



May 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-Open

Hoffnungsaus Mennonite-Louis Martens

Bethany Nazarene-Kay Scheel

Crossroads Christian- Open; Victorious Life-Open

Buhler Methodist- Open

At large-Cameron Kaufman, Mary Frazier

Sunshine
Meadows'
Annual

GALA

TICKETS

\$75 until

May 28

*\$100
at the
door*

Schedule & auction items on page 12.



Call Stacie Klassen to get tickets!

Pull on your jeans and boots, grab your Stetson hat, and hide out with our posse at La Torre on June 4 to enjoy live music, bid on trips and other fine merchandise, and eat to your heart's content! And who knows? You might catch a glimpse of the Wild Bunch Gang!

MORE INFO on PAGE 12!

LaTorre, 158 Chisholm Road, Inman, KS

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 ; or, mail to **SMRC address.**

We Welcome: Les Flaming, Rose Epp,

Margaret Enns and Dottie Couch

We Said Goodbye To: Marie Howard and Barb Evans

Resident Birthdays

May 7: Beverly Burgey

John Schroeder

May 11: Acey Dials

May 12: Nick Rempel

May 17: Joanne Arie

May 21: Amanda Dick

Gayle Williams

May 24: Evelyn Doerksen

May 27: LaVerna Richert



Staff Birthdays

Monica Mullen May 2

Alyssa Nisley May 7

Michelle Cross May 10

Mackenzie Stanford May 11

Kelsey Nisley May 12

Kelsey Babcock May 15

Mackenzie Faulkner May 15

Chester Belcher May 19

Karla Mathews May 21

Jeremy Nisley May 23

Deb Mills May 29

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. mds@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

Pastor Nick Rempel and his wife, Clarice, accepted the call to leave Seattle and come to Buhler MB Church in 1970. They made a great life together here, but in 2001, Clarice passed away. Nick was a long way from ending his service; God knew that he would need a helpmate. Marlene's husband, Vernon, lost his fight with cancer just like Clarice. Both Nick and Marlene grieved their losses. Marlene continued living in Cheney and working at a bank as the secretary to the bank's president. When it came time for her to retire, Marlene wanted to live near one of her four daughters. Courtney, married and living in Buhler, asked her mother to live near her. Marlene has lived here ever since. Courtney and her husband, Willie, were members of the Buhler MB Church, where their wedding was held years before. Marlene didn't remember the pastor, but she remembered the wedding sermon that was based on "Outcomes."

On her first Sunday at the MB Church, Marlene attended the cross generational class that Nick was teaching. When Nick began a grief recovery ministry, Marlene's secretarial experience came in handy; she volunteered to write the newsletter Nick wanted to publish for the group members. Nick had a small cell group to whom he served refreshments in his home. Another widow invited Marlene to attend. Nick happened to hear Marlene say that she would "never marry another man unless God puts him on my front porch." Since Nick enjoyed walking, he changed his route to include going by her front porch. He found out that Marlene also enjoyed going on long walks, so he asked if she would mind if he walked with her. He had promised his daughters that he would not date anyone for at least a year after their mother passed and he remained true to his word. In December of 2002, Nick asked Marlene to marry him. They were wed February 1, 2003, and have been married for 18 years. The couple decided that they would not try to force the families to be blended because it might

be asking too much of their daughters, but the families have blended wonderfully and they are so proud of that!

Marlene wanted to do something special to keep her family together, so she planned vacations for a family gathering every two years. Both families loved the idea of getting together like this and the whole group adopted this tradition.

They have been to many wonderful places, such as Wyoming, Georgia, and the Olympic Village Condos in Whistler, British Columbia, Canada. This had been the location of the 2010 Winter Olympics and the 2010 Winter Paralympics.

The gang had great fun that summer, zip-lining and doing all kinds of activities. Nick's parents had migrated to Canada from Russia, and he was born in Canada, so he was able to show the family where he had lived and took them to visit several special nostalgic areas of his childhood.

One interesting fact about the couples' childhoods is that both were raised in towns named Arnold: Marlene in Arnold, Nebraska, and Nick in Arnold, British Columbia, Canada. They were both members of large families, with 12 children in each household!

