



# CONNECTIONS

at the RESIDENTIAL LIVING CENTER

MARCH 2023

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## March Highlights

### March 2

Spanish Talk—3 p.m.

### March 6

Karaoke with Richard—2 p.m.

### March 10

Beaded Butterfly Craft—10:30 a.m.

### March 13

Food Committee—9:15 a.m.

### March 16

Ladies' Blue Hat Club—2 p.m.

### March 17

St. Patrick's Day Fun

### March 20

Karaoke with Richard—2 p.m.

### March 22

Cooking with Kathy—10:15 a.m.

### March 27

Activity Planning Meeting—9:15 a.m.

## A Few Words from Dee



It's that time of year again! March is the perfect entry into spring! Trees are beginning to bud, days are getting longer and day time temps are rising—all good reasons to get back outside. I, for one, am excited to get my road bicycle out and get some fresh air on a long ride.

Around RLC, this spring will be a time of change. With beloved team members leaving, we'll be inviting new members to our community to fill those open positions. Thank you for your patience during this time of change.

Lastly, for many of us, it's time for those with an Irish heritage to come together and remember our ancestors and the trials they endured to enable themselves and their relatives be able to come to the land of opportunity. For those without an Irish heritage, I hope you'll join in on the St. Patrick's Day festivities.

Warmly,

*Dee Quinn*

*D*ear March—Come in—

How glad I am—

I hoped for you before—

Put down your Hat—

You must have walked—

How out of Breath you are—

Dear March, how are you, and  
the Rest—

Did you leave Nature well—

Oh March, Come right upstairs  
with me—

I have so much to tell—

—from *Dear March—Come In—*  
by Emily Dickinson



## Culinary Corner

by Samantha Edens



### Southwest Style Turkey Meatloaf

This meatloaf recipe takes a classic meal and makes it healthier by adding vegetables, opting for a lean protein, and adding fiber from oats! A nice way to add whole grains into protein dishes, such as meatloaf, hamburgers, and meatballs is to use quick-cooking oats instead of regular bread crumbs. The fiber in oats has been shown to help lower cholesterol. By using lean ground turkey this recipe cuts back on total fat content. To complete your meal, pair with mashed potatoes and a green salad with avocado and orange.

#### Ingredients

- 1 ½ lbs. lean ground turkey
- 1 large yellow onion, finely chopped
- 1 green bell pepper, finely diced
- 3 clove garlic
- 1 cup quick-cooking oats
- 2 eggs, beaten
- ½ cup ketchup
- 2 tsp. ground cumin
- ½ tsp. salt
- 1 tbsp. chili powder
- 1 tsp. dried oregano
- ¼ tsp. black pepper
- nonstick cooking spray

#### Directions

1. Preheat oven to 350°F. Coat a 9 × 5-inch loaf pan with nonstick cooking spray.
2. Add all of the remaining ingredients to a large bowl. Gently mix the until well combined.
3. Spoon the mixture into the prepared loaf pan, using the back of the spoon or a spatula to even out the top. Place the loaf pan in the oven and bake until a thermometer inserted into the center of the meatloaf reads 165°F, about 1 hour.



## Nutrition Month

March is National Nutrition Month, and this year is its 50th anniversary! The Academy of Nutrition and Dietetics created National Nutrition Month in 1973 to encourage people to learn about making informed food choices and develop healthful eating and physical activity habits.

This year's theme is *Fuel for the Future*. Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment.

Here are a few tips:

- Enjoy more plant-based meals and snacks.
- Purchase foods with minimal packaging.
- Buy foods in season and shop locally when possible.
- Start a container or backyard garden to grow food at home.
- See what food you have at home before purchasing more.
- Use a grocery list and shop sales when purchasing food.
- Eat foods in various forms including fresh, frozen, canned and dried.
- Find creative ways to use leftovers rather than tossing them.
- Practice gratitude for your body by giving it the fuel it needs.
- Try new flavors and foods from around the world.
- Learn how nutrient needs may change with age.
- Create happy memories by eating with friends and family.

Activities are subject to change.

