

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

FEBRUARY 2024

CONTENTS

A Few Words from Samantha	2
Culinary Corner	3
Welcome to RLC	3
Calendar	4 - 5
Volunteer Spotlight	6
Keeping a Healthy Heart	6
RLC Resident Reveal	7
Sending Valentines	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.



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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.

A Few Words from Samantha

Samantha Young, RN
Director of Nursing, Residential Living Center



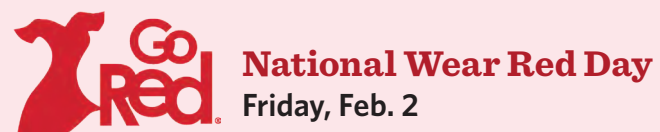
It's been terribly cold outside, but there is so much warmth here inside the RLC.

Abby did a fantastic job planning ahead to make sure we had plenty of games and activities lined up to keep us busy indoors while she is away, and we've been so blessed to have Kara Earnest, CNA, to help us put all of Abby's plans into action. We also continue to have a steady flow of volunteers who come to share their talents and interests with us. It warms my heart to see our residents, staff, and guests engaging and enjoying this special time together.

We are still working to fill the open assistant director of nursing position, so if you know of a registered nurse who wants to work with the best staff and residents around, please send them our way! This position offers the perfect step into nursing leadership, with 70% floor nursing and 30% managerial support. We provide great pay and benefits, flexible scheduling, education assistance, and a positive, encouraging work environment. Give me a call or visit careers.saintlukeskc.org to learn more and apply.

Warm thoughts ahead! We're already thinking about spring with plans to upgrade the patio doors and gardens, making our outdoor space even more accessible to our residents and visitors. Our expanded patio is such a nice feature, and we're going to take full advantage of this beautiful space this year. If you enjoy working outside and have a green thumb, we'll be looking for some expert advice from experienced gardeners as we plan activities.

Thank you again for being a part of our very special community.



February is American Heart Month, and the first Friday in the month is National Wear Red Day. On this day, people across the country wear red to raise and spread awareness and hope for eradicating heart disease and stroke in millions of women across the nation. So, put on your reddest red—whether it is lipstick, a pair of pants, a sweater, or your favorite hat.

Culinary Corner



No-bake cheesecake using ready-made whipped topping or Jell-O with heaps of canned pie filling was first introduced in the mid-1960s, when packaged-food companies began offering new recipes as a way to promote their products. This *healthier* recipe for no-bake cheesecake offers all the flavor and convenience you remember, but with Greek yogurt and fresh fruit in place of all those artificial sweeteners and preservatives. Portion your layers into pretty dessert cups or small canning jars for fun and easy sharing.

Healthier No-bake Cheesecake

Ingredients

For the crust

$\frac{2}{3}$ cup graham cracker crumbs
1 tablespoon melted butter or coconut oil



For the filling

8 ounces regular or low-fat cream cheese, softened
1 cup Greek yogurt
 $\frac{1}{4}$ cup honey
 $\frac{1}{4}$ cup sugar
1 cup fresh berries (strawberries, blueberries, raspberries, and/or blackberries)

Directions

1. Combine melted butter or coconut oil with crumbs and divide evenly among six 4-ounce cups or jars, pressing firmly into the bottom.
2. In a separate bowl, beat softened cream cheese with yogurt, honey, and sugar until well combined.
3. Spoon filling into jars and top with fresh berries. Chill before serving.

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**.

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.



Susan F.

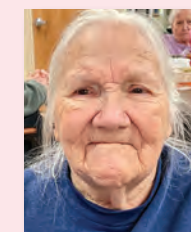
Susan moved to the RLC from Abilene to be closer to a son who lives near Garnett. She enjoys sewing, especially

embroidery, and looks forward to joining the RLC's Handworking Club.

Carol H.

Carol's granddaughter, Alexis, is a CNA/CMA at the RLC.

Carol also worked as a CNA/CMA and is proud to have Alexis following in her footsteps. The two are thrilled to be able to spend more time together!



