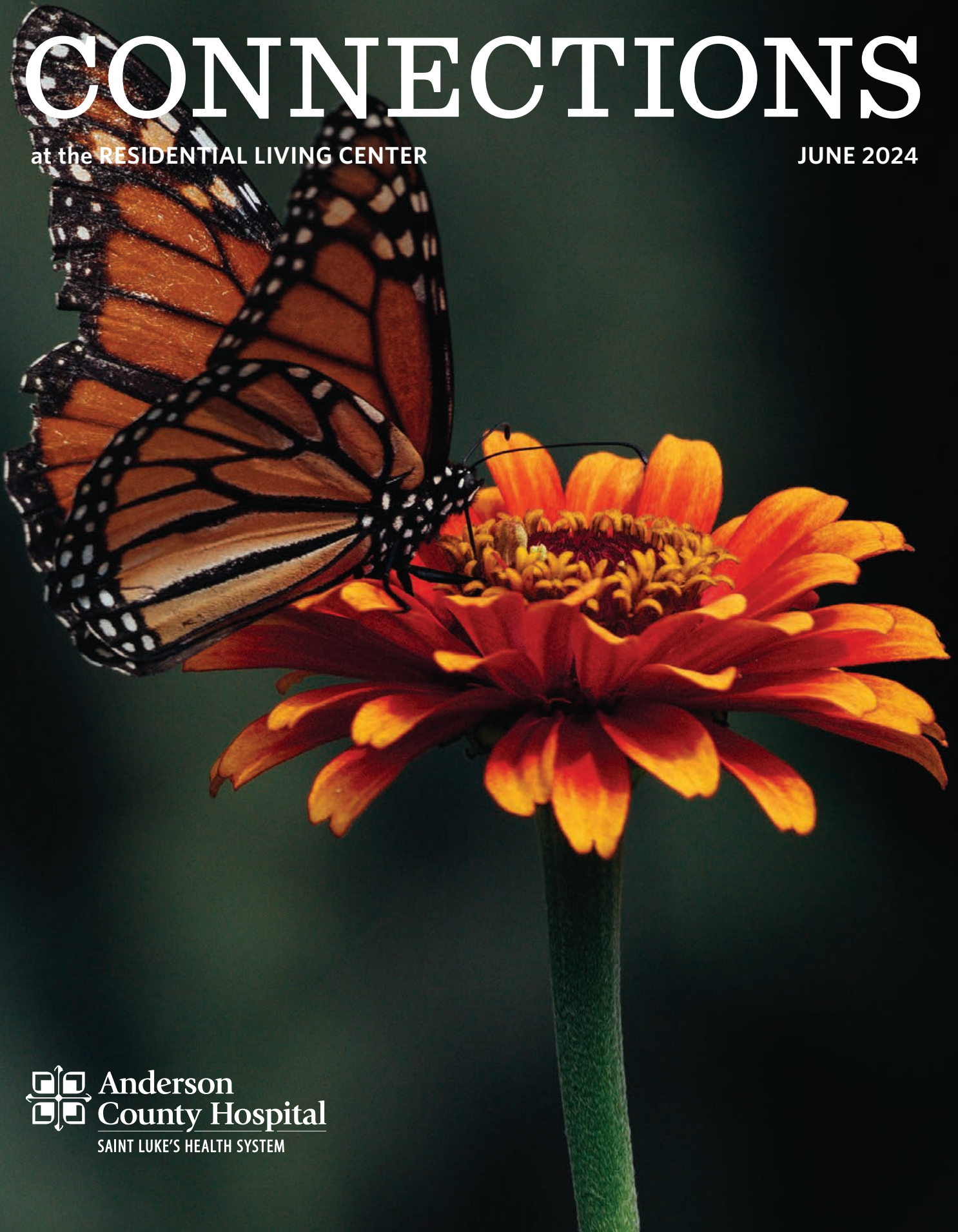


CONNECTIONS

at the RESIDENTIAL LIVING CENTER

JUNE 2024



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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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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.

