

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

July 2021



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National Pecan Pie Day

July 5



It's pretty easy to get behind a day dedicated to one of our favorite desserts. Indeed, 90% of Americans surveyed believe eating a slice of pie is one of life's simple pleasures. People who prefer pecan pie describe themselves as thoughtful and analytical.

We're not sure if this holds true for those who add ice cream or whipped cream. Nonetheless, it's time to celebrate this dessert!

A few words from Lindy



Hello RLC residents, families, and friends! Happy 4th!

The events of this past year have given us all a new appreciation for our independence. As we move forward with loosening restrictions—enjoying family and friend visits in the building, group activities, and vaccinated residents' smiling faces—I hope I never again take these moments for granted. I look forward

to fun celebrations to ring in the 4th of July with our friends here at RLC!

As we have welcomed many new residents into our community this year, it's a great time to review your and/or your loved ones' rights as a resident of Residential Living Center.

In 1987, the federal Nursing Home Reform Law was enacted. The federal government began requiring nursing homes to abide by a set document of resident rights to promote and protect the rights of each resident, placing a strong emphasis on ensuring each resident receives dignity and has the ability to participate in their care. In 2019, Residential Living Center's Quality Assurance and Performance Improvement Team reviewed the list of federal rights and made the decision to add some additional rights that we felt were equally important.

In addition to the federal rights, RLC believes our residents have the right to:

- Optimal pain management
- Clear communication/explanation of treatments or procedures
- Participate in cares and be a partner in care processes
- Care that respects each resident's personal values, beliefs, cultural and spiritual preferences, including previous preferences and routines of living
- End of life care that respects and follows the resident's goals and choices at the end of life

The policy of the Anderson County Hospital Residential Living Center is to ensure every resident enjoys a full life enhanced by first-class respect and dignity. It is our passion and our goal to provide each of our residents with a meaningful, respectful, and dignified life.

The Resident Rights policy was reviewed with RLC residents during the June Resident Council meeting. Our Resident Rights policy is posted next to the RLC Nurses Station, and you can always request a copy for your records. Please review it, and as always, let me know if you have any questions or concerns at all.

Stay cool out there!

Lindy Katzer RN

Culinary Corner

by Samantha Edens



Greetings from Nutrition! Things that come to mind when I think of July: summer heat, barbecues, and Independence Day.

Families across America celebrate the 4th by having their own traditions, such as grilling hamburgers and hotdogs, shooting fireworks, and flying the stars and stripes. Through the years, my family also enjoyed grilled corn on the cob, cold watermelon, and homemade banana ice cream. When we were stuffed with BBQ food, we would then drive to the nearest July 4th event to enjoy the fireworks with friends and family.

One of the most important traditions is displaying the red, white and blue. Charles Thompson explained the significance of each color: white for purity, red for valor, and blue for perseverance.

So go ahead—enjoy the holiday. Whatever your tradition, be safe!

Fun food fact: Did you know Americans consume around 150 million hot dogs each year on Independence Day?

National Fried Chicken Day

July 6



American fried chicken is considered the best, but Americans weren't the first to do it. Europeans were frying chickens back in the Middle Ages. Scottish immigrants to the U.S. brought their tradition of deep-frying chicken in fat. African slaves of the Scottish immigrants adopted the fried chicken recipe, often adding more spices as their own unique touch.

The history of fried chicken wouldn't be complete without mentioning the king of fried chicken, Colonel Harland David Sanders. After working a range of jobs, he came up with the idea of cooking fried chicken fast, using a blend of seasoning and a pressure cooker. When he first started selling the dish at his restaurant in Corbin, Kentucky, it wasn't an instant success. At the age of 65, he hit the road, selling his fried chicken under the name "Kentucky Fried Chicken." He adopted the title of colonel. By 1964, when he sold his company, there were 600 KFC franchises all over the country.

Banana Ice Cream

What's a sweet, delicious, summer treat with only one ingredient? Banana ice cream, made without an ice cream maker. What kind of sorcery is this? Hold on to your banana peels, because we're going to tell you.

Ingredients

- 2 large perfectly ripe bananas (not too green, and not too brown)
- Parchment paper
- Airtight container
- Food processor
- Spatula

Directions

1. Slice bananas in ¼ to ½ inch slices.
2. Line parchment paper on baking sheet or pan (one that will fit in your freezer).
3. Place the banana slices on the parchment paper. Be careful they don't touch.
4. Place in freezer for four hours or overnight.
5. Remove slices from freezer and place a food processor. Pulse in the food processor. They'll look crumbly. That's okay. Just keep pushing them on down the walls of the food processor with a spatula until they're the consistency of soft-serve ice cream.
6. You can add chocolate chips, syrup, nuts, cinnamon, or other ingredients—or keep it pure with just the banana.
7. Now freeze! Spoon into an airtight bag or container and freeze for 2 hours.
8. After taking from freezer, let set 10 minutes before serving.
9. Now go and enjoy this healthy summer treat and think of us when you do it!

