

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

MARCH 2025

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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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A Few Words from Samantha

Samantha Young, RN, Senior Manager, Residential Living Center



You may have seen some new faces around the RLC. We’ve hired several amazing new team members—an activity coordinator and six Certified Nursing Assistants (CNAs)—and will be busy training over the next few weeks to get everyone up to speed. We’ve included their photos and names below to help you get to know them, and I’m sure everyone will join us in extending a warm welcome.

Our new activity coordinator, Melissa, will be working hard to plan interesting and engaging experiences for our residents, and I can’t wait to see what fun new things she comes up with. If you have an idea for an onsite activity or nearby adventure, let us know so we can include it on a spring or summer activity calendar.

—Samantha

Friendly New Faces at the RLC

Let’s give a warm greeting to these new team members.



Melissa Cox,
 Activity Coordinator



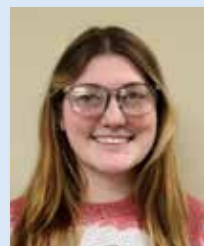
Taylor Boren, CNA



Christina Jackman
 Henderson, CNA



Abigail Knight,
 CNA



Kaitlyn Mersman,
 CNA



Caleigh Porter,
 CNA



Bailey Roehl, CNA



Culinary Corner



This sheet pan dinner is an easy way to prepare a healthy meal your whole family will enjoy. Select a variety of your favorite vegetables to make it nutritious, colorful, and different every time.

Dr. Peterson’s Sheet Pan Dinner

Ingredients

- 1 lb. shrimp or diced chicken breast
- 1 red pepper, sliced
- 1 small zucchini, diced
- ½ red onion, chopped
- 8 oz. baby bella mushrooms, sliced
- 1 cup carrots, chopped
- 1 ½ Tbsp extra virgin olive oil
- 1 ½ Tbsp lemon juice
- seasoning of your choice
 (such as fresh garlic, black pepper, sea salt, parsley, and cayenne pepper)



Directions

1. Toss all ingredients together.
2. Spread mixture onto baking sheet covered with parchment paper.
3. Bake at 425° F for 15-18 minutes, until the meat is cooked through and the vegetables are tender, stirring with 5 minutes of baking time left.
4. Serve and enjoy!



Mackenzie Peterson, MD, is board-certified in family medicine and has cared for patients at the Family Care Center in Garnett for nearly two decades. In addition to helping her patients eat healthy, she’s a great role model for staying active and can often be found walking the trail or exercising on the outdoor fitness court.



For good health, eat the rainbow!



Foods that are different colors usually contain specific vitamins and other nutrients that help support your health.

Red and **orange** foods are high in vitamins A and C and help to reduce risk of certain cancers and heart disease. Red and orange fruits and vegetables include tomatoes, carrots, sweet potatoes, pumpkin, strawberries, and red, orange, and yellow peppers.

Green foods may be high in vitamins A,B,C,E, and K and help to prevent cancer. Some green foods are spinach, kale, broccoli, avocados, and green cabbage.

Blue or **purple** foods may be high in vitamin C and they can help delay aging and reduce heart disease risk. Blue and purple foods include blueberries, blackberries, red and purple cabbage, plums, and purple grapes.

I recommend eating a variety of fruits and vegetables of many different colors throughout the week, but you can also combine them into one healthy meal, like my favorite sheet pan dinner.

—Dr. Mackenzie Peterson

Activities are subject to change.

March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2 3:15 p.m. Holy Angels Catholic Church Service	3 9:30 a.m. Group Exercises 10:30 a.m. Learn About Wildlife 2 p.m. Karaoke Richard	4 10:30 a.m. Rodeo Movie 2 p.m. Mardi Gras Party	Ash Wednesday 5 9:30 a.m. Group Exercises 10:30 a.m. Resident Council 2 p.m. Ash Wednesday 4:15 p.m. Bible Study Josh	6 10:30 a.m. Play Basketball 2 p.m. Manicures	7 9 a.m. Devotional Group daily 9:30 a.m. Group Exercises 10:30 a.m. Baking 2 p.m. Bingo	1 10:30 a.m. Music + Coloring
 Daylight Saving Time Begins 9 3:15 p.m. Dunkard Brethren Church Service	10 9:30 a.m. Group Exercises 10:30 a.m. Men's Mugs 2 p.m. Clover Craft	11 10:30 a.m. Card Bingo 2 p.m. Movie Matinee	12 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 10:30 a.m. Penny Ante 2 p.m. Trivia	14 9:30 a.m. Group Exercises 10:30 a.m. Baking 2 p.m. Bingo	15 10:30 a.m. Music + Coloring
16 3:15 p.m. First Baptist Church Service	St. Patrick's Day 17 9:30 a.m. Group Exercises 10:30 a.m. St. Patrick's Trivia 2 p.m. St. Patrick's Day Party	18 10:30 a.m. March Madness 2 p.m. Agriculture Trivia	19 9:30 a.m. Group Exercises 10:30 a.m. Activity Council 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh	First Day of Spring 20 10:30 a.m. Van Adventure 2 p.m. Coloring Craft	21 9:30 a.m. Group Exercises 10:30 a.m. Go Out for Lunch 2 p.m. Bingo	22 10:30 a.m. Music + Coloring
23 3:15 p.m. First Methodist Church Service	24 9:30 a.m. Exercises 10:30 a.m. Blue Hat Club 2 p.m. Manicures	25 10:30 a.m. Virtual Trip to the Nile River 2 p.m. Classic Film	26 9:30 a.m. Group Exercises 10:30 a.m. Make Balloon Animals 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh	27 10:30 a.m. Baseball Trivia 2 p.m. Take a Walk Outside	28 9:30 a.m. Group Exercises 10:30 a.m. Shopping Trip 2 p.m. Bingo	29 10:30 a.m. Music + Coloring
30 3:15 p.m. Grace and Truth Baptist Church Service	31 9:30 a.m. Exercises 10:30 a.m. Jeopardy 2 p.m. Coffee & Muffins					

