

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

JUNE 2026



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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, Kansas 66032

ACHRLC@SaintLukesKC.org
 SaintLukesKC.org/RLC



A Few Words from Samantha

Samantha Young, RN, Senior Manager, Residential Living Center



We've recently been working with residents on setting individual goals. While goals may evolve and look different at each stage of life, the desire for purpose, connection, and personal growth never truly changes.

In long-term care, goal setting is all about creating personalized, realistic, and achievable goals that support each resident's well-being. These goals often focus on maintaining independence, improving mobility, or simply enhancing day-to-day quality of life. Because every resident has unique abilities, interests, and wishes, we try to help define goals that reflect what matters most to them.

One resident, for example, set a goal to improve her ability to stand and transfer. With the support of physical therapy, our restorative nursing program, and plenty of encouragement from our team, she can now move from her bed to a chair or wheelchair with less assistance. This achievement has increased her confidence and sense of pride. Another resident chose a daily goal of exercising for 15 minutes to maintain strength and balance, helping her stay mobile and independent longer.

Other meaningful goals might include participating in social activities, such as coming to the dining room for meals, taking part in a game or craft, or simply enjoying a visit on the patio. These moments of connection play an important role in reducing loneliness and fostering a sense of belonging and purpose.

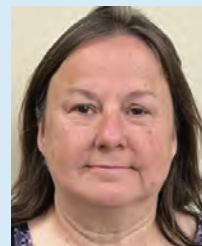
When you visit, ask your loved one if they have a goal and offer a little encouragement. Your support can make a meaningful difference.

Sam

Welcome New Team Members



Crystal McClellan
 Certified Nursing Assistant



Stephanie Swanson
 Certified Nursing Assistant



Natasha Weaver
 Certified Nursing Assistant

Culinary Corner



June 17 is National Root Beer Day, and what better way to enjoy this creamy all-American drink on a warm summer day than in a cheesecake you make in the freezer?

No-bake Root Beer Cheesecake

Ingredients

- | | |
|---------------------------|-------------------------------------|
| Crust | 3 8-oz. pkgs cream cheese, softened |
| 2 sleeves graham crackers | |
| 2 tbsp. sugar | 1 tsp. vanilla extract |
| 1 stick butter | ¾ cup sugar |
| Cheesecake | ¼ cup powdered sugar |
| ½ cup heavy cream | ⅓ cup root beer |
| 1 tbsp. powdered sugar | |

Directions

- Place the graham crackers and sugar in a food processor and pulse into crumbs. Melt the butter in a medium size bowl. Pour the graham cracker crumb mixture into the butter and stir well.
- Line the bottom of a 7-inch springform pan with parchment paper. Press the crumbs evenly into the bottom of the pan, smoothing with the back of a spoon. Place the pan in the freezer.
- Pour the heavy cream and powdered sugar into a large mixing bowl and whip until stiff peaks form. Keep chilled.
- In another mixing bowl, blend the cream cheese until smooth and fluffy. Add the vanilla, powdered sugar, and sugar. Mix until smooth. Add the whipped cream and blend to mix. Add root beer and mix well.
- Remove springform pan from the freezer. Pour the cheesecake batter into the pan, smoothing the top.
- Wrap pan in plastic wrap and return to the freezer for at least four hours—overnight produces the best results.
- To serve, carefully remove the springform from the pan and use a sharp knife to slice the cheesecake into 2-inch pieces.



National Root Beer Day

Wednesday, June 17

Root beer is a distinctly American beverage. Indigenous peoples in North America have long used the main ingredients of root beer—sassafras and sarsaparilla—in medicine and cooking.

Early European colonizers found sassafras trees abundant in the northeast. They brewed the bark into a drink thought to have medicinal qualities, served—like tea and coffee—with milk and sugar. They exported the bark to Europe, nearly harvesting the trees to extinction.

In the 19th century, pharmacists used sassafras and sarsaparilla to create cure-alls to remedy all ailments. It was sold as a syrup, rather than as a ready-made beverage.

