



CONNECTIONS

at the RESIDENTIAL LIVING CENTER

SEPTEMBER 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.



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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.

A Few Words from Tina

Tina Capeder, Director of Quality and Risk, Post-Acute Care Services



Welcome home to the Residential Living Center!

As director of quality and risk, it's my job to ensure we are following all regulatory requirements and guidance at the RLC. It's so important that our residents are cared for in a safe manner and that we provide a secure environment. We also need to make sure that family members and visitors who come through our doors and into our community are cared for in a safe manner.

We achieve this safety and security by continually reviewing and carefully following regulations and CDC guidance. But the RLC is a community and is home for our residents. With that, we must work to provide both comfort and balance, just like we expect in our own homes.

I also serve as the resident advocate and take every suggestion seriously, no matter how small it may seem. I work closely with the RLC leaders to address all feedback and find solutions. And we always welcome new ideas and suggestions.

Feedback about menu options in the past resulted in the formation of our resident-led Food Committee, which meets regularly to review and provide input regarding the menu. This is a great example of the positive change that can come from having open and ongoing communication with our residents and their family members.

Residents are encouraged to let me know of any feedback or ideas, and I encourage family members to do the same. I can be reached at **816-559-9232** or tcapeder@saintlukeskc.org.

Lastly, I want to boast about our CMS five-star rating. Our team works hard to provide high-quality, compassionate care. We review quality metrics weekly, and we meet monthly to review and make any necessary adjustments. Only the best 10% of nursing homes in each state receive a five-star rating, and we are proud to be included in this elite ranking. Open communication between our residents, their family members, and our staff helps us provide residents with a safe, loving community to call home.

I feel blessed to be a part of the RLC community and am proud of the work we do every day to make this place the wonderful home that it is for our residents and their families, visitors, and our entire care team.

Culinary Corner



Late summer in Kansas is when backyard gardens produce an overflowing abundance and neighbors leave gifts of zucchini, tomatoes, peppers, cucumbers, and other wholesome treasures at your door. The RLC has been a grateful recipient of these garden gifts, and with a delivery of fresh cucumbers, the kitchen staff whipped up a traditional cucumber salad to serve with lunch. As you can see, it was a big hit with our residents!

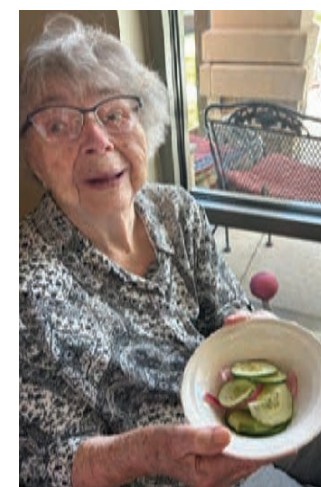
Traditional Cucumber Salad

Ingredients

- 5 large cucumbers
- 1 red onion
- 1 cup apple cider vinegar
- ½ cup sugar
- ½ cup water
- 1 teaspoon salt

Directions

1. Thinly slice cucumbers and onion. Place in a large bowl and set aside.
2. In a separate bowl, combine vinegar, sugar, water, and salt. Wisk until sugar is completely dissolved. Pour vinegar mixture over cucumbers and onions and toss to coat.
3. Refrigerate for at least 20 minutes. Drain liquid before serving.



The color of the red onion really makes a beautiful summer salad, but a white or Vidalia onion can also be used. White vinegar, red wine vinegar, or rice vinegar can be substituted for the apple cider vinegar, depending on taste. The salad is also nice with some fresh-ground black pepper.

Get creative and toss in some cherry tomatoes, sliced green or red pepper, or fresh herbs for added color and flavor.

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 (breakfast, lunch, or dinner) include one entrée, three sides, dessert, and a drink. The price, effective September 1, 2023, is \$8. 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.

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 may again be required.



Activities are subject to change.

