



CATHOLIC  
CARE CENTER



# SANCTUM

A QUARTERLY CATHOLIC  
CARE CENTER NEWSLETTER

# In This Issue

2

Assisted Living  
Garden Spot

3

Signs of LOVE

4

Associate Spotlight

5

Resident Spotlight

7

Project Update:  
Senior Behavioral  
Health Coming Soon!

8

New Insurance  
Plan Offers Special  
Resident-Only Benefits

9

Assisted Living and Memory  
Care Celebrate 20 Years of  
Knowing, Loving and Serving!

11

Therapy Team Goes  
the Extra Mile

12

Chaplain's Corner  
The Forgotten

13

Cooking With  
Chef Deved



**Assisted Living Resident Cindy Lindquist tends to the garden she created on the north side of Assisted Living.**



# Signs of LOVE

Maybe you've had that dream where no one around seems to speak your language? You try to ask for directions or help, but in the dream, no one understands.

This dream can be a reality for people who communicate using sign language. They may not always encounter others with whom they can communicate.

At Catholic Care Center, we serve residents and associates from varied backgrounds and ethnicities, some of whom speak languages other than English. We have the pleasure of serving many residents—particularly in Post-Acute Care—who are not native English speakers, and we rely on bilingual associates and telephone translators for assistance.

We recently had a first-time guest ask for assistance at the reception desk. She and the receptionist were having some difficulty communicating. The receptionist realized the guest was deaf or hard of hearing and called our Director of Social Services, Sarah Rhodes, for assistance.

Sarah's youngest son, Elijah, was born with profound hearing loss. When he was 2 months old, Sarah took advantage of a free American Sign Language (ASL) class to learn to communicate with him. While she isn't completely fluent in ASL, she can communicate with Elijah, now 8, who uses both ASL and spoken word thanks to his cochlear implants.

Sarah enjoys being able to communicate with those in the deaf community. As a social worker at Catholic Care Center for nearly four years, she has had the pleasure of serving many families in various ways. Her ability to sign is just one gift we are fortunate that she chooses to share within our ministry!



# Associate Spotlight

John Kephart is a Kansas native with a Master of Science in Public Health from Tulane University and a specialty in Tropical Medicine. Mr. Kephart is also a Lieutenant Commander in the Navy Reserves and a Fellow of the Kansas Public Health Leadership Institute.

Mr. Kephart's experience includes 10 years as an Environmental Health/Preventive Medicine Officer with the Navy Reserves, an Epidemiologist with the Sedgwick County Health Department, and an Infection Preventionist at Ascension Via Christi. Mr. Kephart also

has experience as a Medical-Legal consultant focusing on neurotoxic exposures in the workplace. He worked for a nonprofit organization in India focusing on work-related lead poisoning and silicosis.



We wanted to get to know John a little better, so we presented him with a series of inquiring and fun questions:

## **What made you decide to pursue Infection Control/Epidemiology as a career?**

After reading Richard Preston's 1994 novel about Ebola, "The Hot Zone," I was hooked on all things related to infectious disease and epidemiology.

## **What is the best thing about being an Epidemiologist?**

I enjoy the investigative aspect of epidemiology: the who, what, when, where and why. When someone contracts an infectious disease, epidemiologists investigate all the events surrounding the infection. When and where did they contract it? How did they contract it? Was it through the air? Was it through contact with people or animals? Who is the index case? How do we stop the spread? It's like being a disease detective.

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

Well, it's not like the movies. A good majority of the work epidemiologists do is at a desk putting together spreadsheets and reading research papers on topics pertinent to the case at hand. Even at the Sedgwick County Health Department, we primarily did our investigations at the office.

## **What is your favorite about caring for Catholic Care Center residents?**

With COVID-19, a huge spotlight has been put on skilled nursing. I love that I can do one small part in ensuring that the residents have a safe and healthy living environment. I've also come to love all the different personalities among the residents, and I truly enjoy working with all the great staff here.

