

# CONNECTIONS

at the RESIDENTIAL LIVING CENTER

January 2022

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## January Activities at RLC

**January 7 | 10 a.m.**

Make Marshmallow Snowmen

**January 14 | 9:30-11:30 a.m.**

Teddy Bear Mobile Clinic

You will be able to pick from a large variety of critters to stuff.

**January 17 | 2 p.m.**

Karaoke with Richard

**January 28 | 10 a.m.**

Kansas Day Fun!

## January Milestones

**January 4**

Don and Sharon celebrate their wedding anniversary.

Congratulations!

## A few words from Dee

As we begin a new year, I'd like to share a poem by Sandra Hearth that shares my sentiments better than I ever could at this time of reflection and renewal.



### New Year

*Another year is coming to a close.*

*We can forget our troubles and woes.*

*For me, this year was tough.*

*It brought many emotions, was tearful and rough.*

*Now another year is approaching fast.*

*Let's hope it's a New Year with love and health; let's hope it's a blast.*

*May all of your dreams come true*

*And you find peace and love in all that you do.*

*May this world know the gentle sound of a hush.*

*May it calm all its anger and slow its pace from the rush.*

*May we all hear the sound of joy*

*And push away all that hurts, all that destroys.*

*The New Year I hope will be good to us all.*

*Care and calm, a helping hand when we fall.*

*Listen more, slow down, and say I love you.*

*Stop for a moment; take a breath, take in the view.*

*Appreciate your family; tell them you care.*

*Do something exciting, a thrill or a dare.*

*Enjoy all that the New Year may give.*

*We have but one life, so let's learn to live.*

*It's a New Year, a brand new start.*

*Always remember, live and love from your heart.*

*Wishing each and every one a year to behold,*

*And may it be full of wonders for you to unfold.*

*Love, hugs, and kisses too...*

*A very happy New Year from me to you.*

*Yours in health (and hugs),*

*Dee Quinn*



## Culinary Corner

by Samantha Edens



Greetings from Nutrition! We begin with a new year and new beginnings. After making it through the craziest time of year, we begin 2022 with hopes and dreams of improving health, improving mental clarity, and even getting out of our comfort zone.

**Improve health.** When we think about improving health, we think about foods and exercise. Making a few changes a day, such as replacing that extra cup of coffee or soda with water infused with fresh fruit or cucumber is a great start to a healthy change.

**Improve mental clarity.** Scheduling more time for yourself is a great way to get on the right track for mental health. You can learn a new hobby and not think about the everyday stress life sometimes brings. Just fifteen minutes a day to read your favorite novel or even bible scripture and writing a line or two in your daily journal can make a big difference for your mental health. It's best to ease into your new activity to ensure you stick with it.

**Get out of your comfort zone.** Get outside more often and try watching a sunrise or sunset. Did you know connecting with nature can relieve stress? A short walk around the block or through a park can be relaxing.

## National Popcorn Day Wednesday, January 19

Discovered in the Americas thousands of years ago, popcorn has captivated people for centuries with its mythical, magical charm.

At the heart of this endearing little kernel is a healthful whole grain, naturally low in fat and calories, gluten-free, and non-GMO, which makes it a great fit for today's health-conscious consumer.

Americans consume some 15 billion quarts of this whole grain, good-for-you treat. That's 47 quarts per man, woman, and child. Popcorn is a type of maize (or corn), a member of the grass family, and is scientifically known as *Zea mays everta*.

Popcorn differs from other types of maize/corn in that it has a thicker pericarp/hull. The hull allows pressure from the heated water to build and eventually bursts open.



## Baked Zucchini Fries with Yogurt Aioli

**Prep time:** 20 min.    **Cook time:** 25 min.

**Total time:** 45 mins    **Serves:** 2

### Ingredients

#### Zucchini Fries

- 2 medium zucchini
- ¾ cup panko breadcrumbs
- ¼ cup parmesan cheese
- ½ tbsp Italian herbs
- salt and ground black pepper, to taste
- 2 eggs, beaten

#### Yogurt Aioli

- 1 cup low-fat plain yogurt
- 1-2 garlic cloves, crushed
- lemon juice, to taste
- salt, to taste

### Directions

1. Preheat an oven to 425°F. Line a baking tray with aluminum foil and lightly spray with oil spray.
2. Trim ends of zucchini and cut into sticks that resemble thick fries.
3. Place breadcrumbs, cheese, and herbs in a small bowl and mix until well combined.
4. Dip each zucchini stick in the beaten egg, then press into breadcrumbs to coat. Gently shake to remove loose crumbs and transfer zucchini stick to prepared baking tray.
5. Season zucchini fries with salt and pepper, if desired, and lightly spray with cooking spray.
6. Bake 20-25 minutes or until golden brown and cooked through.
7. To make the yogurt aioli, place yogurt, garlic, lemon juice, and salt in a small bowl and mix well to combine.
8. Serve the baked zucchini fries while hot with the yogurt aioli. Enjoy!

