

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

AUGUST 2023

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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
Find us on Facebook.

A Few Words from Samantha

Samantha Young, RN
Assistant Director of Nursing, Residential Living Center



As I settle into my new role, I continue to be amazed by the community we have here. I see residents helping and encouraging each other, working together on projects, and forming meaningful relationships with each other and with staff members. This sense of community, and family, is part of what makes our days at the RLC so special.

I'm pleased to share that we are working to implement a helping hands program that encourages residents to serve others in their community by helping with a variety of tasks, such as delivering the mail, watering the plants, or setting the tables for meals.

We all want our lives to have meaning. Having responsibility for even small tasks can provide residents with a sense of purpose and accomplishment and can be an inspiration for others to get involved themselves.

Stay tuned for more information on our helping hands program, and don't hesitate to reach out if you have any questions or ideas to share.

Samantha



Reminder

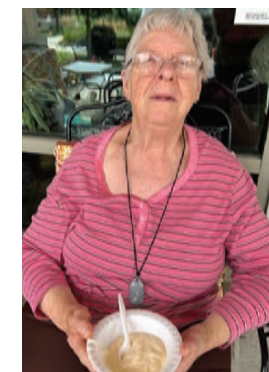
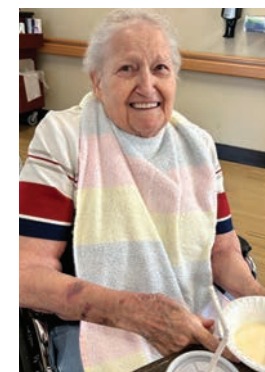
Masks are optional for all patients and visitors in our skilled nursing/long-term care areas. Any person with respiratory symptoms entering or working in Residential Living Center at Anderson County Hospital is required to mask. Please note that if we experience an outbreak, masking will again be required.



Culinary Corner



In July, we enjoyed something a little different—delicious homemade banana ice cream. Samantha Edens, a supervisor on our nutrition services team, and Morgan Edens, a certified nursing assistant here at the RLC, shared this unusual recipe with us. It's a long-time family favorite passed down from Samantha's great aunt, and it quickly became one of our favorites, too!



Banana Ice Cream

Ingredients

4 cups half and half
½ cup sugar
1 tablespoon vanilla
2 cups whipping cream
4-5 ripe bananas, mashed

Directions



1. Combine half and half and sugar. Mix until the sugar is well dissolved.
2. Add vanilla, whipping cream, and mashed bananas. Mix well.
3. Transfer to an electric or crank-style ice cream freezer and churn according to the manufacturer's directions. Makes three quarts.

Tip: This is a great way to use up over-ripe bananas in the summer when you don't want to turn on the oven to make banana bread.

Come Dine with Us!

Sharing a meal provides a sense of security and togetherness and is a traditional part of family life. That's why we encourage residents to eat meals together in the dining room—and also why 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 (ACH) Café.

ACH Café Hours

Breakfast

7 a.m. – 9:30 a.m.
every day

Lunch

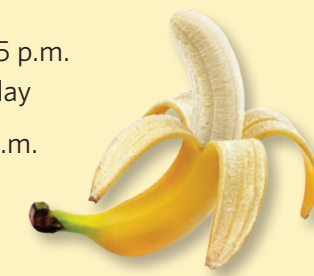
11:15 a.m. – 1:15 p.m.
Monday – Friday
11:15 a.m. – 1 p.m.
weekends

Grab and Go

7 a.m. – 4 p.m.
Monday – Friday

Meals from the RLC kitchen (breakfast, lunch, or dinner) include one entrée, three sides, dessert, and a drink for \$6.50. Meals must be paid for with cash or check and are available to guests only as supplies last.

If you will have multiple guests or have a special event that you'd like to celebrate with us, please call ahead to **785-204-4016** so we can prepare plenty of food or arrange for a private meeting space for your group.



Activities are subject to change.

