

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

NOVEMBER 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**
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Garnett, KS 66032

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A Few Words from Samantha

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



Thanksgiving is a time for family, good friends, and, of course, food!

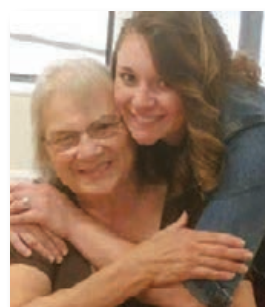
Growing up, my family would gather at my grandma's house for Thanksgiving to spend time together and share a meal. Our lives were usually so busy that we didn't see each other much except on special occasions, so holidays were always very special to me. Grandma would roast a turkey, and each family would bring a different and delicious side dish to share. Our big, potluck-style holiday dinners hold so many good memories for me.

My grandma has since passed away and this family tradition has faded, so it's up to me to carry on her spirit and create a new and wonderful Thanksgiving tradition for my family.

I now host Thanksgiving at my house each year. It's a lot of work, but it's so fun to use my grandma's recipes and prepare the same dishes she used to make. Any time I'm cooking or baking, I can feel her presence and love all around me. My children have even started helping in the kitchen, and I can help them to know their great-grandma through this special time we spend together.

When we sit down for our Thanksgiving meal together this year, before we can eat, everyone will share one thing they are thankful for. This is our family tradition, and in it, I find a sense of purpose and peace.

Throughout our lives, there are special friends and family members who have supported and encouraged us along the way. While the people in our lives change over the years, we can be thankful for the time spent with loved ones and for opportunities to invest in our current relationships, old and new. This holiday season, I encourage you to pull out a favorite family recipe, or start a new tradition of your own. But most of all, take a moment and think of the special people in your life and all the good things you have to be thankful for today.



Culinary Corner



On a brisk day, there's nothing more soothing than simmering chopped vegetables over a warm stove. This butternut squash soup is creamy and nourishing, perfect for satisfying cozy fall cravings. With only 11 ingredients, it's easy to make and full of flavor. Butternut squash provides an excellent source of vitamin C and fiber. For an even healthier soup, omit the heavy whipping cream.

Butternut Squash Soup

Ingredients

| | |
|--------------------------------------|-----------------------------------|
| 1 large butternut squash | 1 teaspoon garlic powder |
| 1 large yellow onion | 1 teaspoon salt (or to taste) |
| 3 large carrots | 1/8 teaspoon pepper (or to taste) |
| 1 tablespoon rosemary leaves (dried) | 1/8 teaspoon cayenne pepper |
| 1 tablespoon thyme leaves (dried) | 32-oz. carton vegetable broth |
| | 1/2 cup heavy whipping cream |

Directions

1. Preheat oven to 350° F. Prepare a baking sheet with nonstick cooking spray.
2. Peel and dice squash, onion, and carrots. Place vegetables on a prepared baking sheet and season with rosemary, thyme, garlic powder, salt, pepper, and cayenne pepper. Place in the oven to roast for 60 to 75 minutes or until tender.
3. Add roasted vegetables and broth to a large pot. Use an electric immersion blender to blend soup until smooth. Allow to simmer for 15 to 20 minutes.
4. Remove from heat and mix in heavy whipping cream. Serve and enjoy.

We invite our residents' friends and family members to join us during mealtimes. Guests may bring in meals from outside, purchase a meal from the RLC kitchen, or purchase items à la carte from the Anderson County Hospital café. 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**.

Handworking Club



The Handworking Club at the RLC is sure to keep you in stitches.

Sewing was a necessity in the lives of many of our residents, whether they were stitching up

new clothing for growing children or mending overalls to make them last another year. But hand stitching can also be therapeutic, exercising hands and providing an outlet for artistic expression.

Members of the RLC Handworking Club gather monthly to chat and stitch, each bringing their own project to work on or selecting supplies to start something new. Members work on simple projects, mostly embroidery, crochet, loom knitting, or sewing cards.

"We encourage each other to pick up an old hobby or even to learn a new skill," said Sharon B., RLC resident and founding member. "It's fun to see what projects others are working on and reminisce about the good old days."

The Handworking Club is seeking volunteers to work with members, providing instructions, demonstrations, and one-on-one assistance with completing simple yarn or needlework projects.