Activities are subject to change.

# January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						 <b>New Year's Day</b> 1
<b>2</b> 3:15 p.m. Church Services	<b>3</b> 9:30 a.m. Dominoes 11:15 a.m. Small Grp Exercise 2:30 p.m. Card Bingo	<b>National Trivia Day 4</b> 11:15 a.m. Large Grp Exercise <b>Beauty Shop</b> <b>Care Plans</b>	<b>5</b> 11:15 a.m. Small Grp Exercise 2 p.m. Happy Hour 4:15 p.m. Bible Study   Josh <b>Manicures</b>	<b>6</b> 10:15 a.m. Bingo 11:15 a.m. Large Grp Exercise <b>Care Plans</b> <b>Shopping</b>	<b>7</b> 10 a.m. Marshmallow Snowmen 11:15 a.m. Large Grp Exercise 2:30 p.m. Board Games	<b>8</b> 2:30 p.m. Movie <b>Music in the Morning</b> <b>Family &amp; Friends Visit</b>
<b>9</b> 3:15 p.m. Church Services	<b>10</b> 9:30 a.m. Dominoes 11:15 a.m. Small Grp Exercise 2:30 p.m. Card Bingo	<b>11</b> 11:15 a.m. Large Grp Exercise <b>Beauty Shop</b> <b>Care Plans</b>	<b>National Take the Stairs Day 12</b> 11:15 a.m. Small Grp Exercise 2 p.m. Happy Hour 4:15 p.m. Bible Study   Josh <b>Manicures</b>	<b>13</b> 10:15 a.m. Bingo 11:15 a.m. Large Grp Exercise <b>Care Plans</b> <b>Shopping</b>	<b>14</b> <b>9:30 a.m. Teddy Bear Mobile Clinic</b> 11:15 a.m. Large Grp Exercise	<b>15</b> 2:30 p.m. Movie <b>Music in the Morning</b> <b>Family &amp; Friends Visit</b>
<b>16</b> 3:15 p.m. Church Services	 <b>Martin Luther King, Jr., Day 17</b> 9:45 a.m. Food Council 10 a.m. Resident Council 11:15 a.m. Small Grp Exercise 2 p.m. Karaoke   Richard	<b>18</b> 11:15 a.m. Large Grp Exercise <b>Beauty Shop</b> <b>Care Plans</b>	<b>National Popcorn Day 19</b> 11:15 a.m. Small Grp Exercise 2 p.m. Happy Hour 4:15 p.m. Bible Study   Josh  <b>Manicures</b>	<b>20</b> 10:15 a.m. Bingo 11:15 a.m. Large Grp Exercise <b>Care Plans</b> <b>Shopping</b>	<b>21</b> 10 a.m. Penny Ante 11:15 a.m. Large Grp Exercise 2:30 p.m. Board Games	<b>22</b> 2:30 p.m. Movie <b>Music in the Morning</b> <b>Family &amp; Friends Visit</b>
<b>23/30</b> 3:15 p.m. Church Services	<b>24/31</b> 9:30 a.m. Dominoes 11:15 a.m. Small Grp Exercise 2:30 p.m. Card Bingo	<b>25</b> 11:15 a.m. Large Grp Exercise <b>Beauty Shop</b> <b>Care Plans</b>	<b>26</b> 11:15 a.m. Small Grp Exercise 2 p.m. Happy Hour 4:15 p.m. Bible Study   Josh <b>Manicures</b>	<b>27</b> 10:15 a.m. Bingo 11:15 a.m. Large Grp Exercise <b>Care Plans</b> <b>Shopping</b>	<b>28</b> 10 a.m. Kansas Day Fun! 11:15 a.m. Large Grp Exercise 2:30 p.m. Board Games	<b>Kansas Day 29</b> 2:30 p.m. Movie <b>Music in the Morning</b> <b>Family &amp; Friends Visit</b>

# Stay ACTIVE

## National Take the Stairs Day

Wednesday, January 12

The primary goal of this day is to encourage you to improve your health by leaving the elevator behind and walking up the stairs. Walking up and down stairs, instead of using the elevator or escalator, is a non-impact activity that most of us can do. It helps tone our muscles, maintain or even lose weight, and contribute to cardiovascular health.

