

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

SEPTEMBER 2024

CONTENTS

A Few Words from Samantha2
 Open House Invitation2
 Culinary Corner3
 Blue Hat Club3
 Calendar 4 - 5
 Activities with Abby6
 Reduce Fall Risk6
 RLC Resident Reveal7
 Name That Resident!7
 RLC Review8

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
 Find us on Facebook.



A Few Words from Samantha

Samantha Young, RN, Director of Nursing



Where does the time go? It's hard to believe autumn is almost upon us, but I'm ready for it.

Fall is when I feel most energized. I enjoy the beautiful colors and crispness of the morning air. I crave the smell of cinnamon rolls and a simmering pot of chili as we start gearing up for cooler weather. And I'm already looking forward to baking a homemade pumpkin pie, which I

make from scratch each year, including the fresh pumpkin filling. Yum!

Changing gears to a totally different type of fall, Fall Prevention Awareness Week is coming up September 23 - 27 to coincide with the meteorological first day of fall. **We've planned a special Fall Prevention Awareness and Open House event on Wednesday, Sept. 25, at 2:30 p.m. and hope you will join us.** Our Anderson County Hospital physical and occupational therapists will present on the impact of falling for older adults and share important information and tips on how to reduce the risk of falls and related injuries.

The truth is, residents in long-term care communities are likely to fall, and we must evaluate the risk and reward with each activity. A resident may want to dance, or garden, or go on an outing, and taking the risk of falling may be worth it. We do not want to deprive residents of their quality of life. Instead, we work hard to eliminate needless falls and take steps to limit the injuries that occur from falls.

We follow strict protocols and work as a team to help keep residents safe, happy, and healthy throughout the "fall season" and all year around! Thank you for trusting us with your safety.

—Samantha

You're invited!



Fall Prevention Awareness and Open House

Anderson County Hospital
 SAINT LUKE'S HEALTH SYSTEM

Anderson County Hospital Residential Living Center

Wednesday, Sept. 25 | 2:30 p.m.

Culinary Corner



Norma copied this basic recipe for molasses cookies from a local newspaper decades ago but made it her own. "One time I just threw a handful of chocolate chips in there and everybody liked it," said Norma. "Everything's better with chocolate, right?"

Norma's family even had her handwritten recipe burned into a cutting board as a way to honor Grandma Norma and ensure that her famous molasses cookie recipe is always in the kitchen—and always in their hearts.

Grandma Norma's Famous Molasses Cookies

Ingredients

- | | |
|-------------------|-----------------------|
| 3 cups flour | ½ cup canola oil |
| 2 tsp baking soda | ½ cup sugar |
| ½ tsp cinnamon | ½ cup molasses |
| 1 tsp ginger | 1 egg |
| ¼ tsp salt | 1 cup chocolate chips |

Directions

1. In a large bowl, whisk the flour, baking soda, spices, and salt together until well combined. Set aside.
2. In another large bowl, beat the oil and sugar on high speed. Add the molasses and beat until combined. Add the egg and beat until combined, about 1 minute.
3. On low speed, slowly mix the flour mixture into the wet ingredients until combined. Fold in chocolate chips. Cover with plastic wrap and refrigerate for 1 hour.
4. Preheat oven to 350°F. Use ¼ cup to measure each cookie and roll in a mixture of cinnamon and sugar. Arrange 3 inches apart on baking sheet. Bake for 12 minutes or until edges appear set.
5. Allow cookies to cool on the baking sheet for 5 minutes, then transfer to a wire rack to cool completely.



Blue Hat Club

Our Blue Hat Club gathered last month for an afternoon of snacking and socializing. It may be called a club, but really, it's just an excuse to get all fancy and have some fun. And why a blue hat, you ask? Because we're proud to be Saint Luke's! ❤️



Activities are subject to change.

