

# CONNECTIONS

at the RESIDENTIAL LIVING CENTER

MAY 2026



**Saint Luke's**  
Anderson County Hospital

## CONTENTS

A Few Words from Samantha .....	2
Culinary Corner .....	3
Memorial Day.....	3
Dine Anytime .....	3
Calendar .....	4-5
Scavenger Hunt.....	6
SLS Mental Health Myths .....	6
Resident Spotlight.....	7
Staying Active—Phase 10.....	7
RLC Review .....	8

## Contact Us

Want to learn more about 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, Senior Manager, Residential Living Center



The month of May is full of celebrations here at the RLC. We'll join Anderson County Hospital for National Nurses Week (May 6–12) and National Hospital Week (May 10–16), but will focus our attention on National Skilled Nursing Care Week (May 10–16). This special week kicks off on Mother's Day and celebrates the compassion, teamwork, and care provided to residents in skilled nursing centers and long-term care communities, like ours.

This year's theme, **Moments in Bloom**, reflects how everyday acts of compassion, connection, and teamwork grow into meaningful experiences for residents, families, and staff. It celebrates the idea that big and small moments, when nurtured, can flourish to help residents live life to the fullest and with purpose.

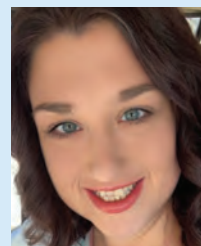
Just last month, I was here over the weekend training with Certified Nursing Assistant (CNA) students and watched one of those small, meaningful moments unfold. One of our residents had reached out and needed someone to be close to. The nurse on staff stopped what she was doing and took the time to sit on the sofa, holding our resident's hand as they shared a warm conversation along with a few laughs. This simple act of kindness helped our resident feel calm, secure, and loved—just when they needed it most.

I appreciate the kindness and compassion our staff shows residents every single day. I know our residents are cared for the way I would want my own parents and grandparents to be cared for, and it makes me so proud.

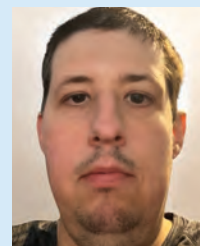
Thank you to our RLC team for creating exceptional moments for our residents, and thank you to our RLC families for sharing your parents, grandparents, and other special loved ones with all of us.

Sam

## Welcome New Team Members



**Jozee Willcut**  
Certified Nursing  
Assistant



**Chris Holt**  
Cook/Server

## Culinary Corner



May is National Asparagus Month. Amy Taylor, our registered dietitian nutritionist at Anderson County Hospital and the RLC, shared this recipe from celebrity chef Giada De Laurentiis, which features asparagus with other fresh vegetables.

"Asparagus is a great source of vitamin K, folate, vitamin A, and iron," says Amy. "It comes in green, purple and white varieties that go well with many different foods. It's great roasted with salt, pepper, or other seasonings and olive oil. Asparagus can be served as a side with meals or cut into pieces and added to salads, pasta, stir-fries, and other dishes."

### Penne Pasta with Asparagus and Cherry Tomatoes

#### Ingredients

8 oz. penne pasta	2 cups cherry tomatoes
3 Tbsp. olive oil	1 cup shelled fresh peas
2 garlic cloves, minced	½ cup low sodium chicken stock
1½ lbs. thin asparagus	1 cup grated parmesan cheese
salt and freshly-ground pepper	2 Tbsp. chopped fresh basil

#### Directions

1. Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender, but still firm to the bite, stirring occasionally, about 8–10 minutes. Drain the pasta, reserving about ½ cup of the pasta water.
2. Trim asparagus and cut in to 1-inch pieces.
3. In a large sauté pan, heat the oil over medium-high heat. Add the garlic and cook until fragrant, about 1 minute. Add the asparagus, season with salt and pepper, and cook for 3 minutes until slightly soft. Add the cherry tomatoes and peas. Cook for 2 minutes. Pour the chicken stock into the pan and bring the mixture to a simmer. Cook until the tomatoes start to burst and the stock is reduced by half, about 3 minutes.
4. Transfer the asparagus mixture to a large serving bowl. Add the cooked pasta and ½ of the parmesan. Toss well, adding reserved pasta water, if needed, to loosen the pasta. Garnish with the remaining Parmesan and chopped basil.

Serves 4–6.



## Dine Anytime

The RLC has a standard daily menu for breakfast, lunch, and dinner that offers a variety of seasonal selections on a 3-week rotation. But did you know there's also an Anytime Menu residents can order from any time of day, any day of the week? We want all our residents to feel right at home, and that means the kitchen is always open!

