

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

JUNE 2023

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Patio Project

Work on the patio project is moving along nicely. Residents and staff are already enjoying the significantly larger outdoor space while watching for the finishing touches to fall into place.



In addition to expanding the patio, the fencing has been extended and meandering pathways added, allowing residents to stretch out and explore. Stay tuned—photos of our new flag pole are coming soon!



Introducing New Leaders at the RLC



Jeremy Armstrong, FACHE

Administrator, Anderson County Hospital and Allen County Regional Hospital

Since joining Saint Luke's Health System as administrator of Anderson County Hospital and Allen County Regional Hospital in September 2022, I've enjoyed getting to know the staff and becoming acquainted with the Garnett and Lola communities. Everyone has been so welcoming, and I quickly felt right at home.

I've been a hospital and nursing home administrator since 2006 and have led organizations with long-term care facilities similar in size to the Residential Living Center, including Resident Care Center with Mitchell County Hospital Health Systems in Beloit, Kansas, and St. Luke Living Center in Marion, Kansas.

I am pleased to have the opportunity to take on operational responsibility for the RLC, in addition to leading the hospitals. Our staff and our residents have been incredibly welcoming, and I have been impressed by the state-of-the-art facility and everything within. Our CMS five-star rating and recent state survey, which found zero deficiencies, further demonstrate our commitment to the highest-quality standards.

You may have heard that we've hired an assistant director of nursing, so watch for a more formal introduction coming soon. We still have some work to do to fill our open director position, and I am proud of the team members who have filled the interim roles while maintaining the level of care that our residents and families expect.

I know how important it is to feel right at home. The RLC is home for our residents, and it's clear to see how our entire staff takes that to heart every day. Don't ever hesitate to reach out to me or any of our staff members if you have any questions or concerns—or just want to share a good story.

Thank you for being a part of this very special community.

—Jeremy

New Leaders continued on page 7

Culinary Corner



Eddie's Favorite Five-Cup Salad

This old-fashioned five-cup fruit salad was one of Eddie's favorites growing up. His mom got the recipe from a friend at church, and the family enjoyed it as part of holiday meals and throughout the year. Eddie knows the recipe by heart, and when asked if we could add the salad to our regular menu rotation, Eddie was delighted to recite it!



Ingredients

1 cup miniature marshmallows
1 cup shredded coconut
1 cup pineapple chunks, drained
1 cup mandarin oranges, drained
1 cup sour cream

Directions

Gently fold all ingredients together and chill for at least four hours. The salad gets better

the longer it sits, and can be refrigerated overnight before serving.

History

Old-Fashioned Five-Cup Salad, also known as ambrosia salad, dates back to the late 1800s but regained popularity in the 1950s when it appeared in a number of magazines and church cookbooks. It was called Ambrosia Salad because the ingredients were considered so luxurious and exotic that it was named after the "food of the gods" in Roman and Greek mythology.

Nowadays, it's most commonly called Five-Cup Salad because it has five ingredients, and you use one cup of each, making the recipe easy to remember and quick to prepare. Choose pineapple and mandarin oranges in their own juice and light sour cream for a healthier version. The salad is low in cholesterol and low sodium, and is tasty enough to fill in for even the best desserts.

Options include topping the salad with maraschino cherries or chopped pecans, using fruit cocktail instead of mandarin oranges and pineapple, or using flavored instead of regular marshmallows. Instead of using a sour cream dressing, you can try using whipped topping, vanilla Greek yogurt, cottage cheese, or any combination.

Our residents prefer the salad just the way it is, using the recipe recited by their friend, Eddie. This year, we'll include it on our menu as an added treat for Father's Day.

A Father's Love

Several of our RLC residents and staff members were asked, "What does it mean to be a father?" Here is what they had to say.

Being a father to two boys and two girls is the best, especially when we used to go fishing.

—Dionysius L., resident

Be there to give your kids advice. But at this age you don't give advice, you take it.

—Jim J., resident

Be kind and loving to your children. This will teach them to return the favor.

—Howard T., resident

Being a father means to be strong and honest, but also do not forget to have fun.

—Sonny W., resident

Being a father means being someone who takes care of you and supports you.

—David C., resident

Be active in your children's lives. The rest will come naturally.

—John P., resident

Tread lightly but carry a big stick.

—Gene S., resident

Being a father means a lot of coaching, teaching, cooking, and nurturing. Make sure to be there for them when they need you.

