

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

FEBRUARY 2025



 Anderson
County Hospital
SAINT LUKE'S HEALTH SYSTEM

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Contact Us

Want to learn more about living in our Residential Living Center? Call us at **785-204-7115** to schedule a private tour for yourself or a loved one.



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Find us on Facebook.



A Few Words from Samantha

Samantha Young, RN, Senior Manager, Residential Living Center



It's been oh, so cold outside, but we've been cozy and warm here at the RLC! Residents have stayed busy with lots of indoor activities—games, puzzles, crafting, sewing, reading, watching movies, and cheering on the Chiefs!

We're thankful for Jamie Northcutt, our restorative aide, who has been helping to plan and lead several group activities, and everyone has jumped in to help keep our residents active and engaged during the long winter days. It's safe to say we've all had enough winter this year and that we're ready for spring and the warmer temperatures that draw us outside!

Can you believe it's almost time to start sowing seeds indoors for spring planting? Last year, several upgrades were completed to expand our patio space, making it even more accessible to our residents and visitors. This year we hope to add raised planting beds that allow more residents to get their hands in the dirt. Gardening tasks like planting, weeding, and watering provide exercise that helps improve strength, endurance, and coordination. Gardening (and harvesting) also provide a sense of purpose. If you enjoy working outside and have a green thumb, we'll be looking for some expert advice as we plan our planting beds and gardening activities. Please reach out if you can help.

Thank you again for sharing your loved ones with us and for being a part of our very special community. (Go Chiefs!)

—Samantha

Employee of the Quarter

Marty Schmalz



Marty (center) with hospitality services manager Michelle Cunningham (left) and hospital administrator Pat Patton (right).

Marty Schmalz, one of our dedicated housekeeping associates, was recently honored as Anderson County Hospital's employee of the quarter. Marty consistently anticipates the needs of others and is always ready to lend a helping hand. He takes

the time to get to know each resident and his infectious smile and friendly demeanor brighten everyone's day. We're so glad to have Marty as part of our family here at the RLC!

Culinary Corner



This classic British dessert is simple to make, requiring just a few ingredients and a few minutes of preparation. It dates back to the 16th century when puréed, stewed fruit (typically gooseberries in those days) was folded into sweet custard. Modern versions replace the custard with whipped cream, and just about any kind of mashed or puréed berry or other soft fruit can be used.

The name *fool* is believed to originate from the French word *fouler* which means *to mash* or *to press*—and that is exactly what we do with the raspberries in this recipe.

Raspberry Fool

Ingredients

1 cup frozen raspberries, thawed
 $\frac{3}{8}$ cup granulated sugar, divided
 $1\frac{1}{2}$ cups heavy cream
Fresh raspberries for garnish (optional)

Directions

1. Place the thawed berries into a small bowl along with $\frac{1}{8}$ cup of the sugar. Using the back of a large spoon, mash the berries against the side of the bowl until you have a purée and stir to mix well with the sugar. Set aside.
2. In the bowl of a stand mixer or in a mixing bowl, pour in the heavy cream and remaining $\frac{1}{4}$ cup of sugar. Whip on high until stiff peaks form.
3. Fold the raspberry purée into the whipped cream in spoonfuls, stirring just until you see ribbons of raspberry throughout the whipped cream. (If you want, you can hold back stirring in some of the raspberry purée to get the ribbon effect you desire, and use any leftovers as a topping.)
4. Spoon into individual serving glasses and chill 1 hour before serving

Makes 4-6 servings.



Random Acts of Kindness Day

February 17

Random Acts of Kindness Day, observed on Feb. 17 each year, is a day dedicated to promoting kindness and goodwill. By encouraging individuals to perform simple, unexpected acts of kindness to brighten someone's day and create a ripple effect of positivity, it provides an opportunity for people worldwide to come together and make the world a better place through thoughtful actions.

Here are some ideas for random acts of kindness:

Give Compliments. Offer sincere compliments to friends, family, and even strangers to brighten their day.

Pay It Forward. When you're at a coffee shop or drive-thru, pay for the order of the person behind you.

Send Thoughtful Messages. Send uplifting messages or notes to friends, reminding them of your appreciation and support.

Phone a Friend. Make a phone call to a friend or family member you haven't spoken to in a while.

Help a Neighbor. Assist a neighbor with everyday tasks.

Donate to Charity. Contribute to a charitable organization or cause that you're passionate about.

