

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

JANUARY 2025



 Anderson
County Hospital
SAINT LUKE'S HEALTH SYSTEM

CONTENTS

A Few Words from Samantha	2
Saint Luke's BEE Award	2
Culinary Corner	3
Resident Resolutions	3
Calendar	4 - 5
Card Bingo	6
Rebounding After Holidays	6
Resident Spotlight	7
Kansas Fun Facts	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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Find us on Facebook.



A Few Words from Samantha

Samantha Young, RN, Director of Nursing



Here we are again: another new year. Where has the time gone?

Like many others, I can't help but reflect on the past 12 months. What goals did I have this time last year? What did I accomplish? The truth is, I accomplished quite a lot. My children are learning and growing. I've continued my own education and have even taken up some new hobbies. I'm also proud of all the good work we've done and continue to do here at the RLC, keeping residents healthy, active, engaged, and happy.

We asked our residents about their goals and resolutions for the new year, and I think you'll enjoy their responses. (See page 3.) RLC residents continue to be curious about the world around them. They want to read more, learn more, find new hobbies, sing, spend more time with loved ones, and even write a book! They inspire me every day and help me know who I want to be when I grow up.

So this year, my goals are simple. I want to give back to those in need, to spend more quality time with my husband and children—and like my resident role models, I want to learn something new!

—Samantha

Saint Luke's BEE Award Honoree

Amy Sparks, CNA



Amy Sparks, one of our certified nursing assistants, was honored with a Saint Luke's BEE (Be Exceptional Everyday) Award. The award honors nursing assistants, medical assistants, and technicians who provide compassionate care, demonstrate clinical excellence, and serve as outstanding role models every day.

"Amy makes sure that things are always done correctly," her nominator said. "She is a great mentor and role model for the entire care team, and all the residents love Amy!"

Amy always gives 110% and spends extra time with each resident, making sure they have a favorite snack or that their hair is fixed just right. We're proud to recognize Amy in this meaningful way.

Culinary Corner



Around the world, people eat special foods on New Year's Day to bring luck. One of the luckiest foods is pork, considered lucky because pigs push forward as they eat, symbolizing moving forward in the new year. Pigs can also be rich and fat. In Germany, people eat their pork with sauerkraut, whose long strands represent long life. A slow cooker makes it even easier to bring new year's luck.

Slow Cooker Pork and Sauerkraut

Ingredients

3-pound pork loin, trimmed of excess fat	1 teaspoon minced garlic
Salt and pepper	1 onion, sliced
1 tablespoon oil	1 apple, sliced
16 ounces sauerkraut, drained	1 cup apple juice

Directions

1. Liberally season pork loin with salt and pepper on all sides.
2. Heat oil in a large skillet or a dutch oven. Sear pork loin on all sides, 2-3 minutes per side.
3. Place seared pork into a slow cooker. Pour in apple juice. Arrange onions, apples, and garlic around pork loin. Top with sauerkraut.
4. Place lid on the slow cooker and cook 4-5 hours on high or 8-10 hours on low.
5. Remove pork and slice or shred. Serve with cooking liquids.



On the Cover

To commemorate National Bird Day on January 5 and Kansas Day on January 29, we've chosen the western meadowlark for this month's cover. The western meadowlark, with its flute-like calls and vibrant yellow breast, is the state bird of six states: Kansas (of course!), Montana, Nebraska, North Dakota, Oregon, and Wyoming.

Resident Resolutions

We're excited by our residents' goals for 2025 and will help each resident achieve what they've set out to do!

Read more books.—**Nancy S.**

Watch more YouTube videos and learn more.—**Sonny W.**

Sing more songs!—**Dion L.**

Watch more videos about Japan.—**Michiko N.**

Continue my relationship with Jesus.—**Norma N.**

Do more crafts.—**Marjorie M.**

Crochet and sew more.—**Wanda Y.**

Find a new hobby!—**Rich R.**

Collect more stuffed animals.—**Buddy T.**

Spend more time with Rae.—**Frank F.**

Ride the bike six times a week!—**Eddie L.**

Do more activities.—**Georgia D.**

Wear my earrings more often!—**Joan H.**

Sleep more.—**Patrick L.**

Work to make my body and mind stronger.—**Mary L.**

Spend more time with my animals.—**Betty Rees**

Go on more outings.—**John D.**

Keep doing my restorative program.—**Tom D.**

Go on more shopping trips!—**Leona H.**

Learn something new.—**Arlene B.**

Finish writing my book for my siblings.—**Sharon B.**

Spend more time with friends.—**Betty Rockers**

Watch more I Love Lucy!—**Janet K.**

Get outside more.—**Maryanne R.**

Watch ALL the Chiefs games!—**Dixie B.**



Activities are subject to change.

