

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

May 2020



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May Fun Fact

May is named for the Roman goddess Maia, who oversaw the growth of plants. In Old English, May was called the “month of three milkings,” because in May, cows could be milked three times a day.



A few words from Lindy...

Hello again, RLC friends and family!

I know I've spoken with many of you over the phone, we see you on FaceTime and through our windows, we post photos of the fun things happening to our Facebook page, and we email out family and resident communications. But still, there is no way for me to adequately communicate to you all the goodness that is happening inside these walls.

As I write this, we are nearly 6 weeks into our visitor restrictions. Six weeks may be the longest many of our residents have gone without seeing family and friends face-to-face. Also, in the month of April, two of our cherished and long-time RLC friends, Myron Feuerborn and DC Eichman, passed away. We even lost a pet goldfish this month, Larry.


Our RLC staff are some of the strongest and bravest individuals I know—but if they are second to anyone, it's our RLC residents. Staff and residents have chosen optimism over negativity over and over this month. This level of resiliency gives me hope that we will get through these times and brighter days spent with our family and friends are ahead.

One day a couple of weeks ago, staff was trying to cheer up a sad resident, who was confused why she couldn't see her family. One of our fabulous nurses, Dawn, decided to put on her favorite record (Elvis!), and Dawn and the resident danced the blues away as the record turned. The resident smiled from ear to ear and said, “I'm an overgrown teenager.”

May we all tackle the challenges of life with as much creativity and passion as Dawn, and embrace it with the smile and heart of an overgrown teenager.

Here's to hoping the saying is true: may April showers bring May flowers!

Lindy



HAPPY BIRTHDAY

Richard R., May 11
Charlie D., May 18
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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April Showers Bring May Flowers...



by Kathy Norris, Nutrition Service Supervisor, ACH

What else comes in May? Cinco de Mayo!

What holiday could be more delicious to celebrate than Cinco De Mayo (or the fifth of May). On this day, those of Mexican heritage celebrate victory over France in 1862. In the United States, Cinco de Mayo has evolved into a commemoration of Mexican culture, heritage, and food, such as tortillas stuffed with meat, cheese, beans, rice, vegetables, and sauces. Enchiladas, tacos, tostadas, tamales, and burritos are just a handful of popular traditional Mexican food items. Burritos are a Mexican dish popular all over the world, but have only been offered in American restaurants since the 1930s. Celebrate this holiday by indulging in this favorite.

I would like to share my **Breakfast Burrito** recipe with you.

Ingredients

12 large eggs	½ tsp. black pepper
½ cup water	1t. ground cumin
2 lbs. sausage	¾ cup salsa
1 medium onion chopped	3 cups shredded cheese
1 teaspoon salt	(your favorite kind)
1 teaspoon garlic powder	12-14 10-inch flour tortillas

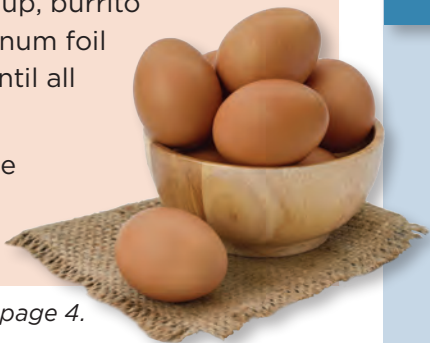
Directions

Scramble the eggs, add the water, and whip with a wire whisk. Cook in a large skillet over medium heat until just set. Put cooked eggs in large mixing bowl and set aside. In the same skillet brown the sausage. While the meat is cooking, break it into small pieces. Add the chopped onion and continue to cook until they are translucent. When done, drain the grease from the meat. Combine the meat and eggs. Stir in the remaining ingredients until combined well.

To prepare one burrito

Place ½ cup of the filling in the center of a tortilla. Fold opposite sides of the tortilla in, then roll up, burrito style. Place seam side down on an aluminum foil sheet and wrap. Continue this process until all the mixture is used.

