

# RKC Newsletter

Autumn 2016

## From the Director's Desk

Once again we are astonished at how quickly our semester has flown by. The Fall season is upon us and we are enjoying weather that gives us great reason to get out and enjoy life's adventures, including our classes and friends at the Roberta Kuhn Center.

I am grateful for my role in the RKC and for all the learning opportunities I experience, but mostly I find myself extraordinarily fortunate to work among so many people dedicated to our Roberta Kuhn Center and mission. Hats off to our instructor team who provide us with much food for thought, opportunities for discovery, and a warm and supportive community!

Please make sure, in this season of gratitude, that you let them know that you appreciate their time, talents, and presence.

A reminder for the safety of all, the speed limit **MAXIMUM is 15 mph**. There are many Sisters, employees and visitors walking on the property throughout the day.



Please be mindful of this campus rule!

## IMPORTANT DATES

Nov. 14-18	Last week of Fall Semester for all classes
Nov 18 1:30-2:30pm	Presentation by Dr. Abby Tebbe on Nutrition & Food Choices/St. Joseph Hall
February 6-10	First week of Spring Semester for classroom classes and Aquatics
February 13	First day Beginning Yoga Session III
February 14	First Day Advanced and Basic Yoga Session III
April 10-14	Spring Break-No RKC Classes

## RKC Quilters Enjoy Multi-Generational Project

When longtime Roberta Kuhn Center quilter Geri Ryan was given the task of caring for her 9 year-old granddaughter Chloe, a 4<sup>th</sup> grader at Table Mound elementary school for the time between her parents' work schedules and the start of school on Fridays last year, Geri decided that making a quilt would be a



productive use of their time. Geri and Chloe began by making blocks and Geri found a pattern that would incorporate the blocks into a finished quilt with borders and even a pieced backing. While Geri did all the cutting (rotary cutters are dangerous even for grown-ups!), Chloe gained a lot of experience sewing the pieces together at her grandmother's sewing machine. Chloe, and her older sister, Mady 12, are fortunate to have two grandmothers who have sewn for most of their lives and are both members of our Quilter's class. Mady enjoys sewing also and her latest projects include pajamas and a chair cover which she designed to make a mismatched chair fit in to the décor of her bedroom. Each grandmother has been instrumental in passing their love of sewing and quilting on to their shared granddaughters. The girls were invited to come to show and tell during one of our classes when they happened to have a day off school. The girls gave a little background on their projects with their grandmothers' help and then visited with the RKC quilters about their projects in process. Geri certainly enjoyed watching Chloe's eagerness to complete the project and was surprised at her interest given that Chloe is a very active participant in other activities.

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*Multi-Generational Project continued from page 1*

Anthropologist Margaret Mead once said that connections between generations are “essential for the mental health and stability of a nation.” Geri and Mary Jo both enjoy this shared hobby and the time it allows them to better get to know each of their granddaughters. The benefits to both age groups was evident as the girls interacted with other quilters and the grandmothers beamed with pride. We thank Geri, Chloe, Mady, and Mary Jo for reminding us of the value of interactions across generations and for sharing their story with us.

### **Recycling Efforts Continue...**

Last year, the RKC community was invited to be part of the beauty products/oral care recycling efforts here at Mt. Carmel. TERRACYCLE is a company that recycles traditionally non-recyclable waste into a large variety of consumer products. Terracycle also awards the Sisters of Charity two cents for each item and covers all shipping costs except the packing tape to seal the boxes. The money earned is used for the BVM Hungar Fund which helps needy children and families throughout the world.

There are collection boxes and lists of accepted containers in the RKC classroom hallway and under the coat rack at the Caritas back door for our convenience. Please consider being part of this worthy effort! Call the RKC office at 582-4155 if you have any questions.

### **Guest Speaker To Present on Healthy Eating**

We welcome Dr. Abby Tebbe, DC from Health from Within who will offer a presentation on nutrition and healthy food choices on Friday, November 18 from 1:30-2:30pm in St. Joseph Hall.

With the holidays right around the corner when often our regular diets are stretched beyond the norm and when less than healthy options can overwhelm us, it is a good time to hear what we can do to prevent holiday weight gain and help us be prepared for the choices before us.

Thank you to Dr. Abby for volunteering her time to make healthy eating a reality for all of us. All are welcome to this event.

### **We Remember...**

Incarnata Gephart, BVM      Maxine Rummelhart, BVM  
Veronica Burke, BVM      Frances Dunne, BVM  
Gabrielle Hagerty, BVM      Elizabeth Welter, BVM  
Mary Jamesita Keller, BVM      Jane McDonnell, BVM  
Laurian McDonald, BVM  
Joe LoBianco-, husband of RKC instructor  
Dr.Charles Bregman- husband of RKC instructor  
Molly Zelinskas-granddaughter of RKC participant  
Other unnamed BVMs and friends of the RKC community

### **Painting Class Tackles Portrait Painting**

Students in Painting with Ellen challenged themselves to paint portraits this Fall under the guidance and encouragement of instructor Ellen Hartman Henkels. Ellen led the students through this subject after students expressed interest in learning techniques in portrait. Inspiration for the portraits came from various sources including photographs of family members which were then sketched and eventually painted. Some members of the class had done some portrait work, and for others it was new. The consensus was that while this was a challenging endeavor, it was also a rewarding one. We look forward to viewing the finished work at our RKC Social/Open House in the Spring.

### **Handmade Bags Available to Further Roberta Kuhn Center Outreach**

A grateful Roberta Kuhn Center participant who enjoys handcrafting a variety of sewn creations has generously donated a number of small cloth bags with a zipper closure. A variety of prints are available to choose from. Each bag is lined and contains an inner pocket. Possibly our community members are looking for a unique gift that could be used for a variety of items. A display will be up from Nov 8-18 in the RKC Hallway. Bags may be purchased in the RKC office for \$10.

“Commit yourself to lifelong learning. The most valuable asset you’ll ever have is your mind and what you put into it.”      Brian Tracy