

CONNECTIONS

at the RESIDENTIAL LIVING CENTER

September 2026



BJC
Health™

Saint Luke's
Anderson County Hospital

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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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A Few Words from Samantha

Samantha Young, RN, Senior Manager, Residential Living Center



We're so excited for Anderson County Hospital Foundation's Heeling for Health event on Saturday, Sept. 19, and we're especially honored to have been selected as the benefactor for this year's "reignited" event.

The funds raised will go toward improvements to our community gathering spaces at the RLC, creating even more welcoming opportunities for residents, families, friends, and visitors to spend meaningful time together.

Molly and I have already signed up for the community walk, and we look forward to bringing some of our residents along for the celebration. We'd love our RLC staff, friends, and families to join **Team RLC** and be part of the fun!

Here's How You Can Help

Join Team RLC

Register for the walk and list "Team RLC" as your team. With eight or more walkers, our team will receive special recognition and have a fun team photo taken on the track.

Remember Our Residents

You can also drop a few dollars into the collection box at the nurses' station. These donations will help us purchase Love Light Luminaries to light the track during the event and honor the memory of former residents.

This event is a wonderful opportunity to come together, celebrate our community, and support Anderson County Hospital Foundation and everyone who helps make the RLC such a special place. We hope you'll join us!

If you have any questions, please call me at 785-204-7127.

—Samantha

Heeling for Health

Anderson County Hospital Foundation
Saturday, Sept. 19 | 6-9 p.m.
Anderson County Jr./Sr. High School Stadium



Learn more and register
Birdease.com/AndersonCountyH4H

Culinary Corner



We're celebrating National Acorn Squash Day on Sept. 7 with a classic recipe that's sweet, tender, and perfectly roasted. Although acorn squash is often considered a winter squash, it's part of the same family as summer favorites such as zucchini and yellow squash. Its cozy flavor makes it a wonderful way to welcome the start of fall!

Roasted Sweet Acorn Squash

Ingredients

- 1 large acorn squash, cut in half and seeded
- 2 tablespoons unsalted butter, melted or cut into pats
- 2 tablespoons brown sugar
- 2 tablespoons maple syrup
- Pinch of salt and cinnamon (optional)

Directions

1. Heat your oven to 400°F. Line a baking sheet with foil or parchment paper.
2. Slice the acorn squash safely in half from top to bottom. Scoop out all the seeds and stringy pulp with a spoon.
3. Place the halves cut-side up on the baking sheet. Put 1 tablespoon of butter, 1 tablespoon of brown sugar, and 1 tablespoon of maple syrup inside each cavity. Drizzle a little extra syrup or sprinkle cinnamon over the flesh if you like.
4. Roast in the oven for 45 to 60 minutes. The squash is done when the inside is very soft and easy to pierce with a fork.
5. Let it cool for 5 minutes, then spoon the melted syrup and butter mixture over the soft flesh before eating.

Acorn Squash Facts

Did you know these facts about the tasty acorn squash?

- Acorn squash are native to the Americas and were cultivated as early as 4000 B.C.
- Along with the standard green acorn squash there are also white and orange varieties.
- Acorn squash (*Cucurbita pepo* L. var. *turbinata*) come from the same family as pumpkins, cucumbers, and melons.
- Smaller is better when it comes to acorn squash. Pick acorn squash when they weigh between 1 and 3 pounds—any larger and they start to dry out and get stringy.
- Acorn squash are versatile and can be used in a variety of dishes including: soups, gratins, tarts, pasta, salads, and burritos.

Welcome
New Resident
Mernie B.



