

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

JANUARY 2023



 Anderson
County Hospital
SAINT LUKE'S HEALTH SYSTEM

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January Highlights

January 2

Karaoke with Richard—2 p.m.

January 5

Make Bagel Bird Feeders—3 p.m.

January 9

Resident Council—10:30 a.m.

January 11

Cooking with Kathy—10:30 a.m.

January 13

Make Marshmallow Snowmen—
10:30 p.m.

January 16

Karaoke with Richard—2 p.m.

January 19

Ladies' Blue Hat Club—2 p.m.

January 20

Coffee Chat—10:30 a.m.

January 24

Sip and Paint—2 p.m.

January 25

Food Council Meeting—9:45 a.m.

January 26

Armchair Travel: Australia—
3:30 p.m.

A Few Words from Dee



Happy New Year! Here's to optimistically approaching this season full of promise, potential, and possibilities—full of promise for a healthy, vibrant community; full of potential for new residents to join us in the new year; and full of possibilities of new friendships started and old friendships renewed, new updates throughout the community, and new and old ways of being together.

While I'm certain this year, as with any other, will bring the need for change and adaptation, this year will also bring back more of a feeling of "normalness" to our community, something I'm certain we are all ready to embrace.

Happy New Year!

Dee Dunn

Squirrel Appreciation Day



Squirrel Appreciation Day is January 11. The day was created by a North Carolina rehabilitator in 2001 to acknowledge the contribution that squirrels make to nature. It is estimated that over a billion oak trees worldwide are planted by squirrels when they bury acorns to eat later and then forget where they have buried them, leaving them to sprout.

Facts About Squirrels

- The front four teeth of squirrels grow about 6 inches a year. It's only the squirrel's constant gnawing that keeps them under control.
- A group of squirrels is called a scurry.
- There are 265 squirrel species all over the world.
- There are 44 species of flying squirrels.
- Wild squirrels will eat out of a human's hand.
- Grey squirrels will build nests called dreys, high up in trees.

Culinary Corner

by Samantha Edens



Creamy Spinach Artichoke Salmon

Ingredients

- 1 ¼ pounds salmon fillet, cut into 4 equal portions
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1 tablespoon extra-virgin olive oil
- ¼ cup halved and thinly sliced shallot
- ½ cup heavy cream
- ¼ cup low-sodium chicken broth
- 1 teaspoon cornstarch
- ¼ teaspoon garlic powder
- 3 cups coarsely chopped baby spinach
- ½ cup sliced marinated artichoke hearts

Directions

1. Place rack in upper third of oven. Preheat broiler to high. Line a rimmed baking sheet with foil.
2. Place salmon skin-side down on the prepared baking sheet. Sprinkle with ¼ teaspoon each salt and pepper. Broil, rotating once from front to back, until opaque in the center, 8 to 10 minutes.
3. Meanwhile, heat oil in a large skillet over medium-high heat. Add shallot and cook, stirring, for 1 minute. Whisk cream, broth, cornstarch, garlic powder and the remaining ¼ teaspoon each salt and pepper together in a measuring cup. Add to the skillet and cook, stirring, until mixture starts to thicken, about 2 minutes. Add spinach and artichoke hearts; cook, stirring, until the spinach has wilted, 1 to 2 minutes more.
4. Remove skin from the salmon, if desired, and serve topped with the sauce.

For this quick and easy dinner, the vegetables and sauce come together in one skillet in a matter of minutes while the salmon broils.

Salmon is full of heart-healthy omega-3 fatty acids, which can decrease inflammation and support brain health. It is high in selenium, a trace mineral that plays a part in making DNA and protecting cells against damage and infection. Salmon is also rich in vitamin B12, needed to form red blood cells and DNA and a key player in the function and development of brain and nerve cells.



To make this dish complete, serve over a side of whole grain rice to provide a great source of fiber.



January 2023

Activities are subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>New Year's Day 1</p> <p>3:15 p.m. Church Service Beacon of Truth</p>	<p>2</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Card Bingo 2 p.m. Karaoke Richard</p>	<p>3</p> <p>9:45 a.m. Group Exercise 2:30 p.m. Jigsaw Puzzles Beauty Shop</p>	<p>4</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Manicures 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh</p>	<p>5</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bingo 3 p.m. Bagel Birdfeeders Shopping</p>	<p>6</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Coin Bowling 2:30 p.m. Board Games</p>	<p>7</p> <p>9:45 a.m. Group Exercise Music in the Morning Family & Friends Visit</p>
<p>Elvis Presley's Birthday 8</p> <p>3:15 p.m. Church Service Holy Angels Catholic Church</p>	<p>9</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Resident Council 2:30 p.m. Card Bingo</p>	<p>10</p> <p>9:45 a.m. Group Exercise 2:30 p.m. Jigsaw Puzzles Beauty Shop One on Ones</p>	<p>Squirrel Appreciation Day 11</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Cooking Kathy 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh</p>	<p>12</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bingo 3 p.m. Handwork Club Shopping</p>	<p>13</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Marshmallow Snowmen 2:30 p.m. Board Games</p>	<p>14</p> <p>9:45 a.m. Group Exercise 2:30 p.m. Movie Music in the Morning Family & Friends Visit</p>
<p>15</p> <p>3:15 p.m. Church Service First Baptist Church</p>	<p>Martin Luther King, Jr., Day Observed 16</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Card Bingo 2 p.m. Karaoke Richard</p>	<p>17</p> <p>9:45 a.m. Group Exercise 2:30 p.m. Jigsaw Puzzles Beauty Shop One on Ones</p>	<p>18</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Manicures 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh</p>	<p>19</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bingo 2 p.m. Blue Hat Club Shopping</p>	<p>20</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Coffee Chat & Game 2:30 p.m. Board Games</p>	<p>International Hug Day 21</p> <p>9:45 a.m. Group Exercise 2:30 p.m. Movie Music in the Morning Family & Friends Visit</p>
<p>22</p> <p>3:15 p.m. Church Service First United Methodist Church</p>	<p>23</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Card Bingo 2:30 p.m. Chinese Checkers</p>	<p>24</p> <p>9:45 a.m. Group Exercise 2 p.m. Sip and Paint Beauty Shop One on Ones</p>	<p>25</p> <p>9:45 a.m. Group Exercise 9:45 a.m. Food Council Mtg. 10:30 a.m. Manicures 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh</p>	<p>26</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bingo 3:30 p.m. Armchair Travel: Australia Shopping</p>	<p>27</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Give Me Five Game 2:30 p.m. Board Games</p>	<p>28</p> <p>9:45 a.m. Group Exercise 2:30 p.m. Movie Music in the Morning Family & Friends Visit</p>
<p>29</p> <p>3:15 p.m. Church Service Trinity Baptist</p>	<p>30</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Card Bingo 2:30 p.m. Dominoes— Dining Room</p>	<p>31</p> <p>9:45 a.m. Group Exercise 2:30 p.m. Jigsaw Puzzles Beauty Shop One on Ones</p>				