## **We appreciate your service in the Navy. What are your responsibilities with the Navy Reserves?**

Environmental Health Officers are responsible for ensuring that our service members have clean air and water, safe food, and are free from all infectious diseases. I've done two tours in East Africa. On my first tour, I oversaw the health of approximately 2,500 service members spread out over 10 countries. I was responsible for ensuring facilities had proper food and medical supplies, providing needed vaccinations, providing medical intelligence for missions, conducting hospital assessments, and training providers on infectious diseases seen throughout the region.

During my second tour, I was with the base clinic. My office conducted food and water assessments, air quality assessments of living and workspaces, and disease investigations. I also had the fortune of working with our host country's Ministry of Health, providing assistance during their worst malaria epidemic in almost 10 years.

## **Where did you go for your recent active training, and what did you do?**

I recently returned from the Naval Health Clinic at Naval Air Station Corpus Christi, Texas. During my two weeks there, I assisted their staff with various food and water assessments.

The clinic's HVAC system broke on my second day there, sending temperatures in the facility to about 92 degrees Fahrenheit. Mold became a significant concern due to the high humidity. I spent several days working with other Navy and civilian clinic staff to address and mitigate potential mold growth. I consulted with clinic leadership on the risks of listeria growth and contamination.

# Resident Spotlight

Joan Wurth is a resident of our Long-Term Care community. We know you'll enjoy hearing about her adventures as a Navy nurse as much as we have! We appreciate her service to our country and are thankful she chose to make Catholic Care Center her home.

Joan was born in Enid, Oklahoma and later moved to Liberal, Kansas so her mother could teach. She studied at St. Francis School of Nursing and worked at the hospital for a year after graduating with her nursing degree. Joan served in the Navy during the Vietnam War and was stationed in California; Washington, D.C.; and Yokosuka, Japan.

Joan made the most of her time in the service, especially in Japan, which she considers one of the highlights of her career. It was tradition for those stationed in Japan to travel when granted leave, and travel Joan did! She says she never understood the nurses who spent their free time sitting in their rooms. Among other places, Joan visited Hong Kong; Bangkok, Thailand; Kuala Lumpur and Penang in Malaysia; and Singapore. She stayed in the Raffles Hotel in Singapore, famous for inventing the "Singapore Sling" drink.

During her travels, she and some other nurses met sailors from USS New Jersey and asked if they could tour the ship. The sailors were more than happy to oblige and took them aboard. In Joan's words, "It was a real old-time battleship" with teak decks. The ship was massive: "You could go down four floors



and up six and still not be at the top."

Joan later attended Newman University on the GI Bill and earned a degree in psychology. She says it helped her understand the doctors she worked with better! She worked in surgery at St. Francis hospital for 30 years before retiring in 2003.

Joan's room at Catholic Care Center is a reflection of these memories. Her mother had an artistic streak and was a talented painter and quilter. Joan has two beautiful paintings by her mother on her walls and a charcoal drawing of her younger self. While Joan was stationed in Japan, her mother was lonely and made the drawing using Joan's nursing graduation photo for reference.

We asked Joan a few more questions...

**What led you to choose Catholic Care Center for your home?**

I'm a cradle Catholic, so daily Mass is very important to me. Also, Catholic Care Center is five minutes from my brother's house.

**What do you enjoy most about living here?**

I enjoy the companionship and the activities. I'm looking forward to the service dog visits.

**Which activity do you enjoy the most?**

Bingo

**What is your favorite past or current hobby?**

I used to arrange flowers and even handled flowers for some weddings.

**What is your favorite movie of all time?**

I enjoy classics such as "Gone with the Wind" and "Fiddler on the Roof." I also enjoy "The Mummy" series with Brendan Frasier.

**What's one fun fact you'd like to share about yourself?**

As stated earlier, my service in Japan was one of my highlights. The high school students there wanted to speak to the Americans to practice their English.

Also, I love Mustangs and owned one of the first versions ever made.

