

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

DECEMBER 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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Residential Living Center**
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A Few Words from Jeremy

Jeremy Armstrong, Administrator, Anderson County Hospital and Allen County Regional Hospital



The Residential Living Center (RLC) has experienced many changes over the past 12 months, but just as one door closes, another door always seems to open. These changes have ushered in several new team members who bring energy, enthusiasm, and expertise as we continue our work to provide the highest quality, resident-centered care in the region.

Most recently, I'm pleased to welcome Samantha Young, RN, as the new director of nursing for the RLC. Samantha joined us this past June as the assistant director of nursing, and since July has served as the interim nursing director. During that time, she demonstrated an ambition to learn and has done a fantastic job. It's clear that Samantha always considers what is in the best interest of our residents and their families, and I look forward to seeing her continued good work. We still have some work to do to fill the now-open assistant director of nursing position, but we're optimistic and hope to have a new assistant in place soon.

As you may have heard, the RLC has received a 5-star quality rating from the Centers for Medicare and Medicaid Services (CMS), placing our community in the top 10% of long-term care communities in the entire state of Kansas. Additionally, the most recent annual survey reported zero deficiencies. I couldn't be more proud of these results and of our hard-working team members who put their hearts into everything they do to care for our residents. We truly have an outstanding community, and I can't wait to see all of the good things to come in the New Year.

As we find ourselves busy with holiday commitments, remember the greatest gift is simply to spend time with those we love. Friends and family are always welcome to visit and share a meal or join in an activity. I hope you will feel right at home with us throughout the holidays and always.

—Jeremy



Culinary Corner



This recipe for eggnog cookies was shared by Elizabeth Kirkland, one of our fabulous cooks. Growing up, Elizabeth would make these cookies with her mother and sister every year around Christmas time, and the family enjoyed them as part of their Christmas dinner. Now, she enjoys making these cookies with her son and sharing them with her extended family here at the RLC.

Eggnog Cookies

Ingredients

½ cup oleo	¼ tsp. nutmeg
1 cup sugar	Chocolate chips (optional)
1 cup eggnog	Chopped nuts (optional)
1 tsp. almond extract	Maraschino cherries (drained)
3 cups flour	Colored sugar
1 tsp. baking soda	

Directions

1. Preheat oven to 350° F.
2. In a large bowl, cream together oleo and sugar. Add the eggnog and extract until well combined.
3. In a small bowl, stir together the flour, baking soda, and nutmeg.
4. Slowly beat the dry ingredients in the butter mixture until fully incorporated. Fold in chocolate chips and/or nuts (optional).
5. Use a cookie scoop to portion out the dough onto a cookie sheet and press a maraschino cherry into the center of each dough ball. Sprinkle with colored sugar.
6. Bake for 8-10 minutes, until just lightly golden brown on the edges.

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**.

Favorite Gifts

RLC residents recall treasured Christmas gifts and memories:

My favorite gift was new painting supplies.—Nancy S.

I got a new pair of overalls.—Gene S.

I liked to play with my bow and arrow.—Dionysius L.

I got a new bicycle one year.—Darline S.

I remember a cute pair of pajamas.—Norma N.

My favorite gift was a stuffed horse.—Aloma F.

I got a Panasonic transmitter radio that I could listen to.—Eddie L.

I loved the toy horse I got for Christmas.—Carol H.

I remember getting a stuffed kitty cat.—Delma M.

One year I got a new baby doll.—Wanda Y.

It was fun with all my family being around.—Martin H.

I got a new gold necklace.—Tom D.

My favorite gift was a doll.—Joan H.

I got a bicycle for Christmas.—Betty R.

My favorite present was a dressed-up stuffed puppy.—Sherryl R.

I got a life-sized toddler doll.—Sharon B.

My favorite gift is a book of my life.—Arlene B.

I got a tablet for Christmas.—Sonny W.

