

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

May 2019



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May Fun Fact



May is a character in the *Merchant's Tale*, part of Geoffrey Chaucer's *Canterbury Tales*. May was a young

woman who married a 60-year-old knight named Januarie. The name is thought to represent youth opposing her husband's old age. In the tale she weds the old knight but has an affair with his squire, whom the Merchant indicates may be the true father of May and Januarie's child.

A few words from the Director...



Hello residents and family! I hope this finds you well and enjoying the turn in the weather. I hope you enjoy the continued warming of the weather and budding and blooming of the trees and flowers. For me, this has always been a time of "newness." Newness in baby animals, the re-generation of growth on plants and flowers, and the turn of the weather in warming temperatures. Speaking of new, some of you are aware that we have a little project occurring at the Residential Living Center that is requiring us to move a couple of our residents to a new room. The staff and I want to thank you for your willingness to work with us through this process. The end result will be the ability to offer a much-needed resource in our community—watch for more details coming soon. Until next month—I hope you have a happy May Day.

—Dee Dunn, Director

In Loving Memory



Phillip E. Brand, age 91
passed away Sunday, March 31



Mildred Julius Stevens, M.D., age 95
passed away Saturday, April 20, one day
before her 96th birthday



HAPPY BIRTHDAY

Hazel, May 1

Rollin, May 26



This is a monthly magazine for residents of the Residential Living Center at Anderson County Hospital and their families.

Residential Living Center at Anderson County Hospital

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Culinary Corner

By Michelle Cunningham, Hospitality Service Manager



May is National Salad Month

It's time for the freshness of the greens to pop this time of year, and it's easy to grow garden lettuce even in a small space. They fill the grocery store with a variety of color, too.

Beyond the leafy part of the salad, the crisp vegetables, proteins, flavorful cheeses, herbs, berries, grains, and nuts make salads exciting and healthy. If we don't overindulge in the cheese and fatty meats, it's usually the dressing that causes our salad downfall.

Here is how to build a beautiful salad!

Pick a Base

arugula, kale, romaine, spinach, spring mix

Theme	Main Ingredients	Dressing
Caprese	diced mozzarella, fresh basil, grape tomatoes	Equal parts olive oil and balsamic vinegar
Classic Cobb	avocado slices, hardboiled egg(s), tomatoes, shredded cheddar cheese, corn, chopped red onion	Equal parts olive oil and red wine vinegar, dry mustard, Worcestershire sauce
Cool Summer	cucumber, red onion, watermelon cubes, feta, fresh mint	Equal parts lemon juice, canola oil, and white wine vinegar; lemon zest to taste
Greek	sliced cucumber, tomatoes, red onion, green bell pepper, fresh parsley and/or dill, olives, feta	Equal parts olive oil and lemon juice, dry oregano, plain yogurt
Thai Peanut	shredded cabbage and carrots, sugar snap peas, red bell pepper, fresh cilantro, scallion, peanuts	2 parts apple cider vinegar, 1 part lime juice, low-sodium soy sauce to taste, peanut butter, red pepper flakes
Three Bean	red kidney beans, chickpeas, black-eyed peas, chopped onion, chopped bell pepper, fresh cilantro, minced garlic	Equal parts lemon and/or lime juice, olive oil and apple cider vinegar, ground cumin, black pepper
Tropical	Diced mango, red bell pepper, raw cashews, fresh cilantro, avocado slices	2 parts olive oil, 1 part lemon juice, 1 part honey, fresh grated ginger
Waldorf	Apple slices, raw almonds and/or walnuts, chopped celery, grapes	Equal parts balsamic vinegar and olive oil, honey, lemon juice, mashed blueberries

Options to Add Protein

Beans, chicken, lentils, nuts and seeds, quinoa, shrimp, low-sodium turkey



Don't Miss These May Events!

National Nurses Week May 6-12

National Nurses Week is a time to recognize the contributions and positive impact of America's 4 million registered nurses. Each year, the celebration ends on May 12, Florence Nightingale's birthday.

Mother's Day Sunday, May 12

Let's celebrate and honor mothers!

National Nursing Home Week May 12-18

See page 4 for a week's worth of fun activities.

Senior Olympics Wednesday, May 15

The bus leaves at 9:30!

Darrin Sings Tuesday, May 21

Darrin will visit RLC to sing.

Memorial Day Monday, May 27

This is a day for remembering and honoring persons who have died while serving in the United States Armed Forces.

RLC offices will be closed. We have no scheduled activities.

