



CATHOLIC  
CARE CENTER



# SANCTUM

A QUARTERLY CATHOLIC  
CARE CENTER NEWSLETTER

# In This Issue

3

**Chaplain's Corner**  
*Here We Go*

4

**A December to Remember**

5

**Shepherd's Crossing Gives Back During the Holidays**

6

**Associate Spotlight**  
*Olivia Towry*

7

**Slow Cooker Black Bean Chili**

8

**New Year, New Opportunities**

9

**Post-Acute Care Center Opens**

10

**Resident Spotlight**  
*Ron & Barbara Lyne*

12

**Dementia Education**

14

**Associate Anniversaries**



# Chaplain's Corner

## ***Here We Go***

We have been through a lot this past year. Family dynamics, illness, and construction. Who would have thought that COVID would continue to rear its head again?

If there is one thing about our faith that continues to amaze me, it is that it not only guides us to endure but to prosper. We see the love that God has for us and we offer our response of love.

I see that response each and every day with our staff and our residents. Which leads me to believe that it is not just our mission statement to Know, Love, and Serve, but that it is a reality.

So, here we go. A new year, and tons of new experiences to encounter. A few weeks ago we blessed our newly remodeled Post-Acute Care Center (PACC). Only a few months ago we blessed and opened the St. Veronica Senior Behavioral Health Hospital. All for the needs of the family.

Our response at Catholic Care Center has always been to see the needs of others and do our part to offer help.

We love and care because we were first loved and cared for by our God. He offered to help us in our time of need and now we can and will do the same. Now, we get to bear witness. We get to be Missionary Disciples in our own unique way.

Some may still ask why we have gone to such lengths at Catholic Care Center to improve on what we have to offer. My answer will always be the same. It is just what a family does for each other. We are with you through it all. God Bless!

—Fr. Chris

# A December to Remember

The holiday season was one to remember at Catholic Care Center! The season started with the trimming of the trees. You may not have stopped to count during your visits to Catholic Care Center, but each year we decorate over 20 Christmas trees and set up several nativity scenes around the community. It takes a lot of time and energy to create this level of holiday cheer, but it's a team effort and the end result really helps set the festive mood for residents and associates. People from all departments helped set up this year's displays and it was beautiful!

This year marked the return of the annual Holiday Market, the first market to be held since 2019 due to the restrictions we faced during the pandemic. This year's market was a success; approximately 20 vendors exhibited during the event selling a wide variety of handmade items, unique gifts, and some delicious food.

Over 400 people attended the market—many who had attended previous markets and were so excited to see the market's return and others who had heard about the event and couldn't wait to experience their first one.

Also in December we enjoyed several local school groups performing around campus. We are so grateful for the teachers and parents that work together to shuttle the kids to our community. All of us—residents and associates alike—enjoy hearing them perform their favorite holiday songs!

We also hosted resident and associate Christmas parties throughout the month, Santa and one of his elves even made appearances at a few of them! One of the best parts of the holiday season is the opportunity to celebrate with those who live and work here, we are truly one big ministry family!



# Shepherd's Crossing Gives Back During the Holidays

The residents of Shepherd's Crossing, the independent living community at Catholic Care Center, have long worked to find ways to volunteer their time and share their resources with those in need. Many residents volunteer at organizations in the area and each month the community collectively performs a service project. In December they undertook one of their largest projects yet when they collected items for the St. Anthony Family Shelter Santa's Workshop program. This generous program relies on community support to provide families staying at the shelter the opportunity to select Christmas gifts for their family members. The parents of these families come and "shop" for gifts for their children, and the kids come and pick out gifts for their parents.



Many would agree that one of the greatest joys of the holiday season is seeing the joy in the face of someone you love opening the gift that you selected just for them, it's truly magical! St. Anthony Family Shelter recognizes this and instead of simply distributing the donations, they allow the families they are serving to enjoy this holiday tradition. This year marked the 11th year that Shepherd's Crossing collected items for the workshop, and it was one of their largest collections yet!

The residents donated toys, clothes, games, crock-pots, cooking utensils, and other things that the children and adults might enjoy as they prepare to make their new home. A team from St. Anthony's came to gather the donations and they were overwhelmed by the continued generosity of the residents. We are very fortunate to have such an abundance that we can share with others, and Catholic Care Center is truly blessed to have such an active and engaged group of residents who so selflessly share their time and talents with those in need.

# Associate Spotlight:

## Olivia Towry

### Wellness Coordinator

Wellness Coordinator Olivia Towry is a familiar face to the residents in all areas of our community. Who better to learn more about as this issue's featured associate than a face we all recognize?