Freeze the burritos for later or heat in the oven to serve now. Be sure the internal temperature reaches 165 degrees.



April Showers Bring May Flowers...continued on page 4.



More Fitness!

These online classes use resistance bands

Senior Fitness with Meredith

bit.ly/3aek1uK
bit.ly/34BxBXU
(a selection of videos)

Relax

UCLA Guided Meditations

bit.ly/34OEp4R

Audio Dharma

bit.ly/3bhO4mU

Apps for Phone or Tablet

Calm

Headspace

Have Fun

Art Trivia Games

sporcle.com/games/tags/art

Word Games

earlyaccess.pogo.com/

Travel at Home

Viking Cruises Videos

viking.tv

House Beautiful Garden Tours

bit.ly/3cjsH4C

If you would like to receive this newsletter sooner, view our digital edition at:

saintlukeskc.org/rlc

Coping RESOURCES

Staying isolated during the pandemic can be stressful. If you or a loved one is in need, contact these resources:

The **Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline 800-985-5990** provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. SAMHSA is branch of the U.S. Department of Health and Human Services.

Older adults and adults living with disabilities can contact the **Institute on Aging's 24-hour toll-free Friendship Line**, an accredited crisis line at **800-971-0016**.

If you are experiencing a mental health emergency, go to your **nearest emergency room or dial 911**.

For more coping suggestions, see **From ACH Senior Life Solutions: Tips for Coping during the COVID-19** on page 6.

April Showers Bring May Flowers...continued from page 3.

The May air can be filled with the fragrances of many spring flowers, such as lilac, hyacinth, or honeysuckle, but there are few smells better than the aroma of fresh baked biscuits coming from a kitchen in May. Let's celebrate National Biscuit Day, May 14, by all baking biscuits!

The following recipe won me a grand champion ribbon at the Wilson County Fair many years ago.

Happy May to all!
Kathy

Supreme Biscuits

Ingredients

3 cups all-purpose flour	$\frac{3}{4}$ teaspoon cream of tartar
1 tablespoon baking powder	$\frac{3}{4}$ cup butter or $\frac{1}{2}$ cup butter
1 tablespoon sugar	and $\frac{1}{4}$ cup shortening
1 teaspoon salt	1 cup milk

Directions

Preheat oven to 450 degrees F. In a large bowl, stir together the flour, baking powder, sugar, salt, and cream of tartar. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Make a well in the center of the flour mixture. Add milk all at once. Using a fork, stir just until moistened.

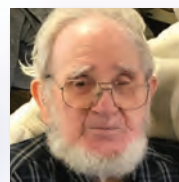
Turn dough out onto a lightly floured surface. Knead dough by folding and gently pressing dough for four to six strokes or just until dough holds together. Pat or lightly roll dough until $\frac{3}{4}$ -inch thick. Cut dough with a floured 2- $\frac{1}{2}$ -inch biscuit cutter, rerolling scraps as necessary.

Place biscuits 1 inch apart on an ungreased baking sheet. Bake 10 to 14 minutes or until golden. Remove biscuits from baking sheet and serve warm.

Makes 12 biscuits.



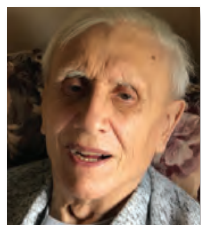
In Loving Memory



Delphus C. Eichman
September 17, 1934—
April 14, 2020



Myron D. Feuerborn
December 28, 1934—
April 18, 2020



Resident Spotlight: Richard Roeckers

Richard Roeckers was born on a farm west of Garnett on May 11, 1932, one of two sons of Hubert and Carrie Roeckers. Richard was a Garnett High School Bulldog and graduated with the class of 1951. He remembers the principal, Mr. Meeker, and a time

when the song “Wheels On the Bus” turned into literally a wheel flying off the bus and over a fence!