Easy peasy banana squeezy. Just one more way to clean eating.



Activities are subject to change.

July 2021

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|---|---|---|
| |  | | | International Joke Day 1 9:30 a.m. Large Grp Exercise 10 a.m. Bingo 2:30 p.m. Rosary Lindy 1-on-1 Care Plans Shopping | 2 9:30 a.m. Small Grp Exercise 9:45 a.m. July 4 Trivia 2:30 p.m. July 4 Party 182 days till 2022! 2021 is half over. | Hot Diggity Dog Day 3 10 a.m. Adult Coloring 2:30 p.m. Movie Music in the Morning Family & Friends Visit |
| Independence Day 4 Church services on TV | Graham Cracker Day 5 9:30 a.m. Small Grp Exercise 10:30 a.m. Card Bingo 1:30 p.m. 1-on-1 Visits 2 p.m. Reading Group | National Fried Chicken Day 6 9:30 a.m. Large Grp Exercise 2 p.m. Card Bingo Beauty Shop Care Plans | Strawberry Sundae Day 7 9:30 a.m. Small Grp Exercise after lunch Lindy Ukelele 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh Manicures | 8 9:30 a.m. Large Grp Exercise 10 a.m. Bingo 2:30 p.m. Rosary Lindy 1-on-1 Care Plans Shopping | 9 9:30 a.m. Small Grp Exercise 9:45 a.m. Trivia 1:30 p.m. 1-on-1 Visits 2 p.m. Let's Go for a Drive 1-on-1 Exercises | 10 2:30 p.m. Movie Music in the Morning Family & Friends Visit |
| 11 Church services on TV | National Pecan Pie Day 12 9:30 a.m. Small Grp Exercise 10:30 a.m. Card Bingo 1:30 p.m. 1-on-1 Visits 2 p.m. Reading Group | Cow Appreciation Day 13 9:30 a.m. Large Grp Exercise 2 p.m. Card Bingo Beauty Shop Care Plans | 14 9:30 a.m. Small Grp Exercise 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh Manicures | Gummi Worm Day 15 9:30 a.m. Large Grp Exercise 10 a.m. Bingo 2:30 p.m. Rosary Lindy 1-on-1 Care Plans Shopping | Frankfurter Day 16 Pigs in a Blanket Day 9:30 a.m. Small Grp Exercise 10 a.m. Men's Coffee Let's Go for a Drive | Spelunking Saturday 17 2:30 p.m. Movie Music in the Morning Family & Friends Visit |
| 18 Church services on TV | 19 9:30 a.m. Small Grp Exercise 9:45 a.m. Dietary Talk 10 a.m. Resident Council 2 p.m. Richard Karaoke | 20 9:30 a.m. Large Grp Exercise 2 p.m. Card Bingo Beauty Shop Care Plans | 21 9:30 a.m. Small Grp Exercise 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh Manicures | 22 9:30 a.m. Large Grp Exercise 10 a.m. Bingo 2:30 p.m. Rosary Lindy 1-on-1 Care Plans Shopping | Gorgeous Grandma Day 23 9:30 a.m. Small Grp Exercise 9:45 a.m. Reminiscing 2:30 p.m. Ladies Club 1-on-1 Exercises | Amelia Earhart Day 24 10 a.m. Adult Coloring 2:30 p.m. Movie Music in the Morning Family & Friends Visit |
| 25 Church services on TV | Anderson County Fair Starts 26 9:30 a.m. Small Grp Exercise 10:30 a.m. Card Bingo 1:30 p.m. 1-on-1 Visits 2 p.m. Reading Group | 27 9:30 a.m. Large Grp Exercise 10 a.m. Trivia 2 p.m. Card Bingo Beauty Shop Care Plans | 28 9:30 a.m. Small Grp Exercise 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh Manicures | National Chili Dog National Lasagna Day 29 9:30 a.m. Large Grp Exercise 10 a.m. Bingo 2:30 p.m. Rosary Lindy 1-on-1 Care Plans Shopping | Friendship Day 30 9:30 a.m. Small Grp Exercise 9:45 a.m. Reminiscing | Kennedy International Airport Anniversary 31 2:30 p.m. Movie Music in the Morning Family & Friends Visit |

Stay ACTIVE

Stay Safe Online

Use strong and unique passwords.

Never share your passwords with anyone, unless you've designated someone you trust to manage your accounts.

Think before you post.

Be sure not to post anything that you wouldn't want to share with the world.

