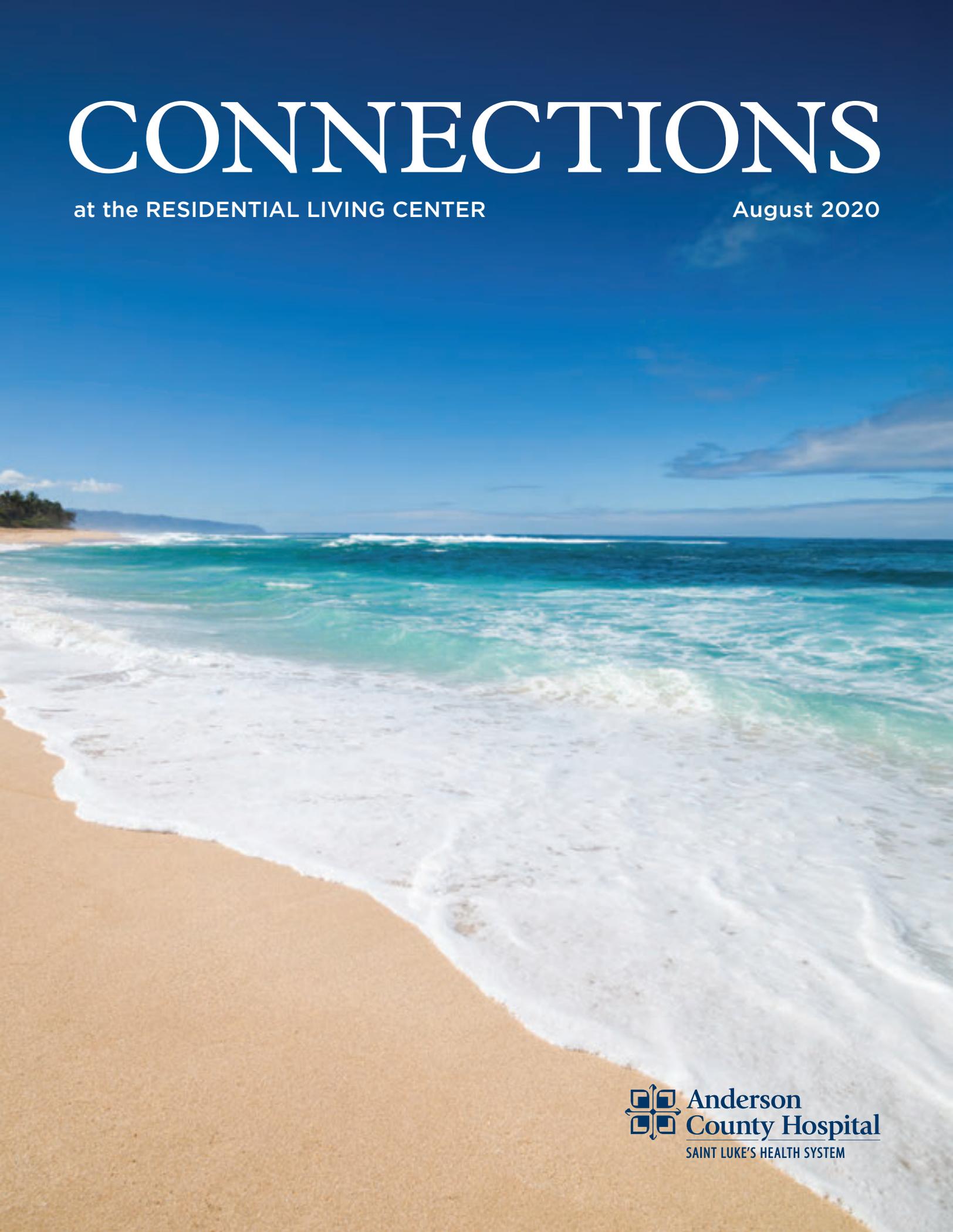


CONNECTIONS

at the RESIDENTIAL LIVING CENTER

August 2020



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A few words from Lindy...

In a world of uncertainties, so many things here at RLC are certain.

I am certain our residents are loved. Yesterday, Yvonne, our Activity Director, said to the team, "I'm running to the grocery store to get some things so Richard and I can make a snack. Anyone need anything?" Haley, an awesome CNA, said "Yes, pick up some strawberry pop for John. It's his favorite." This seems like a small moment, but I see these moments every single day.

I am certain our residents feel safe. I complete interviews with all residents quarterly, and typically when I ask, "Are there any staff deserving extra credit for their good work?" I hear, "How could I pick just one?"; "They're all so good to me;" and sometimes, "I love them all."

I am certain we have the best staff around. To date, RLC has had no staff turnover during COVID-19. This is a remarkable feat for any four-month period, but certainly during these stressful times. Our staff are committed, resilient, and compassionate. During bi-annual staff reviews, I asked, "What are we doing well here?" and I heard, "Teamwork", "RLC feels like a family", and "This is hands down, definitely the best job I've ever had." I asked the staff, "What energizes you?" And the overwhelming response was, "caring for our residents."

