



OCTOBER 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

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From the Administrator: It's Only Fair

September is a month full of changes. School has begun; football and other sports are in full gear. Most people look forward to Fall, especially if they aren't dealing with allergies: plenty of patio meals, cooler weather for walks, corn and sunflower mazes, pumpkin patch experiences, and brilliant colors developing in the landscapes. What? Did someone say pumpkin spice coffee? Our five senses seem to come alive going into Autumn.

September is also known as the time of the Kansas State Fair. Tons of Kansans look forward to the big statewide gathering. For the past couple of years, our residents haven't been able to get out to stroll the Fair grounds.

I remember when, around 10 years ago, a dozen staff and volunteers would load up two buses with residents, a pickup truck full of wheelchairs, and a few cars to follow as we would spend a day at the Fair. Talk about work! However, many good memories linger. We would group up in teams of six people and meander over the grounds, then gather back at noon (Cont'd. on page 14)

We Welcome: **James and Evelyn McIver**

We said Goodbye to **Delores Gouge**

October Resident Birthdays

- | | |
|------------------|-----------------------|
| 7 Rose Epp | 11 Raymond Dick |
| 17 Dorothy Couch | 19 Lester Flaming |
| 19 John Keyser | 24 Leatrice Schroeder |
| 24 James McIver | 27 Lois Kjeldgaard |
| 27 Helen Wilson | 30 Raymond Thiessen |

October Staff Birthdays

- | | |
|--------------------|-----------------------|
| 01 Darla Bigger | 13 Karen Anderson |
| 02 Pam Popkey | 14 Angelica Marr |
| 02 Liz Keith | 19 Lona Bass |
| 03 James Pope | 20 Jamie McHaley |
| 03 Elsie Colahan | 23 Dana Weast |
| 09 Jeff Walker | 25 Timothy Diehl |
| 09 Breanna Colborn | 29 Celestina Espinoza |
| 10 Kathy Gaul | |

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

- Keith Pankratz, CEO keithp@sunshinemeadows.org
- Nathan Spencer, Facility Director nathans@sunshinemeadows.org
- Rita Black, Human Resources hr@sunshinemeadows.org
- Londa Tipton, RN Director of Nursing don@sunshinemeadows.org
- Rachel Perry, LPN Care Manager rperry@sunshinemeadows.org
- Debra Thompson, RN MDS Coord. mids@sunshinemeadows.org
- Amanda Downtain, RN AL Care Mgr. almanager@sunshinemeadows.org
- Hazel Brott, LPN MCU Care Manager hazelb@sunshinemeadows.org

The Dietary Dish — Eric Beye, Dietary Manager

Here's a shout out to the dietary staff of S.M.R.C. I have been working 26 years as Dietary Manager at Sunshine Meadows, and saw lots of changes in the way we serve: a kitchen remodel, two dining room remodels, the addition of Sunny's, and much more. One unchanging aspect is the consistency of the dietary staff. I'm very fortunate to have some of the same staff here who started with me: the main cook has been here for 26 years, and the dietary manager assistant, 22 years. I commend not only the longevity of the staff, but their exemplary teamwork!

I emphasize the concept that anyone who is old enough to live in a nursing home deserves to receive good quality care, and food that is the highest quality available. I believe that every member of my staff thinks of the residents first and does their best to provide that care and good meals, and to interact with all residents in a positive manner! We are fortunate to have a medical director who shares this philosophy of care. When I ask to do something different from our norm, staff members jump at the chance to participate and help. Recently we had a "Hawaiian Luau" with a Hawaiian menu all day, with staff in Hawaiian dress. Dietary staff enjoyed doing something different and the residents seemed to enjoy it too!

I can't brag on the dietary staff without mentioning the Gala. My staff has been directly involved with the Gala since its conception years ago. I usually plan a challenging menu for the dietary staff, and they accommodate every year with flying colors! Even when we have to deliver the food to different venues, they excel! One of the best compliments we receive is when attendees enjoy the food and ask who catered the meal. We are always proud to tell them, to their surprise, that it is the Dietary Staff at SMRC.

