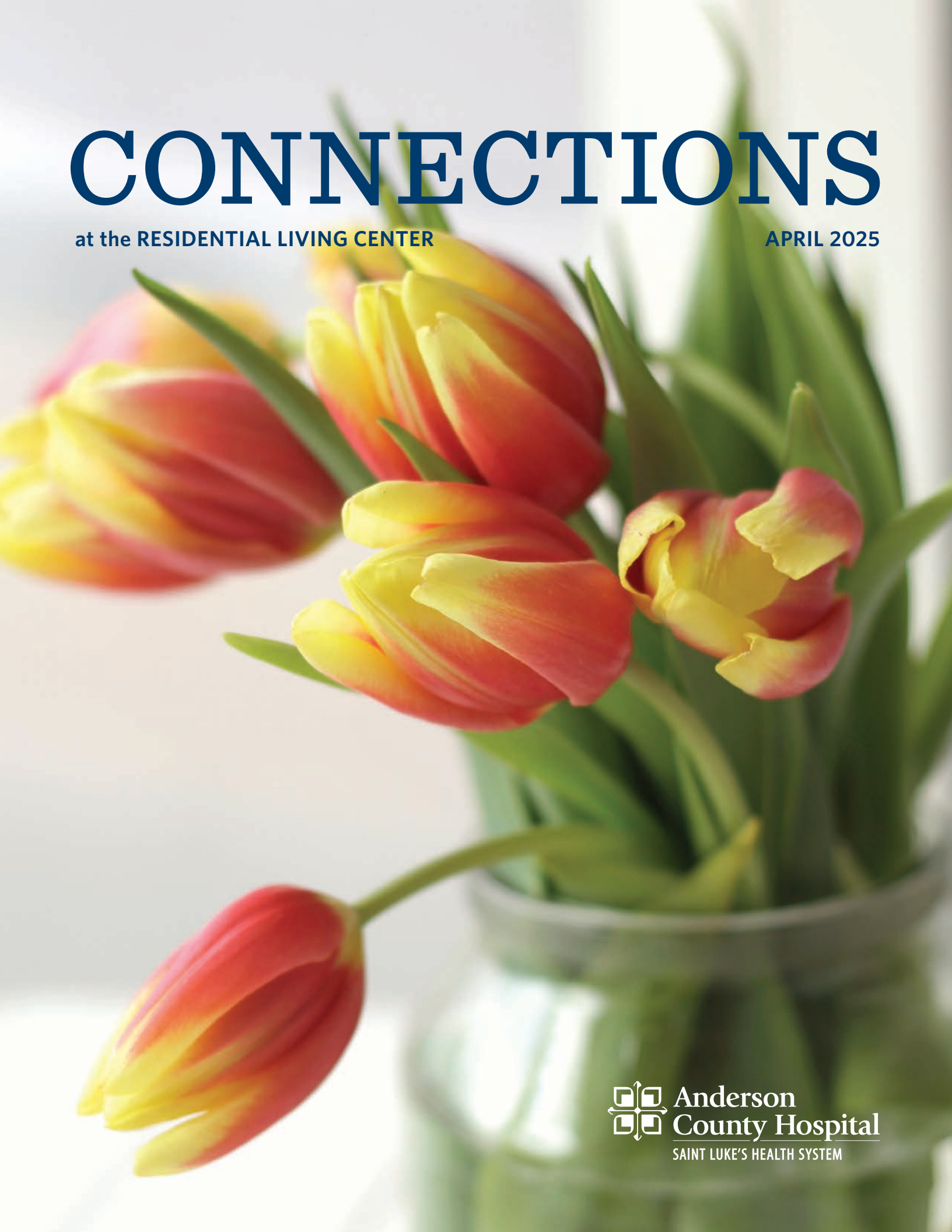


# CONNECTIONS

at the RESIDENTIAL LIVING CENTER

APRIL 2025



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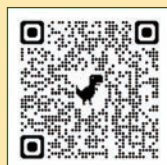
*Contact Us*

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.



**Anderson County Hospital Residential Living Center**  
 421 S. Maple St.  
 Garnett, KS 66032

ACHRLC@saintlukeskc.org  
 saintlukeskc.org/RLC



**A Few Words from Samantha**

Samantha Young, RN, Senior Manager, Residential Living Center



March was a whirlwind! With even more new faces joining us at the RLC, we've all been busy training and answering lots of questions.

Our new team members have been eager to get acquainted with residents and learn our practices and standards. I appreciate our seasoned staff for being helpful and supportive and want to acknowledge our residents for your patience, kindness, and compassion. You can get to know our newest team members, pictured in last month's *Connections*, as well as below and on page 6.