Nothing can replace having family members and visitors in our building, but our residents are certainly not going through this alone. Residents and staff are surrounded by each other here, surrounded by friends.

In all the world's uncertainties, I am certain RLC is so grateful to be a safe, happy, and healthy home.

"Our residents don't live in our workplace; We work in their home."
—unknown

Lindy

August Fun Fact

August is named after Augustus Caesar, founder and the first emperor of the Roman Empire, who was posthumously adopted by his maternal great-uncle Gaius Julius Caesar. In the early Roman calendar, August was actually the sixth month of the year. It was originally 30 days in length but an extra day was added so it would equal the number of days in July which was named after Julius Caesar



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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August Nutrition



**Kathy Norris, CDM, ACH
Nutrition Supervisor**

With so many people isolated at home and the economy so wobbly, for those with the space this is a fine time to start growing some of your own food. This year, many are growing their own vegetable garden. Growing food and being more self-sufficient is a common reaction in times of national

struggle. Perhaps the most well-known vegetable gardening campaign occurred during World War II with Victory Gardens.

In 1944, about 20 million Victory Gardens provided 8 million tons of food or roughly 40 percent of all the produce consumed in the United States that year. These home-based vegetable gardens freed agriculture and transport businesses to focus their efforts on getting food to the troops overseas. It also raised morale on the home front: gardeners knew their actions helped support the troops and diversified their diets.

The COVID pandemic has led to a resurgence of interest in gardening. During this difficult time, gardening is helping people stay physically and mentally healthy and provides a welcome release from the stresses related to this pandemic.

Being a gardener for many, many years I have always known the benefits of gardening, and the wonderful produce yielded to eat, share, and preserve.

As the tomato harvest increases, I realized last weekend I needed to pick up canning flats when at the store. Well, there were none, nor were there any at the next four stores I checked. As the amount of tomatoes on the dining room table piled up while I searched for canning flats, I began to panic. Okay, I will just order canning lids off the internet as I am not spending any more time searching for them. Finding my choices very limited, I clicked on plenty of both wide and narrow mouth lids to last me the rest of the canning season. I got ready to check out and realized my total was nearly \$150, with free shipping. What in the world did I click on by mistake? After checking the amount, the bold truth was revealed—canning flats have tripled in price since last canning season and clearly in short supply.

I put a S.O.S. out to my brother in Wichita, “If you want any canned produce this year, ya’ need to help your sister find some canning flats.”



Fitness

Sit and Be Fit
bit.ly/2A2Jds8

This PBS exercise program, featuring slow and gentle movements, is also available to stream on YouTube.

Movies at Home

Fine Arts Theatres
fineartsgroup.com
\$10 per movie rental

Fine Arts Group, which operates independent theatres in Overland Park, offers virtual screenings of art and independent films.

eBooks

Amazon Free Kindle Books
amzn.to/31k8PMm

A variety of free ebooks, including many classics, available for download or reading online.

Less than a month ago, all of August still stretched before us—long and golden and reassuring, like an endless period of delicious sleep.”

— Delirium Lauren Oliver

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

saintlukeskc.org/r/c

Nutrition RECIPE

Bruschetta

1/4 cup extra virgin olive oil

1 minced garlic

1 pound tomatoes, diced

1 tbsp balsamic vinegar

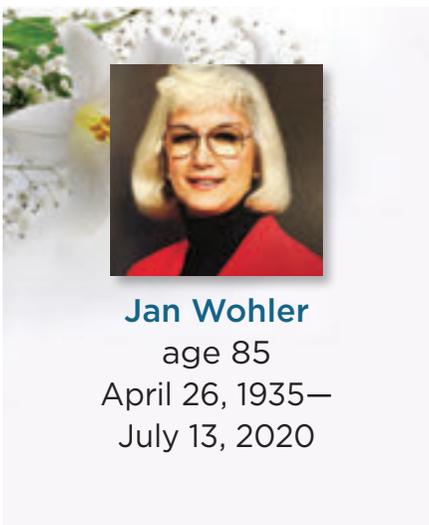
3/4 tsp kosher salt, more
to taste

1/2 tsp black pepper

1/4 cup chopped basil

Serve with Italian bread and
fresh mozzarella.

In Loving Memory



Jan Wohler

age 85

April 26, 1935—

July 13, 2020

continued from page 3

This morning, I received a text from him saying, “After searching three grocery stores and two hardware stores—the canning flats are in the mail to Garnett.” And best of all, the price was not inflated.

I would like to share a photo with you of a very special tomato growing in my garden. I will be sure to keep you updated on its progress.

Just Remember...

Landscape designer Michael Weishan, former host of the PBS series *The Victory Garden*, says, “If you’re a gardener, you’re never that isolated.”

