

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

JULY 2024



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Contact Us

Want to learn more about 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

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Introducing a New Leader at the RLC

Marianne Smith, BS, RN, Assistant Director of Nursing



I recently joined the Residential Living Center as the new assistant director of nursing and have received such a warm welcome from residents, their families, and everyone here at Anderson County Hospital. It's only been a few short weeks and I'm already feeling right at home.

I've been with Saint Luke's for more than 15 years as a patient case manager for Saint Luke's Home Care & Hospice. I truly enjoyed my time as a home health nurse, but after losing my husband to cancer in 2020, working independently so much of the time was no longer in my best interest and I found myself searching for something more. I knew I needed to be a part of a community.

When I first visited the RLC, I immediately noticed a feeling of friendship and camaraderie between residents and staff. There was a lot of laughter, hugs, and support from staff across all hospital departments. I knew I had found my new home.

I'm learning so much every day about our residents and staff, the business side of long-term care, and all the things that make the RLC special. My key focus is welcoming new residents and their families, and I look forward to hosting our first open house event on July 9 (see *page 6 for details*).

I'm excited for the opportunity to showcase our community and share important information to help families as they begin to navigate the benefits and challenges of choosing long-term care. *If you have friends or family members who may be interested in a tour and learning more, please extend an invitation to our open house.*

On a personal note, I currently live in Ottawa and have two adult sons. My oldest son and his wife live only five blocks away, so I get to enjoy a lot of quality time with my two young granddaughters. My younger son and his girlfriend just moved to Denver. I recently returned home from a visit and look forward to many more trips to the mountains. I like to stay busy and spend my downtime paddleboarding or kayaking at the lake, in my flower garden, or playing with my granddaughters.

I'm glad to be here at the RLC and hope that I can give back as much as I receive. Please be sure to stop by and say hello next time you visit.

—Marianne

Marianne holds a bachelor's degree from Baker University and completed her nursing training through the Mary Grimes School of Nursing. She worked as a medical-surgical nurse and as a campus nurse at Ottawa University before joining Saint Luke's in 2008.

Culinary Corner



Fruit Salsa with Cinnamon Chips

Ingredients

Cinnamon Chips

10 flour tortillas (10 inch)	½ cup sugar
Cooking spray or olive oil spray	1 teaspoon cinnamon

Fruit Salsa

2 Granny Smith apples	1 pound strawberries
1 lemon	½ pound raspberries
1 cup of your favorite melon (or kiwi)	4 tablespoons raspberry preserves

Directions

Cinnamon Chips

1. Preheat oven to 350°F. Combine cinnamon and sugar. Set aside.
2. Working with three tortillas at a time, spray both sides of the tortilla and sprinkle each side lightly with cinnamon sugar.
3. Stack three tortillas and use a pizza cutter to cut tortillas into 12 wedges. Place on baking sheet and bake 8 - 11 minutes or until crisp.



Fruit Salsa

1. Zest lemon and set aside. Peel and finely chop apple. Squeeze two teaspoons lemon juice over apples and mix well to combine.
2. Finely chop strawberries and melon (or kiwi). Gently combine all ingredients. The raspberries will break apart a bit.
3. Allow to sit at room temperature at least 15 minutes before serving.

Note: This recipe is more of a sweet berry fruit salad than the typical salsa since it doesn't have savory notes like cilantro, onion, or jalapeños. It can be served as a dip or a dessert. You can add fruits to your liking, such as blueberries, pineapple, mango, or blackberries. It's the perfect light summer snack or appetizer to serve for a get-together.



Our Fourth of July Picnic

Outdoor gatherings and picnics with friends and family have been a favorite pastime for decades, especially around the Fourth of July. We asked our residents to name their most favorite food to eat at a summer picnic, and some couldn't pick just one!

Dionysius, Patrick, Martin, and Norma all prefer **hot dogs**; Norma specified *with mustard*. Betty Rees and Delma go for **hamburgers**, and Sonny wants a **cheeseburger**, while Eddie, Sharon, Tom, and Arlene know what's best and head straight for the **fried chicken**.

