

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

APRIL 2024



Anderson
County Hospital

SAINT LUKE'S HEALTH SYSTEM

CONTENTS

A Few Words from Samantha	2
Culinary Corner	3
Come Dine with Us	3
Calendar	4 - 5
Welcome, Abby & Baby Nolan.....	6
Stress Awareness Month	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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A Few Words from Samantha

Samantha Young, RN

Director of Nursing, Residential Living Center



With the days getting longer, flowers blooming, birds back in town, fresh air in abundance, and a new automatic door leading out to our patio, we're excited to spend more time outdoors. But we're even more excited to have our activities coordinator, Abby, back with us (see page 6 for more details)!

We've had a lot of great help from staff members and volunteers over the past few weeks in organizing and leading all the activities on our busy calendar. I'd especially like to thank our restorative aid, Jamie Northcutt, along with two of our PRN RNs, Allisun Riley and Molly Rossman. These team members really stepped up to help keep our residents active and engaged, and we greatly appreciate their enthusiasm, creativity, and kindness.

I know Abby is ready to get outside, get moving, and shake things up with some fun new activities for our residents here at the RLC. If you know of a business, organization, or family who would like to host a small group of residents for an activity or outing, please reach out. We're also looking for volunteers to come to the RLC and share their talents, hobbies, or collections with us. Our residents enjoy learning new things and reminiscing about the good old days, so if you have an idea or an invite to share, please contact Abby at **785-204-4031** or akellerman@saintlukeskc.org. We'd love to hear from you.

Cheers to spring and good times to come!

—Samantha



Earth Day

Monday, April 22

The idea for Earth Day was originally born in 1969, when U.S. Senator Gaylord Nelson witnessed the effects of a massive oil spill in Santa Barbara, California. He

called Americans to take a stand for the environment, and thousands of colleges and universities across the United States organized protests for a healthy, sustainable Earth.

Because of these rallies, the first Earth Day in 1970 helped create the U.S. Environmental Protection Agency and the Clean Air, Clean Water, and Endangered Species acts.

Culinary Corner



These egg muffins are healthy, gluten-free, and low in carbs, plus they're a great way to use up leftovers, including veggies or meats—you can add almost anything to them. Best of all, you can make a batch ahead of time and reheat them throughout the week.

Easy Egg Muffins

Ingredients

10 large eggs (see note)	½ red bell pepper diced
½ teaspoon black pepper	3 tablespoons minced white onion or 2 thinly sliced green onions
¼ teaspoon salt	1 cup shredded cheddar cheese or your favorite blend of shredded cheese
¼ teaspoon garlic powder (optional)	½ cup shredded mozzarella cheese
1 ½ cups diced ham; 8 slices bacon, cooked & crumbled; or ½ pound sausage, browned (see note)	

Directions

1. Preheat oven to 350° F.
2. In a medium bowl, whisk eggs, salt, and pepper until well combined.
3. Spray a muffin pan very well with cooking spray or line with silicone or parchment liners.
4. Divide the red pepper, onion, ham/bacon/sausage, and cheese over 12 muffin wells.
5. Pour egg mixture over cheese mixture. Fill the wells about ¾ full or a little bit more.
6. Bake for 22 to 25 minutes or until set.
7. Let rest three minutes. Run a butter knife along the edges to release the muffins and remove them from the muffin tin.

Notes

- **Eggs:** This recipe can also be made using six whole eggs and one cup of egg whites.
- **Additions:** Add any kind of leftovers—potatoes, veggies, or meats. If you use extra add-ins, you may need less egg. If using sausage, cook in a skillet over medium-high heat until no pink remains.
- **Refrigerator:** Once baked, egg muffins can be kept in the fridge for up to five days.
- **Freezer:** Egg muffins can be frozen for up to three months. Store in an airtight container or freezer bag.

Come Dine with Us!

We invite our residents' friends and family members to join us during mealtimes. Guests may bring in meals from outside, can purchase a meal from the RLC kitchen, or can purchase items à la carte from the Anderson County Hospital Café.