Nutrition Notes

Samantha Edens, CDM, CFPP, Nutrition Services Supervisor



Our nutrition services team strives to make sure each resident's nutritional needs are met and that they have a pleasurable dining experience. To do that, we not only prepare and serve meals, but we also take the time to get to know each resident, have meaningful conversations, and find ways to add *delight* to dinner.

I always look forward to meeting with our resident-led Food Committee. All residents, family members, and staff are welcome to attend to offer comments or suggestions, or just to listen in. The committee meets monthly to review menus and help plan meals for special events and holiday celebrations. You can always find the meeting date and time on the activities calendar.

My role with the Food Committee is to ensure that we stay in compliance with dietary regulations and guidelines and follow all food safety standards. I also get to have fun researching and selecting ingredients and recipes and working with the nutrition team to prepare and serve delicious new menu items, along with our RLC family favorites.

I enjoy spending this time with the residents, talking about food, and learning about favorite meals they enjoyed growing up or that they prepared for their own families. And when I hear compliments or see residents enjoying meals with their friends and family, I feel a great sense of pride.

It truly is an honor to be a part of our amazing RLC care team. Thank you for sharing your loved ones with us, and please know that you are always welcome at our table.

—Samantha

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**.



Culinary Corner



Around Father's Day, Samantha Edens likes to gather with her family for an old-fashioned barbecue. "Smoked ribs are the main attraction," says Samantha, "and when everyone brings their own, it's almost like having a cook-off! But it doesn't really matter how the ribs are made. What's important is having the family all together, reminiscing, and listening to my dad tell stories."

Samantha likes to smoke her ribs, but we found this easy slow cooker recipe, perfect for summer when you don't want to heat up the oven. Add a bit of smoked paprika or liquid smoke for a smoky flavor.

Slow Cooker Ribs

Ingredients

½ cup white vinegar
½ cup water
2 racks pork baby back ribs or boneless country-style pork ribs (about 4 pounds)

Samantha's dry rub

¾ cup kosher salt
¾ cup brown sugar
2 tsp dry mustard
2 tsp onion powder
2 tsp garlic powder
2 tsp dried basil

Dry rub (use Samantha's dry rub recipe below or a packaged seasoning blend)

2 tsp dried ginger
1 tsp dried thyme
1 tsp black pepper
¾ tsp ground coriander
¾ tsp ground cumin

Directions

1. Combine vinegar and water; brush over ribs. Pour remaining vinegar mixture into a 6-quart slow cooker.
2. Mix together the dry rub ingredients (or use a packaged blend).
3. Sprinkle ribs generously with the seasoning blend; reserving some for later.
4. Cut the ribs into serving-sized pieces and transfer to the slow cooker. Cook on low until tender, 5 - 6 hours.
5. Remove ribs and skim fat from cooking juices. Using a clean brush, brush ribs generously with skimmed cooking juices; sprinkle with reserved seasoning mixture and serve with your favorite sauce.

Being a Dad

A great way to celebrate all our special dads is to tap into some warm, fond memories, so we asked our residents—and a few others too—to tell us what their favorite thing is about being a dad (or granddad).

"My favorite thing has been watching my kids grow." —Sonny W., resident

"I enjoy hearing about my daughter's accomplishments. I am so proud of her." —Patrick L., resident



"My favorite thing is taking my children camping and barbecuing their favorite meals."

—Marty S.,
housekeeping technician

"My favorite thing was teaching them to fish." —Martin H., resident

"My favorite thing is seeing their smiles and watching them succeed." —Joshua F., RN, RLC volunteer

"My favorite thing has been watching my children and grandchildren succeed in life. I'm very proud." —Tom D., resident

"When I get home after work, my son gets so excited and runs into my arms. It's the best." —Dr. Samuel Wilcox, RLC Medical Director

"My favorite thing is just being their dad." —Dionysius L., resident

Happy Father's Day!



Activities are subject to change.

