

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

MAY 2023

CONTENTS

A Few Words from Dee2
 History of Mother's Day2
 Culinary Corner3
 Calendar..... 4-5
 Stay Active.....6
 Abigail: Activities6
 Name That Resident!6
 Anderson County History6
 May Celebrations.....7
 Worship Schedule.....7
 RLC Review8

May Highlights

- May 1**
Karaoke with Richard—2 p.m.
- May 5**
Cinco de Mayo Celebration
- May 8**
Resident Council—10 a.m.
- May 10**
Manicures—10:30 a.m.
- May 12**
Movie & Popcorn—3 p.m.
- May 14-20**
National Skilled Nursing Week Activities
- May 15**
Food Committee—9:15 a.m.
Karaoke with Richard—2 p.m.
- May 18**
Ladies' Blue Hat Club—2 p.m.
- May 24**
Manicures—10:30 a.m.
- May 26**
Men's Mugs & Muffins—10 a.m.
Ice Cream on the Patio—3 p.m.

A Few Words from Dee



I write my final article for Connections with very bittersweet emotions. I want to thank all of our residents and family members for your kindness and support over the last four years. We've all been through a lot together. I wish you all the best and will truly miss you.

Till we meet again,

Dee Dunn

History of Mother's Day

Mother's Day is Sunday, May 14

Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele. But the clearest modern precedent for Mother's Day is the early Christian festival known as "Mothering Sunday."



Anna Jarvis

Once a major tradition in the United Kingdom and parts of Europe, this celebration fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their "mother church" for a special service.

Over time, Mothering Sunday became a more secular holiday, and children would present their mothers with flowers and other gifts. This custom eventually faded in popularity before merging with American Mother's Day in the 1930s and 1940s.

The origins of Mother's Day in the United States date back to the 19th century, when a woman named Anna Jarvis had long advocated for a day to honor her mother—and all mothers—for the sacrifices they made for their children. On May 9, 1914, a proclamation by President Woodrow Wilson designated the second Sunday in May for the holiday.

Mother's Day continues to be celebrated by presenting mothers and other women with gifts and flowers.



Culinary Corner



How to Build a Beautiful and Delicious Salad

When we think of salad, we typically think of a traditional green salad. But you can switch up your salad base to create a whole new recipe. Mix and match your favorite salad bases and toppings to find your favorite salad, from sweet and tangy to rich and savory.

Pick a Base

Arugula, kale, romaine, spinach, or spring mix

Style	Main Ingredients	Dressing
<i>Caprese</i>	Diced mozzarella, fresh basil, grape tomatoes	Equal parts olive oil and balsamic vinegar
<i>Classic Cobb</i>	Avocado slices, hard boiled egg(s), tomatoes, shredded cheddar cheese, corn, chopped red onion	Equal parts olive oil and red wine vinegar; dry mustard, Worcestershire sauce
<i>Cool Summer</i>	Cucumber, red onion, watermelon cubes, feta, fresh mint	Equal parts lemon juice, canola oil, and white wine vinegar; lemon zest to taste
<i>Greek</i>	Sliced cucumber, tomatoes, red onion, green bell pepper, fresh parsley and/or dill, olives, feta	Equal parts olive oil and lemon juice; dry oregano, plain yogurt
<i>Thai Peanut</i>	Shredded cabbage and carrots, sugar snap peas, red bell pepper, fresh cilantro, scallion, peanuts	2 parts apple cider vinegar, 1 part lime juice; low-sodium soy sauce to taste, peanut butter, red pepper flakes
<i>Three Bean</i>	Red kidney beans, chickpeas, black-eyed peas, chopped onion, chopped bell pepper, fresh cilantro, minced garlic	Equal parts lemon and/or lime juice, olive oil, and apple cider vinegar; ground cumin, black pepper
<i>Tropical</i>	Diced mango, red bell pepper, raw cashews, fresh cilantro, avocado slices	2 parts olive oil, 1 part lemon juice, 1 part honey; fresh grated ginger
<i>Waldorf</i>	Apple slices, raw almonds and/or walnuts, chopped celery, grapes	Equal parts balsamic vinegar and olive oil; honey, lemon juice, mashed blueberries

National Salad Month

May is National Salad Month. Creating a quick salad for dinner or lunch can be an easy and creative way to encourage healthy eating habits and get all the components of a balanced meal. Celebrate May by turning over a new leaf and incorporating a variety of salads into your diet.

