

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

MARCH 2024

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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

421 S. Maple St.
Garnett, KS 66032

ACHRLC@saintlukeskc.org
saintlukeskc.org/RLC

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A Few Words from Samantha

Samantha Young, RN

Director of Nursing, Residential Living Center



Having a few warm, sunny days after all the snow and bitter cold sure has me thinking about spring and planning my garden.

Growing up, I always looked forward to the longer days of spring and helping my grandparents put in their annual garden. I remember following closely behind my grandpa when he was tilling the soil and making sure I

stepped in every footprint he left behind. I can smell the freshly turned earth just thinking about it. My grandma worked by his side and offered a few tricks of her own. She would save old milk jugs, cutting off the bottom to place over her delicate plants when there was a late frost in the forecast. Later in the summer, she would tie up an old bed sheet to keep the hot afternoon sun from burning up her green beans.

It's always refreshing to get my hands back in the cool, damp soil, and this year, I'll be using the lessons learned from my grandparents in my own garden. For us, gardening is a family affair. It takes everyone pitching in to share the hard work and the reward. My children always look forward to picking fresh vegetables from the garden and snacking on them during the summer, but when they've had a hand in the process, the harvest is that much sweeter.



We'll also be planting some container gardens on our patio here at the RLC. The residents have been sharing their own gardening tips and favorite things to grow, and we'll be using this as our guide as we plan our own community garden. We'll be working together, sharing the work of planting and tending to the garden, and we'll all enjoy the garden-fresh treats when it comes time to harvest.

I can't wait for our residents to get their own hands in the cool, damp soil again and experience the peace and satisfaction that comes with it.

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**.

Culinary Corner



This quick and easy recipe for shepherd's pie comes to us from Amy Sparks. Amy worked in the dietary department at Anderson County Hospital for eight years and recently transitioned to her new role as a certified nursing assistant in the RLC. She makes this comforting pie for her kids during the winter months, and they love it. Amy's family does not like vegetables mixed in, so she serves green beans on the side, along with a salad and bread.

Shepherd's Pie

Ingredients

4 medium potatoes, peeled and quartered	10-ounce can cream of mushroom soup (or any other flavor)
4 tablespoons butter	½ cup shredded cheddar cheese
¼ cup milk	Salt and pepper to taste
1 pound ground beef	

Directions

1. Preheat oven to 350° F.
2. Place potatoes in a medium pot. Cover with at least an inch of cold, salted water. Bring to a boil, reduce to a simmer, and cook until tender, about 20 minutes.
3. While the potatoes are cooking, brown ground beef and drain any excess fat.
4. Add canned soup to the meat and mix to combine. Add salt and pepper to taste. Pour into a medium baking dish and spread to make an even layer.
5. Drain water from cooked potatoes and mash with butter and milk. Add salt and pepper to taste.
6. Spread mashed potatoes over the top of the ground beef mixture. Sprinkle with cheese.
7. Bake until browned and bubbling, about 30 minutes.

For a healthier dish

- Select a reduced-fat cream soup.
- Choose a lean ground beef or ground turkey.
- Swap out sweet potatoes for the potatoes.
- Add a can of lentils to the meat to increase fiber.
- Add sautéed vegetables, such as chopped onion, carrots, mushrooms, bell peppers, or leeks. Aim to make your filling at least 50% vegetables.

Shepherd's pie is thought to have originated in the late 1700s or early 1800s in the United Kingdom and Ireland as an economical meal and a way to use up leftovers. The dish was traditionally made from lamb (shepherds herd sheep), while the version with beef is really a cottage pie. The word *pie* in the name likely comes from *magpie*—a bird well-known for collecting a random assortment of items in its nest. This pie can be made a little differently every time, using up whatever leftovers you have, and it's sure to turn out delicious!

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.



Leo R.

Leo was born and raised in Uniontown and has lived in Colony for the past 8 years. He has been married for 32

years and says the key to a successful marriage is to stay faithful. Leo's big smile brightens the whole room and we're so glad to have him here at the RLC!

Maryanne R.