—Marty S., housekeeping technician

Being a father is one of the greatest opportunities and serious responsibilities of one's entire life; and it is well worth it.

—Joshua F., RN, RLC volunteer

Activities are subject to change.

June 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:45 a.m. Group Exercise 10:30 a.m. Bingo 3 p.m. Horseshoes	2 9:45 a.m. Group Exercise 10:30 a.m. Go for a Walk 3 p.m. Trivia	3 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring
4 3:15 p.m. Church Service Trinity Baptist Church	5 9:45 a.m. Group Exercise 10:30 a.m. Handworking Club 3 p.m. Resident Birthday	6 9:45 a.m. Group Exercise 10:30 a.m. Jenga 3 p.m. One-on-Ones Beauty Shop	7 9:45 a.m. Group Exercise 10:30 a.m. Manicures 3 p.m. Happy Hour 4:15 p.m. Bible Study Josh	8 9:45 a.m. Group Exercise 10:30 a.m. Bingo 3 p.m. Book Club	9 9:45 a.m. Group Exercise 10:30 a.m. The Price Is Right 2 p.m. Travel the Country	10 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Movie
11 3:15 p.m. Church Service Church of the Nazarene	12 9:45 a.m. Group Exercise 10:30 a.m. Resident Council 3 p.m. Resident Birthday	13 9:45 a.m. Group Exercise 10:30 a.m. Uno 3 p.m. Folding Club Beauty Shop	Flag Day 14 9:45 a.m. Group Exercise 10:30 a.m. Make Flags 3 p.m. Happy Hour 4:15 p.m. Bible Study Josh	15 9:45 a.m. Group Exercise 10:30 a.m. Bingo 3 p.m. Bowling	16 9:45 a.m. Group Exercise 10:30 a.m. Trivia 3 p.m. Volleyball	17 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Movie
CNA WEEK (JUNE 18-24)						
Father's Day 18 3:15 p.m. Church Service First Christian Church 	Juneteenth 19 9:45 a.m. Group Exercise 10:30 a.m. Family Feud 12 p.m. CNA Pin-the-Badge Game 2 p.m. Karaoke Richard	20 9:45 a.m. Group Exercise 10:30 a.m. Wahoo 2:30 p.m. What's in the Box? 3:30 p.m. Obstacle Course Beauty Shop	Summer Solstice 21 9:45 a.m. Group Exercise 10:30 a.m. Food Committee 12 p.m. CNA Guessing Game 3 p.m. Happy Hour 4:15 p.m. Bible Study Josh	22 9:45 a.m. Group Exercise 10:30 a.m. Bingo 12 p.m. CNA 2 Truths & 1 Lie 3 p.m. Spa Day	23 9:45 a.m. Group Exercise 10:30 a.m. Roll the Dice Game 2 p.m. CNA Party 3 p.m. Decorate for Fourth of July	24 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Movie
25 3:15 p.m. Church Service Mont Ida Church of the Brethren	26 9:45 a.m. Group Exercise 10:30 a.m. Wheel of Fortune 3 p.m. Sip n' Paint	27 9:45 a.m. Group Exercise 10:30 a.m. Noodle Ball 3 p.m. Punch on the Patio Beauty Shop	28 9:45 a.m. Group Exercise 10:30 a.m. Manicures 3 p.m. Happy Hour 4:15 p.m. Bible Study Josh	National Bomb Pop Day 29 9:45 a.m. Group Exercise 10:30 a.m. Bingo 3 p.m. Carnival Day	30 9:45 a.m. Group Exercise 10:30 a.m. Family Feud 3 p.m. Crafts	



Sharon's Recommended Summer Reading List



The Teammates by David Halberstam

Genre: Sports novel/history

Sharon's synopsis: Four Red Sox players are friends for life.

Lady's Well by LJ Ross

Genre: Mystery/fiction

Sharon's synopsis: Set in a British village where murder is less messy than in the U.S.



To Heaven and Back by Mary C. Neal, MD

Genre: Inspirational biography/spiritual

Sharon's synopsis: A personal experience explained by the author.

The Rosie Project

by Graeme Simsion

Genre: Romantic comedy/fiction

Sharon's synopsis: A charming but awkward genetics professor looks for love. Some language may be offensive.