I will never forget the conversation with my staff when I presented the concept of Sunny's. They all thought I was crazy but didn't back down from the challenge. Almost 10 years later, it has been THE BEST decision for the home that was ever made! Of course, my opinion might be a little biased, but residents living here today enjoy Sunny's and often brag on the staff, because it has become a major aspect of providing person-centered care to each individual. I can't brag on my staff enough! I consider each person to be an important part of this great team and I feel so BLESSED by my wonderful, beautiful, and talented staff! I wouldn't trade them for anything!!! Thank you, S.M.R.C. Dietary Staff!





How to Avoid Crippling Falls As We Age

Michael E. Rogers, an exercise physiologist and head of the [Center for Physical Activity and Aging](#) at Wichita State University, says, “Once you get to 45 or 50 and beyond, your balance begins to decline. Most people don’t even notice it.” A decline in balance, however, demands immediate attention because it can lead to a fall: the number one cause of accidental deaths among older adults. More than a third of people 65 and over fall each year, according to the [National Institutes of Health](#).

Although falls increase with age, they are not an inevitable part of aging. Steps can be taken to avoid falls, beginning with balance exercises, says Rogers. Most exercise programs emphasize strength and cardio training, but pay little attention to balance, he says. “We want to educate people about the availability of falls-prevention programs and get more community-based organizations to implement them.” Programs have become increasingly popular at Area Agencies on Aging, parks and recreation facilities, YMCAs and private health clubs. They include classes in tai chi and yoga that can help improve balance, gait and flexibility. Many exercises can be done from a seated position. People on walkers can do them. As with the use of therapy, people progress from using a walker, to using a cane, to not using anything at all because they have functionally improved.



Medication Side Effects and Other Risks

Medications are a leading cause of falls. Medications or a combination of medications for such common conditions as allergies, anxiety, insomnia or depression can lower blood pressure to the point of dizziness or light-headedness, or cause daytime sleepiness or confusion, leading to a fall. Reviewing medications on a regular basis with a doctor or pharmacist is critical.

Poor vision or hearing loss can also lead to a fall, as can trip hazards like electrical cords, throw rugs, poor lighting, or even pets. Most physicians don’t talk to their patients about falls. Some older adults have a fear of falling caused by poor balance or by a previous fall. Exercises that improve gait and flexibility make people more comfortable on their feet, more balanced, confident and strong.

Besides nutrition, walking is the single most important thing we can do for our health. Anything we can do to enliven ourselves with variety and movement will create better balance.



I'm giving **Laura Tracy, Maintenance**, a shout-out. There were several complaints about sun coming through this window during dinner and hurting peoples' eyes. Laura and I came up with a plan; she picked out this design and installed it. Good job, Laura! This looks great and will stop the problem for the residents. – **Harold Wenzlick, Maintenance Supervisor/IT**



From the Facility Director:



Nate's Notes

SMRC has been through a tough season! Last year - COVID, this year - MORE COVID, and shockingly, the year is almost over and it can seem at times like we're still right in the middle of hardship! As we traverse through the day-to-day here at SMRC, our mission remains the same: we are here to make the residents' years, months, weeks, and days the best that we are able! We have a turn of phrase here that is often spoken - We "do it for the cause". This goes right along with SMRC's mission, and I am proud to say that we really do keep this focus here at SMRC! Every Monday morning finds a team of staff praying for our residents. There are always things happening that we cover in prayer as we start the week, but one item that never misses our prayer is the well-being of our residents.

Current happenings here at SMRC: We're nearly finished with our Heartland Hall Spa! Special thanks to all who supported this cause. This is also where we are fitting our new wheelchair washing machine, which many of our supporters gave towards as well! We are excited to be able to show this off in a couple of weeks. Look for updates in the next newsletter.

We are in the middle of installing a new nursing call system that will increase the ability of our residents to get even more timely responses to their requests. We're already good at this, but the technology in this new system will provide better data tracking for issues such as resident falls and incontinence monitoring. We're eager for this project's completion.