September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Labor Day 2	3	4	5	6	7
9:45 a.m. Devotional Group 3:15 p.m. Hope Anthem Church Service	9:45 a.m. Devotional Group 10:30 a.m. Labor Day Craft 2 p.m. Karaoke Richard	9:45 a.m. Devotional Group 10:30 a.m. Manicures 2:30 p.m. Bake Apple Pie	9:45 a.m. Devotional Group 10:30 a.m. Resident Council 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh	9:45 a.m. Devotional Group 10:30 a.m. Walk Around the Lake 2:30 p.m. Men's Club	9:45 a.m. Devotional Group 10:30 a.m. Van Trip 2:30 p.m. Bingo	9:45 a.m. Devotional Group 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
Grandparents Day 8	9	10	9/11 Remembrance Day 11	12	13	14
9:45 a.m. Devotional Group 3:15 p.m. Beacon of Truth Church Service	9:45 a.m. Devotional Group 10:30 a.m. Word Searches 2 p.m. Manicures	9:45 a.m. Devotional Group 10:30 a.m. Manicures 2:30 p.m. Bobbing for Apples	9:45 a.m. Devotional Group 10:30 a.m. Food Committee 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh	9:45 a.m. Devotional Group 10:30 a.m. Cornhole 2:30 p.m. Scarecrow Craft	9:45 a.m. Devotional Group 10:30 a.m. Shopping 2:30 p.m. Bingo	9:45 a.m. Devotional Group 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
15	16	17	18	19	20	21
9:45 a.m. Devotional Group 3:15 p.m. Holy Angels Catholic Service	9:45 a.m. Devotional Group 10:30 a.m. Checkers 2:30 p.m. Movie	9:45 a.m. Devotional Group 10:30 a.m. Yoga 2:30 p.m. Popcorn Balls	9:45 a.m. Devotional Group 10:30 a.m. Activity Council 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh	9:45 a.m. Devotional Group 10:30 a.m. Volleyball 2:30 p.m. Apple Craft	9:45 a.m. Devotional Group 10:30 a.m. Manicures 2:30 p.m. Bingo	9:45 a.m. Devotional Group 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
22	23	24	25	26	27	28
9:45 a.m. Devotional Group 3:15 p.m. First Baptist Church Service	9:45 a.m. Devotional Group 10:30 a.m. Wahoo 2:30 p.m. Casino	9:45 a.m. Devotional Group 10:30 a.m. Manicures 2:30 p.m. Bonfire	9:45 a.m. Devotional Group 10:30 a.m. Book Club 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh	9:45 a.m. Devotional Group 10:30 a.m. Card Bingo 2:30 p.m. Candle Craft	9:45 a.m. Devotional Group 10:30 a.m. Shopping 2:30 p.m. Bingo	9:45 a.m. Devotional Group 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
29	30					
9:45 a.m. Devotional Group 3:15 p.m. First Methodist Church Service	9:45 a.m. Devotional Group 10:30 a.m. Slapjack 2:30 p.m. Blue Hat Club					



Stay ACTIVE

Activities with Abby

Abigail Kellerman, Activity Coordinator



Did you know that September is the best month of the year to pick apples? In our Activity Council meeting, residents reminisced about picking apples and baking pies, and some even recalled bobbing for apples with childhood friends. So we're embracing the joy of apples this month with several apple-themed activities. In addition to baking our own apple pies, we'll make some apple crafts and try bobbing for apples in a fun new way.

Did you know that there are 7,500 different types of apples, with more than 2,500 varieties grown in the U.S.? That's a lot of apples! We'll taste test some of the more popular varieties available in our area and see if we can agree on which is the best. We may even have an apple a day, because you know what they say. . .

We're excited to welcome the cooler fall weather, good food, and fun times ahead.

—Abby



Reduce Fall Risk to Improve Quality of Life

Ryan Meyer, PT, Manager, ACH Rehabilitation Services



Autumn is approaching and it always seems appropriate to discuss fall prevention awareness this time of year.

Falls are a major health concern for older adults and have serious consequences that can impact overall quality of life. Falls can cause painful injuries, activity limitations, and loss of mobility, and can even be life-threatening. They can also lead to mental health issues like fear, isolation, and depression.

