

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

October 2026



Saint Luke's
Anderson County Hospital

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Contact Us

Want to learn more about living in our Residential Living Center? Call us at **785-204-4049** to schedule a private tour for yourself or a loved one.



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Residential Living Center**
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A Few Words from Samantha

Samantha Young, Senior Manager, Residential Living Center



As we settle into this new season, we are reminded of how fortunate we are to be part of such a caring and supportive community.

We extend our heartfelt thanks to everyone who attended, sponsored, or contributed to the recent Healing for Health event hosted by the Anderson County Hospital Foundation. We are

honored that the RLC was selected as this year’s benefactor and are excited to use these funds to enhance our shared community spaces, creating even more opportunities for residents to gather, connect, and enjoy time together.

With Halloween just around the corner, residents are already looking forward to welcoming trick-or-treaters! Families are invited to come to the RLC’s main entrance and ring the bell anytime during Halloween week. We love seeing young visitors bring smiles and excitement to our residents, and everyone is welcome.

As we prepare for November, I encourage you to join us in honoring our brave RLC veterans and other special loved ones who have served our country. Please see page 6 for details on how you can participate in a meaningful Veterans Day display.

Thank you for helping us keep our residents connected to the community. Whether through visits, participation in activities, or ongoing support, you play an important role in enriching the lives of those who call the RLC home.

With gratitude,
—Samantha

A Fresh Look for Old Glory



When Tommy moved to the RLC last month, he noticed our flag had seen better days. He shared his concern with staff, and before long, Dennis, lead maintenance engineer, arrived with a brand-new flag.

Tommy was honored to help retire the old flag and raise the new one. Thanks to his keen eye, our vibrant red, white, and blue are proudly flying once again. We’re grateful for residents like Tommy who help make our community a better place and for team members like Dennis who are always ready to lend a helping hand.

Culinary Corner



It’s October and that means all things pumpkin! This rich and creamy no-bake pumpkin cheesecake mousse will satisfy your craving for pumpkin pie without all the effort. Make it fancy by serving in 4-ounce mason jars or other pretty parfait dishes, or for added fun, create a self-serve topping bar.

Pumpkin Cheesecake Mousse

Ingredients

- 8 oz. block cream cheese, softened
- ½ cup pure maple syrup
- 1½ teaspoons pumpkin pie spice
- ¾ cup canned pumpkin
- 1 cup Greek yogurt (plain or vanilla)
- 1½ cups heavy cream, chilled
- 2 tablespoons powdered sugar



Optional toppings: caramel or chocolate sauce, granola, chopped pecans, chocolate chips, crushed ginger snap cookies, crumbled candy bars, or dried cranberries

Directions

1. Add cream cheese to a medium mixing bowl and beat until smooth. Add syrup, spice, pumpkin, and yogurt and beat until no lumps remain.
2. In a separate bowl with clean beaters, beat heavy cream and powdered sugar together on medium-high speed until stiff peaks form. The mixture should yield 3 cups of whipped cream.
3. Set aside 1 cup whipped cream for topping, chill. Fold the remaining 2 cups into the pumpkin mixture.
4. Divide between 8 dessert dishes and chill until set. Just before serving, add a dollop of whipped cream and desired toppings.

Welcome
New Residents

Tommy



Tommy is a proud Navy veteran who enjoys life. After retiring from a career in the construction industry, he moved to Garnett to be closer to his kids and grandkids. He likes working jigsaw puzzles and cheering on KU basketball and his Kansas City Chiefs.

Ruthanna



Ruthanna recently moved to the RLC from her home in Garnett. She appreciates having her own space and enjoys keeping her room neat and tidy. Some of her favorite pastimes include reading and working on puzzles.

