

# CONNECTIONS

at the RESIDENTIAL LIVING CENTER

MAY 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**  
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Garnett, KS 66032

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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](mailto:tplumlee@saintlukeskc.org).

## A Few Words from Abby

Abigail Kellerman, RLC Activity Coordinator



It's great to be back with my RLC family! As you may know, we welcomed a baby boy in late January, making a family of three. Becoming a mother has been such a wonderful experience, and getting to stay at home with Nolan for the first eight weeks was something that I will always cherish.

I already have a much deeper understanding of the sacrifices mothers make for their children, and I am incredibly grateful for everything my mother has done for our family. I also realize how special our mothers are here at RLC—from the mothers who care for their own families then come to work every day and continue to be the best caregivers, to the residents themselves who have provided for and cared for others throughout their lives. I am truly blessed to be a part of this family and look forward to celebrating my first Mother's Day with all of you.

We'll also be celebrating National Skilled Nursing Week May 12 - 18. We have some exciting activities on our calendar, along with a few surprises that I can't wait to share.

This year, it's all about making memories. We'll kick off the week with a disco party and enjoy some music from throughout the decades. We'll also have a memory lane exhibit to share photos and stories from our residents, followed by a concert and some very special visitors later in the week. I look forward to spending this special week reminiscing about the good old days and making new memories with our RLC family.

—Abby



## Culinary Corner



My great-grandmother, Lorene, made the best oatmeal cookies! She would set out the oleo the night before in a special bowl, claiming this was the secret step that made her cookies so much better. She also filled the middle with strawberry jam.

This recipe has been passed down through several generations—to my grandma, my mom, and now me. While Grandma Lorene is no longer with us, it brings back good memories and makes us feel closer to her every time we make these special cookies for our families. Someday I'll pass this recipe down to my own children.

—Abby

### Grandma's Oatmeal Cookies

<b>Ingredients</b>	2 eggs
2 cups flour	1 teaspoon vanilla
1 teaspoon baking soda	½ teaspoon lemon extract
1 teaspoon baking powder	2 cups oatmeal
1 cup oleo, softened	strawberry jam
2 cups brown sugar	

### Directions

1. Preheat oven to 350° F. Grease or line two baking sheets.
2. In a large bowl, combine the flour, baking soda, and baking powder. Set aside.
3. In a separate large bowl, beat oleo and brown sugar until fluffy. Add eggs one at a time, then add the vanilla and lemon extract; mix well after each addition.
4. Gradually add flour mixture, mixing until fully incorporated. Fold in oats.
5. Scoop dough into tablespoon-sized balls and place onto prepared pans, spaced 2 inches apart. Using your thumb, make a hollow in each cookie and fill with jam.
6. Bake 12 to 14 minutes or until edges are golden. Cool on a rack.



## Welcome to the RLC

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



### Leona H.

Leona moved to the RLC from LeRoy, Kansas. She enjoys helping with yard work, gardening, and quilting. Leona

is already well acquainted with one special resident, her cousin Luella, and she looks forward to making many new friends here at the RLC.