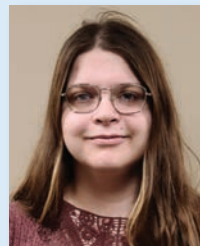
In addition to a nurse and several CNAs, I'm excited to welcome Jan, our new clinical resource nurse. Jan will manage our resident care plans, new admissions, and assist with direct resident care. She'll help me manage our staff education requirements, making sure everyone has the proper training to provide safe and excellent care for our residents. We'll spotlight Jan in next month's newsletter.

We plan to install new, wheelchair-accessible raised garden beds on our RLC patio. Tending a garden has many therapeutic benefits. If you have experience installing or working with accessible raised beds or have a green thumb and want to help, we'd love to hear from you!

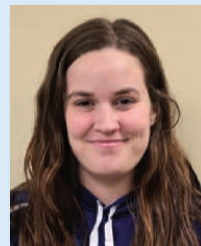
—Samantha

**Friendly New Faces at the RLC**

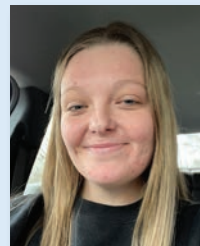
Let's give a warm greeting to these new team members.



Isabella Richards, CNA



Hunter Johnson, CNA



Alyssa Coyer, CNA



Cheryl Salazar, RN



Jan Kierl, Clinical Resource Nurse

**Culinary Corner**



This recipe for pineapple paradise cake comes from Ruth, one of our fabulous cooks. "When I was a little girl, my mom would make this pistachio pudding cake for St. Patrick's Day," she says. "It was always fun to eat a green cake as a way to celebrate and welcome spring."

We shared this recipe with the RLC Food Committee and residents were excited to have a green dessert for St. Patrick's Day, but this dessert is perfect on any spring day!

**Pineapple Paradise Cake**

**Ingredients**

**Cake**

- 3.4-oz. box pistachio pudding mix
- 1 box angel food cake mix
- 3 eggs
- 20-oz. can crushed pineapple with juices
- ½ cup vegetable oil

**Topping**

- 3.4-oz. box pistachio pudding mix
- ⅔ cup whole milk
- 8-oz. tub Cool Whip
- chopped pistachios for garnish



**Directions**

1. Preheat oven to 350° F. Grease a 9x13 cake pan.
2. In a large bowl, mix together first box of pudding, cake mix, oil, eggs, and pineapple with juices. Beat until well combined.
3. Pour batter into prepared cake pan. Bake 30-35 minutes or until an inserted toothpick comes out clean.
4. Allow cake to cool.
5. In another bowl, mix together second box of pudding and milk until the mixture thickens.
6. Fold in the Cool Whip until fully combined.
7. Spread topping on cake. Top with chopped pistachios if desired. Chill at least two hours.
8. Serve and enjoy!

*Makes 12 servings, approximately 200 calories per serving.*

**Come Dine with Us!**

We invite our residents' friends and family members to join us during mealtimes. Guests may bring in meals from outside, can purchase a meal from the RLC kitchen, or can purchase items à la carte from the Anderson County Hospital Café.

**Café Hours**

**Breakfast**

7 a.m.-9:30 a.m.  
Daily

**Lunch**

11:15 a.m.-1 p.m.  
Daily

**Grab and Go**

7 a.m.-4 p.m., Monday-Friday

Meals from the RLC kitchen are \$8 for breakfast and \$9.50 for lunch or dinner. Meals must be paid for with cash or check and are available to guests as supplies last. If you will have multiple guests, please call ahead to **785-204-4016** so we can prepare plenty of food or arrange for a private meeting space for your group.



**Earth Day**

Tuesday, April 22



Earth Day turns 55 this year. The theme for 2025 is "Our Power, Our Planet."

The idea for Earth Day was born in when U.S. Senator Gaylord Nelson saw the effects of a massive oil spill in Santa Barbara, California. The first Earth Day in 1970 helped create the Environmental Protection Agency and the Clean Air, Clean Water, and Endangered Species acts.

Activities are subject to change.

