

Village Vine

Monthly Newsletter of Village Manor



Tim Swenson Named Village Manor Nursing Director

Village Manor, an affiliate of Memorial Health System, is pleased to announce the appointment of Tim Swenson as its new director of nursing. Swenson brings more than 20 years of diverse health care experience to the Abilene community.

Swenson was introduced to the opportunity through a recruiting firm and quickly felt a strong connection to the role after meeting the teams at Memorial Health System and Village Manor.

“After meeting the team, I immediately knew the role was for me,” Swenson said. “I have worked in health care for more than 20 years in many different facets, and I could see how my experience aligned with the mission and vision here.”

Throughout his career, Swenson has served in clinical, operational and business development roles across the Midwest, including the past eight years in traveling leadership positions. His broad background, paired with a passion for servant leadership, positions him well to guide Village Manor’s nursing team and enhance resident care.

For Swenson, long-term care is deeply personal.

“Long-term care is more than just a medical service; it is a commitment to dignity and family,” he said. “Having seen the impact of life-altering physical and health challenges with my home health and hospice patients throughout the years, ‘care’ involves supporting the whole person and their environment. It represents a bridge between clinical excellence and the comfort of home.”

He added that ensuring residents and families in the Abilene community receive the same high-standard advocacy he would want for his own family is a driving force behind his leadership.

“Tim’s ties to the community, professional experience, commitment to servant leadership and dedication to providing resident-centered care positions him well to lead the Village Manor nursing team and its commitment to providing compassionate, high-quality care,” said Kimberly Haverly, Memorial Health System administrator.

For more information about Village Manor and its services, please call Village Manor at (785) 263-1431 or visit mhsks.org/village_manor.



Tim Swenson to lead nursing team at Village Manor.

Inside this issue

Healthy Communication Tips for Spouses and Partners 2-3

How Mental Health Therapy Can Support Independence for Older Adults; Sudoku puzzle 4

Residents Enjoy Valentine’s Day Party 5

Free Education Session on “The Dangers of Sepsis” 6

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

March Calendar 7



HEALTHY COMMUNICATION TIPS FOR LONG-TERM SPOUSES & PARTNERS



Strong relationships are built over years of shared memories, daily routines, and supporting one another through life's ups and downs. For spouses and long term partners, communication plays a powerful role in maintaining connection, respect, and emotional well-being. Yet as we age, communication can sometimes become more challenging. Physical health changes, stress, memory difficulties, and shifting family roles may lead to misunderstandings or less patience with one another.

The good news is that healthy communication can be strengthened at any age. Whether you have been together for five years or fifty, practicing thoughtful communication can help you both feel valued and understood.

Here are a few ways partners can stay connected and emotionally close.

1. PRACTICE ACTIVE LISTENING

Listening is one of the most meaningful ways to show love. Put aside distractions, make eye contact, and give your partner your full attention. Try to understand their feelings before responding.

You might say:

"I hear that this has been frustrating for you. Can you tell me more about how you are feeling?"

This small shift helps conversations feel more supportive rather than rushed or tense.

2. SHARE APPRECIATION OFTEN

Daily gratitude can have a tremendous impact on emotional closeness. Over time, couples may unintentionally take one another for granted. A few kind words can remind your partner how important they are in your life.

Check out the next page for more.

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

Cont. from page 2

Try noticing the simple things:

"Thank you for making breakfast."

"I appreciate you helping me today."

Positive communication builds trust and keeps your relationship strong.

3. USE "I" STATEMENTS TO REDUCE CONFLICT

Disagreements happen in every partnership. How we communicate during those moments matters. Using "I" statements keeps the focus on your own feelings rather than placing blame.

Instead of:

"You never listen to me."

Try:

"I feel worried when we do not talk things through."

This approach helps both partners feel respected and more willing to work toward a solution.

4. CHECK IN REGULARLY ABOUT EMOTIONAL NEEDS

As life changes, our emotional needs change too. Regular check-ins help couples stay on the same page, especially when facing stress, retirement adjustments, or health concerns.

Ask each other:

What went well this week? Is there anything weighing on your mind? How can I support you?

A simple weekly conversation together can be a healthy routine.

5. LAUGH AND HAVE FUN TOGETHER

Shared joy is a big help for mental health and connection. Make time for hobbies you enjoy as a couple. Try something new together. Laughter can ease tension, boost mood, and remind you of the bond you share.

6. SEEK SUPPORT WHEN NEEDED

Sometimes communication challenges can feel overwhelming. Couples therapy or mental health services can provide helpful strategies for improving communication and restoring connection. Talking to a professional is a sign of strength and commitment to each other.

YOUR RELATIONSHIP DESERVES CARE

Healthy communication isn't about being perfect. It's about making room for understanding, patience, and kindness. Your relationship has already proven its strength. With a little attention and openness, your partnership can continue to grow in meaningful ways.

