



March 2021

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

Sponsoring Churches/Board of Directors

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

Buhler Mennonite-Deanna Siemens

Hoffnungsaus Mennonite-Louis Martens

Bethany Nazarene-Kay Scheel

Crossroads Christian- Open; Victorious Life-Open

Buhler Methodist-Joe McGowen

At large-Cameron Kaufman, Mary Frazier

APPRECIATION APPRECIATED!!!



On March 1, the Sunshine Meadows Board of Directors graciously presented all three shifts with a delicious meal, and this eye-catching sign for the front entrance. Employees truly felt their board of directors cared this day!

101!!! Our beloved resident, Art Dick, celebrated his 101st birthday on March 2. He had a great time. When one gets to be 101, one cake is not enough! Be sure to turn to page 8 to see pictures of his party!



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:

Dennis Shank, Terry Reinke,
Roberta Shogren

We Said Goodbye To:

Norma Reuter

Resident Birthdays

1: Fern Reimer 2: Art Dick 5: Norma Lee Smith

8: William Daniels 9: Terry Reinke, Joan Emmerich

13: Tim Corwin 21: Patsy Holmes 24: Betty Bates

Staff Birthdays

1: Brianna Peterson, Krista Crawford

2: Candi Almquist

3: Ellissa Stringfellow

8: Laura Tracy

22: Angela Dunn,
Makenzie Houston

28: Ruth Lindahl

29: Jennica Price

30: Angela Brown

31: Savanna Curry

**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

Londa Tipton, RN Director of Nursing don@sunshinemeadows.org

Debra Thompson, RN MDS Coord. mlds@sunshinemeadows.org

Rachel Perry, LPN Care Manager rperry@sunshinemeadows.org

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

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

Meeting Our Neighbors

-With Judy Dickinson

Gloria Forsythe was born in Winfield, Kansas, and grew up in Wichita. Her parents worked at Boeing for the major part of their careers, and the family lived near Derby. Her older brother, Ronald, was very dear to her. He went to be with the Lord a few weeks before she moved here. She was surprised when a letter came her way a few weeks after his passing. Gloria had experienced some health issues a few weeks prior to his passing. A relative was going through things at his home and found an envelope he had prepared to send to Gloria; it lacked the address because he wasn't sure where to send it. The relative sent it to Gloria. It contained a poem that her brother had written just for her, about how much his sister meant to him. What a special keepsake!

Gloria has fond memories of things she and her brother did together. When they were teenagers, they took dance lessons. Not long after that, a new program was started in Wichita called T.A.R.P., Teen Age Recreation Program. They held Sock Hops at a Wichita Junior High School. Gloria and Ronald went to the dances. The Police Department kept a close eye on the parking lot, making the parents feel like it was a safe place for their teens to have fun. At the Sock Hop, Gloria became acquainted with Jimmy Forsythe. Jimmy and Gloria were a part of a group of teens that did many things together. Their relationship grew, and the couple got married while she was still in high school in March, 1959. Gloria graduated in 1960.

Some of Gloria's fondest memories were times spent with her grandparents. Her paternal grandparents lived near Hewins, Kansas, on a farm, which is near Cedarvale and Sedan. She learned a great many things when visiting in the summer, like canning and farm life in general. She and her brother also did special things with their maternal grandparents at Ark City. Three Disney events have a special place in Gloria's heart:

Going to Disneyland in California, when she was a youngster, and riding Dumbo, the Flying Elephant, with her grandpa, who was wearing his farm overalls; taking her kids, Tammy and Kelly, to Disneyland when they were five and two years old; and going to Disney World in Florida with Jimmy for their 30th Wedding Anniversary. Each trip, they had relatives who lived nearby so they didn't have the cost of a motel, making the trip very affordable. They had a great time and got to spend time with family too.

In 1980, Gloria's mother passed away unexpectedly and in 1981, Gloria's dad had open heart surgery. He had 5 bypasses and lived 34 years afterward. He remarried at age 67. Gloria's stepmom passed away with cancer. Gloria was a caregiver for her dad after that.

