A few words from Lindy...

What a month it has been! Here at RLC, we celebrated Christmas the whole month of December. From riding in the Christmas parade to the holiday open house to all the carolers in the building, visits from friends and family, and even fudge making, our Christmas season was full of fun. And now cough and snifflie season is here!

We take hand washing and illness prevention very seriously at RLC because our residents mean the world to us, and we want to keep them healthy and happy. Please, please, please—if you are ill, refrain from visiting until you are symptom-free for 48 hours. Remember, if you can’t visit in person, you are always welcome to call and visit your loved ones over the phone. Our nurses’ station phone number is 785-204-4016, and they will be happy to transfer your call directly into your family member’s room. When you are healthy and come to visit, wash your hands! Handwashing is proven to prevent the spread of infection. And it’s a really easy way to keep our residents healthy! Hand sanitizer stations are located at each entrance of RLC.

Everyone here at RLC would like to wish our family and friends a happy, healthy, and blessed 2020.

Lindy

HAPPY BIRTHDAY

Jeanie P., January 6
Mary G., January 20

In Loving Memory

Mildred Hyde
age 85
January 3, 1934—December 2, 2019

Jay Bodenhamer
age 85
August 15, 1934—December 18, 2019

Madeleine Klein
age 78
August 30, 1941—December 22, 2019

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
421 S. Maple Street, Garnett, Kansas 66032
785-204-4016 • saintlukeskc.org/rlc
National Spaghetti Day

On top of spaghetti, all covered with cheese, I lost my poor meatball—when somebody sneezed.

Spaghetti is a favorite among our residents. It’s an easy dish, and health benefits in spaghetti are plenty. Wonder why marathoners prepare with a carb-load party nights before their run? They’re eating that pasta to carb-load for the 26.2 mile run ahead of them. The carbohydrates in pasta provide glucose and help sustain energy throughout the day. Spaghetti is also low sodium, is cholesterol free, and contains iron and B vitamins. Enriched pasta is filled with folic acid, which is important for women of child-bearing age. Pasta is part of a well-balanced diet.

January 4 is National Spaghetti Day. So enjoy a plate of spaghetti—but try not to sneeze!

MORE JANUARY CELEBRATIONS

January 6 | Feast of the Epiphany
The Feast of the Epiphany marks the official end of the Christmas season. Many Christian traditions celebrate the wise men’s arrival from the east, having followed the star. The Epiphany is when many churches place the wise men in their manger scenes.

January 11 | National Houseplant Appreciation Day
Houseplants make excellent roommates. They’re quiet, beautiful, help deter illness, clean the air, and boost healing. Celebrate National Houseplant Appreciation Day by singing to your plants. Trust us—they like it!

January 12 | National Pharmacist Day
Thank a pharmacist today for keeping those medications refilled when needed. We appreciate them keeping us well!

January 14 | National Dress Up Your Pet Day
Pets are an important part of our families, so celebrate pets and their fashionable flair.

January 29 | National Puzzle Day
RLC residents love puzzles and for good reason—puzzles are fun and have benefits for all ages. Puzzles teach children how pieces make up a whole and teaches basic skills of shape, concentration, goal setting, and a sense of achievement. For the elderly, puzzles enhance memory and improve concentration. Some say puzzling can reduce chances of dementia and Alzheimer’s.

Don’t Miss These December Events!

Pitch with Karen G.
Wednesday, January 8
2:30 p.m.

Afternoon Popcorn
Thursdays
January 9 and 30

Ladies Blue Hat Club with Good Shepherd Hospice
Wednesday, January 15
2:00 p.m.

Let’s Go for a Ride!
Friday, January 17

Karaoke with Richard
Monday, January 20
2:00 p.m.

Pen Pals Are Here!
Tuesday, January 21
10:15 a.m.

Darren Sings
Tuesday, January 21

Make Birdseed Feeders
Tuesday, January 28
10:00 a.m.

Make Valentines
Friday, January 31
10:00 a.m.