During this past pandemic year, the family began to have meetings via Zoom; One son-in-law asked Nick if he would do a devotional for the Zoom family time. Nick considered this request to be a blessing because it forced him to be in the word. Nick began writing the devotionals each week and manuscripted them. Various family members have used his devotionals for various uses in their personal lives and even in their workplaces.

Nick and Marlene enjoy living here at Sunshine Meadows in Independent Living. Nick is happy they are here and he recalls a time when his mother had gone to be with the Lord and he began talking to his father about his plans. He lived about 2,000 miles away from his dad so he wanted to encourage him to think about that, while he was there to help. *continued on page 3*

SAVE the DATE!

Sunshine Meadows' Western GALA

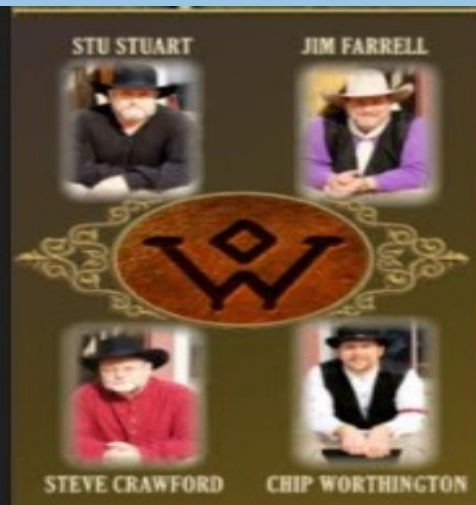
Friday, June 4 (meal 5:30 - 7p.m.)

Pull on your jeans & boots, stroll the LaTorre grounds, enjoy fabulous food & renowned desserts, shop the sealed bid & silent auctions, & experience the music of the **Diamond W Wranglers!**

More info coming soon!

Call Stacie for tickets!

620-543-2251



Nick & Marlene, continued from page 2 They went to visit a retirement place in Abbotsford, British Columbia, Canada. Nick was hoping his dad would decide to move there. As the manager of the facility showed them around, he showed them an independent living unit that was vacant and he said to Nick's dad, "John, this is your room!" His dad asked some questions and then said, "I'll take it!" His dad sold his house and settled into the retirement community, where he could do woodworking and several other activities. Nick inquired by phone as to how things were going. His dad replied, "Things are going well but I want them to go well and if you want it to, it usually does!" Nick cherished that moment and the words of wisdom from his father. Attitude is everything! Life has its ups and downs but Nick and Marlene expect things to go well, and they usually do work out well.



Nick and
Marlene
Rempel

584SAFETY9482

1



GIVE GET
GIVE GET
GIVE GET
GIVE GET

2



JOBINJOB

3



4

* NV

Get your **REBUS**
cap on!

Solving these little
word puzzles is great for the brain!

5

HOUSE

FUNSHINE

Answers at
bottom of page.



6

META META
META META

WHAT

7

MUST

STR EET

8

1. Safety in numbers 2. Forgive and forget 3. In between jobs 4.
Green with envy 5. Greenhouse 6. Metaphor 7. What goes up
must come down



Dear Lord,

Let me make good things happen for other people — for those here now, and for those who come after me. When things get tough and I fall short, remind me that I can accomplish anything with time, effort, patience, resilience, and your blessing. ANYTHING.

When my situation is not the best, remind me to make the best of my situation.

Help me to be resourceful and responsible. Help me to get over myself and to expect more of myself. Remind me that I am obligated to you, and to this world you made. Strengthen me to give more, to encourage more, and to enjoy more.

Blessings!

“It’s good to be blessed. It’s better to be a blessing.” I try to apply this to whatever circumstance I’m going through.

I have never worked as a CNA during

“normal” times. My CNA training took place at the start of the pandemic, interrupted numerous times by quarantines, possible COVID contact, moved locations; and was extended, due to Sunshine Meadows’ closing to the public. Finally, I was lucky enough to be hired last May! Little did I know that this part-time job would change my life! I was excited to start and hoped I could be a blessing to the residents whom I had come to love so much. I didn’t realize that I would need them as much as they needed me! The grace they have given me as I learned my new job, and the trust they put in me, is incredible. They’ve blessed me.

