



The Sunny Side of Life

The monthly family/staff newsletter of
Sunshine Meadows Retirement Community

www.sunshinemeadows.org; 620-543-2251 400 S. Buhler Rd., Buhler, KS 67522

February 2021

Sponsoring Churches/Board of Directors

Buhler MB-Mary Ellen Jantz, Charlotte Smith, Velma Goertzen

Buhler Mennonite-Deanna Siemens

Hoffnungsausau Mennonite-Louis Martens

Bethany Nazarene-Kay Scheel

Crossroads Christian- Open; Victorious Life-Open

Buhler Methodist-Joe McGowen

At large-Cameron Kaufman, Clem Kilpatrick, Mary Frazier

Happy Valentines Month!

Valentine's Day gives February a reputation for love. It's almost impossible to think about love without thinking of kissing. In this time of COVID, kissing might be getting a bad reputation, but here are some thoughts about the activity, courtesy of the magazine, Mental Floss, that might give you some new appreciation for a buss on the bus:

KISSING IS GOOD FOR YOU. A few of its benefits: it can help reduce dermatitis and blemishes. It can also help fight tooth decay because the extra saliva it produces cleans out your mouth. Kissing for a minute can burn up to 26 calories. When practiced regularly, kissing may even add a few years to your life. [One study claimed](#) that men who kiss their wives every morning before leaving for work live five years longer than those who don't. **ON THE OTHER HAND, KISSING CAN SPREAD GERMS.** One peck can contain up to [80 million new bacteria](#), and frequent kissing can change your [microbiome](#). But emerging research suggests that sharing microbes could offer some [healthy benefits](#). **WE SPEND TWO WEEKS OF OUR LIVES KISSING.** On average, people spend about 336 hours snogging—that's a lot of lip service.

So whether you are blessed to be able to kiss your loved ones this Valentine's Day or not, send some love out to those you care for (and kiss the ones you can!).— Cheers! Carla Barber

If you'd like to send cards to residents, please call SMRC at 620-543-2251 Mon.-Fri., 9-4, for a list of those who would really appreciate a note. If you live nearby, you may drop them off (see [above info](#)); or, mail to **SMRC address**.

We Welcome:

Joan Emmerich, Nadine Landon, Gibbo & Georgie Pierson, Gloria Forsythe

We Said Goodbye To:

Janice Siemens, Mary Steinle, John Lyle, Paul Medina

Resident Birthdays

5: Charlene Hogan	8: William Daniels	9: Maxine Adrian
9: Bonnie Israel	10: Bryan Griggs	11: Franklin Pankratz
12: Linda Pauls	13: Loree Pembleton	15: Floyd Siemens
18: Cheryl Glaze	18: Delores Gouge	21: Walter Bridges
24: Luella Jost	25: Vida Yutzy	29: Della Dirks

Staff Birthdays

1: Linda Dettwiler, Kori Roberson

2: Julie Christian

9: Ana Marquez

10: Christopher Beye

13: Tiffany Taffart

14: Cortney Pattinson

16: Linda Simmons

18: Lewis Sader

23: Keith Pankratz

28: Billie Cairns

Please drop off non-perishable deliveries M-F, 9a.m. to 4p.m., @ front door; call so we can pick up. See website/call for a list of essential items.

Keith Pankratz, CEO keithp@sunshinemeadows.org

Rita Black, Human Resources hr@sunshinemeadows.org

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Krista Crawford, LPN MCU Care Mgr. kristac@sunshinemeadows.org

Amanda Downtain, RN AL Care Mgr. almanager@sunshinemeadows.org

Meeting Our Neighbors

-With Judy Dickinson

A LIFE WELL LIVED is the best way to describe the life of **Gibbo Pierson**. Gibbo was born at the family home located at 734 Cole in Hutchinson, Kansas. The home on Cole Street has been Gibbo's home base ever since he was born. Gibbo attended Lincoln Elementary and left school in middle school. He went to work at Hutch Butane and then Cessna Aircraft and worked there for 22 years. When he was 40 years old, he retired from Cessna. He is 93 years old now and recently moved to Sunshine Meadows to join his wife, Georgia, who has been here since July, 2019. Gibbo and Georgia have been married 73 years and Gibbo says they are still on their honeymoon. With the pandemic, Gibbo wasn't able to visit his wife, and he missed her so much that he decided to join her. They have a wonderful room for two and are thrilled to be back together.