Salads can be simple yet tasty meals that are high in nutrients such as Vitamin A, Vitamin C, fiber, and folate. These nutrients are important in promoting good vision, supporting immune function, and acting as antioxidants to help fight chronic diseases.

Dress up your salad

Add some crunch. Include toppings like sunflower seeds, almonds, or walnuts for a different texture. Nuts and seeds offer heart-healthy fats into our diet.

Incorporate different greens.

There are several types of leafy greens such as spinach, kale, and red lettuce to choose from. To overcome the bitterness of certain greens, try creating a salad mixture that includes an even combination of familiar lettuce and dark, leafy greens. If needed, add a dressing to help balance the flavors.

Use healthy oils. Healthy oils, such as olive oil and avocado oil, make delicious dressings and can help your body absorb nutrients from the salad.

Activities are subject to change.

May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	May Day 1 9:45 a.m. Group Exercise 2 p.m. Karaoke Richard	2 9:45 a.m. Group Exercise 3 p.m. Creative Crafting Beauty Shop	3 9:45 a.m. Group Exercise 10:30 a.m. Manicures 3 p.m. Happy Hour 4:15 p.m. Bible Study Josh	4 9:45 a.m. Group Exercise 10:30 a.m. Bingo	 Cinco de Mayo 5 9:45 a.m. Group Exercise Cinco de Mayo Fiesta	National Nurses Day 6 9:45 a.m. Group Exercise 2:30 p.m. Movie Music in the Morning
7 3:15 p.m. Church Service Beacon of Truth	8 9:45 a.m. Group Exercise 10 a.m. Resident Council	9 9:45 a.m. Group Exercise 3 p.m. Creative Crafting Beauty Shop	10 9:45 a.m. Group Exercise 3 p.m. Happy Hour 4:15 p.m. Bible Study Josh	11 9:45 a.m. Group Exercise 10:30 a.m. Bingo	12 9:45 a.m. Group Exercise 3 p.m. Movie & Popcorn	13 9:45 a.m. Group Exercise 2:30 p.m. Movie Music in the Morning
NATIONAL SKILLED NURSING WEEK (MAY 14-20)						
Mother's Day 14 3:15 p.m. Church Service Holy Angels Catholic Church	15 9:15 a.m. Food Committee 9:45 a.m. Group Exercise 2 p.m. Karaoke Richard	16 9:45 a.m. Group Exercise 3 p.m. Creative Crafting Beauty Shop	17 9:45 a.m. Group Exercise 10:30 a.m. Manicures 3 p.m. Happy Hour 4:15 p.m. Bible Study Josh	18 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2 p.m. Blue Hat Club	19 9:45 a.m. Group Exercise	20 9:45 a.m. Group Exercise 2:30 p.m. Movie Music in the Morning
21 3:15 p.m. Church Service First Baptist Church	22 9:45 a.m. Group Exercise	23 9:45 a.m. Group Exercise 3 p.m. Creative Crafting Beauty Shop	24 9:45 a.m. Group Exercise 3 p.m. Happy Hour 4:15 p.m. Bible Study Josh	25 9:45 a.m. Group Exercise 10:30 a.m. Bingo	26 9:45 a.m. Group Exercise 10 a.m. Men's Mugs & Muffins 3 p.m. Ice Cream on the Patio	27 9:45 a.m. Group Exercise 2:30 p.m. Movie Music in the Morning
28 3:15 p.m. Church Service First United Methodist Church	 MEMORIAL DAY 29 Offices Closed	30 9:45 a.m. Group Exercise 3 p.m. Creative Crafting Beauty Shop	31 9:45 a.m. Group Exercise 10:30 a.m. Manicures 3 p.m. Happy Hour 4:15 p.m. Bible Study Josh			

Stay ACTIVE

Blood Pressure Awareness Month

May is National Blood Pressure Awareness Month. To keep your blood pressure in the healthy range and reduce risk of heart disease, stroke, kidney disease, and more, the American Heart Association recommends you:

- Eat a well-balanced, low-sodium diet
- Limit alcohol
- Enjoy regular physical activity
- Manage stress
- Maintain a healthy weight
- Don't smoke
- Take your medications properly
- Work with your provider

Blood Pressure Categories

Normal

Systolic (upper #): <120 and
Diastolic (lower #): <80

Elevated

Systolic: 120-129 and
Diastolic: <80

High Stage 1

Systolic: 130-139 or
Diastolic: 80-89

High Stage 2

Systolic: 140 or higher or
Diastolic: 90 or higher

Crisis (see doctor immediately)

Systolic: >180 and/or
Diastolic: >120

Activities with Abigail



A big thank you to our interim activities director, Victoria Lutz, and a big welcome to our new activities director, Abigail Kellerman. We all know Abigail from her amazing work as a CNA here at RLC. She transitioned into her new role on April 24. Our activities continue to be in good hands!