Mernie recently moved to the RLC from a nearby assisted living community. You may know Mernie from her years in banking and involvement with several community organizations. She enjoys sweet treats and good conversation and appreciates how nice everyone has been. Be sure to ask Mernie about her dog, Sam!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:30 a.m. Food Committee 1:30 p.m. Coloring, Word Searches, & Music Fun	2 10:30 a.m. Shopping Trip to Wal-Mart 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh	3 10:30 a.m. Phase 10 1:30 p.m. Make S'mores	4 10:30 a.m. Bingo 1:30 p.m. Don't Touch the Color Game 3 p.m. Coffee & Chat	5 Individual Activities
6 3:15 p.m. Hope Anthem Church Service	Labor Day Nat'l Acorn Squash Day 7 10:30 a.m. Group Exercises 1:30 p.m. Karaoke Richard	8 10:30 a.m. Visit Old Depot Museum in Ottawa 1:30 p.m. Coloring & Music	9 10:30 a.m. Activity Committee 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh	10 10:30 a.m. Craft Cards for Kids 1:30 p.m. Watch a Movie (Resident Choice)	11 10:30 a.m. Bingo 1:30 p.m. Watch Legends Live 3 p.m. Coffee & Chat	12 Manicures & Music
13 3:15 p.m. Beacon House of Worship Service	14 10:30 a.m. Group Exercises 1:30 p.m. Milkshake Monday	15 10:30 a.m. Manicures & Music 1:30 p.m. Guest Craft Activity	16 10:30 a.m. Resident Council 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh	17 10:30 a.m. Make & Bake Mini Apple Pies 1:30 p.m. Watch a Movie (Resident Choice)	18 10:30 a.m. Canning Class: Memories and Mason Jars 1:30 p.m. Bingo 3 p.m. Coffee & Chat	Heeling for Health 19 Music Through the Decades
20 3:15 p.m. Holy Angels Catholic Church Service	21 10:30 a.m. Group Exercises 1:30 p.m. Reminisce & Coffee	National Centenarians Day 22 10:30 a.m. Take a Drive 1:30 p.m. 1-on-1 Visits	23 10:30 a.m. Card Bingo 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh	24 10:30 a.m. Bead Fun 1:30 p.m. Coloring, Crosswords, & Music	25 10:30 a.m. Bingo 1:30 p.m. Indoor Bowling Game 3 p.m. Coffee & Chat	26 Individual Activities
27 3:15 p.m. Dunkard Brethren Church Service	28 10:30 a.m. Group Exercises 1:30 p.m. Play Cornhole	29 10:30 a.m. Go on a Walk 1:30 p.m. Watch Legends Live	30 10:30 a.m. Visit Louisburg Cider Mill 2 p.m. Happy Hour 4:15 p.m. Bible Study Josh			DAILY 10 a.m. Devotional Group Activities are subject to change.



All ABOARD!

Fall Adventures

With fall weather in full swing, RLC activity coordinator Melissa has planned a variety of outdoor adventures and community outings for residents to enjoy throughout the month.

Highlights include a shopping trip to **Wal-Mart on Sept. 2**, and a visit to **Ottawa's Old Depot Museum on Sept. 8** where residents will be keen on the room-sized model train display of 1950s Franklin County. A **scenic country-road sightseeing drive** is planned for **Sept. 22**.



Residents can also enjoy a relaxing walk through the gardens and pathways at **Anderson County Hospital on Sept. 29**, followed by a visit to **Louisburg Cider Mill on Sept. 30** to explore the country store, sip fresh cider, and sample the mill's famous apple cider donuts. The RLC patio remains a perfect place for residents and guests to gather, and other activities may move outdoors as weather permits.

While space is limited on outings, every effort is made to give those interested an opportunity to participate. If there's an outing or event you don't want to miss, be sure to let Melissa know!

A Simple Check-In Can Make a Difference

Mary Sumner, LMSW, Therapist, Senior Life Solutions



Discussing emotional well-being can feel difficult, but a simple conversation may make a meaningful difference in someone's life.

Many people assume suicide is mainly a concern for younger people, but older adults, especially those aged 75 and older, face an even higher risk. Health concerns, chronic pain, grief, loss of independence, financial worries, and social isolation can all affect emotional well-being. Older adults may also be less likely to talk openly about their struggles, making regular check-ins especially important.

