

NOVEMBER 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
Hoffnungsau Mennonite-Louis Martens
Bethany Nazarene-Kay Scheel
Crossroads Christian- Open; Victorious Life-Open
Buhler Methodist- Open; Buhler Mennonite-Open
At large-Cameron Kaufman, Mary Frazier

Making It Memorable - SMRC Residents & Family Share What SMRC Means to Them

“My wife and I can’t find words to express our gratitude for the care my sister received all those years at SMRC. Whether in Assisted Living, Nursing, or Memory Care, the staff was 100% dedicated to helping her. SMRC was truly her home, staffed by exceptional people who share two essential characteristics: they LIKE people and they CARE about the residents. The staff never gave up in finding ways to help her deal with her challenging medical needs. We are thankful that she lived in such a caring home.”

- Jon and Melody Gnagy

“I believe that no matter how old we are, we’re left with unforgettable memories when someone takes the time to contact a parent, loved one, friend or resident to show appreciation. Bringing them encouragement through a visit, phone call, a note, card or other method warms the soul. When we do something unusual to appreciate someone, we create a memory that will last forever. “

- Keith Pankratz, Administrator

Thankful thoughts start on page 2—

Please drop off non-perishable deliveries M-F, 9a.m. to 4p.m., @ front door; call so we can pick them up.

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. You may drop them off; or, mail to SMRC, 400 S. Buhler Rd., Buhler, KS 67522

We Welcome:

Milford and Jo Lohrentz Ruth Redd
Mary Ann Kilpatrick Harold Phillips

We Said Goodbye to:

Raymond Thiessen Ruth Stockton
Harold Phillips

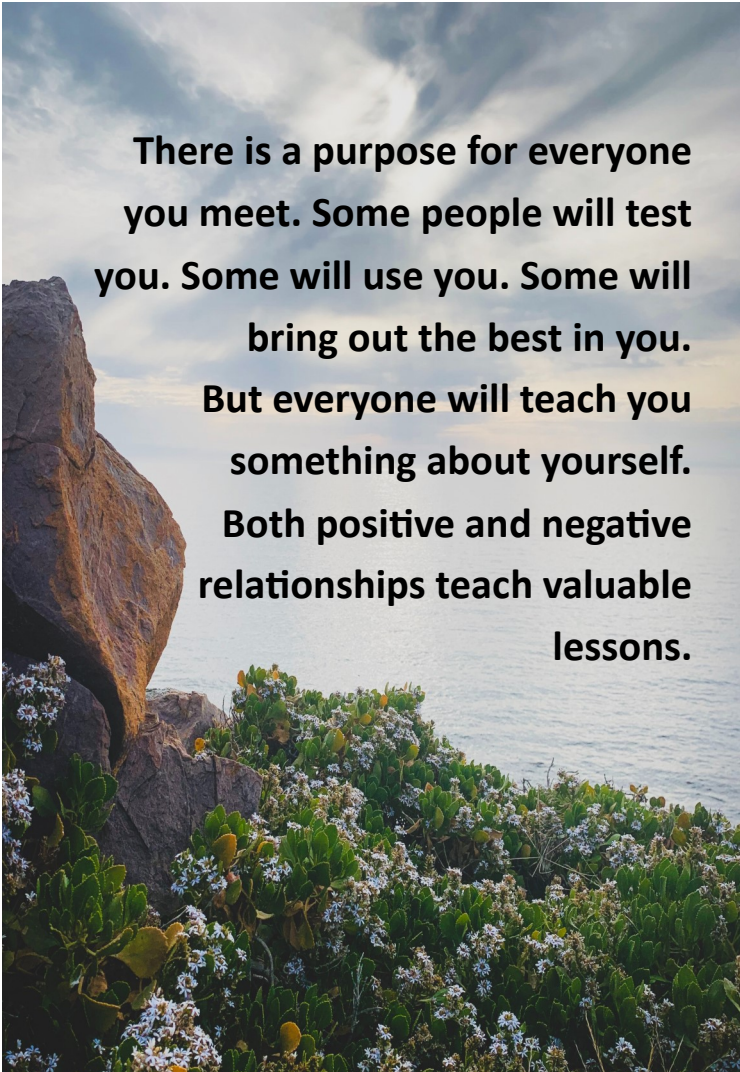
November Resident Birthdays

10 Margaret Minns 24 Dale Schamle
14 Rae Lynn Barton 29 Juanita Peters
19 Marlene Marquez

November Staff Birthdays

3 Jessi Ferneau 14 Makenzie Belt
9 Stacie Klassen 16 Gabriella Marr
10 Sheryl Busenitz 17 Stephanie Ferguson
10 Kathleen Toews 24 Samantha Elzey
11 Katie Williams 26 Rachel Perry
11 Rita Black 29 Averie Kennedy
13 Shanese London

