

# CONNECTIONS

at the RESIDENTIAL LIVING CENTER

DECEMBER 2022

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## December Highlights

### December 2

Afternoon Ride

### December 5

Karaoke with Richard—2 p.m.

### December 7

Cooking with Kathy—10 a.m.

### December 8

Evening Christmas Lights Drive

### December 9

Gingerbread Houses—10 a.m.

### December 12

Resident Council—10:30 a.m.

### December 13

Darrin: Christmas Songs—2 p.m.

### December 15

Ladies' Blue Hat Club—2 p.m.

### December 19

Karaoke with Richard—2 p.m.

### December 20

Pine Cone Bocce—3 p.m.

### December 21

Food Council Meeting—9:45 a.m.

### December 22

Christmas Fun—3 p.m.

### December 23

Christmas Music & Coffee—10 a.m.

RLC Christmas Party—3 p.m.

Ugly Sweater Voting

### December 29

Make 2023 Plans—3 p.m.

## A Few Words from Krista



It's the most wonderful time of the year!

The Christmas season is upon us, stores have been decorated for weeks (even months), kids are making their wish lists, and plans are being made to spend time with family.

The magic of Christmas brings joy to our hearts. Most of us have fond memories of waking up on Christmas morning, hopes of

seeing the snow fall on Christmas Day (or even the warm weather some years), attending church services with our families, and seeing happy smiles while opening presents.

Our memories are triggered by scents of Christmas dinner, pine trees, peppermints, and hot cocoa. Christmas spirit lives in all of us and especially in our elders. We see these memories sparked when we sit and visit with them about Christmas memories that filled their hearts.

Here at RLC we are making some fun plans to ensure Christmas 2022 creates more special memories for all of us, so bring on the Christmas cookie cutters, piped frosting, silly sweaters, and all the holiday songs we can handle!

We hope you'll find special ways to help us spread holiday cheer, love, and comfort to your loved ones here at RLC. And most importantly... have yourself a Merry Little Christmas!

*Krista Culit, RN*

*The holiday season is a perfect time  
to reflect on our blessings and seek  
out ways to make life better for  
those around us.*

**—Terri Marshall**



## Culinary Corner

by Samantha Edens



### Veggistrone

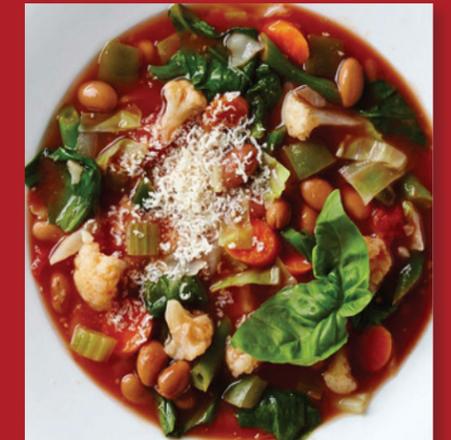
#### Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 cups chopped onions (2 medium)
- 2 cups chopped celery (4 medium stalks)
- 1 cup chopped green bell pepper (1 medium)
- 4 cloves garlic, minced
- 3 cups chopped cabbage
- 3 cups chopped cauliflower (about 1/2 medium)
- 2 cups chopped carrots (4 medium)
- 2 cups green beans, cut into 1-inch pieces
- 8 cups low-sodium vegetable broth or chicken broth
- 2 cups water
- 1 can tomato sauce (15 ounce)
- 1 can diced tomatoes (14 ounce)
- 1 can kidney or pinto beans, rinsed (15 ounce)
- 1 bay leaf
- 4 cups chopped fresh spinach or 1 (10 ounce) package frozen chopped spinach, thawed
- ½ cup thinly sliced fresh basil
- Optional: 10 tablespoons freshly grated Parmesan cheese

#### Directions

1. Heat oil in a large soup pot or Dutch oven (8-quart or larger) over medium heat. Add onions, celery, bell pepper, and garlic. Cook, stirring frequently, until softened, 13 to 15 minutes. Add cabbage, cauliflower, carrots, and green beans. Cook, stirring occasionally, until slightly softened, about 10 minutes more.
2. Add broth, water, tomato sauce, tomatoes, beans, and bay leaf. Cover and bring to a boil. Reduce heat and simmer, partially covered, until the vegetables are tender, 20 to 25 minutes. Stir in spinach and simmer for 10 minutes more. Discard the bay leaf. Stir in basil. Optional: top each portion with 1 tablespoon cheese.