In 1876, pharmacist Charles Elmer Hires brought his version to the 1876 Philadelphia Centennial Exhibition. He first called his brew *root tea*, but changed the name to *root beer* to make it more appealing to Pennsylvania coal miners. Hires became the first to mass-market bottled root beer.

Word Search Answer Key

Puzzle on page 6.



June 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10 a.m. Devotional Group (Daily)</p> <p>10 a.m. Hydration Station & 2 p.m. (M-F)</p> <p>Activities are subject to change.</p>	<p>1</p> <p>10:30 a.m. Card Bingo 1:30 p.m. Karaoke Richard</p>	<p>2</p> <p>10:30 a.m. Go for a Drive 1:30 p.m. Classic Cars Chat <i>(Saint Luke's Hospice)</i></p>	<p>3</p> <p>10:30 a.m. Activity Council 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh</p>	<p>4</p> <p>10:30 a.m. Group Exercises 1:30 p.m. Sling Puck Game</p>	<p>5</p> <p>National Donut Day</p> <p>10:30 a.m. Bingo 1:30 p.m. Elvis Trivia & Donuts</p>	<p>6</p> <p>National Trail Day</p> <p>Individual Activities Coloring Fun</p>
<p>7</p> <p>3:15 p.m. Church of the Nazarene Service</p>	<p>8</p> <p>10:30 a.m. Play Phase 10 1:30 p.m. Make Mug Cakes</p>	<p>9</p> <p>10:30 a.m. Let's Bake 1:30 p.m. Brew Root Beer with Special Guest</p>	<p>10</p> <p>9 a.m. Cart Rides on the Prairie Spirit Trail 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh</p>	<p>11</p> <p>Gene Wilder Day</p> <p>10:30 a.m. Guest Activity 1:30 p.m. Movie: <i>Willy Wonka and the Chocolate Factory</i></p>	<p>12</p> <p>10:30 a.m. Bingo 1:30 p.m. Bowling Game</p>	<p>13</p> <p>Individual Activities Manicures & Music</p>
<p>14</p> <p>Flag Day</p> <p>3:15 p.m. First Christian Church Service</p>	<p>15</p> <p>10:30 a.m. Watch a Western 1:30 p.m. Group Exercises</p>	<p>16</p> <p>10:30 a.m. Coloring Fun 1:30 p.m. Watch Legends Live Concert</p>	<p>17</p> <p>National Root Beer Day</p> <p>10:30 a.m. Food Committee 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh</p>	<p>18</p> <p>10:30 a.m. Shopping Trip & Go Out to Eat 1:30 p.m. Watch a Movie <i>(Resident Choice)</i></p>	<p>19</p> <p>Juneteenth</p> <p>10:30 a.m. Bingo 1:30 p.m. Donuts with Dads</p>	<p>20</p> <p>Individual Activities Coloring Fun</p>
<p>21</p> <p>Father's Day Summer Solstice</p> <p>3:15 p.m. Mont Ida Church Service</p>	<p>22</p> <p>10:30 a.m. Group Exercises 1:30 p.m. Jewel Letters Craft</p>	<p>23</p> <p>10:30 a.m. Banksy Silhouette Art 1:30 p.m. Coffee & Chat</p>	<p>24</p> <p>10:30 a.m. Resident Council 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh</p>	<p>25</p> <p>10:30 a.m. Books & Blooms 1:30 p.m. Coloring Fun</p>	<p>26</p> <p>10:30 a.m. Bingo 1:30 p.m. Play Noodle Ball</p>	<p>27</p> <p>Individual Activities Manicures & Music</p>
<p>28</p> <p>3:15 p.m. Hope Anthem Church Service</p>	<p>29</p> <p>10:30 a.m. Mystery Craft 1:30 p.m. Monday Milkshakes</p>	<p>30</p> <p>10:30 a.m. Fishing Trip <i>(Weather Permitting)</i> 1:30 p.m. Group Exercises</p>				



With Flag Day coming up on June 14—celebrating the adoption of the Stars and Stripes—Tim, a medication aide at the RLC, had an idea: Why not create a flag of our own?