After graduation, Richard worked on the family farm for a year. Shortly after marrying Lorene Ewbank in 1952, Richard joined the navy, served for four years, and was discharged as a petty officer 2nd class. He then joined the U.S. Air Force and served for 20 years with SAC (Strategic Air Command). After traveling all over the world, he retired in 1976 with the rank of master sergeant. When he retired from the air force, the family moved to Topeka, where he managed Topeka Loans North and Roach Hardware. In 1990, Richard volunteered for the Gulf War but received a nice letter appreciating his offer but saying “due to his age,” he could support the troops better at home.

Lorene and Richard had five children. After Lorene passed away, Richard moved back to Garnett. He later married Shirley Campbell, and the couple have been active members of the Friends of the Library, Farm Bureau, Anderson County Historical Society, and the Shawnee County Chapter of the Anthropological Society. Speaking of artifacts and history—metal detecting was a favorite pastime for him and his brother, Henry! Ask him about his arrowhead finds.

Richard is a Holy Angels Catholic Church parishioner and a member of Garnett Knights of Columbus, Lions Club, Masonic Lodge, Shooting Club, VFW Post No.6397, and the American Legion.

Recorded Sermons

First Christian Church
fccgarnett.org/sermons

Church of the Nazarene
www.garnetnazarene.org/media

Beacon of Truth
<http://www.botmi.org>

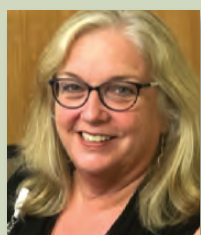
Livestreaming Services

Immaculate Conception
Sunday, 11 a.m.
www.facebook.com/golddomekc

Community Christian Church
Sunday, 10:30 a.m.
www.facebook.com/Community4KC

St. Paul’s Episcopal Church
Morning Prayers, 10 a.m.
www.facebook.com/StPaulsKCMO

Village Presbyterian Church
Sunday, 9:30 a.m.
www.villagepres.org/online



Activities with Yvonne

With flowers blooming and birds chirping, May is a beautiful time of year!

April was a bit different, but we made it through. We are still playing Bingo, just differently—in individual doorways. I usually read the daily chronicles at breakfast, along with morning announcements. We are now taking the daily chronicles to each resident, and staff is reading to those who are unable to do so. For happy hour, we make room deliveries of Sonic slushes or ice

cream. Exercises are on a one-on-one basis or with the iPads. When walking down the hall, you might see staff playing dominoes or a card game with someone. They might be coloring together or having a nice conversation! We also have had staff from other departments pass meal trays and assist with one-on-one activities. A lot of residents are enjoying visiting loved ones via FaceTime.

We appreciate the thoughtful gestures from our friends in the community. We have received cards for the residents along with donations of ice cream

and a new 65-inch smart TV. Staff have received Sonic gift cards, cookies, pizza, popcorn, homemade cheesecake, gift soaps, and encouraging notes.

Happy Mother’s Day to all mothers! We will make sure that it is a special day for all of the mothers here at RLC!

My husband Kevin and I will be celebrating our 40th anniversary on May 24! It’s milestones like this making us wonder, “Where has time gone?” We love that you choose to pass your time with us!

Yvonne

Tips for Coping during the COVID-19 Pandemic



From Anderson County Hospital's Senior Life Solutions

Americans of all ages are experiencing increased social isolation and loneliness in combatting the COVID-19 pandemic. According to the National Institute on Aging, nearly 14 million older adults in the U.S. live alone and are especially vulnerable during this time. Their research has linked social isolation and loneliness to higher risks for a variety of physical and mental conditions: high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease, and even death. Anderson County Hospital's Senior Life Solutions program is encouraging people to engage in meaningful, productive activities to help boost mood and maintain their overall emotional health and well-being.