There is a LOT more going on, as always, but these are a couple of the happenings that we want you to know about. This is a great time to be alive! It takes extra effort to find the good sometimes, but it's there! I am looking forward to seeing what the next season brings, and am thankful to have all of our readers along for the journey. Here at SMRC, we will continue to 'do it for the cause'. - Nathan Spencer

I would like to give a special shout out to **Linda Dettwiler**, our Charge Cook in the kitchen. She has worked here 26 years, has seen many changes at SMRC, and has taken it all in stride, always willing to do what is asked and go that extra mile for the residents. SMRC is lucky to have her. - Dana Weast

CHIT-CHAT

Chaplain LeNora Duerksen was impressed by the willpower and good cheer of short-stay resident, **John Keyser**, who joined us on August 24th. She supplied this information about John after a conversation with him:

You may have seen John pushing himself through the corridors in his wheelchair. This was not a new situation for him: he was a passenger in a horrible auto accident in 1965, at age 21. “The car went airborne, smashing back to earth with a force that instantly broke my back and an ankle permanently. In 1994 my ankle was fused. In 2004 my heel bone was removed. In 2010 my left leg was amputated due to an infection that couldn’t be contained. I keep my crutches at home as a backup but learned to use a prosthesis after that,” he said. The back pain remains constant, but John has otherwise lived a normal life, marrying Gwen in 1967 when both were in their 20's (they’re still together after 54 years) and working throughout all these challenges, recently retiring after 25 years from Haven Steel Products as purchaser. He served in the Navy after graduating from Hutchinson High, Business School, and Drafting, and was discharged on the day that President Kennedy was assassinated (November 22, 1963). John was a member of the 10th Avenue United Methodist Church, and the involvement and support of his church family was great. He enjoys fishing, hunting and going to Chiefs and Royals games. His son, Shane, is based in KC, working as a photographer for the KC Star, with his own drone hovering above the stadiums of the Chiefs and the Royals. Daughter, Stacy, lives in Lindsborg where she operates a beauty salon. The eldest in his family, and having outlived all of his siblings, John adjusted well to this new environment, just as he accepted earlier life changes, with great equanimity, peace of mind, and good humor. “All of my relatives call me ‘Bullet Proof Keyser’; I just take one day at a time; that holds enough on its own. That’s my philosophy. Let’s stick to the positive!”

I would like to give a shout out to our nursing staff. Being extremely short-handed the past few months, they still have given 100 percent to their daily duties and to our residents. I see them still smiling, laughing, and giving such great care here at home. It makes me feel blessed to work with these angels everyday. Even when times are rough and somewhat of a struggle, they still all come together. I don't know if they hear it enough, but they are truly amazing and deserve a round of applause and a big hug for what they do on a daily basis.—Ashley Mahoney

A nurse will always
give us hope:
an angel with
a stethoscope.

You're beautiful
the way you are



Dr. Geezer's Clinic

FUNSHINE PAGE

A retiree decided to open a medical clinic. His sign said: "Dr. Geezer's clinic. All treatments \$500. Double your money back if not cured." Dr. Young, positive that the old geezer didn't know beans about medicine, thought this would be a great opportunity to get \$1,000, so he went to Dr. Geezer's clinic and told him, "I've lost all taste in my mouth. Can you please help me?"

Dr. Geezer said, "Nurse, please get five drops from the bottle in drawer 12 and put it in Dr. Young's mouth." The nurse did so.

Dr. Young yelled, "Aaagh! -- This is gasoline!"

Dr. Geezer said, "Congratulations! You've got your taste back. That will be \$500."

Angry, Dr. Young went back after a couple of days, figuring to recover his money. He told Dr. Geezer, "I've lost my memory. I can't remember anything."

Dr. Geezer said, "Nurse, please bring the bottle from drawer 12 and put three drops in the patient's mouth."

Dr. Young said, "Oh, no you don't -- that's gasoline!"

Dr. Geezer slapped him on the back and said, "Congratulations! You've got your memory back. That will be \$500."



Dr. Young stormed off, now having lost \$1000, but returned after a few more days with another ploy. He complained to Dr. Geezer, "My eyesight has become weak -- I can hardly see anything!"

Dr. Geezer shook his head and said, "Well, I don't have any medicine for that, so here's \$1000." He handed Dr. Young a \$10 bill.

Dr. Young eagerly took the bill, but quickly saw what it was. He yelled, "But this is only \$10!"

Dr. Geezer, pumping the young man's hand, said, "Congratulations! You got your vision back! That will be \$500."



Moral: Don't assume the Young can outwit an old Geezer!

The only thing sweeter than a chocolate, caramel, coffee, and vanilla swirl is this puppy.



