

# Village Vine

Monthly Newsletter of Village Manor



## HOLDING ONTO WHO YOU ARE THROUGH LIFE'S CHANGES



As we age, life naturally brings change. Retirement, shifts in physical health, the loss of loved ones, or changes in family roles can all reshape how our days look and how we see ourselves. For many older adults, these transitions can quietly raise an important question: Who am I now? A sense of identity is deeply tied to purpose, connection, and meaning. While roles may change, identity does not disappear. With intention and support, older adults can continue to feel grounded in who they are, even as life evolves.

## UNDERSTANDING ROLE CHANGES IN LATER LIFE

Throughout adulthood, many people define themselves by roles such as worker, caregiver, spouse, parent, or community leader. When those roles shift or come to an end, it can feel disorienting. This experience is common and completely human.

Role changes do not mean a loss of value. Instead, they often signal a transition into a new season of life, one that may hold different but equally meaningful opportunities for growth and self expression.

## RECONNECTING WITH CORE VALUES

While roles may change, personal values tend to remain steady. Reflecting on what matters most can help older adults stay connected to their sense of self.

Questions that can help include:

- What activities have always felt meaningful to me?
- What qualities do others appreciate about me?
- What causes or values have guided my life?



Writing these reflections down or talking them through with a trusted person can bring clarity and reassurance during times of change. *Cont. on next page*

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**EXPLORING NEW OR REDISCOVERED INTERESTS**

Later life can offer the chance to revisit interests that were once set aside or to try something entirely new. Creative pursuits, volunteering, learning opportunities, or community involvement can help reinforce identity beyond former roles.

Even small steps matter. Joining a group, taking a class, or setting a personal goal can provide structure and a renewed sense of purpose.

**MAINTAINING SOCIAL CONNECTION**

Our sense of identity is shaped through relationships. Staying connected with others helps older adults feel seen, valued, and understood.

This can include:

- Regular conversations with friends or family
- Participation in group activities
- Sharing stories, memories, and life experiences



Meaningful connection reminds individuals that their voice and perspective still matter.

**GIVING YOURSELF PERMISSION TO EVOLVE**

Identity is not fixed. It grows and changes over time. Allowing space for grief over what has changed while remaining open to what is emerging is an important part of emotional health.

It is okay to acknowledge loss. It is also okay to embrace new definitions of purpose, strength, and fulfillment.

**HOW MENTAL HEALTH SUPPORT CAN HELP**

Navigating role changes can bring up feelings of sadness, anxiety, or uncertainty. Mental health support offers a safe place to explore these emotions, build coping skills, and strengthen self understanding.

Our group based mental health services provide older adults with the opportunity to connect with others facing similar life transitions. Through guided conversation, peer support, and professional care, participants can rediscover confidence, purpose, and a strong sense of self.

**YOU ARE MORE THAN YOUR ROLES**

Life may look different than it once did, but your experiences, values, and identity still matter. With reflection, connection, and support, older adults can continue to live with purpose and authenticity through every stage of life.

If you or someone you care about is experiencing emotional challenges related to life changes, our program is here to help.

**WE CAN HELP.**

Our hospital-based outpatient program at Memorial Hospital's Senior Life Solutions 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.

Contact Memorial Hospital's Senior Life Solutions at 785-263-6805.

**Women's Mental Health:  
Caring for the Whole Person at Every Stage of Life**

Women tend to live longer than men, and with that longevity can come unique emotional challenges. Life transitions such as retirement, caregiving responsibilities, health changes, loss of loved ones, or shifts in identity can affect mental well-being in powerful ways. While these experiences are common, they do not have to be faced alone.

Understanding the mental health needs of older women is an important step toward supporting healthier, more fulfilling lives.

**Common Mental Health Challenges for Older Women**

Women are more likely than men to experience depression and anxiety throughout their lives, including in older adulthood. Hormonal changes earlier in life, caregiving roles, social expectations, and higher rates of widowhood can all play a role.

Some common mental health concerns for older women include persistent sadness or low mood, anxiety or excessive worry, feelings of loneliness or isolation, grief after the loss of a spouse, family member, or close friend, and changes in sleep, appetite, or energy levels.

These challenges are not a sign of weakness. They are a response to real life experiences, and they deserve care and attention just like physical health concerns.



**The Impact of Caregiving and Role Changes**

Many women spend decades caring for others as mothers, partners, daughters, or caregivers. Later in life, these roles may change or disappear altogether. While this shift can create space for rest or new opportunities, it can also lead to feelings of loss, uncertainty, or lack of purpose.

For some women, becoming a caregiver for a spouse or family member can also increase stress, anxiety, and emotional exhaustion. Without adequate support, these pressures can quietly take a toll on mental health.

Recognizing the emotional weight of caregiving and role changes is essential. Support, connection, and professional care can make a meaningful difference.

**Why Mental Health Support Matters at Any Age**

Mental health concerns are not a normal or unavoidable part of aging. With the right support, older women can experience improved mood, stronger coping skills, better relationships, and a renewed sense of purpose.