Gloria and Jimmy had a wonderful life together. For much of his career, Jimmy worked for Cessna as an aircraft inspector. Gloria seemed to have been born with the gift of being a craft artist. She owned a craft shop for several years and taught 17 different kinds of craft classes. She could take about anything and make something useful or artistic out of it. This experience laid the groundwork for her next job as an Activity Director/Social Services person at a nursing home in Haysville for 10 years and later at Prairie Homestead in Wichita, where she became a Certified Med Aid. Then, she worked for 10 years with special needs kids. In between these jobs, Gloria was a caregiver for many various family members and dear friends. While she was caring for her father-in-law, she ran a licensed day care in her home. She was also involved with her church, Sunday School, Vacation Bible School, was a Den Mother for Cub Scouts, and worked with Girl Scouts as a Troup Leader in Brownies, Girl Scouts, Cadets, and Seniors. She fondly remembers building River Festival floats for the Girl Scouts for several years. She also

continued on page 3

SMRC Superbowl Week! The activity department provided several activities to acknowledge the Kansas City Chiefs' success in getting to the Superbowl two years in a row. Even though they didn't win, residents and staff members alike had a fun week of celebrating. Activities provided a game for the staff and residents to guess the final score. The winners (also known as traitors) were: Staff First Prize— Levi Friars: Chiefs 14, Buccaneers, 35; Second Prize— Carolyn Colahan: Chiefs 28, Buccaneers, 35; Resident First Prize— Franklin Pankratz: Chiefs 11, Buccaneers 21; Second Prize— Paul Lawson: Chiefs 17, Buccaneers 21.

Levi and Carolyn were awarded gift certificates to Reffners (where they will likely buy Buccaneers shirts) and the residents were awarded humongous Hershey bars. On Thursday, staff members brought in food for a Superbowl tailgate party. There was quite a spread! Everything from chips and dip, pizzas, little smokies, cheese and crackers, and much, much more was enjoyed by everyone. This was also the day we received our second Covid vaccination, so this made the day seem a little easier! As we learned when we were children, a little food is always good when we have to get a shot. On Friday afternoon, four residents enjoyed throwing a football over a goalpost set up in the hallway. Everyone who took part had a blast playing and watching. Assisted Living took part in this game. Thanks to Liz Keith's husband, J.C., for building the goal post. It looked like the real thing, only smaller; our football ball field was short and not nearly as wide as the real thing — but, thankfully, we didn't have to travel to Florida to play. - Melanie Koehn, Activities Director

Continued from page 2 helped to start the Alzheimer's Association that held meetings at Century II, while she was working at a nursing home. Gloria was innovative in having dogs in the nursing home as therapy animals for the residents. Gloria and Jimmy had two children; a daughter, Tammy, and a son, Kelly, who both were raised in the Wichita area. Tammy is married to Randy and they live in Buhler. Tammy works as a secretary at the Buhler Grade School and Randy has a job working with youth. Kelly and his wife, Dawn, own and operate a resort in Shellknob, Missouri.

Gloria and Jimmy were blessed with 5 grandchildren who each married, giving Gloria 10 grandchildren and 10 great-grandchildren. Gloria is so proud of each of them!

Jimmy had cancer and went home to be with the Lord in 1994. Though she has missed Jimmy, Gloria has lived a wonderful life. She is thankful for all her blessings.

Gloria would like for people to know that if you have been given a God-given gift, you need to use it and share it with people. You can make a difference in another person's life!



1
SOUP



2
TRAVEL

3
WINEEE



CCCCC

4
Stand
TRY 2



Get your **REBUS**
cap on! Solving these little
word puzzles is great for the brain!



FUNSHINE PAGE

5
There's 5846SAFETY79243

"You can live to be a hundred if you give up all things that make you want to live to be a hundred." Woody Allen
"You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there." George Burns
"Old age is always fifteen years older than I am." Oliver Wendell Holmes

1. Split Pea Soup; 2. Overseas travel; 3. Win with Ease; 4. Try to Understand; 5. There's safety in numbers



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_IKQpPz4pq-aIUtH/view?usp=sharing

If you read February's newsletter, you may recall our new resident, **Gibbo**. Well, it turns out, he was one of **Hatteberg's People!** Here is the link to watch his segment: <https://www.youtube.com/watch?v=gS-Byoo4XcA>

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!

Introducing a New Volunteer!

