

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

NOVEMBER 2022

 Anderson
County Hospital
SAINT LUKE'S HEALTH SYSTEM

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November Highlights

November 2	
Happy Hour—2 p.m.	
November 4	
Cooking Fun	
Fall Sensory—3 p.m.	
November 9	
Happy Hour—2:30 p.m.	
November 11	
Noodle Ball—10 a.m.	
Honoring Our Veterans—12:30 p.m.	
November 14	
Resident Council—10 a.m.	
November 16	
Happy Hour/Thanksgiving	
Crossword—2:30 p.m.	
November 17	
Ladies' Blue Hat Club—2 p.m.	
November 18	
Coffee Chat—10 a.m.	
Snack/Thankful Board—2 p.m.	
Fall Friday Fun	
November 21	
Culinary Corner—9:45 a.m.	
Karaoke with Richard—2 p.m.	
November 22	
Darrin Sings—2 p.m.	
November 23	
Happy Hour/Turkey Tale—2:30 p.m.	
November 28	
Christmas Crafts—2:30 p.m.	
November 30	
Happy Hour/Turkey Talk—2:30 p.m.	

A Few Words from Dee



I get to take a pause every month when our awesome activities director, Yvonne, reminds me it's "that time" once again to submit my article for the monthly *Connections*. Subject matter isn't always easy since we're all weary of talking about and hearing about COVID-19 and how it's impacted our lives. And I can ALWAYS write about how grateful I am to be part of this

community, and this is so apropos for November. But this month I want to shine a light on the residents and their inspiration to me.

Choosing subject matter can sometimes be a challenge, but that's not the case this month. November is traditionally the season of expressing gratitude, of counting our blessings, of giving thanks. When I reflect on the many things I'm grateful for, what shines so bright to me is the privilege of being part of this incredible community at the Residential Living Center.

And that's because you—our beloved residents—amaze me, teach me, and inspire me each and every day.

Warm regards,

Dee Dunn

Mother of Thanksgiving

The woman who wrote the song "Mary Had a Little Lamb" is also responsible for Thanksgiving's recognition as a national holiday.

Writer and editor Sarah Josepha Hale convinced President Abraham Lincoln to officially declare Thanksgiving a national holiday, after three decades of persistent lobbying. The author also founded the *American Ladies Magazine*, which promoted women's issues long before suffrage. She wrote countless articles and letters, advocating for Thanksgiving to help unify the Northern and Southern states amid gathering divisions.

Hale kept at it, even after the Civil War broke out, and Lincoln actually wrote the proclamation just a week after her last letter in 1863, earning her the name the Mother of Thanksgiving.



Culinary Corner

by Samantha Edens



Sheet Pan Chicken Fajita Bowls

Ingredients

- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- ¾ teaspoon salt, divided
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- ¼ teaspoon ground pepper
- 2 tablespoons olive oil, divided
- 1 ½ pounds chicken tenders
- 1 medium yellow onion, sliced
- 1 medium red bell pepper, sliced
- 1 medium green bell pepper, sliced
- 4 cups chopped stemmed kale
- 1 (15 ounce) can no-salt-added black beans, rinsed
- ¼ cup low-fat plain Greek yogurt
- 1 tablespoon lime juice
- 2 teaspoons water

Directions

1. Place large rimmed baking sheet in the oven; preheat to 425°F.
2. Combine chili powder, cumin, ½ teaspoon salt, garlic powder, paprika, and ground pepper in a large bowl. Transfer 1 tablespoon of the mixture to a medium bowl and set aside. Whisk 1 tablespoon oil into the remaining mixture. Add chicken, onion, and red and green bell peppers; toss to coat.
3. Remove pan from oven; coat with cooking spray. Spread chicken mixture in an even layer on pan. Roast 15 minutes.
4. Meanwhile, combine kale and black beans with ¼ teaspoon salt and 1 tablespoon olive oil in a large bowl; toss to coat.
5. Remove pan from oven. Stir the chicken and vegetables. Spread kale and beans evenly over the top. Roast until chicken is cooked through and vegetables are tender, 5 to 7 minutes.
6. Meanwhile, add yogurt, lime juice, and water to reserved spice mixture; stir to combine.
7. Divide the chicken and vegetable mixture among 4 bowls. Drizzle with yogurt dressing and serve.

