



Mental health Awareness Month



MAY IS
MENTAL
HEALTH
AWARENESS MONTH
#DefendYourMH | HEALTH.MIL/PHCOE

Key facts

- **All countries face major challenges to ensure that their health and social systems are ready to make the most of this demographic shift.**
- **In 2050, 80% of older people will be living in low- and middle-income countries.**
- **The pace of population ageing is much faster than in the past.**
- **In 2020, the number of people aged 60 years and older outnumbered children younger than 5 years.**

Between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%.

Overview

People worldwide are living longer. Today most people can expect to live into their sixties and beyond. Every country in the world is experiencing growth in both the

size and the proportion of older persons in the population.

By 2030, 1 in 6 people in the world will be aged 60 years or over. At this time the share of the population aged 60 years and over will increase from 1 billion in 2020 to 1.4 billion. By 2050, the world's population of people aged 60 years and older will double (2.1 billion). The number of persons aged 80 years or older is expected to triple between 2020 and 2050 to reach 426 million.

While this shift in distribution of a country's population towards older ages – known as population ageing – started in high-income countries (for example in Japan 30% of the population is already over 60 years old), it is now low- and middle-income countries that are experiencing the greatest change. By 2050, two-thirds of the world's population over 60 years will live in low- and middle-income countries.

Ageing explained

At the biological level, ageing results from the impact of the accumulation of a wide variety of molecular and cellular damage over time. This leads to a gradual decrease in physical and mental capacity, a growing risk of disease and ultimately death. These changes are neither linear nor consistent, and they are only loosely associated with a person's age in years. The diversity seen in older age is not random. Beyond biological changes, ageing is often associated with other life transitions such as retirement, relocation to more appropriate housing and the death of friends and partners.

Common health conditions associated with ageing

Common conditions in older age include hearing loss, cataracts and refractive errors, back and neck pain and osteoarthritis, chronic obstructive pulmonary disease, diabetes, depression and dementia. As people age, they are more likely to experience several conditions at the same time.

Older age is also characterized by the emergence of several complex health states commonly called geriatric syndromes. They are often the consequence of multiple underlying factors and include frailty, urinary incontinence, falls, delirium and pressure ulcers.

Factors influencing healthy ageing

A longer life brings with it opportunities, not only for older people and their families, but also for societies as a whole. Additional years provide the chance to pursue new activities such as further education, a new career or a long-neglected passion. Older people also contribute in many ways to their families and communities. Yet the extent of these opportunities and contributions depends heavily on one factor: health.

Evidence suggests that the proportion of life in good health has remained broadly constant, implying that the additional years are in poor health. If people can experience these extra years of life in good health and if they live in a supportive environment, their ability to do the things they value will be little different from that of a younger person. If these added years are dominated by declines in physical and mental capacity, the implications for older people and for society are more negative.

Although some of the variations in older people's health are genetic, most is due to people's physical and social environments – including their homes, neighborhoods, and communities, as well as their personal characteristics – such as their sex, ethnicity, or socioeconomic status. The environments that people live in as children – or even as developing fetuses – combined with their personal characteristics, have long-term effects on how they age.

Physical and social environments can affect health directly or through barriers or incentives that affect op-

portunities, decisions and health behavior. Maintaining healthy behaviors throughout life, particularly eating a balanced diet, engaging in regular physical activity and refraining from tobacco use, all contribute to reducing the risk of non-communicable diseases, improving physical and mental capacity and delaying care dependency. Supportive physical and social environments also enable people to do what is important to them, despite losses in capacity. The availability of safe and accessible public buildings and transport, and places that are easy to walk around, are examples of supportive environments. In developing a public-health response to ageing, it is important not just to consider individual and environmental approaches that ameliorate the losses associated with older age, but also those that may reinforce recovery, adaptation and psychosocial growth.

Challenges in responding to population ageing

There is no typical older person. Some 80-year-olds have physical and mental capacities similar to many 30-year-olds. Other people experience significant declines in capacities at much younger ages. A comprehensive public health response must address this wide range of older people's experiences and needs.

