulfilling ways to spend time after retirement is through volunteer work. Whether it is mentoring young people, helping at a local food pantry, or supporting a hospital or animal shelter, giving your time can create a strong sense of value and connection.

Many communities have programs specifically designed for older adults who want to get involved.



Check out the next page for more post-retirement goals and activities.



**Per Peggy: As of January 1, 2026, there will be an increase in the cost of hair services.**  
**Haircut for women: \$20**  
**Haircut for men: \$15**  
**Set & Style: \$20**  
**Long hair, beard trims—are charged extra, depending on services requested.**

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### Lifelong Learning

Retirement does not mean learning stops. In fact, it is the perfect time to explore new topics or deepen existing interests. Local community colleges, libraries, and online platforms offer classes on everything from history and languages to painting and computer skills. Learning keeps the mind sharp and opens up new social opportunities as well.

### Stay Social and Build Community

Maintaining social connections is essential to emotional well-being in retirement. Consider joining clubs, attending events at senior centers, or even starting a regular gathering with neighbors or friends. These relationships can offer support, laughter, and a shared sense of purpose.

### Pursue Creativity and Passions

Retirement can also be a time to lean into creative pursuits, such as writing, gardening, woodworking, photography, music. Whatever the interest, creative expression can provide joy and a tangible sense of achievement. If you are not sure where to begin, many local groups and classes welcome beginners with open arms.

### Set New Goals

While career goals may be behind you, setting personal goals can still bring motivation and direction. These can be big or small: walking a certain number of steps per day, planning a trip, starting a home project, or learning something new each month. Goals give structure to your days and a sense of accomplishment when you meet them.

### Embrace the Journey

Purpose does not have to be tied to productivity. Sometimes, it is found in simple, everyday moments such as helping a neighbor, enjoying time with grandchildren, or taking a morning walk. The key is to stay open to new possibilities and give yourself permission to grow in new directions.

Retirement is not the end of purpose. It is a new beginning. With curiosity, intention, and a willingness to try new things, older adults can create lives that are not only fulfilling but deeply meaningful.



### 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



# START FRESH: BUILD GOOD MENTAL HEALTH HABITS FOR THE NEW YEAR

As another year comes to a close, many of us take time to reflect. What went well? What would we like to improve? A new year offers a fresh opportunity to focus on our mental health and emotional well-being, no matter our age.

For older adults, focusing on your mental health can improve your mood, strengthen relationships, and increase resilience. You don't need to make sweeping changes to see improvements. Small, consistent habits can have a big impact over time.


### Focus on What Matters Most

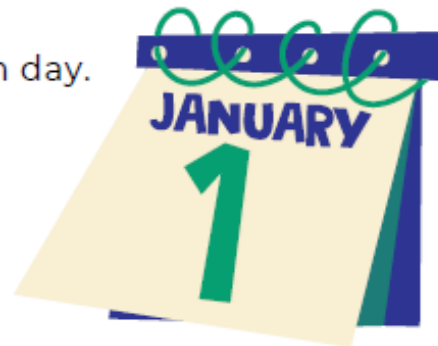
When setting goals for the new year, try to focus on areas that truly support your peace of mind. That could mean reducing stress, building social connections, finding new interests, or taking more time to relax and reflect. Mental health habits should feel personal and meaningful to you.

Setting realistic goals is another important part of building healthy habits, especially for older adults. Instead of aiming for drastic changes, focus on small, achievable steps that fit your current lifestyle and energy levels. Goals that are specific, manageable, and meaningful are more likely to become lasting habits and help you feel motivated instead of overwhelmed.

### Start Simple and Build Slowly

Instead of overloading yourself with resolutions, try starting with one or two small goals. For example:

- 
- Write down three things you're grateful for each day.
  - Spend 10 minutes outside in the fresh air.
  - Call or visit a friend once a week.
  - Try a relaxing activity like reading, listening to music, or meditating.



When mental health goals are simple and manageable, you're more likely to stick with them and feel encouraged by your progress.