Hold the Tortilla!

Skip the tortillas in favor of this warm fajita salad, which features a nutritious medley of chicken with roasted kale, bell peppers, and black beans.

Kale is a low-calorie vegetable that is extremely high in fiber. One cup of raw kale provides a variety of nutrients, especially vitamins A, K, and C, but also potassium and calcium. Kale is rich in antioxidants and anti-inflammatory properties which helps make our immunity stronger and keeps the body safe from seasonal illnesses.



The chicken, beans, and vegetables are all cooked on the same pan, so this healthy dinner is easy to make and the clean up is easy too. For easier weeknight prep, slice all the veggies the night before!

Thanksgiving

Thursday, November 24

RLC office will be closed.

Happy Thanksgiving!

Activities are subject to change.

November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		All Saints' Day 1 9:45 a.m. Group Exercise Beauty Shop Care Plans One on Ones Manicures	2 9:45 a.m. Group Exercise 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh	3 9:45 a.m. Group Exercise 10:30 a.m. Bingo Care Plans One on Ones	4 9:45 a.m. Group Exercise 3 p.m. Fall Sensory Cooking Fun	5 9:45 a.m. Group Exercise 10 a.m. Adult Coloring 2:30 p.m. Movie Music in the Morning Family & Friends Visit
Daylight Saving Ends 6 3:15 p.m. Church Service First United Methodist	7 9:45 a.m. Group Exercise 10:30 a.m. Card Bingo 2:30 p.m. Dominoes	Election Day 8 9:45 a.m. Group Exercise Beauty Shop Care Plans One on Ones Manicures	9 9:45 a.m. Group Exercise 2:30 p.m. Happy Hour 4:15 p.m. Bible Study Josh	10 9:45 a.m. Group Exercise 10:30 a.m. Bingo Care Plans One on Ones	Veterans Day 11 9:45 a.m. Group Exercise 10 a.m. Noodle Ball 12:30 p.m. Honoring Our Veterans	12 9:45 a.m. Group Exercise 10 a.m. Adult Coloring 2:30 p.m. Movie Music in the Morning Family & Friends Visit
13 3:15 p.m. Church Service Trinity Baptist	14 9:45 a.m. Group Exercise 10 a.m. Resident Council 2:30 p.m. Dominoes	15 9:45 a.m. Group Exercise Beauty Shop Care Plans One on Ones Manicures	16 9:45 a.m. Group Exercise 2:30 p.m. Happy Hour/ Thanksgiving Crossword 4:15 p.m. Bible Study Josh	17 9:45 a.m. Group Exercise 10:30 a.m. Bingo 2 p.m. Blue Hat Club Care Plans One on Ones	18 9:45 a.m. Group Exercise 10 a.m. Coffee Chat 2 p.m. Snacks/Make Thankful Board Fall Friday Fun	19 9:45 a.m. Group Exercise 10 a.m. Adult Coloring 2:30 p.m. Movie Music in the Morning Family & Friends Visit
World Kindness Day 20 3:15 p.m. Church Service Church of the Nazarene	21 9:45 a.m. Group Exercise 9:45 a.m. Culinary Corner 2 p.m. Karaoke Richard	22 9:45 a.m. Group Exercise 10 a.m. Turkey Talk Reminiscing 2 p.m. Darrin Sings! Beauty Shop Care Plans	23 9:45 a.m. Group Exercise 2:30 p.m. Happy Hour/Wild Turkey Tale 4:15 p.m. Bible Study Josh Manicures	24 THANKSGIVING DAY Offices Closed 	25 9:45 a.m. Group Exercise 10 a.m. Reflections 2:30 p.m. Movie	26 9:45 a.m. Group Exercise 10 a.m. Adult Coloring 2:30 p.m. Movie Music in the Morning Family & Friends Visit
Advent Begins 27 3:15 p.m. Church Service First Christian Church	28 9:45 a.m. Group Exercise 10 a.m. Card Bingo 2:30 p.m. Christmas Crafts	29 9:45 a.m. Group Exercise Beauty Shop Care Plans One on Ones	30 9:45 a.m. Group Exercise 10:30 a.m. Manicures 2:30 p.m. Happy Hour/ Leftover Turkey Talk 4:15 p.m. Bible Study Josh	  		

Stay ACTIVE



Maintaining Balance

Problems with balance can be caused by medications, inner ear problems, vision issues, and other medical conditions. Alcohol can also cause balance problems by affecting how the inner ear works. If you experience balance problems, check with your doctor for underlying medical issues.