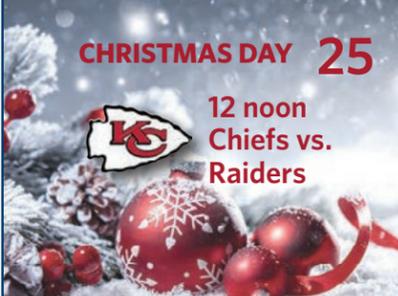
I remember getting a baby doll.—Jodie M.

My favorite gift was money because I could buy whatever I wanted.—Michiko N.

I remember all of my family being together for Christmas.—Luella G.

December 2023

Activities are subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:45 a.m. Group Exercise 10:30 a.m. Manicures 2:30 p.m. Hang Your Stockings	2 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
 3 3:15 p.m. Church Service First Methodist Church 7:20 p.m. Chiefs vs. Packers	4 9:45 a.m. Group Exercise 10:30 a.m. Card Bingo 2 p.m. Karaoke Richard	5 9:45 a.m. Group Exercise 10:30 a.m. Family Feud 2:30 p.m. Pompom Christmas Tree Beauty Shop	6 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	Pearl Harbor Remembrance Day 7 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Christmas Movie	Hanukkah Begins 8 9:45 a.m. Group Exercise 10:30 a.m. Handworking Club 2:30 p.m. Hot Chocolate Bar	9 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
 10 3:15 p.m. Church Service Trinity Baptist Church 3:25 p.m. Chiefs vs. Bills	11 9:45 a.m. Group Exercise 10:30 a.m. Penny Ante 2:30 p.m. Shopping	12 9:45 a.m. Group Exercise 10:30 a.m. Wheel of Fortune 2:30 p.m. Cheerio Christmas Tree Beauty Shop	13 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	14 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Christmas Movie	15 9:45 a.m. Group Exercise 10:30 a.m. Manicures 2:30 p.m. Christmas Cookies	16 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
17 3:15 p.m. Church Service Church of the Nazarene	 18 9:45 a.m. Group Exercise 10:30 a.m. Christmas Trivia 2 p.m. Karaoke Richard 7:15 p.m. Chiefs vs. Patriots	19 9:45 a.m. Group Exercise 10:30 a.m. Christmas Carols 2:30 p.m. Wreath Craft Beauty Shop	20 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	Winter Solstice 21 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Christmas Party	22 9:45 a.m. Group Exercise 10:30 a.m. Uno 2:30 p.m. Wrap Presents	23 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
Christmas Eve 24 3:15 p.m. Church Service First Christian  New Year's Eve 31 3:15 p.m. Church Service Mont Ida Church 3:25 p.m. Chiefs vs. Bengals	 CHRISTMAS DAY 25 12 noon Chiefs vs. Raiders	Kwanzaa Begins 26 9:45 a.m. Group Exercise 10:30 a.m. Price Is Right 2:30 p.m. Indoor Snow Play Beauty Shop	27 9:45 a.m. Group Exercise 10:30 a.m. Blink 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh	28 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2:30 p.m. Christmas Movie	29 9:45 a.m. Group Exercise 10:30 a.m. Manicures 2:30 p.m. Eggnog Party	30 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities



Activities with Abby

Abigail Kellerman, Activity Coordinator



We had a delightful November, with full tummies and thankful hearts! We used some favorite family recipes to bake a variety of cookies, breads, and cakes.

These baking activities have brought back some great memories of time spent in the kitchen with the ones we love most, and everyone enjoys the tasting. We took a drive through the countryside to see the colorful fall leaves and even ventured out to the local Dairy Queen for tasty ice cream treats. During Thanksgiving week, we enjoyed visits with friends and family, gathered to watch the Macy's Thanksgiving Day Parade, and enjoyed a delicious Thanksgiving meal together. We found that we all have a lot to be thankful for.

December is going to be full of holiday spirit, and we can't wait to decorate! We'll be crafting jolly Christmas wreaths and trees and making snowflakes. Each week we'll watch a different holiday movie that boosts our spirits and warms our hearts. Eggnog parties, Christmas carol singing, and indoor snow play are on the calendar. Our Christmas party is scheduled for Dec. 21, and we hope to have a very special guest. We've all been very, very good this year!

