



CONNECTIONS

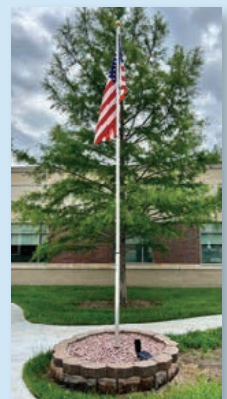
at the RESIDENTIAL LIVING CENTER

JULY 2023

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Patio Project Update



The patio project is complete! The smaller fence surrounding the original patio has been removed, and we are so pleased to have the new flag

pole up with our American flag waving proudly. There's so much more to see, and we can really stretch out now.

A big thank you to Dennis, Jerry, and Casey on our facilities team for your hard work on this project. We love it!

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.

Introducing a New Leader at the RLC

Samantha Young, RN

Assistant Director of Nursing, Residential Living Center



I can't begin to express how excited I am to be back home at the Residential Living Center, back to where it all began.

I started my career as a certified nursing assistant at the RLC in 2015. During those first five years, I valued the relationships I had with residents and other staff members and especially enjoyed watching friendships between residents

blossom. I learned a lot, grew as a caregiver and a person, and knew that I wanted to experience other areas of nursing and grow my career.

I transferred to Allen County Regional Hospital in 2020, where I worked for three years in the Medical Surgical and Emergency departments, learning and growing even more. During that time, I also attended Neosho County Community College Mary Grimes School of Nursing, graduating in 2022 as a registered nurse. After working full-time, keeping up with our small farm and busy family—which includes my husband, Tyler, and three kids aged 11, 5, and 3—and constantly taking classes, I'm ready to take on a new challenge.

Since officially joining the RLC on June 5, I've been busy learning everything I can about my new role as assistant director of nursing and getting acquainted, or reacquainted, with the residents and staff. I have always appreciated the feeling of community we have here at the RLC, and our staff does a wonderful job making sure our residents are well taken care of. It's great to be back and be a part of this very special community once again.

To our residents' friends and family, next time you come for a visit, please stop in and say hello. I would love to meet you.

Contact Us

Want to learn more about five-star living in our Residential Living Center? Call us at 785-204-7115 to schedule a private tour for yourself or a loved one.

Anderson County Hospital Residential Living Center

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Culinary Corner



This family recipe was shared by Jacy Sinclair, RD, LD, registered dietitian nutritionist at Anderson County Hospital and Residential Living Center. "We love to enjoy my Grandma Macy's apple pie at holidays, especially on the Fourth of July along with homemade ice cream," shared Jacy. "A fun fact is that I have an apple tree at my house that was planted by my great-grandpa. We get apples off the tree every year and always make an apple pie. This recipe is special to me because it reminds me of growing up picking apples with my family, and I'm excited to do the same with my son this fall when the apples are ripe!"

Grandma's Apple Pie

Ingredients

Pastry for 2-crust pie	3 tablespoons butter
5 to 6 apples*, sliced and peeled	2 teaspoons cinnamon
½ cup sugar	

Directions

1. Mix 2 tablespoons of sugar and ½ teaspoon of cinnamon and set aside.
2. Pour half of the apples into a pastry-lined pie plate. Dot with 2 tablespoons of butter and sprinkle remaining sugar and cinnamon over the apples.
3. Add remaining apples.
4. Cover with top crust. Press the edges to seal and cut several slits to allow steam to escape.
5. Top the pie with 1 tablespoon butter and sprinkle with reserved cinnamon sugar mixture.
6. Bake about one hour at 350° F.



*Granny Smith, Golden Delicious, and Jonathan apples are recommended for baking because of their tart flavor and crisp texture. Honeycrisp apples provide a little more sweetness and are also a great choice for pies.

A Healthier Pie

If you're looking to make a healthier apple pie, follow these tips:

- Increase fiber content. Make your own crust using whole wheat flour instead of white flour.
- Apples are sweet enough. Cut back on the amount of sugar added to the filling.
- Choose a smaller portion to cut back on calories. It's okay to enjoy a small slice of apple pie for a special treat or celebration.

Fourth of July Memories

It was always fun to go to Wamego to the fireworks display.

—Sharon Brown

I remember having fried chicken, sweet corn, and watermelon.

—Arlene Benton

My brother would bring two HUGE watermelons and two great big ol' tubs of ice. It was nice to have all my family in one place.

—Bonnie Rook

I've always enjoyed watching fireworks.

—Aloma Fredebach

We used to play baseball on the Fourth.

—Dick Doty

I had fun drinking beer with my family and watching fireworks.

—Dionysious Lickteig

I like watching the pretty fireworks.