This vegetable-packed minestrone soup is perfect for a cold winter day! It makes a big pot of soup, so keep some in the refrigerator for up to five days and freeze the rest in single-serve portions—that way you always have an easy, delicious vegetable soup to start your meal or to eat for lunch.



You can use this vegetable minestrone recipe as a starting point for other healthy soup variations. To provide an additional protein source, toss in cooked chicken or lean ground turkey. Or you can add whole-wheat pasta or brown rice to make it more satisfying.



Activities are subject to change.

# December 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
					<b>1</b> 9:30 a.m. Group Exercise 10:30 a.m. Bingo 3 p.m. Board Games <b>Shopping</b>	<b>2</b> 9:30 a.m. Group Exercise <b>Devotions</b> <b>One on One Visits</b> <b>Afternoon Ride</b>	<b>3</b> 2:30 p.m. Movie <b>Music in the Morning</b> <b>Family &amp; Friends Visit</b>
<b>4</b> 3:15 p.m. Church Service Mont Ida Church of the Brethren	<b>5</b> 9:30 a.m. Group Exercise 10:30 a.m. Card Bingo <b>2 p.m. Karaoke   Richard</b> <b>Reminiscing</b>	<b>6</b> 9:30 a.m. Group Exercise 3:30 p.m. Discussion: <i>Home Is Where the Heart Is</i> <b>Beauty Shop</b>	<b>Pearl Harbor Remembrance Day 7</b> 9:30 a.m. Group Exercise <b>10 a.m. Cooking   Kathy</b> 2:30 p.m. Happy Hour 4:15 p.m. Bible Study   Josh <b>Manicures</b>	<b>8</b> 9:30 a.m. Group Exercise 10:30 a.m. Bingo <b>Shopping</b> <b>Christmas Lights Drive</b>	<b>9</b> 9:30 a.m. Group Exercise 10 a.m. Decorate Ginger Bread Houses	<b>10</b> 10 a.m. Adult Coloring 2:30 p.m. Movie <b>Music in the Morning</b> <b>Family &amp; Friends Visit</b>	
<b>11</b> 3:15 p.m. Church Service Beacon of Truth	<b>12</b> 9:30 a.m. Group Exercise 10 a.m. Resident Council 2:30 p.m. Stories   Yvonne <b>Trivia</b>	<b>13</b> 9:30 a.m. Group Exercise <b>2 p.m. Darrin Sings Christmas Songs</b> <b>Beauty Shop</b> <b>Christmas Scavenger Hunt</b>	<b>14</b> 9:30 a.m. Group Exercise 2:30 p.m. Happy Hour 4:15 p.m. Bible Study   Josh <b>Manicures</b>	<b>15</b> 9:30 a.m. Group Exercise 10:30 a.m. Bingo <b>2 p.m. Blue Hat Club</b> <b>Shopping</b>	<b>16</b> 9:30 a.m. Group Exercise 10 a.m. Travel Stories	<b>National Ugly Sweater Day 17</b> 10 a.m. Adult Coloring 2:30 p.m. Movie <b>Music in the Morning</b> <b>Family &amp; Friends Visit</b>	
<b>18</b> 3:15 p.m. Church Service Holy Angels Catholic Church	<b>19</b> 9:30 a.m. Group Exercise 10:30 a.m. Card Bingo <b>2 p.m. Karaoke   Richard</b> <b>Reminiscing</b>	<b>20</b> 9:30 a.m. Group Exercise 3 p.m. Pine Cone Bocce <b>Beauty Shop</b>	<b>Winter Solstice 21</b> 9:30 a.m. Group Exercise 9:45 a.m. Food Council Mtg. 2:30 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>22</b> 9:30 a.m. Group Exercise 10:30 a.m. Bingo 3 p.m. Christmas Fun <b>Shopping</b>	<b>23</b> 9:30 a.m. Group Exercise 10 a.m. Christmas Music & Coffee Chat <b>2 p.m. Christmas Party</b> <b>Ugly Sweater Voting</b>	<b>Christmas Eve 24</b> 2:30 p.m. Christmas Movie <b>Music in the Morning</b> <b>Christmas Scavenger Hunt</b>	
 <b>CHRISTMAS DAY 25</b> 3:15 p.m. Church Service	<b>Kwanzaa Begins 26</b> 9:30 a.m. Group Exercise 10:30 a.m. Card Bingo <b>Reminiscing</b>	<b>27</b> 9:30 a.m. Group Exercise 3 p.m. Jigsaw Puzzles <b>Beauty Shop</b>	<b>28</b> 9:30 a.m. Group Exercise 2:30 p.m. Happy Hour 4:15 p.m. Bible Study   Josh <b>Manicures</b>	<b>29</b> 9:30 a.m. Group Exercise 10:30 a.m. Bingo 3 p.m. Make 2023 Plans <b>Shopping</b>	<b>30</b> 9:30 a.m. Group Exercise 10:30 a.m. Bowling <b>3 p.m. Wii Games</b> <b>Reminiscing</b>	 <b>New Year's Eve 31</b>	