You don't need special training to support someone who may be having a difficult time. A few simple steps can help:

- **Share your concern.** Try saying, "You haven't seemed like yourself lately. How are you doing?"
- **Choose a quiet time.** Private, comfortable settings often encourage honest conversation.
- **Listen with compassion.** Give the person time to talk without judgment or rushing to solve the problem.
- **Be direct if needed.** If you're concerned, it's okay to ask whether they have been thinking about suicide. Asking directly does not increase suicide risk.

One conversation is rarely enough. Regular visits, phone calls, and simple check-ins can help reduce feelings of loneliness and isolation. Even small gestures of kindness make a big impact.

If someone does share suicidal thoughts, remain calm and listen. Let them know you care and encourage them to speak with a health care provider, mental health professional, or trusted family member. Offer practical support, such as calling the 988 Suicide and Crisis Lifeline or scheduling an appointment with a primary care or mental health provider. If someone has a specific plan to harm themselves, treat it as an emergency and call 911 immediately.

Anderson County Hospital's Senior Life Solutions program provides support for older adults experiencing depression, anxiety, or grief. The program offers group therapy and individualized support in an environment built on confidentiality, respect, and dignity. Referrals can come from anyone, including family, friends, neighbors, or clergy.

To learn more about Senior Life Solutions, to seek support for yourself or an older adult you care about, or for general information on mental health resources in your community, call us at **785-204-8043** or visit **SaintLukesKC.org/Senior**.

Celebrating our Centenarians



National Centenarian Day on Sept. 22 is a time to celebrate the more than 100,000 Americans who have reached the age of 100 and beyond. It is a day to recognize their resilience, wisdom, and the history they carry with them.

Our centenarians have witnessed the Great Depression, World War II, the rise of television and computers, medical breakthroughs, the civil rights movement, space exploration, and a remarkable transformation in how we live, communicate, and care for one another.

Here at the RLC, we are fortunate to have not one, but two extraordinary centenarians: Leona (pictured left), who turned 100 last January, and Arlene (pictured right), who celebrated her 105th birthday in February.

"They say anything that's 100 years old is an antique, so I guess we're officially antiques," Leona jokes.

Laughter is something Leona and Arlene share often. The pair became neighbors in 2024 when Leona moved into the open room next to Arlene, who had moved in two years earlier. It didn't take long to become close friends, and today, they enjoy meals together, share stories, and continue to brighten the lives of everyone around them.

"If I had gotten to pick, I would have picked Leona," Arlene smiles.

Their paths have many similarities. Both grew up in rural communities and learned the value of hard work from an early age. They also endured illnesses and

challenges that would have tested anyone's strength, yet both emerged with a positive outlook and deep appreciation for life.

Despite reaching a milestone few people achieve, Leona says turning 100 felt surprisingly ordinary.

"I didn't feel any different the day I turned 100 than I did the day before," she says.

Leona credits an active lifestyle and strong faith for helping her reach the century mark.

"Staying active is important if you want to live to be 100. And you sure don't need alcohol and nicotine to make it this long. I never used either one. It's strictly by the grace of God that we're here now. We thank Him for that every day."

Neither expected to reach such a milestone.

"I sure didn't plan on living to 105," says Arlene. "I thought I might make it to 90. This is all God's plan, so we just have to get with it!"

While both women acknowledge that age brings its share of limitations, they remain engaged, social, and grateful for each day. Leona enjoys game shows and word searches and exercises daily. She also wraps silverware and helps water the garden. Arlene has always loved reading and spending time visiting with family and friends.

As we celebrate National Centenarian Day, we are honored to recognize Leona and Arlene for the wisdom, resilience, faith, and friendship they bring to our community every day. Their lives are a reminder that every year holds a story worth sharing and every day is a gift worth celebrating.

National Centenarian Day



National Centenarian Day originated in the 1980s at the Williamsport Nursing Home in Maryland to honor their oldest residents and highlight the wisdom that centenarians bring to their communities.