Café Hours

Breakfast

7 a.m. – 9:30 a.m.

Every day

Lunch

11:15 a.m. – 1:15 p.m., Monday – Friday

11:15 a.m. – 1 p.m., Weekends

Grab and Go

7 a.m. – 4 p.m., Monday – Friday

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** so we can prepare plenty of food or arrange for a private meeting space for your group.



National Oatmeal Cookie Day

Tuesday, April 30

National Oatmeal Cookie Day recognizes a delicious and nutritious cookie.

Oatmeal cookies have been around since the 1800s. The cookies quickly became popular, and by early the 1900s, a recipe for the delicious treats appeared on containers of Quaker Oats. Oatmeal cookies are an excellent source of iron and fiber.



Activities are subject to change.

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	April Fools' Day 1 9:45 a.m. Group Exercise 10:30 a.m. Comedy 2 p.m. Karaoke Richard	2 9:45 a.m. Group Exercise 10:30 a.m. Handworking Club 2:30 p.m. Jeopardy Beauty Shop	3 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	4 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Movie	5 9:45 a.m. Group Exercise 10:30 a.m. What's in the Bag? 2:30 p.m. Van Ride	6 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
World Health Day 7 3:15 p.m. Church Service Church of the Nazarene	8 9:45 a.m. Group Exercise 10:30 a.m. Card Bingo 2:30 p.m. Shopping	9 9:45 a.m. Group Exercise 10:30 a.m. Noodle Hockey 2:30 p.m. Manicures Beauty Shop	10 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	11 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Pet Day	12 9:45 a.m. Group Exercise 10:30 a.m. Bake Cookies 2:30 p.m. Car Wash Activity	13 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
14 3:15 p.m. Church Service First Christian Church	15 9:45 a.m. Group Exercise 10:30 a.m. Wheel of Fortune 2 p.m. Bird House Craft	16 9:45 a.m. Group Exercise 10:30 a.m. Corn Hole 2:30 p.m. Reminiscing Beauty Shop	17 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	18 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Ice Cream Social	19 9:45 a.m. Group Exercise 10:30 a.m. Dutch Country Cafe 2:30 p.m. Flower Craft	20 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
21 3:15 p.m. Church Service Mont Ida Church	Earth Day 22 9:45 a.m. Group Exercise 10:30 a.m. Plant Flowers 2:30 p.m. Shopping	23 9:45 a.m. Group Exercise 10:30 a.m. Picnic 2:30 p.m. Movie Beauty Shop	24 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	25 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Wii Sports	26 9:45 a.m. Group Exercise 10:30 a.m. Baking 2:30 p.m. Paint Rocks	27 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
28 3:15 p.m. Church Service Hope Anthem Church	29 9:45 a.m. Group Exercise 10:30 a.m. Bowling 2:30 p.m. May Day Craft	National Oatmeal Cookie Day 30 9:45 a.m. Group Exercise 10:30 a.m. Penny Ante 2:30 p.m. Manicures Beauty Shop				

Welcome Back, Abby, and Welcome to the World, Baby Nolan!

Residents were so excited to see our activities coordinator, Abby, and to meet her new baby, Nolan, when they visited the RLC in March. We're glad to have Abby back with us this month, and we look forward to more visits and snuggle time with sweet Nolan.



April Is Stress Awareness Month

Samuel Wilcox, MD, Medical Director, Residential Living Center



When we think of stress, we typically picture someone who is frantic, broken down, or worried. These are certainly signs of too much stress, and the burden of it needs to be lifted.

The first step is doing a mental check-in. We're often so busy with the next thing on our list that we fail to monitor our own energy levels. Take a moment each day to stop what you're doing and ask yourself: "How do I feel?"

If you find you are feeling stressed, try to figure out what is bringing you stress. Things that happen to us or around us can be triggers for stress, but the stress itself comes from the resistance to that trigger. For example, many people with chronic pain have tried several remedies and still feel pain. There is good evidence that therapy that changes the perspective on and resistance to pain lessens suffering and improves quality of life.