Georgette Jane Barber, furry child of Carla Barber, SMRC fundraiser, will begin working once a week as a therapy dog in mid-to late- March. Carla has therapy-trained other dogs in the past, and says Georgie has just the right temperament for the job. "She just wants to cuddle and be petted," Carla said. "She only barks if no one is paying attention to her." She answers to Georgette, Georgie, and Gigi.



Georgette will hang out in Carla's office when she's not on assignment, and will stay home on days she's not needed for therapy. Georgette regularly visited her dad, Jerry, in 4 area hospitals and one nursing home, for seven months during his illness in 2019. She visited several other residents while there.

BEWARE! PHONE SCAM! One of our independent residents asked us to make everyone aware of a scam she just encountered. She received a phone call from a gentleman claiming to be from Publisher's Clearing House. He told her his name and badge # and that she had won, and he and several attorneys were on their way to her home to deliver her prize. He gave her the names of all of the attorneys and asked her to remember his badge # and all of their names. He then asked her to go to Dollar General and get some type of a card. She said he was VERY convincing and that she believed him until he asked her to go to Dollar General. She wants everyone to know about this scam, because he was so convincing!

BUHLER SENIOR CENTER MEALS

Come 'n' Get It!



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.

*I do remember,
and then
when I try
to remember,
I forget.*



MENUS

March 4th

Watergate Salad
Chicken Fried Steak
Hashbrown Casserole
Peas
Peach Crisp with Whipped Topping
Sourdough Bread with Butter

March 11th

Greens Cheese and Peas
Hamburger Potato Bake
Cream Corn
Strawberry Topped Angel Food Cake with Whipped Topping
Bread with Butter

March 18th

Cottage Cheese
Fried Chicken 1 Leg, 1 Thigh
Mashed Potatoes with Gravy
Corn
Cookie
Biscuit with Butter

March 25th

Baked Apples
Chili with Cheese
Celery Sticks, Carrots and Pickle Spear
Sliced Onion
Frosted Cinnamon Roll
Cornbread with Butter

**To be happy, don't dwell on the past
or worry about the future. Focus
instead on living fully in the present.**

STAFF BRAG - from Melanie Koehn, Activities Director

January was Activity Appreciation Month, but we missed it in the newsletter, so I'd like to say something about my three awesome staff members: Julie, Jody, and Liz. We all get along well. We have lots of fun, both in the office, and out with the residents. During the Pandemic, it has been a challenge to do activities, but my team has done really well, all things considered. We had to find new ways to do things and they stepped up to the challenge.

Jody has worked in activities the longest, since 2007. She first worked at the front desk as a receptionist, then provided activities in nursing, and later moved to offering Assisted Living activities. Liz joined us in Activities first as a volunteer, and then became a full time employee in 2015. Julie Christian joined the Activity Department in 2018. I am very, very thankful for this team. They have brought much to the department and help to keep me in check!

Each of the staff members brings her own special talents to the department. Julie does a great job of hosting our Good News Hour, held on Monday mornings. Residents gather together to reminisce about past occupations, etc. This has helped residents and staff alike learn more about each other. Jody was born to do arts and crafts. She encourages the residents to stretch their abilities, and work outside of their perceived box, and they have fun doing it. Liz puts together our calendars and works with Amy Johnson to host our Music and Memory Program. Where there is music, Liz and I can usually be found! (She also makes sure there's popcorn on Fridays for everyone who wants it!) All of the ladies do a fantastic job of manicuring the residents' fingernails once a week. That's not my forte, so I'm glad they can make all our ladies' nails look beautiful!

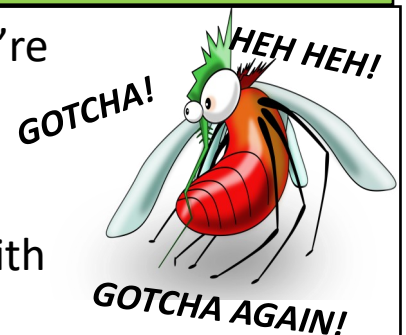
I've only touched on a few things you might find interesting about our team. We are all about fun, laughter, and games. If you hear loud laughter and lots of giggles, you only have to look in the Activity office to find us enjoying a good joke and de-stressing. We all enjoy what we do and want to continue to bring our best to our residents and the rest of the staff. I'm a very appreciative leader!!!