Olivia's parents adopted her from China when she was 11 months old. Not only did Olivia gain two loving parents on that day, but she also gained a brother who is three years older.



Growing up she was very active and loved participating in sports. Her interests included cheer, dance, gymnastics, and swim team.

Olivia attended elementary and high school in Andover. Her first two years of college were spent at Kansas State University. She then spent the following two years at Wichita State, completing her degree in Exercise Science.

In addition to her duties at Catholic Care Center, Olivia also teaches classes at a local fitness studio. She's an early bird and the class she teaches begins at 5am! That's before she even begins her duties here at CCC. Occasionally she'll also help with an evening class.

We feel very fortunate that Olivia could slow down long enough to answer our questions.

### **What made you decide to pursue a career in wellness?**

I've always loved being active so I decided to make a career out of something I love, while also helping others.

### **What's the best thing about being the Wellness Coordinator at Catholic Care Center?**

I love being here and building relationships with the residents. I love helping them stay healthy and get stronger so that they can continue leading fulfilling lives.

## What's your favorite thing about caring for the residents at CCC?

I love the flexibility to try new things. The residents I teach have different fitness levels so I'm always looking for new ways to make exercise fun!

## How do you occupy your time when not at work?

I love to read books – I love all kinds of books! I even belong to a book club. I also enjoy exercising.

## What's a fun fact about you and your family?

We like to go to K-State football games and tailgate. We also spend a lot of time at Council Grove Lake in the summer.

## If you could only eat 1 food for the rest of your life, what would it be?

Pasta! I love pasta!

*We are so grateful for the enthusiasm and positivity Olivia shares with us during exercise classes throughout the community and also for all the extra things she does for us each and every day. Thank you, Olivia!*

# Slow Cooker Black Bean Chili

*This easy, Lent-friendly meal can be started before work in the slow cooker so you can come home to a hot, delicious chili!*

2 cans black beans, rinsed and drained  
1 can kidney beans, rinsed and drained  
1 can pinto beans, rinsed and drained  
2 cans diced tomatoes  
1 -10oz bag frozen corn  
1 -10oz bag frozen bell peppers & onions  
1 Tablespoon chili powder  
2 teaspoons minced garlic  
1 teaspoon salt  
1 teaspoon pepper  
Optional: 1 teaspoon turmeric

Directions: Combine all ingredients in a slow cooker and cook on low all day. Serve and enjoy!





**Catholic Care Center is the only senior living community in the Wichita area to offer dialysis in-house**

## New Year, New Opportunities

2024 is off to an exciting start at Catholic Care Center. This New Year brings new opportunities to serve seniors with the opening of a new dialysis den at Catholic Care Center, a partnership between our ministry and DaVita Dialysis. Construction on the den was finished at the end of December and the first patient began receiving dialysis services just a few days later. The den received its final licensure at the end of January, allowing more patients to begin receiving dialysis care in this new addition to the campus.

With six dialysis stations, the den can serve as many as 24 dialysis patients at a time, with most patients receiving services for a few hours, three times per week. This is an outstanding opportunity for patients in Catholic Care Center's short-term skilled nursing unit and residents who live at Catholic Care Center's Assisted Living,

Memory Care, and Long-Term Care residences.

Typically people who rely on dialysis care must travel outside of the community to a centrally located dialysis center. Travel to these centers is often impacted by inclement weather, and may require residents to leave campus as early as 4:00am, which is less than ideal. Now residents and patients can avoid these hassles and receive the high quality DaVita Dialysis care that they are familiar with, without ever having to go outside.

Catholic Care Center is the only senior living community in the Wichita area to offer this service in-house. It is another example of our commitment to continuously working to identify and implement new ways to know, love, and serve seniors.

# Post-Acute Care Center Opens

The final phase of Catholic Care Center's repositioning and renovation project was finished in early January with the completion of the Post-Acute Care Center (PACC) renovation. This project was launched in June of 2022 and included the renovation of several areas of long-term care and the creation of the St. Veronica Senior Behavioral Health Hospital. The PACC unit was part of the original Catholic Care Center built in 1990 and previously consisted of 28 beds, a combination of private and semi-private rooms. Over the years the area had seen some cosmetic updates, but it was in need of a more major renovation to better serve the highly acute, complex patients that our ministry is called upon to serve.

During the first week of January, patients and associates were welcomed into the new PACC unit. It was exciting to see the reaction of our dedicated associates who were overjoyed at having this new, modern space to better care for their patients. Patients and their families were thrilled to see the new area and have a more comfortable and enjoyable space to stay during their recovery journey.

