



CATHOLIC
CARE CENTER



SANCTUM

A QUARTERLY CATHOLIC
CARE CENTER NEWSLETTER

In This Issue

3

Spring Has Sprung!

4

Resident Spotlight

Jeanine Pfannestiel

6

**Red Hats Return to
Catholic Care**

7

Chaplain's Corner

Comfort Food

8

Associate Spotlight

Kris Baker

10

Cooking with Chef Alan

11

Hospital Update

12

**Perfect Day for a Car
Show**

13

Associate Anniversaries

Spring Has Sprung!



Spring has sprung at Catholic Care Center! Our campus has come alive with the sounds and sights of the season! All around us, we are enjoying the bright tulips and daffodils, the first peeks of green from our garden boxes, and the annual visit from our duck family. The flowering trees are in full bloom and the birds are fluttering in search of food.

It's easy to overlook the beauty of this season amid the daily distractions of life. This Spring, we pray all who come to our ministry will take a moment to appreciate and enjoy God's gift of Spring. •





Resident Spotlight

Jeanine Pfannestiel

With the approach of summer bringing the end of the school year, we thought it would be fitting to feature one of our many educators in this edition of Resident Spotlight. Jeanine Pfannestiel is a resident of Shepherd's Crossing who spent many years as a teacher before retirement.

Jeanine grew up on a farm near Wilson, KS. Her father was German and her mother was Czechoslovakian. Because of this unique background, Jeanine learned to cook a variety of items including kolaches, bierocks and cinnamon rolls. Jeanine recently had a bierock making contest with our very own Father Chris. It sounds like a good time was had by all. I'm not sure a winner was declared

because both recipes were quite tasty, but only one of the recipes featured homemade bread!

A graduate of Marymount College, Jeanine's first teaching job was as an elementary teacher in Salina. During this time, she came to Wichita to visit a girlfriend. The young ladies attended an event for Catholic singles. It was at this event that she met her future husband Maurice, who is a teacher and spent 40 years as an Economics professor at Wichita State University.

Prior to being a stay-at-home mother to her son and daughter, Jeanine taught in the Wichita Public School System. (Continued on next page.)

When Jeanine returned to work as the children got older, she taught in the Catholic Diocese of Wichita. She spent time at Blessed Sacrament where she taught 3rd and 5th grades and then moved to St. Thomas Aquinas where she taught 4th grade.

At St. Thomas, the three 4th grade teachers were each asked to focus on one of the core areas of study. Jeanine chose science. She wasn't really a science teacher, so she learned a lot along with her students. Science ended up becoming her favorite subject to teach!

To get better acquainted, we presented Jeanine with a few questions:

What led you to Shepherd's Crossing at Catholic Care Center?

"We knew it was time to downsize. We looked at several other communities, but liked the hominess of CCC."

What do you like most about living here?

"We love our home! The view, the location, and the people all make this a great place to be."

What was your occupation before retirement?

"Elementary School Teacher."

Favorite Past or Current Hobby?

"I loved to garden. We had a big lot with a large garden at our previous home. I also enjoy baking." (This reporter can vouch that she was offered some very tasty homemade chocolate chip cookies during our interview.)

What's a "fun fact" you'd like to share about yourself?

"I used to play the clarinet. We have neighbors that sometimes entertain us by playing the clarinet and piano, which we enjoy. We also loved to travel, and of the many places we visited—including Rome—my favorite place was Western Canada. It is so beautiful!"

Jeanine really loved being a teacher. She enjoyed knowing all of the students. She believes this was her purpose and why she was put on this earth. There are probably many children who are leading successful lives due, in part, to the time they spent with Mrs. Pfannestiel.

A huge thank you to Jeanine, her husband, and all of our teacher friends, past and present for making this world a better place. We wish you all a relaxing, safe, and enjoyable summer! •



Red Hats Return to Catholic Care Center

The Red Hat Society was formed in 1998 by California artist, Sue Ellen Cooper, who gifted a red hat to a friend for her birthday after enjoying a similar hat she had recently purchased for herself on a trip. Cooper began purchasing hats for other friends on gift giving occasions and encouraging them to wear them. She was inspired by a poem by Jenny Joseph which begins: "When I am an old woman, I shall wear purple, with a red hat which doesn't suit me."

The idea is that women grow older in a playful manner, and don't stop having fun as they age.

The society has grown in popularity over the past 25 years and there are chapters across the world of women gathering together for fun, fitness, and friendship, all while wearing their favorite purple and red ensembles.

Recently a new group was started at Catholic Care Center, the initial gathering was held in Memory Care and the ladies gathered in their purple and red accessories for refreshments and conversation. Teresa, the Memory Care Activity Coordinator, helped each guest choose a hat to wear for the meeting and they really enjoyed admiring each other's selections.

They were having so much fun that a few gentlemen stopped by to see what was going on!

