

APRIL NEWSLETTER



2025

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Visitor Reminder

As a friendly reminder, we kindly ask all families to sign in at the front desk each time they visit. If you are visiting with a group, please ensure that each person signs in as well. This helps us maintain a safe and welcoming environment for everyone. Thank you for your cooperation!

In Fond Memory of Robin H.



Resident Spotlight: Ronald Bž

Meet Ronald B, a vibrant resident with a rich history and a passion for travel, sports, and fun! Born in West Covina, California, Ronald's family roots trace back to western Kansas. He is the middle child, with two brothers, Richard and Russell, rounding out the trio. His mom, always with a creative touch, loved the idea that the second letter of each of their names spelled out "IOU."

Ronald graduated from Shawnee Mission North High School in 1978 before going on to pursue higher education at Kansas State University, where he earned a degree in Journalism and Mass Communication in 1982.

With a love for exploration, Ron worked for a travel agency, starting in the call center and eventually rising to a supervisor role. His job gave him the opportunity to travel extensively across the U.S., visiting every state except for Alaska and Hawaii. He's also traveled internationally, with memorable vacations in England, Holland, France, Australia, New Zealand, and Canada.

When he's not globetrotting, Ron enjoys riding roller coasters and playing card games like Pitch and Uno, a fun-loving way to unwind. He's also a devoted fan of the Kansas City Royals and the Chiefs, cheering them on during every season. What he loves most about living here is the fresh food and the comfort of having his own room, creating a space where he can truly relax and enjoy the simple pleasures of life.

We're so happy to have Ronald as part of our community!



Special Events and Birthdays

Mark your calendars!

Wednesday, April 2nd - Paul Concert at 2:00pm

Saturday, April 12th - Easter Egg Hunt at 10:00am - 12:00pm

Wednesday, April 16th - Barry Concert at 2:00pm

Wednesday, April 23rd - Henry's Concert at 2:00PM

Wednesday, April 30th - Cooking Club at 1:00pm



April Birthdays!



Selam (Housekeeping) 4/2

Basiru (CNA) 4/10

Jerry S. 4/19

Allannah (CNA) 4/28





Good Reasons to be Socially Active and Maintain a good and Healthy Attitude

Older age, the onset of depression and increased loneliness can significantly contribute to the risk of dementia and cognitive decline, according to two separate studies.

In the first study, published recently in BMC Psychiatry, South Korean researchers investigated the relationship between age at the onset of depression and Alzheimer's disease risk. They followed a group of 251 older adults over a 22-year period; major depressive disorders were diagnosed in them at various ages: less than 54, 55 to 64, 65 to 74 and over 75 years.

The researchers found that the onset of depression after age 75 was strongly associated with an increased risk of Alzheimer's disease and a shorter time to dementia onset compared with the other groups. The older individuals also had less severe depressive symptoms but a higher prevalence of hypertension and cerebrovascular disease than those in whom depression was diagnosed before age 55.

The authors said that depression onset after age 75 may result from pre-existing brain damage or neurodegeneration. Their findings, they added, support mounting evidence suggesting that cerebrovascular disease and hypertension contribute to an increased amyloid burden in the brain, potentially linking late-life depression to Alzheimer's-related changes in the brain.

"Our study suggests that the age of 75 years may serve as an important indicator for distinguishing between early- and late-onset depression, as dementia risk increases significantly beyond this age," they wrote. "Although 65 years of age is typically used to define older adulthood, our study supports the evidence that significant neuropsychiatric changes, including increased Alzheimer's disease risk, may occur around the age of 75 years."

Given their findings, the researchers suggested that factors influencing dementia risk may differ between individuals who have depression before and after age 75. They said that future research should focus on identifying distinct risk factors that examine pathways linking depression and dementia in individuals with depression onset before or after age 75.

Changes in loneliness, social isolation affect dementia risk

In the second study, published recently in the *International Journal of Geriatric Psychiatry*, Australian researchers from Monash University examined the effects of changes in loneliness, social isolation and social support on dementia risk and cognitive decline.

They identified gender-specific associations between social connection measures and the risk of dementia/cognitive decline over the eight-year study period. Specifically, the investigators found that persistent loneliness in people aged 70 or more years, especially in women, was associated with a higher risk of dementia and cognitive decline. The study used data from more than 12,000 Australian older adults.

Over time, compared with the never-lonely group, incident (new-onset) loneliness in men was associated with a 52% increased risk of dementia, whereas persistent loneliness in women was associated with a 114% increased risk of dementia.

