

Village Vine

Monthly Newsletter of Village Manor



**STEPS OF SUPPORT RELAY WALK, A FUN TIME FOR ALL
IN ATTENDANCE ON JUNE 6th!
THANK YOU TO ALL WHO ATTENDED, VOLUNTEERED,
SPONSORED AND SUPPORTED THE RESIDENTS!**



Village Manor
STEPS of SUPPORT
Relay Walk



**MORE
PHOTOS
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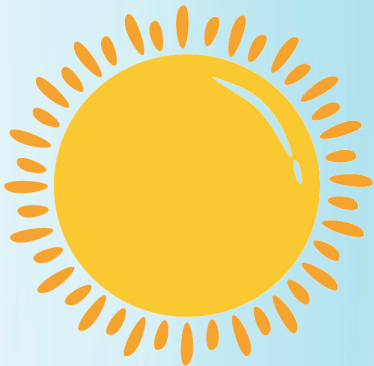
Welcome New
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Resident and Staff
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An affiliate of
Memorial Health System



COMMUNITY EDUCATION



THE IMPACT OF SUMMER ON MENTAL HEALTH IN OLDER ADULTS

Summer is a season of warmth, light, and activity, but for older adults, it can also bring unique mental health challenges. While the sunny season offers opportunities for connection and activity, it's important to recognize how summer impacts emotional well-being. Programs like group therapy can be a valuable resource to help older adults thrive during these months and beyond.

HOW SUMMER CAN IMPACT OLDER ADULTS:

Increased Feelings of Isolation

For some older adults, summer can highlight feelings of loneliness or isolation, especially if family vacations or busy schedules mean fewer visits from loved ones. Seeing others engage in vibrant activities may intensify a sense of exclusion.

Health and Safety Concerns

While summer weather encourages outdoor activities, excessive heat and humidity can limit participation for older adults with health concerns. Reduced mobility or fear of overheating may lead to staying indoors, which can increase feelings of boredom or isolation.

Life Transitions and Reflection

Summer is often seen as a time for gatherings and celebrations, but it can also serve as a reminder of past losses or changes, such as loved ones who are no longer present or traditions that have shifted over time.

WE CAN HELP.

Our 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 referrals.

Call us today at 785-263-6805

MEN'S MENTAL HEALTH MATTERS AT ANY AGE



GRIEF, RETIREMENT, AND HEALTH CHANGES ARE SERIOUS STRESSORS

Life transitions such as losing a spouse, managing chronic illness, or stepping away from a career can increase the risk of depression, especially for men, who are often less likely to talk about their emotional struggles.

MENTAL HEALTH AFFECTS INDEPENDENCE

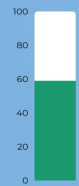
Depression and anxiety can impact energy, memory, motivation, and physical health. When left untreated, they can make it harder for older adults to stay active, engaged, and independent.



80% OF SUICIDE DEATHS IN THE UNITED STATES ARE MEN



OLDER ADULTS AGED 75 AND OLDER HAVE SUICIDE RATES FAR ABOVE THE NATIONAL AVERAGE



ONLY 59% OF MEN WITH SERIOUS MENTAL HEALTH CHALLENGES RECEIVE TREATMENT IN A YEAR



OLDER MEN ARE SIGNIFICANTLY LESS LIKELY THAN WOMEN TO SEEK MENTAL HEALTH TREATMENT.

COMMON SIGNS OF DEPRESSION IN OLDER MEN

- Irritability or anger
- Loss of interest in activities
- Withdrawal from family or friends
- Changes in sleep or appetite
- Increased use of alcohol
- Talking about feeling hopeless or like a burden



Talk about mental health with the older men in your community.

Support from family, friends, and local programs can help break stigma and improve outcomes.