The Secret Life of Sunflowers

by Marta Molnar

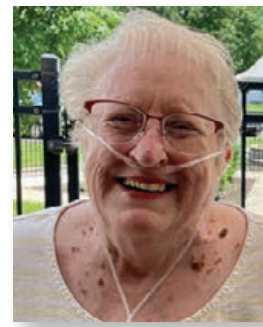
Genre: Novel based on a true story

Sharon's synopsis: Two lives—one present, one past—work well together. Well written.



RLC Resident Reveal

Follow-up to the May 2023 "Name That Resident"



Were you able to guess? The mystery resident from our May 2023 *Connections* is Sharon Brown!

Sharon revealed that she loves to crochet and finds the hobby to be "easy and peace-filled." She is an active member of the RLC Handworking Club where she enjoys working on projects alongside friends and teaching others the craft, which she has honed over the past 40 years.

When not crocheting, Sharon reads and reads. She's a lifelong learner who gains knowledge reading books from a wide variety of genres. She has endless options available on her Kindle, which allows her to control the print size, and has finished more than 100 titles so far this year.

Her love for reading has also led her to tackling the writing of her own book. "While not a memoir, the book is loosely based on my life," Sharon disclosed. We can't wait to read it!

After a 25-year absence, Sharon returned to her hometown of Clay Center, Kansas, in the mid-1990s where she quickly got involved in the community, first serving as a city councilwoman for several years before being elected as mayor. It was during that time that she had the spectacular opportunity to fly in a Blackhawk helicopter.

With Clay Center's proximity to Fort Riley, Sharon built relationships with leaders of the post, which led to her community adopting the 1st Squadron, 4th Calvary, otherwise known as the "1-4 Cav." As a result, Sharon, along with leaders from other surrounding communities, were invited to observe some of the training activities at the National Training Center in the Mojave Desert and at Fort Irwin. The group flew to California on a commercial aircraft, but to get to the action in the desert, they flew by helicopter.

Sharon still feels the exhilaration and sense of pride when recalling the experience. "Flying in a Blackhawk helicopter over the desert and through a simulated war zone is an experience that few civilians have—especially with the doors wide open," she remembers.

Sharon has lived a full life with some surprising adventures, and now treasures her days spending time with friends and family and doing exactly what she wants to at the RLC.

"It's been fun being the mystery resident," she said. "I would recommend it to all the RLC residents, and the staff, too!"

Who will next month's mystery resident be?

Introducing New Leaders at the RLC

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Sam Wilcox, MD

**Family Medicine Physician, Allen County Regional Hospital-Iola Clinic
Medical Director, Residential Living Center**

I joined Allen County Regional Hospital-Iola Clinic as a family medicine physician in August 2022 and am excited to take on the additional role as medical director for the RLC.

As I've been able to tour and learn more about the RLC, I've been most impressed by the liveliness of the community and how involved everyone is. Every time I visit, the common areas are filled with residents engaging with guests and activities, with the staff, and with each other.

The staff knows each resident and can share information with me, in detail, about their recent medical care, their habits, friends and family, and their likes and dislikes. So much care and consideration is given every day.

My wife and I recently moved back home to Kansas from Washington state to raise our son closer to his grandparents and to our families. I know how important family is and I greatly appreciate the warm welcome received into the RLC family and into your home.

—Dr. Sam Wilcox

Name That Resident!

- I was born and raised in Kincaid, Kansas, and was married for 64 years to the love of my life.
- My wife and I enjoyed traveling in an RV for several years and visited all 50 states.
- I have four children—three girls and one boy. My son has taken over my farming operations, including crops and Hereford cattle.
- I love being outdoors and enjoy watching my grandkids play sports.
- I have served as a county commissioner in Anderson County.

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



Sunday Services

Live audio and video sermons and links to recorded sermons from some of our local churches:

First Christian Church

fccgarnett.org/church-media/sermons-podcasts

Church of the Nazarene

garnetnazarene.org/livestream

Beacon of Truth

botmi.org/media

Livestreaming Services

St. Andrew's Episcopal

8 a.m. & 10:15 a.m.

standrewkc.org/live-worship

Immaculate Conception

11 a.m.

facebook.com/golddomekc

Community Christian Church

10:30 a.m.

facebook.com/Community4KC

Conception Abbey

7:45 a.m., 10:30 a.m., & 5:30 p.m.

conceptionabbey.org/live

St. Paul's Episcopal

10 a.m. & Wednesday, 6 p.m.

facebook.com/StPaulsKCMO

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.



**RLC
Review**

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**RECENT EVENTS
& PHOTOS**

