

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

June 2019



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June Fun Fact



On June 18, 1983, Dr. Sally Ride became the first American woman in space when the space shuttle Challenger launched its second mission. Dr. Ride was 32 years old, and she remains the youngest American astronaut ever to travel space.



A few words from the Director...



This month, I'll share some updates on your RLC leadership team. I'm very happy to announce that Tabitha Clark, the Director of Nursing, has been promoted to Director, Residential Living Center. Tabitha remains the Director of Nursing on record, but has additional operational responsibility, as well. We have also hired a new Assistant Director of Nursing, Lindy Katzer. Lindy will assist in overseeing the clinical operations and staffing at the RLC.

You might be asking—where is Dee going? Dee isn't going anywhere! I've been offered an opportunity to oversee and align senior living for Saint Luke's Health System, which includes Bishop Spencer Place, located in Kansas City on the Country Club Plaza. This means that you'll still see me here, just not as often. Together with your top-notch leadership team, we'll all be working to ensure we run a fun, safe, and secure community for you. With that said, Tabitha will take over writing this article going forward.

I look forward to continuing to talk and visit with each of you when I'm here and participating in the fun events we have here all the time.

Warm regards,
Dee



HAPPY BIRTHDAY

Kathryn M., June 7

Dick D., June 12

Betty B., June 20

Velda R., June 25

JUNE CELEBRATIONS

- June 5 **National Moonshine Day**
- June 7 **National Donut Day**
- June 10 **National Iced Tea Day**
- June 17 **Eat Your Veggies Day**
- June 22 **National Kissing Day**

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



June is National Dairy Month

With so many of our residents being from a rich agriculture background, we couldn't talk about June without recognizing June as Dairy Month.

National Dairy Month is a great way to start the summer with nutrient-rich foods. From calcium to potassium, dairy products contain nine essential nutrients which help to better manage your weight and reduce your risk for high blood pressure, osteoporosis, and certain cancers. Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. Those are just a few of the reasons that you should celebrate dairy—not just in June, but all year long.

Take the dairy trivia challenge!

June Dairy Trivia

1. True or False: For the price, milk supplies more nutrients than juice.
2. What is pasteurization?
3. How many grams of protein can be found in one serving of milk?
4. True or False: All dairy cows are female.
5. True or False: Eating yogurt helps with digestion.
6. How many glasses of milk does a cow produce daily?
7. True or False: Greek yogurt and regular yogurt are made from different types of milk.

See answers on page 4.



Don't Miss These May Events!

Prairie Spirit Trail Ride Thursday, June 6

RLC residents can go for a golf cart ride on Prairie Spirit Trail.

Flag Day Friday, June 14

Honor the anniversary of the adoption of the Stars and Stripes as the official US flag.

Father's Day Sunday, June 16

Let's celebrate and honor fathers!

First Day of Summer Friday, June 21

Summer officially begins!

Preschool Children Craft Tuesday, June 18 | 10:00 a.m.

Preschool kids visit RLC to participate in a craft.

Darrin Sings Tuesday, June 18

Darrin will visit RLC to sing.

Karaoke Monday, June 17 | 2:00 p.m.

Sing along with Richard.

Ladies' Blue Hat Club Wednesday, June 19 | 2:00 p.m.

The Blue Hat Club meets with Good Shepherd Hospice.



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



June Holidays



Although they are not as popular or celebrated with the same zest as maybe Christmas or the Fourth of July, two special holidays are celebrated in June: Father's Day and Flag Day.

Flag Day

On June 14, 1777, the Continental Congress replaced the British symbols of the Grand Union flag with a new design featuring 13 white stars in a circle on a field of blue and 13 red and white stripes, one for each state. The numbers of stars increased as new states entered the Union, but the number of stripes stopped at 15 and later returned to 13. Flag Day did not become official until August 1949, when President Harry S. Truman signed the proclamation making June 14 Flag Day.

