

# CONNECTIONS

at the RESIDENTIAL LIVING CENTER

October 2020

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Autumn whispered to the wind, "I fall, but always rise again."  
 - Angie Weiland-Crosby

Life starts over again when it gets crisp in the fall  
 - F. Scott Fitzgerald



**A few words from Lindy**



Typically, Spring is when we are filled with hope for a fresh start—but on these crisp Fall days of 2020, we are eager for a fresh re-start, and to welcome friends and family (socially distanced and masked) back inside after a long COVID-19 quarantine.

Certainly, we are doing so with many precautions in place—but we are grateful for our success thus far in keeping our residents healthy, and for the ability to move forward safely with a strong plan for re-opening to visits from friends and family.

I have the most gorgeous drive to work that lights up in color every Fall (1750 Road east of the Garnett Airport, if you locals are interested in a stunning country drive). One morning as I was driving to work, I was thinking about how the leaves of each season remind me so much of the resiliency of the staff at RLC. They began the pandemic with strong roots, which helped them stand tall throughout this difficult year. Now, after months of dealing with COVID restrictions, they continue to find ways to make each day beautiful for our residents.

This season of COVID-19 will pass, and a new season will begin. Without a doubt, COVID-19 has not been anyone’s favorite season. But regardless, there is beauty happening in the midst of it.

We are all so excited to be welcoming you back into our home.

Happy Fall!

*Lindy Katzer RN*



**HAPPY BIRTHDAY**

**John P**  
October 8

**Richard S**  
October 14

**Fred S**  
October 22

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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**October Fun Fact**

At one time, October was the eighth month of the Roman calendar, therefore, named after the Latin word "octo" meaning eight. Later, when January and February were added to the calendar it became the 10th month of the year. While the United States typically associates October with pumpkins, across the pond, the United Kingdom celebrates the 21st as Apple Day—an annual celebration of apples and orchards since 1990. While not recognized in the United States, we think it’s as good as any to make our featured recipe of the month courtesy of the Louisburg Cider Mill: Apple Cider Cupcakes with Brown Sugar Cinnamon Buttercream

**Culinary Corner**

In September, we welcomed Samantha Edens into her new role as dietary manager. For this month’s nutrition article, we present fun facts of our beloved Louisburg Cider Mill.

This time last year, we took a trip to the Louisburg Cider Mill for cider and their famous Cider Mill doughnuts. We’re making the most of this fall and our neighbors by reminiscing on fun we’ve shared together and making plans for exciting adventures in the future, while enjoying the present. As we take a walk down memory lane down the road to Louisburg Cider Mill—a few fun facts:

Emmett and Mary O’Rear purchased the farm in 1975 with two of the original late 1800s structures still standing.

Where the Country Store sits was once the original farmhouse of the 80-acre property. Before the Country Store was complete, the original barn served not only as the pressing site, but also the store. Since the inception, the apple cider doughnut has been the crown jewel of the Louisburg Cider Mill. Before the modern process, apples were mashed through cloth on a rack before they were pneumatically pressed. After the original owners retired and moved to Florida, they passed along their vision and mill to their daughter, Shelly, and her husband, Tom. While the experience at Louisburg Cider Mill has changed over the years, the one thing remaining is their love and passion for turning apples into a tasty treat and cultivating an experience for families and classrooms alike.



**Apple Cider Cupcakes with Brown Sugar Cinnamon Buttercream**

*Courtesy LouisburgCiderMill.com*

- 2 eggs
- 1 2/3 c all-purpose flour
- 1 c Louisburg Apple Cider
- 2/3 c sugar
- 1/2 c unsalted butter, softened
- 2 t baking powder
- 1 t ground cinnamon
- 1/2 t salt
- 1 t. vanilla

Cream together butter and sugar with mixer. Add the eggs and vanilla and mix until fully combined. Whisk together all dry ingredients in a separate bowl. Add the apple cider and the mixture of dry ingredients into the butter/sugar/egg mixture, alternating until mixed completely. Line cupcake tin with liners. Fill cupcake liners 2/3 full and bake at 350 degrees for 17 - 19 minutes or until toothpick or skewer inserted into center comes out clean. Let cool completely before frosting.



