

# CONNECTIONS

at the RESIDENTIAL LIVING CENTER

OCTOBER 2024

## CONTENTS

A Few Words from Samantha .....	2
Halloween Bash Invitation.....	2
Culinary Corner .....	3
Halloween Candy .....	3
Calendar.....	4 - 5
Activities with Abby .....	6
Manual for Your Skeleton.....	6
RLC Resident Reveal .....	7
Name That Resident! .....	7
RLC Review .....	8

## 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



We have sure been enjoying the cooler temperatures and can't wait for the leaves to transform into their picturesque yellow, orange, and red hues. We also look forward to celebrating the first major holiday of fall, which is of course Halloween!

We were surprised to learn that many of our residents have never dressed up for Halloween, and most have never been trick-or-treating. We think about Halloween being a centuries-old tradition, but our modern practices are relatively new in the Midwest, particularly in rural areas like ours. Dressing up in simple, homemade costumes and gathering for parties became more common in the 1950s, with trick-or-treating not taking hold until the 1960s.

As I've grown older, Halloween has taken on a different meaning. It's not just about getting buckets of candy anymore. It's about spending time with my kids and watching them have fun and make memories. This year, we're planning a party at the RLC, blending some time-honored traditions along with the new, and it's sure to be fun for all ages.

Please make plans to stop by on Halloween night from 6 - 8 p.m. Our Halloween Bash is the start of a new tradition with our residents here at the RLC, and will be a great opportunity create special Halloween memories with our family and friends.

—Samantha



## Culinary Corner



The cooler days of fall mean it's time for comforting soups and stews! This recipe for creamy vegetable soup comes to us from our dietary supervisor, Samantha Edens. "As we get older, our dietary needs change," said Samantha. "This recipe is not only delicious, it's packed full of B12 vitamins and minerals that can help fortify any older adult's health. While most cream-based soups use heavy cream, we substitute with whole milk to make a leaner, healthier meal."

### Creamy Vegetable Soup

#### Ingredients

2 Tbsp. butter	1 cup broccoli florets
1 Tbsp. olive oil	1 cup corn
½ cup onions, chopped	1 tsp. dried thyme
½ cup celery, chopped	1 tsp. dried oregano
1 cup carrots, chopped	3 Tbsp. all-purpose flour
1 Tbsp. garlic, minced	4 cups whole milk
1 cup green beans, chopped	1 tsp. salt
1 cup mushrooms, sliced	½ tsp. ground black pepper

#### Directions

1. Heat butter and olive oil in a skillet.
2. Add onions, celery, and carrots. Cook for a few minutes to soften. Then add garlic, beans, mushrooms, broccoli, and corn. Sauté for 2 to 3 minutes.
3. Add thyme, oregano, and flour to the vegetables. Cook for one minute, then add the whole milk slowly, stirring continuously.
4. Keep stirring while you bring to a boil, then reduce to a simmer. Add salt and pepper. Let everything simmer 6 to 7 minutes or until the soup thickens.
5. Makes 6 servings.

You can use pre-cut, canned, or frozen veggies to help this soup come together faster. For more protein, add cooked chicken, ham, or even shrimp toward the end of cooking.



## Halloween Candy

We asked our residents to tell us their favorite Halloween candy. Nobody at the RLC will be surprised to learn that the big winner was... chocolate!

