

June 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

Phased Out, Just in Time for Mother's and Father's Days!

It really felt great to be able to gather our ladies together to celebrate Mother's Day! (See the lowdown on page 12.) While the ladies dined in the activity room, the men converged upon Sunny's Café for their meal, and really enjoyed getting to order off the menu and hang out in the newly-redecorated digs!



The guys will get their turn at a special meal this month, for Father's Day!

Hallelujah! We're Phased out!

We've approached the "New Normal" phase, which is where we hope to remain for quite some time.

All residents can have family join them for meals in Sunny's! Sunny's is open Monday— Friday, 7 a.m. to 2 p.m., and is currently available to the public through curbside carryout only. Check out Sunny's Facebook page for current menu options.

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: **400 S. Buhler Rd., Buhler, KS 67522**

We Welcome:

Claude Hutson, Mary Rintoul,

Donna Tankersley, Larry Dick

We Said Goodbye To:

Claude Hutson

Resident Birthdays in JUNE:

6: Lonnie Sidebottom

7: Larry Dick

13: Lillian Dueck

14: Shirley Cuckler

17: Donald Voth

27: Lenore Postier



Staff Birthdays in JUNE:

1: Kaleb Stoughton

21: Mindy Goracke

4: Christopher Weast

23: LouAnn Voth

7: Tiffany Green

24: Charles Cornwell IV

9: Jocelyn Softley

25: Garrett Froese

12: Eric Beye

26: Amy Ackerman

18: Christopher Janzen

26: Emily Marckley

19: Debra Thompson

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



Have You Seen This Information?

Adding an Assisted Living/Memory Care Neighborhood: the need for a Capital Campaign and Mabee Foundation Grant

Sunshine Meadows has been working for the past few years on a campaign to fund the creation of a new neighborhood on campus, designed to support seniors in the early stages of dementia, who deal with confusion, often losing or misplacing things, forgetting to take medications, forgetting material that was just read, or names of things or people, or having difficulty performing tasks in social or work settings. The goal of this new neighborhood is to alleviate the residents' frustration, confusion, and fear by providing a secure environment in which residents will be able to engage in individual or group activities situated along a looping path. The space is designed as an actual neighborhood, in which each apartment has a different façade than the others (perhaps a pink 50's style front, brown log cabin, white Victorian, etc.), making it memorable to the inhabitant. The neighborhood's circular walkway assures the resident's ability to recognize and return home. The main focus is to provide the resident's life meaning and happiness, through activities and engagements making each day a better day. Sadly, we turn away over a dozen potential residents per year because we don't offer this type of specialized environment. In order to make this vision a reality, Sunshine Meadows has been fundraising, in the past few years, raising over \$595,500 toward the \$1,000,000 need.



To move forward, SMRC's board of directors approved the application of a Mabee Foundation matching grant. The grant would provide \$200,000 of the funding needed, contingent upon SMRC's raising a matching amount within a year of the grant's approval. If the grant is approved, Sunshine Meadows will be seeking the financial assistance of its supporters to meet that goal.

Sunshine Meadows will know, within six weeks, whether or not the funds will be granted, and will keep its staff, residents, and family members informed. Meanwhile, SMRC covets your prayers to allow the home to move forward with this one-of-a-kind, important, greatly needed new neighborhood.

Considering Downsizing?

Check Out Our Lovely Apartment Options



Choose to make the most of your retirement years at Sunshine Meadows where senior living is at its best! You can enjoy a host of daily activities, good food, a caring, supportive staff, new friends, and the warmth that a small community provides. Let us help you reach your goal of comfortable living.

- Common areas are available for family gatherings.
- Bed & Breakfast accommodations are available for your guests.
- We offer a buffet line, salad bar, daily specials, desserts, and a wide menu selection at Sunny's Café, where breakfast is served all day.
- The small community of Buhler, with its vibrant downtown, is welcoming and inviting.
- Varying levels of care are provided to meet needs as they arise.
- Hospice services may be provided on site to allow your loved one to stay in familiar surroundings.



1

24	24
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	24

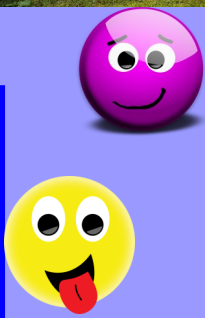


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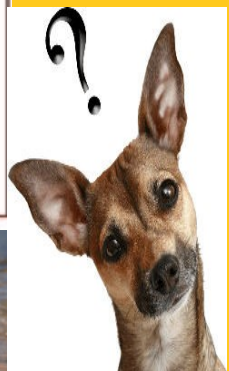
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4

Get your REBUS cap on!