August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Handworking Club 2:30 p.m. Scavenger Hunt</p> <p>Beauty Shop</p>	<p>2</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Manicures 3 p.m. Happy Hour 4:15 p.m. Bible Study Josh</p>	<p>3</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Cornhole</p>	<p>National Chocolate Chip Cookie Day 4</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Baking 2:30 p.m. Water Balloon Fight</p>	<p>5</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Individual Activities 2:30 p.m. Music + Coloring</p>
<p>6</p> <p>3:15 p.m. Church Service Trinity Baptist Church</p>	<p>7</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Resident Council 2 p.m. Karaoke Richard</p>	<p>8</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Penny Ante 2:30 p.m. Flower Arranging</p> <p>Beauty Shop</p>	<p>Book Lover's Day 9</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Birdhouse Craft 3 p.m. Happy Hour 4:15 p.m. Bible Study Josh</p>	<p>10</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Blue Hat Club</p>	<p>11</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Walk 2:30 p.m. Drive Around the Country</p>	<p>12</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Individual Activities 2:30 p.m. Music + Coloring</p>
<p>13</p> <p>3:15 p.m. Church Service Church of the Nazarene</p>	<p>14</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Wheel of Fortune 2:30 p.m. Shopping</p>	<p>15</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Manicures 2:30 p.m. Ice Cream Social</p> <p>Beauty Shop</p>	<p>16</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Food Committee 3 p.m. Happy Hour 4:15 p.m. Bible Study Josh</p>	<p>17</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Book Club</p>	<p>18</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bowling 2:30 p.m. Make Your Own Music</p>	<p>19</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Individual Activities 2:30 p.m. Music + Coloring</p>
<p>20</p> <p>3:15 p.m. Church Service First Christian Church</p>	<p>21</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Price Is Right 2 p.m. Karaoke Richard</p>	<p>22</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Uno 2:30 p.m. Paint 'n Sip</p> <p>Beauty Shop</p>	<p>23</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Noodle Ball 3 p.m. Happy Hour 4:15 p.m. Bible Study Josh</p>	<p>24</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Men's Mugs & Muffins</p>	<p>25</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Dice Game 2:30 p.m. Spa Day 6:30 p.m. Family & Friends Bingo</p>	<p>26</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Individual Activities 2:30 p.m. Music</p>
<p>27</p> <p>3:15 p.m. Church Service Mont Ida Church</p>	<p>28</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Family Feud 2:30 p.m. Shopping</p>	<p>29</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Wii Sports 2:30 p.m. Movie</p> <p>Beauty Shop</p>	<p>30</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Manicures 3 p.m. Happy Hour 4:15 p.m. Bible Study Josh</p>	<p>31</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bingo 4:30 p.m. Farmers' Market</p>		



Stay ACTIVE

Activities with Abby

Abigail Kellerman, Activity Coordinator



July was a busy month. We enjoyed our 4th of July celebration and a carnival with the summer CNA students,

played several games, sang karaoke with Richard, and churned homemade ice cream. We also went on a few field trips and visited the downtown square in Garnett, took leisurely drives through the countryside, and explored the sights, sounds, and smells (both good and bad) at the Anderson County Fair.

August is going to be full of adventures, too. We planted tomatoes on the patio and have been waiting all summer for them to ripen. We are also looking forward to having a water balloon fight, a trip to the farmers' market, Sip 'n Paint with Kelsey, and an ice cream social. And you won't want to miss our Family & Friends Bingo night on Aug. 25!

I work hard to plan activities our residents enjoy and that keep their minds and bodies active and healthy. If you are interested in hosting a small group for a daytime outing or have a talent or hobby you'd like to share, I would love to hear from you! You can reach me at **785-204-4031** or **akellerman@saintlukeskc.org**.

Back to School Memories

Our residents were asked to share favorite memories of school.

