

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

AUGUST 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.



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A Few Words from Samantha

Samantha Young, RN, Director of Nursing



August is here, and that means back to school!

I always looked forward to the first day of school when I was growing up. Like most kids, I was excited to reconnect with all my friends, but I also found the exposure to new ideas and the opportunity to learn about a variety of different subjects to be exhilarating.

That thirst to grow and expand my knowledge continues to this day.

I'm currently working to complete my bachelor's degree in nursing and have also taken on a new role with the Neosho County Community College Mary Grimes School of Nursing (Ottawa campus) that will allow the Residential Living Center to be a host site for nursing students completing their clinical rotations.

The Residential Living Center will provide a wonderful teaching environment and will help set the bar for what a long-term care community should be. The residents always enjoy seeing new faces, our own staff will benefit from the experience, and I will be proud to have a hand in educating and creating a solid foundation for these future nurses.

—Samantha

You're Invited!

Family Bingo Night
Thursday, Aug. 22
6 p.m.
Snacks and prizes

All friends and family members are welcome.

No rsvp required.



Culinary Corner



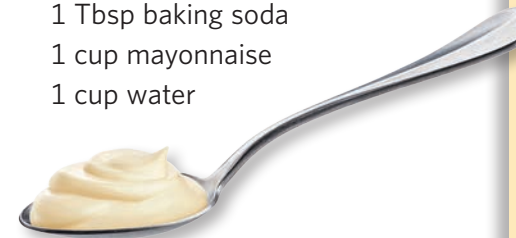
When Maryanne (see Resident Reveal, p. 7) moved to the RLC, she brought her cherished recipes with her, including this classic. She remembers finding the recipe for chocolate mayonnaise cake in the local newspaper sometime in the 1950s, and it's been a family favorite ever since.

There are many different stories as to the recipe's origin, but having an easy swap for eggs, butter, and oil surely came in handy at times. And there's also some fun to be had with the daring ingredient—mayonnaise—that continues to intrigue bakers (and tasters) alike!

Chocolate Mayonnaise Cake

Ingredients

- | | |
|----------------------|--------------------|
| 1 cup flour | 1 Tbsp baking soda |
| ¾ cup sugar | 1 cup mayonnaise |
| ¼ cup baking cocoa | 1 cup water |
| 1 Tbsp baking powder | |



Directions

1. Preheat oven to 350°F.
2. In a large bowl, combine the dry ingredients. Add the mayonnaise and water and whisk together until smooth.
3. Pour batter into a greased 9 x 13 baking pan. Bake for 20 - 25 minutes or until a toothpick inserted in the center of the cake comes out clean.
4. Let cake cool completely. Ice with French vanilla or caramel frosting.

Thanks Maryanne!



Welcome to the RLC

Welcome to the newest members of our community. We're so glad to have you and hope you feel right at home.



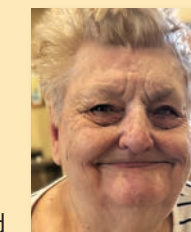
John D.

John moved to the RLC from a long-term care community in Osawatomie. He's a big hot-rod fan

who enjoys fishing and watching all kinds of movies.

Marjorie M.

Marjorie also moved from a community in Osawatomie. She enjoys crafting and recently learned to latch hook. Marjorie has joined many of the group activities and is meeting new friends the RLC.



Connie B.

Connie grew up in Bush City and moved to the RLC from an assisted living facility in Iola.

She's a big sports fan and never misses the chance to watch a Royals or Chiefs game on TV. She looks forward to gardening, baking, and joining the book club here at the RLC.

Mary L.

Mary moved from Raymore, Missouri, to be closer to her daughter, who lives in the area. She enjoys reading and looks forward to joining the book club and meeting her new neighbors.



Activities are subject to change.