The new PACC features private rooms with private showers. The rooms are centered around a central nurses' station and beautiful dining and activity spaces. Residents have convenient access to St. Elizabeth Chapel for daily Catholic Mass and to the therapy gym. This new space allows us to combine the outstanding care that our skilled nursing program is known for, with the benefits of a newly constructed and more easily accessible unit.

**The new PACC can accommodate up to 43 patients at a time with the extension into the former Whispering Brooks neighborhood. So far interest has been strong with a sharp increase in hospital referrals and inquiries.**

We look forward to capitalizing on this opportunity to better serve patients, and help them get back to living the life they love!



# Resident Spotlight

## Ron & Barbara Lyne

Assisted Living residents Ron and Barbara Lyne have been married for 65 years. If you see one of them in the halls of Catholic Care Center, there's a good chance you will see the other.

When he was young, Ron typically spent his summers working on a combine crew. But one summer he decided to skip the crew and went to work in the produce department at Dillons in Salina. Later he was transferred to the store in Newton.

It's a good thing Ron made the decision to forego the harvest crew that summer, because there happened to be a pretty little cashier working at the Newton store. As you may have guessed, her name was Barbara. Ron and Barbara soon started dating and, as they say, the rest is history. They were married a year and a half later.

Shortly after the birth of their first daughter, Ron joined the Army. He spent two years in active duty and four years in the Army Reserve. His first summer in active duty, Ron was sent to Greenland. Later he was stationed at Fort Eustis, VA, where Barbara and their daughter joined him. Barbara said they made many good friends during their time in Virginia and they still keep in touch with some of them to this day.

Upon discharge from the Army, Ron returned to work at Dillons. He worked at Dillons in Dodge City, Great Bend, and finally Hutchinson where they lived for



58 years. In all, Ron spent 42 years with Dillons, 24 years of his employment being spent as a commodities buyer.

Barbara recalls their neighborhood in Hutchinson being perfect for raising a family. The kids all played together and you knew if one of them was up to something they shouldn't be, somebody was going to let you know.

The Lynes love to play cards. Their favorite game is bridge. They belonged to a neighborhood 6-couple Bridge Club in Hutchinson. The couples were such good friends that they traveled together. Their adventures included a cruise and a trip to Mexico.

As much as they loved Hutchinson, when their daughter moved to Wichita, they knew they wanted to move to be close to her, which led them to Assisted Living at Catholic Care Center.

Their family has grown since those days in Hutchinson. In addition to their three children—two daughters and a son—they now have 12 grandchildren and 7 great grandchildren.

We are so happy that Ron and Barbara chose to make their new home with us. If you see them out and about, stop and say hello.

*No Catholic Care interview would be complete without our get-to-know-you questions:*

### **What led you to Catholic Care Center?**

We knew we wanted to be closer to our family. We had looked at several places, but the first time we walked in here it just felt right.

### **What do you like most about living here?**

We love the patio off our apartment. The views here are very comforting.

### **What activity do you enjoy the most?**

We love morning exercise, book club, and bingo.

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

Barbara – My handwork. I'm currently finishing a Christmas stocking for our youngest great-grandchild.

Ron – I loved to do yard work and mowed the yard every 5 days. Barbara interjected that Ron's desire for a meticulous yard

even spilled over to the neighbors and motivated them to keep a neat yard. Barbara also reported that Ron was very good at fixing things and could fix almost anything.

### **What is your favorite movie?**

*The Picnic* – It was filmed in Hutchinson and I (Barbara) had a friend that was in it.

### **If you could eat only 1 food for the rest of your life what would it be?**

Ron's grilled meat. After we retired, all of our meat was cooked by Ron outside on the grill. It was so good! When we were younger, Ron's parents used to provide a supply of fresh beef. That was the best beef and it meant so much to us that they provided it each year. Meat from the store doesn't taste nearly as good.

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

The best trip we ever took was an Alaskan cruise for our 50th wedding anniversary. We took all of our children and their spouses. We also spent extra time in Seattle and the gardens north of there in Canada.

*We appreciate Ron and Barbara for taking the time to allow us to get to know them a little better.*

# Dementia Education

Catholic Care Center has been a longtime leader in serving seniors who are living with Alzheimer's disease and other forms of dementia. Our ministry is the only senior living community in Kansas to be accredited by the Alzheimer's Foundation of America as a Program of Distinction for Excellence in Dementia Care. We understand what a blessing and responsibility it is to be called to serve these most vulnerable seniors. This is why we recently launched a series of

***Our ministry is the only senior living community in Kansas to be accredited by the Alzheimer's Foundation of America as a Program of Distinction for Excellence in Dementia Care.***

new dementia education sessions for our associates to help continually build on the program we offer and ensure that each resident and their family have the best experience at Catholic Care Center.