Volunteer Your Time. Volunteer at local charities, shelters, or community events to make a positive impact.

February 2025

Activities are subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Groundhog Day 2 9 a.m. Devotional Group 3:15 p.m. First Christian Church Service	3 9 a.m. Devotional Group 9:30 a.m. Group Exercises 10:30 a.m. Bird Feeder Craft 2 p.m. Karaoke Richard	4 9 a.m. Devotional Group 10:30 a.m. Bulletin Board 2 p.m. Decorate for Valentine's Day	5 9 a.m. Devotional Group 9:30 a.m. Group Exercises 10:30 a.m. Resident Council 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh	6 9 a.m. Devotional Group 10:30 a.m. Valentine Advice 2 p.m. Heart Craft	National Wear Red Day 7 9 a.m. Devotional Group 10:30 a.m. Make Greeting Cards 2 p.m. Bingo	1 9 a.m. Devotional Group 10:30 a.m. Music + Coloring
Super Bowl Sunday 9 9 a.m. Devotional Group 3:15 p.m. Mont Ida Church Service	10 9 a.m. Devotional Group 9:30 a.m. Group Exercises 10:30 a.m. Men's Mugs 2 p.m. One-on-one Visits	11 9 a.m. Devotional Group 10:30 a.m. Manicures 2 p.m. Movie Matinee	12 9 a.m. Devotional Group 9:30 a.m. Group Exercises 10:30 a.m. Food Committee 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh	13 9 a.m. Devotional Group 10:30 a.m. Valentine Card Craft 2 p.m. Reminisce	Valentine's Day  14 9 a.m. Devotional Group 9:30 a.m. Group Exercises 11 a.m. Valentine's Day Lunch 4 p.m. Valentine's Ball	15 9 a.m. Devotional Group 10:30 a.m. Music + Coloring
16 9 a.m. Devotional Group 3:15 p.m. Hope Anthem Church Service	Presidents' Day Random Acts of Kindness Day 17 9 a.m. Devotional Group 9:30 a.m. Group Exercises 10:30 a.m. President Trivia 2 p.m. One-on-one Visits	18 9 a.m. Devotional Group 10:30 a.m. Card Bingo 2 p.m. Movie Matinee	19 9 a.m. Devotional Group 9:30 a.m. Group Exercises 10:30 a.m. Activity Council 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh	20 9 a.m. Devotional Group 10:30 a.m. Ball Toss Game 2 p.m. Coloring Craft	21 9 a.m. Devotional Group 9:30 a.m. Group Exercises 10:30 a.m. Puzzles 2 p.m. Bingo	22 9 a.m. Devotional Group 10:30 a.m. Music + Coloring
23 9 a.m. Devotional Group 3:15 p.m. Beacon House of Worship Church Service	24 9 a.m. Devotional Group 9:30 a.m. Group Exercises 10:30 a.m. Blue Hat Club 2 p.m. One-on-one Visits	25 9 a.m. Devotional Group 10:30 a.m. Manicures 2 p.m. Movie Matinee	26 9 a.m. Devotional Group 9:30 a.m. Group Exercises 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh	27 9 a.m. Devotional Group 10:30 a.m. Wheel of Fortune 2 p.m. One-on-one Visits	28 9 a.m. Devotional Group 9:30 a.m. Group Exercises 10:30 a.m. Trivia 2 p.m. Bingo	



Go Red National Wear Red Day Friday, Feb. 7

February is American Heart Month, and the first Friday in the month is National Wear Red Day. On this day, people across the country wear red to raise awareness and hope for eradicating heart disease and stroke in millions of women across the nation. So put on your reddest red—whether it's lipstick, a pair of pants, a sweater, or your favorite socks.

Follow these tips from the National Institutes of Health for heart-healthy living:

- Get your blood pressure and cholesterol checked.
- Eat heart-healthy foods, such as vegetables, fruit, whole grains, fish, lean meats, eggs, nuts, seeds, and legumes.
- Maintain a healthy weight.
- Get regular physical activity.
- Manage stress.
- Don't smoke.
- Get enough quality sleep.



Chiefs Super Fan



Hayley Scott, CNA, joined Dixie to cheer on the Chiefs during their NFL playoff win against the Houston Texans in January.

Dixie's New Year's resolution for 2025 was to watch ALL of the Kansas City Chiefs' games. She couldn't be more excited to see them in action once again during the playoffs and hopes to cheer them to victory this year in Super Bowl LIX.