The Anytime Menu offers a wide variety of hot and cold cereals, traditional hot breakfast and bakery items, fruits and yogurt, soups and salads, sandwiches from the deli or grill, entrée staples like pot roast or meatloaf, and tons of sides. And we don't skip dessert. Residents can choose chocolate chip or sugar cookies, pudding, frozen treats, or flavored gelatin.

Don't like what the pot cooked? Have a hankering for a hamburger? Craving breakfast for dinner? You'll find your favorite comfort foods on the Anytime Menu. Just ask!



## Memorial Day

Monday, May 25

Memorial Day began in 1868 to remember those who died fighting in the Civil War. It was originally called Decoration Day because people decorated soldiers' graves with flowers and flags.

During World War I, Canadian soldier John McCrae wrote the poem "In Flanders Field" after he saw poppies growing in a battlefield. Today, people wear poppies on Memorial Day to honor fallen service men and women.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 a.m. Devotional Group (Daily) 10 a.m. Hydration Station & 2 p.m. (M-F) Activities are subject to change.					<b>May Day 1</b> 10:30 a.m. Bingo 1:30 p.m. May Day Craft	<b>2</b> Individual Activities
<b>3</b> 3:15 p.m. Holy Angels Catholic Service	<b>4</b> 10:30 a.m. Music & Manicures 1:30 p.m. Karaoke   Richard	<b>5</b> 10:30 a.m. Coloring 1:30 p.m. Watch a Movie (Resident Choice)	<b>National Nurses Day 6</b> 10:30 a.m. Activity Council 2 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>7</b> 10:30 a.m. Bingo 1:30 p.m. Music in the Dining Room	<b>8</b> 10:30 a.m. Shopping Trip 1:30 p.m. Muffins & Mimosas with Moms	<b>9</b> Individual Activities
<b>NATIONAL SKILLED NURSING CARE WEEK (MAY 10-16)</b>						
<b>Mother's Day 10</b> 3:15 p.m. Dunkard Brethren Church Service	<b>11</b> 10:30 a.m. Coffee & Chat 1:30 p.m. Mystery Craft	<b>12</b> 10:30 a.m. Puzzle Table 1:30 p.m. Play Noodle Ball	<b>13</b> 10:30 a.m. Food Committee 1:30 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>14</b> 10:30 a.m. Guest Activity 1:30 p.m. Go for a Drive	<b>15</b> 10:30 a.m. Bingo 1:30 p.m. Play Phase 10	<b>Armed Forces Day 16</b> Individual Activities
<b>17</b> 3:15 p.m. First Baptist Church Service	<b>18</b> 10:30 a.m. Group Exercises 1:30 p.m. Milkshake Monday	<b>19</b> 10:30 a.m. Go for a Walk 1:30 p.m. Watch a Movie (Resident Choice)	<b>20</b> 10:30 a.m. Resident Council 2 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>21</b> 10:30 a.m. Decorate Graves 1:30 p.m. Bingo	<b>22</b> 10:30 a.m. Word Guessing Game 1:30 p.m. Mystery Craft	<b>23</b> Individual Activities
<b>Scavenger Hunt Day Asparagus Day 24</b> 3:15 p.m. First Methodist Church Service	<b>Memorial Day 25</b> 10:30 a.m. Play Phase 10 1:30 p.m. Play Cornhole	<b>26</b> 10:30 a.m. Guest Activity 1:30 p.m. Group Exercises	<b>27</b> 10:30 a.m. Play Wii Games 2 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>28</b> 10:30 a.m. Trivia 1:30 p.m. Mystery Craft	<b>29</b> 10:30 a.m. Bingo 1:30 p.m. Patio Chat	<b>30</b> Individual Activities
<b>31</b> 3:15 p.m. Grace & Truth Baptist Church Service						





# Scavenger HUNT

National Scavenger Hunt Day is celebrated on May 24 in honor of the 1883 birth date of Elsa Maxwell, a New York gossip columnist, radio personality, and party hostess who popularized the hunting and gathering game in the 1930s.

During the month of May, residents, families, and friends are encouraged to explore and see if you can find these items in and around the RLC. When you spy an item on the list, simply check the box.

*NOTE: Please respect the privacy of others and do not enter resident rooms or other restricted areas. All items can be found in common spaces inside the building or outside in the fenced patio area.*

- Bulletin board
- Flower in bloom
- Exercise bike
- Resident refrigerator
- Painted rock
- Grab-and-go snacks
- Spinning pinwheel
- American flag
- Smiling face
- Bird feeder
- RLC Anytime Menu
- Jigsaw puzzle
- Piano
- Deck of cards

## Mental Health: Dispelling Common Myths

Kristen Springston, Program Director, ACH Senior Life Solutions



If you grew up in a time when people didn't talk much about mental health, you are not alone. For many older adults, feelings like sadness, worry, or loneliness were something you were expected to push through.

