

Village Vine

Monthly Newsletter of Village Manor



STEPS OF SUPPORT RELAY WALK COMING TO VILLAGE MANOR; RESIDENT INSPIRES EVENT

by Billy Hansen, Memorial Health System Public Relations Coordinator

On a warm June morning at Village Manor in Abilene, the walking trail will become more than just a path, it will be a circle of support, resilience, and shared purpose.

From 8:00 a.m. to noon on Saturday, June 6th, residents, families, friends, and neighbors will gather for the Steps of Support Relay Walk, an event dedicated to raising awareness for multiple sclerosis (MS), Alzheimer’s and dementia, Parkinson’s disease, and COPD. But at the heart of the walk is one woman’s determination to turn her personal journey into something that uplifts others.



Silynda Christiensen, a resident of Village Manor, knows firsthand what it means to live with MS. Diagnosed in 2005, she has faced the challenges of the disease with honesty, grit, and an unmistakable sense of gratitude. It was that same spirit that inspired her to push for the event. “I asked Andy (Village Manor Executive Director, Andy Sutter) last year if we could have a MS walk. He said ‘sure,’” she recalled. “I wanted a MS walk cause we had a dementia walk, so why not?”

What began as a simple idea has grown into something much bigger, an event that recognizes not just one condition, but several that affect countless families.

“I hope this walk will draw an abundance of people,” Christiensen said. “I want this MS walk to continue for years to come.”

Her words carry the weight of experience. “Every disease is such a terrible disease. You never think this will happen to you. People take things for granted. Everyday be grateful for what you have, because it can ALWAYS be worse.”

Despite the hardships, Christiensen focuses on what she has, not what she’s lost. “I am blessed to have my kids, a great supportive family, and a wonderful group of supportive friends! That really means a lot to me!” *Cont. on next page*

Inside this issue

- Steps of Support Relay Walk (cont.); Easter Celebration 2
- Why Group Support Matters More Than Ever As We Age 3—4
- Steps of Support Relay Walk Event Information 5
- Welcome New Residents and Staff, Resident and Staff Birthdays, Discharges, In Memory; Attendance Challenge Winner; Important Reminder 6
- May Calendar 7

(Cont.) STEPS OF SUPPORT RELAY WALK; EASTER PHOTOS

On good days, you will find her outside, riding her scooter along the same path that will soon host the walk. "It's nice when people holler at me while riding, makes me feel good," she said with a smile. "I've been known to give my great nieces and nephews rides and little cousins. My scooter is my legs."

That sense of movement, both physical and emotional, is central to the event's message. Participants will register and walk laps around the Village Manor trail, choosing one, three, five, or even more laps. At least one lap will be shared with a resident, turning the walk into a chance for connection as much as awareness.

Along the route, walkers will find informational stops, treats, and interactive activities, reinforcing the idea that education and community go hand in hand. Prize drawings will reward participants at each lap tier, with a grand prize for the most laps completed.

The \$10 participation fee supports the Village Manor Resident Fund, and local businesses are encouraged to sponsor the event as a way to show their support.

For Christiensen, though, the real goal goes beyond prizes or numbers. It's about showing up, for yourself and for others.

"Please come out and support the MS/Parkinson's/COPD/Alzheimer/Dementia walk June 6th from 8 to noon," she said. "These are all great causes to walk for. Keep moving, it is good for you!"

On June 6th, each step around that trail will carry a story of struggle, of strength, and of a community choosing to walk forward together.

For more information, visit Village Manor's Facebook page or Memorial Health System at mhsks.org and click on the Steps of Support Relay Walk graphic.

FIND MORE INFORMATION ON THE STEPS OF SUPPORT RELAY WALK ON PAGE 5

EASTER CELEBRATED AT VILLAGE MANOR



Silynda Christiensen

Why Group Support Matters More As We Age



WHY GROUP SUPPORT MATTERS MORE THAN EVER AS WE AGE



As we get older, our worlds can grow quieter.

Daily routines change after retirement. Social circles become smaller. Friends and loved ones may move away or pass on. Health challenges can affect independence and mobility. Even with family nearby, many older adults find themselves spending more time alone than they expected.

These changes can have a meaningful impact on emotional well-being.

How Connection Shifts Over Time

Earlier in life, connection often happens naturally through work, parenting, and community involvement. In later years, those built-in opportunities may fade, and staying connected requires more intention.

For some older adults, reaching out can feel uncomfortable. Many were raised to keep personal struggles private or to manage challenges independently. Over time, this can lead to fewer meaningful conversations and less emotional connection, even for people who once felt well supported.

See the next page for more.

