

# CONNECTIONS

at the RESIDENTIAL LIVING CENTER

JANUARY 2024

## CONTENTS

A Few Words from Sara.....	2
Culinary Corner .....	3
Food for Luck.....	3
Calendar.....	4 - 5
Activities with Abby .....	6
Welcome to RLC.....	6
Tips for Managing Grief .....	6
RLC Resident Reveal.....	7
Name That Resident! .....	7
RLC Review .....	8

## 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

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## A Few Words from Sara

Sara Roecker, RN, MDS Coordinator, Residential Living Center



Happy New Year! I hope you enjoyed a nice holiday with family and friends.

I am a registered nurse and the minimum data set (MDS) coordinator here at the Residential Living Center (RLC). I manage our MDS recording, which is part of the federally mandated process for clinical assessment of residents in Medicare—and Medicaid—certified nursing homes. This standardized assessment tool is used to measure and report each resident's functional capabilities and helps our staff identify any decline or potential health problems, ensuring that your loved one receives appropriate care.

In addition to MDS, which is largely focused on health, I work closely with our care team on a statewide initiative called Promoting Excellent Alternatives in Kansas, or PEAK. PEAK is a resident-centered care philosophy that tilts the focus of caregiving to the person. In other words, each resident's personal preferences and quality of life is just as important as providing the clinical care they need. The PEAK program focuses on 12 core areas, and successful completion of requirements provides advancement through Levels 0 - 8.

The RLC has been a PEAK participant for more than 10 years and has achieved Level 4 status, completing requirements in seven core areas including: sleep, food, bathing, daily routines, relationships, decision-making staff work, and resident bedrooms.

We have submitted our action plan for two additional core areas—community involvement and supporting the human spirit—and have been working hard to implement many positive initiatives. We anticipate an evaluation to take place in early 2024 followed by advancement to Level 5 status.

We'll be sharing more details about our PEAK initiatives and how residents have responded, and we always welcome your ideas and feedback. Don't hesitate to ask any member of our care team if you have questions or concerns about your loved one's clinical care or quality of life, because both are highly valued here at the RLC.

Thank you for sharing your life with us.

—Sara



## Culinary Corner



### A New Year's Tradition for Good Luck

In the South, black-eyed peas are the traditional good-luck food to eat on New Year's Day. When cooked with pork and served with rice, it becomes a dish called Hoppin' John. When tomatoes are added, they represent good health.

### Hoppin' John (from the Farmers' Almanac)

#### Ingredients

1 cup dry black-eyed peas	1 can diced tomatoes, drained
7 cups water	1 teaspoon salt
4 thick slices bacon, cut into small pieces	1 bay leaf
1 cup chopped onion	1 dash each of cayenne and black pepper
½ cup chopped green pepper	3 cups cooked rice

#### Directions

1. Wash black-eyed peas, then cover with five cups water. Boil two minutes. Remove from heat and soak overnight. The next day, rinse the black-eyed peas and drain thoroughly.
2. Cook the bacon in a heavy pan until browned. Add onion and green pepper. Sauté until onion is tender.
3. Add black-eyed peas, tomatoes, two cups water, and seasonings. Cover and simmer 40 to 50 minutes or until black-eyed peas are tender.
4. Remove bay leaf; stir in rice. Continue simmering for about 10 minutes until all liquid has been absorbed.
5. Serve with ham, cornbread, and collard greens.

**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**.

## Food for Luck

Here are some foods people traditionally eat on New Year's Eve or Day to bring good luck throughout the year.

### Greens

Leafy greens such as collards and kale represent money and wealth. In Europe and the United States, people eat greens to increase their fortune in the coming year.

### Sauerkraut

In Germany and Eastern Europe, people believe sauerkraut brings wealth in the new year. The Pennsylvania Dutch brought this tradition to the United States.

### Grapes

On New Year's Eve, people in Spain eat 12 grapes—one for each month of the year—as the clock tolls 12 times at midnight.

### Pomegranate

Greeks smash a pomegranate at midnight. The more seeds they scatter, the more luck they'll have.

### Seafood

In Scandinavia, people eat herring on New Year's Day for good luck. In Japan, people eat shrimp for a long life.