Therapy and group-based mental health services provide a safe space to talk openly, process life changes, learn stress management tools, and connect with others who may be experiencing similar challenges. Many women find comfort in knowing they are not alone in their feelings.

Addressing mental health can also support overall wellness. Emotional well-being is closely connected to physical health, independence, and quality of life.

**Breaking the Stigma Around Women's Mental Health**

Many older women grew up in a time when mental health was rarely discussed. Asking for help may feel uncomfortable or unfamiliar. However, seeking support is a sign of strength, self-awareness, and self-care. Open conversations about mental health help reduce stigma and encourage others to seek the care they deserve. Whether it is talking with a trusted loved one or reaching out to a men-

tal Source: Senior Life Solutions

Memorial Hospital's Senior Life Solutions can help. Call 785-263-6805.

**SAVE THE DATE!**

**Village Manor  
STEPS of SUPPORT**

**Relay Walk**



- Saturday, June 6, 2026**
- 8:00 AM - 12:00 PM**
- Village Manor**
- \$10 Registration**



*Supporting Awareness For  
MS ~ Alzheimer's/Dementia ~ Parkinson's ~ COPD*

*Every step supports the care and comfort of Village Manor Residents.*

*Proceeds go to the Village Manor Resident Fund.*

**WOMEN'S MENTAL HEALTH: AGING, CONNECTION,  
AND EMOTIONAL WELL-BEING**



**LONELINESS IMPACTS EMOTIONAL AND PHYSICAL HEALTH.**  
Social connection and group-based mental health care can reduce isolation and help women feel understood and supported.

**CAREGIVERS NEED CARE TOO.**  
Women who care for others often put their own mental health last, increasing the risk of burnout and emotional exhaustion.

- **Take breaks without guilt.** Rest is a necessity
- **Stay connected.** Regular social interaction can reduce stress and feelings of isolation.
- **Care for yourself as you care for others.** Your mental health matters too.

**2X**  
WOMEN ARE TWICE MORE LIKELY THAN MEN TO EXPERIENCE DEPRESSION IN THEIR LIVES

**20%**  
ADULTS ARE IMPACTED BY ANXIETY DISORDERS, WITH WOMEN SIGNIFICANTLY MORE LIKELY TO BE AFFECTED

**25%**  
OF WOMEN 65 AND OLDER LIVE ALONE, INCREASING RISKS OF LONELINESS AND ISOLATION

**40-70%**  
OF FAMILY CAREGIVERS SHOW SIGNS OF DEPRESSION, WITH WOMEN REPORTING HIGHER LEVELS OF STRESS THAN MEN

**MENTAL HEALTH IS NOT A NORMAL CASUALTY OF AGING.**  
Depression and anxiety are common but treatable at any age, and support can improve quality of life and independence.

**Loneliness** has been linked to a higher risk of depression, anxiety, cognitive decline, and chronic health conditions in older adults.

Sources:  
National Institute of Mental Health  
Centers for Disease Control and Prevention  
Family Caregiver Alliance

**Crossword - Spring in the Air**

**MEMORIAL HEALTH SYSTEM**  
Senior Life Solutions  
ABILENE Salina Regional Health Center

**Senior Life Solutions®**

- Across**
2. space where plants are grown
  5. seasonal reaction many feel in spring
  9. footwear often needed in spring
  11. gentle spring wind
  14. outdoor meal as weather warms
  15. day and night are equal in length
  16. when ice or ground warms and melts
  17. powder released by flowers

- Down**
1. feeling of fresh starts in spring
  3. frequent spring weather event
  4. sound birds make in spring
  6. spring outerwear for wet days
  7. birds build this in spring
  8. grassy open field with wildflowers
  10. popular spring flower
  11. a flower opening in spring
  12. longer daylight after winter
  13. small beginning of a plant



**Welcome New Residents**

Russell Roe  
Earl Hayes  
William Fletcher  
Mildred "Mickey" Spencer

**Welcome New Staff**

Tim Swenson  
Regan Burt  
Billie Barham

**Resident Birthdays**

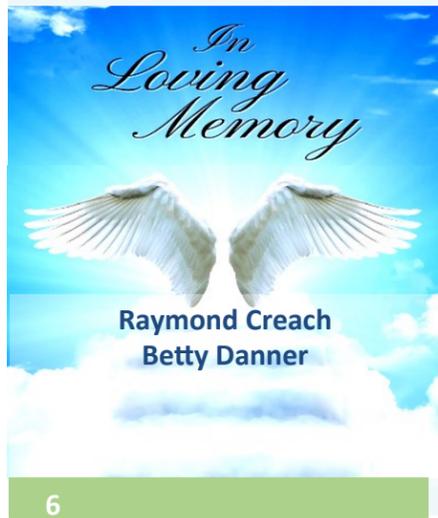
04/04 Darlene Randolph  
04/10 Gary Gibson  
04/17 Laura Maxwell  
04/17 Lorree Stitt  
04/26 Lea Burger

**Staff Birthdays**

04/20 Della Zook  
04/25 Andy Sutter  
04/27 Lucretia Armstrong

**Discharges**

Russell Roe



**FREE Education for Everyone!**



**April Health Topic**  
Presented by:  
**Home Health & Hospice of Dickinson County**

**What is Hospice???**



Join us for our next monthly health session focused on hospice education. Learn what it is, when to start services, and how it helps patients and families navigate end-of-life care with comfort, dignity, and support.

