

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

OCTOBER 2023



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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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Garnett, KS 66032

ACHRLC@saintlukeskc.org
saintlukeskc.org/RLC
Find us on Facebook.

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.

Nutrition News

Jacy Sinclair, RD, LD, Registered dietitian/licensed dietitian nutritionist



We all know proper nutrition is essential for good health. Since most of our nutrition (and hydration) comes from the food and fluid that we intake, mealtime is a big deal at the RLC.

As the center's registered dietitian, it's my job to make sure our residents are not only served nutritious meals, but are also consuming what their bodies need to maintain weight and health.

I monitor each resident's weight weekly and look for skin changes or breakdown, which can be an early indication of malnutrition. A full nutrition assessment is done quarterly, and I attend all care-plan meetings to get feedback from residents and their families. We review physical changes, such as chewing, swallowing, and food toleration, and discuss changes in nutritional needs.

While a key focus is on providing the best nutrition for our residents, we also take into consideration other aspects of their dining experience. Our resident-centered approach to dining includes a resident-led food committee that meets regularly to help make decisions about menu changes. We offer cooking workshops for residents as part of our regular activity calendar, and we encourage friends and family to join us for everyday meals and special events.

After all, mealtimes are not just about nutrition. The social aspect of dining promotes social connection, comfort, pleasure, and security, and together with tasty and nutritious food, the mealtime experience plays a major role in decreasing unintended weight loss and increasing quality of life. When residents enjoy their food—and their company—they are likely to eat more and be happier.

So, share a favorite recipe, join us for a cooking workshop, or enjoy a meal with your friends and family at the RLC. Guests always have a special place at our table.

Here's to good food, good health, and happiness.



Culinary Corner



Pumpkin spice fever has been going around, and we've caught it, too! This pumpkin bread is filled with warm fall spices, real pumpkin purée, and wholesome ingredients that make the perfect treat. It's also quick and easy to make. We took turns measuring and mixing, and couldn't wait for these yummy loaves to come out of the oven.

Pumpkin is packed with vitamin A, which is crucial to for a functioning immune system. Vitamin A is beneficial for our eyesight and may reduce the risk of some cancers. You don't have to eat much to reap the benefits. One cup of pumpkin has almost 250% of your daily recommended intake of vitamin A.

Pumpkin Bread

Ingredients

2 cups all-purpose flour	1 teaspoon ground nutmeg
½ teaspoon salt	1½ sticks (¾ cup) unsalted butter, softened
1 teaspoon baking soda	2 cups sugar
½ teaspoon baking powder	2 large eggs
1 teaspoon ground cloves	1 can (15 oz.) 100% pumpkin
1 teaspoon ground cinnamon	

Directions

1. Preheat oven to 325° and set oven rack in the middle position. Generously grease two 8 x 4-inch loaf pans with butter and dust with flour.
2. In a medium bowl, combine flour, salt, baking powder, baking soda, and spices. Whisk well and set aside.
3. Combine the softened butter and sugar in a large bowl or in the bowl of an electric mixer. Beat until just combined. It will look a little crumbly. Add the eggs one at a time, beating well after each addition. Continue beating for a few minutes until light and fluffy. Add the pumpkin and beat until combined. It will look a little grainy—that's okay.
4. Add the dry ingredients to the pumpkin mixture and beat on low until just combined.
5. Transfer the batter into loaf pans. Bake for 65 - 75 minutes, or until a cake tester comes out clean. Let loaves cool in the pan for about 10 minutes, then turn out onto a rack to cool completely. Makes 2 loaves.

The Benefits of Jigsaw Puzzles

According to a study in the *Archives of Neurology*, adults who engaged in cognitively challenging activities like puzzles had less beta-amyloid protein in their brains, a major component of the plaque that indicates Alzheimer's disease.

Puzzles require our left (logical) and right (creative) brains to work together. Envisioning where a piece might go requires neural connections between the two hemispheres and processes that improve short-term memory.

Solving a puzzle takes trial and error. You may try to fit a piece by color, then shape, revising theories in your mind. This translates to improved critical-thinking skills.

The brain goes into a near dreamlike state when working a puzzle, and the pleasure and satisfaction are backed by science.