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>

The **Activities Department** is working with Buhler Grade School through Zoom. This month we called the two 1st grade classes. It was Respect the Elderly Day, so our residents filled out a form telling about their past and what they enjoyed about their grandchildren. The children told our residents about themselves and what they enjoyed doing with their grandparents. It was a big hit on both sides. We plan on doing more of these meetings, asking students to send birthday cards to the nursing and Assisted Living residents. The students would like to adopt a grandparent and send cards or notes to those residents who don't get a lot of mail or don't have family. We are looking at doing an Arts and Crafts time with different grades. The ideas are limitless. We are excited to be able to share with this younger generation. - Melanie Koehn, Activities Director

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.

**MAY YOU BE PROUD
OF THE WORK YOU DO,
THE PERSON YOU ARE,
AND THE DIFFERENCE
YOU MAKE.**

October Senior Center Menus

Oct 7th

Sunny's Burger Fry
Potato Salad
Sunny's Cheeseburger with all the fixins
Chips
Chocolate Pie

Oct 14th

Jello with Fruit
Roast Beef
Buttered Parsley Potatoes
Cream Peas
Vanilla Cream Puff
Bread with Butter

Oct 21st

Deviled Eggs
Smothered Pork Chop
Rice Pilaf
Carrots
Amish Sugar Cookie
Garlic Breadstick

Oct 28th

Tossed Salad
Lasagna
Green Beans
Custard Pie
Garlic Breadstick

Remember When—With Doris

Doris Schroeder is a Sunshine Meadows resident.

Wandering is Wonderful, but Bloom Where You are Planted

Being able to stay in a military apartment in Speicer, Germany, was certainly a blessing when we visited our oldest grandson, John Edward, an airman stationed in Spangdahlem, Germany, in 2001. The military's allowing family members of the enlisted these amenities at the same rate was really appreciated. The apartment complex was only a few blocks from the main street of Speicer, so on the days JE had to drive back to the base to work, my husband, John, and I would walk down to the village.

As we ambled along the quiet streets, we would pass some of the citizens watering their flowers, which they always seemed to do in an unhurried fashion. Once we got to town, the bakeshop habitually beckoned us. John loved to look at all of the breads, finally choosing one to accompany our strong cups of coffee. On the other side of town was the Aldi store, the original home of the place we all now know so well. We bought a couple of *(Cont'd. on pg. 8)*

Doris, Continued

cartons of some large candy bars for 25 cents each to take back to America. On our next weekend trip, we went to Holland. Our bus stopped at a cheese factory; I took a picture of a Dutchman in wooden shoes, stirring a vat of cheese as he answered questions. The next stop was a little store, where I bought a pair of wooden shoes. (I've never worn them. They have no cushioning.) The next



stop was the tulip gardens

at Keukenhof, also known as the Garden of Europe. April was the absolute greatest time to see them. The huge garden looked like Heaven, with streams and little bridges and trees as far as



one could see. The tulips were in full bloom in all their brilliant colors and the beauty of it all just took our breath away. Hubby had just recovered from the flu before we traveled to Europe, so he (Cont'd on page 11.)

There's Always a Reason to Celebrate!

PICK YOUR NATIONAL WEEK (OR MONTH!) TO CELEBRATE,
AND MAKE A PARTY OF IT!

THESE ARE THE NATIONAL OCTOBER CELEBRATIONS:

CLERGY APPRECIATION MONTH

NATIONAL PHYSICAL THERAPY MONTH



Thank your therapist!

CUSTOMER SERVICE WEEK, OCT. 4



Thank those who serve you!



