

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

December 2020

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“November comes and
November goes,
With the last red berries
and the first white snows.

With night coming early
and dawn coming late,
And ice in the bucket and
frost by the gate.

The fires burn and the
kettles sing,
And earth sinks to rest
until next spring.”
– Elizabeth Coatsworth



A few words from Lindy



Hello RLC residents, friends, and family!

If there was ever a year for “making spirits bright”—it’s this year! RLC is brimming with Christmas spirit and we have a lot of fun planned to spread holiday cheer to residents and staff.

Many families have reached out to ask how they can best support our residents and staff over the holidays. Your support means the world to us. Gratitude is the ability to focus on what you have, not what you don’t have. While 2020 will go down in history books as a mess of a year—we choose to be grateful to have spent this year serving our RLC residents and their families.

Here are some ideas to connect with your loved ones:

- Send a meaningful card or letter. Sometimes, the best gifts are words. Yvonne has plenty of cards available for residents to send to family as well, and as always, we’re happy to cover the postage.
- Start a new routine. Calling Mom every Saturday at 10 to talk about your week or being at her window every Sunday at 2 with a hot chocolate will give her something predictable to look forward to—and there is no more precious gift than your time.
- Go window caroling. Our large window at front (near the fireplace) is perfect for caroling. RLC has microphone and speaker equipment so you can sing outside, and your voices will fill the halls of RLC with holiday cheer. Call Yvonne (785-204-4031) to schedule a time!
- Reminisce about special holiday memories over a virtual visit. RLC has six iPads available for resident use, equipped with FaceTime, Skype, and WebEx. Two of the iPads are extra-large for vision impaired residents, and we also have amplifier headsets for hearing impaired residents to better communicate virtually. Feel free to call the nurses station anytime (785-204-8011) so we can help facilitate a virtual visit.

Perhaps the best gift you can give is to help curb the spread of COVID-19 in our greater community by social distancing, wearing a mask, washing your hands frequently, and staying home when ill. Our ability to welcome family back into our home hinges nearly entirely upon the positivity rate of Anderson County. When we all do our part to bring those numbers down, we look forward to welcoming family inside again.

Until then, may the peace and joy fill your hearts. From our home to yours—we pray you all stay safe, healthy, and happy this season and throughout the New Year!

Lindy Katzer RN

Culinary Corner

by Samantha Edens

Hello! I’m Samantha Edens, the new nutrition supervisor at Anderson County Hospital. As we enter another month of holiday tradition, I find myself being more observant of what the holidays mean to me. I grew up in a very small town and family traditions and get togethers were important to us. I always look forward to Mom’s homemade iced sugar cookies and hot cocoa. My family would decorate the Christmas tree with old ornaments, memories of our childhood, and candy canes. On Christmas Eve night, we would sit around the tree and pick out one gift, and with a little bit of luck (and a hint from my older siblings, because they usually peeked at the presents) I would pick out a gift in hopes it was that Barbie® or Cabbage Patch® doll, and not a gift particularly “needed”.

As time moves on and my family continues to grow, I find creating my own traditions is something my children can take and pass on to their children. As we all know, each generation holds a great memory of many and for our family, the excitement begins with the tree and the lights. The story of the tree and lights on our house is told, and each year we make new memories to share with future generations.

As with many holidays, food is such an important part of the celebrations, and it’s that time of year to bring out a selection of our family’s special holiday recipes. In my family, we make a huge batch of homemade cinnamon rolls, drink hot cocoa, and watch *A Christmas Story*. I believe now, more than ever, is the time for families to come together—even when apart—and enjoy the true spirit of the season. As a mother and grandmother, it is my gift to share our traditions, add new ones, and reflect on the reason for the season. Enjoy this recipe handed down for years—it just tastes like the holidays and is easy to make.



Cocoa Crackles—makes 3 ½ dozen cookies

| | |
|------------------------------|------------------------------|
| 1 ½ c flour | ½ c butter |
| ⅓ c unsweetened cocoa powder | ¼ c packed light brown sugar |
| ½ tsp salt | 2 eggs |
| ½ tsp baking soda | 1 tsp vanilla |
| ½ c granulated sugar | Powdered sugar |

Preheat oven to 350°. Lightly grease or line cookie sheets with parchment paper.

Combine flour, cocoa, salt, and baking soda in medium bowl. Beat granulated sugar, butter, and brown sugar in large bowl with electric mixer on medium speed until light and fluffy. Add eggs and vanilla, beat until well blended. Add flour mixture, beat until blended.