# April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>April Fool's Day 1</b> 9:30 a.m. Group Exercises 10:30 a.m. Card Bingo 2 p.m. Jokes	<b>2</b> 9:30 a.m. Group Exercises <b>10:30 a.m. Resident Council</b> 2 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>3</b> 9:30 a.m. Group Exercises 10:30 a.m. Make a Rainbow 2 p.m. Movie	<b>4</b> 9:30 a.m. Group Exercises 10:30 a.m. Trip to the Library 2 p.m. Bingo	<b>5</b> 2 p.m. Manicures
<b>6</b> 2 p.m. Bowling 3:15 p.m. Church of the Nazarene Service	<b>World Health Day 7</b> 9:30 a.m. Group Exercises 10:30 a.m. Go Get Flowers 2 p.m. Karaoke   Richard	<b>8</b> 9:30 a.m. Group Exercises 10:30 a.m. Fill Easter Eggs 2 p.m. Wheel of Fortune	<b>9</b> 9:30 a.m. Group Exercises <b>10:30 a.m. Food Committee</b> 2 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>10</b> 9:30 a.m. Group Exercises 10:30 a.m. Go for Walk 2 p.m. Movie	<b>11</b> 9:30 a.m. Group Exercises 10:30 a.m. Baking 2 p.m. Bingo	<b>12</b> 2 p.m. Categories
<b>Palm Sunday 13</b> 2 p.m. Noodle Ball 3:15 p.m. First Christian Church Service	<b>14</b> 9:30 a.m. Group Exercises 10:30 a.m. Go for a Drive 2 p.m. Movie	<b>15</b> 9:30 a.m. Group Exercises 10 a.m. Holy Communion 2 p.m. Jeopardy	<b>16</b> 9:30 a.m. Group Exercises <b>10:30 a.m. Activity Council</b> 2 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>17</b> 9:30 a.m. Group Exercises 10:30 a.m. Cheeseball 2 p.m. Cornhole	<b>Good Friday 18</b> 9:30 a.m. Group Exercises 10:30 a.m. Baking 2 p.m. Bingo	<b>Passover 19</b> 2 p.m. Manicures
<b>Easter 20</b> 2 p.m. Coloring 3:15 p.m. Mont Ida Church Service	<b>21</b> 9:30 a.m. Group Exercises <b>10:30 a.m. Men's Mugs</b> 2 p.m. Candy Trivia	<b>Earth Day 22</b> 9:30 a.m. Group Exercises 10:30 a.m. Jelly Bean Craft 2 p.m. Go on a Walk	<b>23</b> 9:30 a.m. Group Exercises 12 p.m. Go on a Picnic 2 p.m. Happy Hour 4:15 p.m. Bible Study   Josh	<b>24</b> 9:30 a.m. Group Exercises 10:30 a.m. UNO 2 p.m. Movie + Popcorn	<b>25</b> 9:30 a.m. Group Exercises 10:30 a.m. Trip to John Deere 2 p.m. Bingo	<b>26</b> 2 p.m. Carol Burnett Show
<b>27</b> 2 p.m. Coloring 3:15 p.m. Hope Anthem Church Service	<b>28</b> 9:30 a.m. Group Exercises 10:30 a.m. Shopping 2 p.m. Blue Hat Club	<b>29</b> 9:30 a.m. Group Exercises 10:30 a.m. Make a Wish 2 p.m. Play Baseball	<b>30</b> 9:30 a.m. Group Exercises 10:30 a.m. Flower Craft 2 p.m. Happy Hour 4:15 p.m. Bible Study   Josh			11 a.m. Devotional Group daily

# Staff SPOTLIGHT

## Welcome, Melissa!



We're excited to introduce Melissa, our new activity coordinator! Melissa has worked in assisted living and family care settings and initially applied for a CNA position. She was quickly identified as a great fit for our activity coordinator position and got recruited into the role.

Melissa's experience organizing a wide range of activities for her four children makes her the perfect fit for her new role as Activity Coordinator. From coordinating events to supporting her youngest daughter at cheer and softball to spending time with her two grandsons, she thrives on bringing people together and creating memorable experiences.

Melissa has embraced a wide range of responsibilities, from planning events to creating engaging experiences. "I have learned a lot in a short time and have loved every minute of it," she said.

Melissa has spent time connecting with the residents. "I want to get more residents excited about socializing, sharing interests and talents, and trying new things. We'll continue our favorite activities but will be on the lookout for fun new things on our activity calendar."

Next time you visit, please take a moment to introduce yourself to Melissa and help us welcome her to the RLC family.

## Healing Together: Therapy for Older Adults



Kristen Springston, Program Director  
Anderson County Hospital Senior Life Solutions

As we age, life brings unique joys and challenges. From the happiness of watching grandchildren grow to the difficulties of navigating health changes or loss, these experiences can shape our mental and emotional well-being. While some challenges may feel isolating, they don't have to be faced alone. Group therapy offers a powerful way for older adults to find support, share experiences, and heal together in a safe, supportive environment. Here's why group therapy works so well for seniors:

**A space to share and be heard.** Group therapy creates a safe and welcoming space where participants can share their stories and feelings without judgment. For many older adults, simply being heard by others who understand can be incredibly healing.