Age-related changes, health conditions, and environmental factors can all increase the risk of accidental falls. Advanced age, previous falls, muscle weakness, gait and balance problems, poor vision, blood pressure issues, and chronic conditions such as arthritis, incontinence, diabetes, Parkinson's disease, and dementia are all internal factors that can affect the chance of falling.

Therapy-based programs, like those offered through Anderson County Hospital Outpatient Rehabilitation, can address many of the physical issues that cause increased falling. Specialized balance, gait training, vestibular, and Parkinson's disease programs can help mitigate loss of balance. Our therapists can also provide edema management, assistive device instruction, and divided attention training to help improve overall function and decrease risk of falls.

Environmental factors are also important. Consider making these adjustments to the home environment to help prevent falls:

- Install safety bars in the bathroom and railings on stairs.
- Remove boxes, cords, furniture, and clutter from walkways.
- Secure larger rugs and remove throw rugs.
- Store frequently used items within easy reach.
- Install nonslip mats in the bathtub or shower.
- Install night lights and turn on lamps to improve visibility.
- Choose proper footwear for increased stability.

Anderson County Hospital Outpatient Rehabilitation offers physical, occupational, and speech therapy services to assist patients with many of the issues that increase the risk of falling. If you or a loved one struggles with balance, weakness, or has an increased fear of falling, talk to your provider or call us at **785-204-8050** to get started. Our therapists can assess for fall risk, design a customized program, and provide training to increase the strength, mobility, independence, and confidence that leads to improved quality of life.

RLC Resident Reveal

The mystery resident from our August 2024 Connections is Norma Nilges!

Norma Jean Blubaugh was born near Halstead, Kansas, and grew up on a small family farm. She had one older brother, and a sister, Lois, just younger. Seven more brothers followed. "Lois and I helped out with the younger brothers," recalled Norma. "We changed an awful lot of dirty diapers, and back then we washed them all by hand!"



After Norma was out of high school, the entire family moved to a small farm west of Mont Ida. A group of community members hosted a gathering to welcome their new neighbors, and it was there that Norma found her true love. "My Bernard (Bernie) is one who came to the gathering, so that's how we met," smiled Norma. "It was love at first sight, I guess. He was a very nice man and my folks liked him a lot. Bernie had returned home after serving in WW2. He was ready to settle down, so we didn't date for very long. I knew he was the one."

The couple married in 1948 and raised two daughters, Cristine and Connie, on a dairy farm near Westphalia. Norma helped around the farm while caring for the children. "After the calves were separated from their mothers, we would take care of and feed the calves," Norma said. "That's what the women and girls did back then to help with the cows."

They lived on that farm for 40 years before moving to Iola. In their retirement both Bernie and Norma drove buses for the special needs children in the Iola school district. "We had people on the bus that helped take care of the kids, so I just had to drive," Norma said. "I enjoyed being around the children and would always give them a big smile when they got on the bus. But if I had to correct them, I'd do that too!"

Bernie and Norma enjoyed 72 years of marriage before Bernie passed away in 2021. It was then that Norma moved to the Residential Living Center, where her sister, Lois, was living at the time.

"My sister was married to Bernie's brother, Herman, so we always stayed close," Norma said. "It was nice to be able to live with Lois again and have that time with her."

Nowadays, you can find Norma out and about, always socializing, especially during mealtimes. "The food is very good here and I especially like that I don't have to cook—or do the dishes!" she laughed.

Norma exercises regularly and joins in most group activities, including a recent trip to the Topeka Zoo. When asked what she likes most about living in the RLC, Norma replied, "I just like the people for one thing. I like what they have for me to do."

Name That RESIDENT

Can you use these clues to unmask our mystery resident?

- I was born in Kansas City, Kansas, but my family moved to a farm in the small town of Fontana, Kansas.
- In my free time I enjoy quilting, crocheting, crafting, and working jigsaw puzzles.
- I love plants and gardening. My room is filled with beautiful plants.
- I never miss the chance to go on outings with Abby. I love sightseeing and visiting different places.

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



Norma shows off an aerial photo of their farm, which hangs on the wall in her room.



**RLC
Review**

RECENT EVENTS
& PHOTOS

