Dear Plain Seniors: MS 35 year old woman will soon be moving from her house to a retirement center. She has been very lonely since my dad died last year, and she seems to be looking forward to living where there are others around, as well as doing more in two of her sons. What do we need to do to assist her in mental health?

In regards to aging, each person is unique and individual. The trend of dementia Alzheimer’s is always a concern, but it is important for family to discuss this with their own family physician on a regular basis, and to take good care of her physical health.

Feeling lonely can certainly lead to depression. The fact that she is looking forward to this change is a good sign that she is not depressed often times hope for the future, isolates themselves, and has a difficult time moving on. Some people adapt to change, to make new friends, and to learn new things, but others have difficulty doing this. Perhaps the best first step is making an appointment so we can discuss which programs are available, and do not have to find your way alone.

The station also will present a post-mortem analysis of the state wrestling event, with Mike Holliday of Eagle Radio, Hays, as color commentator for the broadcasts.

The staff of retirement homes and assisted living facilities are usually very observant of the residents, and should let family members know of something to be concerned about, so as to get them to know and to help in a mental and social context.

Elderly people do best when extended family can be involved on a regular basis. However, some aging parents do not want to be a burden, and may not want to move, but sometimes, being in a retirement community will benefit them. Perhaps the best first step is moving Mom? Things to consider.

Former state champion Troy Harris of Topeka High School also will display-play by-play announcements with Mike Holliday of Eagle Radio, Hays, as color commentator for the broadcasts. This marks the 28th consecutive year Smoky Hills Public Television has broadcast the state competition, and the 45th consecutive year it has covered the quarter-final, semi-final and final rounds.

Smoky Hills has some wonderful awards from the Kansas Association for Educational Media. This year, Smoky Hills was honored with eight Kansas Association for Educational Media awards, including eight state awards covering the state competition, and eight national awards for the best non-metro stations produced.

This year, Smoky Hills Public Television was recognized as the Media of the Year for its coverage of the Kansas State wrestling championships.

Mental Health
Karen Schueler

High Plains Mental Health

including moving into a different residence, better than others. It can even move from a family who has kids or from a family who has already one or two and no one wants any. However, having familiar furniture, pictures, and memorabilia in the new place can help her feel a great sense of relief.

The staff of retirement homes and assisted living facilities are usually very observant of the residents, and should let family members know of something to be concerned about, so as to get them to know and to help in a mental and social context.

Elderly people do best when extended family can be involved on a regular basis. However, some aging parents do not want to be a burden, and may not want to move, but sometimes, being in a retirement community will benefit them. Perhaps the best first step is making an appointment so we can discuss which programs are available, and do not have to find your way alone.

"I encourage people to go visit the hog farms, it is a much different atmosphere than Smoky Hills Public Television," said Miss Becker. "If someone enjoys agriculture or working with animals it might be a good place for them to work."

Economic development can also help people start their own business. Economic development also helps to include business management classes.

Smoky Hills has some wonderful awards from the Kansas Association for Educational Media. This year, Smoky Hills was honored with eight Kansas Association for Educational Media awards, including eight state awards covering the state competition, and eight national awards for the best non-metro stations produced.

This year, Smoky Hills Public Television was recognized as the Media of the Year for its coverage of the Kansas State wrestling championships.

Mental Health
Karen Schueler

including moving into a different residence, better than others. It can even move from a family who has kids or from a family who has already one or two and no one wants any. However, having familiar furniture, pictures, and memorabilia in the new place can help her feel a great sense of relief.

The staff of retirement homes and assisted living facilities are usually very observant of the residents, and should let family members know of something to be concerned about, so as to get them to know and to help in a mental and social context.

Elderly people do best when extended family can be involved on a regular basis. However, some aging parents do not want to be a burden, and may not want to move, but sometimes, being in a retirement community will benefit them. Perhaps the best first step is making an appointment so we can discuss which programs are available, and do not have to find your way alone.

"I encourage people to go visit the hog farms, it is a much different atmosphere than Smoky Hills Public Television," said Miss Becker. "If someone enjoys agriculture or working with animals it might be a good place for them to work."

Economic development can also help people start their own business. Economic development also helps to include business management classes.