Kathy Norris, ACH Nutrition Supervisor



Activities with Yvonne

The “dog” days of summer are upon us! We will stay “in” where it is cool for now or visit the patio on mornings before the heat rolls in.

I am still making weekly activity calendars for now and it seems to work well. You might wonder how we do these activities without spreading germs. We have an awesome housekeeping staff who help us. After Hallway BINGO, Debbie cleans every BINGO chip and card for us. She is always eager to help wherever she is needed. Thank you, Debbie! When bowling or playing basketball toss, I wipe down the ball with disinfectant after each player. We have iPads available for everyone and they are consistently wiped down.

Mamie taught me how to play rummy. She has her own deck of cards and I wear exam gloves.

The Garnett Saddle club rode through our parking lot on the eleventh, then we enjoyed root beer floats! Jamie continues to keep the beauty shop busy on Wednesdays. Thank you, Jamie! Our volunteers are not able to come in the building at this time, but they continue to support all of us with cards and treats. We really appreciate that! Like they say, “We are all in this together!”

We weren’t able to go to the county fair this year, so it will come to us! The week of the 16th, we will have the RLC fair! Some local 4-H kids will share exhibits along with staff bringing items for the residents to judge. Funnel cakes are in the plan as well!

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Resident Spotlight: Lois Figg Kipper

Lois Figg Kipper was the third of nine children born to Bill and Geraldine Figg on January 20, 1929 in Bedford, Missouri.

At the age of two or three years of age, she spent the day with her dad's sister, Aunt Daisy, and her uncle Glen in Wheeling, Missouri. Her aunt and uncle didn't have children of their own and when Lois's family came to pick her up, they agreed to let Lois stay indefinitely. It was only six miles from her home and she saw her parents often. Her aunt and uncle wanted to adopt Lois but her dad said, "She was born a Figg and she will stay a Figg." Her aunt had a love of sewing she passed on to Lois. When Lois was a teenager her aunt and uncle finally had a son, Tommy—Lois and Tommy were always great friends.

Lois graduated from high school in Wheeler and has wonderful memories of being on the women's basketball team—at the time all games were played outside.

After high school, she moved to Kansas City and shared an apartment with her sister, Frances. She found a job working as a secretary for an insurance company. Lois' sister worked with a girl named Imelda and it was through fate of visiting Frances' coworker at the hospital, in recovery, where Lois met Imelda's uncle, Raymond Kipper. They hit it off and were married December 27, 1947.

They lived in Kansas City, Missouri and had five children. Lois worked in a grocery store for many years and recalls how things have changed. Sadly, Raymond and Lois lost their oldest son at the age of 60 to cancer. Lois often states how proud she is of her children and how well they all get along.

Raymond was born and raised at Scipio where he was the youngest of nine children. Upon retirement, they moved to a farm close to Richmond and Scipio. It soon became a popular place to gather for 4th of July parties as well as other family get-togethers.

They enjoyed playing pitch with neighbors and Lois made many quilts. Raymond and Lois enjoyed visiting their daughter and Navy son-in-law at the many places he was stationed. Lois still plays a serious game of Scrabble

We are happy Lois calls Residential Living Center her home!

Hoopla!

With a library card and a web browser (smart phone, computer, or television), you can stream full-length hit movies like Roberto Benigni's Academy Award-winning *La vita e Bella* (Life is Beautiful) or the 1996 adaptation of Jane Austen's *Emma* or even documentaries like *Hamilton: One Shot to Broadway* on the creation of the Broadway hit *Hamilton*.

www.hoopla.com



Audio and Video Sermons

Links to recorded sermons from some of our local churches:

First Christian Church
fccgarnett.org/sermons

Church of the Nazarene
garnettnazarene.org/media

Beacon of Truth
botmi.org

Livestreaming Church Services

Links to some church services you can access online:

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

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

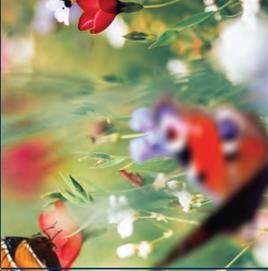
Conception Abbey
Sunday, 7:45 a.m., 10:30 a.m., 5:30 p.m.
conceptionabbey.org/live

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

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

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

August 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>2</p>	 <p>3</p>	 <p>4</p> <p>Election Day National Chocolate Chip Cookie Day</p> 	 <p>5</p>			1
 <p>9</p> <p>National Book Lovers Day</p>	10	11	12 <p>National Left-handers Day</p>	13 <p>National Left-handers Day</p>	14	15
16	17  <p>18</p> <p>National Fajita Day</p>	19	20	21 <p>National Senior Citizens Day</p>		
23	24	25	26	27  <p>28</p> <p>National Red Wine Day</p>	29	
30	31					



RLC Review

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RECENT EVENTS
& PHOTOS