The group hopes to grow this new chapter with residents from other areas of campus as they spread the message of having fun and enjoying your life at every age! •



Chaplain's Corner

Comfort Food

At the head table in the cafeteria at an orphanage, a nun placed a big bowl of bright red, fresh, juicy apples. Beside the bowl, she placed a note which read, "Take only one. Remember, Jesus is watching." At the other end of the table was a bowl full of freshly baked chocolate chip cookies, still warm from the oven. Beside the bowl was a little note scrawled in a child's handwriting which read, "Take all you want. Jesus is watching the apples!"

Do you ever consider how many times you have been shown love through food when you didn't even notice it? We can all easily remember the times when our family came to visit us after an important surgery or when our loved ones would console us after hardship. But what about those times that seemed so ordinary? Like when we were able to sit together at a meal. Jesus knows us so well. He knows the way to our hearts is through our stomachs!

Normally, everyone gathers around the dinner table and plays catch-up about our days. We have comfort food like potatoes with gravy, amazing homemade biscuits, and some sort of meat or fried chicken cooked to perfection. These moments might seem so trivial, but in hindsight, they mean so much when our family comes together in communion at the dinner table. There is an incredible amount of love in communion, but it can be overlooked. This can cause us to miss out on so much beauty in our lives.

Are we taking this into consideration when we receive the Eucharist? In the Eucharist, we personally get to receive God's love on our hand

or on our tongue. The Eucharist is our true "soul food," the Bread of Life for eternity. It continues to feed and fulfill us in all of our spiritual needs throughout life.

Today and at every Mass around the world, Jesus breaks bread with us. Are our eyes opened and are our hearts enlivened as we receive Him? Just like any other meal with the family, we can choose to sit over in the corner on the sidelines, not saying or doing anything but simply eating. We can choose not to participate and simply watch on the fringes. But is that why we come to worship? To watch?

When that host and chalice are raised in the air, what are we thinking? Are we even thinking anything at all because we think that we are just here for the show? Or, when that Eucharist is raised high do we think to ourselves and pray to God, "Here is my sacrifice, here are my hopes, dreams, pains, and sufferings united with you, Christ, the Heavenly Father. Here I am, all the good and all the bad of me. God, you give yourself completely to me and I will do the same for you, I give you myself." Amen. So be it.

This is the comfort and communion we long for at this sacrifice and this banquet—where we are and where God meets us and invites us to so much more. In this meal, we receive communion and we are in communion. This Eucharist before us is not simply bread and wine. For today, it is a banquet that we get to celebrate and share together for all eternity. •

—Fr. Chris

Associate Spotlight

Kris Baker

Director of St. Veronica Senior Behavioral Health at Catholic Care Center



What made you decide to pursue nursing as a career?

I had the opportunity to take care of my mom when she passed away of cancer when I was 29. I had no idea of what I was doing or how I was going to get through a difficult situation. I just knew that I needed to be the one there to help her as she was passing away. At that moment in time, I promised my mom I would continue to take care of my dad and others.

So, 10 years later I went back to school and changed careers. I have been blessed to be there for many families

to help them through difficult times and educate on death and dying. I feel like this was a calling just as it was for my mom many years ago as she was a nurse. Being a nurse is very rewarding and I thank God he gave me this opportunity to help others.

What is the best thing about working in Senior Behavioral Health (SBH)?

With SBH, I get the opportunity to work with an amazing team of techs and nurses. In SBH, you have to work as a team. You become a family. You must rely on each other, as the patients are very volatile and vulnerable. No two days are ever the same. It is constantly changing.

What is one thing that might surprise people about your job?

As a director of SBH, I am and will always be a nurse. I can never forget where I came from and how hard my staff works every day. I love to educate and lead a team to not only become the best they can in their careers, but also in their personal lives.

What is your favorite thing about caring for the residents/patients at CCC?

I love the fact that CCC is a true CCRC community. I love that our parents can move into an independent living setting and as they decline, move over to assisted living or long term care. They can be here with their friends for the rest of their lives, and we get the privilege of taking care of them and becoming a part of their families.

What do you like to do when you are not at work?

I love to go camping and floating at one of the local lakes. I enjoy college sports, especially basketball. Go K-State! I enjoy going to wineries. I love spending time with my grandson, Liam who will be 2.

If you could eat only one food for the rest of your life what would it be?

Mexican

What is a fun fact about you or your family?

I am related to Daniel Boone. He was my great, great, great uncle. His brother, Squire, was my Grandfather. Fun fact about me – my family has owned Stanley Steemer for over 20 years here in the Wichita area.



Cooking With Chef Alan

This is one of the very first recipes that I created, it's very easy and a nice variation from basic Chocolate Mousse. It's great for small parties.



Chocolate Cream Cheese Mousse

Ingredients

- 12 oz cream cheese (room temperature)
- 1 and 1/2 cups granulated sugar
- 1 cup melted chocolate
- 1 tsp real vanilla extract
- 2 cups heavy cream (whipped to peaks)

Instructions

1. Blend cream cheese and sugar together until smooth.
2. Mix in the melted chocolate.
3. Whip the heavy cream into peaks and gradually fold in to the cream cheese mixture.
4. Put the mousse in a pastry bag and pipe into a tulip dish or appropriate serving dish. Enjoy!