Many websites also offer free online jigsaw puzzles, including:

thejigsawpuzzles.com
jigsawplanet.com

We invite our residents' friends and family members to join us during mealtimes. Guests may bring in meals from outside, purchase a meal from the RLC kitchen, or purchase items à la carte from the Anderson County Hospital café. Meals from the RLC kitchen are \$8 for breakfast and \$9.50 for lunch or dinner. Meals must be paid for with cash or check and are available to guests as supplies last. If you will have multiple guests, please call ahead to **785-204-4016**.

October 2023

Activities are subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>1</p> <p>3:15 p.m. Church Service First United Methodist Church</p> <p>7:20 p.m. Chiefs v. Jets</p>	<p>2</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Handworking Club 2 p.m. Karaoke Richard</p>	<p>3</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Card Bingo 2:30 p.m. Decorate for Fall</p> <p>Beauty Shop</p>	<p>4</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Resident Council 2:30 p.m. Happy Hour 3:15 p.m. Bible Study Josh 6 p.m. Hayrack Ride</p>	<p>5</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Cornhole</p>	<p>6</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bake Apple Pie 2:30 p.m. Drive in the Country</p> <p>Flywheelers Gas Engine & Tractor Show</p>	<p>7</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2 p.m. Individual Activities</p>
 <p>8</p> <p>3:15 p.m. Church Service Trinity Baptist Church</p> <p>3:25 p.m. Chiefs v. Vikings</p>	<p>Columbus Day Indigenous Peoples' Day 9</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Wii Sports 2:30 p.m. Shopping</p>	<p>10</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Manicures 2:30 p.m. Carve Pumpkins</p> <p>Beauty Shop</p>	<p>11</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Food Committee 2:30 p.m. Happy Hour 3:15 p.m. Bible Study Josh</p>	 <p>12</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Bowling 7:15 p.m. Chiefs v. Broncos</p>	<p>13</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bake Pumpkin Pie 2:30 p.m. Blue Hat Club</p>	<p>14</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities</p>
<p>15</p> <p>3:15 p.m. Church Service Church of the Nazarene</p>	<p>16</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Family Feud 2 p.m. Karaoke Richard</p>	<p>17</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Penny Ante 2:30 p.m. Ghost Craft</p> <p>Beauty Shop</p>	<p>18</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Activity Council 2:30 p.m. Happy Hour 3:15 p.m. Bible Study Josh</p>	<p>19</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Plant Mums</p>	<p>20</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bake Cherry Pie 2:30 p.m. Men's Mugs & Muffins</p>	<p>21</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities</p>
 <p>22</p> <p>3:15 p.m. Church Service First Christian Church</p> <p>3:25 p.m. Chiefs v. Chargers</p>	<p>23</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Wheel of Fortune 2:30 p.m. Shopping</p>	<p>24</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Manicures 2:30 p.m. Fall Scavenger Hunt</p> <p>Beauty Shop</p>	<p>25</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Uno 2:30 p.m. Happy Hour 3:15 p.m. Bible Study Josh</p>	<p>26</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Bonfire</p>	<p>27</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bake Pecan Pie 2:30 p.m. Go for a Walk 6:30 p.m. Family Bingo Night</p>	<p>28</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities</p>
 <p>29</p> <p>3:15 p.m. Church Service Mont Ida Church</p> <p>3:25 p.m. Chiefs v. Broncos</p>	<p>30</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Trivia 2:30 p.m. Book Club</p>	<p>Halloween 31</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Halloween Coloring 2:30 p.m. Halloween Movie</p> <p>Beauty Shop</p>				



Activities with Abby Abigail Kellerman, Activity Coordinator



We welcomed the cooler temperatures with open arms and enjoyed the most spectacular September! We were blessed with

many days of warm sunshine and cool breezes, perfect for spending our days outside on the patio. Indoors, we baked yummy breads and pies to share with visiting family and friends, worked on fall craft projects, and played cornhole with our favorite champs.

October is going to be full of “ghoul” times. We’re looking forward to our hayrack ride, carving jack-o-lanterns, and decorating for Halloween. We plan to attend the Anderson County Flywheelers Gas Engine and Tractor Show. You won’t want to miss Family Bingo Night on Oct. 27, and on Halloween, we’ll hand out candy to the trick-or-treaters who come to visit.



Each month, we play some of our favorite games and introduce new adventures and activities.

Our Cornhole Champions

We know we’re in for a good time when Greg Cowen and Dean Maley are in the house. Greg and Dean work as security guards at Anderson County Hospital and are also a great team off the clock. When not competing in cornhole tournaments, they find time to volunteer at the RLC, sharing their love for the game with our residents and staff. They even donated a cornhole board so we can play all day.