—Michiko Neil

We would go to my aunt and uncle's house and shoot fireworks till midnight.

—Eddie Linson

I remember watching the kids play and catching up with cousins and family. I always turned the freezer for ice cream.

—Jim Jordan

Driving through Tulsa one time, we had to stop to watch the fireworks. All the cars on the highway stopped to watch.

—Gene Sutherland

We would always go to Grandma's and watch the fireworks in Wichita.

—Norma Nilges

In 1945 near Chicago, I worked for Curtiss Candy. They had performing ponies and put on Fourth of July shows, and I would always get to watch.

—Tom Welsh

July 2023

Activities are subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2	3	4 Independence Day	5	6	7	1
3:15 p.m. Church Service Hope Anthem	9:45 a.m. Group Exercise 10:30 a.m. Handworking Club 2 p.m. Karaoke Richard 3 p.m. Shopping	9:45 a.m. Group Exercise 10:30 a.m. USA Coloring 3 p.m. July 4th Celebration	9:45 a.m. Group Exercise 10:30 a.m. One-on-ones 3 p.m. Happy Hour 4:15 p.m. Bible Study Josh Beauty Shop	9:45 a.m. Group Exercise 10:30 a.m. Bingo 3 p.m. Manicures	9:45 a.m. Group Exercise 10:30 a.m. Jenga 3 p.m. Travel the Country	9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 3 p.m. Individual Activities
9	10	11	12	13	14	15
3:15 p.m. Church Service Beacon of Truth	9:45 a.m. Group Exercise 10:30 a.m. Resident Council 3 p.m. Watermelon Coaster	9:45 a.m. Group Exercise 10:30 a.m. Uno 3 p.m. Picnic on the Patio Beauty Shop	9:45 a.m. Group Exercise 10:30 a.m. Baking Activity 3 p.m. Happy Hour 4:15 p.m. Bible Study Josh	9:45 a.m. Group Exercise 10:30 a.m. Bingo 3 p.m. Go for a Walk	9:45 a.m. Group Exercise 10:30 a.m. Trivia 3 p.m. Campfire	9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 3 p.m. Individual Activities
16	17	18	19	20	21	22
3:15 p.m. Church Service Holy Angels Catholic Church	9:45 a.m. Group Exercise 10:30 a.m. Price Is Right 2 p.m. Karaoke Richard 3 p.m. Shopping	9:45 a.m. Group Exercise 10:30 a.m. Wahoo 2:30 p.m. Hawaiian Day Beauty Shop	9:45 a.m. Group Exercise 10:30 a.m. Food Committee 3 p.m. Happy Hour 4:15 p.m. Bible Study Josh	9:45 a.m. Group Exercise 10:30 a.m. Bingo 3 p.m. Manicures	9:45 a.m. Group Exercise 10:30 a.m. Centerpiece Craft 3 p.m. Men's Mugs & Muffins	9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 3 p.m. Individual Activities
23	24	25	26	27	28	29
3:15 p.m. Church Service First Baptist Church	9:45 a.m. Group Exercise 10:30 a.m. Wheel of Fortune 3 p.m. Craft Activity	9:45 a.m. Group Exercise 10:30 a.m. Penny Ante 3 p.m. Christmas in July Beauty Shop	9:45 a.m. Group Exercise 10:30 a.m. Book Club 3 p.m. Happy Hour 4:15 p.m. Bible Study Josh	9:45 a.m. Group Exercise 10:30 a.m. Bingo 3 p.m. Folding Club	9:45 a.m. Group Exercise 10:30 a.m. Card Bingo 3 p.m. Blue Hat Club	9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 3 p.m. Individual Activities
30	31					
3:15 p.m. Church Service United Methodist Church	9:45 a.m. Group Exercise 10:30 a.m. Trivia 3 p.m. Movie					



Activities with Abby

Abigail Kellerman, Activity Coordinator



With a full month under my belt, I'm feeling more settled and am enjoying my new role as activity coordinator. I've learned a lot and

am thankful for all the support and patience others have shown to me.

I have many ideas for activities to exercise our residents' minds and bodies, but I've also spent time asking questions and listening. Knowing and understanding each resident's talents and interests allows me focus on activities that are engaging, meaningful, and help foster a sense of community and belonging.

We've recently formed a handworking club for those interested in crochet or other needle crafts. We've started a book club that welcomes both residents and staff members. Our residents have so many hidden talents, and it's really fun to see them smile, especially when they're surprised by and proud of what they are able to accomplish.

We're looking forward to the Fourth of July and to the Anderson County Fair at the end of the month. There's been a lot of talk about summer activities and remembering good times and the favorite foods of summer celebrations. We're going to continue to have good food and good times with all our friends and neighbors at the RLC.