Wishing you a safe and blissful holiday season and a happy New Year.

Health & Wellness: Handwashing Awareness

Samuel Wilcox, MD, Medical Director, Residential Living Center



The holiday season is a wonderful time to catch up with family and friends; unfortunately, it is a popular time to catch an illness as well. Every year we see increases in flu and COVID spread after the holidays. A terrific way to help prevent the spread of disease is simple handwashing.

National Handwashing Awareness Week is December 5-11.

Handwashing has been shown to significantly reduce the spread of respiratory and digestive diseases. Wash hands with soap and warm or hot water after using the restroom and before and after eating. There are a few infections that require soap and water, but for most, including COVID and flu, alcohol based sanitizers work well, too.

We all know that when washing, it's important to wet our hands, apply soap, lather, scrub, rinse, and dry. The key is how long you scrub. The Centers for Disease Control and Prevention (CDC) recommends scrubbing for **20 seconds** for either soap or sanitizer.



It can be difficult to gauge 20 seconds, so here are a few popular songs you can sing while washing to help make sure you are scrubbing long enough.

- two rounds of "Happy Birthday"
- the "A-B-C Song"
- the chorus of "The Gambler" by Kenny Rogers
- the chorus of "Sweet Caroline" by Neil Diamond
- the chorus of "Jolene" by Dolly Parton

Enjoy the holidays and take 20 seconds to wash your hands to help spare yourself and those around you from getting ill.

Happy Holidays!
Dr. Wilcox



RLC Resident Reveal

The mystery resident from our November 2023 Connections is Jodie Mahoney!



Jodie (Mulsow) Mahoney grew up on a farm in Woodson County, just outside Yates Center. The family raised animals, including pigs, cattle, goats, dogs, and horses. As the oldest of three girls, Jodie was expected, from a young age, to help care for the animals. "The horses were my favorite thing about growing up on the farm," shared Jodie. "I would help brush and feed and do everything to take care of them."

Jodie learned young how to control the horses and spent many hours helping drive cattle with her dad and uncles. As she got older, she used these skills to break horses, training them how to wear a saddle, handle a rider, and be useful on the farm.

Jodie recalled three special horses: Ginger, a bay horse and the one Jodie rode most often; Trigger, a gaited horse; and Blaze, a wild Montana bronc. "Blaze bucked herself out of two happy homes before coming to our farm," said Jodie. "She bucked my dad off once. He landed on his head and spent some time in the hospital. I couldn't keep her tame, but I could stay on her."

Jodie mostly attended schools in Yates Center, but graduated from Burlington High School in 1964. She married and moved to Texas for her husband's work. Her family grew in Texas, adding two children before a move back to Kansas. Back home, Jodie worked as a clerk for Duckwall's variety store in Burlington. She is also experienced as a personal property appraiser. "It was a lot of paperwork but it was a good job at the time."

Jodie had the opportunity to visit Germany when her son, Chris, was stationed there with the Air Force. "My mother-in-law found out that my mother was going," says Jodie, "so she wanted to go too. It was a lot of work keeping up with those two." Jodie said Germany is the most beautiful place she ever traveled.

Chris now lives in Texas, but daughter Marlas is close by and visits often. "Marlas has a little dog named Sutton, but we call him Suttu. I really like it when she brings him to visit me."

Jodie enjoys watching television, especially crime shows. Her favorite show is *NCIS*. "Sometimes the characters are cute, like Agent Gibbs," she says with a grin. She also brags on her grandson, a detective in Texas.

Jodie was a resident at Sunset Manor in Waverly before moving to the Residential Living Center almost a year ago. She likes to go on country van rides and can be found crafting or playing games with Abby. She joins in the cooking activities too, but admits, "I only cook because I like the snacks!"



- I was raised in Greeley, Kansas, and lived in Ottawa most of my adult life.
- I worked inspecting oil wells and pipes for more than 30 years before I retired.
- I used to play guitar and was a member of several different bands.
- I have a cousin who also lives here at the RLC.

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