FIRE PREVENTION WEEK OCTOBER 3-9

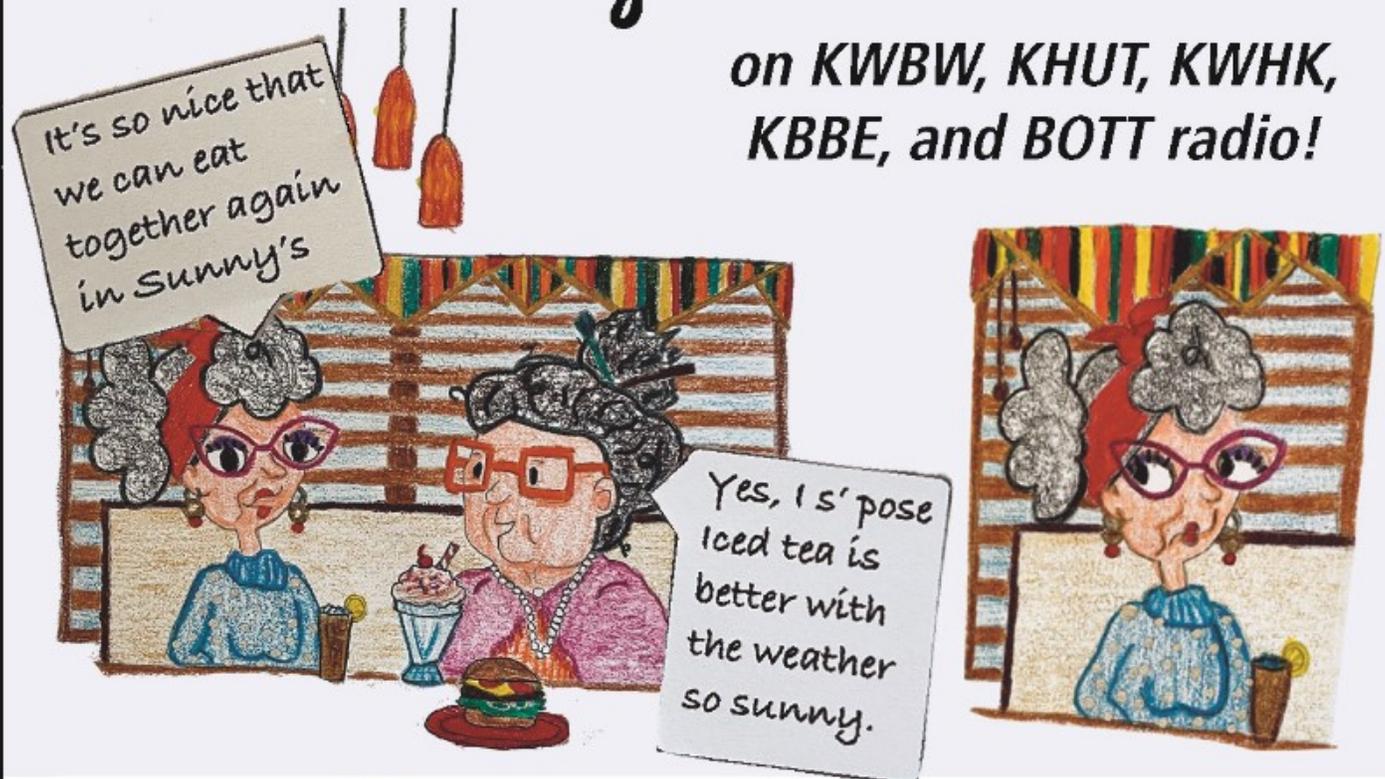
NATIONAL CRIME PREVENTION MONTH

NATIONAL CYBER SECURITY AWARENESS MONTH

HALLOWEEN, OCTOBER 31

Follow the antics of *Irmgaard & Hortense*

on *KWBW, KHUT, KWHK, KBBE, and BOTT radio!*




SUNNY'S
Café

SUNNY'S HOURS:
M-F 7am-2pm
T & Thu 7am-7pm
Dine-In or Carry-Out
620-543-5707

400 S. Buhler Rd., Buhler • 620-543-2251

Perhaps you've heard Irmgaard and Hortense on the local radio stations, talking about Sunshine Meadows. Well, now you'll be able to see them, in this newsletter, in the local newspapers, and sometimes in Sunny's Café!

Jennica Price, dietary staff, uses her artistic talents to collaborate with voice artists Stacie Klassen, marketing director (Hortense), and Carla Barber, fundraiser/PR (Irmgaard) to bring Irmgaard and Hortense to life.

Watch and listen for new cartoons and radio ads!

A PLEA from our



TAGS, PLEASE!!!



TOO BAD the people these were meant for aren't getting to wear these nice clothes!!!