HAPPY NEW YEAR!

New Year’s Day is Wednesday, January 1.

RLC will have no scheduled activities, and the RLC office will be closed.
Healthy Habits

As Lindy said on page 2, illness prevention is very important at RLC. According to the Centers for Disease Control and Prevention (CDC), the best way to prevent flu is to get vaccinated each year. These additional tips from the CDC will help stop the spread of germs.

Avoid Contact
Avoid close contact with people who are sick. When you’re sick, keep your distance from others to protect them from getting sick, too.

Stay Home
If possible, stay home from work, school, and errands when you’re sick. This will help prevent spreading your illness to others.

Cover Up
Cover your mouth and nose with a tissue when coughing or sneezing. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by coughing, sneezing, or unclean hands.

Clean Up
Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

Avoid Touching Your Eyes, Nose, and Mouth
Germs often spread when a person touches something that is contaminated with germs, then touches his or her eyes, nose, or mouth.

Practice Other Good Health Habits
Clean and disinfect frequently touched surfaces at home, work, or school, especially when someone is ill. Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, and eat nutritious food.

Word Box Puzzle
In the spirit of January 24 being National Puzzle Day, here’s a word box puzzle for you to solve! Using the clues, fill in the answers. The answers will read the same across the rows and down the columns.

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1. Funny bone location
2. Type of conifer tree that rhymes with parch
3. Item used to provide support
4. Take place; happen
5. Used to ask someone’s location

See answers on page 5.
Resident Spotlight: Dick Doty
Richard (Dick) Douglas Doty was born in Wichita, Kansas, on June 12, 1929. Harold and Erma Doty adopted Dick when he was just three days old.
Harold and Erma owned a dry-cleaning store called Modern Day Cleaner. Growing up, Dick learned the family business. After graduating from Wentworth Military Academy in Lexington, Missouri, Dick joined the army, serving on active duty. He later married and had three sons and a daughter.
Dick recalls many wonderful memories with his second wife, Sandy. They had many adventures together traveling, fishing, golfing, cooking, and attending football games.
Dick now calls the Anderson County Residential Living Center home, and we couldn’t be happier to have him as one of our residents.

Activities with Yvonne
by Yvonne Ryan, Activity Director/Social Service Designee
As we bring in a new year, I like to count my many blessings from 2019. I am so proud to live in a wonderful community who looks out for each other with kindness and understanding.
This marks one year of having our newsletter being published! We have added some new residents and had to say goodbye to some as well.
Our silent auction was a huge success again this year. This would not happen if it weren’t for the awesome support from many people. We were able to buy each resident a nice Christmas gift. Money raised is also used to take fun trips as well as bringing in some great entertainers.
This month we celebrate Martin Luther King, Jr. Day, Activity Professionals Week, and Kansas Day! Welcome 2020!

Kansas Day
On January 29, 1861, Kansas was admitted to the union as the 34th state. In 1877, schoolchildren in Paola were studying history and wanted to honor their home state. They celebrated the first Kansas Day on January 29, 1877.

Kansas Fun Facts
• Dodge City, Kansas, is the windiest city in the United States.
• Smith County, Kansas, is the geographical center of the 48 contiguous states.
• The first woman mayor in the United States was Susan Madora Salter, elected to office in Argonia, Kansas, in 1887.
• The first black woman to win an Academy Award was Hattie McDaniel, born in Wichita, for her role in “Gone with the Wind.” Her parents were former slaves.