OBSERVATIONS

Some reflections on the past year are good reminders for us as we move forward: SEEKING is one thing we've all done. The last year took us into uncharted waters. We developed a trust

factor in our team, our faith grew, and our hope for something better kept us going. All things do work together for good when we put our trust in the Almighty Creator of our universe. Thanks to all of you for helping us row in unison through troubled waters. - Keith Pankratz

IF YOU THINK you're too little to make a difference, just spend the night with a mosquito.



THE YEAR ART DICK WAS BORN:

The league of nations was established.

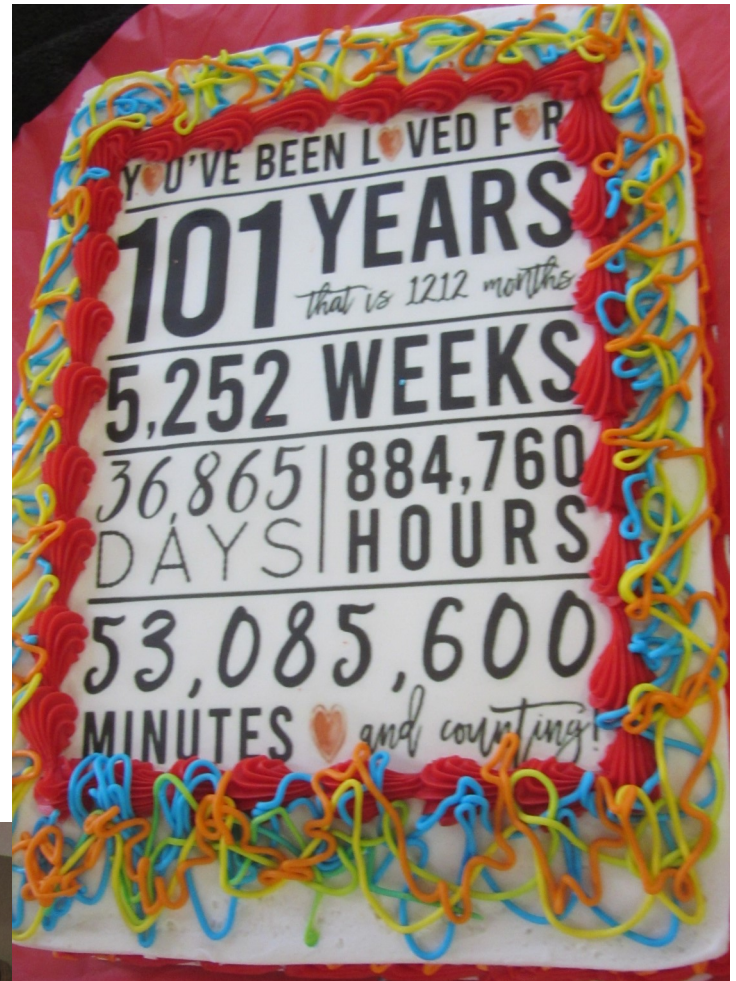
America had a de-facto woman president (President Wilson's wife, Elsa, stepped in when he was incapacitated).

The mass media was born.

The constitution was amended twice in the same year.

Women gained the right to vote.

America sustained the worst terrorist attack in its history.



2020 Hindsight

Take-aways from 2020 from the viewpoint of our LEADERSHIP



I garnered a greater appreciation for my staff, as I watched their love and commitment to the residents. - Krista Crawford



What I Learned From the Covid 19 Pandemic: I learned that I should never take anything for granted. Many of the things I took for granted before were put into perspective this year because some of those things were taken away. I became more empathetic and put myself in the residents' shoes. I could go home every night and do what I wanted, when, and how I wanted, whereas our residents had to stay put and were deprived of seeing their families, and feeling the touch of human hands. Even though we could fill in the gap, nothing is like seeing and holding family. During this time, I really learned to appreciate the little things: for example, the washing of my hair, being able to come and go as I please, gathering in groups and being able to go to church or wherever else.

My Activities team has also grown closer. I learned that even through tough times, the world does go on, and it is up to me to either pull up my boot straps and go with it, or wallow in the negatives and look on the dark side.

