A few words from Lindy...

Hello RLC friends and family! Another message coming to you all from “the inside” this month as we continue COVID-19 restrictions to protect our residents. It seems like a broken record to send you the same message month after month: “We’re still here, and we’re still doing great!” But we truly are. Every day when I walk the halls, I am grateful to see staff reading stories to residents, visiting on the patio, and facilitating Facetime or Skype calls with families. Connection is more important than ever right now. Just because we’re social distancing doesn’t mean we can’t be social. I am proud of the ways staff have been creative in filling the gaps and making connections with our residents and their families throughout each day.

Please don’t hesitate to call the nurses station (785-204-4016) any time you’d like us to facilitate a video chat or phone call with your loved one(s)!

Don’t get me wrong. We miss you all very much. Nothing can truly replace your presence here, and we look forward to the day when family, friends, and volunteers can safely visit once again.

Just yesterday, there were a few residents scattered in the dining room having a snack, so I sat down at the piano and punched out the one song that stuck with me from my piano lessons long ago—“When the Saints Go Marching In.” I was so proud of myself, and how it came back to me so easily. I said to a resident, “That wasn’t half bad was it?” And she said, “I think it’s about time we get Josh back.”

So, to our dear friends and family—we miss you, but we’re doing well. To our favorite volunteer Josh, if you read this, the music is in dire straits without you. Soon enough we’ll be back together, singing our songs and visiting loved ones. Until then, stay healthy!

Lindy

HAPPY BIRTHDAY

Jim J., June 5  
Kathryn M., June 7  
Richard D., June 12  
Betty B., June 20

Flag Day commemorates the adoption of the U.S. flag on June 14, 1777, by the Second Continental Congress. In 1916, President Woodrow Wilson officially established June 14 as Flag Day.
June holds its share of fun holidays, and of course we like to talk about the food holidays the best.

**June 3: National Egg Day**
Do you know how much power a single egg can punch? With only 75 calories, but 7 grams of protein, this superfood provides a great calorie-to-protein ratio. So whether you’re a fan of poached, scrambled, over easy, hard-boiled, fried, sunny-side-up, soft-boiled, or eggs in a cake, the possibilities are endless! It doesn’t matter if it’s 7 a.m., 7 p.m., or somewhere in between. Eggs are great to eat anytime... or any day. The average shake supplement equals only 6 grams of protein, so maybe you would rather have an extra egg per day instead of a shake! Just ask any of your caregivers.

**June 22: National Onion Ring Day**
If you’ve got a craving for all things deep-fried, National Onion Ring Day is the holiday for you! It’s unclear when onion rings were first developed, but an onion ring-like recipe appeared in an 1802 cookbook, and another surfaced in a New York newspaper in 1910. Texas-based restaurant chain Kirby’s Pig Stand claims it played a big part in the onion ring’s creation, and fast food restaurant A&W helped them reach widespread popularity.

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**Betty Crocker’s Easy Onion Ring Recipe**

**Ingredients**
- 2 medium onions
- 1 ¾ cup Bisquick mix
- 1 teaspoon sugar
- ½ cup buttermilk
- ½ cup beer
- ½ cup beer

**Directions**
Cut onions into ½-inch slices; separate into rings. Set aside. In medium bowl, stir together 1 ¼ cup of the Bisquick mix and the sugar. In a small bowl, mix buttermilk and beer; add to the Bisquick mixture, stirring with a whisk until smooth.

In a deep fryer or 3-quart heavy saucepan, heat 2 inches of oil to 375 degrees. In a large resealable plastic bag, place onion rings and the remaining ½ cup Bisquick mix. Seal bag and shake to coat. Dip each onion ring in to batter, coating well. Carefully drop onion rings, in batches, into hot oil. Fry 4 minutes, turning occasionally, until golden brown; drain on paper towels. Serve hot.
Summer Solstice LIVE from Stonehenge
Saturday, June 20
3:30–11 p.m.
Central Daylight Time
facebook.com/englishheritage

Because of the measures in place to combat coronavirus, spectators can’t travel to Stonehenge in person this year, but live coverage of sunset and sunrise means you won’t miss a moment of the summer solstice. Cameras will capture the best views of Stonehenge, allowing you to connect with this spiritual place from the comfort of your own home.