### Noodles

In many Asian countries, people eat noodles on New Year's Day to guarantee long life. The longer the noodle, the longer the life, especially if it can be slurped without breaking or chewing.



# January 2024

Activities are subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>New Year's Day 1</b> 9:45 a.m. Group Exercise 10:30 a.m. Uno 2 p.m. Karaoke   Richard	<b>2</b> 9:45 a.m. Group Exercise 10:30 a.m. Handworking Activity 2:30 p.m. Indoor Snow Play <b>Beauty Shop</b>	<b>3</b> 9:45 a.m. Group Exercise <b>10:30 a.m. Resident Council</b> 2:30 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>4</b> 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Movie	<b>5</b> 9:45 a.m. Group Exercise 10:30 a.m. S'mores Cookies 2:30 p.m. Van Ride	<b>6</b> 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
 <b>7</b> <b>3:15 p.m. Church Service</b> <b>Holy Angels Catholic Church</b> <b>Chiefs vs. Chargers</b>	<b>8</b> 9:45 a.m. Group Exercise 10:30 a.m. Card Bingo 2:30 p.m. Shopping	<b>9</b> 9:45 a.m. Group Exercise 10:30 a.m. Family Feud 2:30 p.m. Sledding <b>Beauty Shop</b>	<b>10</b> 9:45 a.m. Group Exercise <b>10:30 a.m. Food Committee</b> 2:30 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>11</b> 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Snowman Craft	<b>12</b> 9:45 a.m. Group Exercise 10:30 a.m. Cinnamon Rolls 2:30 p.m. Blue Hat Club	<b>13</b> 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
<b>14</b> <b>3:15 p.m. Church Service</b> <b>First Baptist Church</b>	<b>Martin Luther King Jr. Day 15</b> 9:45 a.m. Group Exercise 10:30 a.m. Penny Ante 2 p.m. Karaoke   Richard	<b>16</b> 9:45 a.m. Group Exercise 10:30 a.m. Wheel of Fortune 2:30 p.m. Vacation <b>Beauty Shop</b>	<b>17</b> 9:45 a.m. Group Exercise <b>10:30 a.m. Activity Council</b> 2:30 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>18</b> 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Movie	<b>19</b> 9:45 a.m. Group Exercise 10:30 a.m. Snickerdoodles 2:30 p.m. Men's Mugs and Muffins	<b>21</b> 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
<b>21</b> <b>3:15 p.m. Church Service</b> <b>First United Methodist Church</b>	<b>22</b> 9:45 a.m. Group Exercise 10:30 a.m. Pitch 2:30 p.m. Shopping	<b>23</b> 9:45 a.m. Group Exercise 10:30 a.m. Wii Sports 2:30 p.m. Vacation <b>Beauty Shop</b>	<b>24</b> 9:45 a.m. Group Exercise 10:30 a.m. Book Club 2:30 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>25</b> 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Snowflake Craft	<b>26</b> 9:45 a.m. Group Exercise 10:30 a.m. Peanut Butter Blossoms 2:30 p.m. Winter Games Challenge	<b>27</b> 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
<b>28</b> <b>3:15 p.m. Church Service</b> <b>Trinity Baptist Church</b>	<b>Kansas Day 29</b> 9:45 a.m. Group Exercise 10:30 a.m. Sorry! 2:30 p.m. Handworking Club	<b>30</b> 9:45 a.m. Group Exercise 10:30 a.m. Manicures 2:30 p.m. Comedy Show <b>Beauty Shop</b>	<b>31</b> 9:45 a.m. Group Exercise 10:30 a.m. Trivia 2:30 p.m. Happy Hour 4:15 p.m. Bible Study   Josh			



### Activities with Abby

Abigail Kellerman, Activity Coordinator



*"The new year stands before us, like a chapter in a book, waiting to be written."*

—Melody Beattie

Over the past few weeks, we've spent time talking about our New Year's

resolutions and ways we can better ourselves. Our residents shared personal goals, including increasing the number of daily steps, spending more time enjoying the company of loved ones, making new friends, and exploring good books.

Talking about books, I've got a big chapter to write in 2024, as I will be welcoming a baby boy in mid-January. All our residents have been anxiously awaiting baby Nolan's arrival, and I can't wait to introduce him to his new family here at the RLC!