Nancy S: *Anything chocolate!*

Sonny W: *York Peppermint Patty*

Dion L: *Chocolate*

Patrick L: *Hershey's bar*

Norma N: *Fudge*

Marjorie M: *M&Ms*

Janet K: *Chocolate*

Buddy T: *Three Musketeers*

Eddie L: *M&Ms*

Georgia D: *Sweet Tarts*

Michiko N: *Japanese candy*

Wanda Y: *Hershey's bar*

Joan H: *Hershey's chocolate*

Betty Rees: *Lindor chocolates*

John D: *Hostess Birthday Cupcakes*

Tom D: *Peanut clusters*

Mary L: *Nestlé Crunch*

Leona H: *Russell Stover chocolate*

Arlene B: *Peanut clusters*

Sharon B: *Red licorice*

Connie B: *Reese's Peanut Butter Cups*

Betty Rockers: *Butterfinger*

Luella G: *Dove chocolate*

Maryanne R: *Rolo caramels*

*Happy Halloween!*



# October 2024

Activities are subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 9 a.m. Devotional Group 10:30 a.m. Manicures 2:30 p.m. Bonfire	<b>2</b> 9 a.m. Devotional Group <b>10:30 a.m. Resident Council</b> 2:30 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>3</b> 9 a.m. Devotional Group 10:30 a.m. Reminisce 2:30 p.m. Hummingbird Craft	<b>4</b> 9 a.m. Devotional Group 10:30 a.m. Van Trip 2:30 p.m. Bingo	<b>5</b> 9:45 a.m. Devotional Group 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
<b>6</b> 3:15 p.m. <b>Trinity Baptist Church Service</b>	 <b>7</b> 9 a.m. Devotional Group 10:30 a.m. Make Pumpkin Pie 2 p.m. Karaoke   Richard <b>7:15 p.m. Saints at Chiefs</b>	<b>8</b> 9 a.m. Devotional Group 10:30 a.m. Card Bingo 2:30 p.m. Scavenger Hunt	<b>9</b> 9 a.m. Devotional Group <b>10:30 a.m. Food Committee</b> 2:30 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>10</b> 9 a.m. Devotional Group 10:30 a.m. National Walk to a Park Day 2:30 p.m. Yarn Pumpkin	<b>11</b> 9 a.m. Devotional Group 10:30 a.m. Halloween Bags 2:30 p.m. Bingo	<b>12</b> 9:45 a.m. Devotional Group 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
<b>13</b> 3:15 p.m. <b>Church of the Nazarene Service</b>	<b>Columbus Day</b> <b>Indigenous Peoples' Day</b> <b>14</b> 9 a.m. Devotional Group 10:30 a.m. History of Columbus 2:30 p.m. Yarn Ghost Craft	<b>15</b> 9 a.m. Devotional Group 10:30 a.m. Manicures 2:30 p.m. Cornhole	<b>16</b> 9 a.m. Devotional Group <b>10:30 a.m. Activity Council</b> 2:30 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>17</b> 9 a.m. Devotional Group 10:30 a.m. Thrift Store Trip 2:30 p.m. Fashion Show	<b>18</b> 9 a.m. Devotional Group <b>10:30 a.m. Health Care Aide Day Party</b> 2:30 p.m. Bingo	<b>19</b> 9:45 a.m. Devotional Group 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
 <b>20</b> 3:15 p.m. <b>First Christian Church Service</b> <b>3:25 p.m. Chiefs at 49ers</b>	<b>21</b> 9 a.m. Devotional Group 10:30 a.m. Guess the Reptile 2:30 p.m. Spiderweb Suncatcher Craft	<b>22</b> 9 a.m. Devotional Group 10:30 a.m. Wheel of Fortune <b>2:30 p.m. Blue Hat Club</b>	<b>23</b> 9 a.m. Devotional Group <b>10:30 a.m. Book Club</b> 2:30 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>24</b> 9 a.m. Devotional Group 10:30 a.m. Halloween Movie 2:30 p.m. Fall Painting	<b>25</b> 9 a.m. Devotional Group 10:30 a.m. Frankenstein Craft 2:30 p.m. Bingo	<b>26</b> 9:45 a.m. Devotional Group 10:30 a.m. Music + Coloring 2:30 p.m. Individual Activities
 <b>27</b> 3:15 p.m. <b>Mont Ida Church Service</b> <b>3:25 p.m. Chiefs at Raiders</b>	<b>28</b> a.m. Devotional Group 10:30 a.m. Caramel Apples 2:30 p.m. Pumpkin Carving	<b>29</b> 9 a.m. Devotional Group 10:30 a.m. Manicures <b>2:30 p.m. Men's Mugs</b>	<b>30</b> 9 a.m. Devotional Group <b>10:30 a.m. Handworking Club</b> 2:30 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>Halloween</b> <b>31</b> 9 a.m. Devotional Group 10:30 a.m. Halloween Movie <b>12 p.m. Trick or Treat</b> <b>6-8 p.m. Halloween Bash</b>		



# Stay ACTIVE

## Activities with Abby

Abigail Kellerman, Activity Coordinator



Where do ghosts buy their Halloween candy?

*At the ghost-ery store!*

October is one of our favorite months at the RLC. We enjoy cooler weather and decorating

for fall. We'll also do some comfort baking and craft projects that will put our creative skills to the test, from pumpkin carving to costume design!

We're super excited to host a Halloween party this year, so make plans to stop by the RLC on All Hallow's Eve from 6 - 8 p.m. We'll watch a Halloween movie and have goodies for the trick-or-treaters who come by. You may even see a few of our residents dressed up in their silly, spooky best!

Happy fall, y'all!

## Welcome to the RLC

### Janet

Janet moved to the RLC from her home in Garnett. She enjoys crafts and bingo.



### Buddy

Buddy lived on a farm in Greeley and moved to the RLC from a care community in Burlington. He enjoys bingo, van rides, and visiting in the men's group.



## An Owner's Manual for Your Skeleton

Samuel Wilcox, MD, Medical Director, Residential Living Center



Did you know that your bones are strongest around age 25 and continue to get thinner for the rest of your life?