September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
					<p>1</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bake Pumpkin Pie 2 p.m. Drive in the Country</p>	<p>2</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities</p>
<p>3</p> <p>3:15 p.m. Church Service Hope Anthem</p>	<p>Labor Day 4</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Handworking Club 2 p.m. Karaoke Richard</p>	<p>5</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Uno 2:30 p.m. Stained Glass Leaves Beauty Shop</p>	<p>6</p> <p>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</p>	<p> 7</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Shopping 7:20 p.m. Chiefs v. Lions</p>	<p>8</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bake Apple Pie 2:30 p.m. Fishing Trip</p>	<p>9</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities</p>
<p>Grandparents Day 10</p> <p>3:15 p.m. Church Service Beacon of Truth</p>	<p>9/11 Remembrance Day 11</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Manicures 2:30 p.m. Bobbing for Apples</p>	<p>12</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Wheel of Fortune 2:30 p.m. Fall Wreaths Beauty Shop</p>	<p>13</p> <p>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</p>	<p>14</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Movie</p>	<p>Rosh Hashanah Begins 15</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Apple Cider Doughnuts 7 p.m. Football: ACHS v. Santa Fe Trail</p>	<p>16</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities</p>
<p> 17</p> <p>12 p.m. Chiefs v. Jaguars 3:15 p.m. Church Service Holy Angels Catholic Church</p>	<p>18</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Price Is Right 2 p.m. Karaoke Richard</p>	<p>19</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Family Feud 2:30 p.m. Leaf Lanterns Beauty Shop</p>	<p>20</p> <p>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</p>	<p>21</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Shopping</p>	<p>22</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Trail Mix Activity 2:30 p.m. Cornhole</p>	<p>Autumn Equinox 23</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities</p>
<p> 24</p> <p>3:15 p.m. Church Service First Baptist Church 3:25 p.m. Chiefs v. Bears</p>	<p>National Quesadilla Day 25</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Manicures 2:30 p.m. Book Club</p>	<p>26</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Penny Ante 2:30 p.m. Paint 'n Sip Beauty Shop</p>	<p>27</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Sequences 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh</p>	<p>28</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Movie</p>	<p>29</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Bake Pumpkin Bread 2:30 p.m. Outdoor Walk</p>	<p>30</p> <p>9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities</p>



Activities with Abby Abigail Kellerman, Activity Coordinator



In August, we enjoyed mostly indoor activities, making flower arrangements and having an ice cream social, spa days, and

a movie on the big screen. We also had a great time hosting family and friends for bingo night with snacks and fun prizes. If you couldn't make it, we will be planning another bingo night sometime soon!

Come September, summer activities have ended, the kids are back in school, and everyone seems to be slipping into a routine again. Here at the RLC, we've been soaking up the beautiful weather and using this time to explore the outdoors, experience new things, and make wonderful memories with friends.

And with the cooler temperatures, comes football. We're looking forward to "Friday Night Lights" with a field trip to support the Anderson County High School Bulldogs at their game against Santa Fe Trail. We'll also cheer on the Kansas City Chiefs on the big screen.

We're perfecting our baking skills this month, making a delicious pie or other treat each Friday. We'll also craft some beautiful fall décor. We'll top off the month with our annual fishing trip. It doesn't get any better than that!

Health & Wellness: Fall Prevention

Samuel Wilcox, MD, Medical Director, Residential Living Center

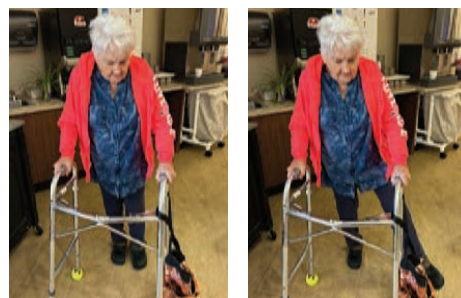


September 18 through 22—the last week of summer—is **Fall Prevention Week**. The goal is not to hold off autumn—it's to keep our loved ones safe and upright.