Maryanne is from Greeley, Kansas, and was already acquainted with Debbie on our housekeeping team

and several of our residents. She enjoys quilting and embroidery, looks forward to bingo, and is quickly feeling right at home!



March 2024

Activities are subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
					1	2
					9:45 a.m. Group Exercise 10:30 a.m. Bake Leprechaun Bait 2:30 p.m. Van Ride	9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
3	4	5	6	7	8	9
3:15 p.m. Church Service Beacon of Truth	9:45 a.m. Group Exercise 10:30 a.m. Handworking Club 2 p.m. Karaoke Richard	9:45 a.m. Group Exercise 10:30 a.m. Uno 2:30 p.m. Manicures Beauty Shop	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. Rainbow Collage Craft	9:45 a.m. Group Exercise 10:30 a.m. Bake Lucky Charm Bars 2:30 p.m. Garden Club	9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
 Daylight Saving Time Begins						
10	11	12	13	14	15	16
3:15 p.m. Church Service Holy Angels Catholic Church	9:45 a.m. Group Exercise 10:30 a.m. Family Feud 2:30 p.m. Shopping	9:45 a.m. Group Exercise 10:30 a.m. Card Bingo 2:30 p.m. Movie Beauty Shop	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. Leprechaun Hat Craft	9:45 a.m. Group Exercise 10:30 a.m. Bake Shamrock Pops 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
St. Patrick's Day		First Day of Spring				
 17	18	19	20	21	22	23
3:15 p.m. Church Service First Baptist Church	9:45 a.m. Group Exercise 10:30 a.m. Wii Sports 2 p.m. Karaoke Richard	9:45 a.m. Group Exercise 10:30 a.m. Penny Ante 2:30 p.m. Manicures Beauty Shop	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. Shamrock Man Craft	9:45 a.m. Group Exercise 10:30 a.m. Bake Cupcakes 2:30 p.m. Garden Club	9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
Palm Sunday						
24	25	26	27	28	Good Friday	29
3:15 p.m. Church Service Trinity Baptist	9:45 a.m. Group Exercise 10:30 a.m. Wheel of Fortune 2:30 p.m. Shopping	9:45 a.m. Group Exercise 10:30 a.m. Trivia 2:30 p.m. Movie Beauty Shop	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. Take a Walk	9:45 a.m. Group Exercise 10:30 a.m. 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
Easter						
31						30
3:15 p.m. Church Service Grace & Truth Baptist						



Outdoor Planting Dates

from the *Old Farmers' Almanac*

Beets

Seeds	March 27 – Apr. 3
Seedlings/Transplants	Apr. 10 – 24
Last Day to Plant	May 8

Bell Peppers

Seedlings/Transplants	May 8 – 15
Last Day to Plant	Jul. 25

Carrots

Seeds	March 27 – Apr. 10
Last Day to Plant	Aug. 8

Cucumbers

Seeds	May 8 – 15
Seedlings/Transplants	May 1 – 15
Last Day to Plant	Aug. 8

Green Beans

Seeds	May 1 – 22
Last Day to Plant	Aug. 8

Potatoes

Seeds	March 27 – Apr. 10
Last Day to Plant	Aug. 8

Pumpkins

Seeds	May 8 – 15
Seedlings/Transplants	May 8 – 15
Last Day to Plant	Jul. 4

Radishes

Seeds	March 27 – Apr. 3
Last Day to Plant	Aug. 22

Tomatoes

Seedlings/Transplants	May 8 – 15
Last Day to Plant	Jul. 18

Zucchini and Summer Squash

Seeds	May 8 – 15
Seedlings/Transplants	May 1 – 15
Last Day to Plant	Aug. 15

Gardening Memories

RLC residents recall favorite gardening advice and memories:

Spray your gardens! It takes a lot of hard work. You have to make sure you pull the weeds and hoe the garden. Also, tomatoes were my favorite thing to plant. –Wanda Y.

We always planted carrots, radishes, and potatoes. If you want a good garden, you just need to have a green thumb. –Joan H.

I planted flowers mostly. I had yellow lilies lined up in front of my house. They were so pretty! –Betty R.