Father's Day

Father's Day is celebrated on the third Sunday of June. Father's Day is a relatively new holiday, first celebrated nationwide in 1972. Like Mother's Day, Father's Day celebrates the contributions that fathers and father figures make for their children. We love honoring all the fathers who reside in RLC.

You may soon notice some construction in the south wing of the RLC. We have an exciting program launching in late summer that will serve older adults in our community!

Senior Life Solutions is an intensive outpatient program designed to meet the needs of seniors over 65 who struggle with issues such as depression or anxiety that are sometimes related to aging. The new clinic will be located at the end of the south wing of the RLC, adjacent to the parking lot. It will have a separate entrance.

Answers to June Dairy Trivia from page 3

1. True. Per 8-ounce glass, milk provides twice as many nutrients and vitamins as juice.
2. Pasteurization heats milk to kill pathogenic bacteria to make it safe to consume. Pasteurized milk is 150 times safer than raw milk.
3. There are 8 grams of protein in a serving of milk.
4. True. Only female cows produce milk.
5. True. Yogurt contains active cultures known as "good bacteria" that help to regulate food digestion.
6. On average, a cow produces 7 to 9 gallons of milk a day.
7. False. Both Greek and regular yogurt are made from cow's milk.



Resident Spotlight: DC Eichman

Delphus (DC) Eichman has lived at RLC since 2005. He was born in Coffey County north of Westphalia, the first of five boys. The family lived in Missouri for a while, then before the birth of the last son, had a baby girl named Janelle Marie. She passed away at nine months old. The family wanted to bury her in Kansas, so they brought her

little casket in the back seat of the car with the boys sitting on it. She is buried at Bethel cemetery in Anderson County.

DC married Betty in 1956. They are faithful members of the Old German Baptist Church. She lived in Pratt and he lived in Missouri when they met. Betty recalls that as a teenager he had the nickname Fido. He had a motorcycle then, and they met playing badminton. Betty wondered why her little “birdie” kept going to him!

DC is a man of many talents. When he and Betty first married, he ran a bulldozer. Later, he took over his dad’s sawmill business and was an electrician and a plumber. Betty says he made many suits for men and was known for the beautiful work that he did. DC taught himself to make suits by taking one apart and using it for a pattern. He also drove a truck for a while, and Betty went with him once to New York City. She wasn’t impressed with the city! DC and Betty had six children. A daughter passed away in 1993 due to cancer.

DC has always loved fishing. After his stroke, DC kept busy with cross stitching and embroidery. We’re happy DC calls RLC home!

Activities with Yvonne

by Yvonne Ryan, Activity Director/Social Service Designee

Welcome to June! We had a busy month in May as we celebrated National Nursing Home Week and Hospital Week. I would like to say a big “thank you” to everyone who helped make things happen. Our dietary department went above and beyond, as well. I am grateful to them for all they do!

Ruth Theis, with our hospital auxiliary, has been working for months to plan a golf cart ride on the Prairie Spirit Trail. This fun day will be June 6 at 10:00 am. She has invited a family member to go with the resident if they choose. I have a signup sheet and waiver to be signed by anyone going on the ride.

The resident needs be able to get on and off the golf cart as we will not have lifts available there. Please sign up for yourself and a family member!

We will be having fun with preschool children on June 18. The library staff will bring them for a fun activity!

We’re always looking for volunteers, so contact me if you’re interested: yryan@saintlukeskc.org or 785-204-4031. I need more email addresses of family members as well.

Happy first day of summer on June 21!