Take a Virtual Tour of Stonehenge
bit.ly/2ZM9kxR

Take an interactive tour of Stonehenge any time with a 360 degree view from inside the monument. Select the hotspots to find out more about this prehistoric site.

**Summer CROSSWORD**

Across
1. Beachgoer’s pride
4. Surfer’s hangout
6. Dog days month
7. Rod & reel sport
9. A disk you whisk
11. Make a bed?
12. Roughing it, perhaps
14. Treat on a stick
15. Alfresco meal
16. Parlor treat
18. Bermuda ________

Down
1. Beach attire
2. Worker’s respite
3. Not indoors
5. Tramping on the trail
8. Outdoor cookout
10. Lake activity
13. Ballpark fare
17. Summer cooler

Answers

Down: 1. swimsuit; 2. vacation; 3. outside; 5. hiking; 8. barbecue; 10. boating; 16. ice cream; 18. shorts

8. barbecue; 10. boating; 13. hotdogs; 17. pool; 18. shorts
Resident Spotlight: Fred Setter

It was a beautiful day on October 22, 1934, when Frederick (Fred) John Setter was born in Iola, Kansas, to Ed and Rose Setter. Fred was the second of six children (three sons and three daughters). Fred's dad worked for the Sinclair Oil Company. The family moved to Greeley, Kansas, when Fred was in the third grade, and it was there where he graduated with the class of 1952.

Fred worked briefly for the State Highway Department, then worked for Southwest Bell Phone Company for 38 years. During this time, he became a father to five children.

Fred married Donna in 1984, and they spent over 30 wonderful years together before she passed away. He feels very close to his two bonus sons from his marriage to Donna. Fred and Donna valued family and enjoyed many trips to Florida to visit relatives. After his retirement Fred spent many hours making lawn chairs for family.

Activities with Yvonne

April showers brought May flowers, and we have sure enjoyed them!

Mother's Day kicked off the beginning of National Nursing Home week. Each lady received a beautiful corsage and a basket of goodies. We couldn't go out for Senior Olympics this year, so we had our own Olympics here. We hosted many activities through the week, and everyone was invited to come to the activity room daily, one at a time, and participate in an event. These activities included ring toss, scavenger hunt, basketball toss, horseshoe pitching, and bean bag toss. Tuesday was Friendship Day; dietary had residents pick out the ingredients for Friendship Stew—a delectable concoction. On Wednesday we celebrated Crazy Sock Day and concluded the fun with sweet treat of ice-cream from Yoder's Country Store (courtesy of Betty B's family!) in the afternoon. Thursday was Wacky Hair Day and you would you guess was the winner? Jamie! Not only does she know how to make our beautiful tresses perfectly coiffed, she also knows how to pull out a wacky hairstyle! Dietary served Sonic Wacky Packs for supper, and everyone enjoyed this Sonic treat! On Friday we all shared our wisdom on the wisdom board and enjoyed root beer floats in the afternoon. Mariah was the winner for fun headband day!

We have been blessed to have staff from other departments come to the RLC to help. They spend time in one-on-one settings potting plants, giving manicures, playing doorway bingo, cards, and dominos, or simply going for a walk together.

The first day of summer is June 20. I'm sure we can come up with a fun way to celebrate in the gift of air conditioning.

Happy Father's Day on June 21. You are all very special to us!

Yvonne

Audio and Video Sermons

Links to recorded sermons from some of our local churches:

First Christian Church
fccgarnett.org/sermons

Church of the Nazarene
www.garnettnazarene.org/media

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

Livestreaming Church Services

Links to some church services you can access online:

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

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

Conception Abbey
Sunday, 7:45 a.m., 10:30 a.m., 5:30 p.m.
www.conceptionabbey.org/live

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

Unity Temple on the Plaza
Sunday, 10:30 a.m.
bit.ly/2yfspgE

Village Presbyterian Church
Sunday, 9:30 a.m.
www.villagepres.org/online
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Please visit our new RLC Memorial Table. It is a nice way to remember our loved ones who have passed.