# Stay ACTIVE

## Holiday Health

U.S News & World Report offers these tips to keep the holidays from hampering your health:

- 1. Have a plan.** Start each day with a plan for what you'll eat and how you'll exercise.
- 2. Keep moving.** Get up and move at least 5 minutes every hour.
- 3. Hydrate.** Your brain can confuse thirst for hunger, so drink water before a meal.
- 4. Work out early.** Exercise in the morning so your workout plans don't get waylaid later.
- 5. Sleep.** Get plenty of rest to stay relaxed and stress-free.
- 6. Be prepared.** Keep healthy snacks handy for emergencies.
- 7. Rev up your walking.** Do 30-second bursts of fast walking when shopping or strolling in the neighborhood.
- 8. Limit indulgences.** Indulge for a meal or a party, not for the entire holiday season!
- 9. Take a moment to breathe.** Stress can lead to overeating.
- 10. Enjoy the holiday.** One day won't make or break your health plan.

## Activities with Yvonne

by Yvonne Ryan, Activity Director/Social Service Designee



November was a busy month, and December will be even busier! Some of us voted during the mid-term election. We had a program to honor our veterans. Cooking with Kathy is always fun!

The work has begun on our patio renovation. Keep an eye out for the transformations to come. We always enjoy having Richard come for karaoke, and starting this month we will have him visit twice a month!

Our annual fundraiser is going on now. Staff are selling Maggie's popcorn again this year, and we added our own special mix for Chiefs fans. It's called KC Mix—the spice of a hard-fought game with cinnamon, the sweetness of wins in the caramel, and the saltiness of a bad call with cheddar cheese. Other flavors include Tuxedo, Grinch, Cheddar Cheese, and Caramel. Containers sell for \$7, and the profit allows us to buy thoughtful Christmas gifts for residents.

Wishing everyone a very Merry Christmas and a Happy New Year!  
Yvonne

## Staff Spotlight: Jamie Northcutt



Jamie Northcutt goes above and beyond, both personally and professionally. After taking classes online to increase her knowledge, she was recently promoted to restorative aide!

Jamie is an excellent multitasker, often working with many residents at once, tending to their individual needs while keeping everyone active and engaged.

Jamie helps the staff by answering call lights and assisting with meals. She starts her day reading the daily chronicles to residents in her cheerful voice and visiting with all of them, and ends her day ensuring her tasks are complete and completing her important charts. Jamie works well with the other staff to provide the best care possible for our residents.

Thank you, Jamie, for bringing your energy, positivity, focus on personal and professional growth, and commitment to caring for our residents every day. We are so proud to have you as part of our team at the Residential Living Center and proud of all of your accomplishments.