Flags have been used for centuries as a way for people and communities to show who they are and what they stand for. They're symbols of shared values, pride, and connection.

With a little help from AI, Tim designed an RLC flag that brings together our team's commitment to outstanding resident care, with a touch of good old-fashioned fun.



The design captures what we're all about:

- Giving
- Outstanding
- Attention
- Teamwork
- Smiles

Because at the end of the day, it's all about delivering Greatest of All Time care.

June Word Search

Can you find these words related to activities in June?



Word List

- | | | |
|----------------------|-------------|-----------|
| summer | wildflowers | donuts |
| Fathers Day | cornhole | milkshake |
| Prairie Spirit Trail | root beer | fishing |
| Pottawatomie Creek | Flag Day | bingo |
| North Lake | patio | |

National Dairy Month

We wouldn't have root beer floats without cows. Luckily, June is National Dairy Month, which celebrates contributions the dairy industry has made to the world. Dairy products contain nutrients such as calcium, potassium, and protein that help maintain heart, bone, and skin health and prevent diabetes and high blood pressure.



Riding the Prairie Spirit Trail

Wednesday, June 10



Getting outside is good for everyone—and thanks to the Friends of the Prairie Spirit Trail, local residents have a special way to experience nature up close.

The Prairie Spirit Trail State Park stretches 51 miles from Ottawa to

Iola, following the path of a former railroad. Along the way, it winds through small towns and scenic countryside, offering views you just can't get from the main roads.

The trail is perfect for walking and biking, but since motorized vehicles aren't allowed, not everyone can access it easily. That's where the Friends group comes in. Ruth Theis, a member of Friends of the Prairie Spirit Trail and a longtime Anderson County Hospital Auxiliary volunteer, set out to change that. She wanted to make sure elderly residents and people with limited mobility could enjoy the trail's beauty, too.

Each year, with special permission from the Kansas Department of Wildlife, Parks, and Tourism, Ruth and a team of volunteers lead a "train" of motorized golf carts down the trail—giving some very special passengers an outdoor experience they won't forget.

"Riders really look forward to being outside—seeing the wildflowers and enjoying the fresh air," Ruth says. "It's a chance to just enjoy nature, and honestly, the drivers have just as much fun as the passengers."

The idea actually goes back years. When the trail first opened, there was a ride-along event to introduce people to the new trail—but it didn't continue. Ruth helped bring the idea back in 2019, and aside from a pause during COVID-19, the event has become a spring tradition.

This year, the Friends group will host four rides. The first ride kicks off at 9:30 a.m. on Wednesday,

June 10, with RLC residents, followed by rides for other groups.

In total, there will be 18 golf carts making four round trips, each trip lasting about an hour.

"We start at the Garnett Elementary School and head north," Ruth explains. "There are some really beautiful wildflowers between the school and North Lake Park, and we'll stop at the Pottawatomie Creek bridge to watch the water before heading back."



All participants must be able to get in and out of the golf carts and be comfortable with traveling several miles. Residents are required to ride in the front seat with the driver, allowing space for up to 18 residents to ride along. RLC staff will do their best to make sure anyone who wants to go on the trail ride is able to, giving preference to first-time passengers.

To keep everyone safe, a team of Kansas park rangers will lead the group, and Anderson County EMS will follow along in a UTV.

"This is one of the best things we've ever done on the trail," Ruth says. "It's such a special day."

Photos taken at the RLC trail ride in 2025.



Prairie Spirit Rail Trail Anniversary
Celebrating 30 Years
(1996–2026)

National Trails Day
Saturday, June 6
Santa Fe Depot Trailhead
9:30 a.m.–1:30 p.m.



RLC
Review
....
RECENT EVENTS
& PHOTOS
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