# October 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>Homemade Cookie Day</b> 1 	2	3
<b>National Cinnamon Roll Day</b> 4 	5	6	7	8	9	<b>National Cake Decorating Day</b> 10 
<b>Clergy Appreciation Day</b> 11	<b>Columbus Day</b> 12 	13	14	15	<b>Boss's Day</b> 16 	17
18	19	20	<b>National Nacho Day</b> 21 	22	23	<b>Make a Difference Day</b> 24 <i>Neighbors helping neighbors!</i> 
<b>World Pasta Day</b> 25 	26	27	28	29	30 <b>Halloween</b> 31 	

# Stay ACTIVE

## Fitness

### Sit and Be Fit

[bit.ly/2A2Jds8](https://bit.ly/2A2Jds8)

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

### Senior Fitness with Meredith

[bit.ly/3aek1uK](https://bit.ly/3aek1uK)

[bit.ly/34BxBXU](https://bit.ly/34BxBXU)

These come highly recommended by our exercise friends. Online classes using resistance bands

“Even if you can’t physically see the results in front of you, every single effort is changing your body from the inside. Never get discouraged!”

## Activities with Yvonne

by Yvonne Ryan, Activity Director/Social Service Designee



Greetings!

Did you know that in 2020, October has two full moons? That’s right; we started this month and will end October with a beautiful full moon.

We had a fun “gender reveal” party for Jamie in September. It’s a girl! And I am looking forward to having my first grandbaby by November! Lyndsay and her husband are expecting a boy!

Some of you remember my Saint Bernard, Lily, used to come to work with me every day. She passed away last Friday at 11 years old and led a very good life, loved by many.

The wonderful sights, sounds, and smells of fall are all around. Mulled apple cider will be in the works for this month as well other Fall goodies! What are your fond Fall memories? Hayrack rides and wiener roasts are a couple of mine! As a child I remember every year we picked up walnuts from our walnut grove to sell. I actually thought that it was fun!

We have been busy preparing for the November election this year. Everyone who would like to vote is registered and will receive an absentee ballot. Don’t forget to exercise your right to vote as well!

## Movies at Home

[hoopla.com](https://www.hoopla.com)



Hoopla! With a library card and a web browser (smart phone, computer, or television), you can stream full-length hit movies like 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*.

Visit [www.hoopla.com](https://www.hoopla.com)

## Resident Spotlight: Ardith Louise (Betty) Ryan



Ardath Louise (Betty) was born September 29, 1923 to Ross and Alta White. Betty was the baby of six girls and grew up in the Cola Hill school district, southwest of Burlington. Their father walked the girls across the Big Creek Bridge nearly every day to get to school. She remembers one very frosty morning deciding to put her tongue on the bridge rail—proving to be very scary for her and her sisters as her tongue stuck to the bridge!

Valuable lessons were learned that day. She and her sisters were always exploring and adventuring, and sometimes they’d catch a ride on the train to get to town.

Betty married Henry Hugh Ryan on August 15, 1943. They made their home on a farm west of Burlington where they raised their two daughters, Norma and Donna, and son, Kevin. She helped Henry in the fields as needed and later worked at the M&L grocery store on weekends and Burlington’s Peter Pan Store.

The Ryans didn’t travel far from home, but Betty remembers vacations to Pikes Peak, CO and Springfield, MO. They always enjoyed time with their children, grandchildren, and now great-grandchildren.

After Henry passed in 1998, Betty went to the local Dairy Queen daily just to get out of the house and to enjoy lunch. On her 90th birthday, she took a page out of her adventurous side of youth and took a ride on her son’s Harley Davidson!

Betty moved into RLC a year ago and we are so glad she calls Residential Living Center her home.



## HAPPY ANNIVERSARY

Happy Anniversary to Roy and Katherine Hermreck as they celebrate 66 years on October 18th



## Sunday Services at RLC in October

Audio and Video Sermons  
Links to recorded sermons from some of our local churches:

**First Christian Church**  
[fccgarnett.org/sermons](https://fccgarnett.org/sermons)

**Church of the Nazarene**  
[garnetnazarene.org/media](https://garnetnazarene.org/media)

**Beacon of Truth**  
[botmi.org](https://botmi.org)

## Livestreaming Services

**St. Andrew’s Episcopal**  
8 a.m. & 10:15 a.m.  
[standrewkc.org/live-worship](https://standrewkc.org/live-worship)

**Immaculate Conception**  
11 a.m.  
[facebook.com/golddomekc](https://facebook.com/golddomekc)

**Community Christian Church**  
10:30 a.m.  
[facebook.com/Community4KC](https://facebook.com/Community4KC)

**Conception Abbey**  
7:45 a.m., 10:30 a.m., & 5:30 p.m.  
[conceptionabbey.org/live](https://conceptionabbey.org/live)

**St. Paul’s Episcopal**  
10 a.m. & Wednesday, 6 p.m.  
[facebook.com/StPaulsKCMO](https://facebook.com/StPaulsKCMO)

If you would like to receive this newsletter sooner each month, please sign up for our digital edition by emailing Yvonne at [yryan@saintlukeskc.org](mailto:yryan@saintlukeskc.org).





# RLC Review

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RECENT EVENTS  
& PHOTOS