## 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.



# May 2024

Activities are subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</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>2</b> 9:45 a.m. Group Exercise 10:30 a.m. Garden Club 2:30 p.m. Kentucky Derby	<b>3</b> 9:45 a.m. Group Exercise 12 p.m. Cinco de Mayo Lunch 2:30 p.m. Bingo	<b>4</b> 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
<b>Cinco de Mayo 5</b> 3:15 p.m. Church Service Beacon of Truth	<b>National Nurses Day 6</b> 9:45 a.m. Group Exercise 10:30 a.m. Handworking Club 2 p.m. Karaoke   Richard	<b>7</b> 9:45 a.m. Group Exercise 10:30 a.m. Card Bingo 2:30 p.m. Wordle <b>Beauty Shop</b>	<b>8</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>9</b> 9:45 a.m. Group Exercise 10:30 a.m. Ping Pong 2:30 p.m. Movie	<b>10</b> 9:45 a.m. Group Exercise 10:30 a.m. Mother's Day Tea 2:30 p.m. Bingo	<b>11</b> 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
<b>NATIONAL SKILLED NURSING CARE WEEK (MAY 12-18)</b>						
<b>Mother's Day 12</b> 3:15 p.m. Church Service Holy Angels Catholic Church	<b>Disco Day 13</b> 9:45 a.m. Group Exercise 10:30 a.m. Disco Craft 2:30 p.m. Disco Party	<b>Golden Day 14</b> 9:45 a.m. Group Exercise 10:30 a.m. Golden Jeopardy 2:30 p.m. Memory Lane Exhibit	<b>Radiant Day 15</b> 9:45 a.m. Group Exercise 10:30 a.m. Tie Dye Shirts 2:30 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>Music Day 16</b> 9:45 a.m. Group Exercise 10:30 a.m. Concert Party 2 p.m. Arts and Crafts with Rachel	<b>Fun Day 17</b> 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Farm Animals Visit	<b>18</b> 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
<b>19</b> 3:15 p.m. Church Service First Baptist Church	<b>20</b> 9:45 a.m. Group Exercise 10:30 a.m. Bake Cookies 2 p.m. Karaoke   Richard	<b>21</b> 9:45 a.m. Group Exercise 10:30 a.m. Take a Walk 2:30 p.m. Sip 'n' Paint <b>Beauty Shop</b>	<b>22</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>23</b> 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Corn Hole	<b>24</b> 9:45 a.m. Group Exercise 10:30 a.m. Poker 2:30 p.m. Bingo	<b>25</b> 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
<b>26</b> 3:15 p.m. Church Service First United Methodist Church	<b>Memorial Day 27</b> 9:45 a.m. Group Exercise 10:30 a.m. Jenga 2:30 p.m. Shopping	<b>28</b> 9:45 a.m. Group Exercise 10:30 a.m. Noodle Ball 2:30 p.m. Movie <b>Beauty Shop</b>	<b>29</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>30</b> 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Van Ride	<b>31</b> 9:45 a.m. Group Exercise 10:30 a.m. Basketball 2:30 p.m. Bingo	

# Mental HEALTH

## May Is Mental Health Awareness Month

Many older adults have unique life circumstances that can affect mental health—such as the loss of a spouse or friends, the challenge of coping with pain or serious illness, or feeling lost in retirement—but they are often more reluctant to talk about it. Having some added support—and talk therapy—can help alleviate feelings of depression, anxiety, and grief, and can greatly improve a person's overall quality of life.

Some key benefits of talk therapy include:

- Emotional support and validation
- Cognitive stimulation
- Enhanced coping skills
- Improved relationships and social connections

Talk therapy can also have positive effects on physical health outcomes, leading to better management of chronic conditions and fewer trips to the doctor.

If you or someone you know could benefit from talk therapy, we're here to help. Our **Senior Life Solutions** outpatient program at Anderson County Hospital is designed to meet the unique needs of older adults experiencing depression and/or anxiety. Call Kristen Springston, program director, at 785-204-8043 or visit [saintlukeskc.org/senior](http://saintlukeskc.org/senior) to learn more.

## Mother's Day Thoughts

*In honor of* Abby's first Mother's Day, residents shared advice for a new mother. Their words of wisdom are timeless and provide a good reminder for all caregivers to practice patience, kindness, and love.

*Always be patient and tell them how much you love them every day.*

—Michiko N.

*Be involved in your child's life and take care of them.* —Darline S.

*Take care of them the best that you can and tell them that you love them.* —Norma N.

*Always put your kids first no matter what.* —Nancy S.

*Have a lot of patience with your children.*

—Wanda Y.

*Always love them and practice patience.*

—Betty R.

*Patience and love.* —Arlene B.

*Just relax.* —Sharon B.

*Be there to help them with whatever they need.* —Susan F.

*Love them and spend as much time as you can with them.* —Maryanne R.

*You are doing great; give yourself grace.* —Luella G.

