

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

May 2021

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National Nurses Day

May 6



Florence Nightingale

While May 6 is specifically Nurses Day, we celebrate Nurses Week every year from May 6 to May 12 to shine a spotlight on the incredible nurses (registered nurses, nurse practitioners, LPNs, CNAs, and more) across the country that have devoted their lives to the betterment of the lives of others. As a society, we asked more of nurses than we ever have by asking them to put their lives on the front lines in the fight against the COVID-19 pandemic. While one week is not nearly enough, we want to take this week every year to share our gratitude by offering our support for the work they do every day, in times of crisis, and always.

Remember to thank the wonderful nurses in our lives!

A few words from Lindy



Hello, RLC residents, families, and friends!

Happy Mother's Day! A day to appreciate, honor, and reminisce about the love that has been shared to us from the mothers in our lives.

My mom raised 11 children. When she finished raising her nine biological children, she and my dad took in two teenage boys in foster care. She has spent her entire life as a selfless model of love. She has been a girl scout leader, a 4-H mom, a farmer's wife, and a teacher. She plays the guitar and has two master's degrees! This saintly woman has survived some certainly challenging days—from mud in her carpet and rocks through her windows to bearing each of our burdens into adulthood and praying for us daily for over fifty years. Sounds like hard work! Sounds like love.

For some, the special mother you honor on Mother's Day is a grandmother, an aunt, or maybe even a special teacher or friend who was gifted with the knack of displaying that selfless love.



My Grandma Thelma was a gift of selfless love to me for all of her 92 years. She taught me to laugh and find humor in the small things. I remember vividly the day we helped her move into her nursing home. When the CNA came in to help her into the bathroom, she swatted him away, saying, "I've been pulling up my own pants for 85 years, thanks." My feisty, funny Grandma had lived through some hard times. No matter what obstacle I was facing, I knew Grandma had faced something worse. But she always listened (and usually responded with something snarky) to show her love.

During May, we'll also celebrate National Nurses Day, National Nursing Home Week, and National Hospital Week with some fun treats for staff (and residents as well!). I am amazed every day by the acts of selfless love I witness here at RLC. Being a CNA or a nurse is hard, hard work! But the rewards are received back tenfold—in moments of gratitude, success, love, and laughter throughout each day. Those who are called to this profession are gifted with the art of selfless love.

Love bears all things, believes all things, hopes all things, endures all things
—Corinthians 13:7

Those who love selflessly bear others' burdens, believe and hope for the best in others, and in doing so, endure others' hardships as their own. And for this, they receive love.

What a gift.

Lindy Katzer RN

History of Mother's Day

Mother's Day is Sunday, May 9

Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as "Mothering Sunday."

Once a major tradition in the United Kingdom and parts of Europe, this celebration fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their "mother church"—the main church in the vicinity of their home—for a special service.

Over time the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930s and 1940s.



Anna Jarvis



1944 Mother's Day Card

The origins of Mother's Day as celebrated in the United States date back to the 19th century. In the years before the Civil War, Ann Reeves Jarvis of West Virginia helped start "Mothers' Day Work Clubs" to teach local women how to properly care for their children.

These clubs later became a unifying force in a region of the country still divided over the Civil War. In 1868 Jarvis organized "Mothers' Friendship Day," at which mothers gathered with former Union and Confederate soldiers to promote reconciliation.

While versions of Mother's Day are celebrated worldwide, traditions vary depending on the country. Of course, in the United States, Mother's Day continues to be celebrated by presenting mothers and other women with gifts and flowers, and it has become one of the biggest holidays for consumer spending. Families also celebrate by giving mothers a day off from activities like cooking or other household chores.

Culinary Corner



by Samantha Edens

Greetings from Nutrition! From spring into fall, farmers markets provide a variety of fresh produce as well as many other foods. Fresh fruits and vegetables are at their peak in nutritional value and have maximum flavor. Not only do they taste great in a fresh garden salad or on a BBQ burger, but a colorful rainbow of fruits and vegetables help boost your health. They contain antioxidants and biochemicals. Also, it is a great way to get your children or grandchildren involved with the process. Allow them to try a new fruit or vegetable for a snack or meal. There are so many fresh seasonal flavors to try. One of my favorite seasonal fruits are strawberries! A great way to get fruits and vegetables on the dinner table or for a snack is to have a healthy fruit or veggie dip.