(Cont.) WHY GROUP SUPPORT MATTERS MORE AS WE AGE

Why Isolation Affects Mental Health

Human connection plays a vital role in emotional health at every age. When social interaction decreases, changes in mood, sleep, and motivation often follow. Loneliness has been linked to higher rates of depression and anxiety, as well as physical health concerns.

Isolation can also shape how people view themselves. Without regular interaction, it is easy to feel less visible or less needed. These feelings can slowly erode confidence and make it harder to stay engaged with others.

Without support, this pattern often continues.

The Role of Group Support

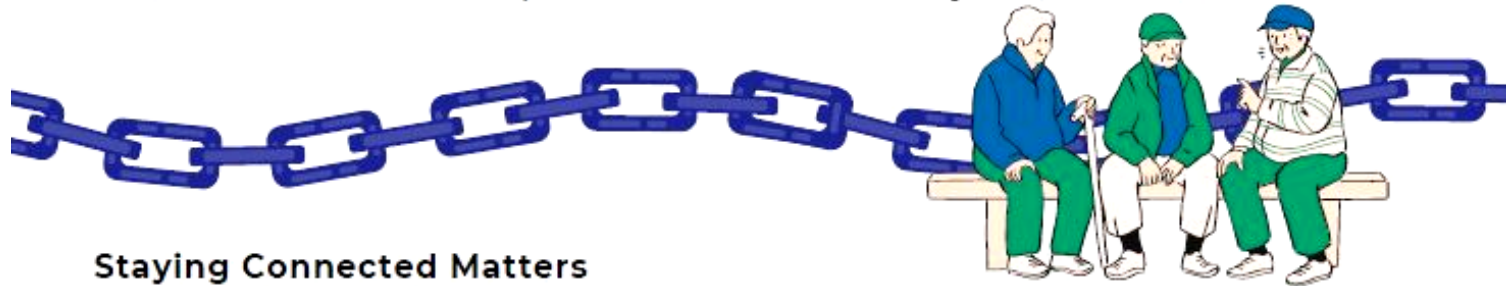
Group support creates space for shared experience and understanding. Hearing others talk openly about similar challenges can bring relief and reassurance. Many people discover that concerns they have been carrying quietly are common and understandable.

Group settings also help reintroduce structure and routine. Regular participation, conversation, and mutual encouragement can rebuild a sense of purpose and belonging. Over time, this support can ease symptoms of depression and anxiety and strengthen overall emotional resilience.

Support at Any Stage

Many people hesitate to seek group support because they believe it is only meant for moments of crisis. In practice, people often benefit simply because they want to feel more connected, supported, and engaged in their lives.

Group support offers a place to talk openly, learn coping strategies, and build confidence in a respectful, welcoming environment. For many older adults, it becomes an important source of stability and connection.



Staying Connected Matters

Emotional needs do not diminish with age. Connection, understanding, and support remain essential throughout life.

With the right support, older adults can strengthen relationships, rediscover purpose, and feel less alone as they navigate life's changes. Group support provides one meaningful way to stay connected and supported.

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.

4 Call us today at (785)-263-6805



Village Manor STEPS of SUPPORT

Relay Walk

-  Saturday, June 6
-  8:00 AM – 12:00 PM
-  Village Manor Walking Trail
705 N Brady St., Abilene

Supporting Awareness For

MS • Alzheimer's/Dementia • Parkinson's • COPD

How It Works

Register to walk laps around the Village Manor walking trail:

- 1 Lap
- 3 Laps
- 5 Laps or More

At least one lap will be walked with a resident of Village Manor.

Prize drawings for each lap tier.




Grand prize for the most laps walked.

Event Activities

Several stops along the walk will provide information, yummy treats, and interactive fun:

- COPD ~ MS ~ Parkinson's ~ Alzheimer's
- Goat YOGA
- VM Community Garden
- Buy a Brick Program
- Resident Raffle
- Mental Health Services
- Volunteer Opportunities
- Caregiver and Grievance Support

Registration and Sponsorship

-  Participation Fee: \$10
-  Event T-Shirt (optional): \$20-22
(T-shirt order will be placed on May 1 - please register by April 30 if you want a t-shirt.)
-  Become a sponsor and help support this event.

Scan the code for all event information or visit www.mhsk.org



All Proceeds Benefit
Village Manor Resident Fund

Thank you for your support!