Phyllis



Phyllis transitioned to the RLC from a senior living community here in Garnett. She enjoys visiting and playing cards with friends, and her new room is beautifully decorated with several quilts she designed and stitched herself.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			DAILY 10 a.m. Devotional Group Activities are subject to change.	1 10:30 a.m. Watch a Spooky Movie 1:30 p.m. Play Candyland	2 10:30 a.m. Van Adventure 1:30 p.m. Bingo 3 p.m. Coffee & Chat	3 Individual Activities
 4 3:15 p.m. First Baptist Church Service 3:25 p.m. Chiefs/Raiders —CBS	5 10:30 a.m. Group Exercises 1:30 p.m. Karaoke Richard	6 10:30 a.m. Phase 10 1:30 p.m. Coloring & Music	7 10:30 a.m. Activity Committee 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh	8 10:30 a.m. Card Bingo 1:30 p.m. Fall Craft (Resident Choice)	9 10:30 a.m. Bingo 1:30 p.m. Make Spooky Float Treats 3 p.m. Coffee & Chat	10 Manicures & Music
11 3:15 p.m. First United Methodist Church Service	12 10:30 a.m. Group Exercises 1:30 p.m. Milkshake Monday	13 10:30 a.m. Coloring & Word Searches 1:30 p.m. Coffee w/Friends on the Patio	14 10:30 a.m. Shopping Trip 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh	15 10:30 a.m. Food Committee 1:30 p.m. Play Rummikub	16 10:30 a.m. Bingo 1:30 p.m. Friday at the Movies 3 p.m. Coffee & Chat	17 Music Through the Decades
 18 3:15 p.m. Grace & Truth Baptist Church Service 3:25 p.m. Chiefs/Chargers —CBS	19 10:30 a.m. Group Exercises 1:30 p.m. Reminisce & Coffee	20 10:30 a.m. Fall Craft (Resident Choice) 1:30 p.m. Hit the Square Game	21 10:30 a.m. Resident Council 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh	22 10:30 a.m. Bingo 1:30 p.m. Make Caramel Apples	23 10:30 a.m. Van Adventure 1:30 p.m. Coloring and Music 3 p.m. Coffee & Chat	24 Individual Activities
 25 3:15 p.m. Church of the Nazarene Service 7:20 p.m. Chiefs/Seahawks —NBC	26 10:30 a.m. Group Exercises 1:30 p.m. Make Treat Bags for Trick-or-Treaters	27 10:30 a.m. Go on a Walk 1:30 p.m. Make Mini Pumpkin Cheesecakes	28 10:30 a.m. Watch a Halloween Movie 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh	29 10:30 a.m. School Trick-or-Treaters Visit 1:30 p.m. Spooky Coloring Contest	30 10:30 a.m. Bingo 1:30 p.m. Halloween Social	31 Individual Activities



Help Us Honor Our Veterans This November

Anderson County Hospital's Spiritual Wellness team is creating a special Veterans Day display to honor veterans who are part of our hospital and RLC family. The display will recognize veterans among our staff, volunteers, RLC residents, and family members who have served in the U.S. armed forces.

RLC families are invited to share photos and other meaningful keepsakes such as service medals, folded flags, Quilts of Valor, or other memorabilia that honor a veteran's service. In addition to our resident veterans, honorees may include a resident's parent, grandparent, sibling, spouse, child, grandchild, or other special loved one.

The display will be featured in the hospital's main lobby Nov. 9–13 before moving to RLC's living room.

Please bring items to the RLC nurses' station by Monday, Nov. 2. All items will be carefully cataloged and returned.

Thank you for helping us recognize and celebrate our RLC veterans and other special veterans who have touched the lives of our residents. Their service and dedication deserve to be remembered and honored.



Helping Residents Live Their Best Lives

At the Resident Living Center, we are proud to partner with Anderson County Hospital's rehabilitation services team to help our residents stay strong, safe, and as independent as possible. During **Physical Therapy Month** in October, we're celebrating physical therapists and the specialized care they give our residents.

Each year, physical therapists evaluate our residents to monitor changes in strength, balance, mobility, flexibility, and overall physical function. These annual evaluations help identify any concerns early and ensure residents receive the support they need to maintain their quality of life. Therapy evaluations can also be requested at any time by nursing staff, providers, or family members who notice a change in a loved one's abilities.

For residents who have completed skilled therapy, a physical therapist may recommend a personalized restorative program. Restorative therapy is a nursing-supported program designed to help residents maintain the progress they have made in skilled therapy and reduce the risk of physical decline.