Tomatoes were my favorite thing from the garden. I don't have any gardening advice; you'd have to ask my wife Donna about that. –Tom D.

We always planted tomatoes and green beans. –Jodie M.

Our favorite things to grow were tomatoes, potatoes, and Swiss chard. Mom used to cook down the Swiss chard and then put a sauce over it. It was really good! Mom planted a lot of flowers too. –Sherryl R.

I would help Dad put in the garden when I was younger. We would plant tomatoes, then Mom and I would can the tomatoes. She taught me how to can. It's a lot of hard work. –Susan F.

I don't have much advice. You just have to do the best you can with the things you have. When I put in a garden my favorite thing to plant was tomatoes. I would usually can or freeze the tomatoes. Then I could make things like salsa. –Arlene B.



Tomatoes were always in my garden. They're easy to take care of, just make sure they're watered. One year, my husband planted 76 tomato plants. That was the year he learned to can! –Sharon B.

I raised the best tomatoes in the world! We only had three tomato plants, and we were feeding everyone around. I used Miracle Grow, good topsoil, and made sure to cultivate the ground. Make sure you rotate your crops too. Also, yellow tomatoes are the best because they don't have as much acid. –Leo R.

Tomatoes were my favorite thing to plant and I put wire cages around them. I canned lots of stuff from my garden. I would keep a logbook and compare how much I canned year to year. –Nancy S.

I didn't have a garden but helped my parents when I was younger. We would always plant tomatoes and radishes. I liked the flowers. We had a lot of zennias, marigolds, and impatiens. The impatiens were my favorite! –Charles C.

Peas were my favorite. We would make salads or creamed peas. –Dionysius L.

We would always plant tomatoes, cucumbers, and squash. We ate a lot of it. I made a lot of pickles. –Darline S.

I never had much of a vegetable garden, but I did like planting flowers. My favorites were tulips and irises. –Carol H.

RLC Resident Reveal

The mystery resident from our February 2024 Connections is Betty Rees!



Betty was born and raised on the north side of Topeka, Kansas. She was the third of seven children and had fun growing up in the large, close-knit family.

She has fond memories of visiting her grandparents. They lived in the East Hill area and the family would drive through the busy downtown area when they'd visit. "My grandfather was a custodian at an elementary school, and we just thought he was wonderful!" shared Betty.

Betty contracted polio when she was very young but didn't let it slow her down. Instead of using crutches, she would use her hand to help lift her leg, keeping up with the other children and doing whatever it was she wanted to do!

Betty graduated from Seaman Rural High School in North Topeka and took a job at the *Topeka Daily News*, where she ran a machine that made the address labels for mailing. It was about that time when Betty met her future husband, Marvin. Betty's best friend and her beau introduced the pair, and they hit it off right away. The two couples had fun double-dating and remained friends throughout the years.

Betty and Marvin were blessed with three children, two boys and a girl. She and Marvin enjoyed more than 50 years together.

The family moved from Topeka to Garnett to be near Marvin's work in road construction. They then moved to Olathe for several years, but eventually moved back to Garnett to be closer to her daughter, who made her home here. Her sons also live in the area.

Betty always enjoyed planting flowers around her home. "I planted orange and yellow lilies along the drive and tall bunches of pampas grass in the back yard that would wave in the breeze. It wasn't like the ornamental grasses around here—I had the really tall kind."

Betty also enjoyed raising dogs. "We had seven dogs at one time, and they were all chihuahuas. I just loved those little dogs. They were such good companions."

Nowadays, Betty enjoys getting out for country drives in the van and can often be found joining in the games and crafting activities. She perked up at the idea of planting a container garden on the patio, but was quick to voice her preference toward flowers over tomatoes!

Betty appreciates the people and care she receives at the RLC. "I feel I can speak for everyone and we all like it here," she said.

And we like having all of you.



- I was born in Olathe but moved to Farlinville in Linn County when I was 6 years old.
- I have lived at the RLC for more than 20 years.
- My favorite pastime is listening to music.
- My favorite thing about living at the RLC is all the good food!

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



Daylight Saving Time Begins

Sunday, March 10 | 2 a.m.

Set your clocks ahead one hour!

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