### Make it Easy to Stick With

Look for ways to work new habits into your regular routine. Set a gentle reminder to pause and check in with yourself. Keep a notebook by your bed for reflections or journaling. Post uplifting notes or quotes where you'll see them. And be kind to yourself. Progress doesn't have to be perfect to be powerful.

### Stay Connected and Accountable

Mental health thrives on connection. Talk to someone you trust about your goals or how you're feeling. Join a local group, visit a senior center, or participate in community activities that lift your spirits. Just knowing you're not alone can be incredibly grounding.

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### Look Forward with Kindness

This new year, try to offer yourself more compassion and patience. Forming new habits for your mental health is not about fixing something that's wrong, it's about supporting what helps you feel calm, capable, and connected. Celebrate your wins, learn from the tough days, and keep moving forward.

You deserve a new year filled with clarity, comfort, and care. Here's to supporting your mental well-being one step at a time.

Source: Senior Life Solutions

**THANK YOU** for our community's generosity towards our residents to help make the Christmas party so special. A special thanks to Linda Swarts, and many others, for your contributions. Because of you, all residents had Christmas smiles, once again.

**GO TO THE VILLAGE MANOR FACEBOOK PAGE TO SEE MANY PICTURES FROM THE 2025 CHRISTMAS PARTY. LOOK FOR THE LOGO BELOW TO KNOW IT IS OUR FACEBOOK PAGE.**





**Welcome New Residents**

Carol Sunde  
Pamela Murphree  
Phyllis Seifert

**Welcome New Staff**

Wesley Gaines  
Irene Johnson  
Madison McCammond  
Krissy Hutson

**Resident Birthdays**

01/08 Edna Polston  
01/11 Gregory Clare  
01/17 Leroy Picking  
01/26 Phyllis Seifert  
01/28 Susan Greene


**Staff Birthdays**

01/01 Betty Slaughter  
01/02 Judy Williamson  
01/03 Sarah Litwiller  
01/14 Wesley Gaines  
01/20 Lahaina Ortega

**Discharges**

Julie Howell  
Carol Sunde  
Edwin Becker

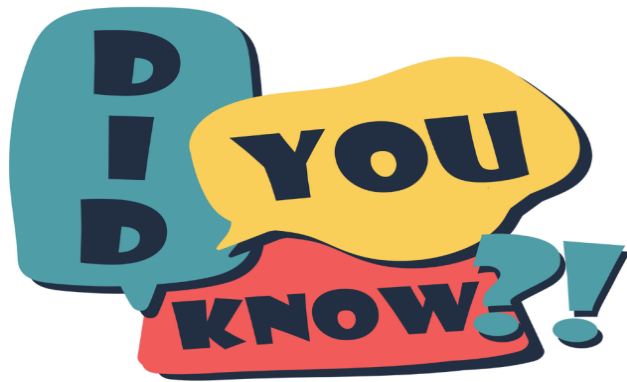
*In Loving Memory*



**Kenley Hoffman**  
**Clema Anderson**  
**Charles Peterson**  
**James Byfield**  
**Judith Himburg**




**PLEASE BE SURE THAT WE HAVE UP TO DATE INFORMATION WITH NEW INSURANCE CARDS FOR YOUR RESIDENT—MEDICARE, MEDICAID, CO-INSURANCE, ETC. IF YOU AREN'T SURE, PLEASE CONTACT US AT 785-263-1431 TO CHECK WHAT INFORMATION WE HAVE ON FILE OR TO GET US THE CURRENT INFORMATION.**



**You can send a message to a resident of Village Manor directly from our website!**  
**Go to: [mhsks.org](https://mhsks.org) > MHS Affiliates > Village Manor and look for the “Message a Resident” button.**