June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2 3:15 p.m. Church Service Trinity Baptist	3 9:45 a.m. Group Exercise 10:30 a.m. Card Bingo 2 p.m. Karaoke Richard	4 9:45 a.m. Group Exercise 10:30 a.m. Manicures 2:30 p.m. Fishing Trip Beauty Shop	5 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	6 9:45 a.m. Group Exercise 10:30 a.m. Take a Walk 2:30 p.m. Craft	7 9:45 a.m. Group Exercise 10:30 a.m. Garden Club 2:30 p.m. Bingo	1 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
NATIONAL CNA WEEK (JUNE 13-19)						
9 3:15 p.m. Church Service Church of the Nazarene	10 9:45 a.m. Group Exercise 10:30 a.m. Horseshoes 2:30 p.m. CNA Obstacle Course	11 9:45 a.m. Group Exercise 10:30 a.m. Basketball 2:30 p.m. Thank You CNA Party Beauty Shop	12 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	13 9:45 a.m. Group Exercise 10:30 a.m. Library 2:30 p.m. Guess the CNA	Flag Day 14 9:45 a.m. Group Exercise 10:30 a.m. Father's Day Coffee 2:30 p.m. Bingo	15 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
Father's Day 16 3:15 p.m. Church Service First Christian Church	17 9:45 a.m. Group Exercise 10:30 a.m. Family Feud 2:30 p.m. Hawaiian Luau	18 9:45 a.m. Group Exercise 10:30 a.m. Manicures 2:30 p.m. Movie Beauty Shop	Juneteenth 19 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	20 9:45 a.m. Group Exercise 10:30 a.m. Dutch Country Cafe 2:30 p.m. Carnival	21 9:45 a.m. Group Exercise 10:30 a.m. Van Ride 2:30 p.m. Bingo	22 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
23 3:15 p.m. Church Service Mont Ida	24 9:45 a.m. Group Exercise 10:30 a.m. Picnic 2:30 p.m. Yard Games	25 9:45 a.m. Group Exercise 10:30 a.m. Bowling 2:30 p.m. Root Beer Floats Beauty Shop	26 9:45 a.m. Group Exercise 10:30 a.m. Book Club 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh	27 9:45 a.m. Group Exercise 10:30 a.m. Penny Ante 2:30 p.m. Ladies' Tea	28 9:45 a.m. Group Exercise 10:30 a.m. Spa Day 2:30 p.m. Bingo	29 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
30 3:15 p.m. Church Service Hope Anthem						



Activities with Abby

Abigail Kellerman, Activity Coordinator



May was filled with fun and lots of celebrations. We kicked off the month with our Cinco de Mayo party, celebrated our wonderful nurses during Nurses Week, and involved everyone in

special activities throughout National Skilled Nursing Care Week. With all the celebrations, our favorite surprise was the furry friends who came to visit, and we hope they come back.

June will be another busy month as we look forward to celebrating our kind, hard-working CNAs during National CNA Week (June 13 - 19). We'll also be dining out and taking scenic drives through the countryside, then we'll ease into summer with a Hawaiian luau!

Be sure and check out our Facebook page to keep up on all our summer adventures.

—Abby

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**.

Let's Talk About Men's Health

Samuel Wilcox, MD, Medical Director, Residential Living Center



See if you can guess this disease by its statistics:

- Affects ~70% of men over 70 years old and 30% of men over 50 years old
- Diagnosed in ~1 in 8 men over their lifetime
- The cause of 35,000 deaths of men in the U.S. each year

Did you recognize this disease as prostate cancer and have you considered prostate cancer screening? We typically screen for diseases that are common, dangerous, and have treatments.

However, prostate cancer screening recommendations are unfortunately unclear. For prostate cancer, the recommendation from the United States Preventive Services Task Force (USPSFT) is that men aged 55-69 discuss screening with their provider and make an individual decision about whether to be screened.

How is prostate cancer identified and treated? The most common test for prostate cancer screening is a blood test called prostate specific antigen (PSA). If the PSA is found to be elevated, men are referred to a urologist to consider a biopsy. If prostate cancer is found, they may recommend treatment with surgery, medication, and/or radiation.