August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
4	5	6	7	1	2	3
9 a.m. Devotional Group 3:15 p.m. Trinity Baptist Church Service	9 a.m. Devotional Group 10:30 a.m. Charades 2 p.m. Karaoke Richard	9 a.m. Devotional Group 10:30 a.m. Manicures 2:30 p.m. Blue Hat Club	9 a.m. Devotional Group 10:30 a.m. Resident Council 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh	9 a.m. Devotional Group 10:30 a.m. Penny Ante 2:30 p.m. Papier-mâché Lanterns	9 a.m. Devotional Group 10:30 a.m. Van Ride 2:30 p.m. Bingo	9 a.m. Devotional Group 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
11	12	13	14	8	9	10
9 a.m. Devotional Group 3:15 p.m. Church of the Nazarene Service	9 a.m. Devotional Group 10:30 a.m. Pot a Succulent 2:30 p.m. Canning	9 a.m. Devotional Group 10:30 a.m. The Price Is Right 2:30 p.m. Picnic at the Park	9 a.m. Devotional Group 10:30 a.m. Food Committee 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh	9 a.m. Devotional Group 10:30 a.m. Uno 2:30 p.m. Wind Chimes	9 a.m. Devotional Group 10:30 a.m. Bowling 2:30 p.m. Bingo	9 a.m. Devotional Group 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
18	19	20	21	15	16	17
9 a.m. Devotional Group 3:15 p.m. First Christian Church Service	9 a.m. Devotional Group 10:30 a.m. Jenga 2:30 p.m. Garden Club	9 a.m. Devotional Group 10:30 a.m. Manicures 2:30 p.m. Men's Mugs	9 a.m. Devotional Group 10:30 a.m. Activity Committee 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh	9 a.m. Devotional Group 10:30 a.m. The Price Is Right 2:30 p.m. Toadstool Craft 6 p.m. Family Bingo Night	9 a.m. Devotional Group 10:30 a.m. Parachute 2:30 p.m. Bingo	9 a.m. Devotional Group 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
25	26	27	28	22	23	24
9 a.m. Devotional Group 3:15 p.m. Mont Ida Church Service	9 a.m. Devotional Group 10:30 a.m. Baking 2:30 p.m. Handworking Club	9 a.m. Devotional Group 10:30 a.m. Jeopardy 2:30 p.m. Lunch at the Airport	9 a.m. Devotional Group 10:30 a.m. Book Club 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh	9 a.m. Devotional Group 10:30 a.m. Wheel of Fortune 2:30 p.m. Movie 5 p.m. Farmers Market	9 a.m. Devotional Group 10:30 a.m. Basketball 2:30 p.m. Bingo	9 a.m. Devotional Group 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
25	26	27	28	29	30	31
9 a.m. Devotional Group 3:15 p.m. Mont Ida Church Service	9 a.m. Devotional Group 10:30 a.m. Baking 2:30 p.m. Handworking Club	9 a.m. Devotional Group 10:30 a.m. Jeopardy 2:30 p.m. Lunch at the Airport	9 a.m. Devotional Group 10:30 a.m. Book Club 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh	9 a.m. Devotional Group 10:30 a.m. Wheel of Fortune 2:30 p.m. Movie 5 p.m. Farmers Market	9 a.m. Devotional Group 10:30 a.m. Noodle Ball 2:30 p.m. Bingo	9 a.m. Devotional Group 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities

Farm FUNNIES

1. Why shouldn't you tell a secret on a farm?
2. What is a sheep's favorite game?
3. What do you get when a chicken lays an egg on top of a barn?
4. Why did the cabbage win the race?
5. Why was the cucumber mad?
6. Why did the scarecrow win the Nobel Prize?
7. Why did the turkey cross the road twice?
8. Which side of a chicken has the most feathers?
9. What do you call a cow that plays a musical instrument?
10. What do you call a crate of ducks?
11. What type of horses only go out at night?
12. What do you call a horse that lives next door?
13. What do you give a sick pig?
14. What key won't open any door?

Answers

1. Because the potatoes have eyes and the corn has ears!
2. Baa-dminton!
3. An eggroll!
4. Because it was ahead!
5. Because it was in a pickle!
6. Because he was out standing in his field!
7. To prove he wasn't chicken!
8. The outside!
9. A moo-sician!
10. A box of quackers!
11. Nightmares!
12. A neigh-bor!
13. Oink-ment!
14. A turkey!

Residents Have a Say in Their Day-To-Day

In our community, when residents have opinions or ideas about offered activities, they can take to the council—the Activity Council!