**Builds connection and combats loneliness.** Loneliness is one of the most common challenges older adults face. Group therapy brings people together, creating a sense of connection and community. Participants often realize they're not alone in their struggles, which reduces isolation and fosters meaningful relationships.

**Participants learn through shared experiences.** Hearing how others have coped with similar challenges can provide insights and new ways of thinking. Group members often inspire one another with their strength, resilience, and solutions to common problems.

**Provides encouragement and hope.** Facing mental health challenges like depression, anxiety, or grief can feel overwhelming. In group therapy, participants support and encourage each other, offering hope and optimism for the future. Celebrating small victories as a group reinforces the idea that progress is possible.

**Presents a structured path to healing.** Group therapy is led by experienced mental health professionals who guide discussions and provide tools to promote healing and growth. Sessions address common challenges older adults face, such as coping with grief, managing stress, and adjusting to life transitions.

### Take the First Step Toward Healing

If you or someone you love is struggling with feelings of loneliness, sadness, or anxiety, group therapy could be the answer. At Senior Life Solutions, we've seen firsthand how powerful healing together can be. Our program is here to provide the support and tools needed for a brighter, healthier future.

If you'd like more information on how we can help, please call us at **785-204-8043** or visit [saintlukeskc.org/senior](http://saintlukeskc.org/senior) to learn more.

## Resident Spotlight: Dixie Brummel



Dixie Lou Schulte was born in Westphalia in 1937. Her father worked as a mail carrier and moved the family to Garnett when Dixie was five years old. She has made her home in Garnett ever since.

Dixie grew up in town with three brothers and one sister. The siblings attended public school and switched to Holy Angels Catholic School when it first opened. Dixie was in the 5th grade and there were four grade levels together in one classroom. Her favorite subject was spelling. "I could always spell my words no matter what we were writing," said Dixie. "I wasn't very good at other things, but I could sure spell!"

She got a taste for sports during her school years. "I'd play girls' basketball, but we'd only play half-court. They thought it was too strenuous for the girls to run the full court, and it was a small gym!"

After graduating, Dixie started dating Norman "Dutch" Brummel, a former classmate and long-time friend of her older brother. "In grade school I couldn't stand the guy," she laughed, "then I came around to like him." The couple married after Dutch's two-year stint the army.

Dixie worked as a waitress at Manner's Inn on the south side of Garnett. "I enjoyed waiting tables, and if I had to do it all over again, I would," she smiled. "I had a lot of fun." Dixie eventually stayed home to raise their five children, a boy and four girls.

Dutch went into business with his mother selling chicken feed and eggs. Dutch collected eggs from local farmers and sold them in Kansas City. Later they supplied other types of feed, seed, fertilizer, and chemicals. "That's when things really changed," said Dixie. They dropped the chicken business and transitioned to Brummel Farm Service to focus on products the farmers really needed.

Dutch passed suddenly in 1995, leaving his half of the business to Dixie. "I felt like I had a real load on my shoulders, but I just had to figure it out," she said. Dutch's mother, Til, worked into her eighties, and Dixie ran the business with the help of her son Roger, who still manages operations today.

Dixie moved to the RLC last fall. "I didn't much enjoy it right at first," she admitted, "but I swung over pretty quick. It's not home, but I like it." She's a big sports fan and spends much of her time watching her favorite teams from the cozy recliner in her room. She particularly admires female athletes. "Some of those gals can really play ball!"

You'll often find Dixie chatting with friends over coffee or working on a jigsaw puzzle, but said she'd like to play cards more often, and even learn some new games. (*Pssst. . .Melissa. More card games!*)

# Natural EGGS

## Natural Easter Egg Dye

Making natural dyes for Easter eggs is easy and fun. Best of all, you can use foods you have in your kitchen.

**red**—red onion skins (long soak)

**reddish orange**—paprika

**pink**—chopped beets

**gold**—yellow onion skins

**yellow**—turmeric

**blue**—red cabbage

**lavender**—blueberries

**brown**—coffee

**off-white**—black tea



- Put each ingredient into its own pot with **1 quart water** and **2 tablespoons white vinegar**. Let the pot bubble for 30 minutes or longer. (The longer the mixtures cook, the stronger the dye.)
- Turn heat off, let liquid cool completely, and strain out solids.
- Pour liquid into large jars, cups, or bowls. (Remember the color may stain anything it sits in.)
- Gently add the eggs to liquid and let sit until the eggs have the desired color. Thirty minutes will produce a nice pastel; a few hours gives a richer color.
- Carefully pull eggs out with a spoon and lie them on paper towels to dry. The finished eggs can go back into their cartons and stay in the refrigerator for up to a week.



**RLC  
Review**

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