Arlene enjoys **corn on the cob** with her chicken. Eddie and Nancy want a side of **potato salad**. Charles prefers **pasta salad**, and Susan goes for the deviled eggs. Darline and Leona love **baked beans**.

Michiko, Joan, and Maryanne can't wait for a big bite of juicy **watermelon**, while Luella likes the crisp apples in a chilled **Watergate salad**. Betty Rockers and Wanda are spooning whipped cream on their **strawberry shortcake**.

And what about our newest neighbor Georgia? She can't decide and wants **all of it!**



Activities are subject to change.

July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:45 a.m. Group Exercise 10:30 a.m. Card Bingo 2 p.m. Karaoke Richard	2 9:45 a.m. Group Exercise 10:30 a.m. Garden Club 2:30 p.m. Bowling Beauty Shop	3 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	Independence Day 4  9:45 a.m. Group Exercise 10:30 a.m. Fourth of July Craft 12 p.m. Fourth of July Party	5 9:45 a.m. Group Exercise 10:30 a.m. Animal Therapy 2:30 p.m. Bingo	6 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
	7 3:15 p.m. Church Service Beacon of Truth	8 9:45 a.m. Group Exercise 10:30 a.m. Wheel of Fortune 2:30 p.m. Manicures	9 9:45 a.m. Group Exercise 10:30 a.m. Handworking Club 2:30 p.m. RLC Open House Beauty Shop	10 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	11 9:45 a.m. Group Exercise 10:30 a.m. Noodle Ball 2:30 p.m. Sequence	12 9:45 a.m. Group Exercise 10:30 a.m. Baking 2:30 p.m. Bingo
14 3:15 p.m. Church Service Holy Angels Catholic Church	15 9:45 a.m. Group Exercise 10:30 a.m. Family Feud 2:30 p.m. Library Visit	16 9:45 a.m. Group Exercise 10:30 a.m. Book Club 2:30 p.m. Kickball Beauty Shop	17 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	18 9:45 a.m. Group Exercise 10:30 a.m. Ping-pong 2:30 p.m. Movie	19 9:45 a.m. Group Exercise 10:30 a.m. Animal Therapy 2:30 p.m. Bingo	20 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
21 3:15 p.m. Church Service First Baptist Church	22 9:45 a.m. Group Exercise 10:30 a.m. Manicures 2:30 p.m. Walker Art Gallery Trip	23 9:45 a.m. Group Exercise 10:30 a.m. Take a Walk 2:30 p.m. Cornhole Beauty Shop	24 9:45 a.m. Group Exercise 10:30 a.m. Junk Journal Craft 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh	25 9:45 a.m. Group Exercise 10:30 a.m. Upcycling Craft 2:30 p.m. Topeka Zoo Trip	Summer Olympic Games Begin 26 9:45 a.m. Group Exercise 10:30 a.m. Baking 2:30 p.m. Bingo	27 9:45 a.m. Group Exercise 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
ANDERSON COUNTY FAIR (JULY 28-AUGUST 3)						
28 3:15 p.m. Church Service United Methodist Church	29 9:45 a.m. Group Exercise 10:30 a.m. Wordle 2:30 p.m. Shopping	30 9:45 a.m. Group Exercise 10:30 a.m. Van Ride 2:30 p.m. Horseshoes Beauty Shop	31 9:45 a.m. Group Exercise 10:30 a.m. Jeopardy 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh			



Activities with Abby

Abigail Kellerman, Activity Coordinator



July is hollyhocks and hammocks, fireworks and vacations, hot and steamy weather, cool and refreshing swims, beach picnics, and vegetables all out of the garden.—Jean Hersey

We can't wait to celebrate the Fourth of July and look forward to welcoming special guests into our home for our open house event on July 9. Throughout the month, we'll be making several fun upcycling crafts, playing lots of games, watching our garden grow, and visiting the local library and art museum. Then we'll see lions and tigers and bears (oh, my!) on our big trip to the Topeka Zoo! We couldn't squeeze it in this month but are planning another Family Bingo Night in August, so stay tuned. We hope you are enjoying these summer days like we are here at the RLC.