Working in the COVID ward was surreal and heartbreaking. I wasn’t sure I wanted to do it. However, I managed to develop a deeper relationship with several of the residents. At first, it was so busy and there were so many residents in the COVID ward that we just had to do our best. But because I had been close to them in Heartland Neighborhood, they loved seeing me working with them in the ward! I was so happy to give them the attention they needed and were used to. But it was a hard time, as well, losing a couple of my favorite people. When we were down to only four residents in the ward, we could play cards, watch movies, and visit. What a blessing to get to know them better, to be family to them when their own couldn’t be with them. I feel we were much more to them than nurse aids. We were family, confidants, therapists, friends, a shoulder to cry on and someone to laugh with. And of course, someone to hug.

I’m so glad we’re past that! I love each and every one of my residents. I thought I’d be a blessing to them, but I was wrong: I was the one on the receiving end of all those blessings.

By Lona Bass, 1st prize (\$150)

This is one of three prizewinning essays from our staff contest on what it means to work in healthcare during a pandemic. Look for the 2nd and 3rd prize essays on page 6 and 7. Thanks to all participants!



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-aUtH/view?usp=sharing>

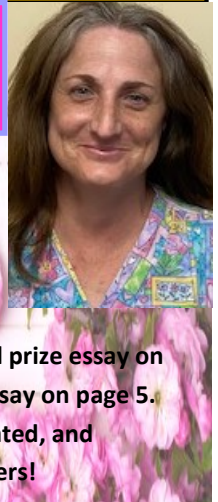
Calling all readers! If you would like to submit a tribute, memory, birthday wish, etc. to honor one of our family (residents and staff) on the Chit-Chat page, please email us at fund@sunshinemeadows.org. Thanks!

Rewarding, Throughout A Pandemic

For over a year I witnessed fear, sickness, loneliness, stress, sadness, and confusion, on a level I have never before experienced in healthcare. However, and more importantly, I witnessed strength, healing, compassion, teamwork, grace, and love: love for these residents as they found the strength to persevere through this; love for the residents who were lost; love for residents as they longed for, and searched for, their normal; love for residents when their families couldn't be here to provide it.

By Sarah Brown,
2nd prize (\$100)

This is one of three prize-winning essays from our staff contest on what it means to work in healthcare during a pandemic. Look for the 3rd prize essay on page 7, and the winning essay on page 5. Thanks to all who participated, and congrats to all of our winners!



Love was shown to each other, in each department. Our residents could not have had a better, more dedicated team to walk with them through this journey, to calm their anxieties, to assist them to stand at a window for even a brief glimpse of their loved one on the other side; to provide a sense of normalcy from day to day, even through the masks, goggles, gloves, and gowns; to provide loving care as they battled through this alongside us, and assurance as some fought the fight of their lives. To work in healthcare, at Sunshine Meadows, during a pandemic, was rewarding because of love, in so many ways.

I love you, Lord, my strength. Psalm 18:1



Georgia and Gibbo Pierson, residents here at Sunshine, celebrated 74 years of marriage on April 23. Quite an accomplishment! Gibbo asked for help in getting red roses and a card for Georgia: a simple request, but it meant a lot to him. Activities helped them celebrate by serving Georgia's favorite food, something she'd really been missing: Digiorno's cheese stuffed crust pizza. It's all about the little things in life. As the song says, **little things mean a lot.**

BUHLER SENIOR CENTER MEALS

Come 'n' Get It!



YIPPEE!!!

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.

Rewards of Working at SMRC During a Pandemic

I feel especially rewarded to be part of our GREAT team here at SMRC! Our teamwork was much improved by working through the chaos of needed adjustments. We have always had good teamwork, but the way staff pitched in together to get things done was amazing. I cannot say that "Teamwork made the dream work," as who would ever have dreamed that we would have to be as restricted as

we were, and that this pandemic would last as long as it has? But teamwork did make things flow much easier!

Spending time with our residents was especially rewarding. Residents were not allowed to have family or other visitors during our time of shutdown, so they needed staff to step up and be there for them, to just listen and care about their concerns. This was not easy for any of us —staff or residents— but being able to be the sunshine in a resident's day is always rewarding.



