



CATHOLIC  
CARE CENTER



# SANCTUM

A QUARTERLY CATHOLIC  
CARE CENTER NEWSLETTER

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## New Year, New Ways for Wellness!



This year, Catholic Care Center launched a series of new exercise classes for residents for all levels of living. Emily Hunt has joined the growing team at Catholic Care Center!

As a certified instructor in Tai Chi, chair yoga, and chair exercise—Emily brings a wealth of knowledge and experience, always finding creative ways to keep people active and moving at all stages of mobility.

While some residents may not have been familiar with Tai Chi or ever practiced yoga, they have quickly decided they enjoy and benefit from Emily's classes. She has inspired many residents who haven't participated to start attending our fitness classes regularly and increase their overall activity level.

Some of our residents have reported increased energy, improved mood, and better sleep. Other residents enjoy the comradery of group fitness and stick around after class to catch up with their neighbors, often making plans to attend other events together.

***“Some of our residents have reported increased energy, improved mood, and better sleep.”***

One thing that everyone agrees on? Making time for exercise and movement helps set a positive tone for other activities of the day!

See our calendar at [catholiccarecenter.org/calendars](https://catholiccarecenter.org/calendars) for a variety of great class options with Emily!



# Associate Spotlight

## Austin Barrier, Environmental Services

This month's Associate Spotlight shines a light on one of the many hidden talents at Catholic Care Center, Austin Barrier! Austin is a member of our Environmental Services team and works hard to ensure a clean and comfortable environment for residents, families, and his fellow associates.

He grew up in the Wichita area and applied to work at Catholic Care Center after seeing the position posted on Indeed. Austin brings more than just attention to detail and a dedication to hospitality to us, he also brings an incredible musical talent to our ministry!

A few months ago, Austin first shared his gift with us when he asked his supervisor if he could play the piano for a few moments at a resident social. As he began to play, more people started to congregate in the area, drawn to the beautiful music.

Eventually, someone noticed that he wasn't reading any sheet music and instead was simply playing the music that came naturally to him by ear. There are a lot of very accomplished musicians in the world, but to be able to play by ear or without any sheet music is truly a gift.

Austin enjoys the consistency of the role, and we certainly enjoy the unique gifts and talents he brings to Catholic Care Center!



# Strawberry Freezer Jam

*We are quickly approaching berry season! As ripe strawberries start to appear in grocery stores, farmer's markets, or maybe you have your own garden, consider preserving the fresh berry taste with this easy freezer jam recipe that can be enjoyed all year!*

## Ingredients

- 2 cups mashed strawberries - about 1 qt. ripe, whole strawberries
- 4 cups granulated sugar
- 1 pouch Certo liquid Fruit Pectin (3 fl. oz.)
- 2 Tbsp bottled lemon juice (30g)

**Yield:** This recipe makes about 5 cups or 40 oz. of freezer jam.

## Instructions

**1. Wash and dry** the containers or jars you plan to store the jam in. Set aside.

**2. Rinse your berries and dry them** gently with a towel or place them in a colander to help drain any excess water.

**3. Remove the stems** from 1 quart of strawberries and cut away any blemishes. If you're using store-bought berries, cut them into quarters to make them easier to mash.

**4. Mash the strawberries** with a potato masher until the mixture looks soupy. This will leave some small bits of strawberry intact and give the jam a bit of texture.

**5. Add exactly 2 cups of mashed strawberries** into a separate large bowl.

**6. Add in 4 cups of granulated sugar** and stir until the sugar is fully incorporated.

**7. Set a timer for 20 minutes and let the mixture sit**, stirring every few minutes to help the sugar dissolve.

**8. Pour 3 fl oz. or 1 pouch of liquid pectin into the strawberry mixture**, being sure to squeeze out every last drop of pectin! My



mom folds the packet as she does this to get all of it out.

**9. Add in 2 Tbsp of lemon juice**, then set your timer for 3 minutes and stir the mixture somewhat aggressively. I switch arms halfway through because they get tired!