Laundry staff can't return clothes if they're not marked with the owner's name! Even OUR great staff can't recall whose clothes belong to whom! **PLEASE** mark them before giving them to your loved one. We want them to enjoy their new clothes as much as you do! So **PLEASE TAG THOSE NEW CLOTHES!!!**

Chaplain Chat—LeNora Duerksen **Gracious words are a honeycomb, sweet to the soul and healing to the bones. — Proverbs 16:24**

Londell and I are so blessed to have three of our grandchildren living only five miles away. When, like all human beings, they sometime start to squabble, "Gram" finds it beneficial to play the following game: starting with one family member, each person has to say three favorite things about that person. Then we move on to the next person until everyone has been showered with loving and encouraging words. It's amazing to see how each child glows after his/her turn receiving the compliments and how much joy saying kind words can bring. My husband and I want our children's children to experience how the power of speech can build up another person and make others happy. Hebrews 12:15 reminds us how easy it is for a root of bitterness to shoot forth and cause trouble and torment.

I think it is so beautiful that Proverbs compares gracious words to honeycomb. Honeycomb is sweet, and also has many health benefits. Exactly as the Bible says, it is "*sweet to the soul and healing to the bones.*" Sometimes our words may be sweet but not necessarily healing. We may utter empty platitudes just to make people happy, even when it isn't what they need to hear. When the situation calls for it, we may tell someone something difficult that they really don't *want* to hear. Those words can be *healing*, even if they *taste* bitter. The Bible teaches us that the ideal is words that have both qualities: "*sweet to the soul and healing to the bones.*" This is the best kind of speech — words that build others up and make them want to live up to the best version of themselves.

The great news is that we have the ability to build people up like that every day! Let's make a point of saying positive and empowering words to others this very day.

Doris, Cont'd. decided he would sit in one of the chairs provided at one end of the garden. Our grandson and I took a long walk around the area and snapped some pictures. When we got back to the chairs, however, hubby was watching a briefcase that some “sinister-looking” men had left on a chair beside him. There had been some threats by terrorists near that time and so we were being careful. Little did we know what would really happen about four months later on Sept. 11, 2001! Anyway, we were safe...at least, until we got into the bus that took us to Paris the last weekend of our stay in Europe. We literally “whizzed” down the autoroute to the big city as if we were on the German autobahn. When we reached Paris, we nearly lost our breath as the bus driver sped through the roundabouts at break-neck speed. Somehow we all remained intact. It seemed to us that the fastest and most daring driver got the right-of-way.

We followed the tour guide off the bus where the streets were too narrow for the vehicle, practically running uphill on the sidewalk to the “hill of artists” to watch them paint. Visiting the Louvre, Notre Dame and the Eiffel Tower, our heads were swimming. The Eiffel Tower was certainly a most beautiful sight; it was exciting to ride in its elevator to see the view from the top, way up in the sky; we could see all of God’s creation for miles around. We ordered Swedish pancakes for lunch, but just wanted soft drinks, so we were told to eat outside. No matter: we sat down on the curb and ate our lunch...in Paris.

One night our travel group was offered a sightseeing trip to see “the City of Lights,” but we were all too tired. On Mother’s Day we took a ride down the Rhine River and saw people along the way celebrating the day with their mothers. It appeared to us that many of the Euro-

peans were very family-oriented; that’s the way it should be. God has given each of us a family to belong to, which gives us self-confidence. He has also given us a home in Heaven, and a Heavenly Father, if we accept Him into our lives as our own, knowing that someday we will be with Him forever. Since God is perfect, we can then have a perfect life when we get there.

I hope to see you all there someday, but in the meantime, no matter where you live, remember to “bloom where you are planted!” Whether it is in Europe, in Kansas, or wherever, whatever God has planned for you, do it with all your might and in God’s strength.



DID YOU KNOW there are **24 COMMONLY GIVEN** vaccines provided periodically in the United States? This does not include the COVID vaccine. Each of these 24 vaccines were at first met with suspicion by the public, especially those living in poverty and without healthcare; now, these inoculations are generally taken as regular physical health measures. Very few people have serious reactions to them.

Vaccines — lessons from three centuries of protest - <https://www.nature.com> › *book reviews*

What are the possible side effects of a COVID-19 vaccine? The most common symptoms are fatigue, headache, muscle pain, chills, and injection site pain. More people experience these side effects after the second dose. You may have side effects after vaccination, but this is your body's expected reaction, and it means the vaccine is working. Vaccines rarely cause long-term side effects.