May Senior Center Menus

May 6th

Glazed Chicken, Bread and Butter
Mashed Potatoes and Gravy
Italian Vegetables, Deviled Eggs
Vanilla Pudding and Amish Sugar Cookie

May 13th

Invite a Friend day: Newcomers eat free

Sunny's Hamburger Picnic
Calico Beans, Potato Salad
Homemade Ice Cream

May 20th

Chicken Supreme, Zwieback with Butter
Party Potatoes, Steamed Carrots
Cherry Apple Sauce
Pineapple Upside Down Cake

May 27th

Green Bean Soup, Cheddar Cheese Slice
Tomato and Cucumber Salad, Rye Bread
Peach Pie

By Candi Almquist, 3rd prize (\$50)

This is one of three prize-winning essays from our staff contest on what it means to work in healthcare during a pandemic. Look for the 2nd prize essay on page 6, and the winning essay on page 5. Thanks to all who participated, and congrats to all of our winners!



Here are the current changes per COVID requirements for Sunshine Meadows:

Starting now, vaccinated residents no longer have to quarantine to their rooms unless they have symptoms or have a prolonged known exposure to COVID-19. They can have their loved ones take them to doctor's appointments, shopping, etc., without concern of needing to quarantine when they return to SMRC. Residents who have not been vaccinated still have to follow our quarantine guidelines. When/if they leave the facility to an uncontrolled environment, they will have to quarantine in their rooms for 72hrs, have a PCR test done, and await results before coming off of quarantine.

We are continuing indoor visitation and will only pause that if we were to have a positive case here in-house. We are communicating to families that they ARE permitted to use the restroom in their loved one's room as long as it is not a shared bathroom with another resident. For those who do share a bathroom, families will be permitted to use the restroom by the main dining room only. We have begun to use our hospitality cart again for residents and their families who are needing palliative care. It must be disinfected before and after use.

Vaccination is a big focus for us, as it is for the rest of the nation and world right now. Specific to us, there are new regulations coming out that give us the ability to be more open based on vaccination status. That is a reality that we want to begin to communicate to you all. It is very likely that our vaccination status will be a deciding factor for next steps in the process of reopening our facility to more freedom and normalcy.

SO --> Staff members CAN still get vaccinated via our connection with Reno County Health Department. If you would like to do so, please contact Rita to get that set up. Both the Moderna vaccine and Johnson & Johnson vaccine are available. The FDA has lifted the 'pause' that was previously on the J&J. Remember that this one is only one dose - and then you will be fully vaccinated in 10 days. The Moderna is still a 2 step process and full vaccination status is not attained until 10 days after the 2nd dose. The EPT team is here to answer any of your questions about the vaccine as well. If you are hesitant, we want to help you be informed so that you can make a good decision. Please know that your doctor is the best source as he/she knows your medical history and can help calm any concerns you may have.



Hesitant?

Please don't wait.
Now's the time to vaccinate.

COVID-19 vaccines do not contain the SARS-CoV-2 virus.
No weakened germs. No preservatives.
No fetal tissue.

Learn what's actually in COVID-19 vaccines and why more people are choosing to vaccinate.

 **VOICES on VACCINATIONS**

www.voicesonvaccinations.org

Mother's Day Lunch!

Don't let her cook! Show Mom you care! Pick up to-go meals: a 2-piece chicken dinner and all the trimmings, including apple crisp for dessert! \$12; age 10 & under, \$7. Drive through at **Sunny's** from **11a.m. to 1p.m. SUNDAY, MAY 9.**

Happy Mother's Day!



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



To assure everyone's health, SMRC would love to see our vaccination level for staff at 70%. Currently, we're over 55% of those eligible to be vaccinated. This is the Johnson & Johnson vaccine, the "one and done" type, so if you'd prefer it, now's the time to sign up! Call Rita at ext. 112, or Nathan at ext. 116.

NEED MORE ENCOURAGEMENT?

Once SMRC employees' rate of vaccination reaches 70%, **ALL EMPLOYEES** who have taken the vaccine (starting from day one) will be entered in a drawing for a \$100 prize! There will be **FIVE \$100 prizes**, so the odds are tantalizing!

Help us reach our goal to keep ourselves and our residents safe, and get out of Phase One forever! Call Rita or Nathan to schedule your vaccination **TODAY!**

The path to a more enjoyable day (for everyone):

**Contribute ~ Be kind ~ Be patient ~ Be honest
Encourage ~ Apologize ~ Forgive ~ Thank people**

Part of the problem is the eggshells.

We've laid them out around ourselves and become worried about stepping on those that others have laid around themselves.