Gibbo's dad was a trucker, who worked for the Santa Fe Company. His mother was a homemaker, raising seven children, of which Gibbo was the sixth. When he was about 18 years old, Gibbo began riding his first motorcycle, and began his career at Cessna. When he was 19, he met Georgia, age 17, on a blind date. Three months later, they were married. The couple was blessed with two daughters, Bonnie and Bunny. Georgia worked at Cessna and then at Dillon's, and was busy raising the girls. Both Gibbo and Georgia loved riding motorcycles. It is said that "Being a biker is more than riding a bike; you feel it in your heart and soul." Both Gibbo and Georgia would attest to that! While Gibbo worked at Cessna, the couple took motorcycle trips to Colorado Springs, Eureka Springs, Arkansas, Pawhuska, Oklahoma, or long weekend getaways. When their daughter, Bonnie, was three years old, Gibbo got a sidecar on his motorcycle and took her on her first trip to Colorado. Bunny was two years old when Gibbo took her for her first ride with him. Both of the girls have owned and ridden bikes as adults.

Gibbo and Georgia loved to participate with small group races, called field meets. To begin the race, there were varying feats the women had to do before they could take off. Those feats really had to be done quickly. Sometimes a woman had to chug a Coke before they could take off. Georgia became a pro at that! Sometimes the challenge was to pound nails into a two-by-four. Gibbo recalls that Georgia didn't pound a hammer like a girl! She could pound that nail in with about three hits and he loved watching her do that!

Gibbo was known in the Hutchinson area for his fine leather work. He owned Gibbo's Leather Shop, located in their home on Cole Street. When the family wasn't traveling, Gibbo was in the shop.

Bonnie and Bunny participated in some beauty contests growing up. Georgia was a very accomplished seamstress and made most of the girls' clothes. They also love to sew. Gibbo recalls Bonnie coming home from high school and making a blouse to wear the next day, and doing that every day for about five days in a row.

When the girls were growing up, Georgia made special outfits for everyone for the Kansas Centennial in 1961. Gibbo wore a top hat and sported a handlebar mustache for just the right look! The family went to special events and walked in parades as part of the celebration.

Bonnie lives in Eureka Springs and owns a B & B there. Bunny lives in Hutchinson and did a lot to help her parents before they came to live at Sunshine Meadows. In recent years, the couple joined a Kansas group called the ROMEO Riders. ROMEO stands for Retired Old Motorcyclists Eating Out. A website provides the destination, and people come from all over the state to meet for lunch. In all their motorcycle travels, they had only one accident, near Colorado Springs. Gibbo broke an ankle, and Georgia twisted her knee.

Gibbo continued on page 3

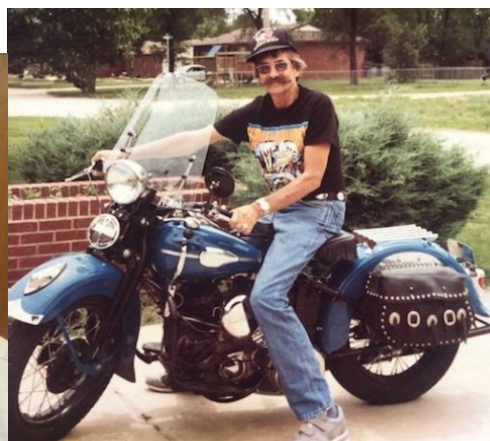
Hit Me with Your Best Shot!

William Daniels (pictured with Auburn Pharmacy tech) was our first resident to take the first round of COVID 19 vaccinations!

About half of the staff and three quarters of the residents at Sunshine Meadows Retirement Community in Buhler were vaccinated for COVID-19 on Wednesday, January 6th, on campus, by staff from Auburn Pharmacy. A good percentage were excited about the opportunity to receive their first dose. Optimism was in the atmosphere. Sunshine Meadows has gone three weeks with completely negative tests, and the Covid Ward has been closed for a month. All employees are back to work, so everyone is no longer feeling short-staffed. This is a positive turn of events, after six rough weeks.



Gibbo, continued



Left to right: Gibbo's 1946 Harley Davidson; Gibbo today; Gibbo on his bike, sporting his handlebar moustache.

While Gibbo recuperated, he worked on fixing the bike, and when he was able to ride, the bike was ready to be ridden again. They are thankful that was the worst thing that ever happened in all their travels.

Gibbo said, "I have lived 2000 miles south in Old Mexico, along the coast, snow birding for the last 50 years or so, just eating up all my pension, traveling with my RV, boat, and motorcycle to 13 other countries, and hauling in an eight foot sailfish after a long, tiring fight. I could no longer ride my trike, so we went cruising the Panama Canal, the Caribbean, Alaska, the Orient, and other places. I loved the windjammer cruises on sail ships, but Georgia got too seasick to enjoy those with me! I think these bodies may outlast our funds, but we sure had a great life while we could!"