Place powdered sugar in shallow bowl. Shape heaping teaspoonfuls of dough into balls. Roll into powdered sugar and place 2 inches apart on cookie sheets.

Bake 11 minutes or until set and no longer shiny. Cool on cookie sheets 2 minutes. Transfer to wire rack and cool completely. Enjoy!

December 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------|---|---|-----------|--|---|--|
| | | Giving Tuesday 1  GIVING TUESDAY | 2 | 3 | 4 | 5 |
| 6 | PEARL HARBOR REMEMBRANCE DAY 7 | 8 | 9 | HANUKKAH BEGINS AT SUNDOWN 10  | 11 | Poinsettia Day 12  |
| 13 | 14 | National Wear Your Pearls Day 15  | 16 | 17 | HANUKKAH ENDS 18 | 19 |
| Ugly Sweater Day 20 | WINTER SOLSTICE 21  | 22 | 23 | CHRISTMAS EVE 24 | CHRISTMAS DAY 25  | 26 |
| 27 | 28 | 29 | 30 | NEW YEAR'S EVE 31  | | |



Activities with Yvonne

by Yvonne Ryan, Activity Director/Social Service Designee



The Holiday Season is upon us once again! Let's give thanks for the many blessings we received over the past year. Yes, this year has found us facing some challenges. Here at RLC, our whole team has come together to make the best of these times. Our residents are our number one priority and staff have been creative in adapting activities for enrichment. Thank you to all who supported our popcorn sales and made monetary donations as well. We really appreciate it!

On a list of things I'm so grateful for this year—Kevin and I became grandparents and you may have noticed my "glow". Otis Papes McElderry was 8lbs and 20 inches long. We are "over the moon" in love with him!

We will be caroling in the hallways as we spread holiday cheer! It is always a good time when Lindy plays her ukulele for us—perhaps some Mele Kalikimaka this year?

I want to personally wish each of you Happy Holidays and best wishes for the New Year! Thank you for choosing to be a part of the Residential Living Center Family.



HAPPY BIRTHDAY

| | | |
|----------------------------|---------------------------|--------------------------|
| Eddie L. Dec. 11 | Mary G. Dec. 18 | Eva M. Dec. 28 |
|----------------------------|---------------------------|--------------------------|



Happy Anniversary

Jim and Rosie
Dec. 24



Resident Spotlight: Glenda Lou Ahlvers Funk



Glenda Lou Ahlvers Funk was the fourth of six children born to John and Lena Ahlvers on Nov. 15, 1935 in Glen Elder, Kansas. Glenda was born at home on the farm where she spent most of her childhood. She would help with chores and was always her dad's sidekick: mucking the barn, feeding the livestock, and riding her horse, Rocket. She loved that horse and if you knew Glenda, you knew Rocket as well. Glenda graduated from Ionia Kansas High School in 1953. She has many fond memories

of playing on the girls' basketball team, tennis, softball, and cheerleading. She continues to enjoy watching sports.

Glenda met the love of her life, Harry S. Funk, Jr., in high school and they married Nov. 22, 1953. After high school they moved to Largo, Florida, where Harry earned his barber's license, then moved to his hometown, New Wilmington, Pennsylvania, and bought the family barbershop. Glenda attended art school and loved drawing and painting. She is a natural artist; she's been drawing since she was a little girl and continues to draw and paint today.

Glenda had a few jobs outside the home while she and Harry were waiting to start a family, and she became a full-time mother to two children, Harry, III, with Holly to follow, seven years later. She enjoyed her career as a stay-at-home wife and mother. Shortly after Harry passed away in 1977, Glenda went to work at the Little People's Learning Center not long after Harry's death and this is where she spent twenty-four amazing years teaching the many community members of Garnett. She also was a big part of the Trinity Lutheran Church Garnett, and is a charter member of Faith Lutheran Ottawa. She taught Sunday School and Vacation Bible School, was on many boards, and evangelized to many lives she touched. Glenda also enjoyed her retirement years by going fishing, bird watching, traveling, reading, crossword puzzles, and spending time with her five grandchildren. She taught all of them how to fish and this is their biggest memories together. She continues to enjoy taking rides and going on fishing trips with her fellow roommates. Glenda enjoys her family time, visiting with her great grandchildren, and especially loves spending time with them during her birthday and Christmas.



Sunday Services at RLC in November

Live audio and video sermons and 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 Services

St. Andrew's Episcopal
8 a.m. & 10:15 a.m.
standrewkc.org/live-worship

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

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

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

St. Paul's Episcopal
10 a.m. & Wednesday, 6 p.m.
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.



**RLC
Review**
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**RECENT EVENTS
& PHOTOS**