"It is important to find ways to connect and engage in activities to help mitigate symptoms of anxiety and depression during this time," said Beth Anderson, BSN, RN, Program Director, ACH Senior Life Solutions. "We put together these quick tips to share with our communities and hope they will encourage self-care and support."

Quick Tips for Older Adults Experiencing Social Isolation

Find or keep a sense of purpose. Take up a hobby such as growing an herb garden, crossword puzzles, knitting, or other activities.

Age-appropriate workouts can help you not only stay in physical shape but in mental shape as well. Gentle exercises such as walking are suggested. It is always recommended to consult a health care professional or primary care physician first.

Manage medication. Do you have enough to last you for the next 30 to 60 days? If you need help managing medications, contact your doctor or a loved one who can help you.

Keep a routine that includes consistent sleep/wake cycles. Incorporate talking to family or friends in that routine. Whether it be writing them a letter or calling them on the phone.

Quick Tips for Families

Stay active, and do it together! Walk the family dog, take a bike ride, or a walk together.

If your church has temporarily closed, check-in with them to see if they are offering virtual services that your family can attend together from home.

If you have kids home from school, make a video (on your smartphone!) and send it to a loved one who lives far away, which is a fun interactive way to simply say, hello.

Quick Tips for Caregivers

Take five to refuel. Make a list of things that help you relax and take two to three breaks throughout the day.

Call or write a friend who can lend a sympathetic ear, make you laugh, and remind you that you are not alone.

Pursue other interests. Hobbies, sports, crafts, and other pursuits are not frivolous. They help you clear your mind of worry—if only briefly.

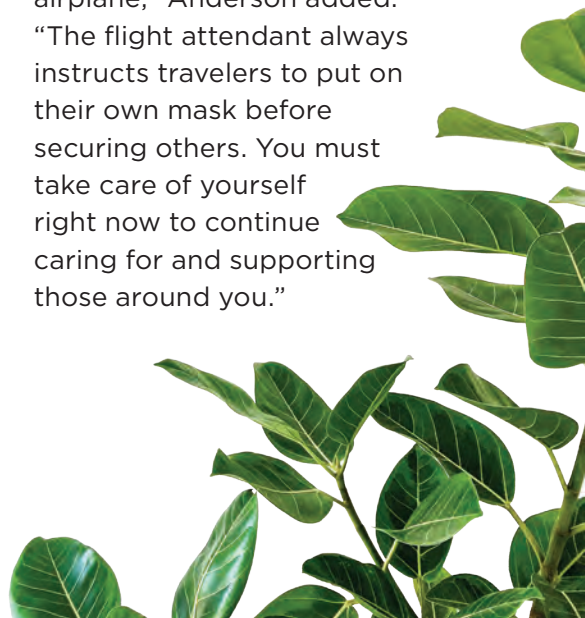
How to Care for Yourself

Nourish your body. Ensure you are eating a balanced diet and drinking plenty of water. If produce is hard to come by right now, check to see if local farmer's markets are delivering.

Take a break from the news. Although it is important to stay updated, it is recommended to take at least a 15-minute break.

Stay connected to your loved ones or a mentor using your phone, or applications like Facetime or Skype to speak to them virtually.

"Think of self-care like putting on an oxygen mask on an airplane," Anderson added. "The flight attendant always instructs travelers to put on their own mask before securing others. You must take care of yourself right now to continue caring for and supporting those around you."



MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					May Day 1 	2
3	4	Cinco de Mayo 5 	National Nurses Day 6	7	National Have a Coke Day 8	Lost Sock Memorial Day 9
National Nurses Week • May 6-12, 2020						
Mother's Day 10 	11	12	13	National Biscuit Day 14	15	Armed Forces Day 16 
National Nursing Home Week • May 10-16, 2020 • 2020 Theme: Sharing Our Wisdom						
17	18	19	20	21	22	23
24	Memorial Day 25 	26	27	National Hamburger Day 28 	29 	30
Pentecost 31 						