I've been planning ahead, and there will be no shortage of games and activities for our residents to participate in while I'm away. During these cold winter days, you know our team will have everyone tucked safely inside, crafting, baking, and playing games—and friends and family are always welcome to come sip hot cocoa and visit by the fire.

Thank you for being a part of our RLC family. From our home to yours, here's to a new and wonderful year.

### Welcome to the RLC

Welcome to the newest members of our community. We're so glad to have you and hope you feel right at home.

#### Ruth S.

Ruth has made her home in Garnett for the past several decades and is joining us for a short-term stay to help with her recovery. In her free time, Ruth enjoys reading, baking, and working in the yard.



#### Richard T.

Richard is from Kansas City, Kansas, and moved to the RLC from a care home in Bonner Springs. Richard is a preacher, and sharing the gospel is one of his favorite things to do.

### Tips for Managing Grief

Anderson County Hospital Senior Life Solutions

The holiday season can magnify the sorrow we feel and be a painful reminder of those who are no longer with us. Whether it was a loss that occurred recently or years ago, feelings of grief can become overwhelming. Some tips to help manage grief include:

**Do what feels right.** It's up to you which activities, traditions, or events you can handle. Create realistic expectations for yourself and others, but above all, be gentle with yourself.

**Accept your feelings.** It's okay to experience a range of emotions. You may feel peaceful one moment and sad the next. If you stay in tune with your own needs, you'll know how to get through the day without judging yourself or others.

**Honor those who have passed.** It can be helpful to participate in a religious or holiday ritual in memory of someone you've lost, especially if it relates directly to their interests. Some ideas include lighting a candle, making a card, or displaying your loved one's photo among your seasonal decorations.

*If you or someone you know is struggling with the grief of losing a loved one, Senior Life Solutions may be able to help. To learn more, call program director Kristen Springston at 785-204-8043 or visit [saintlukeskc.org/senior](http://saintlukeskc.org/senior).*



### RLC Resident Reveal

The mystery resident from our December 2023 Connections is Martin Honn!



Martin grew up in Greeley, Kansas, where his school friends knew him by another name. "If you went to school with me, you called me Sonny," he said, "but if you worked with me, you called me Martin."

While Martin was still in the hospital, his aunt said she would never call him Martin. And she didn't. He came home as Sonny and that's what stuck for many years. After graduating high school, he moved to

Ottawa and assumed his given name, but still answers to Sonny for family and friends.

Martin spent more than 30 years in the oil industry, working as an inspector on refinery equipment, including piping, valves, and everything else that went into the refinery. He enjoyed the work and made many friends along the way.

Martin was also a musician and performed for many years alongside his wife, Lenora, who was known as Snooky. The couple played country western music with several different bands through the years. "We played anywhere there was a gathering," he said, citing Louisburg, Ottawa, Pomona, Garnett, and Piqua as frequent stops.

"My wife was a talented musician," said Martin. "She could play anything, but preferred a piano or keyboard and would sing." Martin played the guitar and joined in the vocals. "If we heard a song on a radio that we liked, we'd learn it." Martin named Merle Haggard as a favored country artist.

When he wasn't working or strumming a tune, Martin enjoyed spending time with his family, bowling, and being outdoors fishing or hunting. Martin smiled at the mention of grandkids and said he had a lot. "I have a couple of grandsons that play guitar," he shared. "I really like to hear them play."

Upon his move to the RLC, Martin made an immediate connection. "Joan H. was married to my wife's brother, Joe," he explained. "We've known each other for a lot of years, and it was nice to see a familiar face when I came to live here." Martin complimented Joan on the really good dressing she would make for Thanksgiving dinner and also noted that growing up, he ran around with a brother to Dionysius, another resident.

Martin has settled in now. He enjoys playing bingo and karaoke when Richard comes. Martin admits that he doesn't sing karaoke very often, but he likes to listen. "I need a guitar in my hands to sing."



- I lived in Emporia and Eureka, Kansas, during my childhood.
- I hold a bachelor's degree in education and master's degrees in business and fine arts.
- I worked as a professor at universities in Florida, Mississippi, and North Carolina.
- I love jewelry, especially turquoise and sterling silver pieces.

*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](mailto:akellerman@saintlukeskc.org).



# RLC Review

RECENT EVENTS  
& PHOTOS