Stay ACTIVE

Weekly Happenings at RLC

Check the calendar on page 6 for any changes to the schedule.

Small Group Exercises

9:30 a.m. | Monday,
Wednesday & Friday

Large Group Exercises

9:30 a.m. | Tuesday &
Thursday

Bingo

10:00 a.m. | Monday

Silverware Wrapping

10:00 a.m. | Monday
2:00 p.m. | Wednesday &
Friday

Care Plans

1:30 p.m. | Tuesday

Card Bingo

2:00 p.m. | Tuesday

Reading Group

2:00 p.m. | Monday

Movie

2:00 p.m. | Thursday
2:30 p.m. | Saturday

Bible Study with Josh and Family

4:15 p.m. | Wednesday

National Nursing Home Week

May 12-18, 2019



The theme for this year is "Live Soulfully." RLC will have activities all week long. Join us in the celebration!



Sunday, May 12

Mother's Day

Monday, May 13

PJ Day

Bingo

Comfort foods
Reading short stories
Popcorn all day!

Tuesday, May 14

Western Day

Blue jeans and bandanas
Western lunch
Blue Hat Spa Day



Wednesday, May 15

RLC T-shirt Day

Senior Olympics

Sack lunches

Thursday, May 16

Hawaiian Day

Wear your lei!
Food tasting fun!
Happy Hour mai tais



Friday, May 17

Celebrate America Day

Wear red, white, and blue!
History Trivia and
root beer floats

**Today we will
collect items to send
to our troops**

If you would like to help with this project or donate to it, please let Yvonne know!



Resident Spotlight
Hazel Andrew

This little lady is a true gem! We would like to spotlight Hazel Andrew this month as she turns 107 on May 1.

Hazel was born in Van Buren, Missouri. Her family moved to Osawatomie when she was six. Times were tough in the 30s, and there wasn't much work around, but Hazel worked for various families doing housekeeping. She lost a brother during WW11.

Hazel married Robert in 1936. He worked in the oil fields, and they made their home in Rantoul. Robert built a miniature farm wagon and used two ponies to pull it. Hazel recalls fond memories of going to many fairs and parades with their team of ponies. She states that they were members of a saddle club even though they didn't ride. They served as the mascot! They also packed a picnic lunch and went to pony pulls.

Even though they never had children of their own, they made many memories with nieces and nephews. Hazel and Robert belonged to the Presbyterian Church, and Hazel belonged to the Bible Study Club and the Rebekahs. The couple had a long and good life together. Robert passed away in 1995.

Hazel continues to be very active in RLC. She attends most activities and looks forward to Senior Olympics every spring. She contributes her longevity to the fact that she takes one day at a time.

Activities with Yvonne

by Yvonne Ryan, Activity Director/Social Service Designee

It looks like the April showers really did bring May flowers! Who doesn't enjoy this?

April was a busy month. We had 43 kindergarten children here for an Easter egg hunt and an Easter egg hunt for residents' grandchildren along with staff's children. We filled many eggs with candy for these events!

We have a very busy month ahead of us! National Nurses Week is May 6-12. We want to recognize the hard work and dedication that our nurses provide on a daily basis. Please take a moment to thank our nurses for all they do.

We will celebrate Nursing Home Week May 12-18! See page 4 for a list of activities.

We are coming into that time of year that our weather varies from nice to severe in a blink of an eye. We have plans in place for any undesirable weather. There was even a trial run last week and it went very well!

We'd like to welcome two new residents! Velda Lee Ralston moved in at the beginning of April and Jim Prior at the end of April. If you see them, stop and visit for a bit!