January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>New Year's Day 1</p> <p>9 a.m. Devotional Group 10:30 a.m. Resident Council 2:30 p.m. Happy Hour</p>	<p>2</p> <p>9 a.m. Devotional Group 10:30 a.m. New Year's Resolutions 2:30 p.m. Trivia</p>	<p>3</p> <p>9 a.m. Devotional Group 10:30 a.m. Book Club 2:30 p.m. Bingo</p>	<p>4</p> <p>9:45 a.m. Devotional Group 10:30 a.m. Music + Coloring 2:30 p.m. Independent Activity</p>
<p> National Bird Day 5</p> <p>9:45 a.m. Devotional Group 3:15 p.m. Church Service TBD Chiefs at Broncos Broadcast TBD</p>	<p>6</p> <p>9 a.m. Devotional Group 10:30 a.m. Animal Track 2 p.m. Karaoke Richard</p>	<p>7</p> <p>9 a.m. Devotional Group 10:30 a.m. Manicures 2:30 p.m. Jewelry Making</p>	<p>8</p> <p>9 a.m. Devotional Group 10:30 a.m. Food Committee 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh</p>	<p>9</p> <p>9 a.m. Devotional Group 10:30 a.m. Movie 2:30 p.m. Hot Chocolate Bar</p>	<p>10</p> <p>9 a.m. Devotional Group 10:30 a.m. Trivia 2:30 p.m. Bingo</p>	<p>11</p> <p>9:45 a.m. Devotional Group 10:30 a.m. Music + Coloring 2:30 p.m. Independent Activity</p>
<p>12</p> <p>9:45 a.m. Devotional Group 3:15 p.m. Church Service</p>	<p>13</p> <p>9 a.m. Devotional Group 10:30 a.m. Card Games 2:30 p.m. Men's Mugs</p>	<p>14</p> <p>9 a.m. Devotional Group 10:30 a.m. Card Bingo 2:30 p.m. Snowman Craft</p>	<p>15</p> <p>9 a.m. Devotional Group 10:30 a.m. Activity Council 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh</p>	<p>16</p> <p>9 a.m. Devotional Group 10:30 a.m. Cornhole 2:30 p.m. Bonfire</p>	<p>17</p> <p>9 a.m. Devotional Group 10:30 a.m. Penny Ante 2:30 p.m. Bingo</p>	<p>18</p> <p>9:45 a.m. Devotional Group 10:30 a.m. Music + Coloring 2:30 p.m. Independent Activity</p>
<p>19</p> <p>9:45 a.m. Devotional Group 3:15 p.m. Church Service</p>	<p>Martin Luther King Jr. Day 20</p> <p>9 a.m. Devotional Group 10:30 a.m. Snowball Games 2:30 p.m. Virtual Travel: Switzerland</p>	<p>21</p> <p>9 a.m. Devotional Group 10:30 a.m. Manicures 2:30 p.m. Sip 'n' Paint</p>	<p>22</p> <p>9 a.m. Devotional Group 10:30 a.m. Horseshoes 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh</p>	<p>23</p> <p>9 a.m. Devotional Group 10:30 a.m. Movie 2:30 p.m. 1950s Party</p>	<p>24</p> <p>9 a.m. Devotional Group 10:30 a.m. Occupation Trivia 2:30 p.m. Bingo</p>	<p>25</p> <p>9:45 a.m. Devotional Group 10:30 a.m. Music + Coloring 2:30 p.m. Independent Activity</p>
<p>26</p> <p>9:45 a.m. Devotional Group 3:15 p.m. Church Service</p>	<p>27</p> <p>9 a.m. Devotional Group 10:30 a.m. Build a Snowman 2:30 p.m. Blue Hat Club</p>	<p>28</p> <p>9 a.m. Devotional Group 9:30 a.m. Play Basketball 2:30 p.m. Lifelong Learning</p>	<p>Kansas Day 29</p> <p>9 a.m. Devotional Group 10:30 a.m. Kansas Day 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh</p>	<p>30</p> <p>9 a.m. Devotional Group 10:30 a.m. Bowling 2:30 p.m. Coloring Pages</p>	<p>31</p> <p>9 a.m. Devotional Group 10:30 a.m. Baking 2:30 p.m. Bingo</p>	



Card Bingo

Learn to play card bingo at the RLC!

Card bingo is played with two standard decks of cards, with one deck passed out to the players and the other used by the caller.



- Shuffle both decks.
- Pass out cards from the player deck until it runs out. Make sure players start with an equal number of cards and discard any extras.
- Players turn their cards face up and arrange by suit and number.
- The caller then flips over one card from their deck, calling out its suit and number.
- A player with the matching card yells, "got it," and tosses that card to the middle.
- Play continues until one player runs out of cards, yells, "bingo!," and is declared the winner.