The United States Preventive Services Task Force (USPSTF) recommends screening people 65 years and older for fall risk. Risk factors for

falls include having a fall in the last year, difficulty with balance or walking, or dizziness on standing.

Falls can be prevented by changing the environment, use of assistive devices (e.g., canes or walkers), or strengthening the body through activity or exercise. The Physical Activity Guidelines for Americans recommends adults 65 and older complete at least 150 minutes of moderate activity each week, two days of strength training, and balance activities (including walking heel-to-toe, backwards, and sideways, or dancing).



You should also prepare a safe environment:

- Ensure good lighting to prevent tripping.
- Clean and clear walkways and stairs.
- Throw out the throw rugs, as these can cause tripping.
- Install slip-resistant mats, a seat, and grab bars in the shower.
- Use a seat while getting dressed.

Despite our best efforts, falls can still happen. Strong bones can help prevent injuries from falls, but bone weakening is a normal part of aging after about age 25. This accelerates after menopause and can lead to osteoporosis (a disease of abnormally weak bones). If you are diagnosed with osteoporosis (or the milder version called osteopenia), your medical provider can prescribe medications to help prevent further bone loss.

USPSTF recommends all women 65 or older and high-risk, post-menopausal women younger than 65 be screened for osteoporosis. This is done with a special X-ray of the back and hips called dual X-ray absorptiometry (DXA or DEXA).

DEXA is available at Anderson County Hospital in Garnett and Allen County Regional Hospital in Iola, so talk to your doctor to see if this bone density test is recommended for you.

Volunteer Spotlight Kelsey Riley



Art has been a part of Kelsey's life for as long as she can remember. She has dabbled in painting, photography, and other media, but it's her doodling that set her volunteerism with the RLC in motion.

Kelsey works in the kitchen at Anderson County Hospital and had become known for her creative doodles; she was invited to come to the RLC and create some of her drawings here and there for the residents to enjoy. Having obliged, she was soon asked if she would be willing to volunteer to teach a painting class.

"I painted a lot in high school," Kelsey shared, "but I had never taught a class before." Not sure what she was getting herself into, she researched ideas online and decided to give it a go. "I'm still winging it, but it's a lot of fun."

Kelsey's Paint 'n Sip classes are now scheduled monthly and typically have five to seven resident painters. She provides canvasses, paints, and brushes, and demonstrates the technique alongside her students. Kelsey provides extra guidance and encouragement when needed, and patiently waits for everyone to catch up before moving on to the next step.

"I try to convince the residents to come paint with me and to bring a friend," she said. "But there are some who still just want to watch. And that's okay too. I just remind them that you don't need any kind of painting skill or experience. It's about learning and having fun."



Kelsey comes up with ideas for each session's painting based on the season or holiday, but always asks the residents for input on what they'd like to paint. It was the group who decided to paint a flag in July.



What has surprised Kelsey the most is the natural talent and ability that's been discovered. "Some residents are hesitant to get started, but they keep working and the finished paintings turn out great," Kelsey said. "I can see how proud they are when they realize what they've accomplished. And I'm proud of them too."



- I was born and raised in Lincolnville, Kansas. I attended Emporia State University to become a teacher and taught at the Catholic elementary school in Greeley for many years.
- I was married for 25 years. My husband and I took 17 bus trips together and explored different parts of the U.S.
- I enjoy reading and taking walks outside, and I have a love for animals.
- I never had children, but we always had either a cat or a dog and gave them human names because they were our babies.
- My family owned a grocery store for more than 100 years. It was passed down through four generations before it closed.

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

If you are interested in hosting a small group for a daytime outing or have a talent or hobby you'd like to share, we'd love to hear from you! Please contact Abby at **785-204-4031** or **akellerman@saintlukeskc.org**.



**RLC
Review**

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**RECENT EVENTS
& PHOTOS**