 **Message a Resident**

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

**FOLLOW VILLAGE MANOR ON FACEBOOK!**

**HAPPY NEW YEAR**

**2026 JANUARY**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Activities are subject to change!	Computer is available for card games.  Xbox is available with eight different games.	Remote Control Cars Available!		<b>1</b> 9:00 NDC 9:30 Devotional 10:00 Cards 3:00 Dominoes 6:30 Resident Choice—Movies  <i>NEW YEAR'S DAY</i>	<b>2</b> 9:00 NDC 9:30 Devotional 10:00 Cards 2:45 Snacks 3:00 Dominoes 6:30 Resident Choice—Movies	<b>3</b> 10:00 Movies 3:00 Resident Choice 6:30 Adult Color
<b>4</b> 10:00 Movies 3:00 Live Church w/ Tom Bishop 6:30 Resident Choice	<b>5</b> 9:00 NDC 9:30 Reminisce 10:00 Cards 2:45 Snacks 3:00 Bingo 6:30 Dominoes	<b>6</b> 9:00 Resident Council 9:30 Resident Meeting 10:00 Cards 2:00 Resident Choice 2:45 Snacks 6:30 Games	<b>7</b> 9:00 Games 10:00 Cards 10:00 Impact 2:45 Snacks 6:30 Cards	<b>8</b> 9:00 NDC 9:30 Devotional 11:00 Cards 2:10-2:45 Mel Students 2:45 Snacks 3:00 Resident Choice 6:30 Coloring	<b>9</b> 9:00 NDC 9:30 Devotional 10:00 Cards 1:00 Bingo w/ Students 2:30 Resident Choice 2:45 Snacks 6:30 Movies	<b>10</b> 10:00 Movies 3:00 Cards 6:30 Checkers
<b>11</b> 10:00 Movies 3:00 Live Church w/ Tom Bishop 6:30 Coloring Fun	<b>12</b> 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Puzzles	<b>13</b> 9:30 Devotional 10:30 Resident Choice 11:00 Cards 12:00 L&C 2:45 Snacks 3:00 Cards 6:30 Games	<b>14</b> 9:00 Games 10:00 Cards 10:00 Impact 2:45 Snacks 6:30 Color Time	<b>15</b> 7:00-9:30 <i>AM CAFÉ</i> 9:00 NDC 9:30 Devotional 10:00 Cards 2:45 Snacks 3:00 Dominoes 6:30 Resident Choice	<b>16</b> 9:00 NDC 9:30 Devotional 10:00 Cards 1:30 Music 6:30 Puzzles	<b>17</b> 10:00 Movies 3:00 Resident Choice 6:30 Cinema Night
<b>18</b> 10:00 Movies 10:30 Live Church 6:30 Coloring Fun	<b>19</b> 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Coloring	<b>20</b> 9:00 NDC 9:30 Devotional 10:00 Cards 12:00 L&C 2:45 Snacks 6:30 Games	<b>21</b> 10:00 Cards 10:00 Impact 2:45 Snacks 3:00 Dominoes 6:30 Resident Choice	<b>22</b> 9:00 NDC 9:30 Devotional 10:00 Memorial Service 11:00 Cards 2:45 Snacks 3:00 Dominoes 6:30 Movies	<b>23</b> 9:00 NDC 9:30 Devotional 10:00 Cards 1:30 Movies 6:30 Puzzles	<b>24</b> 10:00 Movies 3:00 Puzzle Time 6:30 Cinema Night
<b>25</b> 10:00 News 3:00 Live Church w/ Lindsey Brunner 6:30 Coloring Fun	<b>26</b> 9:00 NDC 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Puzzles	<b>27</b> 9:00 NDC 9:30 Devotional 10:00 Cards or Dominoes 2:45 Snacks 6:30 Games	<b>28</b> 9:00 NDC 9:30 Devotional 9:45 Cards 10:00 Impact 2:45 Snacks 3:00 Library 6:30 Resident Choice	<b>29</b> 9:00 NDC 9:30 Devotional 10:00 Cards 2:45 Snacks 3:00 What's for Dinner 6:30 Resident Choice	<b>30</b> 9:00 NDC 9:30 Devotional 10:00 Cards 2:45 Snacks 3:00 Dominoes 6:30 Resident Choice—Movies	<b>31</b> 10:00 Movies 3:00 Resident Choice 6:30 Adult Color