Smoky Hills has some wonderful awards from the Kansas Association for Educational Media. This year, Smoky Hills was honored with eight Kansas Association for Educational Media awards, including eight state awards covering the state competition, and eight national awards for the best non-metro stations produced.

This year, Smoky Hills Public Television was recognized as the Media of the Year for its coverage of the Kansas State wrestling championships.

Mental Health
Karen Schueler

including moving into a different residence, better than others. It can even move from a family who has kids or from a family who has already one or two and no one wants any. However, having familiar furniture, pictures, and memorabilia in the new place can help her feel a great sense of relief.

The staff of retirement homes and assisted living facilities are usually very observant of the residents, and should let family members know of something to be concerned about, so as to get them to know and to help in a mental and social context.

Elderly people do best when extended family can be involved on a regular basis. However, some aging parents do not want to be a burden, and may not want to move, but sometimes, being in a retirement community will benefit them. Perhaps the best first step is making an appointment so we can discuss which programs are available, and do not have to find your way alone.

"I encourage people to go visit the hog farms, it is a much different atmosphere than Smoky Hills Public Television," said Miss Becker. "If someone enjoys agriculture or working with animals it might be a good place for them to work."

Economic development can also help people start their own business. Economic development also helps to include business management classes.

Smoky Hills has some wonderful awards from the Kansas Association for Educational Media. This year, Smoky Hills was honored with eight Kansas Association for Educational Media awards, including eight state awards covering the state competition, and eight national awards for the best non-metro stations produced.

This year, Smoky Hills Public Television was recognized as the Media of the Year for its coverage of the Kansas State wrestling championships.

Mental Health
Karen Schueler

including moving into a different residence, better than others. It can even move from a family who has kids or from a family who has already one or two and no one wants any. However, having familiar furniture, pictures, and memorabilia in the new place can help her feel a great sense of relief.

The staff of retirement homes and assisted living facilities are usually very observant of the residents, and should let family members know of something to be concerned about, so as to get them to know and to help in a mental and social context.

Elderly people do best when extended family can be involved on a regular basis. However, some aging parents do not want to be a burden, and may not want to move, but sometimes, being in a retirement community will benefit them. Perhaps the best first step is making an appointment so we can discuss which programs are available, and do not have to find your way alone.

"I encourage people to go visit the hog farms, it is a much different atmosphere than Smoky Hills Public Television," said Miss Becker. "If someone enjoys agriculture or working with animals it might be a good place for them to work."

Economic development can also help people start their own business. Economic development also helps to include business management classes.

Smoky Hills has some wonderful awards from the Kansas Association for Educational Media. This year, Smoky Hills was honored with eight Kansas Association for Educational Media awards, including eight state awards covering the state competition, and eight national awards for the best non-metro stations produced.

This year, Smoky Hills Public Television was recognized as the Media of the Year for its coverage of the Kansas State wrestling championships.

Mental Health
Karen Schueler

including moving into a different residence, better than others. It can even move from a family who has kids or from a family who has already one or two and no one wants any. However, having familiar furniture, pictures, and memorabilia in the new place can help her feel a great sense of relief.

The staff of retirement homes and assisted living facilities are usually very observant of the residents, and should let family members know of something to be concerned about, so as to get them to know and to help in a mental and social context.

Elderly people do best when extended family can be involved on a regular basis. However, some aging parents do not want to be a burden, and may not want to move, but sometimes, being in a retirement community will benefit them. Perhaps the best first step is making an appointment so we can discuss which programs are available, and do not have to find your way alone.

"I encourage people to go visit the hog farms, it is a much different atmosphere than Smoky Hills Public Television," said Miss Becker. "If someone enjoys agriculture or working with animals it might be a good place for them to work."

Economic development can also help people start their own business. Economic development also helps to include business management classes.

Smoky Hills has some wonderful awards from the Kansas Association for Educational Media. This year, Smoky Hills was honored with eight Kansas Association for Educational Media awards, including eight state awards covering the state competition, and eight national awards for the best non-metro stations produced.

This year, Smoky Hills Public Television was recognized as the Media of the Year for its coverage of the Kansas State wrestling championships.