If you're interested, please contact Abby at **785-204-4031** or akellerman@saintlukeskc.org.



November 2023

Activities are subject to change.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|--|---|--|
|  |  |  | 1 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 | 2 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Go for a Walk | 3 9:45 a.m. Group Exercise 10:30 a.m. Wheel of Fortune 2:30 p.m. Drive in the Country | 4 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities |
|  5 8:30 a.m. Chiefs v. Dolphins (in Germany) 3:15 p.m. Church Service Hope Anthem Daylight Saving Time Ends | 6 9:45 a.m. Group Exercise 10:30 a.m. Handworking Club 2 p.m. Karaoke Richard | 7 9:45 a.m. Group Exercise 10:30 a.m. Bake Cookies 2:30 p.m. Decorate for Thanksgiving Beauty Shop | 8 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 | 9 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Dairy Queen | Veterans Day—Federal Observance 10 9:45 a.m. Group Exercise 10:30 a.m. Family Feud 2:30 p.m. Painting | Veterans Day 11 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities |
| 12 3:15 p.m. Church Service Beacon of Truth | 13 9:45 a.m. Group Exercise 10:30 a.m. Manicures 2:30 p.m. Shopping | 14 9:45 a.m. Group Exercise 10:30 a.m. Bake Bread 2:30 p.m. Cornhole Beauty Shop | 15 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 | 16 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Movie | 17 9:45 a.m. Group Exercise 10:30 a.m. Uno 2:30 p.m. Blue Hat Club | 18 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities |
| 3:15 p.m. Church Service Holy Angels Catholic Church |  20 9:45 a.m. Group Exercise 10:30 a.m. Manicures 2 p.m. Karaoke Richard 7:15 p.m. Chiefs v. Eagles | 21 9:45 a.m. Group Exercise 10:30 a.m. Bake Cake 2:30 p.m. Penny Ante Beauty Shop | 22 9:45 a.m. Group Exercise 10:30 a.m. Take Out Turkey 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh | Thanksgiving 23 9 a.m. Thanksgiving Parade on TV 9:45 a.m. Group Exercise 2:30 p.m. Thanksgiving Party | 24 9:45 a.m. Group Exercise 10:30 a.m. Card Bingo 2:30 p.m. Men's Mugs & Muffins | 25 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities |
|  26 3:15 p.m. Church Service First Baptist Church 3:25 p.m. Chiefs v. Raiders | 27 9:45 a.m. Group Exercise 10:30 a.m. Book Club 2:30 p.m. Shopping | 28 9:45 a.m. Group Exercise 10:30 a.m. Bake Cookies 2:30 p.m. Go for a Walk Beauty Shop | 29 9:45 a.m. Group Exercise 10:30 a.m. Tic-tac-toe Tournament 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh | 30 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Apple Cider Party |  | |



Stay ACTIVE

Activities with Abby Abigail Kellerman, Activity Coordinator



Last month was filled with yummy fall foods, fresh air, and friends. We baked a different delicious pie each week. We spent time in

the garden, planted fall mums, put out pumpkins, took a drive in the country, and even visited the annual Flywheelers Gas Engine & Tractor Show here in Garnett. We hosted another Family Bingo Night and enjoyed visiting with the family and friends who joined us. We finished the month celebrating Halloween with a movie marathon and Halloween party. We especially enjoyed the trick-or-treaters who came by to show off their creative costumes.

Throughout November, we plan to spend as much time as we can outdoors—sitting on the patio, going on outings, and soaking up autumn while it lasts. We'll continue our baking with cookies, breads, and cakes, so when Thanksgiving rolls around, there will be no shortage of delicious treats to share. We're looking forward to watching the annual Macy's Thanksgiving Day Parade. In the afternoon, we'll have a Thanksgiving celebration with our fellow residents, family, and friends.

In the spirit of Thanksgiving, join us as we pause and reflect on the wonderful things we have to be thankful for.

I'm thankful for...



With Thanksgiving just around the corner, there is a renewed focus on reasons to be thankful. Too often, as we age or experience difficult life circumstances, we can sometimes lose sight of the things we have to be grateful

for. It's nice to have a reminder of the things we *can* be thankful for, no matter how big or how small. It's amazing how a little hope and appreciation can instantly lift your spirits, brighten your mood, and help you live a more fulfilled life.