**10. Pour the mixture into the cleaned and dried jars**, leaving at least 1/2 inch at the top of the container. The jam will expand as it freezes, so it's important to leave a little room!

**11. Wipe away any spills**, then close the jars with their lids and let them sit for 24 hours at room temperature. Be sure to place them in a safe area where they won't be touched or bumped.

**12. Then freeze or refrigerate the jam!** It can be frozen for up to a year or kept in the fridge for up to a month.

**13.** To thaw frozen jam, move the container from the freezer to the fridge, then **enjoy** the following morning once it's thawed.

Want to see a clip of Austin playing the piano? Scan the QR code with your smart phone or visit [catholiccarecenter.org/music](https://catholiccarecenter.org/music) to hear a selection!





# Time is Flying and So Are the Catholic Care Center Ducks—Spring is Here!

The approach of spring is signaled in many different ways: the changing of the landscape from browns to greens, the shedding of coats and sweaters in favor of jackets and shorts, basketball tournaments and baseball training camps begin, and the dreaded transition to Daylight Savings Time. Here at Catholic Care Center, we have another unique sign—the return of our migratory mallard ducks!

Each spring, a pair of mallard ducks make the koi pond in our Long Term Care courtyard their temporary home. The mother will nest, incubate the eggs, hatch ducklings, and then raises them in our pond until they are old enough to be on their own.

The arrival of the ducks and watching their family grow is a source of entertainment and enjoyment for our residents and visitors alike. Join us in watching their progress as we wait to see how many ducklings will hatch this year!

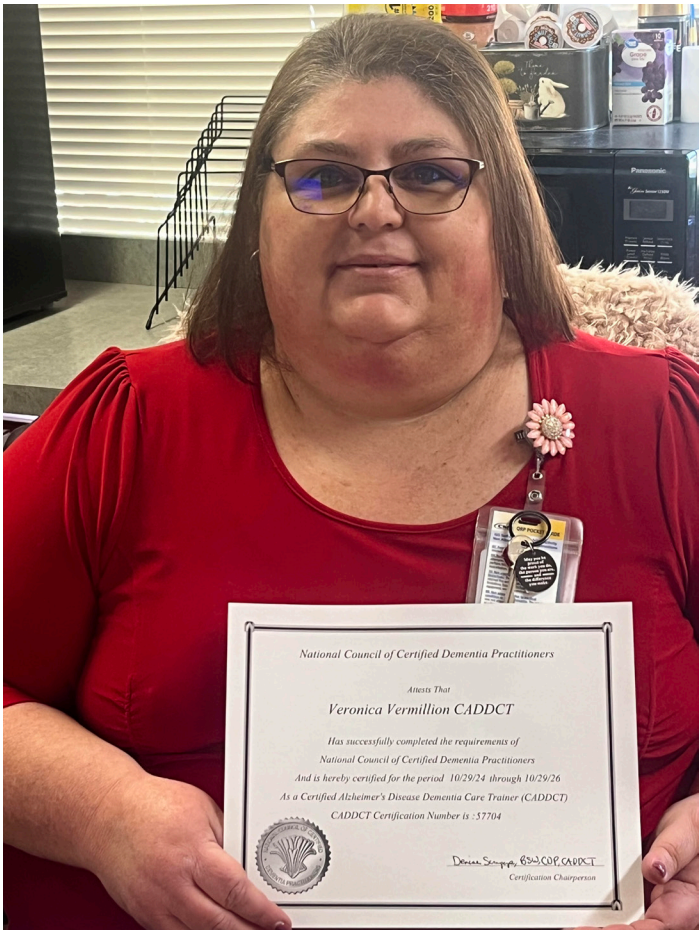


# Memory Care Associates Become Certified Dementia Practitioners

Catholic Care Center has long been a leader in dementia care services. Our Memory Care program is the only program in Kansas to be recognized by the Alzheimer’s Foundation of America as a Program of Distinction for Excellence in Dementia Care.

We are proud to serve seniors with dementia and are constantly exploring new ways to best support those with memory loss. Because of this dedication to memory support services, our Memory Care associates are working to become Certified Dementia Practitioners.