Solving these little word puzzles is great for the brain!



PSST! Up to another challenge?
NOT a REBUS, but a dare: June 21 is the first day of summer: with the Dog Days of Summer ahead, how many dogs are in this issue of the newsletter? Answer hidden on page 3.



5

moonceon

FUNSHINE PAGE

Answers at bottom of page.



6

SEGG	GECS
GGES	EGSG

7

8

E M O O N S
T I S

1. Twenty-Four/Seven; 2. No excuse for it; 3. Space Invaders; 4. Don't give up on me; 5. Once in a blue moon; 6. Scrambled eggs; 7. Heavy metal; 8. Mixed emotions.



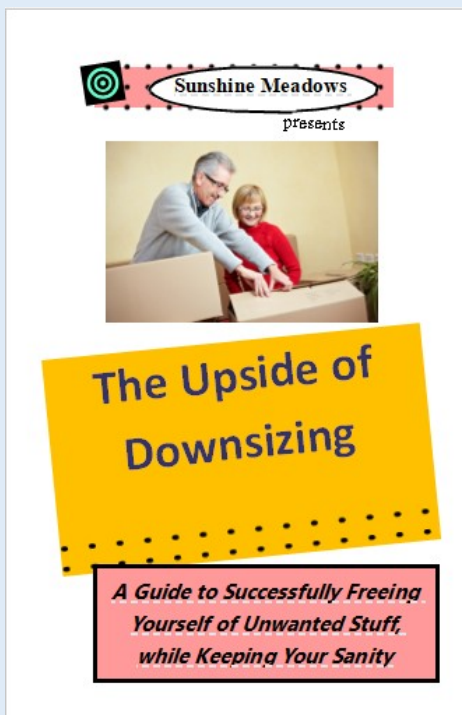
“Is we going
somewheres?”



Are you, or is someone you know,
considering downsizing?

Whether to make it easier to navigate your current home, or to move to a new place, it can be emotional to sort through a lifetime of memories, even when it means clearing a path for the future.

Our helpful booklet takes the reader step by step through all that needs to happen in order to be ready to downsize. To get your FREE copy of the downsizing booklet, simply email Carla at: fund@sunshinemeadows.org - or call 620-543-5700 to request the booklet.



MOVING. Whether for less cleaning and repairs, to be closer to grown children, or to deal with health issues, sometimes it's necessary. You don't want to leave these decisions to your family. Why not think about it now, while you're in charge? Call Stacie at 620-543-2251 to take a tour of our retirement community apartments.

Senior version of "Jesus Loves Me"

Jesus loves me, this I know,
Though my hair is white as snow;
Though my sight is growing dim,
Still He bids me trust in Him.
Though my steps are oh, so slow,
With my hand in His I'll go
On through life, let come what may;
He'll be there to lead the way.
When the nights are dark and long,
In my heart He puts a song,
Telling me in words so clear,
"Have no fear, for I am near."
I love Jesus; does He know?
Have I ever told Him so?
Jesus loves to hear me say
That I love Him every day.
When my work on earth is done,
And life's vict'ries have been won,
He will take me home above;
Then I'll understand His love.

*-Submitted by Gary Witt;
author unknown*

CHIT-CHAT SMRC COVID Video! Check out a video created by 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-aUUtH/view?usp=sharing

Calling all readers! If you'd like to submit a tribute, memory, special photo, birthday wish, etc. to honor one of our family (residents or staff) on the Chit-Chat page, please email to fund@sunshinemeadows.org.

Tricky Quiz

1. Johnny's mom had three children. The first two were named

April and May. What was the third child's name? (Johnny.)

2. The clerk at the butcher shop is 5' 10", and wears size 13 sneakers. What does he weigh? (Meat.)

3. Before Mt. Everest was discovered, what was the world's highest mountain? (Mt. Everest.)

4. How much dirt is there in a hole measuring 2' x 3' x 4'? (There's no dirt in a hole.)

5. What English word is always spelled incorrectly? ("Incorrectly.")

6. Billy was born December 28th, yet her birthday is always in the summer. How is this possible? (Billy lives in the Southern Hemisphere.)

7. Why can't you take a picture of a man with a wooden leg in Kansas? (You can't take pictures with a wooden leg. You need a camera for that.)

8. If you ran a race and passed the person in 2nd place, what place would you be in? (You would be in 2nd place.)

9. Which is correct: "Egg yolks are white," or "Egg yolk is white"? (Neither. Egg yolks are yellow.)

10. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them? (One. If he combines all of his haystacks, they all become one big stack.)