Health & Wellness: UV Safety Awareness

Samuel Wilcox, MD, Medical Director, Residential Living Center



July is **Ultraviolet (UV) Safety Awareness Month**, and with summer in full swing, it's time to talk about UV radiation and how important it is to protect our eyes and skin from the effects of UV rays.

One in five Americans gets skin cancer, and UV light is a major risk factor for the three main types of skin cancers. Sunburns

before adulthood increase the risk for melanomas and basal cell carcinomas, while most squamous cell carcinomas are caused by prolonged UV exposure across the lifespan. As many people age, they notice small, red, rough spots that often have a yellow scale. These spots are typically actinic keratosis, which develop from years of sun exposure. While not cancers, they can turn into squamous cell carcinomas. The sun can also damage your eyes, speeding cataract development, causing blurry vision and other eye growths, and even eyelid cancer. So, if you notice any new, changed, or unusual spots or changes with your eyes, make an appointment with your provider and get checked out.

Here are simple ways you can reduce your risk by protecting your eyes and skin from UV rays:

- Avoid midday sun (about 10 a.m.-4 p.m.).
- Wear protective clothing (long sleeves, pants, a wide-brimmed hat, and sunglasses).
- Wear sunscreen that is at least SPF 30; apply it 20 minutes before sun exposure and reapply every two hours.



But UV light isn't all bad. Sunlight helps the body make vitamin D, which strengthens your immune system and keeps your bones healthy, especially for those at risk for falls and those with osteoporosis. Just five to 15 minutes of sunlight two or three times a week is plenty to get the recommended amount of vitamin D.

So go ahead and enjoy the new patio, but stay well-hydrated and be sure to protect your skin and eyes from the sun, especially if you're out in midday. It's just what the doctor ordered.

RLC Resident Reveal

The mystery resident from our June 2023 Connections is Howard Thompson!



Howard was born and raised on a farm near Kincaid, Kansas. He graduated from Kincaid High School in 1954 and married his sweetheart, Leila, after she graduated in 1955. The couple raised three girls and one boy and were blessed to have them stay close by. One daughter lives south of Iola, and she's the furthest away.

Howard farmed all his life, raising beef and dairy cattle and various crops. "My son, Rick, runs the family farm now with his son. They raise sheep and cattle, along with corn, beans, and some wheat," said Howard. He visited the farm earlier this spring, but said that he didn't really miss it. "Farming was such hard work, and I was glad to get away from it."

Howard and his dad both contracted polio in 1949. "I was not affected as bad as my dad was, and my brother and I took over operations of the farm. I was in the 8th grade then, and we missed out on a lot of fun because of all the work on the farm." While those years were tough, he learned about community and what it means to serve others. "The neighbors helped tremendously when dad got sick. It was quite a sight to see 12 combines lined up to harvest." Howard carried that sense of responsibility and service to others throughout his life. He helped his neighbors, volunteered, and served as an Anderson County Commissioner for almost 10 years during the 1990s. "Back then, I liked to be involved in things, to help people, and to help make good things happen in the community."

After retiring from the farm and a move into Garnett, Howard and Leila spent about 12 years traveling across the country in their RV. They traveled south in the winter and all over in the summer, visiting all 50 states. "We didn't have a favorite place," Howard admitted. "We liked every place we visited and just looked forward to the next stop." He did have some words of advice to share: "It's more fun to do it while you can still do it. Don't wait until you've got too much age." Howard and Leila made the most of their time, celebrating 65 years together before Leila passed in 2020.

Howard enjoys being outside and can usually be found on the patio at RLC, rain or shine. "I really like the new patio. You can look out and see more of what's going on. I sat out there all the time and watched the guys as they were fixing the trail and doing all the work. I was nice to watch and not have to work." Howard enjoys playing games and conversations with other residents and staff. "I like to talk and I pick up friends pretty fast."

Thank you to Howard for taking the time to share your story with us. And we look forward to hearing more stories from you, out on the patio.



- I was born and raised in Japan during World War II and survived the atomic bomb that was dropped in Japan.
- I worked at the sewing factory in Paola, and when the factory shut down, I went to work for King Radio, an avionics manufacturing company.
- After retiring, I traveled the United States. I especially loved going to the mountains because they reminded me of home in Japan.
- I used to go to the senior citizen dances twice or more a week. After I could no longer dance, I fell in love with watching Westerns.
- I used to love gardening and was known for canning my own pickles, green beans, and tomatoes.

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



RLC Review

RECENT EVENTS
& PHOTOS