Veronica Vermillion, RN & Staff Educator, completed the course to become a Certified Dementia Practitioner trainer and is now hosting sessions on campus for Catholic Care Center associates.



This training Veronica provides outlines best practices for communicating with people who have dementia, overcoming obstacles during meals, providing personal care, and engaging with residents in stimulating and productive activities.

So far, eight of our Clinical Associates have become certified. While only licensed clinicians are eligible for certification, other associates, including those from Environmental Services and Dietary Services, can participate in the training. Veronica hopes to offer training for our entire Memory Care staff to ensure we continuously provide the best care possible.



# Resident Spotlight

## Joan Hogan

If you've walked down our halls or gone to Mass in St. Elizabeth's Chapel, there's no doubt you've run into the smiling face of our resident, Joan Hogan. What you may not know is that Joan's ties to Catholic Care Center run deep, going back to our beginning in 1990.

Joan was one of our original volunteers, escorting residents to the chapel and serving as a Eucharistic Minister for residents who were unable to get to the chapel.

When Sister Agnes Weber joined the Catholic Care team, she and Joan worked together, rotating turns to ensure one of them was there to help with Mass and distribute Communion afterward. At that time, Catholic Care Center didn't have a resident Chaplain, so their service was greatly needed to assist the retired priests.

In addition to helping in the Chapel, Joan was willing to serve wherever she was needed and could be found assisting with Bingo games or parties, talking to residents, and serving wherever else she was called.

In 2004, Joan was recognized by the Catholic Care Center for an amazing 1,500 hours of volunteer service to our community. Her name can be found posted on our Volunteer Wall of Fame in the Long Term Care lobby.



We recently sat down with Joan to learn a little more about her.

### What led you to Catholic Care Center?

When the time came to move to a community, there was no choice. Catholic Care Center was the only option for me!

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

It feels like home.

### Which activity do you enjoy the most?

Definitely daily Mass.

### What was your occupation before retirement?

I was a school teacher briefly before my daughter was born, then I stayed home with my children. We have 1 daughter and 5 sons.

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

Life was all about family. When the children were younger, weekends were spent on camping trips or attending the kids' sporting events. After the children left home and my husband Bill retired, we began to travel internationally.

Our first international trip was to China. My favorite trip was to Poland. We visited a lot of sites related to St. John Paul II and even sat in the chair where St. John Paul II said his daily prayers. We loved Poland because it is so rich in the Catholic faith. This was special to us because we saw John Paul II in Rome on an earlier trip. We were also blessed to attend St. John Paul II's canonization in Rome on April 27, 2014. We watched his canonization on a large screen outside St. Mary Major Basilica.

### What is your all-time favorite movie?

I never had time for much TV or movie watching (see above).

### What is your favorite food?

I really like Italian food, but I especially love bread!

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

We moved 11 times before settling in Wichita in the 70s. Bill worked for Cessna and some of the places we lived included Pittsburgh, Cleveland, and Columbus.

*We are so grateful to Joan for the years she spent in service to Catholic Care Center as a volunteer, and for also taking the time to share her story with us.*





# Simpson Construction Recognized by AGC of Kansas for Work at Catholic Care Center

Simpson Construction, a local general contractor and longtime partner of Catholic Care Center, was recognized by The Associated General Contractors of Kansas (AGC) for their work last year on Catholic Care Center's refurbishment and repositioning project.

As you may recall, the two-year project encompassed the renovation of areas for our Long-Term Care community, a complete overhaul of PACC, and the creation of the new St. Veronica Senior Behavioral Health Hospital in the area that was previously The Meadows.

The work was done in three phases to allow for minimal disruption to daily operations and was completed in early 2024. Simpson Construction worked closely with the Catholic Care Center team to design and create new spaces to allow the ministry to evolve for future needs, develop new programs, and best serve seniors.

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The project was recognized for its innovative design and unique way a new concept was created in the existing footprint of the building. Cindy LaFleur, CEO, and George Guthrie, Director of Plant Operations, attended the ceremony and helped celebrate this accomplishment.