- *Football. I was pretty good at it.*—Gene Sutherland
- *Catholic elementary school taught me a lot of lessons.*—Dionysius Lickteig
- *That's where I met my boyfriend and future husband.*—Darline Spillman
- *History. I really enjoyed reading about it.*—Norma Nilges
- *I enjoyed it when we could go and play outside.*—Aloma Friedebach
- *I enjoyed home economics.*—Delma Murray
- *My favorite thing in school was shop class. I even built a cedar chest.*—Tom Welsh
- *I enjoyed music class.*—Jim Jordan
- *I enjoyed playing sports, although I had no competition because there was no one to play against.*—John Peine
- *Music was part of my school. I played the drums and the piano.*—Eddie Linson
- *I remember getting to drive the car back and forth to school and home.*—Eva Mannen
- *I liked home economics.*—Joan Humbert
- *I made a shelf in shop class and my daughter still has it to this day.*—Betty Rees
- *I liked playing sports with my friends.*—Sonny Wickham
- *I liked gym class, especially when we played basketball.*—Thomas Dieker
- *I liked history class because it was very interesting.*—Jodie Mahoney
- *When the teachers would let us go outside to play ball, my grandma would always let me come to her house.*—Sherryl Reiter
- *I liked home economics. I learned how to sew a suit.*—Bonnie Rook
- *In first grade during Christmas time, my teacher gave me a little baby doll and I was so proud of it.*—Arlene Benton
- *I remember being a corner cop. In sixth grade, we would get out of school early so that we could help the little kids walk across the street. When it rained, the teachers would make us take our shoes and socks off so that our shoes would not get wet.*—Sharon Brown
- *Football, basketball, and baseball.*—Howard Thompson
- *I enjoyed athletics. I played football and was a linebacker.*—Dick Doty
- *I liked that at school I was able to learn new things and relax before I went home to do chores.*—Luella Graham
- *I enjoyed learning math, and that it was quiet so I could focus on my studies.*—Michiko Neill
- *I enjoyed playing basketball and singing. I was a soprano.*—Wanda Yaw

RLC Resident Reveal

The mystery resident from our July 2023 Connections is Michiko Neill!



Michiko was born in Japan and grew up amidst the turmoil of WWII. Her family lost everything during the war. They were forced from their home, and the family was separated. They survived on government rations, which at times amounted to one bowl of rice a day if they were lucky. She even recalls eating grass as a child to curb her hunger. She remembers the sound of the ongoing air raids and when the atomic bombs were dropped on Japan, less than a month before her 13th birthday.

Years later, Michiko met and married an American airman. Her first child, a son, was born on the U.S. Air Force base in Japan, and in 1953, the family moved to the United States, first stationed in Michigan, and then in Kansas. The couple welcomed two daughters and eventually settled in Lane, Kansas, where Michiko lived for the next 62 years.

Michiko was a strong and dedicated mother raising three young children on her own. She spoke little English, and it wasn't until the children started school that she really began to learn the language, as they would come home and teach her what they had learned in school that day. "I was so proud of my kids because they got good grades in school," she shared.

With a language barrier and limited skills, she earned money by washing and ironing clothes for people, but had a real knack for sewing. A turning point came when a couple of ladies from Lane offered her a ride to Paola to work with them in a sewing factory. For years she worked as a seamstress in the factory by day and sewed clothing at home into the night, sometimes waking the girls up late to try on something that she was constructing. When the sewing factory was purchased by King Radio, many of the workers stayed on to assemble aircraft circuit boards. Following an acquisition and a merger, Michiko retired from Allied-Signal at the age of 62.

Michiko made the most out of her retirement. She went on several trips with a special friend, and especially loved the sights and fresh air of the mountains. Her grandparents had lived near Mount Fuji in Japan, and she was excited to see the mountains that reminded her of home.

Michiko also loved to dance and often could be found at area senior dances doing the tango, a polka, or even the hokey pokey! When her feet just couldn't dance anymore, she fell in love with watching old Westerns on television.

Michiko will turn 91 in September, and she looks forward to having a party with her friends and family, which includes her three children, three grandchildren, and two great-grandchildren. We can already feel a very special polka party coming on!



- I was born in Mont Ida but moved around a lot during the war. We lived in Kansas and Illinois.
- I worked for a company in Illinois famous for inventing the Baby Ruth candy bar.
- I was in the Army for eight years, including two years active duty and six years in the reserves. After that I worked in the oil fields on a driller rig.
- I have been married 61 years and have four daughters. We have lived in Garnett for most of our marriage.
- I enjoy spending time at Hidden Valley Lake, where we have property.

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

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**

RECENT EVENTS
& PHOTOS