**If you had to eat one food for the rest of your life, what would it be?**

Crème brûlée—who doesn't like Crème brûlée? Also, fried chicken. I cut up my own chickens, and my best meal is fried chicken, mashed potatoes with cream gravy, corn on the cob and strawberry shortcake.





# Project Update: Senior Behavioral Health Coming Soon!

Work continues on the new 20-bed Senior Behavioral Health Hospital at Catholic Care Center. This project also includes the creation of a new Meadows Long-Term Care memory support residence in what was previously the Sunflower Lane neighborhood, as well as the renovation of the Post-Acute Care Center (PACC) short-term skilled nursing unit.

Much of the early work on the hospital was contained inside the building, making it difficult to see the transformation taking place. The construction has now moved outside as workers build a connecting corridor between the hospital and a hall outside Assisted Living. This will allow easy access for shared services.

The work will move back inside in the coming months as new walls and fixtures are installed. This will create the safe care space the hospital requires. Work will also begin this winter renovating the PACC short-term skilled nursing unit to all private suites with private baths.

By next summer Catholic Care Center will have a lot of new spaces to share. We look forward to these new opportunities to care for even more seniors!





# New Insurance Plan Offers Special Resident-Only Benefits

Catholic Care Center has partnered with Kansas Health Advantage to offer residents a new insurance program that helps better meet the needs of those living in a healthcare community.

Institutional Special Needs Insurance Plans (ISNPs) replace a Long-Term Care resident's traditional Medicare coverage. They allow greater flexibility in how and when a resident receives their healthcare, all with little or no out-of-pocket cost. The families that have elected to enroll in the program so far are enjoying the freedom to be more involved in their loved one's healthcare decisions.

The ISNP program is based on preventative healthcare. Care needs such as UTIs and dehydration can often be treated on campus under this new plan, rather than having to go out to a hospital for assessment. If a resident has a care need that requires skilled nursing level therapy, those services can be initiated without the 3-midnight hospital stay requirement.

Each ISNP-insured resident is assigned a healthcare navigator. These navigators are APRNs or PAs who ensure continuity of care and work to head off issues by monitoring indicators of illness or changes in condition. An RN Case Manager and non-clinical Member Advocate work with the insured and their family to provide the highest level of care and support.

Other notable plan features include exceptional coverage for podiatry, vision and audiology (including a free basic hearing aid replacement each year), plus 22 one-way trips per year at no cost for off-campus appointments.

This new program is available exclusively to Catholic Care Center residents! We are excited to share this benefit and hope that even more residents and families will take advantage of this unique opportunity.

*Want to learn more about the ISNP program?*

*Contact Sarah Rhodes, Director of Social Services, at (316) 744-4125 to make an appointment with an insurance counselor. They will help you determine if the plan is the right fit for you.*



# Assisted Living and Memory Care Celebrating 20 Years of Knowing, Loving and Serving!

October marks the 20th anniversary of the opening of Assisted Living and Memory Care at Catholic Care Center. These residences have been home to hundreds of amazing seniors over the decades!

The original plan for Assisted Living was nothing like what was eventually built and didn't include Memory Care. Let's step back into the Catholic Care Center archives and learn how it all came to be...

Around the spring of 1999, the Catholic Care Center Board of Directors began making some preliminary sketches. The hiring of now retired CEO Tom Church brought more focus to the project.

Assisted Living was initially envisioned as a stand-alone building closer to the intersection of 45th and Woodlawn on the original campus. Upon further discussion, the team realized the benefits to residents and their families of being able to walk between Long-Term Care and Assisted Living. Connecting the two areas also made better use of the available land. The team decided to add on to the existing building instead.

At this stage, the design still didn't include Memory Care. The original plan was for an additional 60-bed Long-Term Care neighborhood. Assisted Living was still a relatively new concept in senior living, and Memory Care was practically unheard of.