Simpson Construction has long been a supporter of Catholic Care Center and has constructed and renovated many other areas of our campus, including the Plaza/Bistro area, updates to the Priest Retirement Center, the final phase of the Shepherd's Crossing patio homes, and the Assisted Living and Memory Care addition.

We appreciate the dedication and energy Simpson Construction devotes to creating beautiful and functional spaces for our residents, families, and associates. Congratulations to them on this well-deserved recognition!





# Associate Anniversaries

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

**Philip Lutz** 34 Years  
**Kim Foster** 29 Years  
**Vincent Baker** 27 Years  
**Maria Huerta** 20 Years  
**Bennie Johnson** 20 Years  
**Tiffany Tasset** 20 Years  
**Judith Nambeye** 19 Years  
**Stephanie Basnett** 17 Years  
**Nguyet Tran** 16 Years  
**Chong Welch** 13 Years  
**George Guthrie** 12 Years  
**Tamara Quinn** 11 Years  
**Cynthia LaFleur** 9 Years  
**Rachel Torrez** 9 Years  
**Patricia Aragonez** 8 Years  
**Lynn Gallardo** 8 Years  
**Priscilla Njoku** 7 Years  
**Francetta Murrell** 7 Years  
**Melanie Cabrera** 7 Years  
**Xochitl Salas** 6 Years  
**Martha Phillips** 6 Years  
**Carinael Omwoyo** 4 Years  
**Krissi Rourke** 4 Years  
**Marisol Duenas** 4 Years  
**Rita Villarreal** 4 Years

**Tina Layton** 3 Years  
**Nga Schock** 3 Years  
**Kelly Mwayera** 3 Years  
**Audrey Nivison** 3 Years  
**Necol Williams** 3 Years  
**James Dalton** 3 Years  
**Subhadra Bodla** 3 Years  
**Angelica Bretton** 3 Years  
**Mary Andresen** 2 Years  
**Judy Galdean** 2 Years  
**Tomie Revuelta** 2 Years  
**Christopher De Jesus** 2 Years  
**Kristin Baker** 2 Years  
**Lynette Hofer** 2 Years  
**Magali Lopez** 2 Years  
**Kevin Reed** 2 Years  
**Brett Robinson** 2 Years  
**Thi Tran** 2 Years  
**Kenedi Chapman** 1 Year  
**Erica Hammons** 1 Year  
**QuarTasha Helire** 1 Year  
**Kelli Linden** 1 Year  
**Veronica Tomas-Aquino** 1 Year  
**Treva Asberry** 1 Year  
**Sasha Denlinger** 1 Year

**Candace Doherty** 1 Year  
**Ashley Massie** 1 Year  
**LaTeasha Barnes** 1 Year  
**Matthew Cox** 1 Year  
**Taneisha Cox** 1 Year  
**Jonathan Funk** 1 Year  
**Amyah Jones** 1 Year  
**Stephanie Martinez** 1 Year  
**Veronica Vermillion** 1 Year  
**Delana Wiss** 1 Year  
**Amber Cannon** 1 Year  
**Kyndal Jennings** 1 Year  
**Cristian Dominguez** 1 Year  
**Stacey Duncan** 1 Year  
**Mikalea Bunyan** 1 Year  
**Denise Brown** 1 Year  
**Michelle Bunyan** 1 Year  
**Kailey Pierce** 1 Year  
**Amelia Reyes** 1 Year  
**Alli Roskam** 1 Year  
**TeNeal Colbert** 1 Year  
**Brooke Lachenmayr** 1 Year  
**Amaje' Loggins** 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.



# Tell Us About Your Experience

Are you a resident, a staff member,  
or is your loved one at Catholic Care Center?  
We'd love to hear about your experience with us!

Leaving us a review on Google is great for two reasons.  
It tells us how we're doing *and* helps others looking for  
trusted compassionate care. Please scan the QR code or  
visit the link below to leave a review!

Scan with your  
smart phone!



[catholiccarecenter.org/review](https://catholiccarecenter.org/review)



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