Dip for Fresh Fruit

Ingredients

1 packet Carnation Instant Breakfast
1 tablespoon honey
½ teaspoon ground cinnamon
1 cup plain, low-fat Greek yogurt

Directions

Mix all ingredients in a medium mixing bowl until evenly combined. Sprinkle with cinnamon and serve with your favorite fresh fruit.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1



2

3

4

Cinco de Mayo

5

National Nurses Day



7

Iris Day

6



National Nursing Home Week May 6-12

National Hospital Week May 6-12

Mother's Day

9



10

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12

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Armed Forces Day

15



16

17

International
Museum Day

18

19

20

21

22



23

24

25

26

27

National Hamburger
Day

28

29



30

**MEMORIAL DAY
OFFICES CLOSED**

31

Stay ACTIVE

Smithsonian Associates
SmithsonianAssociates.org



Smithsonian Associates—the largest museum-based education program in the world—has a catalog of upcoming courses and events (*note: Eastern Standard Time*). They produce vibrant educational and cultural programming that offers unparalleled access to the Smithsonian’s world of knowledge.

Smithsonian Associates Streaming now allows you to enjoy high-quality, engaging and varied programs from the comfort of your home. The monthly calendar offers a stimulating and entertaining range of events covering the full scope of the humanities, sciences, and arts. Join experts in everything from archeology to literature to high-tech espionage as they share insights, discoveries, and new ideas.

Activities with Yvonne

by Yvonne Ryan, Activity Director/Social Service Designee



May memories! Take a moment to think back on your own memories. Have you ever danced around a May pole or left a May Day basket to surprise someone? Our wonderful housekeeper Debbie Jones shared her favorite May Day memory with me. In first grade she was selected to carry the May Day basket of flowers to the Virgin Mary outside the Catholic Church in Greeley. She was able to wear a little crown on her head and she will always remember how happy it made her!

Mother’s Day is also a very special day in May! I feel like I had the best mother ever! She had a way of making each of her children feel special, and she loved us all, as well as foster children, neighbor children, and her nieces and nephews. We have lots of awesome mothers here at RLC and we would like to wish them the best!

We will add Memorial Day to the list as well. Did you ever stock up on peonies to take to the cemeteries following with a picnic? The uninvited ants are just an added bonus!

May is extra special to me. Kevin and I celebrate our 41st anniversary on the 24th. As most people know, he is the love of my life!

In RLC news: There has been a lot of discussion on exchanging the bird aviary for a nice fish aquarium. This is not a change made without input from all residents, so we have discussed it at resident council meetings as well as asking individuals.

If April showers bring May flowers, we look forward to seeing the seeds we started coming up and ready to be planted.

Having inside visits with friends and family has brought back happiness and cherished memories are made once again. Please remember to call to reserve a time with your friends and family.



HAPPY BIRTHDAY

Barry Walker
May 25

Iris Day May 8

Iris Day celebrates the city flower of Kansas City, the state flower of Tennessee, a symbol of Brussels, and the flower of the 25th wedding anniversary.



Resident Spotlight Dionysius Lickteig



Dionysius Frank Lickteig was born and raised on a farm in Greeley, Kansas, to Alfred and Albertine. He is the oldest of a baker’s dozen kids—with eight brothers and four sisters. Growing up, they farmed with horses, raised cattle, and milked a lot of cows—by hand! They also had a grape vineyard for home use and gave away wine to their community. With two uncles as priests, his dad wanted him to become a priest, so his parents took him to a rectory in Kansas City and left him there. He didn’t stay long and hitchhiked back to Greeley when he knew the priesthood wasn’t the life for him.

After graduating from Greeley High School, he enlisted in the army and was stationed in France, 100 miles east of Paris, which ended up being the favorite place he’s ever traveled. He is the proud father of four sons and two daughters. Later in life, he owned his own carpet cleaning business in the city. He has always enjoyed country western music (especially Johnny Cash).

At the Residential Living Center you can find him reading novels about the western life, listening to country music, enjoying a hamburger and a Coke, and entertaining us with his excellent singing voice. Every day on the way to dinner he sings “Ring of Fire,” a perfect homage to Johnny Cash.

Memorial Day

Memorial Day, as Decoration Day gradually came to be known, originally honored only those lost while fighting in the Civil War. But during World War I, the United States found itself embroiled in another major conflict, and the holiday evolved to commemorate American military personnel who died in all wars, including World War II, The Vietnam War, The Korean War, and the wars in Iraq and Afghanistan.

For decades, Memorial Day continued to be observed on May 30, the date General John A. Logan had selected for the first Decoration Day. But in 1968, Congress passed the Uniform Monday Holiday Act, which established Memorial Day as the last Monday in May in order to create a three-day weekend for

federal employees; the change went into effect in 1971. The same law also declared Memorial Day a federal holiday.



Sunday Services at RLC in May

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
garnetnazarene.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**