Most smartphones have an app that counts stairs. If your phone does not, you can download a stair-counting app.

### Stair Climbing Fact

A 160-pound person who climbs for three minutes expends approximately 30 calories.

Discover and enjoy the health benefits of taking the stairs today. Then, make it a daily habit.

### In Loving Memory



Glenda Funk

## Activities with Yvonne

by Yvonne Ryan, Activity Director/Social Service Designee



Happy New Year! We made it through a very busy month of December and are looking forward to seeing what is in store for 2022.

In December, we took a drive in the big van to look at Christmas lights and decorations. The Osawatomie jazz band teacher is the son-in-law of Jim Jordan, and he rallied his students to come and give us a wonderful performance!

Elfie, our RLC elf on the shelf, has kept busy at night! You never know where he will be, come daylight! Santa made window visits on December 21, and Eva turned 100 on December 28!

The staff here at RLC and Anderson County Hospital provided some holiday cheer to families in our community by donating items for ECKAN's 12 days of Christmas. In the past, we have collected socks and mittens. This year it was hygiene and self-care items.

We have many fun activities planned for this month as well! Be sure to check out our Facebook page for the fun pictures!

Kahlil Gibran said, "Kindness is like snow—it beautifies everything it covers." We feel kindness everyday by our community here at the Residential Living Center.

Yvonne

## Martin Luther King, Jr. Day

Monday, January 17



Martin Luther King, Jr., Day honors the achievements of Dr. Martin Luther King, Jr.

A Baptist minister who advocated the use of nonviolent means to end racial segregation, King first came to national prominence during a bus boycott by African Americans

in Montgomery, Alabama, in 1955. He

founded the Southern Christian Leadership Conference in 1957 and led the 1963 March on Washington. The most influential of African American civil rights leaders during the 1960s, he was instrumental in the passage of the Civil Rights Act of 1964, which outlawed discrimination in public accommodations, facilities, and employment,

## Resident Spotlight Sharon Brown



Sharon Brown was born and raised in Clay Center, Kansas, the eldest of six children born in seven years. Don and Sharon met in kindergarten and married in 1967 while he was home on leave from Vietnam (he heard the first year of marriage could be hard, so he went back to Vietnam, where he thought he'd be safe from the curse of the first year).

When Don returned, the couple moved to Manhattan (the Little Apple), where they raised their two children, Jeanie and Steven. Sharon worked in retail during those years, ending up as manager of the Art & Engineering department at the K-State Union Bookstore.

In the late eighties, their son died and Don had a serious health experience, so they moved back to their hometown, where Sharon worked as director of the local area Chamber of Commerce and at the same time served on the city council and became mayor! In those positions, Sharon was involved in many political areas, such as economic development, regional leadership, and some state-wide committees.

Sharon and Don moved to Garnett ten years ago, after Sharon officially retired, but ended up working in her daughter's local law firm for eight more years!

In November, Sharon and Don realized they needed some assistance with their daily living needs and in Sharon's words, "Long story short, we moved to RLC where we are well cared for!" We're thrilled Sharon and Dan chose to move to the Residential Living Center and call the RLC home.

and the Voting Rights Act of 1965. King was awarded the Nobel Prize for Peace in 1964. He was assassinated on April 4, 1968.

Almost immediately after King's death, there were calls for a national holiday in his honor. Beginning in 1970, a number of states and cities made his birthday, January 15, a holiday. Although legislation for a federal holiday was introduced in Congress as early as 1968, there was sufficient opposition, on racial and political grounds, to block its passage. In 1983, legislation making the third Monday in January a federal holiday was finally passed, and the first observance nationwide was in 1986. The day is usually celebrated with marches, parades, and speeches by civil rights and political leaders.

This day is better known as "a day on, not a day off," and we are encouraged to volunteer in Dr. King's memory.

# Worship SERVICES

## Sunday Services at RLC in January

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](mailto:yryan@saintlukeskc.org).



# RLC Review

RECENT EVENTS  
& PHOTOS