But mental health is part of overall health, like blood pressure, arthritis, or diabetes. Support is not a sign of weakness. It's a sign you're prioritizing your well-being. Here are some common myths that keep seniors from getting help.

### Myth 1: Feeling down is just part of getting older.

Aging does come with real challenges. Health changes, loss of loved ones, and changes in independence can all affect mood, but ongoing sadness, low energy, irritability, or feeling hopeless are not normal.

### Myth 2: I should be able to handle this on my own.

Independence is a point of pride for a lot of people, but needing help with your mental health is no different from needing help with your physical health. Most of us would not tell someone with chest pain to tough it out. We would say, "Let's get that checked." Emotional pain deserves the same care.

### Myth 3: If I talk about it, people will think I'm crazy.

Talking to a professional does not mean you are "crazy." It means you are being honest about what you are feeling. Many people worry that others will see them differently, but most families feel relief when a loved one gets support.

### Myth 4: My problems aren't serious enough.

A lot of seniors minimize what they're experiencing, but you don't have to hit a breaking point to deserve support. Early support can prevent things from getting worse and can improve day-to-day quality of life.

### Myth 5: Therapy won't work for someone my age.

It's never too late to benefit from support. In fact, many seniors find therapy especially helpful because it provides a safe place to process grief, adjust to change, and learn helpful coping strategies.

Anderson County Hospital's Senior Life Solutions program is designed to meet the unique needs of older adults experiencing depression or anxiety related to life changes often associated with aging. If you or someone you know could benefit from talking to someone, call Kristen Springston, Program Director, at 785-204-8043 or visit [SaintLukesKC.org/Senior](http://SaintLukesKC.org/Senior) to learn more.

## Resident Spotlight: Buddy Timmons



Robert "Buddy" Timmons grew up in Garden City, Kansas. His family, which included four girls and two boys, lived outside of town, but not on a farm. "That came later," he says. In school, Buddy enjoyed his vocational classes the most. He enrolled in woodworking, welding, mechanical drawing, and electronics before graduating from Garden City High School with the class of 1973.

Buddy found work in construction and drove dump trucks. He especially liked driving trucks through Western Kansas where he took in the scenic views.

Buddy's older sister had married and moved to Richmond, Kansas, and when Buddy's dad retired in 1979, his dad bought a 20-acre farm south of Garnett. Buddy soon followed to lend a hand, but admitted he had a lot to learn about farming.

On the farm, they planted a large garden raising a variety of flowers and vegetables including pumpkins, strawberries, radishes, and corn. "One year we had corn that was 7 feet tall," Buddy says.

While he grew to enjoy gardening, Buddy spent most of his time with the animals. They raised chickens, rabbits, goats, and cows, along with some ducks and geese.

"I enjoyed raising all kinds of farm animals," Buddy says, "but I particularly liked the goats and spent a lot of time with them."

Downtime was spent with his sketchbook, drawing whatever he saw. Buddy especially liked to draw boats, trucks, and animals.

Buddy says he had several girlfriends through the years but never married. He stayed close to the family farm and continued to help his parents for many years.

When Buddy needed more help to take care of himself, he made the decision to move to the RLC. "I like spending time with people and enjoy being part of the community here," he says.

He appreciates having his own room, where he watches TV. He's a big fan of *The Price is Right* and a show where big trucks slide off icy mountain roads and get rescued.

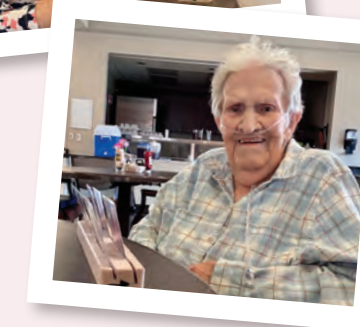
Buddy joins in some of the group activities and smiled as he held up a colorful wooden egg he'd painted. He also plays bingo and likes going on rides in the van.

We sure like having Buddy around and are glad he chose the RLC as his home.



## Phase 10

Phase 10 is a new favorite game at the RLC. Thanks to custom card holders built by our wonderful security officer Greg, residents can keep their cards organized and focus on their next move.





**RLC**  
**Review**

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**RECENT EVENTS  
& PHOTOS**

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