How effective are the COVID-19 vaccines? The three authorized vaccines have greater than 90% effectiveness in clinical trials against hospitalization and death from the virus.

Why not wait until more people get the vaccine? Widespread vaccination is critical to help stop the pandemic and reach herd immunity. Less than 40% of Kansans ages 18+ are fully vaccinated. 325+ million people are fully vaccinated worldwide.

Do I need to vaccinate if I already had COVID-19? Reinfection is possible, so vaccination is recommended even if a person has previously been infected with SARS-CoV-2 – the virus that causes COVID-19 . People over the age of 65 have less than 50% protection against reinfection with SARS-CoV-2. Younger people have less than 80% protection against reinfection with SARS-CoV-2 – but could spread it to others.

Resident Rights

Each month, a right and/or policy will be posted in this newsletter. Residents, 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 Dizaray 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. **6. We respect the right of residents and/or their legal representatives to be informed of and participate in decisions about their care and treatment.**

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



Welcome Our New SSD!

Though we were sorry to lose Rebecca Meitler from our Social Services Department, we are delighted to welcome **Dizaray Parker**, SSD, as our new full-time employee. Dizaray, who earned her Social Service Designee certification in Long Term Care last year, lives in the country, near Medora, with her husband, Charles, and their three children: son, Tahjay, and daughters, Penelope and Allenia. Please be sure to welcome her when you have the opportunity!

FAIR WEEK: Residents enjoyed getting to pre-order their lunch of Fair Food on September 21, with office staff serving them and asking them about their favorite memories of attending the Kansas State Fair. The menu included hamburgers, corn dogs, steak burgers, cheesy curly fries, chicken and noodles with green beans, and several desserts, from shakes and malts to ice cream sundaes to chocolate-dipped cheesecake on a stick. To quote some of the staff members who helped and enjoyed the food as well: "Kitchen/Sunny's staff WORKED THEIR TAILS OFF!!!! It was a fun day for residents and employees alike! Thank you, everyone who helped, and kudos to the hard-working staff." - Denise Wells

"A BIG THANKS to Eric, Dana and the team as they pulled off a wonderful imitation of the Fair food. Only one thing- this food was a whole lot better than at the Fair. Much appreciation to all the other staff who served and assisted. It made a special day for ALL." - Keith Pankratz



"Thanks, everyone, so much, for making the day a success. The residents loved it and it was great to hear the conversations going on at the tables." - Eric Beye



Only Fair, Cont'd from page 1

at the encampment building for a sack lunch. We would talk about what we saw, from cows to rabbits to art exhibits to special entertainment, chainsaw art and all the farm equipment and campers. After lunching and breaks, we'd go for some Turkey Hill ice cream. A few residents were brave enough to do the Ferris wheel. I remember that Estel Neir, a 90-year-old resident from the Congregate Apartments, would truly enjoy the ride and sights from 50-some feet up in the air. She was a hoot! And I don't think we ever left the Fair without a few residents needing to get their Pronto Pup fix. After a hot day, or sometimes a cool, rainy day, we'd pack up mid-afternoon and head back to SMRC. Boy, were we worn out after that experience -- staff more than the residents. These trips created some fond memories.

This year, another Covid awareness year, we kept most residents on campus and tried to create some of the Fair experiences here. The Activity Department encouraged all departments to take a day to do a special activity for the residents. The dietary department served Fair-like food out of Sunny's: corn dogs, cheesy curly fries, chocolate-dipped cheesecake on a stick, and chicken and noodles were some of the favorite food choices.

Memories of the State Fair, enjoying the Fall season, and so much more, are what brings quality to life. How precious is it to have wonderful minds created by God, to remember the good things in life. As we reflect, let us not only rewind the memory reel but also give thanks for the blessings that our Creator has given us. That's only Fair.

Keith Pankratz — CEO

FAIR FOOD!



Above: Eric Beye and the Sunny's Café crew were kept hopping as residents' cooked-to-order meals were produced and served.



Below: staff members had the fun and privilege of taking meals to the residents and chatting about Fair memories.



- "Forgiveness doesn't make the other person right; it makes you free."—Stormie Omartian
- "Forgiveness is the fragrance that the violet sheds on the heel that has crushed it."—Mark Twain
- "The weak can never forgive. Forgiveness is the attribute of the strong."—Mahatma Gandhi