

# CONNECTIONS

at the RESIDENTIAL LIVING CENTER

FEBRUARY 2023



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## February Highlights

### February 6

Karaoke with Richard—2 p.m.

### February 8

Cooking with Kathy—10:30 a.m.

### February 10

Ladies' Coffee—10:30 a.m.

### February 12

Super Bowl—5:30 p.m.

### February 14

Valentine Party—3 p.m.

### February 16

Ladies' Blue Hat Club—2 p.m.

### February 17

Coffee Chat—10:30 a.m.

### February 20

Karaoke with Richard—2 p.m.

### February 22

Food Council Meeting—9:45 a.m.

### February 24

Armchair Travel: Boston—3:30 p.m.

### February 28

Darrin Sings—1:30 p.m.

Sip and Paint—3 p.m.

## A Few Words from Krista



You might have seen signs posted in the Residential Living Center or around Anderson County Hospital recognizing our community for Five-Star care. This is the highest rating a community can receive from the Centers for Medicare and Medicaid Services (CMS). CMS evaluates quality measures including safety, effectiveness, and resident experience.

Our team takes great pride in the work we do around the clock to provide the highest quality of care possible for our residents, and we're proud of this recognition from CMS.

We couldn't do this without our residents or our team members who are committed to our residents' care. Staff live out our Saint Luke's mission daily, focus on each resident as a whole person—caring for physical, emotional, and spiritual needs—and do big and small things every day to make a difference in all of our residents' lives. A Five-Star rating is official recognition of what we already know—great work is happening every day, and this is truly a special community.

*Krista Culit, RN*

## Presidents Day

Tuesday, February 20



Presidents Day originated in 1879 as a day to honor President George Washington in the Washington, D.C. In 1885, this event expanded across the country, with all federal offices recognizing the holiday.

Nearly 100 years later, in 1951, the Presidents Day National Committee was formed to choose a day of commemoration for all presidents. Initially, the date of March 4 was selected, as this was the date of the first presidential inauguration. However, the committee later settled on a date in February to be closer to George Washington's birthday. In 1971, it was decided that the holiday would take place on the third Monday in February, and the holiday has been celebrated that way ever since.

## Culinary Corner

by Samantha Edens



### Slow Cooker Beef Stroganoff

#### Ingredients

- 1½ pounds beef stew meat
- 2 teaspoons vegetable oil
- 2 cups sliced fresh mushrooms
- 1 medium onion, chopped (1/2 cup)
- 2 cloves garlic, minced
- ½ teaspoon dried oregano, crushed
- ½ teaspoon salt
- ¼ teaspoon dried thyme, crushed
- ¼ teaspoon black pepper
- 1 bay leaf
- 14.5-ounce can lower-sodium beef broth
- ½ cup dry sherry or lower-sodium beef broth
- 8-ounce carton light sour cream
- 2 tablespoons cornstarch
- 2 cups hot cooked noodles
- snipped fresh parsley

#### Directions

1. Trim fat from beef and cut into 1-inch pieces. In a large skillet cook beef, half at a time, in hot oil over medium heat until brown. Drain fat.
2. In a 3½- or 4-quart slow cooker, place mushrooms, onion, garlic, oregano, salt, thyme, pepper, and bay leaf. Add beef. Pour broth and sherry over all ingredients.
3. Cover and cook on low for 8 to 10 hours or on high for 4 to 5 hours. Remove and discard bay leaf.
4. If using low setting, turn to high. In a medium bowl, combine sour cream and cornstarch. Gradually whisk about 1 cup of the hot cooking liquid into sour cream mixture. Stir sour cream mixture into cooker. Cover and cook about 30 minutes more or until thickened. Serve over hot cooked noodles. If desired, sprinkle each serving with parsley.

Beef Stroganoff or Beef Stroganov was originally a Russian dish of sautéed pieces of beef served in a sauce of mustard and smetana (sour cream). The dish is named after one of the members of the influential Stroganov family. A legend attributes its invention to French chefs working for the family, but several researchers point out that the recipe is a refined version of older Russian dishes.

This comforting dish combines tender beef and mushrooms in a creamy sauce.



To make it a tad healthier, choose whole grain noodles. Switching to whole grain pasta and other wheat products is beneficial to your overall health. It helps improve digestive health, lowers risk of heart disease, and provides vitamins essential for the body's functions.

Mushrooms are a great source of vitamin D, making them an excellent addition to your diet, especially in the winter.

Activities are subject to change.