Charles C.

Charles moved from Kansas City to Garnett nearly

two decades ago to be near some dear friends. He likes keeping up on current events, but his faith is the most important thing to him.

Patrick L.

Patrick is an avid sports fan who moved here from Louisiana. He enjoys the outdoors and follows all kinds

of professional and collegiate-level sports, but his favorite team is the St. Louis Cardinals.



February 2024

Activities are subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
					1	2
					Groundhog Day National Wear Red Day	3
					9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Valentine Bookmarks	9:45 a.m. Group Exercise 10:30 a.m. Bake Cupcakes 2:30 p.m. Van Ride
						9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
4	5	6	7	8	9	10
3:15 p.m. Church Service Church of the Nazarene	9:45 a.m. Group Exercise 10:30 a.m. Card Bingo 2 p.m. Karaoke Richard	9:45 a.m. Group Exercise 10:30 a.m. Handworking Club 2:30 p.m. Spa Day	9:45 a.m. Group Exercise 10:30 a.m. Resident Council 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh	9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Suncatcher Craft	9:45 a.m. Group Exercise 10:30 a.m. Bake Cookies 2:30 p.m. Margaritaville Party	9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
11	12	13	Ash Wednesday Valentine's Day 	14	15	16
3:15 p.m. Church Service First Christian Church	9:45 a.m. Group Exercise 10:30 a.m. Penny Ante 2:30 p.m. Shopping	9:45 a.m. Group Exercise 10:30 a.m. Manicures 2:30 p.m. Movie	9:45 a.m. Group Exercise 10:30 a.m. Food Committee 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh	9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Plant Seeds	9:45 a.m. Group Exercise 10:30 a.m. Bake a Cake 2:30 p.m. Blue Hat Club	9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
18	Presidents' Day 19	20	21	22	23	24
3:15 p.m. Church Service Mont Ida Church	9:45 a.m. Group Exercise 10:30 a.m. Uno 2 p.m. Karaoke Richard	9:45 a.m. Group Exercise 10:30 a.m. Family Fued 2:30 p.m. Movie	9:45 a.m. Group Exercise 10:30 a.m. Activity Council 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh	9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Heart Pillow Craft	9:45 a.m. Group Exercise 10:30 a.m. Make No-bake Cookies 2:30 p.m. Men's Mugs and Muffins	9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
25	26	27	28	29		
3:15 p.m. Church Service Hope Anthem Church	9:45 a.m. Group Exercise 10:30 a.m. Dice Game 2:30 p.m. Shopping	9:45 a.m. Group Exercise 10:30 a.m. Manicures 2:30 p.m. Painting	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	9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Leap Year Party		

Volunteer SPOTLIGHT



Joshua Ford

For the past 13 years, Joshua Ford, a nurse in the hospital's specialty clinic, has hosted a non-denominational

Bible study each Wednesday for residents at the RLC. He offers scripture readings and hymns as residents gather for an evening meal, tailoring his message for the season and to his small congregation. "In addition to reading the scripture, I try to bring it home and make the message relatable for our residents and where they are today," shares Josh. In addition to readings, Josh plays guitar and leads the group in song. Oftentimes, one or more of his six children will come to sing along; they have grown up visiting with the residents and spreading joy. He ends each session with the same important message, "Now remember: God loves you."

Josh also works with the Garnett area ministerial alliance, helping to coordinate the volunteer chaplain program and rotating services offered by area churches at the RLC each Sunday. "It's important that each resident can continue to practice their faith and be a part of their own religious community if that's what they want to do," says Josh. "We respect everyone's faith and background while providing a variety of opportunities to participate."

We are truly blessed to have Josh and all our volunteers and religious leaders as part of our RLC community.

Keeping a Healthy Heart

Samuel Wilcox, MD, Medical Director, Residential Living Center



February is American Heart Month—a fitting time, no? While Valentine's Day certainly brings forth images of hearts, the holiday can also cause feelings of pressure. Some pressure is good and helps bring out our best, but too much can ruin your special day. The same is true for your blood pressure; you need enough, but too much can cause major heart problems.