DR. MARK SHEERN



THE COLLMAN'S



Welcome New Residents

Jeanette Phillips
 Roger Thompson
 Kenneth Rehberg
 Donald Phillips
 William Hasselman

Welcome New Staff

Haylee Welsh
 Camryn Cooper
 Cabela Boman
 Janet Etim
 Addison Gibson
 Heather Stewart

Resident Birthdays

05/06 Pamela Tate
 05/12 Katherine Neaderhiser
 05/16 Leonard Herrs
 05/17 LouAnn Neaderhiser
 05/25 Sylvia Shipman

Staff Birthdays

05/03 Samantha Nunweiler
 05/12 Dylan Robertson
 05/12 Ashley Visser
 05/15 Mariah Furrer
 05/17 Tina Cozad
 05/19 Cheryl Robinson
 05/19 Riley Ann Marbut
 05/19 Sara Tyler
 05/21 Maura Meyer
 05/24 Kyle Millstead
 05/27 Christian Garcia

Discharges

Mildred Spencer
 Myrna Wilks



ATTENDANCE CHALLENGE

**Congratulations to our March Attendance Challenge Winner!!!
 Lorrin Graham**



IMPORTANT REMINDER

Village Manor needs your help to ensure that we can identify any personal items that are brought into the building. When bringing clothing and other items, for your loved one, please leave them at the front office or the housekeeping/laundry office to be labeled. *Village Manor is not responsible for lost or damaged clothing or other items.

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

FOLLOW VILLAGE MANOR ON FACEBOOK!



2026 MAY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Activities are subject to change! Remote Control Cars Available! 1-on-1s done daily!	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			1 9:00 NDC 9:30 Devotional 10:00 Cards 2:00 Nails 6:30 RC Movies	2 10:00 Movies 3:00 Resident Choice 6:30 Adult Color
3 10:00 Movies 3:00 Live Church 6:30 Resident Choice	4 9:00 NDC 9:30 Reminisce 10:00 Cards 2:45 Snacks 3:00 Bingo 6:30 Dominoes	5 9:00 Resident Council 9:30 Resident Meeting 10:00 Cards 1:00 Nails 2:00 Resident Choice 3:00 Computer 6:30 Movie	6 9:00 Games 10:00 Cards 10:00 Impact 2:45 Snacks 6:30 Cards	7 9:00 NDC 9:15 Devotional 9:30 Therapy Dog 11:00 Cards 2:00 Resident Choice 2:45 Snacks 6:30 Color	8 9:00 NDC 9:30 Devotional 10:00 Cards 2:00 M.D. Party 2:45 Snacks 6:30 Movies	9 10:00 Movies 3:00 Cards 6:30 Checkers
10 9:00 Movies 3:00 Live Church w/ L. Brunner 6:30 Coloring MOTHER'S DAY	11 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Puzzles	12 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	13 9:00 Games 10:00 Cards 10:00 Impact 2:45 Snacks 6:30 Color	14 9:00 NDC 9:15 Devotional 9:30 Therapy Dog 10:00 Cards 2:00 Resident Choice 2:45 Snacks 6:30 Resident Choice	15 9:00 NDC 9:30 Devotional 10:00 Cards 1:30 Music 6:30 Puzzles	16 10:00 Movies 3:00 Resident Choice 6:30 Cinema Night
17 10:00 Movies 10:00 Live Church w/ Carswell Flanna 6:30 Resident Choice	18 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Coloring	19 9:00 NDC 9:30 Devotional 10:00 Cards 12:00 L&C 2:45 Snacks 6:30 Games	20 10:00 Cards 10:00 Impact 2:45 Snacks 3:00 Dominoes 6:30 Resident Choice	21 7:00-9:30 AM CAFÉ 9:00 NDC 9:15 Devotional 11:00 Cards 2:45 Snacks 3:00 What's for Dinner 6:30 Resident Choice	22 9:00 NDC 9:30 Devotional 10:00 Cards 1:30 Movies 2:00 Resident Choice 6:30 Cards	23 10:00 Movies 3:00 Puzzle Time 6:30 Cinema Night
24 10:00 Movies 1:00 Live Church w/ Colleen 6:30 Resident Choice	25 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Coloring	26 9:00 NDC 9:30 Devotional 10:00 Cards 12:00 L&C 2:45 Snacks 6:30 Games	27 10:00 Cards 10:00 Impact 2:45 Snacks 3:00 Library 6:30 Resident Choice	28 9:00 NDC 9:15 Devotional 9:30 Therapy Dog 10:00 Memorial Service 11:00 Cards 2:00 Resident Choice 2:45 Snacks 6:30 Color	29 9:00 NDC 9:30 Devotional 10:00 Cards 1:30 Movies 2:00 May Birthday Party 6:30 Puzzles	30 10:00 Movies 3:00 Cards 6:30 Checkers
31 3:00 Live Church w/ w/ Bishop						