

July 2021

The Sunny Side of Life

The monthly family/staff newsletter of
Sunshine Meadows Retirement Community

Sponsoring Churches/Board of Directors

Buhler MB-Mary Ellen Jantz, Charlotte Smith, Velma Goertzen
Buhler Mennonite-Open; Buhler Methodist- Open
Hoffnungsau Mennonite-Louis Martens
Bethany Nazarene-Kay Scheel
Crossroads Christian- Open; Victorious Life-Open
At large-Cameron Kaufman, Mary Frazier

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



YES! There will be FIREWORKS at SMRC on the 4th! See page

Father's Day!

Though the male residents of Sunshine Meadows are outnumbered by the women, that doesn't keep them from enjoying life every bit as much as the ladies!



Fried catfish was on the menu for the gents, who took part in some fine conversation and indulged in being pandered to. God bless you, guys! Enjoy your summer! **More pictures & information on page 6.**



We Welcome: **7 for details.**

Marcella "Sally" Hamilton, Marcie Woelk

We Said Goodbye To:

Charlene Hogan

Resident Birthdays:

Bruce Whipple 2	Gilbert Pierson 15
Roberta Crum 14	Judy Hostetler 25
Dorothy Gregory 15	Terry Mitchell 26

Staff Birthdays:

Kaylea Adcock 5	Ashley Mahoney 22
Paige Smallwood 10	Jessica McMaster 25
Madalyn Wenzlick 10	Betty Schrag 25
Rebecca Meitler 13	Jamie Bleything 11
Margaret Swanner 13	Jayden Nixon 13
Taycota Purcell 20	Rhonda Ward 27
Hanna Alvarenga 22	

Time to celebrate!!!



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**

Keith Pankratz, CEO keithp@sunshinemeadows.org
Rita Black, Human Resources hr@sunshinemeadows.org
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Amanda Downtain, RN AL Care Mgr. almanager@sunshinemeadows.org

What Will the New AL/MC Neighborhood Look Like?

Working Toward the Future

Many folks with dementia or other memory issues don't require nursing assistance for the majority of their struggle with the disease. A secure assisted living environment might see people through the majority of their journey with a greater quality of life.



Enhancing quality of life involves creating more varied activities for those with memory issues, such as aromatherapy, music therapy, and technology-specific programs for dementia care.

Plans for an atmosphere that feels like a town neighborhood include distinctive apartment facades to make home recognition easier, a looping path to follow to discover neighbors, interesting and fun things to do, and places to eat; an outdoor area on nice days; and always, the way back home.

Sunshine Meadows is raising funds to make this plan a reality. As with the existing Memory Care neighborhood, this will be a relaxing, happy, safe, comfortable place for folks who need it.

Call Carla Barber for more information, or email her at fund@sunshinemeadows.org.



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

DetDEVILails

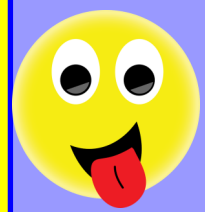


2

C O C
O U O
U N U
T N T
R T R
Y R Y

3

S t a n d
- - - -
I



4

STRAW
STRAW
STRAW
STRAW

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

5

SKY SKY SKY
SKY **PIE** SKY
SKY SKY SKY

6

DEAD BODY
- - - -
MY

FUNSHINE PAGE
Answers at bottom of page.



7

SHAME
YOU

8

HEAD
HEELS



9

MAN
BOARD

1. The devil is in the details; 2. Cross country; 3. I understand; 4. 5. Pie in the sky; 6. Over my dead body; 7. Shame on you; 8. Head over heels; 9. Man overboard.



"Is we going
somewheres?"



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.

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.



Retirement Community Open House!

Visit our duplexes and apartments!

TUESDAY, JULY 20

1-3p.m. coffee & pie at Sunny's

6:30-8p.m. coffee & pie at Sunny's

To assure everyone's health, SMRC would love to see our vaccination level for staff at 70%. Currently, we're over 64% 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' vaccination rate 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!**

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_I1KQpPz4pq-alUtH/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.

Father's Day was a Winner!

Our Father's Day celebration was the most fun day that I have had since pre-Covid! The Father's Day menu was fantastic and so was the company! The jokes and dad info Keith Pankratz researched was a great warm-up, providing lots of laughter before the serious questions that Candi then asked: "How many children, grandchildren, and great-grandchildren do you have?" (Some even had great-great-grands!!) Then she asked, "What kind of career did you have for most of your life?" Would you believe that nearly 45% of our independent living fellas were over-the-road truck drivers? That is a high ratio! Fantastic fish, fries, and fellowship!

All of this was topped off with a super- terrific keeper of a beautician who made six lucky ladies very happy! She came back in the morning on A SATURDAY!! to make five more glow from the inside out!

On top of this, (therapy dog) Georgette made the day super-terrific for all who reside in Memory Care (this would include caregivers as well as those being cared for!!). Poor little Georgette put on a lot of miles and spread out a whole lotta love in 100% of the neighborhood spaces!!! She earned her keep and more! Mama will do well to let her sleep in for the weekend to recover from a very full agenda—a very special day for the residents all around!!!!



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.



PLEASE JOIN US for our annual fireworks display!

Please join our residents as they "Ooh!" and "Ah!" over fireworks on Sunday, 9:30p.m., in the front (Buhler Road) parking lot. Please park and enter the facility via the Sunny's parking lot.

Volunteers to help bring residents outside, or to shoot off fireworks (adults only) would be appreciated.

Fireworks are made possible through the generosity of Dale and Jolene Anderson. Jolene (Jody) works in the Activities Department.

July Senior Center Menus

July 1st

Deviled Eggs
Baked Chicken
Mashed Potatoes and Gravy
Green Beans
Amish Sugar Cookie
Wheat Bread with Butter

July 8th

Fresh Fruit Salad
Smothered Steak
Baked Potatoes
Carrots
Frosted Yellow Cake
Zwieback with Butter

July 15th

Tossed Salad with Dressing
Roast Beef
Mashed Potatoes with Gravy
Broccoli with Cheese Sauce
Glazed Strawberry Bread
Bread Stick

July 22nd

JellO with Fruit
Pork Fritter with Gravy
Buttered Potatoes (with Bu and So Cr)
Corn O'Brian
Chocolate Pie
Wheat Bread with Butter

July 29th

Fresh Fruit Salad
Ham and Beans
Fried Potatoes
Sliced Tomatoes and Onion
Apple Crisp with Topping
Old Fashioned Cornbread

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

↓ ↻



**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!!!**

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.

3. Safe environment: You have the right to a safe, clean, comfortable and home-like environment that allows you to be as independent as possible. The facility must take reasonable care to protect your personal property from loss or theft.

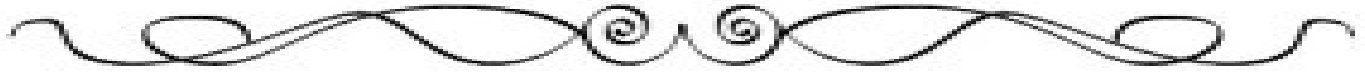
CHOOSE TO BE HAPPY.

Develop gratitude. Focus on the positive.

Appreciate your life.

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.



Thanks for the Gala praise! We worked hard to make it a fun evening!

6-10-21

Dear Keith,

Ed and I enjoyed your dinner/ auction Friday evening. What a beautiful evening it was!

Seated in a grassy meadow on a warm windless Kansas night listening to the rich voices of the Diamond U Wranglers was priceless.

Thank you for all you and your dedicated staff do to serve the people at Sunshine Meadows. You make a difference!

Ed & Carol Berger

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