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 Mental Health Therapy Can Support Independence for Older Adults



Senior Life Solutions®

THERAPY ENCOURAGES SOCIAL CONNECTION

Regular therapy sessions help reduce isolation, improve communication skills, and support stronger relationships with family and community.

THERAPY HELPS PEOPLE STAY MOTIVATED AND ACTIVE

Therapists assist individuals in setting realistic goals and maintaining healthy routines, which boosts energy, mood, and the ability to keep doing the activities they enjoy.

1 IN 5
OLDER ADULTS EXPERIENCE A MENTAL HEALTH CONCERN THAT IS NOT A NORMAL PART OF AGING.

14%
OF ADULTS OVER 70 LIVE WITH A MENTAL HEALTH CHALLENGE

11.4%
OF ADULTS OVER 55 HAVE HAD AN ANXIETY DISORDER IN THE PAST YEAR

72%
OF OLDER ADULTS SHOWED SUSTAINED IMPROVEMENT UP TO 26 WEEKS AFTER THERAPY

THERAPY STRENGTHENS CONFIDENCE IN DAILY DECISIONS

Talking with a therapist can help older adults rebuild confidence in handling everyday situations like managing medications, planning meals, and solving problems, which are all important skills that help maintain independence.

THE STIGMA IS STRONG.

Even though mental health conditions are common in older adulthood, about 2 out of 3 seniors with mental health concerns do not receive needed treatment.

Sources:
World Health Organization
National Council on Aging
University of Utah

(785) 263-6805

Residents Enjoy Valentine's Day Party

Village Manor Residents Enjoy Valentine's Day Party

We appreciate the support that made our Valentine's party a success. Thank you to the Abilene community for donating funds for balloons and treats, Family Dollar (Crystal) for facilitating the donation, Ann Reddy for entertainment services, and Jan and Charly for the help with serving.



Sudoku

5		4		7	8	9		2
		2	1			3		8
	9		3	4	2		6	7
	5	9		6		4		3
4		6	8			7		1
7		3		2	4		5	
	6			3		2	8	4
		7	4		9		3	5
3		5			6		7	9

How to Solve Sudoku

Sudoku is a number puzzle made up of a 9x9 grid.

Fill in the grid so each row, each column, and each 3x3 box contains the numbers 1-9 exactly once.

Sudoku is all about logic, no math required. Take your time and have fun!



(785) 263-6805

Welcome New Residents

Iris Schmitt

Welcome New Staff

Kahni Hudson
Katelyn Seibel
Daisy Ellis

Resident Birthdays

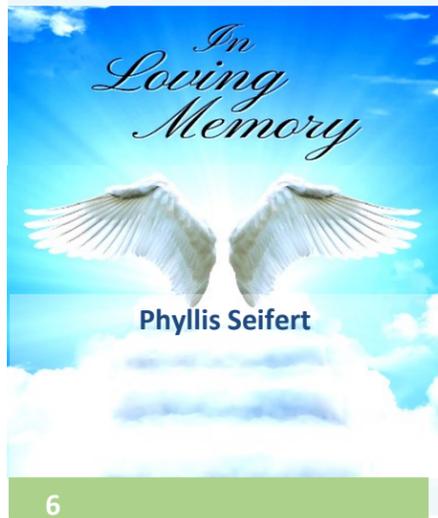
03/01 Sarah Matthews
03/01 Steven Krenzin
03/03 Douglas Plunkett
03/05 Terrill Chaput
03/28 Fonda Pucket
03/30 Shirley Carrier
03/31 Robert Lott
03/31 Joy Benninghoven

Staff Birthdays

03/01 Sherree Osland
03/02 Michael Cunningham
03/14 Megan Williams
03/15 Ebony Williams
03/23 Linda Ramsey
03/23 Ashley Ballou
03/25 Lori Meyer

Discharges

Harold "Rip" Daniels

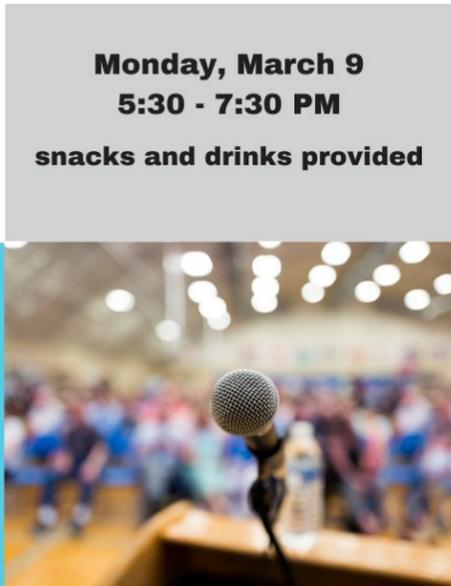


FREE Education for Everyone!