When he moved in to Sunshine Meadows, Gibbo said, "Now, after a half-year apart, I am finally reunited with my wife. For 73 years, Georgia has been taking care of me, so we might as well finish this race together -- from Evel Knievel, to all the motorcycle races, Sturgis Motorcycle Rally in South Dakota most years, to this place! I finally had to sell my Harley Davidson; but man, what a ride!" Gibbo sold his 1946 restored Model 45 Harley Davidson bike to Bob at Bobz Bikz in Kingman, where it is on display in their showroom. Bob was kind enough to send pictures of the bike, and of Gibbo in his heyday, sporting his moustache.

Valentine's Day Word Search

K	S	Q	S	J	I	V	R	T	D	S	R	Q	G	K
R	Q	Q	T	D	M	A	B	X	U	F	N	Q	J	J
K	G	D	A	S	N	L	Y	E	U	S	F	S	N	S
S	V	E	E	M	B	E	R	I	G	C	E	V	O	L
Q	W	Q	R	Q	Q	N	I	A	W	R	A	O	C	G
T	Z	E	T	G	R	T	Z	R	E	Y	I	N	Q	T
D	Q	I	E	E	O	I	K	Z	F	D	R	E	D	J
H	O	B	N	T	P	N	W	N	O	E	F	T	G	Y
X	U	T	H	C	H	E	H	V	X	E	A	L	A	T
N	A	G	B	P	R	E	E	Y	B	M	T	C	B	H
F	O	M	G	T	U	S	A	R	L	R	K	U	T	Q
I	M	T	M	Q	S	K	U	R	A	U	N	P	E	H
C	A	R	D	S	K	A	A	E	T	W	I	I	G	U
M	C	D	I	R	R	M	H	H	X	E	P	D	P	N
W	Q	K	L	Y	S	R	E	W	O	L	F	J	O	J

CANDY
CARDS
CUPID
DEAR
DOVES
FEBRUARY
FLOWERS
FRIENDS
HEART

TREATS
VALENTINE
SWEETHEART
RED
LOVE
KISS
PINK
HUG

Find
These
Words

DON'T FORGET to eat CHINESE FOOD

on Friday, February 12, 2021!

That's the Chinese New Year.

FUNSHINE PAGE

CHIT-CHAT**SMRC COVID Video!**

Check out a video created by staff member, Liz Brown, for our staff and residents.
We hope you enjoy it as much as we do!

https://drive.google.com/file/d/13xaDsLuttqW- FF_IIKQpPz4pq-aIUtH/view?usp=sharing

Staff Tributes Upon the Loss of Janice**Siemens:**

Such a sweet loving lady.
I will miss her.

- *Ashley Mahoney*

Oh Janice.

Anytime I would help her with something, she would tell me, 'I wish I could do something for you.' I told her, "You can. Pray for me." After that, she would often tell me that she was praying for me and my family, and that I would have safe travels to and from work.

Such a prayer warrior! I will definitely miss her and hope that she continues to pray for me from Heaven!!!

- *Candi Almquist*

Janice enjoyed playing Rummicube. That was always her game. Marge and Sue played with her every Tuesday morning before coffee hour. She also played with Eldene every Tuesday morning. She would always tell me about the gifts she got from her cousin for Christmas, from the Harry and David Company. She loved getting an amaryllis plant from her cousin every year and watching it open up. She enjoyed watching the birds outside of her window every spring, and made sure I kept her bird feeders filled. She will really and truly be missed. - *Melanie Koehn*

We're fortunate to have excellent caring staff: our nursing, dietary, maintenance, housekeeping, laundry, social services, activities, office, front desk, transportation, and therapy departments! All have worked together during this past difficult year. Kudos to all! - *Carla Barber*

She will be greatly missed! I remember my kids coming in to do puzzles and play games with Janice! It was so good for both her and my kids! I'm excited for her - now she has joined the great cloud of witnesses! - *Nathan Spencer*

She was one of a kind. She had many hardships in her life, ups and downs, and her share of disappointments, but she always settled on being grateful for the gifts and graces she received. She did not always like doing the things that challenged her, and she would make that known, but she also stated, "But I'll try, I am willing." A lesson for us all. Rest well, Janice.