Sunday Services at RLC in June, July, and August

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

First Baptist Church

Scott Simpson
July 14

First United Methodist

Bill Driver
July 21

Trinity Baptist

Josh Ford
July 28

Mount Ida Church of the Brethren

Vernon Yoder
August 4

JUNE 2019

Activities are subject to change.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|--|---|--|
|  | | | <p>Father Jerry visits RLC every Wednesday at noon to visit and give communion.</p> | | | <p>Music in the Morning Family & Friends Visit 1 10:00 Adult Coloring 2:30 Movie</p> |
| <p>2 10:00 Catholic Communion 10:45 Christian Communion 3:15 Church Services</p> | <p>3 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</p> | <p>4 9:30 Large Group Exercises 9:50 Trivia with Yvonne 1:30 Care Plans 2:00 Card Bingo</p> | <p>Beauty Shop Today 5 9:30 Small Group Exercises 10:00 Manicures 2:00 Silverware Wrapping 2:00 Pitch Family & Friends</p> | <p>Shopping Today 6 9:30 Large Group Exercises 10:00 Golf Cart Ride on Prairie Spirit Trail 1:30 1:1 Visits 2:30 Crafts</p> | <p>Let's Go for a Drive! 7 9:30 Small Group Exercises 10:00 Bible Study Doug 2:00 Silverware Wrapping</p> | <p>Music in the Morning Family & Friends Visit 8 2:30 Movie</p> |
| <p>9 10:00 Catholic Communion 10:45 Christian Communion 3:15 Church Services</p> | <p>10 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</p> | <p>11 9:30 Large Group Exercises 9:45 Culinary Corner 10:00 Resident Council 2:00 Card Bingo</p> | <p>Beauty Shop Today 12 9:30 Small Group Exercises 2:00 Silverware Wrapping 2:00 Pitch Party 4:15 Bible Study & Music Josh</p> | <p>13 9:30 Large Group Exercises 10:00 Catholic Mass 1:30 1:1 Visits 2:00 Movie & Popcorn—Dining Room</p> | <p>Flag Day 14 9:30 Small Group Exercises 1:00 1:1 Visits 2:00 Silverware Wrapping 2:00 Handwork Club</p> | <p>Music in the Morning Family & Friends Visit 15 10:00 Adult Coloring 2:30 Movie</p> |
| <p>Father's Day 16 10:00 Catholic Communion 10:45 Christian Communion 3:15 Church Services</p> | <p>17 9:30 Small Group Exercises 10:00 Bingo 10:00 Silverware Wrapping 1:00 1:1 Exercises 1:1 Visits 2:00 Karaoke Richard</p> | <p>Darrin Sings Today 18 9:30 Large Group Exercises 10:00 Craft with Preschool Children 2:00 Card Bingo</p> | <p>Beauty Shop Today Manicures Today 19 9:30 Small Group Exercises 2:30 Ladies' Blue Hat Club 4:15 Bible Study & Music Josh</p> | <p>20 9:30 Large Group Exercises 10:00 Reflections Michelle 2:00 Movie & Popcorn—Dining Room</p> | <p>First Day of Summer 21 9:30 Small Group Exercises 10:00 Men's Coffee 1:00 1:1 Exercises 1:1 Visits 2:00 Silverware Wrapping</p> | <p>Music in the Morning Family & Friends Visit 22 10:00 Adult Coloring 2:30 Movie</p> |
| <p>23 10:00 Catholic Communion 10:45 Christian Communion 3:15 Church Services</p> <p>30 10:00 Catholic Communion 10:45 Christian Communion 3:15 Church Services</p> | <p>24 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</p> | <p>25 9:30 Large Group Exercises 10:00 Cooking Club 2:00 Card Bingo</p> | <p>Beauty Shop Today 26 9:30 Small Group Exercises 2:00 Silverware Wrapping 2:00 Pitch Family & Friends</p> | <p>Shopping Today 27 9:30 Large Group Exercises 10:00 Reflections Michelle 1:30 1:1 Visits 2:00 Movie & Popcorn—Dining Room</p> | <p>Let's Go for a Drive! 28 9:30 Small Group Exercises 10:00 Let's Celebrate Summer! 1:00 1:1 Visits 2:00 Silverware Wrapping</p> | <p>Music in the Morning Family & Friends Visit 29 10:00 Adult Coloring 2:30 Movie</p> |



RLC Review

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RECENT EVENTS & PHOTOS