Rebounding After the Holidays

Festive gatherings with friends and family can bring a real sense of joy and connection, but as the holiday season concludes and cold winter weather looms, happy feelings can quickly be replaced by the weight of loss, disappointment, and loneliness. Those who are more isolated from loved ones, suffering from an illness or injury, or lead a less busy lifestyle can easily feel overwhelmed by these emotions.

For older adults, this social isolation and loneliness can have significant negative effects on both mental and physical health, contributing to conditions such as depression, anxiety, and a decline in cognitive function.

It's important to take proactive steps to combat feelings of loneliness, especially after the holidays. Consider these strategies:

Connect with others. Reach out to friends and family, participate in community activities, or use technology to stay in touch. Talking with others can help reduce feelings of isolation and loneliness.

Maintain healthy routines. The new year is a good time to re-establish healthy habits. Regular exercise, balanced nutrition, and sufficient sleep can help manage the post-holiday blues. Short walks or simple stretching exercises can make a big difference.

Learn something new. For older adults, anxiety and depression can be worse when idle, so be curious. Take up a new hobby, learn a new game, or practice a skill to keep your body and mind active.

Relive the good times. Collect photos and mementos and reminisce with others. Remembering the best times can help older adults feel joy and connection, even when the ones they love aren't right there.

Give back. Helping others in need is a great way to ease post-holiday sadness, and it can have a positive impact on everyone involved. Volunteer with a local group, share a talent or hobby, or simply make time to check-in on a friend or neighbor.

Seek professional help. It can be hard to admit when you or someone you love is struggling with big feelings, but don't hesitate to seek professional help. Talking about those feelings with a professional can provide support in a neutral and non-judgmental way, helping to manage those feelings.

Anderson County Hospital Senior Life Solutions offers an outpatient therapy program designed to meet the unique needs of adults, typically 65 years and older, experiencing depression and/or anxiety related to life changes that are often associated with aging. If you'd like more information on how we can help, please call us at **785-204-8043** or visit saintlukeskc.org/senior to learn more.

Resident Spotlight

Our mystery resident from December is John Doran!



John Doran was born in 1953 in Frankfurt, Germany, where his father, a lieutenant colonel in the U.S. Army, was stationed at the time. When John was 3, the family moved back to the United States to a base in Yakima, Washington.

John's family grew to include 10 children—five boys and five girls—and John was right in the middle. Life on base was strict and hard, but he has fond memories growing up with all his siblings. The family moved from Yakima when John was 8, ultimately settling in Kansas City, Kansas, where he attended and graduated from high school.

After graduation, John, like his father, joined the Army, and was sent to Vietnam where he completed two 13-month tours. After the war, John was stationed in Great Bend, Kansas, where he trained to be a medic. John served a total of 27 years and two months, and during that time was stationed in numerous locations, including Africa, Germany, and Iraq.

In 1992, when John was 39, everything changed. The helicopter he was transporting in was hit by a rocket-propelled grenade. John sustained serious injuries and spent the next four years in and out of military hospitals and other facilities to complete his recovery.

When his military career ended, John turned over a new leaf. He moved back to his old stomping grounds in Kansas City and opened Wolf Hot Rod Garage with some friends. The automotive shop was open for 12 years, specializing in custom-built hot rods. John has a passion for fast and flashy cars, and the times in his garage were some of the best years of his life.

John transitioned to residential care about eight years ago when additional assistance and care was needed. He's lived in several different communities in that time, settling in at the Residential Living Center about six months ago.

"The RLC is the best community I have lived in," John shared. "I have my own room and so much freedom, and everyone is so kind."

John loves to get out and explore and never misses the opportunity to climb in the van for a drive in the country or other special field trip.

He also loves to talk about hot rods, so if you have a classic, fast, or flashy car, or just like to talk about power under the hood, we'd love to introduce you!



Did you know these facts about our 34th state?

- Kansas really is flatter than a pancake. Scientists proved it when they compared the topography of Kansas against a pancake from IHOP.



The first woman mayor in the United States was Susanna M. Salter, elected mayor of Argonia, Kansas, in 1887.

- Walter Chrysler, founder of the Chrysler auto company, was born in Wamego, Kansas. He grew up in Ellis, where he gained knowledge and appreciation of engines.
- The pronunciation of the Arkansas River changes as it crosses state lines. In Kansas, it is pronounced *ahr-KAN-zuhs*. On both sides of Kansas (Colorado and Oklahoma) it is pronounced *AR-kuhn-saw*.

Our residents love to meet new people and to learn and experience new things. If you have a special interest, talent, or hobby to share, or would like to host a small group of residents at your home or business, we'd love to talk. Call Samantha at **785-204-7127** to share your ideas or learn other ways you can make a big impact in the lives of our residents.



RLC
Review
RECENT EVENTS
& PHOTOS