When stress is unavoidable, make sure you have techniques to reduce the stress. This differs from person to person. My wife swears watching television helps her relax. For me, I am just left wondering where my evening went. Find out for you whether it is praying, meditating, talking with friends or family, drawing or painting, playing piano, or something else. If you are at a loss, ask the folks around you what they do and see what resonates.

While April is Stress Awareness Month, it is important to recognize that this is not "Stress is Bad" or "End Stress" month. A little stress can be a good thing, as it can help us grow. For example, working with physical therapy to build strength and balance is a stress, but it's a great stress that helps us walk more easily. Through April, make it a habit to check your stress and keep it at a level that does not break you down but instead helps you grow.



World Health Day Sunday, April 7

Since 1950, World Health Day has aimed to create awareness of a specific health theme to highlight a priority area of concern for the World Health Organization. Over the past 76 years, this has brought to light important health issues such as mental health, maternal and child care, and climate change. The 2024 theme, *My Health, My Right*, was chosen to champion the right of everyone, everywhere to have access to quality health services, education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination.

RLC Resident Reveal

The mystery resident from our March 2024 Connections is Eddie Linson!



Eddie has been blind since birth, a condition that runs in his family. "My mother's grandfather was blind, and some cousins too. It's hereditary, and quite a few people in my family were affected with blindness in one eye, and some were blind in both eyes, like me."

At the age of six, Eddie started school at the Kansas School for the Blind in Kansas City, Kansas. He attended through age 17, boarding in the school's dormitory. While he made many friends and enjoyed learning, he looked forward to weekend trips home to spend time with his family.

As a youngster, Eddie spent most weekends with his maternal grandparents in Olathe. Eddie's mother was the oldest of seven children, so he had aunts and uncles who were still school-aged. His grandparents both worked at the Kansas School for the Deaf; his grandpa was a night watchman and his grandma worked as a weekend housemother.

"I would go to work with my grandpa sometimes," Eddie says. "I remember being in the TV room waiting to go with my grandpa on his rounds. The other kids at the deaf school didn't hear or talk and I couldn't see," he chuckled, "so I got bored and fell asleep."

Sometimes on Friday nights the family would go to visit Eddie's parents, who lived in the small town of Farlinville in Linn County. It always seemed like a long drive back home, but Eddie was glad to reunite with his parents and three younger siblings.

Years later, after Eddie's father became ill, his sister Angie encouraged the family to move to Garnett to be near her and closer to a hospital. It was about that time when Eddie made the move to the RLC, where he could receive additional care and support. For more than 25 years now, Eddie has called the RLC home. "I like the fact that they feed me good—too good sometimes," he laughs. "And I get to have my room deodorizers."

Eddie recalls visiting a neighbor who had different kinds of incense burning. Being blind, Eddie has always had a heightened sense of smell, and the unusual aromas made a big impression on young Eddie. He desperately wanted an incense burner of his own, but his dad wouldn't let him have one. Eddie now has a collection of flameless incense—a variety of air fresheners to fill his space with different aromas that provide interest and bring him comfort. "Debbie the housekeeper keeps me supplied," he says. "I put up a new one every week, so there is something new and different to smell." His favorites are raspberry and cinnamon apple.

Eddie has adopted technology that makes his life a little easier. With voice commands, he uses his Alexa device to listen to music. He enjoys all kinds of 1970s rock and country, but his favorites are George Strait and George Jones. He also enjoys playing bingo and riding the exercise bike. "I have a good time here," he says.

Name That Resident

- I was born in Topeka, Kansas.
- I worked as a stenographer and clerk for the K-State extension office in Manhattan.
- All three of my children are K-State graduates.
- We moved to the Garnett area when my husband and son expanded the family farming operation here.

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



April Fools' Day Monday, April 1

April Fools' Day has been celebrated for several centuries by different cultures, though its exact origins remain a mystery. Traditions include playing hoaxes on others, often yelling "April Fools!" at the end to clue the subject in on the prank.



RLC Review

RECENT EVENTS
& PHOTOS