Each associate who joins the ministry—in any capacity from housekeeping, nursing, dietary, and even administrative staff—participates in a dementia education session during their orientation. They learn the basics of dementia, how it affects the entire body, what the various stages of the disease look

like, and they learn best practices for communicating with and caring for those with dementia. It's important that every associate has these tools, because we serve people with dementia in all levels of living and even interact with family and visitors who are affected by dementia.

During the session they have the opportunity to participate in a simulation that helps them better understand how the disease impacts a person and their senses. They wear special goggles, headphones, and gloves that impede their ability to see, hear, and use their hands. This simulation always draws a strong reaction of empathy, especially from non-clinical associates who maybe haven't had as much experience with dementia care. Better understanding the challenges dementia presents to people as they work to navigate their environment really reinforces the need for patience and empathy.

For associates who work in our dedicated Memory Care, the new dementia education series takes a more in-depth look at these different caregiving topics and explores them individually. Each month a new topic is presented, and during the session associates are encouraged to share personal experiences and tips they've learned for serving dementia patients. So far in the series they have reviewed therapeutic engagement, therapeutic fibbing, activities, and redirection.

The sessions have been very popular with associates and have sparked some very productive conversations. We are grateful for the dedication and commitment of these special individuals who have the passion to serve in our Memory Care residence! We look forward to continuing on the journey with each of them to constantly find new ways to serve those with memory loss.

# And the Winner Is... **CATHOLIC CARE CENTER!**

You voted, and we are honored to share that Catholic Care Center has been named in the 2023 Wichita Eagle's Best of Wichita contest as:



**Gold in  
Long-Term Care**



**Silver in  
Independent Living**



**Bronze in  
Memory Care**



**Thank you for your  
support of our ministry,  
we are truly grateful for  
the opportunity to know,  
love, and serve seniors  
and their families!**

# Associate Anniversaries

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

**Kim Foster** 27 Years

**Vincent Baker** 25 Years

**Ruth Evans** 20 Years

**Maria Huerta** 19 Years

**Bennie Johnson** 18 Years

**Stephanie Basnett** 15 Years

**Nguyet Tran** 15 Years

**Yvette Michaelis** 13 Years

**Chong Welch** 12 Years

**George Guthrie** 11 Years

**Sean Kempf** 10 Years

**Joseph Mwaura** 9 Years

**Lucinda Torrez** 8 Years

**Rachel Torrez** 7 Years

**Cynthia LaFleur** 7 Years

**Patricia Aragonez** 7 Years

**Priscilla Njoku** 6 Years

**Lynn Gallardo** 6 Years

**Caroline Njeru** 6 Years

**Francetta Hill** 5 Years

**Sarah Rhodes** 5 Years

**Jasmine Rhodes** 5 Years

**Edilberto Ordaz** 5 Years

**Reynneth Ansay** 5 Years

**Xochitl Salas** 5 Years

**Christopher Tims** 3 Years

**Helen Johnson** 3 Years

**Beth Wessel** 3 Years

**Jessica Tyler** 3 Years

**Lydia Newby** 3 Years

**Lisa Lee** 3 Years

**Katherine Klausmeyer** 3 Years

**Rebecca Barr** 3 Years

**Krissi Rourke** 3 Years

**Carinael Omwoyo** 3 Years

**Rita Villarreal** 3 Years

**Ashley Parchell** 3 Years

**Marisol Duenas** 3 Years

**John Kephart** 2 Years

**Alisha Cannon** 2 Years

**Hilde Bonewell** 2 Years

**Nga Schock** 2 Years

**Tina Layton** 2 Years

**Necol Williams** 2 Years

**Audrey Nivison** 2 Years

**Kelly Mwayera** 2 Years

**Anna Le** 2 Years

**James Dalton** 1 Year

**Josh Wickery** 1 Year

**Julia Walker** 1 Year

**Trenton Tayrien** 1 Year

**Minerva Salazar** 1 Year

**Gladis Donnelly** 1 Year

**Tomie Revuelta** 1 Year

**Judy Galdean** 1 Year

**Kenda Flanery** 1 Year

**Mary Andresen** 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.**

**Through Christ Our Lord.**

**Amen.**

# Have you visited our new website?

Visit [catholiccarecenter.org](https://catholiccarecenter.org) and check out all new, user-friendly website to see the latest happenings around the ministry, explore the different levels of living, and see pictures from recent events. It's your one-stop-shop for all things Catholic Care Center, check it out!

Scan with your  
smart phone!



**Catholic Care Center**

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