Monthly Health Sessions

New in 2026, Memorial Health System is offering FREE monthly health education sessions designed to empower our community with practical knowledge, resources, and tools to support better health and well-being.

Join us for a variety of important health topics throughout the year!



Monday, March 9
5:30 - 7:30 PM
snacks and drinks provided

March Health Topic:
The Dangers of Sepsis

Presented by Dr. Hinman



Join us for our next Monthly Health Session focused on Sepsis. Learn to recognize the signs and symptoms, understand who is at risk, and discover how early treatment can save lives.

Knowledge makes a difference.
Don't miss this important conversation!



Nichols Education Center
1003 N Brady, Abilene
(located in the basement of Abilene Childcare Learning Center-enter through the back door)

READ OUR NEWSLETTER ONLINE AT
WWW.VILLAGEMANOR.ORG
OR CALL
785-263-1431 TO BE ADDED TO OUR
E-NEWSLETTER LIST!

Village Manor is seeking volunteers!
785-263-6692

FOLLOW VILLAGE MANOR ON FACEBOOK!



2026 MARCH



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 Movies 3:00 Live Church w/ Tom Bishop 6:30 Cards	2 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Coloring	3 9:00 Resident Council 9:30 Resident Meeting 10:00 Cards 10:00 Impact 2:45 Snacks 6:30 Cards	4 9:00 Games 10:00 Cards 10:00 Impact 2:45 Snacks 6:30 Cards	5 9:00 NDC 9:30 Therapy Dog 10:00 Cards 1:00 Bingo w/ students 2:10 Mel w/ students 6:30 RC Movies	6 9:00 NDC 9:30 Devotional 10:00 Cards 1:00 Bingo w/ Students 2:45 Snacks 6:30 RC Movies	7 10:00 Movies 3:00 Resident Choice 6:30 Adult Color
8 10:00 Movies 3:00 Live Church w/ Lindsey B. 6:30 Resident Choice	9 9:00 NDC 9:30 Reminisce 10:00 Cards 2:45 Snacks 3:00 Bingo 6:30 Dominoes	10 9:00 NDC 9:30 Devotional 10:00 Cards 11:00 Dominoes 2:00 Resident Choice 2:45 Snacks 6:30 Games	11 9:00 Games 10:00 Cards 10:00 Impact 2:45 Snacks 6:30 Cards	12 9:00 NDC 9:30 Therapy Dog 11:00 Cards 2:00 Resident Choice 2:45 Snacks 6:30 Color	13 9:00 NDC 9:30 Devotional 10:00 Cards 2:00 Resident Choice 2:45 Snacks 6:30 Movies	14 10:00 Movies 3:00 Cards 6:30 Checkers
15 9:00 Movies 10:00 Live Church w/ Carswell Flanna 6:30 Coloring	16 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Puzzles	17 9:00 NDC 9:30 Devotional 10:30 Resident Choice 11:00 Cards 12:00 L&C 2:00 <i>St. Paddy's Party</i> 3:00 Cards 6:30 Games	18 9:00 Games 10:00 Cards 10:00 Impact 2:45 Snacks 6:30 Color	19 7:00-9:30 AM CAFÉ 9:00 NDC 9:30 Therapy Dog 10:00 Cards 2:45 Snacks 3:00 Dominoes 6:30 Resident Choice	20 9:00 NDC 9:30 Devotional 10:00 Cards 1:30 Music 6:30 Puzzles	21 10:00 Movies 3:00 Resident Choice 6:30 Cinema Night
22 10:00 Movies 3:00 Live Church w/ Darin F. 6:30 Resident Choice	23 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Coloring	24 9:00 NDC 9:30 Devotional 10:00 Cards 12:00 L&C 2:45 Snacks 6:30 Games	25 10:00 Cards 10:00 Impact 2:45 Snacks 3:00 Library 6:30 Resident Choice	26 9:00 NDC 9:30 Therapy Dog 10:00 Memorial Service 11:00 Cards 2:45 Snacks 3:00 What's for Dinner? 6:30 Movies	27 9:00 NDC 9:30 Devotional 10:00 Cards 1:30 Movies 2:00 Birthday Party for March 6:30 Cards	28 10:00 Movies 3:00 Puzzle Time 6:30 Cinema Night
29 10:00 Movies 3:00 Live Church w/ Tom Bishop 6:30 Resident Choice	30 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Coloring	31 9:00 NDC 9:30 Devotional 10:00 Cards 12:00 L&C 2:45 Snacks 6:30 Games	We have another computer to play games on! We also have a Wii gaming station! If you need help getting started, let Cheryl know.	Computer is available for card games. Xbox is available with eight different games.	Activities are subject to change! Remote Control Cars Available! 1-on-1s in rooms daily!	