

# CONNECTIONS

at the RESIDENTIAL LIVING CENTER

Winter Issue 2021

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“Love is life. All, everything that I understand, I understand only because I love. Everything is, everything exists, only because I love.”

— Leo Tolstoy

## A few words from Lindy



Hello, RLC residents, families, and friends. Welcome to the special winter edition of RLC Connections.

These past few months, our Residential Living Center family felt the very real impact of the COVID pandemic on our community. My admiration and pride for the RLC staff, residents, and families is indescribable. I could say thank you a thousand times for the dedication and commitment I witnessed throughout this past year in the name of the safety, health, and well-being of our community, but it still wouldn't give all the good that was displayed justice.

Beyond caring for our residents' physical health, our staff cares for our residents emotionally as well. This past year, I've witnessed so many people display positive virtues at RLC that warmed my heart. Love, care, and concern between friends, residents, and coworkers was beautiful to see. Dedication, strength, and resiliency was also wonderful to witness. The RLC family has grown stronger through trial, adapted nicely to ever-constant change, and persevered through challenges. Ok, I'll admit this past year was rough. But, I choose to see the virtues that were on display as beautiful gifts.

Administering our first COVID vaccines in January couldn't have been more appropriate timing. I am so filled with hope that this is the beginning of a great 2021, and I look forward to a year full of positive experiences between residents and staff, and special memories shared with family and friends.

The ability to serve you and your loved ones during this past year has been a true honor and privilege. On behalf of the RLC team, thank you.

*Lindy Katzer RN*



## Culinary Corner

by Samantha Edens

Eat more fruits and vegetables this winter. Fruits and veggies have many health benefits but some of our favorite varieties may not be available every season. Here are some tips to ensure you're getting enough of what your body needs from our fibrous friends throughout the year.

### TIP 1: Buy Frozen, Canned, or Dried

Frozen and canned fruits and vegetables tend to get a bad rap, but more times than not they are actually healthier. They are picked when they are the freshest, and then processed, keeping the integrity of all the vitamins and minerals they possess. Hint: When shopping, be sure to buy items with low sodium and no added sugar.

### TIP 2: Buy In Season

Buying some favorite summer fruits in winter may result in you not getting the flavor you are used to and want. Purchase fruits and veggies that are in season. They will taste delicious. Here are some spring examples:

**Fruits:** avocados, bananas, clementines, grapes, kiwi, guava, and pomegranates

**Vegetables:** beets, broccoli, brussels sprouts, kale, leeks, potatoes (sweet and white), and snow peas

### TIP 3: Keep It Simple

Try adding fruits and vegetables to your meals and snacks every chance you get. Add a handful of frozen berries to your oatmeal or yogurt. You can also try putting mushrooms, onions, spinach, pineapple, or peppers on your pizza and adding banana slices to your peanut butter toast.



## Yogurt Surprise

2 cups vanilla yogurt  
1 can mandarin oranges  
¾ cup crisp rice breakfast cereal  
1 cup diced fresh pineapple

Add 2 tablespoons of yogurt to the bottom of 4 juice glasses. Top with 4 orange slices. Sprinkle the oranges with a 1 1/2 tablespoons of cereal, followed by 2 more tablespoons of yogurt. Top with diced pineapple then with another 1 1/2 tablespoons of cereal.

Enjoy!



# Go Chiefs!

# February 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	Groundhog Day 2 	3	4	National Wear Red Day 5 	6
SUPER BOWL SUNDAY 7 	8	National Pizza Day 9 	10	11	12	13
Valentine's Day 14 	President's Day 15 	16	Ash Wednesday 17	18  National Drink Wine Day	19	20
21	22	23	24	National Chili Day 25 	26	27
28						



## Activities with Yvonne

by Yvonne Ryan, Activity Director/Social Service Designee




We hope you had a Merry Christmas and a Happy New Year. The holidays flew by and here we are now, excited to bring you a special edition of Connections.