All of us, at one time or another, have forgotten our interdependence and obligation to other people. We've put ourselves (our comfort, our hearts, our minds) at the center of our universe (*our* universe?).

Love Your People.

Who are your people? Everyone who's important to you:
your family, your friends, colleagues, residents, staff, team.
These are your people (and you're theirs).

And care? It's attention and contribution:

what you give, what you do.

It's kindness, patience, generosity, and truth.

It's encouraging, apologetic, forgiving, and thankful.

Love Your People.



**MISSING
clothes?**

LABEL,



PLEASE!!!



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

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

APOLOGIES MATTER:

“If you want to be strong, if you want to be a good leader, the first thing you have to learn to say is 'I'm sorry' when you make a mistake.”

- Bryan Stevenson, civil rights attorney

A genuine apology shows that you value the person. Knowingly withholding a deserved apology shows that you don't; that, to you, the person isn't worthy of respect. Before you judge, walk a mile in that person's shoes.

GALA Schedule:

5:30 pm: Dinner Is Served

Catered by Sunshine Meadows'
Chef Eric Beye & his highly
qualified staff

Ongoing Silent Auction/ Sealed Bid Auction

Winners announced when dessert
bar opens

7:00 pm: Live Music by The Flying W Wranglers

Announcements/ Donation Opportunity*

**Serving our residents is the
reason for this event. Please stay
and listen to this short appeal, and
consider what you are able to
donate to our capital campaign to
create an assisted living/memory
care neighborhood.*

8:15 pm: Dessert Bar Checkout Line Opens

Friday, June 4

Sealed Bid Auction Items

subject to change

Vacations:

Grand Lake, OK

Pagosa Springs, CO

Steamboat Springs, CO

**Caribbean Meal with
Ed & Carol Berger**

Stutzman dumpster use

A day in Wichita

Spa day

Cornhole game

Tea time at Carla's

**Summer shish kabob &
outdoor movie night**

Patio chairs; Patio cooler

Queen mattress

KU & K State baskets

Guys' night: the Red Shed

12 months of cookies

LaTorre board dinner

Resident Rights

Starting this month, each month a right and/or policy will be posted in this newsletter. If you have questions about your rights, or those of a family member or friend living at Sunshine Meadows, please do not hesitate to contact Becca or LeNora in Social Services.

The dignity of the individual is never more important, and never more in danger, than in old age. With its traditional concern for the elderly, Sunshine Meadows believes that its residents are entitled to not only high standards of social and physical care, but also to the exercise of those inherent human rights that contribute to the totality of individual dignity. The resident has a right to a dignified existence, self-determination and communication with and access to persons and services inside and outside the facility. The facility must protect and promote the rights of each resident.

1. **FREE CHOICE:** This right refers to your choices regarding medical treatment while you are a resident here. You have the following rights concerning your medical treatment:

Right to choose an attending physician; however, if your attending physician refuses to comply with certain federal regulations regarding your care, the facility may replace your attending physician after notifying you. You have the right to contact your physician, and staff can provide the phone numbers and assistance if needed.

Right to full advance information about changes in your care or treatment, which affects your wellbeing. The right to full information includes your total health status. This also includes your right to refuse treatment. You must be persistent and consistent in indicating your desire to refuse treatment. If this facility cannot provide the treatment you desire, we will try to place you in a facility that can provide that treatment. If you require artificial nutrition and hydration during your stay here, and wish to refuse that treatment, the laws of our state will govern the manner in which your desire is implemented.

Right to participate in your assessment and care planning. You may self-administer your medications if your assessment demonstrates that this is feasible for you.

Right to consent to participation in experimental research.

Right to choose a pharmacy that offers unit dose of similar systems.



A photograph of pink roses in bloom, with some flowers in sharp focus and others blurred in the background. The roses are set against a soft, light green background.

A BIG hearty **THANK YOU!** for those who took part in our BURGER BASH!

We raised \$3600, thanks to YOU!

With that, and the Chili Meal fundraiser, we have designated \$6500 toward the new Heartland spa!

Thanks, everyone!

But we're **not there yet!** We'll need to raise another \$4000 to be able to give our residents the quality spa they need and deserve.

Our next fundraiser for the spa will be on May 26, 5-6:30 p.m., curbside at Sunny's: a German sausage sandwich, cole slaw, chips, and cookies meal!

YUM!!!