Your blood pressure is a mix of the pressure of your blood pushing against the walls of your blood vessels and your heart pumping that blood around. The top number (systolic pressure) is how hard your heart must squeeze each time it beats, and the bottom number (diastolic pressure), is the squeeze of your blood vessels when they are as relaxed as possible in between beats.

High pressure is a sign that the heart and blood vessels are working too hard, which can lead to major problems, like heart attacks and strokes. As we age and put wear and tear on our hearts and vessels, the risk increases even more. A common goal is getting the blood pressure at least under 140/90, but finding the right goal and treatment for you is a good conversation to have with your provider.

Blood Pressure Categories

Normal

Systolic (upper #): <120 and
Diastolic (lower #): <80

Elevated

Systolic: 120-129 and
Diastolic: <80

High Stage 1

Systolic: 130-139 or
Diastolic: 80-89

High Stage 2

Systolic: 140 or higher or
Diastolic: 90 or higher

Crisis (see doctor immediately)

Systolic: >180 and/or
Diastolic: >120

To help keep your blood pressure in the healthy range and reduce risk of heart disease, stroke, kidney disease, and more, the American Heart Association recommends that everyone:

- Eat a well-balanced, low-sodium diet
- Limit alcohol
- Enjoy regular physical activity
- Manage stress
- Maintain a healthy weight
- Don't smoke
- Take medications properly

It's important to work with your provider to understand your blood pressure and set goals that are right for you. In the meantime, enjoy some time with your loved ones this month. Spending time relaxing with friends and family is another wonderful way to keep your heart healthy.

RLC Resident Reveal

The mystery resident from our January 2024 Connections is Carol Hart!!



Carol was raised on a farm in Eureka, Kansas. She was an only child but grew up with a lot of cousins and was very close with her extended family. "I had a wonderful experience growing up and I loved caring for all the animals on our farm," says Carol. "I had the most loving parents and grandparents and was a very lucky child."

Carol graduated from Eureka High School and attended Emporia State Teacher's College, earning her degree in education. In 1953, she married the love of her life, William "Bill."

Carol came from a family of educators. Her parents were both teachers, and her husband, Bill, was also a teacher. Carol continued her education, earning master's degrees in business and fine arts, while Bill earned a PhD in education. The couple taught at universities in Florida, Mississippi, and Tennessee. Carol enjoyed traveling and living in different states. She was fascinated by the different people and cultures she encountered, so different from her small farm back in Kansas. "I enjoyed being around so many young people and valued the friendships that developed with the other teachers I worked with," shares Carol. "I just like people!"

Bill and Carol returned to Kansas after retiring, making their home in Eureka, where they became very involved in the community. Back home, Carol was able to help care for her parents as they got older, and she is glad to have shared that special time with them. Sadly, Bill passed away in 2020; the couple enjoyed 67 wonderful years together. Carol moved to the RLC, where another relative once lived and to be closer to her dear cousin, Sharon, who visits often.

You can almost always find Carol in the living area with friends and participating in group activities. With her background in fine arts and affinity for jewelry, she especially enjoys beading and crafting activities.

"I like living here," says Carol. "I like the comfort and the people, especially Abby, our activities coordinator. She's really something special."

We think Carol is something special, too.



Sending Valentines

The exchange of Valentine's Day cards with declarations of love goes back to the 1500s. People made their own cards, often decorating them with ribbons and lace. In the late 1700s, romantic cards became commercialized, and they usually depicted the image of the god of love, Cupid, and hearts, images that still prevail today as symbols of Valentine's Day.

Name That RESIDENT

- I was born and raised in Topeka, Kansas.
- I worked for many years as a secretary at an elementary school.
- My best friend growing up introduced me to my spouse, and we were married for more than 50 years.
- We moved to Garnett in 1999 to be closer to my daughter.

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

RECENT EVENTS & PHOTOS