The diversity seen in older age is not random. A large part arises from people's physical and social environments and the impact of these environments on their opportunities and health behavior. The relationship we have with our environments is skewed by personal characteristics such as the family we were born into, our sex and our ethnicity, leading to inequalities in health.

Older people are often assumed to be frail or dependent and a burden to society. Public health professionals, and society as a whole, need to address these and other ageist attitudes, which can lead to discrimination, affect the way policies are developed and the opportunities older people have to experience healthy aging.

Globalization, technological developments (e.g., in transport and communication), urbanization, migration and changing gender norms are influencing the lives of older people in direct and indirect ways. A public health response must take stock of these current and projected trends and frame policies accordingly.



May Resident Right

Right to Dignity, Respect, and Freedom

The Right to . . .

- Be treated with consideration, respect, and dignity
- Be free from mental and physical abuse, corporal punishment, involuntary seclusion, and physical and chemical restraints
- Self-determination
- Security of possessions



Stephen "Steve" Paladichuk

November 24, 1931 - March 12, 2024



After spending 92 years making this world a little more beautiful, Stephen "Steve" Paladichuk transitioned to the eternal garden in Heaven on Tuesday, March 12, 2024.

Steve was born on November 24, 1931, in Dickinson, North Dakota. He attended school

through the eighth grade in Savage and Sidney.

Sports, especially basketball, was always a love for Steve, but his greatest love blossomed one night at a high school game in Sidney. He saw June (Vickstrom) across the gym and knew that was the beauty he needed most in his life. Their bond flourished into a remarkable 67-year marriage, cherished through countless shared moments as holiday hosts for family and friends throughout those wonderful years. Steve and June were married on August 31, 1953.

Steve's first job was for the city of Sidney as a garbage truck employee. He was then drafted into the U.S. Army during the Korean War and headed to California. His time included serving as a cook overseas in Alaska.

Upon his return to eastern Montana, Steve found employment in a series of jobs until finding fulfillment as a custodian at the Sidney Middle School. He looked forward to visiting with students, especially when he was fortunate enough to have his own grandchildren at the school.

He was a founding member of the Shepherd of the Valley Lutheran Church and was also a member of the Sidney VFW.

His reverence for nature was evident in his daily life. He fed pheasants around the Paladichuk house so well they struggled to take flight due to their hearty meals. Steve also enjoyed feeding squirrels and rabbits, but just about any animal had a warm place in his heart.

Fishing, including many trips to the river when his grandson Shaun was a child, and agate hunts with his nephew Francie held special places in his heart.

Steve enjoyed making his corner of the world more beautiful by spending countless hours in his yard and garden. Working in the dirt was a labor of love for him. His time at the Lodge was brightened by the presence of his own little garden, a source of immense joy.

The Christmas season was another time Steve loved to share beauty with others as he would spend hours outside decorating the house with elaborate light displays to spread some Christmas cheer.

Yet, amidst the flowers and the Christmas lights, nothing rivaled the beauty of his bond with June. There's been a great emptiness for Steve these past few years, and we celebrate that he is now back with her, and they both are reunited with daughter Lana.

They loved raising their four daughters and time spent with all the grandchildren. Steve often said the good Lord knew what He was doing by giving him all daughters, since Steve displayed the most patience with girls.

Survivors are daughters Linda (Jay) Reed and their sons Josh Reed and Jamie (Malisa) Reed; Laurie Paladichuk and her daughter Jaylee (Peter) Guerra; Libby (Randy) Berndt and their children Sara and Kelly (Kallie) Berndt; grandchildren Shaun (Michelle) Jensen, Kory (fiancée Marta) Jensen and Kelsey (Corby) Storer; his 10 loving great-grandchildren; brother John (Wilma); best friend Jerry Wznick; and cherished loved ones Amrei Finke, exchange student from Germany, Shannon and Cody Paulsen, Robin and Robert Hernandez and their children Vickie, Kristi and Michelle.