Also, I found out that I could be a universal worker and help out where help was needed, whether it be as a housekeeper, dining assistant, or transport bus driver. I got to know the residents on a more personal level. Even though the pandemic has had its dark times, I could always find the sun shining through the thunder clouds -- but I did have to look for it. -

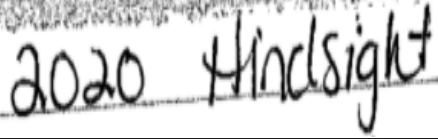
Melanie Koehn

I learned so much from 2020!: Adapt! Things change - we're all capable. Realizing that we are all in this together really helped us become a family! Prioritizing - I had to learn what really mattered! Enjoy the small things, and focus on not taking things for granted.



I'm grateful to see how we all pulled together here! - Becca Meitler





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

*Carla offered this poem in response to
what she'd learned in 2020 due to COVID.*

The Solution

Carla Barber

The news reports stated Wuhan had a flu, and soon it would travel to our country, too.

While China donned masks, we all said a prayer, and hoped it would not reach Americans there.

Though soon came the news that New York was infected, politicians, wanting to be re-elected,
Denied there were body bags out in the street, left there to rot, like pieces of meat

While hospitals begged for help and relief, and, unheard, the dead's loved ones cried out in grief.

Who do we trust, believe, or approve? The world is in flux, and hate's on the move.

The pillars are split, the statues pulled down, not just in big cities, but in our small town.

Pandemic, and death, and country divided, left nothing for certain, left nothing decided.

We let politicians and politics lead, thanks to our media and our news feed,

And griped about masks, and waiting in line, and six feet of distance, and nowhere to dine,

And COVID fatigue, and no seats on a bus, and no wedding dances - - poor pitiful us.

And all the while, God still remained on His throne, and waited for those who said they were His own

To come to their senses, stop whining and hating; to love and to pray: for this, He was waiting.

The journey we're on's not about who is right. It's not about wealth; it's not about might.

The promise is given to all who draw near — to all who beg mercy, to all who will hear:

Return to your home; to your loved ones be kind. If hate's in your heart, drop your load,
change your mind.

Love those people who somehow think different from you. Love them like God has loved them; love them like He loves you.

Now's the time, all His children, to cease all your hating, and call upon God. For you, He is waiting.

WAIT ~ HOPE ~ TRUST ~ LOVE. *Repeat.*

Looking for a GOOD READ?

ADVICE FROM MY 80-YEAR-OLD SELF

Real Words of Wisdom
from People Ages 7 to 88

By Susan O'Malley

What advice would your 80-year-old self give you? Artist Susan O'Malley, who was herself to die far too young, asked it of more than a hundred ordinary people of every age, from every walk of life, then transformed their responses into vibrant text-based images. From a prompt to do things that matter to your heart, to a reminder that it's okay to have sugar in your tea, these are calls to action and words to live by: heartfelt, sometimes humorous, and always fiercely compassionate. This stirring celebration of our collective humanity unveils the wisdom we hold inside ourselves right now.



SUNSHINE MEADOWS annually recognizes their employees' service longevity. With five years' service are Linda Simmons, Tiffany Taggart, Jeff Walker, Yvonne Wheatley, Debi Thompson, Betty Schrag, and Kelley Couch; at ten years are Sam Elzey, James Pope, Liz Brown, and Treva Strand; recognizing 15 years are Jody Anderson and Laura Tracy; 20 years, Michelle Cross and Kay Scheel; and achieving 25 years, Terri Ediger, Eric Beye, and Linda Dettwiller. Congrats to all of these excellent employees! You make Sunshine Meadows the best!

Pictured are some of our honored staff members behind the new sign.

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

AUDREY HEPBURN





TOO BAD the person these were
MEANT FOR isn't getting to wear
these nice clothes!!!

MISSING clothes? Laundry staff can't return them if they're not marked with the owner's name! We have GREAT staff members, but SWAMMIES, they AIN'T! PLEASE mark them before gifting them to your loved one. We want to see them enjoying their new clothes as much as you do! So **PLEASE PLEASE PLEASE TAG THOSE NEW CLOTHES!!!**

VISITS ARE BACK!!! Call Becca to schedule a visit with your loved one soon!

ALSO, great morale news: SUNNY'S is OPEN to RESIDENTS and STAFF! Great steps forward, and we hope to continue, until soon we can invite in others!!!

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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