Submitted by Terry Rinke.



Thoughts on Nursing Home Week Celebration: Held annually since 1967, always starting on Mother's Day, National Skilled **Nursing Care Center Week** was May 9-15. At SMRC, each department hosted a day of fun activities for residents. Monday, Nursing offered banana splits; Tuesday, Dietary Department's taco salad lunch; Wednesday, the Office Wing's Spinning Wheel Day (spin and win a prize); Thursday, Maintenance provided an afternoon movie and popcorn; and on Friday, Activities offered up Wacky Sports. What a week of celebration!

Ashley Mahoney (Medical Care Records): The residents enjoyed the spinning wheel event. It's great that we're able to interact with residents on a daily basis, especially Assisted Living and Independent Living, because we've been away from them for so long. I've never seen more smiling faces and uplifted spirits in the residents than I have in the past few weeks as we're slowly doing more and they are getting to see family and friends more. Last year was tough for our residents; there were a lot of sad faces and lonely hearts. To see how it is changing makes me happy and grateful to work for a home like this. God bless.

LeNora Duerksen (chaplain): That is FANTASTIC! I think that happiness spilling out is not just residents, but also the SMRC staff for whom this is a second home! The nursing staff give us good reason to celebrate! Thanks for all that you do! Your faithful presence makes you the backbone of Sunshine Meadows!

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.

“No single characteristic reveals as much about a person as their ability to pay attention to others.”

**Gordon Livingston, 1938 – 2016
American psychiatrist & writer**

The three most important characteristics of a good listener:

- 1. Gives complete & focused attention to the discussion (no finger drumming, saying “Uh huh, uh huh,” checking watch or phone, or looking at tv)**
- 2. Remains patient & doesn't interrupt (nods in agreement, reads the face and gestures of the speaker, keeps hands and body still)**
- 3. Confirms understanding by rephrasing pertinent discussion issues (“So you're saying...”)**

June Senior Center Menus

June 3rd

Pork Chop

Baked Yukon Potatoes with Butter & Sour Cream

Green Beans

Bread with Butter

Mandarin Oranges

Peach Cobbler with Whipped Cream

June 10th

2-piece Fried Chicken Dinner

Mashed Potatoes with Gravy

Corn

Biscuit with Butter

Apple Rings

Frosted Yellow Cake

June 17th

Beef and Bacon Stroganoff

Peas and Carrots

Bread Stick

Tossed Salad

Rhubarb Pie with Ice Cream

June 24th

Roast Beef

Parsleyed Potatoes

Steamed Carrots

Bread with Butter

Pear Lime Jello

Frosted Chocolate

Cupcake

“Ughhhh... Me stuffed.

Bud id wers

SOOOOOOOOOOOOOOO

GOOOOOOOOOOOOO!”



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

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. Families 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 may use the public restrooms. We are using our hospitality cart again for residents and their families who are needing palliative care. It is 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 nursing homes, there are new regulations coming out that give us the ability to be more open, based on vaccination status. 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.

Staff members: you 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




REMEMBER: LIFE'S QUICK.

WE'RE NOT HERE TO FILL OR KILL TIME.
WE'RE HERE TO CONNECT, CONTRIBUTE, AND
ENJOY THE CONTRIBUTIONS OF OTHERS.

GET INTO THE DAY AND ENJOY MORE OF IT.

Happy
Father's
Day!



To be HAPPY,
focus on
living fully in
the PRESENT.



Hey Guess What?!

Debbie Mills, one of our two Dynamic Duo Desk Dolls (better known as the receptionists), has been featured in the April edition of **Dollhouse World Magazine!**

Debbie has a terrific talent for working with miniatures. We're delighted to see that a magazine specific to her craft not only highlighted her, but gave her the full two-page spread in this issue! Way to go, Deb! Your SMRC family is proud of you!

*Happy Father's Day
to all of our dads,
whether here on earth
or waiting for us
in Heaven.*





Have You Seen This Card?

A Sunny's gift card is the same as cash, check, debit card, or payroll deduct. So why get one?

SMRC Staff: You know what a pain it can be to carry cash or a checkbook at work, and no one wants to pay interest on a credit card for meals. That's why most staff members prefer charging their meals against their payroll (payroll deduction).

But unless you're paying attention, it can be a bit of a shock come payday, when you realize you spent more than you'd intended. Pre-paying on the gift card keeps you from overcharging; unlike your debit card or payroll deduct, you can't spend more than you intended to. You'll get a receipt each time you use it, listing the amount of money still open to buy. You can load and re-load them with any amount.