- *Denise Wells*

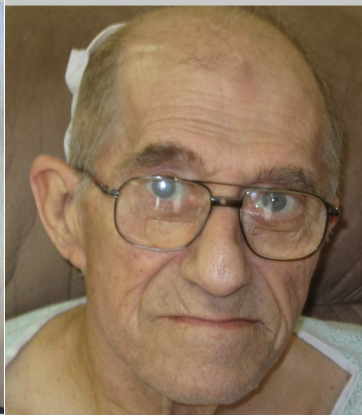
Calling all readers! If you would like to submit a tribute, memory, birthday wish, etc. to honor one of our family (residents and staff) on the Chit-Chat page, please email us at fund@sunshinemeadows.org. Thanks!

The most beautiful things in life are not things. They're people, places, and memories. They're feelings, moments, smiles, and laughter.

I don't think any of you realize how awesome it is to come to work in the morning and see a full dining room at breakfast and hear my staff doing devotions. The best birthday gift I could have was to see the residents in the activity room for bingo today. It is awesome to see (hair stylist) Kay Scheel here again doing hair, and to walk down the hall and see the ladies coming toward me with their hair all done. It is definitely a most awesome sight and may we never take this for granted again. - *Melanie Koehn, Activities Director, on Monday, January 18 (first day of PHASE TWO, reopening some areas).*



Alice Graber



Jim Strong



Duane Kjeldgaard



*Elaine Franz,
Beautician*



Bobbie Graham



Vada Unrein



Martha Mohler



As the promise of the COVID-19 vaccine becomes a reality, please join us in pausing to remember and honor the staff member and residents whom Sunshine Meadows has lost to this pandemic.

Look on the Bright Side!: The Advantages of Wearing a Mask

1. You keep others safe.
2. Women don't have to wear makeup.
3. Men don't have to shave; and if they cut themselves shaving, no one has to know.
4. You can hide your yawn when something is boring.
5. You don't have to worry about something being in your teeth.
6. You are the only one who knows how good or bad your breath is.
7. It is okay to have a runny nose.
8. You can pretend not to recognize people wearing a mask, so you don't have to talk to them.
9. You can sing loudly at church, or not at all, and people can't tell for sure.
10. Whatever you eat, you don't have to worry about people smelling your breath.
11. You can stick out your tongue at people without their knowledge.
12. A mask is great when changing diapers, cleaning the litter box, or picking up dog poo.
13. You can eat out of your mask like a mini horse-feeding bag.
14. It's harder for people to recognize you at the store with a cart full of ice cream.
15. It is more difficult to identify you as a suspect.

Happy mask wearing!

Borrowed from Clinkscales Law Office, and edited.



**In a society that
has you
counting
money, pounds,
calories, and
steps, be a rebel
and count your
blessings
instead.**



BUHLER SENIOR CENTER MEALS ARE RETURNING!!!

SMRC residents, please call Stacie Klassen for more information.

There is a sign-up sheet on the bulletin board near the dining room. Community members, please contact the Senior Center at 620-543-6858.

February 18th

Tropical Fruit Salad
Old Fashioned Pot Roast with Gravy
Mashed Potatoes and Gravy
Carrots
Coconut Cup Cake
Raisin Bread with Butter

February 25th

Jell-O with Fruit
Roasted Turkey with Gravy
Dressing
Sweet Potatoes
Green Bean Casserole
Pumpkin Square
Zwieback with Butter



Can't get out and walk, or go to the gym? Here are some exercises you can do while sitting down, that don't even require that you get out of your seat.

Calf muscle toning: Give your calf muscles a workout by raising your legs up on the very tips of your toes while remaining seated. Your calf muscles should start to burn after a few seconds.

Hold for ten seconds, return to the starting position, and then repeat eight times.

Clenches: The beauty of this exercise is that you aren't getting up and no one knows that you are secretly fitting in a workout.

For buns of steel, clench your buttocks and hold for ten seconds. Do five sets of

eight reps.

Ankle Rotations: This exercise can strengthen the flexibility of your ankles and make you less likely to suffer from sprains.

Rotate your ankles in both directions for five seconds. Do five sets of eight reps in each direction.

Arm stretches: Just because you're seated doesn't mean your arms can't do just about anything they want. Many arm exercises can be performed while seated. Stretch the muscles in your right arm by reaching as far to the left as you can with your right arm while supporting it in the crook of your left elbow and then hold it there. Remember to keep your arms straight to get the best stretch that you can.

Feel the stretch for five seconds. Do eight reps before switching over to your left arm.