In December, Santa made window visits and brought so much cheer and so many smiles to our family at the RLC and we rang in the new year with lots of wishes for brighter days ahead.

To start the new year off right, in January, we celebrated National Activity Professionals Week. The theme was 10,000 Possibilities. Through imagery, history, art projects, recipes, spirituality, and music—the idea of possibilities were explored at the RLC. The one thing that was evident is that the sky is truly the limit for us all.

Thank you to everyone who bought popcorn during our fundraiser. It turned out to be a big hit. We sold a little more than 800 containers. We really appreciate the support. Because of everyone’s generosity, each of our residents had a gift under the tree.

There is so much to look forward to in the months ahead. Holiday decorations have come down, and we’re already planning for Valentine’s Day activities. Don’t forget to send a valentine to your loved ones. Wishing you all a fabulous February and a wonderful 2021!



**HAPPY BIRTHDAY**

<b>Lois Kipper</b> Jan. 20	<b>Don Lickteig</b> Feb. 7	<b>Lois Nilges</b> Feb. 21
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### In Loving Memory



*Norma Lee Norman Cowsky*

*John A. Fursman, Jr.*

*M. Jeannie Patterson*

*Phyllis Rossman*

*Mamie M. Pitts Pedrow*

*Richard Roeckers*

## Resident Spotlight: Katherine Hermreck



Lucille Katherine Landwehr Hermreck was born to Ollie and Lenora Landwehr on a farm near Richmond, Kansas. Katherine was the third of eleven children. As a child, Katherine and one of her sisters fought over who would take care of their baby brother. They told their parents that if they would have twins, then the girls would each get to take care of their own sibling. Sure enough, shortly thereafter, Katherine’s mother gave birth to twin girls.

The family moved to Greeley where Katherine attended school. After graduating from high school, she worked at a sewing factory. The Catholic church she attended had youth clubs that sponsored socials. At one of these youth dances, Katherine met Roy. They fell in love and Katherine was working at the Greeley Bank when they got married. She quit her job and she and Roy started a family. They eventually had three boys and one girl.

Throughout her life, Katherine has kept busy with gardening and doing lots of canning. She also taught herself how to crochet. For years, she was in charge of the “fancy stand” at the Scipio Church bazaar, where she donated many crocheted items. Katherine has also spent many happy years babysitting her grandchildren.

We are so happy that Katherine has made the Residential Living Center at Anderson County Hospital her home.



### About the Iris Flower

The iris is the birth month flower of February, the 25th anniversary flower, and the official flower of Kansas City. The flower is named after Greek mythology’s goddess, Iris, messenger of the gods and the personification of the rainbow. The aesthetic beauty of the iris has been celebrated for thousands of years. On the walls inside the Egyptian pyramids, there are paintings of the flower that

scientists have dated back to 1500 BC. With over 200 varieties in a wide spectrum of colors, the iris can be found growing naturally in virtually every part of the world. Let’s wish our friends at our BSP sister community a multitude of irises as they celebrate their 25th anniversary this year.



## Sunday Services

Live audio and video sermons and links to recorded sermons from some of our local churches:

### First Christian Church

[fccgarnett.org/sermons](http://fccgarnett.org/sermons)

### Church of the Nazarene

[garnettnazarene.org/media](http://garnettnazarene.org/media)

### Beacon of Truth

[botmi.org](http://botmi.org)

## Livestreaming Services

### St. Andrew’s Episcopal

8 a.m. & 10:15 a.m.  
[standrewkc.org/live-worship](http://standrewkc.org/live-worship)

### Immaculate Conception

11 a.m.  
[facebook.com/golddomekc](http://facebook.com/golddomekc)

### Community Christian Church

10:30 a.m.  
[facebook.com/Community4KC](http://facebook.com/Community4KC)

### Conception Abbey

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

### St. Paul’s Episcopal

10 a.m. & Wednesday, 6 p.m.  
[facebook.com/StPaulsKCMO](http://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  
....  
RECENT EVENTS  
& PHOTOS