Name That Resident!

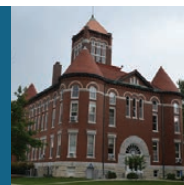
Who am I?

- I love to crochet.
- I read every day and have finished around 80 books so far this year.
- I'm in the process of writing my first book.
- I am a former elected official.
- I have flown in a Blackhawk helicopter.

Find the answer and more about our mystery resident in next month's Connections!

ANDERSON COUNTY HISTORY

The Anderson County Courthouse, on the National Register of Historic Places, has a long history.



The courthouse was finished in 1902 and cost \$75,000. It was designed by prominent architect George P. Washburn, who designed the nine Carnegie libraries and 13 courthouses.

Its style is Romanesque Revival, inspired by the Romanesque architecture of medieval Europe. Romanesque Revival buildings feature round arches, short wide columns, and pointed towers. They are often built with large, rough-hewn stones.

The first marriage in the courthouse was performed on July 4, 1902, when George W. Hobart of Kincaid wed Maud Pistols of Lone Elm. For having the first marriage in the newly dedicated courthouse, the couple received their marriage license free.

May Celebrations



Cinco de Mayo

Friday, May 5

A misconception is that Cinco de Mayo honors Mexican independence, but Mexico's Independence Day is Sept. 16, the day Mexico declared its independence from Spain. Cinco de Mayo honors Mexico's victory over France in the Battle of Puebla in 1862. The holiday is widely popular in the United States, where it celebrates the larger Mexican American culture, but is actually not as widely celebrated in Mexico.



National Nurses Day

Saturday, May 6

National Nurses Day is the first day of National Nurses Week, which concludes on May 12, Florence Nightingale's birthday. Yet the week was first observed in the U.S. in October 1954 to mark the 100th anniversary of Nightingale's pioneering work in Crimea.

The celebration was observed thanks to a bill sponsored by Representative Frances P. Bolton for official recognition of the celebration. Twenty years later, President Nixon proclaimed National Nurses Week to be celebrated annually in May. Nursing organizations rallied for a "National Recognition Day for Nurses" on May 6, which was eventually proclaimed by President Ronald Reagan in 1982.

Remember to thank a nurse!



Memorial Day

Monday, May 29

Memorial Day, as Decoration Day gradually came to be known, originally honored only those lost in the Civil War. But after World War I, the holiday evolved to commemorate American military personnel who died in all wars, including WWII, Vietnam, Korea, and Iraq and Afghanistan.

For decades, Memorial Day continued to be observed on May 30, the date General John A. Logan selected for the first Decoration Day. But in 1968, Congress passed the Uniform Monday Holiday Act, which established Memorial Day as the last Monday in May in order to create a three-day weekend for federal employees. The change went into effect in 1971. The same law also declared Memorial Day a federal holiday.

Worship SERVICES

Sunday Services

Live audio and video sermons and links to recorded sermons from some of our local churches:

First Christian Church

fccgarnett.org/church-media/sermons-podcasts

Church of the Nazarene

garnettnazarene.org/livestream

Beacon of Truth

botmi.org/media

Livestreaming Services

St. Andrew's Episcopal

8 a.m. & 10:15 a.m.
standrewkc.org/live-worship

Immaculate Conception

11 a.m.
facebook.com/golddomekc

Community Christian Church

10:30 a.m.
facebook.com/Community4KC

Conception Abbey

7:45 a.m., 10:30 a.m., & 5:30 p.m.
conceptionabbey.org/live

St. Paul's Episcopal

10 a.m. & Wednesday, 6 p.m.
facebook.com/StPaulsKCMO

If you would like to receive this newsletter sooner each month, please sign up for our digital edition by emailing Traci at tplumlee@saintlukeskc.org.



RLC
Review
RECENT EVENTS
& PHOTOS