Staff SPOTLIGHT

Thank You, Jamie!



We'd like to give a shout-out to Jamie, our restorative aide, who stepped up in a big way while we searched for the perfect activity coordinator.

In addition to keeping up with her primary duties, Jamie planned months of activities, gathered supplies, crafted, baked, played games, threw parties, and more to help keep our residents' bodies active and minds engaged through the very cold winter months.



Thank you to Jamie for your energy, positivity, teamwork, and commitment to caring for our residents every day. We're so glad to have you as part of our team here at the RLC.



Valentine's Ball

RLC residents and staff had a great time at our Valentine's Day Ball.



Resident Spotlight: Frank Fuller



This month we're spotlighting Frank Fuller, who loves the color green—John Deere green, that is! Frank is from Iowa, where he owned a John Deere dealership for nearly 40 years. He enjoyed being a business owner and certainly had the personality for it. He was outgoing and strong, but kind, and would do whatever he could to lend a hand when someone needed help. He liked to travel and took his wife, Jan, along on many business and pleasure trips through the years.

When his wife became ill, Frank sold his part of the business to allow more time to focus on caring for her. The nursing home where his wife resided housed a preschool. One day, Frank arrived for a visit with a shiny new tractor and let students take it for a test drive. He loved to see the children's eyes light up as they took the wheel. He'd let go for a moment, giving them a chance to steer.

After his wife passed away Frank met Rae. Frank would bring his vehicle from Iowa to Garnett to be serviced and he joined a group that met for breakfast at a local café. Rae often took her mother to the same café. "Every time Frank saw us there, he'd tell us what beautiful smiles we had," said Rae. She would tease him about flirting with her mother, but knew she was the one he was interested in. "I said I would never date Frank because he was bald and I would never date a bald-headed man," she laughed, "but I changed my mind."

On their first week together, Frank showed up with chocolates and flowers. Rae happened to be out of town, so he presented Rae's mother with the unexpected gift. He was friendly and kind, and Rae has been smitten with him ever since.



Frank and Rae have been "going steady" for around seven years now and have always enjoyed each other's company. In the past, they attended church services together and often picked up lunch at Dairy Queen, going to the lake for a picnic where they could watch the ducks.

At the RLC, Frank enjoys gathering with friends for meals and never misses Richard singing Karaoke. He lights up when you ask him a question or offer a hug. He's a lot of fun, and his big smile and booming voice fill the room. Frank still keeps tabs on the John Deere dealership in Iowa and looks forward to touring the new facility when the weather warms up. Rae visits on a regular basis and still brings a twinkle to his eye. We think Frank's a pretty lucky guy.

St. Paddy's LORE

Mischievous Magic of Green

One reason people wear green on St. Patrick's Day? According to folklore, it makes you invisible to playful leprechauns! Legend has it that these mischievous tricksters love to pinch anyone who isn't wearing green—so don't forget to dress accordingly!

No Snakes in Ireland

According to the lore, there are no snakes in Ireland because St. Patrick banished them. The truth is, Ireland has never had snakes. The island is surrounded by icy water too cold to allow snakes to migrate through it from other places.

Invented in America

Until the 1970s, St. Patrick's Day in Ireland was a minor religious holiday. The first St. Patrick's Day parade took place not in Ireland but in America, on March 17, 1601, in a Spanish colony that is now St. Augustine, Florida, organized by the colony's Irish vicar, Ricardo Artur.

In 1772, homesick Irish soldiers serving in the English army marched in New York City to honor the Irish patron saint. Enthusiasm for Saint Patrick's Day parades in New York City, Boston, and other early American cities—including Kansas City—grew from there.



RLC Review

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