Catholic Care Center assembled a team of experts to review the design and operation of Assisted Living communities. The group included Bob Harvey, then president of Via Christi Senior Services; Mark Bailey, new projects manager for Via Christi Senior Services; John Reinhardt, CCC board member; and Tom Church. They visited numerous Assisted Living communities in the region, including Oklahoma City, Dallas and Tulsa.

Mark Bailey recognized the new trend of dedicated dementia units in senior communities, and the team decided to research the concept. Catholic Care Center had a dementia unit in what is now the east side of the Post-Acute Care Center (PACC), though it was very small. The team visited Saint Simeon's Senior Community in Tulsa, an early adopter of memory care. Based loosely on the design in Tulsa, the team created what is now our nationally recognized Memory Care residence in 2002.

That same year, the Catholic Diocese of Wichita graciously funded the Chapel of Mercy to serve the Assisted Living and Memory Care residents.

In the community's early days, residents volunteered to help deliver mail, answer the phones and host activities. Twenty years later, it's exciting to see the same level of community pride and engagement in those living here today.

Assisted Living is a vibrant, engaging and wellness-focused community. Community gardens line the perimeter of the campus. Bridge groups meet several times weekly, and residents lead rosary and Bible study sessions.

The hallmark of our Assisted Living ministry is the opportunity to live the life you love. Residents can continue to pursue their interests—with the peace of mind that a team of clinical, dietary, maintenance, housekeeping and spiritual support staff is there when needed.

As we continue this tradition, we look forward to the ever-changing face of Assisted Living and will strive to meet the needs of the next generation of residents.





# Therapy Team Goes the Extra Mile for Skilled Nursing Patients

Catholic Care Center's Post-Acute Care Center (PACC) is recognized as a high-quality provider of short-term skilled nursing rehabilitation services. Local physicians have referred to our program as a "super SNU" (Skilled Nursing Unit) because of the complex cases we can accommodate and the outcomes we help patients achieve.

Now, our therapy team has implemented a new strategy to help patients regain their functional ability even sooner.

Most patients who come to PACC have been hospitalized for an acute illness or injury. Due to the severity of their impairment, the hospital physician recommends a short stay in an SNU. Medicare and Medicare Advantage plans provide varying levels of coverage; on average, they provide for 60 to 90 minutes per day of one-on-one therapy with a licensed therapist.

Catholic Care Center's PACC provides one of the highest average minutes per day in the Wichita area. Patients will now receive even more support through the addition of our new group sessions.

PACC currently hosts four group sessions per week, with additional sessions hosted as the needs of the patients change. Sessions focus on walking, upper body strength, lower body strength and dressing. The sessions have been very

well attended; patients appreciate the opportunity to continue working toward their independence. The group setting itself is beneficial, as patients can encourage each other's progress.

The secret to success when recovering from an illness or injury is staying positive and moving as much as possible. Group sessions at PACC help patients get back to living their best lives even sooner!



# Chaplain's Corner

## *The Forgotten*

A few weeks ago, we were reminded of the parable of the prodigal son. It is a story we have heard so many times that we can seem numb to its beauty. We have probably heard of the youngest son who squanders his inheritance and the oldest son with his "expectations" not being fulfilled.

But what about the other person in the parable—the Forgotten Father?

I have done many things to my parents over the years, but I have never told them that I wished they were dead so I could get my inheritance like the youngest son does to his father. Maybe he just saw their relationship as a way to take what he wanted...

On the other hand, with the oldest son, I have had expectations of my parents and how my life should be playing out. I do get disgruntled by some of their decisions for me. Maybe it is because I expected them to be perfect when I wasn't willing to be...