Sources: National Institute of Mental Health, Centers for Disease Control and Prevention, Mayo Clinic

(785) 263-6805

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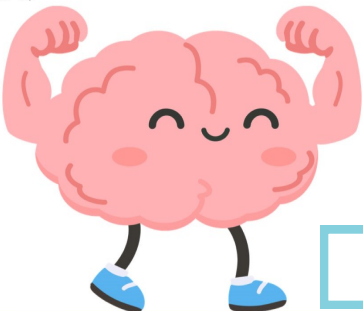
4	6						5	2
5		2	1	4				
				2		4		9
2	1		9					8
	8	7		3		2	4	
6				8				
							8	
			8		3		9	
8	3	9				5	2	1

How to Solve Sudoku

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

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

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



More photos from the Steps of Support Relay Walk



Find more photos on the Village Manor Facebook page!

IS IT ANGER, OR SOMETHING MORE? UNDERSTANDING DEPRESSION IN OLDER MEN

It can be easy to miss or misinterpret the signs of depression in an older man when they show up as anger or phrases like: **“People get on my nerves.”** **“I’m just tired.”** **“I don’t need to talk about it.”**

These can all be signs that something deeper is going on. The National Institute of Mental Health and the National Institute on Aging (NIA) both note that depression can include irritability, sleep changes, withdrawal, and increased alcohol use, and NIA specifically notes that sadness is not always the main symptom in older adults.

SIGNS OF DEPRESSION IN OLDER MEN

Every person is different, but here are a few common examples of changes families and loved ones may recognize:

The “short fuse” change

A man who used to be patient now gets irritated quickly. He may seem angry over everyday things, but underneath that anger may be stress, hopelessness, or emotional pain.

The “checking out” change

He spends more time alone, stops going places, or loses interest in activities he used to enjoy. He may say he is “fine,” but he is less engaged and harder to connect with.

The “physical symptoms first” change

He talks more about body aches, headaches, poor sleep, or low energy than emotions. That does not mean the symptoms are “all in his head.” Depression and physical health are closely connected, and many people notice physical symptoms first.

The “coping” change

He starts using alcohol more often, works constantly, or distracts himself all day to avoid talking or feeling. These behaviors can look like coping, but they may also be signs of depression.



Welcome New Residents

Dorothy Carney
Joseph Walters
Karen Bowser
Toshiko Cameron
Dorothy Lehman

Welcome New Staff

Tanaka Pettigrew
Kenlie Delay
Elizabeth Roberts
Leah Tennant
Tessa Herrman
Addison Black
Emily Robertson
Kapreese Pouliot
Aliana Lara
Kaley Abbott Landry
Angela Sorrell
Tristan Rangel
Rhyan West
Megan Gellerman

Resident Birthdays

07/04 Constance Frazier
07/06 Shirley Frymire
07/11 William Fletcher
07/27 Richard Evers
07/27 Susan Kelly

Staff Birthdays

07/07 Lauren Sammons
07/11 Elizabeth Adam
07/11 Audrey Raab
07/12 Tim Swenson
07/12 Allison Newton
07/14 Amanda Johnson
07/15 Addison Gibson
07/16 Kenlie Delay
07/19 Kahni Hudson
07/23 Betty Pipes
07/27 Micki Picking
07/28 Jamie Meeks
07/29 Loretta McMillen
07/30 Diedra Needham

Discharges

None

In Loving Memory

Vicki Huck
Robert Hartung
Jeanette Phillips
Lea Burger
Janice Muchow
Gary Gibson
Shirley Carrier
Thomas Faulkner

ATTENDANCE CHALLENGE

Congratulations to
our April Attendance
Challenge Winner!!!
April Price,
Restorative Aide



Village Manor has many open positions.

Scan the QR code below or visit: mhsks.org/careers

VILLAGE MANOR IS HOSTING
WEEKLY INTERVIEW DAY OPEN HOUSE!