*Residents* also shared about special mothers, including stepmothers, grandmothers, wives, and other exceptional women who have made meaningful impacts in their lives.

*My mother, Albertine, was very important in my life.* —Dion L.

*My mother, Evelyn, was always there for me.* —Donna P.

*My wife, Katherine, was a very loving mother.* —Sonny W.

*My mother was very special to me.* —Patrick L.

*My wife was the best mother to our children.* —Martin H.

*Willie, my stepmother, was a kind and important figure in my life.*

—Edward L.

*My mother, Ann, was a knowledgeable and loving mother.*

—Carol H.

*My wife, Donna, was a very caring and active mother to our children, and still is!* —Tom D.

*My kind and loving mother was very special to me.*

—Jodie M.

*My mother was the best!* —Sherry I R.

*My mother and grandmother taught me some very important life lessons.* —Leona H.

*Granny Gene always loved and cared for us.* —Carol H.



## RLC Resident Reveal

*The mystery resident from our April 2024 Connections is Arlene Benton!*



Arlene was born in Topeka in 1921 and grew up in a one-room log cabin near Williamstown, a small community east of Perry. "It maybe had 50 people and probably isn't even on the map!" she laughed.

Arlene, along with her three brothers and two sisters, walked two miles to attend Buck Creek country school, even in deep snow and zero-degree temperatures. She recalled the rock building with a beautiful hardwood floor. She attended through the eighth grade, graduating second in her class. "There were two in my class, and Alfred beat me by half a point!" she exclaimed.

Arlene attended stenography school in Topeka, then worked for the K-State Extension Office in Manhattan. She met her future husband, Thomas, while attending a K-State football game with friends. Arlene's eyes sparkled as she spoke about meeting Tommy, a student at that time. "I always said that I wasn't going to marry a farmer, but of course, that's what I did."

Tom joined the Navy and served overseas for two full years. Their first child, a daughter, was 18 months old before he was able to meet her. "I lived with Tom's parents for a time," Arlene shared. "I didn't know anything about farm life, so I learned a lot about everything—everything you did to help on the farm."

When Tom returned, the family grew to include two sons. Tom farmed and later worked for KMBC radio as the broadcast farm director for both Salina and Kansas City. "He'd do the broadcast from our home in the morning." An expansion of the family farming operation led to Anderson County.

Tom passed away in 1998 at age 81. Arlene continued to live independently for many years, moving to the Residential Living Center two years ago. "I enjoy getting outside and going on van rides," she shared. Arlene especially enjoyed a recent trip to the Garnett Public Library. "I brought home a whole stack of things to read, and I also enjoyed looking at the art exhibit."

Arlene can often be found soaking in the sunshine and cool breezes on the patio. She joins the craft activities and is glad that she doesn't have to cook or clean up the kitchen. She proudly showed off her fingernails that Abby painted for her. "I've never had my nails done before. They're pretty."

"I'm 103 years old now. I didn't think I'd ever make it this long, because I didn't have very good health a lot of my life. Now I exercise and take it a day at a time, whatever comes next."

Arlene has a lovely smile, a kind heart, and sharp wit. We're so glad to have Arlene with us here at the RLC. She makes the most of every day and provides great inspiration for our residents and staff.

# Name That RESIDENT

- I was born and raised in St. Louis, Missouri.
- I was in the U.S. Marine Corps for 10 years and was stationed overseas.
- I have experience managing restaurants.
- I attended a training school to learn how to navigate life without the ability to see.

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

## National Skilled Nursing Care Week May 12-18

Established in 1967, National Skilled Nursing Care Week celebrates the role skilled nursing care centers play in providing safe and effective 24-hour nursing care to millions of individuals each year. It encourages skilled nursing care centers to host a variety of events throughout the week that shine a light on the individuals who reside, work, and volunteer in nursing centers. The 2024 theme is "Radiant Memories—A Tribute to the Golden Age of Radio."



# RLC Review

RECENT EVENTS  
& PHOTOS