But what about the father in the parable? He is the one getting hit from all sides. The youngest son hits him up for money, and the oldest son hits him with avoidance and resentment. Then think of all the people in the village shaking their heads at how he deals with his children. (That is, until they're invited to the party and a free meal. Truly, the way to a person's heart is through their stomach.) Today is a day to ponder just what the father was thinking. What did you think when one of your children chose a path around you? What do we think God thinks when we do the same to Him? What is more heart-wrenching than to be forgotten by your beloved? What would you do in response? Nobody will ever know what you have gone through with your kids. No one will take note of

the love you showed them from the first day they came into this world and just how much they mean to you. You know they are never lost to you. Your love wouldn't let them be. You had to continue to take all of these first steps just to keep the family together. When were you forgotten?

When have we forgotten God? When we were too busy? When we had more important things to do? Some food for thought...

Maybe we aren't so different from those wayward sons. Maybe we find it easier to take what we want from God until we really need to know His love.

When we are in dire straits from our own making, then we make our leap of faith. Maybe that is the beauty of the parable. The love of the father continues even when it is ignored and forgotten. Praise God! This is the reality of our faith that He desires to share with us each and every day.

The love of Our Father is always here for us.

Nothing can diminish it or take it away. It can be either abused or embraced; it is our choice. What will we choose today?

– Fr. Chris



# Cooking With Chef Deved

## *Butternut Squash Bisque*

Prep: 15 mins

Total: 45 mins

Servings: 12



### Ingredients

- 3 tablespoons butter
- 1 medium onion, coarsely chopped
- 2 garlic cloves, sliced
- 1/2 teaspoon dried thyme
- 1/4 teaspoon ground cinnamon
- 1/8 to 1/4 teaspoon cayenne pepper plus more for garnish (optional)
- Coarse salt
- 1 large butternut squash (about 4 pounds), peeled, seeded, and cut into 1-inch cubes
- 1 can (14 1/2 ounces) reduced-sodium chicken broth
- 1 cup half-and-half
- 1 tablespoon fresh lemon juice
- Sour cream, for serving

### Instructions

1. In a large saucepan, heat butter over medium. Add onion, garlic, thyme, cinnamon, and cayenne. Season with salt, and cook, stirring occasionally, until onion is softened, 5 to 7 minutes.
2. Add squash, broth, half-and-half, and 3 cups water. Bring to a boil; reduce to a simmer, and cook until squash is tender, about 20 minutes.
3. Working in batches, puree in a blender until smooth. Stir in lemon juice; season with salt. Serve bisque with sour cream, garnished with cayenne, if desired.

### Cook's Notes

For a different flavor, use ground nutmeg or cloves instead of cinnamon, or add a Southwestern touch with a small amount of chili powder. Ladle cooled bisque (without sour cream) into airtight containers, leaving 1 inch of space; freeze up to 3 months.



# Cooking With Chef Deved Cont.

## Butter Pecan Sheet Cake

Prep: 1 Hour 10 Mins

Total: 3 Hours 10 Mins

Servings: 12

### Ingredients

- 1 1/2 tablespoon butter
- 1 1/2 cups finely chopped pecans, divided
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup butter
- Coarse salt
- 2 cups granulated sugar
- 5 large eggs, separated
- 1 tablespoon vanilla extract
- 1 cup whole buttermilk
- Pecan Frosting

### Instructions

1. Preheat oven to 350°F. Cook 1 cup of the pecans and 1 1/2 tablespoons of the butter in a small skillet over medium, stirring, until toasted, 6 to 8 minutes. Spread pecans on wax paper; cool about 10 minutes.
2. Meanwhile, beat remaining 1 cup butter with a heavy-duty stand mixer on medium speed until creamy; gradually add sugar, beating until light and fluffy. Add egg yolks, 1 at a time, beating just until blended after each addition. Stir in vanilla.
3. Stir together flour, baking soda, and salt; add to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed until blended after each addition.
4. Beat egg whites on medium speed until stiff peaks form; fold one-third of egg whites into batter. Gently fold in remaining beaten egg whites just until blended.
5. Pour the mixture in a sheet pan, and bake at 350° for 50-55 minutes. Add the coconut pecan frosting.

Catholic Care Center  
6550 E 45th St N  
Bel Aire, KS 67226