Every Wednesday from 2-4 PM

Get help applying and interview
the same day

Interview for an open position during
the event & enter into a drawing for

\$250 Visa Gift Card

Current Openings:

Housekeeping
Linen Services Associate
Food Service Worker
Maintenance Mechanic I
CNA
LPN
RN



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
JULY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Activities are subject to change! Remote Control Cars Available! 1-on-1s done daily!	Available Daily games, books, cards, puzzles, movies, manicures, music, and remote control trucks to race with.		1 9:00 Games 10:00 Cards 2:45 Snacks 6:30 Cards	2 9:00 NDC 9:15 Devotional 10:00 Memorial Service 11:00 Cards 2:45 Snacks 7:00 <i>Independence Day Celebration</i>	3 9:00 NDC 9:30 Devotional 10:00 Cards 2:00 Nails 6:30 RC Movies	4 10:00 Movies 3:00 Resident Choice 6:30 Adult Color INDEPENDENCE DAY
5 10:00 Movies 3:00 Live Church w/ Tom Bishop 6:30 Resident Choice	6 9:00 NDC 9:30 Reminisce 10:00 Cards 2:45 Snacks 3:00 Bingo 6:30 Dominoes	7 9:00 NDC 9:30 Piano w/ Linda Brown 10:00 Cards 2:45 Snacks 6:30 Games	8 9:00 Games 10:00 Cards 2:45 Snacks 6:30 Cards	9 9:00 NDC 9:15 Devotional 11:00 Cards 2:00 Resident Choice 2:45 Snacks 6:30 Color	10 9:00 NDC 9:30 Devotional 10:00 Cards 2:00 Dominoes 2:45 Snacks 6:30 Movies	11 10:00 Movies 3:00 Cards 6:30 Checkers
12 9:00 Movies 1:00 Live Church w/ Colleen 6:30 Coloring	13 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Puzzles	14 9:00 NDC 9:30 Piano w/ Linda Brown 11:00 Cards 2:00 Resident Choice 2:45 Snacks 3:00 Cards 6:30 Games	15 9:00 Games 10:00 Cards 2:45 Snacks 6:30 Color	16 7:00-9:30 AM CAFE 10:00 Cards 2:00 Resident Choice 2:45 Snacks 6:30 Resident Choice	17 9:00 NDC 9:30 Devotional 10:00 Cards 1:30 Music 6:30 Puzzles	18 10:00 Movies 3:00 Resident Choice 6:30 Cinema Night
19 10:00 Movies 10:00 Live Church w/ Carswell Flanna	20 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Coloring	21 9:00 NDC 9:30 Piano w/ Linda Brown 10:00 Cards 2:45 Snacks 6:30 Games	22 10:00 Cards 10:00 Impact 2:45 Snacks 3:00 Library 6:30 Resident Choice	23 9:00 NDC 9:15 Devotional 10:00 Memorial Service 11:00 Cards 2:45 Snacks 3:00 Cards 6:30 Movies	24 9:00 NDC 9:30 Devotional 10:00 Cards 1:30 Movies 2:00 Resident Choice 6:30 Cards	25 10:00 Movies 3:00 Puzzle Time 6:30 Cinema Night
26 10:00 Movies 1:00 Live Church w/ Arnie	27 9:30 Reminisce 10:00 Games of Choice 2:45 Snacks 3:00 Bingo 6:30 Coloring	28 9:00 NDC 9:30 Piano w/ Linda Brown 10:00 Cards 2:45 Snacks 6:30 Games	29 10:00 Cards 10:00 Impact 2:45 Snacks 3:00 Library 6:30 Resident Choice	30 9:00 NDC 9:15 Devotional 10:00 Memorial Service 11:00 Cards 2:00 Resident Choice 2:45 Snacks 6:30 Color	31 9:00 NDC 9:30 Devotional 10:00 Cards 1:30 Movies 2:00 July Birthday Party 6:30 Puzzles	We also have a Wii gaming station! Xbox is available with eight different games on it.