Sunday Services at RLC in May, June, and July

First Baptist Church

Scott Simpson

May 5 | July 14

First United Methodist

Bill Driver

May 12 | July 21

Trinity Baptist

Josh Ford

May 19 | July 28

Mount Ida Church of the Brethren

Vernon Yoder

May 26 | August 4

First Christian Church

Chris Goetz

June 2 | August 11

Church of the Nazarene

Jonathan Hall

June 9 | August 18

Trinity Lutheran

Andy Fry

June 16 | August 25

Beacon of Truth

Reuben Esh | Sam Stoltzfus

June 23

Holy Angels Catholic Church

Father Daniel Stover

June 30

Assembly of God

Pam McSwane

July 7

MAY 2019

Activities are subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Beauty Shop Today 1 Father Jerry Visit 9:30 Small Group Exercises 2:00 Silverware Wrapping 4:15 Bible Study Josh	2 9:30 Large Group Exercises 9:45 Reflections Michelle 2:00 Movie & Popcorn—Dining Room	3 9:30 Small Group Exercises 10:00 Memorial Service for Departed Residents Good Shepard Hospice 2:00 Silverware Wrapping	Music in the Morning 4 Family & Friends Visit 2:30 Movie
National Nurses Week 5 10:00 Catholic Communion 10:45 Christian Communion 3:15 Church Services	6 9:30 Small Group Exercises 10:00 Bingo 10:00 Silverware Wrapping 1:00 1:1 Exercises 1:1 Visits 2:00 Reading with Deb	7 9:30 Large Group Exercises 9:50 Reminscing with Yvonne 1:30 Care Plans 2:00 Card Bingo	Beauty Shop Today 8 Father Jerry Visit 9:30 Small Group Exercises 10:00 Manicures 2:00 Silverware Wrapping 2:30 Pitch Family & Friends 4:15 Bible Study Josh	Shopping Today 9 9:30 Large Group Exercises 10:00 Catholic Mass 1:30 1:1 Visits 2:00 Movie & Popcorn—Dining Room	Let's Go for a Ride! 10 9:30 Small Group Exercises 10:00 Activity Planning Meeting 2:00 Silverware Wrapping 2:30 Pot Some Plants	Music in the Morning 11 Family & Friends Visit 2:30 Movie
Mother's Day 12 National Nursing Home Week 10:00 Catholic Communion 10:45 Christian Communion 3:15 Church Services	PJ Day 13 Popcorn All Day 9:30 Small Group Exercises 10:00 Bingo 10:00 Silverware Wrapping 1:00 1:1 Exercises 1:1 Visits 2:00 Reading with Deb	Western Day 14 Blue Jeans & Bandanas 9:30 Large Group Exercises 10:00 Dining Room Fun 2:00 Care Plans 2:00 Card Bingo	Senior Olympics 15 Beauty Shop Today Father Jerry Visit Picnic Lunch Today 9:30 Leave for Senior Olympics 2:00 Silverware Wrapping 4:15 Bible Study Josh	Hawaiian Day 16 Shopping Today 9:30 Large Group Exercises 9:45 Reflections 1:30 1:1 Visits 2:30 Happy Hour Mai Tais!	Celebrate America! 17 9:30 Small Group Exercises 10:00 Dining Room Fun Grilled Hamburgers & Hot Dogs Root Beer Floats Say Goodbye to Erin 2:00 Silverware Wrapping	Music in the Morning 18 Family & Friends Visit 10:00 Adult Coloring 2:30 Movie
19 10:00 Catholic Communion 10:45 Christian Communion 3:15 Church Services	20 9:30 Small Group Exercises 10:00 Bingo 10:00 Silverware Wrapping 1:00 1:1 Exercises 1:1 Visits 2:00 Reading with Deb	Darrin Sings Today 21 9:30 Large Group Exercises 9:45 Culinary Corner & Resident Council 2:00 Card Bingo	Beauty Shop Today 22 Father Jerry Visit 9:30 Small Group Exercises 10:00 Lunch Trip Iola A&W 2:00 Silverware Wrapping 2:30 Pitch Family/Friends 4:15 Bible Study Josh	Shopping Today 23 9:30 Large Group Exercises 10:00 Reflections Michelle 2:00 Movie & Popcorn—Dining Room	24 9:30 Small Group Exercises 10:00 Men's Coffee 2:00 Silverware Wrapping 1:30 Let's Go for a Drive	Music in the Morning 25 Family & Friends Visit 10:00 Adult Coloring 2:30 Movie
26 10:00 Catholic Communion 10:45 Christian Communion 3:15 Church Services	Memorial Day 27 OFFICES CLOSED	28 9:30 Large Group Exercises 10:00 Trivia with Yvonne 1:30 Care Plans 2:00 Card Bingo	Beauty Shop Today 29 Father Jerry Visit 9:30 Small Group Exercises 10:00 Manicures 2:00 Silverware Wrapping 2:30 Pitch Family & Friends 4:15 Bible Study Josh	Shopping Today 30 9:30 Large Group Exercises 10:00 Reflections 1:30 1:1 Visits 2:00 Patio Visiting & Flower Potting	31 9:30 Small Group Exercises 10:00 Let's Head Out for a Day of Fun 2:00 Silverware Wrapping 2:00 Movie & Popcorn—Dining Room	



RLC Review
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RECENT EVENTS
& PHOTOS