Rotating at the waist: Strengthen your core by rotating at the waist while remaining seated. Get into the proper position by sitting with your legs shoulder width apart and your knees bent over the edge of your chair. Rotate as far to the left as you can and hold for five seconds, then repeat on the right. Grab the backrest of your chair with your hands for extra support.

Complete five sets of five seconds on each side.

**IF YOU WANT TO BE HAPPY,
DO NOT DWELL IN THE PAST,
DO NOT WORRY ABOUT
THE FUTURE,
FOCUS ON LIVING FULLY
IN THE PRESENT.**

Roy T. Bennett

**"The most important
thing is to enjoy your
life – to be happy.
It's all that matters."**

AUDREY HEPBURN

2020 Hindsight

Take-aways from 2020 from the viewpoint of our NURSING LEADERSHIP

Family is first because of the way COVID affected every entire family unit. I believe there wasn't one family that wasn't changed because of COVID. Many of the affects were negative such as loss or separation. Others it was positive because the family unit got closer. We relied on our immediate family during this time.

Families, co-workers, friends, churches, and so many more people came together. During this time we were forced to stretch, pull together, and humble ourselves by relying on each other. I believe whole-heartedly this showed us what we are capable of.—Rachel Perry, LPN

Working on the COVID ward, we were thankful that kitchen and laundry staff were always gracious to help and to provide whatever was needed.— Rachel Perry, LPN

talk about the year 2020 it's all negative. I think it was important to remember something positive can always come from something negative. I personally had to rely on God to show me the positive out of all the negativity going on during the pandemic.

It was an HONOR to work in the COVID ward.
- Londa Tipton, RN, DON

I was amazed by the flexibility: what we could do with rooms not intended to be hospital wards; and I loved working side by side with other nurses, and seeing their passion and compassion. I had the honor of holding Vada's hand when she took her last breath.

Amanda Downtain, RN

I was grateful for the way staff pulled together in Memory Care. We suffered the loss of residents and it broke our hearts. Meanwhile, we had teammates out sick with COVID, and others picked up their shifts without complaint. Pam Popky and many others would come in at 2 a.m. and still be there at 4p.m. We do this because we love our residents. Our attitude was to roll up our sleeves and hold down the fort.—Krista Crawford, LPN

VACCINE FACT SHEET

Pfizer (mRNA Vaccine)

95% effective*

2 dose series (0.3mL each) given 21 days apart

Multidose vial containing up to 6 doses/vial

Dilute with 1.8 mL of 0.9% Sodium Chloride

43,448 trial participants

Authorized for use in individuals \geq 16 years

Published safety and final efficacy results from Phase 3 trial on December 10, 2020

Moderna (mRNA Vaccine)

94.5% effective*

2 dose series (0.5 mL each) given 28 days apart

Multidose vial containing 10 doses

No dilution required

30,420 trial participants

Authorized for use in individuals \geq 18 years

Announced primary efficacy results from Phase 3 trial on November 30, 2020

**vaccine efficacy is against COVID-19 in individuals without prior SARS-CoV-2 infection*

What is mRNA and how do mRNA vaccines work?

- Messenger RNA, or mRNA, is the blueprint for making proteins. Within the nucleus of cells, DNA makes mRNA and then ships it into the surrounding cell cytoplasm. In the cytoplasm, mRNA is translated into proteins and enzymes. Soon after this, the mRNA breaks down.
- COVID-19 mRNA vaccines take advantage of the cellular process of making proteins by introducing mRNA that contains the blueprint for one of the coronavirus proteins, specifically the spike protein. This protein is responsible for attaching the coronavirus to our cells.
- COVID-19 mRNA vaccines are given in the upper arm muscle. Once the mRNA is inside the immune cells of the muscle tissue, the cells follow the instructions and make the spike protein piece.
- Next, the cell displays the protein piece on its surface. Our immune system recognizes that the protein doesn't belong there and begins mounting an immune response and making antibodies.
- After developing antibodies, our immune system can protect against future infection.
- The benefit of the mRNA vaccine is those vaccinated gain the protection without risking the serious consequences of getting sick with COVID-19.

What other ingredients are included in the vaccines?

There has been complete transparency around ingredients. You can find the fact sheet for each vaccine posted on the FDA's website with the exact list of ingredients. In addition to the mRNA, both vaccines include:

Lipids: Molecules or "bubbles of fat" that surround the mRNA to protect it, so it does not break down before it gets into our cells.

Salt: Similar to table salt, it keeps the pH of the vaccine close to that of the body, so the vaccine doesn't damage the cells.

Sugar: Similar to sugar we eat, in the vaccine it helps keep the "bubbles of fat" from sticking to the vaccine vial.



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