Word Puzzle Answers
1 E L B O W
2 L A R C H
3 B R A C E
4 O C C U R
5 W H E R E
<table>
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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td><strong>Father Jerry visits RLC every Wednesday to give Catholic communion.</strong></td>
<td><strong>Cruise and walk about the campus daily.</strong></td>
<td><strong>New Year’s Day</strong></td>
<td><strong>New Year’s Day</strong></td>
<td><strong>OFFICES CLOSED</strong></td>
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<tr>
<td><strong>10:00 Catholic Communion</strong></td>
<td><strong>9:30 Small Group Exercises</strong></td>
<td><strong>9:30 Large Group Exercises</strong></td>
<td><strong>9:30 Large Group Exercises</strong></td>
<td><strong>9:30 Small Group Exercises</strong></td>
<td><strong>9:30 Small Group Exercises</strong></td>
<td><strong>Music in the Morning</strong></td>
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<tr>
<td><strong>10:45 Christian Communion</strong></td>
<td><strong>10:00 Bingo</strong></td>
<td><strong>10:00 Trivia</strong></td>
<td><strong>10:00 Trivia</strong></td>
<td>**10:00 Bible Study</td>
<td>Doug**</td>
<td><strong>Family &amp; Friends Visit</strong></td>
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<td><strong>3:15 Church Services</strong></td>
<td><strong>10:00 Silverware Wrapping</strong></td>
<td><strong>1:30 Care Plans</strong></td>
<td><strong>1:30 Care Plans</strong></td>
<td>**1:00 Reflections</td>
<td>Michelle**</td>
<td><strong>2:00 Movie—Dining Rm</strong></td>
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<td><strong>5</strong></td>
<td><strong>9:00 Silverware Wrapping</strong></td>
<td><strong>2:00 Card Bingo</strong></td>
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<td><strong>2:00 Silverware Wrapping</strong></td>
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<td><strong>2:00 Movie—Dining Rm</strong></td>
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<td><strong>6</strong></td>
<td><strong>1:00 1:1 Exercises/Visits</strong></td>
<td><strong>2:00 Reading with Deb</strong></td>
<td><strong>2:00 Reading with Deb</strong></td>
<td><strong>2:00 Bingo</strong></td>
<td><strong>2:00 Bingo</strong></td>
<td><strong>2:00 Movie—Dining Rm</strong></td>
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<td><strong>7</strong></td>
<td><strong>9:30 Large Group Exercises</strong></td>
<td><strong>9:00 Silverware Wrapping</strong></td>
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<td><strong>8</strong></td>
<td><strong>10:00 Silverware Wrapping</strong></td>
<td><strong>1:1 Exercises/Visits</strong></td>
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<td><strong>1:1 Exercises/Visits</strong></td>
<td><strong>1:1 Exercises/Visits</strong></td>
<td><strong>2:30 Movie</strong></td>
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<td><strong>9</strong></td>
<td><strong>10:00 Resident Council</strong></td>
<td><strong>1:30 Care Plans</strong></td>
<td><strong>1:30 Care Plans</strong></td>
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<td><strong>2:00 Movie—Dining Rm</strong></td>
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<td>**1:00 Bible Study</td>
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<td>**1:00 Bible Study</td>
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<td><strong>1:30 1:1 Visits</strong></td>
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<td><strong>1:00 1:1 Exercises/Visits</strong></td>
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<td><strong>15</strong></td>
<td><strong>2:00 Ladies Blue Hat Club</strong></td>
<td>**4:15 Bible Study</td>
<td>Josh**</td>
<td>**4:15 Bible Study</td>
<td>Josh**</td>
<td><strong>2:00 Movie—Dining Rm</strong></td>
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<td><strong>16</strong></td>
<td><strong>2:00 Ladies Blue Hat Club</strong></td>
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<td>**2:00 Bible Study</td>
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<td><strong>3:15 Church Services</strong></td>
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<td><strong>19</strong></td>
<td><strong>Martin Luther King, Jr. Day</strong></td>
<td><strong>Darrin Sings!</strong></td>
<td><strong>Beauty Shop</strong></td>
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<td><strong>Beauty Shop</strong></td>
<td><strong>Music in the Morning</strong></td>
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<td><strong>10:00 Bingo</strong></td>
<td><strong>10:00 Make Bird Feeders</strong></td>
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<td>**4:15 Bible Study</td>
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RLC Review

RECENT EVENTS & PHOTOS