Steve was preceded in death by his wife, June; daughter Lana Jensen; parents Fred and Anna Paladichuk; parents-in-law Bert and Sara Vickstrom; brothers Sam, Mike, George, and Jim; sisters Katie Berry, Marge Denham, Rose Cobb, and Joyce Callen; an infant granddaughter and many aunts, uncles, nieces, nephews, and cousins.



HAPPY MOTHER'S DAY

Mother's Day Maze



Help mom find her way home.



MAY

2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Self Directed ♦ Puzzle Tables ♦ Reading Directed	Activities ♦ Walking Path ♦ Coloring		1 9:00 AM Chair Exercise 2:00 PM Bingo 3:00 PM Coffee Time 5:15 pm Sunrise Kids (MUSIC)	2 Caramel Rolls W/ kitchen 2:00 PM Church Services—Pastor Meehan 3:00 PM Coffee Time	3 9:00 AM Chair Exercises 3:00 Coffee Time	4 2:00 Bingo 3:00 Coffee Time/Specialty Drink (Italian Sodas, Wine, Beer, Electric Lemonades)
5 2:00 Movie/ser 3:00 PM Coffee Time	6 9:00 AM Chair Exercises 2:00 PM Bingo 3:00 PM Coffee Time	7 10:00AM Walk w/Staff 3:00 PM Coffee Time	8 9:00 AM Chair Exercise 2:00 PM Bingo 3:00 PM Coffee Time	9 9:30 Caramel Rolls W/ kitchen 2:00 Iona's 100th Birthday Party 6:00 PM Church Services	10 9:00 AM Chair Exercises 10:00 AM Game time 3:00 Coffee Time	11 Community Open House 2-4pm 3:00 Coffee Time/Specialty Drink (Italian Sodas, Wine, Beer, Electric Lemonades)
12 2:00 PM Fingernails Fireside 3:00 PM Coffee time	13 9:00 AM Chair Exercises 2:00 PM Bingo 3:00 PM Coffee Time	14 9:00 am Catholic Mass 12:45 pm Staff Meeting 3:00 PM Coffee Time	15 9:00 AM Chair Exercise 2:00 PM Bingo 3:00 PM Coffee Time	16 9:30 Caramel Rolls W/ kitchen 2:00 PM Church Services—Pastor Meehan 3:00 PM Coffee Time	17 9:00 AM Chair Exercises 3:00 Coffee Time	18 2:00 pm Bingo 3:00 Coffee Time/Specialty Drink (Italian Sodas, Wine, Beer, Electric Lemonades)
19 Irene Torgerson 2:00 PM Movie/Series time 3:00 PM Coffee time	20 9:00 AM Chair Exercises 2:00 PM Bingo 3:00 PM Coffee Time	21 10:00AM Walk w/ Staff 2:00 Wisdom & Coffee hour W/ Sister Rita 3:00 PM Coffee Time	22 9:00 AM Chair Exercise 2:00 PM Bingo 3:00 PM Coffee Time	23 9:30 Caramel Rolls W/ kitchen 3:00 PM Coffee Time 6:00 PM Church Service	24 9:00 AM Chair Exercises 10:00 AM Game time 3:00 Coffee Time	25 2:00 PM Bingo 3:00 Coffee Time/Specialty Drink (Italian Sodas, Wine, Beer, Electric Lemonades)
26 3:00 PM Coffee Time/ Root Beer Floats	27 2:00 PM Bingo 3:00 PM Coffee Time	28 10:00AM Walk w/Staff 3:00 PM Coffee Time	29 9:00 AM Chair Exercise 2:00 PM Bingo 3:00 PM Coffee Time	30 Delphie Tiesen 9:30 Caramel Rolls W/ kitchen 2:00 PM Church Services—Pastor Meehan	31 9:00 AM Chair Exercises 3:00 Coffee Time	



THE
LODGE

Managed by
SIDNEY HEALTH CENTER

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