# February 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 9:45 a.m. Group Exercise 10:30 a.m. Manicures 3 p.m. Happy Hour <b>March Word Search</b>	<b>2</b> 9:45 a.m. Group Exercise 10:30 a.m. Bingo 3 p.m. Spanish Talk	<b>3</b> 9:45 a.m. Group Exercise 2 p.m. Board Games <b>Bean Bag Toss</b>	<b>4</b> 9:45 a.m. Group Exercise 2:30 p.m. Movie <b>Music in the Morning Family &amp; Friends Visit</b>
<b>5</b> 3:15 p.m. Church Service Beacon of Truth	<b>6</b> 9:45 a.m. Group Exercise 10 a.m. Dominos 2:30 p.m. Card Bingo <b>2 p.m. Karaoke   Richard</b>	<b>7</b> 9:45 a.m. Group Exercise 3:30 p.m. Write Word Game <b>Beauty Shop</b>	<b>8</b> 9:45 a.m. Group Exercise 10:30 a.m. Manicures 3 p.m. Happy Hour 4:15 p.m. Bible Study   Josh <b>March Word Search</b>	<b>9</b> 9:45 a.m. Group Exercise 10:30 a.m. Bingo <b>One on One Visits Shopping</b>	<b>10</b> 9:45 a.m. Group Exercise 10:30 a.m. Crafts: Beaded Butterfly 2 p.m. Movie Time	<b>11</b> 9:45 a.m. Group Exercise 2:30 p.m. Movie <b>Music in the Morning Family &amp; Friends Visit</b>
 <b>Daylight Saving Time Begins</b> <b>12</b> 3:15 p.m. Church Service Holy Angels Catholic Church	<b>13</b> 9:15 a.m. Food Committee 9:45 a.m. Group Exercise 2:30 p.m. Card Bingo	<b>14</b> 9:45 a.m. Group Exercise 3 p.m. Adult Coloring <b>Beauty Shop</b>	<b>15</b> 9:45 a.m. Group Exercise 10 a.m. Crafts 10:30 a.m. Manicures 3 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>16</b> 9:45 a.m. Group Exercise 10:30 a.m. Bingo <b>2 p.m. Blue Hat Club</b> <b>Shopping</b>	 <b>St. Patrick's Day 17</b> 9:45 a.m. Group Exercise 10 a.m. Reminiscing 2:30 p.m. Dominos <b>St. Patrick's Day Fun</b>	<b>18</b> 9:45 a.m. Group Exercise 2:30 p.m. Movie <b>Music in the Morning Family &amp; Friends Visit</b>
<b>19</b> 3:15 p.m. Church Service First Baptist Church	<b>First Day of Spring 20</b> 9:45 a.m. Group Exercise 10 a.m. Resident Council <b>2 p.m. Karaoke   Richard</b>	<b>21</b> 9:45 a.m. Group Exercise 3 p.m. Jeopardy Trivia <b>Beauty Shop</b>	<b>22</b> 9:45 a.m. Group Exercise. <b>10:15 a.m. Cooking   Kathy</b> 3 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>23</b> 9:45 a.m. Group Exercise 10:30 a.m. Bingo 3:30 p.m. Learning Puzzle <b>Shopping</b>	<b>24</b> 9:45 a.m. Group Exercise 10:30 a.m. Goats Categories <b>Let's Go for a Ride</b>	<b>25</b> 9:45 a.m. Group Exercise 2:30 p.m. Movie <b>Music in the Morning Family &amp; Friends Visit</b>
<b>26</b> 3:15 p.m. Church Service First United Methodist Church	<b>27</b> 9:15 a.m. Activity Planning Meeting 9:45 a.m. Group Exercise 2:30 p.m. Card Bingo	<b>28</b> 9:45 a.m. Group Exercise 2:30 p.m. Art Fun <b>Beauty Shop</b>	<b>29</b> 9:45 a.m. Group Exercise 10:30 a.m. Manicures 3 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>30</b> 9:45 a.m. Group Exercise 10:30 a.m. Bingo 3:30 p.m. Beading Fun <b>Shopping</b>	<b>31</b> 9:45 a.m. Group Exercise 10 a.m. Trivia 2 p.m. Games	

# Stay ACTIVE

## Tips to Stay Active

Here are a few easy ways to fit more activity into your life:

- Opt for the stairs instead of the elevator when possible.
- Every time you go up or down stairs, take an extra lap.
- Walk around while talking on the phone.
- Take a lap around your home every time you do certain activities, such as using the restroom, refilling your water or coffee, or sending an email.
- Do squats, lunges, or pushups in the kitchen as you wait for your food to cook.
- Do heel raises while doing tasks like washing dishes.
- Stand up while folding clothes.
- When watching TV, exercise during commercial breaks.
- Take a stretch break every hour on the hour.
- Turn on some favorite music and dance.
- Begin and end each day with some stretches.