By examining changes in social connections, the researchers concluded that new-onset loneliness in men and persistent loneliness in women both were associated with a greater risk of dementia among adults aged 70 or more years.

Early identification of poor social connections, particularly loneliness, and timely intervention to prevent its progression into a chronic state, may help older adults maintain cognitive resilience while also delaying cognitive decline and dementia onset, they concluded.

This article was originally published in *McKnight's Senior Living Magazine* by Kimberly Bonvissuto

April

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
		1 10am Break a Sweat 10:30a You Fool! 1p Nails w Naomi 2:30p Candy Bingo 6:40p Royals Game	2 10a Stretching class 10:30a Read my Lips 1p Shoulder Massage 2pm Paul Concert 3:30p Pretty Peepers	3 10a Noodle Fun 10:30a Oh the Feels 1pm Finish Lines 2:30p Big Bingo! 4p Dear Abby	4 10a Bust a Move 10:30a Word in Word 12p Resident Council 1p Uno Game 6:40p Royals Game	5 10a Peaceful Patio 10:30a Chit Chat 1p Puzzle Pals 3:10p Royals Game 4p Library Solitude
6 10a Here Birdie! 10:30a Crossword Fun 1pm Hymns w Cathy 1:10p Royals Game 2:30p Chit Chat	7 10a Spill the Tea 10:30a Bible Study 1pm Movie Matinee 1:30p Shopping Vegas Hall 6:40p Royals Game	8 10a Spill the Tea 10:30a Spring Craft 1p Nails w Naomi 2:30p Candy Bingo! 6:40p Royals Game	9 10a Pet Therapy 10:30a Spill the Tea 1p Hand Massages 2pm Zen Coloring 6:40p Royals Game	10 10a Library Pres 10:30a Peaceful Patio 1:10p Royals Game 2:30p Big Bingo! 4p Green Thumb Club	11 10a Noodle Fun 10:30a True or False 1pm Zen Coloring 2:30p Peaceful Patio 6:10p Royals Game	12 10a Easter Egg Hunt!! 1pm Chit Chat 2pm Library Solitude 3pm Foose Ball 6:10p Royals Game
13 10a Library Solitude 10:30a Zen Coloring 1:40p Royals Game 2:30p Peaceful Patio 3pm Chit Chat	14 10a Chit Chat 10:30a Bible Study 1pm Movie Matinee 1:30p Shopping Scenic 7:05p Royals Game	15 10a Break a Sweat 10:30a Tax Day! 1p Nail w Naomi 2:30p Candy Bingo 3:30p Hymns w Byran 7:05p Royals Game	16 10a Ballon Fun 10:30a Egg Races 1p Hangman Words 2p Barry Concert 7:05p Royals Game	17 10a Noodle fun! 10:30a Joke Jar 1pm Uno Game 2:30p Big Bingo! 6:40p Royals Game	18 10a Rise and Shine 10:30a Good Friday 1:30p Quarter Bingo 3pm Egg Decorating 6:40p Royals Game	19 10a Walking Club 10:30a Peaceful Patio 1:10p Royals Game 2p Puzzle Pals 3pm Foose Ball
20 Happy Easter!	21 10a Spill the Tea 10:30a Bible Study 1p Movie Matinee 1:30p Hollywood Shop 3pm Peaceful Patio	22 10a Stretching Class 10:30a Vet Cafe 1p Green Thumb Club 2:30p Candy Bingo 6:40p Royals Game	23 10a Noodle Fun 10:30a Uno Game 1pm Name 5! 2pm Henrey's Concert 6:40p Royals Game	24 10a Muesum Outing! 10:30a Peaceful Patio 1pm Zen Coloring 1:10p Royals Game 2:30p Bing Bingo!	25 10a Bust a Move 10:30a Watch Your Mouth 1pm Uno Card Game 2p Ice cream Social 6:40p Royals Game	26 10a Peaceful Patio 10:30a Crossword fun 1p Chit Chat 2pom Zen Coloring 6:10p Royals Game
27 10a Zen Coloring 10:30a Walking Club 1:10p Royals Game 2pm Crossword Fun 3pm Chit Chat	28 10a Chit Chat 10:30a Bible Study 1p Movie Matinee 1:30p Shopping Vegas 2:30p Library Solitude	29 10a Spill the Tea 10:30a KJ Craft 1pm Nails w Naomi 2:30p Candy Bingo! 6:05p Royals Game	30 10a Noodle Fun! 10:30a Word in a Word 1pm Cooking Club 2p Uno Card Game 6:05p Royals Game			