We asked our residents to share one thing that they are thankful for this year. Here are the wonderful things they had to say.

- I'm thankful for my children.*—Michiko N.
- I'm thankful for Sharon.*—Gene S.
- I'm thankful for ice cream!*—Dionysius L.
(Aren't we all, Dionysius? Aren't we all!)
- I'm thankful for my good friends.*—Darlene S.
- I'm thankful to live in America.*—Norma N.
- I'm thankful to be able to live here at the RLC.*—Aloma F.
- I'm thankful to have my good health.*—Martin H.
- I'm thankful for all the friendly faces around here!*—John P.
- I'm thankful to have my siblings.*—Eddie L.
- I'm thankful for this home we live in.*—Carol H.
- I'm thankful for my family and friends.*—Wanda Y.
- I'm thankful for my car.*—Tom D.
- I'm thankful to be living in the USA.*—Jodie M.
- I'm thankful for our big patio.*—Sherryl R.
- I'm thankful to have my family and my supportive daughter.*—Sharon B.
- I'm thankful to have good company here.*—Howard T.
- I'm thankful for my good health.*—Dick D.
- I'm thankful for my family.*—Joan H., Betty R., Sonny W., Bonnie R., Arlene B., Delma M., and Luella G.

RLC Resident Reveal

The mystery resident from our October 2023 Connections is Tom Dieker!



Tom was born on a farm near Westphalia, Kansas. He lived in the same house from the age of 6 months, growing up on the farm, and, later, raising his own family there. Tom ("Tommy" back then) attended school in Westphalia, graduating in 1958. While in high school, he drove to Lawrence with friends to watch a KU basketball game. That was in 1957, when the legendary Wilt Chamberlin played for the Jayhawks. Tom has been an avid KU basketball fan ever since.

It was also in high school that Tom began dating his sweetheart, Donna. Tom and Donna married on July 4, 1960, and were blessed with five children—two boys and three girls. The family has grown over the past 63 years and now includes 10 grandchildren, four step-grandchildren, and four great-grandchildren. Tom beamed with pride when he shared the news of 15-month-old great-granddaughter, Tomi, who is named after him.

After high school, Tom attended Emporia State University, but after one semester, he followed his heart and returned to the family farm. They raised Limousin cattle, planted a variety of crops, and kept swine and chickens for a time. Tom farmed until seven years ago, when his son Doug took over operations of the 1,400-acre farm. His other son, Jeff, helps with farm chores and takes Tom for weekly drives so he can check on things and watch the combines in action.

When asked if anything exciting ever happened on the farm, Tom said, "Well, we got held up in an armed robbery one time." It was Oct. 17, 1977, when Tom and Donna walked into the bank in Blue Mound. They wanted to borrow money to purchase more land, and were in a back office when the robber came into the bank. He held them at gunpoint and gathered the employees and customers into the bank's vault. He then said, "God bless you," before pulling the vault door shut.

Luckily, no one was harmed. It was also lucky that the vault door did not quite latch. They waited a few minutes and were able to easily escape and call for help. During an interview with the FBI, Tom told the agent that it was just a little gun. The agent replied, "A little gun can kill you just as dead as a big gun."

The robber got away with around \$17,000 that day. Tom said that he and Donna "left with a lot more," as they were approved for the loan. The experience has always stuck with Tom and he's thankful that things turned out the way that they did.

Tom continues to be thankful for the many blessings throughout his life and for the love and support that he receives from his family every day.



- I was born and raised on a farm in Woodson county. I attended Yates Center schools for the majority of my school years, but graduated from high school in Burlington.
- After high school, I moved to Texas, where I found my love for horses. I trained horses for about 10 years and think they are the most beautiful creatures.
- I moved back to Burlington, where I worked as an appraiser and raised my two wonderful children, a boy and a girl.
- I visited my son when he was stationed in Germany with the U.S. Air Force. Germany is the most beautiful place I have ever traveled.
- I enjoy watching NCIS. Special Agent Gibbs is my favorite character.

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

RECENT EVENTS
& PHOTOS