Back (l-r): Chelsei Weimer, DPT; Joey Fager, PT; Katie Miller, PTA; Front: Madison Schwartz, PTA

Our RLC restorative aide, Jamie, works one-on-one and in group settings with residents, helping them follow their individualized care plans and stay active throughout the week. Jamie leads group exercises, walking programs, balance training, and other functional movements tailored to each resident's needs and goals. Restorative programs not only support our residents' physical health but also encourage confidence, participation, and independence in daily activities.

Family members play an important role in helping us recognize changes in a loved one's physical abilities. If you have concerns about your family member's strength, mobility, balance, or ability to perform everyday activities, please speak with a nurse about a therapy evaluation.

During Physical Therapy Month, we extend a special thank you to our physical therapy team for their dedication to helping residents stay active, engaged, and living life to the fullest. Your care and commitment make a difference every day!

Resident Spotlight: Mernie Barnes



For Mernie Barnes, a life well lived is measured in family, friendship, community service, and the simple joy of connecting with people.

Mernie was born in Ottawa, Kansas, in 1934. She attended school there from her earliest years and graduated from Ottawa High School. Math was always her favorite subject, a talent that would later serve her well in her career as a bank teller. But when she reflects on her school days, it is the friendships she made that stand out most.

One of the most important connections of her life sparked at the public swimming pool in Ottawa where a young man named Bill was visiting from Wellsville. The two met through mutual friends and started talking, and that simple conversation changed everything.

"I fell in love with him immediately," Mernie says. "We just connected, and that was that!"

After Bill spent two years serving in the U.S. Army, he returned home to marry his sweetheart. Mernie and Bill celebrated their 70th wedding anniversary this past June.

Mernie first worked as a secretary before beginning a career as a bank teller at Kansas State Bank, now known as Patriot's Bank. What she enjoyed most about her work was the people.

"I liked the people. They were always very nice," she says. "I miss the people, both the customers and the people I worked with."

Family has always been at the center of Mernie's life. She and Bill raised three sons, Todd, Chris, and Mike, all of whom have remained active members of the Garnett community. She beams with pride when talking about her family's commitment to service. For many years, Bill served on the Anderson County Hospital board. Today, their son Mike continues that tradition.

"I'm very proud of that," Mernie says.

Throughout the years, Mernie also devoted countless hours to community service. She was an active member of the Anderson County Hospital Auxiliary, where she worked at the hospitality desk.

"I enjoyed that very much," she says. "I got to meet and talk with a lot of people."

At home, Mernie loved to prepare good things to eat.

"My boys sure enjoyed it," she says. "I did a lot of baking and a lot of cooking!"

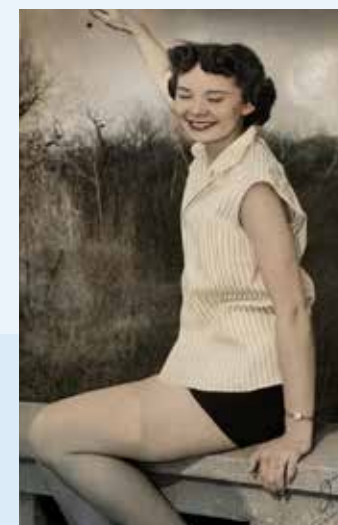
Living in town meant her sons often brought friends home, and Mernie was always happy to feed whoever showed up. Her favorite meals were the large holiday celebrations with her sons and their growing families gathered around her table.

The Barnes family now includes five grandchildren and several great-grandchildren. One of Mernie's greatest blessings is that her children and grandchildren have all remained nearby.

Her husband, Bill, visits twice daily and her sons stop by once or twice a day. One grandson in particular, Keegan, visits almost every single day.

"Sometimes I get worn out by so many visitors," she says, "but I appreciate it very much."

From her love story with Bill to her dedication to family, friends, and community, Mernie's life is a beautiful example of kindness, service, and



connection. And judging by the steady stream of visitors she receives, it's clear that the people whose lives Mernie has touched over the years are more than happy to return the favor.

This photo of teenage Mernie was taken on a bridge in Ottawa during the 1951 flood, near the time she met Bill.