Don't click on links unless you are certain they are legitimate.

The safest bet is to type in the web address like you normally do. If in doubt, call the organization or do some online research.

Be wary of any offer that's too good to be true.

Be careful if you're told you've won a contest you didn't enter or you're being offered an incredible price on a vacation or product. Be careful about offers for low-cost medical coverage.

Look for secure websites.

Look for an **https** in the browser's address bar. The "s" stands for "secure."

Check with your medical doctor or healthcare provider before taking any health advice from online sources.

In general, sites operated by the government (ending in .gov) or well-regarded medical institutions have reliable information. Don't rely on online advice for diagnosing an illness.

Activities with Yvonne

by Yvonne Ryan, Activity Director/Social Service Designee



It's hard to believe we are halfway through the year! Many of our staff are taking vacations this summer, and it's always fun to hear about their adventures. Where or when was your favorite vacation? When our oldest daughter graduated from high school, we took a family vacation to Colorado. We all had an amazing time, but every time one of the girls said, "I'm hungry," I would hand them a granola bar. I will never live this down (and consequently, they aren't very fond of granola bars any more).

June was a fun-filled month. We had a nice memorial service in honor of our RLC neighbors and friends who have passed this past year. During this service, we each released a butterfly. What a sight to watch them fly high in the sky! Dietary put together a lovely wine (or sparkling juice) and cheese tasting with a variety of crackers. What a treat. Celebrating our fathers at the RLC is always one of our favorite days, as we love to recognize the dads in the community.

Just as a reminder, the Residential Living Center has both a dedicated Facebook page and a webpage. We often have pictures of activities and other information posted on Facebook, and this very *Connections* you are reading is updated on the website monthly. We encourage you to check out both the website and the Facebook page to see what's keeping us all engaged and what's in store for the month.

We are looking forward to fun and celebrations during July. We always have planned activities as well as some spur-of-the-moment fun! The spontaneity and the planned activities keep us all engaged and excited about what comes next.

Happy Independence Day! Two hundred forty-five years ago, the Declaration of Independence from Great Britain was signed by the Continental Congress in Philadelphia.

Be safe and God bless!
Yvonne

National Amelia Earhart Day July 24

Each year on July 24th, National Amelia Earhart Day honors the achievements of the aviation pioneer on the date of her birth.

Author and American aviation pioneer Amelia Mary Earhart was born on July 24, 1897, in Atchison, Kansas.

Earhart took off from Grace Harbor, Newfoundland, four years to the day that Lindbergh completed his solo trans-Atlantic flight. After many technical challenges Earhart faced in flight, she landed the



Resident Spotlight Howard Thompson



Howard Thompson was born on a cold winter day in February of 1936 in Selma, Kansas. He was the second of two boys born to John and Eula Thompson. Howard and his brother, Wendall, were raised working on the family dairy farm. Howard recalled a time when he and his brother were riding the family horse to school. Howard fell off and hit his head. Wendall was able to get him back on the horse, and they went on to school where Howard remained in a daze all day.

In 1949, both Howard and his dad came down with polio, sending his dad to a hospital in Kansas City for three years. The sons took over the dairy farm and farmed together until 1978, when Howard and his son partnered on crop farming, and Wendall and his son took over the dairy.

Howard met the love of his life, Leila Welsh, at Kincaid High School. Their first date was a ride to Garnett on the Fourth of July to watch fireworks! They were married and enjoyed 65 years together before Leila passed away in November of 2020. They raised four wonderful children—Chardel, Joleata, Rick, and Janell—and have 12 grandchildren and 25 great-grandchildren. Howard thinks a lot of his daughters- and sons-in-law as well.

Howard has been very active in his community over the years, where he served two terms as an Anderson County Commissioner and was on the Kincaid School Board, the Crest USD 479 School Board, and the Kincaid Methodist Church board. He also coached the little league in Kincaid.

After retirement, Howard and Leila enjoyed RVing to all fifty states. They met a lot of people and enjoyed this time together. They lived most of their married life on a farm near Kincaid and moved to Garnett in 2001.

Here at RLC, Howard enjoys sitting on the patio and visiting with everyone. We are so happy to have Howard be a part of our RLC family!

red Lockheed Vega 14 hours and 16 minutes later in Derry, Ireland, becoming the first woman pilot to complete the journey. Following her record-setting accomplishment, she earned the U.S. Distinguished Flying Cross.

In 1937, Earhart attempted to circumnavigate the globe. Unfortunately, her Purdue-funded Lockheed Model 10 Electra disappeared over the Pacific Ocean near Howland Island in July.

Her successes continue to draw women around the globe to the world of aviation. Fascination with her life, career, and disappearance continues to this day.

Worship

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
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**