Hospital Update

In less than eight weeks, Catholic Care Center's new senior behavioral health hospital is scheduled to begin accepting its first patients. This new chapter in Catholic Care Center's long history of providing outstanding senior care is much anticipated and is already garnering a lot of local attention.

With so many seniors in need of this type of specialized care and the lack of options currently available in our area, we look forward to filling this void and truly showing the world how to care for seniors.

In recent weeks, the stucco on the exterior of the building has been completed and the HVAC system was installed behind the new secured corridor. This will connect the hospital to a hall of the existing building to allow for foodservice and maintenance workers to enter the area.

One of the most exciting developments is the naming of the new hospital. Saint Veronica has been selected as patron saint of the hospital, which will be known as St. Veronica Senior Behavioral Health at Catholic Care Center. Saint Veronica was selected because of the example she set when she stepped forward with kindness and compassion to aid Christ in His time of trial by wiping his face with her veil.

So too will this new hospital show kindness and compassion to seniors and their families in their time of trial.

We look forward to this new opportunity to serve and help destigmatize behavioral and mental health challenges, so that more families can find the peace and hope that treatment can provide. •

Perfect Day for a Car Show

If we stop and think about it, most of us have a favorite car. Maybe your favorite is a car that you once owned and loved, or maybe it's a car that you always dreamed of owning?

When we see our favorites out in the world, we almost can't help but give it a second glance. That's why events like car shows are so much fun! We can really get a good look at all kinds of favorite cars.

In March, the D-Dudes Car Club of Wichita brought over 20 cars to the west parking lot of Catholic Care Center for residents, families, and associates to see! The group brought classic cars and some newer vehicles that have been customized.

We were fortunate to have a beautiful Spring day for the car show, and residents enjoyed getting some fresh air and touring the cars. The D-Dudes were especially kind and took time to visit with anyone who wanted to know more about their car or discuss their own love of custom automobiles.

When they aren't sharing their passion with our community, the D-Dudes Club hosts fundraiser car shows to benefit local organizations such as the Toy Run and veteran's support organizations. We appreciate the group spending some time at Catholic Care Center, and all the good work they do throughout the community! •



Associate Anniversaries

Below is a list of associates celebrating service anniversaries this quarter. Please join us in congratulating the following individuals:

Philip Lutz 32 Years
Veronica Hoseah 20 Years
Tiffany Tasset 18 Years
Judith Nambeye 17 Years
Laura Bwahama 17 Years
Jennifer Sanders 15 Years
Jessica Martinez 13 Years
Letitia Jones 12 Years
Tamara Quinn 9 Years
Alyssa Biggs 9 Years
Tiffany Gouldsby 8 Years
Krissi Rourke 8 Years
Monique Davis 7 Years
Melanie Cabrera 5 Years
Brandon Cole 5 Years
Olamide Alabede 5 Years
Emily Montgomery 5 Years
Vanessa Rios-Devora 5 Years
Vanessa Malcolm 4 Years
Kendra Davis 4 Years
Rosetta Williams 4 Years
Ortencia Renteria 4 Years
Maria Ortiz 4 Years
Tony Brooks 3 Years

Melissa Wells 2 Years
Nachaka Johnson 2 Years
Raquel Reece 2 Years
Sydney Page 2 Years
Subhadra Bodla 1 Year
Angelica Bretton 1 Year
Priscilla Diaz 1 Year
James Corp 1 Year
Jamie Wickery 1 Year
James Starr 1 Year
Breanna Hernandez 1 Year
Robin Roundtree 1 Year
Jordynne Mosier 1 Year
Myrah Corral 1 Year
Lucy Brown 1 Year
Emily Kittle 1 Year
Heather Johnson 1 Year
Emilee Endsley 1 Year
Zhane Love 1 Year
Chantelle McDonald 1 Year
Sara Afework 1 Year
Anthonia Okorie 1 Year
Caprice Hoy 1 Year
Amy Brown 1 Year

Sabrina Kingsley 1 Year
T'Gzyia Morgan 1 Year
Sankeysechia Piper 1 Year
Olivia Towry 1 Year
Charles Collins 1 Year
Richard Cisneroz 1 Year
Mia Forsythe 1 Year
Nelia Gatson 1 Year
Riley Slusser 1 Year
RaKayla Lowe 1 Year
Linda Rieger 1 Year
Dena McKibben 1 Year
Peggy Phillips 1 Year
Kerobin Lapawon 1 Year
Elizabeth Loffland 1 Year
Danille Lewis 1 Year
Alina Lopez 1 Year



Heavenly Father,

We thank You for bringing us together today.

May Your helping hands guide us in our service to our residents.

May we better know them in service to You.

May we better love them with the love You have shown us.

**May our ministry to our family members always be in our hearts
and minds as we dedicate ourselves to You.**

Though Christ Our Lord.

Amen.

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