If prostate cancer is common and treatable, why then is screening not more strongly recommended? Studies have shown that screening only results in a slight benefit in reducing deaths and has no clear benefit in quality-adjusted life years. Because most prostate cancers grow slowly, it is commonly said that "men are more likely to die *with* prostate cancer than *from* prostate cancer." Unless the cancer has already spread to other parts of the body, about 99% of men with prostate cancer will survive another five years. This high survival rate, combined with the side effects of treatment, make screening recommendations difficult and are best individualized.

What factors increase risk of prostate cancer? Factors that increase your risk of prostate cancer include Black ethnicity and a family history of either BRCA (a breast cancer gene) or prostate cancer diagnosis before age 65. For men with urinary symptoms such as hesitancy, urgency, dribbling, multiple night-time awakenings, blood in urine, or incomplete emptying, a PSA may be part of the necessary blood work.

The topic of prostate screening is complex. Whether you are an average-risk man aged 55-69, a younger man with risk factors, or having symptoms, I recommend scheduling an annual physical exam with your provider and discussing your prostate health.

Statistics from the CDC, American Cancer Society, and "Prevalence of incidental prostate cancer: A systematic review of autopsy studies." by Bell, et al.

RLC Resident Reveal

The mystery resident from our May 2024 Connections is Patrick Long!



Patrick Long was born and raised in St. Louis. Life circumstances caused him to bounce around a lot, but Patrick credits his resiliency to that early experience.

He enlisted in the United States Marine Corps at age 18 and served for 10 years. He spent time stationed overseas and was able to visit several foreign countries, including Japan, North Korea, and South Korea. "I especially liked Okinawa," said Patrick. "I wish I could have stayed there but it didn't work out."

When his service ended, Patrick returned to the St. Louis area, where he worked at his dad's car dealerships and got his start in restaurant management. Patrick managed several different chain restaurants in Missouri, Arkansas, and later Louisiana. "I was good at it. I liked the people," he said. "I would come in and get the crew motivated and try to make it fun, so my crew wanted to come to work."

Patrick began having issues with his eyesight in his early 30s. He endured several surgeries to address his eye disease, but treatments did not work, and he eventually became totally blind around age 50. "You don't know what you're up against until you're up against it," he said.

When the opportunity to attend a training school for the blind came up, he took it and moved to Louisiana. "Learning how to navigate life without being able to see was very difficult," he said. "They helped me learn how to get around and to function. I've had a lot of struggles throughout life but try to make the best with what I've got."

It was in Louisiana that he made some good friends who cared for him and helped him adjust. "I sort of grew into their family," Patrick smiled. "They moved to Garnett, so I moved with them."

Patrick is a big sports fan. He keeps up with his favorite team, the St. Louis Cardinals, and enjoys swimming and playing basketball. "I can shoot baskets pretty well, even though I'm blind," he said. "I can tell where the ball hits by the sound it makes, and I know how to adjust. I just need someone to help me chase the ball!"

When asked what he appreciates about the RLC, Patrick replied, "I didn't want to come here, but it's a good place for me to live. I have close friends I can still hang out with, and I have a lot of nice people here who help me out."

Juneteenth

Juneteenth commemorates June 19, 1865, when Union soldiers led by Major General Gordon Granger landed at Galveston, Texas, with news that the war had ended and that the enslaved were now free—two and a half years after President Lincoln's Emancipation Proclamation.



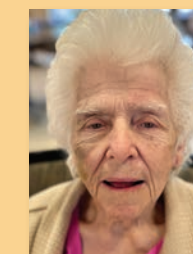
Can you use these clues to unmask the mystery resident?

- I am from Coffey County.
- I am the oldest of six siblings.
- My first cousin lives here (at the Residential Living Center).
- I enjoy quilting and have done it for many years.
- I love to stay busy; you will likely find me outside helping care for our garden.

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

Welcome to the RLC

Welcome to the newest member of our community.



Betty R.

Betty moved to the RLC from the Greeley area, where she lived on a dairy farm for many years. She enjoys playing bingo, gardening, and listening to AM radio, and has already made acquaintance with several of her new neighbors. We are so glad to have Betty as part of our community and hope she feels right at home.



**RLC
Review**

RECENT EVENTS
& PHOTOS