Muscle strength and flexibility also affect balance. To help maintain balance, try these exercises:

- Stand on one foot for 30 seconds on each side.
- Go from sitting to standing without using your hands.
- Walk a fictitious balance beam, heel to toe.
- Do heel raises 10 to 20 times, rising on your toes as far as you can while standing.
- Practice yoga or tai chi, mind-body practices that improve balance and muscle tone.



Activities with Yvonne

by Yvonne Ryan, Activity Director/Social Service Designee



Happy Fall, y'all! October has been a whirlwind with so much activity here at the Residential Living Center. I hope you are enjoying the cooler weather and the beautiful colors of fall.

Our MDS nurse, Sara, has had CNA students here this month, using the skills they have learned in class plus a few new ones. They add a little extra TLC to our home and residents. The highlight of the month was having Kathy Norris, our retired dietary manager, come in and assist the residents with making apple pies. We really appreciate her taking the time to do this. John ran the peeler, slicer, corer, while the ladies made the crust. The pies were enjoyed by all of us—a la mode.

As we go into November, we would like to take a moment to honor our six veterans who reside here at the RLC, as well as many others. We are sincerely grateful for your service and sacrifice. Veterans Day is November 11. Remember to thank a veteran in our community.

Watch for news of our annual fundraiser; we are exploring different options. Every year we like getting each resident a gift, and the money also helps us enjoy fun holiday outings! Some of you get weekly RLC updates via email, and you can check out our Facebook page, [Anderson County Hospital Residential Living Center, or facebook.com/AndersonCountyHospitalResidentialLivingCenter](http://AndersonCountyHospitalResidentialLivingCenter.com/AndersonCountyHospitalResidentialLivingCenter). Let friends and family know about our page, and remember these monthly *Connections* magazines are available at saintlukeskc.org/rlc.

We will be making a thankful poster as a group this month. What are some things that you are thankful for? My family is at the top of my long list of blessings!

Have a Happy Thanksgiving!

Yvonne

Resident Celebration **Betty Ryan**



RLC Resident Betty Ryan recently celebrated her 99th birthday! Before moving to Residential Living Center Betty suffered from a broken hip after a fall. She had surgery at Saint Luke's South and recuperated in the Anderson County Hospital. It was an easy transition going from Anderson to RLC. Her family says they are very happy with her care as she enjoys life here. Betty has three children, five grandchildren, and ten great grandchildren. Congratulations, Betty!

Staff Spotlight **Diane Martin**



Diane Martin began her nursing career in Jacksonville, Florida, where she got her LPN license. She met and married Danny, and they later came to his hometown of Garnett, Kansas. Diane started working at Anderson County Long Term Care on October 20, 1997.

Diane is the proud mom of two children and proud grandmother of four grandchildren. She enjoys her three dogs, and over the years she has raised many puppies, oftentimes bringing in her sweet puppies to share with the folks at RLC. The puppies have brought many smiles and snuggles to our residents.

When asked Diane what she loves about working at the Residential Living Center for more than twenty five years, Diane says, "Things have really changed over the years, but the one thing that has stayed the same is getting to know many wonderful residents and their families."

Small Kindnesses

I've been thinking about the way, when you walk down a crowded aisle, people pull in their legs to let you by. Or how strangers still say "bless you" when someone sneezes, a leftover from the Bubonic plague. "Don't die," we are saying. And sometimes, when you spill lemons from your grocery bag, someone else will help you pick them up. Mostly, we don't want to harm each other. We want to be handed our cup of coffee hot, and to say thank you to the person handing it. To smile at them and for them to smile back. For the waitress to call us honey when she sets down the bowl of clam chowder, and for the driver in the red pick-up truck to let us pass. We have so little of each other, now. So far from tribe and fire. Only these brief moments of exchange. What if they are the true dwelling of the holy, these fleeting temples we make together when we say, "Here, have my seat," "Go ahead—you first," "I like your hat."

—Danusha Laméris, 2019



Sunday Services at RLC in October

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

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RLC Review

RECENT EVENTS
& PHOTOS