## Activities with Yvonne

by Yvonne Ryan, Activity Director/Social Service Designee



Spring is almost here. I see some flowers trying to peek through, and the birds are singing. And don't forget to spring forward on the March 12!

I am writing this with mixed emotions. After being here for more than 13 years, I have decided to move on to the next chapter of my life. My last day is March 3, but I will still be coming in to visit. Each and every resident holds a special place in my heart. It has been a joy to get to know the many family members and friends of the residents as well. We have made a lot of memories!

Staff from other departments have stepped in to offer assistance with activities. I am sure they will have some new and fun ideas to share. We have an awesome staff here at RLC—they go above and beyond every day to bring the residents joy.

We had a fun Valentine's Day and a lot of laughter during our annual snowball fight with marshmallows. Chaplain James held a very nice Ash Wednesday service for the residents.

Happy St. Patrick's Day and beware the ideoes of March!

Yvonne

## Little Green Folk

Leprechauns are one reason you're supposed to wear green on Saint Patrick's Day. Folklore tradition says wearing green makes you invisible to leprechauns, who like to pinch anyone they can see.

In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies. Leprechauns were known for their trickery, which they often used to protect their much-fabled treasure. The original Irish name for these figures of folklore is "lobaircin," meaning "small-bodied fellow."



## Daylight Saving Time Begins

Sunday, March 12 | 2 a.m.

Set your clocks ahead one hour!

## Employee Spotlight

Gail Gillian



Gail Edwards Gillian is one of our RNs. She has worked at RLC for 5 years.

Gail was born and raised on a farm close to Paola, Kansas. She has one brother and one sister. Her dad worked for many years at Delco battery, and her mother was a stay-at-home mom until her children were raised, when she began working at local schools as a para. Gail's brother lives on the family farm.

Gail was very involved in 4-H for many years, working on a variety of projects. The kids in her family were not involved in sports because their mother told them that she was only going to town on Saturdays!

Gail graduated from Paola High School and worked as a secretary for a couple years, then went to nursing school in Fort Scott. She got married in 1990, and she and her husband had three children. She now has three grandchildren with another on the way.

Gail is always on the move! She has enjoyed her horses over the years, going on trail rides and sorting cattle with friends. She enjoys her pets, and has rescued many cats and dogs over the years.

Gail loves to travel with some of her nurse friends. They travel to wherever there is a Jimmy Buffett resort. She especially loves Key West. Gail also loves to go to Washington State to visit her oldest son and his family and hopes to be able to go on her second mission trip to Guatemala this December.

When Gail is home, she enjoys buying and fixing up old items for her house, which was built in 1890. A good day for her involves spending time with her grandchildren and her pets!

We are so happy to have Gail here at RLC. She goes above and beyond to make sure that our residents and staff are well cared for!



## Ah! Sun-flower (1794)

by William Blake

*Ah Sun-flower! weary of time,*

*Who countest the steps of the Sun:*

*Seeking after that sweet golden clime*

*Where the travellers journey is done.*

# 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.

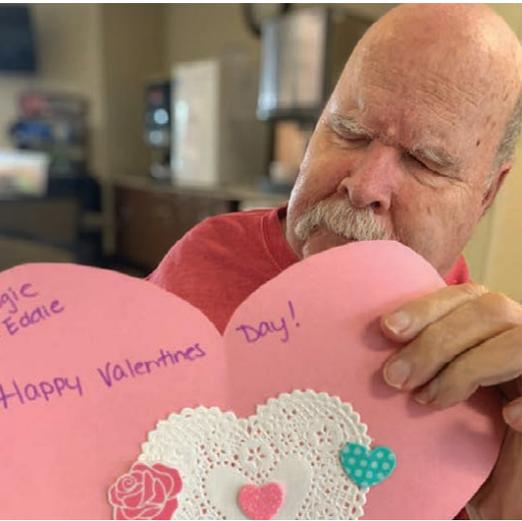
[conceptionabbey.org/live](http://conceptionabbey.org/live)

### 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 Erin at [emanning@saintlukeskc.org](mailto:emanning@saintlukeskc.org).



# RLC Review

RECENT EVENTS  
& PHOTOS