“We adapt the game so everyone can play,” shares Greg. “We have some residents who throw bags from a wheelchair or holding on to their walker, and we just move the board to a distance where they can hit it.”



Some residents started close, and backed further away from the board as they gained confidence. “It’s great to see those smiles when they hit the board, or even make it in the hole. Everyone offers encouragement and cheers,” adds Greg. “This experience has been rewarding for all of us. I encourage anyone who has a talent or hobby to share it with others. The RLC is a great place to start.”

You're Invited!

**Family
Bingo Night**
Friday, Oct. 27
6:30 p.m.
Snacks and prizes

All friends and family members are welcome.

No RSVP required.



RLC Resident Reveal

The mystery resident from September July 2023 Connections is Sherryl Reiter!



Sherryl was born and raised in Lincolville, Kansas, a town of fewer than 250 people in central Kansas. She was an only child but grew up with an extended family that played a central role in the small community.

Sherryl’s great-grandfather was the founder of Tiemeier’s Store, which sold general merchandise including groceries, cookware and dishes, jewelry, fabric, shoes, and more. “Everybody knew about Tiemeier’s,” recalls Sherryl. “We had a little bit of everything.”

Sherryl grew up working in the store alongside her mother and other family members. They handled eggs for the farmers’ wives and operated a butcher shop and meat storage locker in the back. “On Saturdays we’d have a drawing, and shoppers would be entered with their purchase,” says Sherryl. “We’d have two cash registers going all morning. It was that busy.”

Even after heading off to college at Emporia State Teacher’s College, Sherryl would return home to work at the store in the summers and to help her family with the end-of-year inventory. The store’s ownership passed through four generations and operated for nearly 100 years in Lincolville.

Upon graduating from Emporia, Sherryl began teaching at the Catholic school in Greeley. She taught combined third and fourth grade classes, then combined fifth and sixth grades. “My favorite subject to teach was math. And my kids were good at it,” Sherryl says proudly.

Sherryl took a second job at the nursing home in Richmond, where she helped on the floor, in the kitchen, and in the laundry. It was hard having two jobs. She eventually left her teaching position but continued at the nursing home for the next two decades.

Sherryl and her husband, Martin, were married for 25 years. They worked hard and spent their time and money traveling, including an Alaskan cruise and 17 bus trips together. “My favorite was the fall foliage trip to the New England states. It was just beautiful!”

The couple had no children but always had a dog or cat in the house. Sherryl gave her animals human names because they were her babies. One very special baby was a cocker spaniel named Andrea. Sherryl even dressed Andrea up one year and took her trick-or-treating, just for fun!



Sherryl keeps busy at the RLC and can often be found playing games and joining crafting and cooking activities with friends. But it’s the opportunities to get outside that she looks forward to. “I especially enjoy rides in the van when we go out in the country and just drive. I like to get out and explore.”

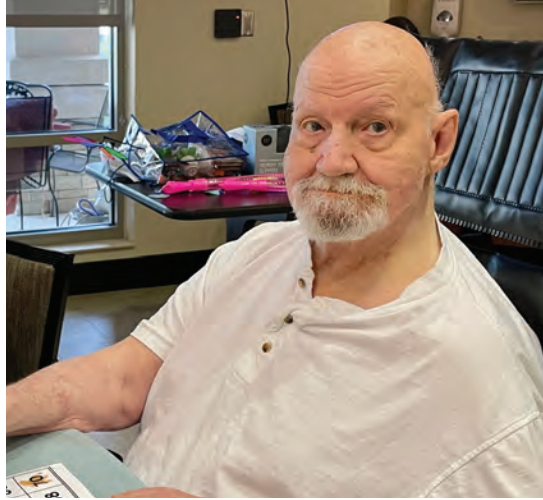


- I had a 1,400-acre farm in Westphalia and my two sons took over the farm when I retired. We had around 80 head of Limousin cattle.
- My wife and I met in kindergarten and ended up being high school sweethearts.
- My wife and I have five children—two boys and three girls.
- I had an amazing group of friends through the years. We would go to each other's houses once a month and play cards. I enjoyed doing this in my retirement.

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



If you are interested in hosting a small group for a daytime outing or have a talent or hobby you'd like to share, we'd love to hear from you! Please contact Abby at 785-204-4031 or akellerman@saintlukeskc.org.



RLC
Review

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RECENT EVENTS
& PHOTOS