Maybe you or someone you know has Jamie's qualities and is looking for a rewarding opportunity to work with us and our residents! Learn more and apply today at:

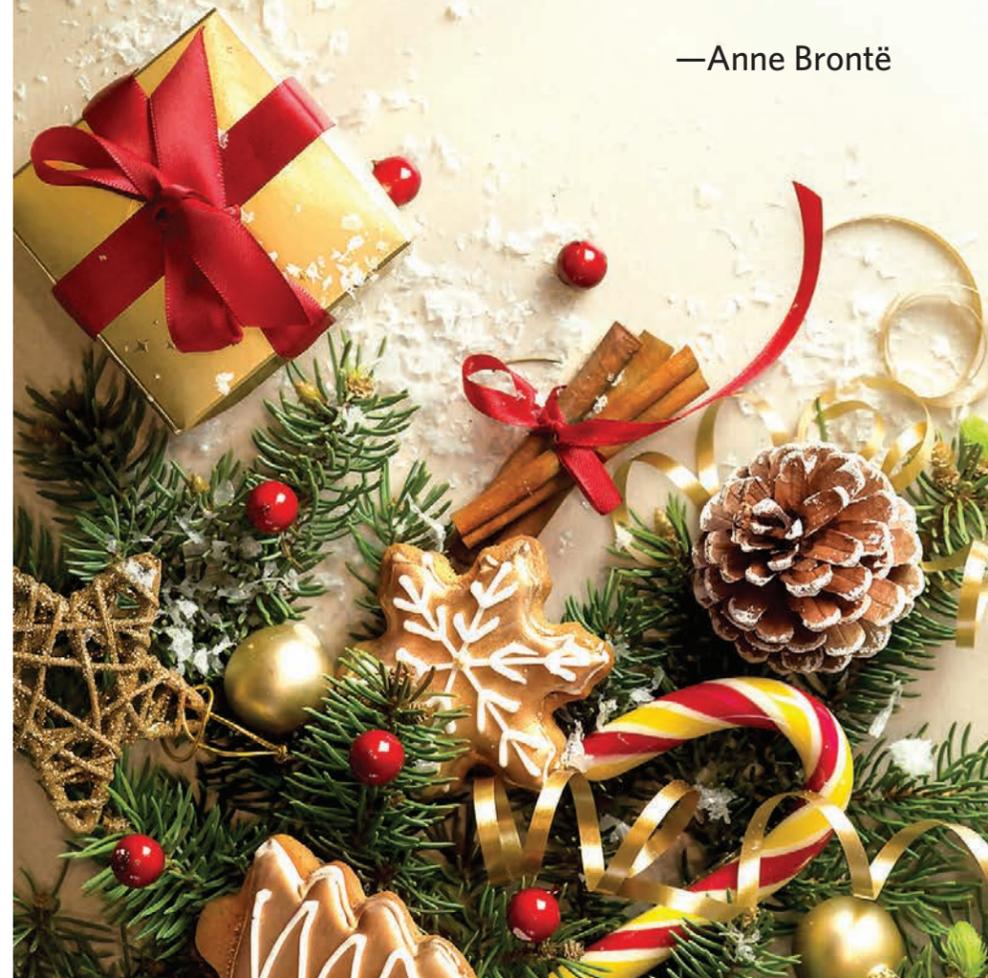
[careers.saintlukeskc.org/jobs/search/AndersonCounty](https://careers.saintlukeskc.org/jobs/search/AndersonCounty)

# Music on a Christmas Morning

Music I love—but never strain  
Could kindle raptures so divine,  
So grief assuage, so conquer pain,  
And rouse this pensive heart of mine—  
As that we hear on Christmas morn,  
Upon the wintry breezes borne.

Though Darkness still her empire keep,  
And hours must pass, ere morning break;  
From troubled dreams, or slumbers deep,  
That music kindly bids us wake:  
It calls us, with an angel's voice,  
To wake, and worship, and rejoice.

—Anne Brontë



# Worship SERVICES

## 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