The RLC Activity Council meets monthly, and all residents (and any family members) are welcome to join. The group works to develop the following month's activity calendar, plan special outings and events, and provide input on other activities of daily living.

"When we plan our monthly calendar, we make sure to offer activities that fall into each of our six core categories, including mental, physical, emotional, spiritual, social, and environmental," shared Abby Kellerman, Activity Coordinator. "We want residents to have a variety of activities to choose from and also offer new experiences that keep them active, engaged, and happy."

Residents recently voted to gather for devotional readings each morning. They also suggested the excursion to the Topeka Zoo and plan to do canning this summer. One resident shared a recipe for her favorite homemade pickles.

"A key focus this year has been to increase our community engagement," said Abby. "This includes getting residents out into the community and also inviting visitors into our home."

Residents have enjoyed going out to lunch at the Dutch Country Cafe and visiting the Garnett Public Library and Walker Art Gallery, while the local farmers market and county fair top the list of seasonal attractions. Residents who are not able to participate in outings benefit from visitors coming into the community, including musical guests and the petting zoo. Family bingo night has also been a wildly popular activity. It's a fun way for residents to socialize with visitors of all ages.

"We're always looking for new opportunities to enrich the lives of our residents," said Abby. "If you have any ideas for an activity or outing our residents would enjoy, I'd love to hear about it."

Reach Abby at **785-204-4031** or akellerman@saintlukeskc.org.



RLC Resident Reveal

The mystery resident from our July 2024 Connections is **Maryanne Rockers!**



Maryanne grew up on a farm near Greeley, Kansas, and lived in the area all her life. "I met my husband, Raymond, through his sister," Maryanne shared. "He was from Greeley, too, but he went to school in Scipio and I went to Greeley, so I didn't know him." The couple married in 1953, raised seven children—four boys and three girls—and enjoyed 62 years together on their family farm.

In addition to helping run a small dairy operation, Maryanne enjoyed having a big garden. "I did an awful lot of canning, including 64 quarts of green beans one year. We had to can a lot from the garden to feed a family of nine," she laughed.

When the kids got old enough, she and Raymond would slip away with friends to attend the dances in Paola. "We stopped at a little cafe outside of Paola on our way to the dances. The guys would have a beer there, but I didn't drink very much. I just wanted to get to the dance!" She smiled as she recalled the sound of the piano and guitar plucking out the familiar country-western tunes. "I particularly liked the fast songs." Upon learning another resident, Martin H., was in a country-western band that frequently played at the dances in Paola, she thought they'd probably been there at the same time and crossed paths all those years ago.

After the kids were raised, she and Raymond traveled. "I've been to Hawaii, Yellowstone National Park, and Washington D.C. We also made several trips to Oklahoma and Utah to see the kids and their families. We had fun." Maryanne also enjoyed quilting through the years and made enough to give each one of the kids a quilt. "The one I have on my bed is the last quilt I made," she said. It includes a variety of brightly-colored fabrics that combine the pinwheel and Jacob's ladder patterns.

"Now I enjoy doing word find puzzles and looking out my window." From her room, Maryanne can watch the ambulances and helicopters come in and out from the hospital's adjacent emergency department. "I like seeing what's going on—it's interesting—and the windows must be really good, because I don't ever hear a thing!"

Maryanne joins in most of the scheduled activities and has been involved with the RLC's Activity Council. She named flower arranging and painting as some of her favorites, pointing out a flower recently made from a clothespin that decorates her windowsill.

"I just moved here in February and have really enjoyed my time at the RLC. I can relax in the privacy of my own room or join in the activities when I want. The food has been very good, too. I like to cook, but it always tastes better when someone else cooks!"

We just love Maryanne's big smile and friendly demeanor, and we're so glad to have her as part of our RLC family!

Name That RESIDENT

Can you use these clues to unmask our mystery resident?

- My husband and I lived on a dairy farm in Westphalia, Kansas, where we raised our three daughters.
- I have one sister and eight brothers. My sister lived with me here at the RLC.
- I like to stay busy and join most all the activities Abby has planned.
- I love to bake and am known for my famous molasses cookies. (Editor's note: Any wild guesses what our recipe is going to be in September?)

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

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.



**RLC
Review**

RECENT EVENTS
& PHOTOS