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

**Monday, April 13**  
**5:30 – 7:30 PM**

snacks and drinks provided



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



**SPRING CLEANING REMINDER**

Please help your loved one do some spring cleaning in their room by removing clutter, unused items, and doing a closet clean out.

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

**FOLLOW VILLAGE MANOR ON FACEBOOK!**



**2026 APRIL**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
We had another computer come in that you can play games on!	We also have a Wii gaming station!  Xbox is available with eight different games on it.	We are starting to gear up with planting flowers. This is something we start inside. If this is for you, let Cheryl know	<b>1</b> 9:00 Games 10:00 Cards 10:00 Impact 2:45 Snacks 6:30 Cards	<b>2</b> 9:00 NDC 9:30 Therapy Dog 10:00 Cards 1:00 Nails 6:30 RC Movies	<b>3</b> 9:00 NDC 9:30 Devotional 10:00 Cards 2:00 <b>EASTER PARTY</b> 6:30 RC Movies	<b>4</b> 10:00 Movies 3:00 Resident Choice 6:30 Adult Color
<b>5</b> 10:00 Movies 1:00 Live Church w/ Colleen 6:30 Resident Choice  <b>EASTER SUNDAY</b>	<b>6</b> 9:00 NDC 9:30 Reminisce 10:00 Cards 2:45 Snacks 3:00 Bingo 6:30 Dominoes	<b>7</b> 9:00 Resident Council 9:30 Resident Meeting 10:00 Cards 1:00 Nails 2:00 Resident Choice 3:00 Computer 6:30 Movie	<b>8</b> 9:00 Games 10:00 Cards 10:00 Impact 2:45 Snacks 6:30 Cards	<b>9</b> 9:00 NDC 9:30 Therapy Dog 11:00 Cards 2:00 Resident Choice 2:45 Snacks 6:30 Color	<b>10</b> 9:00 NDC 9:30 Devotional 10:00 Cards 1:00 Bingo w/ students 2:45 Snacks 6:30 Movies	<b>11</b> 10:00 Movies 3:00 Cards 6:30 Checkers
<b>12</b> 9:00 Movies 3:00 Live Church w/ Tom Bishop 6:30 Coloring	<b>13</b> 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Puzzles	<b>14</b> 9:00 NDC 9:30 Devotional 10:30 Resident Choice 11:00 Cards 12:00 L&C 2:00 Resident Choice 3:00 Cards 6:30 Games	<b>15</b> 9:00 Games 10:00 Cards 10:00 Impact 2:45 Snacks 6:30 Color	<b>16</b> 7:00-9:30 <b>AM CAFÉ</b> 9:00 NDC 9:30 Therapy Dog 10:00 Cards 2:10 Mel/w kids 2:45 Snacks 6:30 Resident Choice	<b>17</b> 9:00 NDC 9:30 Devotional 10:00 Cards 1:30 Music 6:30 Puzzles	<b>18</b> 10:00 Movies 3:00 Resident Choice 6:30 Cinema Night
<b>19</b> 10:00 Movies 10:00 Live Church w/ Carswell Flanna 6:30 Resident Choice	<b>20</b> 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Coloring	<b>21</b> 9:00 NDC 9:30 Devotional 10:00 Cards 12:00 L&C 2:45 Snacks 6:30 Games	<b>22</b> 10:00 Cards 10:00 Impact 2:45 Snacks 3:00 Dominoes 6:30 Resident Choice	<b>23</b> 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	<b>24</b> 9:00 NDC 9:30 Devotional 10:00 Cards 1:30 Movies 2:00 <b>Birthday Party for April</b> 6:30 Cards	<b>25</b> 10:00 Movies 3:00 Puzzle Time 6:30 Cinema Night
<b>26</b> 10:00 Movies 3:00 Live Church w/ Mr. Brown 6:30 Resident Choice	<b>27</b> 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Coloring	<b>28</b> 9:00 NDC 9:30 Devotional 10:00 Cards 12:00 L&C 2:45 Snacks 6:30 Games	<b>29</b> 10:00 Cards 10:00 Impact 2:45 Snacks 3:00 Library 6:30 Resident Choice	<b>30</b> 9:00 NDC 9:30 Therapy Dog 11:00 Cards 2:00 Resident Choice 2:45 Snacks 6:30 Color	<b>Activities are subject to change!</b>  <b>Remote Control Cars Available!</b>  <b>1-on-1s in rooms daily!</b>	