Whenever the Chiefs are playing, we know exactly where to find Dixie. She'll be in her favorite recliner with the volume turned up loud and proud as she cheers on her favorite team. Go Chiefs!

Super Bowl LIX

Sunday, February 9 | 5:30 p.m. | Broadcast on Fox

This year's Super Bowl will be played at the Caesars Superdome in New Orleans. It will be the eighth Super Bowl played in the Superdome, and the 11th in the city of New Orleans.

Fun facts about the Super Bowl:

- The Super Bowl was created as part of the 1966 merger of the National Football League (NFL) and the competing American Football League (AFL) to have their best teams compete for a championship.
- Lamar Hunt, owner of the Kansas City Chiefs and founder of the AFL, coined the term Super Bowl. The name came to him when he saw his kids playing with a Super Ball, a super-bouncy rubber ball popular in the 1960s.
- The Chiefs played in the very first Super Bowl on January 15, 1967. Sadly, they lost 35-10 to the Green Bay Packers.
- Three years later, on January 11, 1970, the Chiefs won their first Super Bowl, beating the Minnesota Vikings 23-7. The Chiefs were led by head coach Hank Stram, quarterback Len Dawson, and the powerful defense of Bobby Bell, Willie Lanier, Buck Buchanan, Emmitt Thomas, Johnny Robinson, and Curley Culp.
- The Chiefs have played in four of the last five Super Bowls, winning three of them, including the last two in 2023 and 2024. I know we're all with Dixie in hoping they pull off the first-ever three-peat in NFL history by winning again in 2025.



Resident Spotlight: Betty Rockers



Betty (Schwegman) Rockers has lived in Anderson County her entire life. She grew up on a family farm and attended Lingo School, a small country schoolhouse west of Garnett near Harris.

Life on the farm was a lot of hard work. Betty recalls the hours spent milking cows and taking care of the calves and appreciated the opportunity to get away from the work and go to school. "I was a good student and I always liked school," she said, "especially math."

Betty attended Lingo School through the eighth grade and then went on to high school in Garnett. After high school, she looked forward to the weekends and going to community dances with her friends. "That's where I met Richard," she shared, "the love of my life! We went to a lot of dances together and had a lot of fun there."

The couple married in 1957 at Holy Angels Catholic Church in Garnett and made their home on a farm near Scipio, where she continued to help with the milking, feeding calves, and other chores. The couple had five children together, one boy and four girls. "I loved every minute of raising them," she smiled. Her family, which has grown to include grandchildren, great-grandchildren, and great-great grandchildren, continues to be her greatest joy.

"I like living at the RLC," said Betty. "I have a lot of friends here. We all do."



Betty can usually be found in the community dining room, sipping a cup of coffee and chatting with a table of friends. She has participated in several outings, plays cards, and joins in many of the group activities—but admits that she doesn't really like to help with the baking.



She is staying active and healthy and gets plenty of vitamin C. Betty's friends teased about her love for oranges, which the kitchen keeps in good supply, since Betty orders one (or more) every day!

Betty has a big smile, a carefree laugh, and a spark of orneriness that makes her so much fun to be around. We're so glad to have Betty as part of our family here at the RLC.



Many of our residents, like Mary, are avid bird watchers. In honor of Valentine's Day,

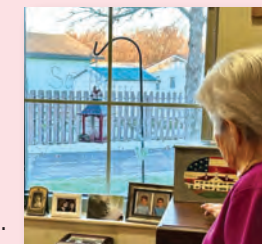
we're spotlighting the links between love and a favorite bird—cardinals.

Cardinals are beautiful birds, their bright red feathers a welcome sight on drab winter days. Cardinals are also associated with love and family.

In cultures from the ancient Egyptians to Native American tribes, cardinals represent a sign from a loved one who has passed. The birds often symbolize heavenly visitors, messengers to the gods, or even the gods themselves.

The Choctaw believe cardinals are matchmakers. In many cultures, if you're single, seeing a cardinal means romance is in your future. If you're in a relationship, the cardinal is a reminder of the romance between you and your partner.

Cardinals are largely monogamous. A male cardinal brings food to his mate while she sits on the nest, offering it to her in a gentle, kiss-like gesture. After the eggs hatch, both parent birds tend to the chicks. After the chicks have matured, the family stays together.





RLC Review

RECENT EVENTS
& PHOTOS