Stay ACTIVE

Take the Stairs

National Take the Stairs Day is Wednesday, January 11. The primary goal of this day is to encourage you to improve your health by using the stairs. Walking up and down stairs, instead of using of the elevator or escalator, is a non-impact activity that most of us can do. It helps us tone our muscles, maintain or even lose weight, and improve cardiovascular health.

Most smartphones have an app that counts stairs. If your phone does not have it, you can download a stair-counting app.

Stair Climbing Fact: A 160-pound person who climbs for 3 minutes expends approximately 30 calories.

Activities with Yvonne

by Yvonne Ryan, Activity Director/Social Service Designee



As we say goodbye to 2022 and welcome 2023, it gives us the opportunity to look back at the many blessings we have received over the past year. My husband and I welcomed two new grandbabies, and the older one turned two. Their presence in our lives has been a blessing. Take time to stop and count your blessings!

There was a lot of sickness going around in December. We hope that is all behind us now.

Speaking of December, we made gingerbread houses, did a lot of reminiscing of Christmases past and had a visit from Santa during our Christmas party. Thanks to everyone who purchased popcorn for our annual fundraiser.

This month we will be trying out some new games and having an armchair travel time to Australia. We enjoy watching the birds and squirrels out by the patio, so we will be making bagel bird feeders this month as well.

Just a reminder: If you are bringing in any new clothing or other items, please let staff know so that we can get them marked and added to inventories. We often come up with clothing that we do not know who the owner is.

May you all have a Happy and Safe New Year!

Yvonne

Resident Spotlight Bonnie Rook



Bonnie Culler Rook was born on November 9, 1941, to Bob and Clara Culler. She had a sister who was 17 and a brother 15 when she and her twin sister were born.

Bonnie's father had a grinding feed mill, and he went around the neighborhood to grind feed. There were times when the client couldn't afford to pay him with money, so they often gave him a package of meat. It worked out well for everyone.

Before Bonnie's mom had her own café in Colony, she was a cook at many different restaurants. She was so well known for her cooking abilities many places wanted to hire her!

Bonnie graduated from Crest High School in Colony in 1959. She worked for her mom for a year, then got married and had two children. She worked at different places afterward, including a dress factory in lola, a boat factory in Emporia, and a rubber plant in lola.

Bonnie is best known for being a cook at Crest school for many years. She made everything from scratch, including baking homemade bread daily. She also judged foods at different county fairs. Bonnie says it was hard for her because she wanted everyone to win!

In later years, Bonnie and her husband enjoyed traveling. She is also proud of her two children, five grandchildren, and thirteen-plus grandchildren.

We are so glad Bonnie calls the Residential Living Center her home!

Australia Fun Facts

RLC will embark on an armchair travel trip to Australia on Thursday, January 26, at 3:30 p.m. To help us prepare, here are a few fun facts about Australia.

- Each year, Brisbane hosts world championship cockroach races.
- Australia is the only continent without an active volcano.
- Australia has three times more sheep than people.
- The Australian Alps receive more snowfall than Switzerland.
- Most of Australia's flora and fauna cannot be found anywhere else in the world.
- Australia was the second country in the world to give women the vote in 1902. (New Zealand was first in 1893.)
- Canberra was selected as the capital because Sydney and Melbourne could not stop arguing which of them should be the capital.



The Garden Year by Sara Coleridge

January brings the snow,
Makes our feet and fingers glow.
February brings the rain,
Thaws the frozen lakes again.
March brings breezes loud and shrill,
Stirs the dancing daffodil.
April brings the primrose sweet,
Scatters daisies at our feet.
May brings flocks of pretty lambs,
Skipping by their fleecy dams.
June brings tulips, lilies, roses,
Fills the children's hands with posies.

Hot July brings cooling showers,
Apricots and gillyflowers.
August brings the sheaves of corn,
Then the harvest home is borne.
Clear September brings blue skies,
Golden rod and apple pies.
Fresh October brings the pheasant,
Then to gather nuts is pleasant.
Dull November brings the blast,
Makes the leaves go whirling fast.
Chill December brings the sleet,
Blazing fire, and Christmas treat.



Sunday Services

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

First Christian Church
fccgarnett.org/sermons

Church of the Nazarene
garnettnazarene.org/media

Beacon of Truth
botmi.org

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

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**RLC
Review**
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**RECENT EVENTS
& PHOTOS**