Independent residents, family members and Sunny's-lovers: It's so easy to carry the gift card versus cash or checks! Also, **they make great gifts for friends and relatives.**

Consider getting a pre-paid Sunny's gift card the next time you eat at Sunny's! You'll be glad you did!



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!**



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!!!**

Why Do We Need Activities?

As we age, we tend to sleep more lightly than when we were younger. Waking up during the night due to achy joints or the need to use the restroom becomes commonplace. Many seniors compensate for lost sleep by catching a nap during the day. That's normal. Daytime sleeping only becomes a problem when one spends most of the time dozing in bed or a favorite chair instead of engaging in life.

To help our loved ones to stay awake more during the day and sleep better at night, we need to discover the underlying reason(s) why they are napping excessively. In some cases, the issues are medical, but often they have more to do with lifestyle. Boredom, medication side effects, and depression may lead to sleep deprivation, which may lead to too much sleeping during the day.



Activities throughout the day, and into the early evening, help our residents have things to look forward to, such as meeting with friends and challenging themselves with games, music, or art projects. These and other diversions are good for the brain and the body, and help cut down on over-napping. Hurrah for activities! They are important!

Fight Loneliness With Laughter

Laughter acts like a natural painkiller, decreasing cortisol and increasing creativity.

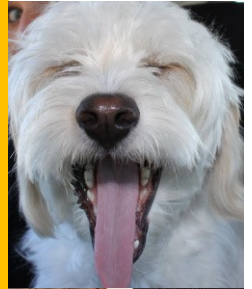
Laughter releases serotonin and endorphins, making the body happy without taking any drugs, and without any side effects.

Laughter boosts immunity; it genuinely changes outlook to a positive one and helps people live longer.

Laughter can be more contagious than COVID. Everyone loves it and feels lighter.

Starting your day with laughter, your energy and outlook will be significantly better.

Given the stress and isolation of the pandemic, the benefits of laughter are needed more than ever.



This year, even though Covid has impacted the way we do activities, that doesn't mean we can't have fun. **To celebrate Mother's Day**, we served our resident ladies a lovely lunch created by Dana and Eric, consisting of chicken salad sandwiches, chips, pickles, and a fruit cup, followed by an Oreo ice cream dessert provided by the Activities staff. Since we couldn't bring in people for entertainment, we spent the afternoon remembering things our children did, such as the ill-fated bean up the nose, playing in the toilet, and all the things that mothers deal with. The memories shared were awesome. We also shared a poem, titled When I am an Old Lady and Live with My Kids. It tells of everything Grandma will put her children through, just like they put



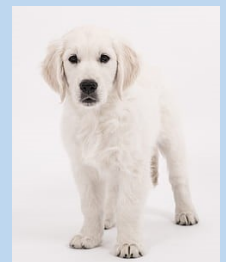
Independent residents enjoyed Mother's Day dinner as well. Pictured, L-R: Donna Bether, Linda Pauls, Dorothy Gregory, Ellie Jones.

her through when they were growing up. I also shared the lyrics of a song by George Younce, titled Side by Side. The ladies all enjoyed the afternoon very much, and said the food was fantastic. - Melanie Koehn, Activities Director

A close-up photograph of vibrant pink flowers, likely peonies, with green leaves, set against a soft, out-of-focus background.

A BIG hearty **THANK YOU!** for those who took part in our Sausage Sandwich Meal!

And a **BIG** thanks to Hometown Foods for donating **50 POUNDS** of sausage for the event!!!



We raised \$5000, thanks to YOU!

With that, and the two previous fundraisers, we have designated \$11,200 toward the new Heartland spa!



Resident Rights

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.

2. Privacy: You have the right to privacy in your accommodations, but the law does not require that you have a private room. You also have a right to privacy during medical treatment and care and in personal hygiene matters. You have the right to send and receive your mail promptly, unopened; and to make private phone calls. SMRC provides reasonable (during business hours of 8 a.m. to 5 p.m.) access to stationery, postage and writing implements at your expense; these may be charged to your account. If you do not have a private room or phone, SMRC offers the Fireside Parlor phone and space when the room is not reserved. SMRC also helps you find a private space to receive family and guests who visit.

To SMRC Staff:

Your kindness, thoughtfulness and love for Marie was greatly appreciated! She often bragged about how the nurses took good care of her and went above and beyond what was necessary! -Steve, Debbie & Arlie Howard



Another Successful Gala!

Thank you to all of our faithful sponsors and underwriters, as well as all who bought tickets for this great annual fundraising event. Everyone enjoyed the music of the Diamond W Wranglers, and we met our fundraising goal!

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620.543.2768
620.543.2736 fax
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