About 5% of men and 25% of women over age 65 eventually lose enough bone to be diagnosed as having osteoporosis<sup>1</sup>, a bone disease that weakens bones to the point that they are more

likely to break. It's sometimes called a silent disease because people may not notice any symptoms until they break a bone.

Bone breaks are often due to a fall and can have dire consequences; about 1 in 3 people with a hip fracture related to osteoporosis die within one year<sup>2</sup>. Finding and treating osteoporosis as early as possible is key to avoiding catastrophe later.

The U. S. Preventive Services Task Force recommends screening all women 65 and older and women under 65 who have gone through menopause and are at high risk (factors include smoking, long-term steroid use, previous fractures, and low body weight). However, there is currently no recommendation for screening men. The screening test that measures bone mineral density is a DEXA scan, which is like a series of X-ray measurements. This gives a reading of how dense the bones are compared to a healthy young adult.

If low bone mass or low bone density is diagnosed, further work-up may be done to ensure adequate calcium and vitamin D. Additional prescription medications may also be prescribed that can help slow bone loss.

Significant efforts should also be made to reduce the risk of falls. This includes not only removing hazards and using assistive devices such as canes and walkers, but also doing leg strengthening and balance exercise. For people 65 and older, the American College of Sports Medicine recommends balance training three times per week. Your provider may refer you to physical therapy to gain experience and comfort with the exercises.

Osteoporosis is a common disease. If we watch and test for it, there are treatments with medications and physical therapies that can help strengthen your bones so they are less likely to break, allowing you to continue to live a long and active life.

So when you see a smiling skeleton this Halloween season, think about what you are doing to keep your own bones safe.

<sup>1</sup>Sarafrazi, Neda et al. "Osteoporosis or low bone mass in older adults: United States, 2017-2018", no. 405, 2021

<sup>2</sup>Guzon-Illescas, Olalla, et al. "Mortality after osteoporotic hip fracture: incidence, trends, and associated factors." *Journal of orthopaedic surgery and research* 14 (2019): 1-9.

## RLC Resident Reveal

The mystery resident from our September 2024 Connections is Wanda Yaw!



Wanda was born in 1934 in Kansas City, Kansas, the sixth of 12 children. Her father worked as a mechanic, while her mother stayed home to raise the large family.

When Wanda was in the sixth grade, the family moved to a small farm near Fontana, Kansas. Wanda's father wanted to try his hand at farming, but this was a huge adjustment for the family who was accustomed to city living! Leaving her friends behind, Wanda went from skipping rope along the sidewalk to gathering eggs from the chicken house.

"I helped out a lot on the farm," said Wanda, "and I learned an awful lot about taking care of chickens, cows, and horses."

This move to the country opened her eyes to a whole new world, and while it was not always easy, she learned lessons that would help prepare her for the journey of life ahead.

Wanda's parents enjoyed attending square dances in Fontana, and when Wanda was in her late teens, they invited her to come along. Wanda loved dancing and was excited go, having no idea she would meet her future husband at the square dance that fateful night. A boy named Rolland walked right up to her and asked for a dance. . . and the rest is history!

Rolland and Wanda married and had three children together—Roy, Rex, and Sandy. Wanda spent most of her time raising the children but did take various jobs outside the home that kept her busy.

Tragically, Rolland passed away when their youngest child was only seven, leaving Wanda to care for the family on her own. This was a very difficult time for Wanda and the children. A few years later, she would meet her second husband, Charlie. They married and soon came another daughter, Wendy, who completed the family.

Wanda had many different jobs in her lifetime, but the one she was most proud of was being a home health caregiver for the state of Kansas, working mostly near Garnett and Greeley. "I loved being able to care for those who needed extra help," said Wanda. "I made a difference."

Wanda is talented at handwork and spent more time quilting, embroidering, and crocheting after the kids were grown. She also knew the QVC delivery driver by name, having placed orders for delivery almost daily! Wanda was known to always have a little dog by her side, and sometimes even a Vietnamese pot-bellied pig. She spent a lot of time in her garden and experimented with canning all sorts of things.

Wanda now spends her days at the Residential Living Center putting together puzzles, stitching with the RLC Handworking Club, playing bingo, and visiting with her friends on the patio. Wanda shared what she likes most about living at the RLC: "I love the people here and like that I don't have to worry about doing laundry or dishes!"



Can you use these clues to unmask our mystery resident?

- I have eight brothers and four sisters.
- Two of my uncles were priests.
- I was born in Greeley (Kansas, not Colorado).
- I met Johnny Cash twice and can sing all his songs!

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



Wanda shows off a jigsaw puzzle she completed and framed.

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](mailto:tplumlee@saintlukeskc.org).



# RLC Review

RECENT EVENTS  
& PHOTOS