# February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 9:45 a.m. Group Exercise 10:30 a.m. Manicures 3 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>Groundhog Day 2</b> 9:45 a.m. Group Exercise 10:30 a.m. Bingo <b>One on One Visits Shopping</b>	<b>3</b> 9:45 a.m. Group Exercise 10 a.m. Trivia 2 p.m. Games	<b>4</b> 9:45 a.m. Group Exercise <b>Music in the Morning Family &amp; Friends Visit</b>
<b>5</b> 3:15 p.m. Church Service Church of the Nazarene	<b>6</b> 9:45 a.m. Group Exercise 10:30 a.m. Card Bingo <b>2 p.m. Karaoke   Richard</b>	<b>7</b> 9:45 a.m. Group Exercise 2:30 p.m. Jigsaw Puzzles <b>Beauty Shop</b>	<b>8</b> 9:45 a.m. Group Exercise <b>10:30 a.m. Cooking   Kathy</b> 3 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>9</b> 9:45 a.m. Group Exercise 10:30 a.m. Bingo 3 p.m. Handwork Club <b>Shopping</b>	<b>10</b> 9:45 a.m. Group Exercise <b>10 a.m. Ladies' Coffee</b> 3 p.m. Board Games	<b>11</b> 9:45 a.m. Group Exercise 2:30 p.m. Movie <b>Music in the Morning Family &amp; Friends Visit</b>
<b>Super Bowl—5:30 p.m. 12</b> 3:15 p.m. Church Service First Christian 	<b>13</b> 9:45 a.m. Group Exercise 10:30 a.m. Resident Council 2:30 p.m. Card Bingo	 <b>Valentine's Day 14</b> 9:45 a.m. Group Exercise <b>3 p.m. Valentine Party</b> <b>Beauty Shop</b>	<b>15</b> 9:45 a.m. Group Exercise 10:30 a.m. Manicures 3 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>16</b> 9:45 a.m. Group Exercise 10:30 a.m. Bingo <b>2 p.m. Blue Hat Club</b> <b>Shopping</b>	<b>17</b> 9:45 a.m. Group Exercise 10:30 a.m. Coffee Chat 3 p.m. Board Games	<b>18</b> 9:45 a.m. Group Exercise 2:30 p.m. Movie <b>Music in the Morning Family &amp; Friends Visit</b>
<b>19</b> 3:15 p.m. Church Service Mount Ida Church of the Brethren	<b>Presidents Day 20</b> 9:45 a.m. Group Exercise 10:30 a.m. Card Bingo <b>2 p.m. Karaoke   Richard</b>	<b>Fat Tuesday/Mardi Gras 21</b> 9:45 a.m. Group Exercise 2:30 p.m. Jigsaw Puzzles <b>Beauty Shop</b>	<b>22</b> 9:30 a.m. Food Council Mtg. 9:45 a.m. Group Exercise 3 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>23</b> 9:45 a.m. Group Exercise 10:30 a.m. Bingo <b>One on One Visits Shopping</b>	<b>24</b> 9:45 a.m. Group Exercise 10 a.m. Reminiscing 3:30 p.m. Armchair Travel: Boston <b>One on One Visits &amp; Exercise</b>	<b>25</b> 9:45 a.m. Group Exercise 2:30 p.m. Movie <b>Music in the Morning Family &amp; Friends Visit</b>
<b>26</b> 3:15 p.m. Church Service Hope Anthem	<b>27</b> 9:45 a.m. Group Exercise 10 a.m. Penny Ante 2:30 p.m. Card Bingo	<b>28</b> 9:45 a.m. Group Exercise <b>1:30 p.m. Darrin Sings</b> 3 p.m. Sip and Paint <b>Beauty Shop</b>				

# Stay ACTIVE

## Stay Active: Quick Tips from health.gov

If you have a health problem, talk to your doctor before you start.

### Aim for 150 minutes a week of moderate aerobic activity.

- Start slowly. Even 5 minutes of physical activity has health benefits, and you can build up over time!
- Choose activities that you enjoy and accelerate your heart beat—walking fast, dancing, swimming, or raking leaves.
- Tell your doctor if you have shortness of breath, chest pain, or unplanned weight loss.

### Do muscle-strengthening activities at least 2 days a week.

- Try using exercise bands or lifting hand weights. You can also use bottles of water or cans of food as weights.
- Breathe out as you lift the weight, and breathe in as you lower it. Don't hold your breath—it can cause unsafe changes in your blood pressure.

### Do balance exercises.

- Practice standing on one foot—you can hold onto a chair if you're feeling unsteady.
- Walk backwards or sideways.
- Learn tai chi
- Sign up for a yoga class or try a yoga video at home.

## Activities with Yvonne

by Yvonne Ryan, Activity Director/Social Service Designee

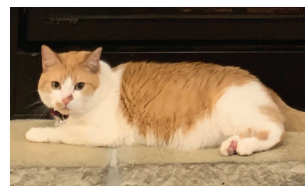


Who's ready for spring? I'm planning my garden already, as planting time will be here before we know it. We will have to see what Punxsutawney Phil has in store for us.