See you soon!

—Abby

Anderson County Fair

July 28-August 3



This year's fair theme is Stars, Stripes, and Anderson County Fair Nights.

Welcome to the RLC

Welcome to the newest member of our community.

Georgia D.

Georgia moved to the RLC from her home in Garnett. Years ago, Georgia worked as a CNA at the nursing home in the old hospital and has been impressed by our beautiful new space. She enjoys crocheting, doing word searches, and crafting, and looks forward to hearing live music at the RLC.

We're always seeking volunteers to help us provide a variety of enrichment activities for our residents. If you play an instrument or sing, we'd love for you to share your talents with Georgia and all her new friends! Contact Abby at **785-204-4031** or akellerman@saintlukeskc.org to learn more.



Join Us for an OPEN HOUSE

Tuesday, July 9 | 2:30 p.m.

Our open house is perfect for anyone who would like to learn about transitioning to long-term care and what makes our community stand out. Anderson County Hospital Auxiliary volunteers will host refreshments on the patio, followed by a community tour. Guests will also meet with members of our care team to learn about the admissions process, our dining and enrichment programs, and life at the RLC.



RSVP by July 5.
Call Samantha at **785-204-7127**.

RLC Resident Reveal

The mystery resident from our June 2024 Connections is Leona Hess!



Leona was born and raised on a farm in Coffey County and never strayed far from home. She married the boy next door (he lived a mile and a half away), and they moved to a farm just three-quarters of a mile north of her folks. It was there the couple raised a son and three daughters.

She enjoyed life on the farm for 40 years before moving just a few miles into the town of LeRoy. She lost her first husband not long after the move and later remarried. She lost her second husband in 2012 and has lived independently in LeRoy since that time. "I'm thankful I lived in town and on a busy corner," she said. "I could sit in my living room and look out the window to see a lot of things going on."

While still very active, Leona was ready for some additional assistance, providing peace of mind for her family. She moved into the Residential Living Center on April 1 where she already had one friend, first cousin Luella. The cousins are just a few years apart in age and have been friends since childhood. Luella even served as an attendant in Leona's wedding.

Leona loves to stay busy. "I am 98 years old, and before moving into RLC, I was still out tending to my garden and mowing my lawn," she said proudly.

Since her move, she's not let the grass grow under her feet! Leona has been named as the Resident Council Vice President and has taken on added responsibility for the patio garden. "I may be the weekend gardener, but I've lucked out so far," she laughed. "It's rained almost every weekend!"

In addition to gardening, Leona also has a love for quilting. She has completed more than 50 large, bed-sized quilts and has embroidered many crib-sized quilts. She quickly became acquainted with members of the RLC's Handworking Club and enjoys stitching and other crafting projects, but her favorite activity has been going on outings with Abby.

"I love to get out and drive, no matter where we go," she said. "I like to see things." She rattled off a list of recent trips to Garnett's North Lake, Moran, Iola, and Ottawa, along with a visit to the library and going out for lunch at the Dutch Country Cafe.

"My son did a lot of hard work looking for the right place for me," shared Leona. "We visited several places, but we chose the Residential Living Center. It's clean and it smells nice, and one of the things my son really liked is that it's attached to a hospital, so all the care I need is close by. I really like it here and everyone has taken such good care of me."

Leona is a ray of sunshine, and we love having her as part of our community. Thank you to Leona and her family for trusting us with your care.

Name That RESIDENT

Can you use these clues to unmask our mystery resident?

- I was born and raised on a farm in Greeley, Kansas, and lived there all my life.
- I have seven children who have kept me very busy throughout the years.
- My husband and I spent many Saturday nights at the dance hall in Paola.
- Here at the RLC, you will often find me gardening or crafting.

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



Cousins Leona (standing) and Luella have been friends since childhood and are now neighbors at the RLC.



**RLC
Review**

RECENT EVENTS
& PHOTOS