In the meantime, we will do what we can to beat the winter blahs. It's so easy to feel down when you're going through something difficult. We all cope with challenges differently, but you never know what a small gesture or simply listening could mean to another person. We all need a little more kindness in our lives, so why not start by helping someone else see the light in theirs? Remember: *Helping one person might not change the world, but it could change the world for one person.*

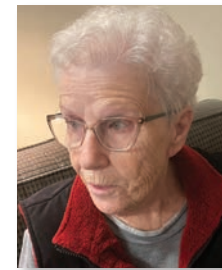
We have many holidays to celebrate in February and plans to do just that. Don't forget to send your valentine a special card—a box of chocolates would be even better! And we're so happy and grateful to have three of our auxiliary ladies helping out with BINGO again.

Changes are happening in our front lobby. We're currently looking to rehome our birds in the aviary currently in the lobby. Speaking of rehoming, Lulu, our new cat, rehomed from another community, is fitting in nicely. She loves to check things out, but she also likes to just hang out and mind her own business.



Yvonne

## Resident Spotlight Delma Murray



Harry and Ruth Morrison had twins—a son and a daughter—in the spring of 1938 in the Le Harp area of Kansas. Delma Lee Morrison Murray was the baby girl of the twin set. Her father, Harry, farmed and drilled water wells while her mother, Ruth, was busy caring for three girls and three boys.

After graduating from High School, Delma went to work in the Miller dress factory as a seamstress. They later asked her to model the dresses as well!

The next job Delma took was working at the Farm Service Agency in lola, where she met her future husband, Jerry Murray. They dated for six months and married on June 13, 1959. Delma eventually quit her job to be a homemaker. She worked right along beside Jerry driving the green tractors and the grain trucks.

Delma loved crafting and decorating their home. Her family praises Delma's cooking abilities. She was very involved in civic activities in the LeRoy community. She was in EHU and helped with many functions at the First Christian Church in LeRoy.

Jerry and Delma have one son and a daughter-in-law, Greg and Kim. They also have one grandson, and arriving in April their first great-grandson.

We are so happy to have Delma call RLC home!

## Wonderful Words

These wonderful foreign words have no English equivalent.

### **Bilita Mpush** (Bantu)

An amazing dream. Not just a "good" dream; the opposite of a nightmare.

### **Boketto** (Japanese)

Gazing vacantly into the distance without thinking.

### **Fernweh** (German)

A longing for distant places, even places you've never even been.

### **Fisselig** (German)

Flustered to the point you can't function.

### **Fremdschämen** (German) and **Myötähäpeä** (Finnish)

Both these words mean "vicarious embarrassment."

### **Frühjahrs Müdigkeit** (German)

*Frühjahr* is "springtime," while *Müdigkeit* means "tiredness." Together, it means becoming depressed or lethargic at the onset of spring.

### **Gigil** (Filipino)

The urge to pinch or squeeze something that is irresistibly cute.

### **Hygge** (Danish)

The pleasant, genial, and intimate feeling associated with sitting around a fire in the winter with close friends.

### **Iktsuarpok** (Inuit)

Anticipation when you're waiting for someone to show up at your house and you keep checking to see if they're here yet.

### **L'esprit de l'escalier** (French)

Literally, "stairwell wit"—a too-late retort thought of only after departure.

### **Tartle** (Scots)

That panicky hesitation just before you have to introduce someone whose name you can't quite remember.

### **Koi No Yokan** (Japanese)

The sense upon first meeting a person that the two of you will fall in love.



## Sunday Services

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

### First Christian Church

[fccgarnett.org/sermons](http://fccgarnett.org/sermons)

### Church of the Nazarene

[garnetnazarene.org/media](http://garnetnazarene.org/media)

### Beacon of Truth

[botmi.org](http://botmi.org)

## Livestreaming Services

### St. Andrew's Episcopal

8 a.m. & 10:15 a.m.  
[standrewkc.org/live-worship](http://standrewkc.org/live-worship)

### Immaculate Conception

11 a.m.  
[facebook.com/golddomekc](http://facebook.com/golddomekc)

### Community Christian Church

10:30 a.m.  
[facebook.com/Community4KC](http://facebook.com/Community4KC)

### Conception Abbey

7:45 a.m., 10:30 a.m., & 5:30 p.m.  
[conceptionabbey.org/live](http://conceptionabbey.org/live)

### St. Paul's Episcopal

10 a.m. & Wednesday, 6 p.m.  
[facebook.com/StPaulsKCMO](http://facebook.com/StPaulsKCMO)

If you would like to receive this newsletter sooner each month, please sign up for our digital edition by emailing Yvonne at [yryan@saintlukeskc.org](mailto:yryan@saintlukeskc.org).



**RLC  
Review**

RECENT EVENTS  
& PHOTOS