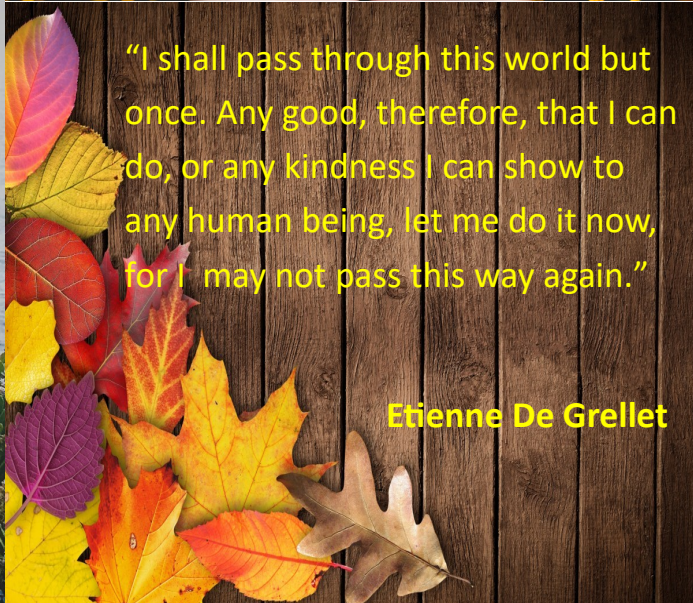
Keith Pankratz, CEO keithp@sunshinemeadows.org
Rita Black, Human Resources hr@sunshinemeadows.org
Londa Tipton, RN Director of Nursing don@sunshinemeadows.org
Debra Thompson, RN MDS Coord. mids@sunshinemeadows.org
Amanda Downtain, RN AL Care Mgr. almanager@sunshinemeadows.org
Hazel Brott, LPN MCU Care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



There is a purpose for everyone you meet. Some people will test you. Some will use you. Some will bring out the best in you. But everyone will teach you something about yourself. Both positive and negative relationships teach valuable lessons.



**You're beautiful
the way you are**



"I shall pass through this world but once. Any good, therefore, that I can do, or any kindness I can show to any human being, let me do it now, for I may not pass this way again."

Etienne De Grellet

"The pandemic has taken many freedoms from us, but it has also given us more time to reflect. We have spent considerable time reflecting on our life's journey. We are thankful for our Christian heritage and the Christian values our parents instilled in us. We are thankful for the Judeo-Christian values incorporated in our USA Constitution, and pray that we not abandon them. We are thankful that our children, grandchildren, and extended family have embraced Jesus Christ as Savior and Lord. We are thankful for the breakthrough vaccines that have been developed in record time. And yes, we are thankful for the benefits we enjoy at SMRC. To sum it up, we are thankful for a benevolent God who showers us with blessings daily!"

- Nick and Marlene Rempel

"I am thankful for my 3 daughters and son, and their families! I am thankful for my family here: My friends who are like family; Lenora, who adds so much to our lives; Jody, who does so much for us; all of the nurses and aides who give us loving care; everyone who works and waits on us every day with their loving care in the lunch room; the staff at Sunny's who always brighten our day, and the maintenance crew who are here when we need them."

Continued on the next page.

- Rae Lynn Barton

MORE THANKSGIVING

“We’re thankful for good doctors, a comfortable, well-cared-for home, SMRC, and a loving, caring family.” — **Leita and Joe Keith**

“I’m thankful for many things this past year. I’m thankful for such a nice place to live. I really appreciate our help here in Assisted Living. There are so many things that I can’t list them all: all the CMA’S, and Amanda; all of the kitchen and dining room staff, and good food. This year has brought religion much more into my life. I have appreciated Jody and Lenora. I love so much the books about the Bible Lenora is reading, and learned so much more about the women in the Bible. The kindness everyone has shown me is outstanding. My son said he really appreciates Sunshine Meadows. I enjoy all the new friends I have made. “

- **Gayle Williams**

“I am thankful for the Christian atmosphere at SMRC, kind and caring staff, and our nice apartment with wonderful neighbors and family close by.” -

- **Paul and LaVerna Richert**

“I am so thankful for the Covid Vaccine, to keep us safe from the terrible illness we could possibly get. Also, I am so grateful for the kindness, the thoughtfulness, and prayers from all the great friends and neighbors in our community, during these very sad days in my life. Thank you sincerely.”

- **Betty Bates**

“I am very thankful that you were able to find a space for me here at Sunshine Meadows. My wife and I drove by this place many times, going to visit my daughter who lives in Haven. I needed a place to stay after my home in Grand Island got to be too much for me to take care of. I am thankful for Stacie and the rest of the staff for making Kansas a new home for me. “Be kind and compassionate to one another, forgiving each other just as in Christ, God forgave you.” Eph. 4:32

- **Terry Rinke**

“God has provided the grains which are bountiful this year, and we have not had hailstorms. I’m thankful for my children and grandchildren and that they all have jobs to this date. I’m also thankful for my great-great grandchildren. I’m thankful for the Sunshine Home and the care they give me. God has richly blessed my life.”

- **Leatrice Schroeder**

“I’m thankful for my health, even if it is not as good as I’d like, and for family that stay with me and help me as needed.” - **Howard Balzer**

Cont’d. on Page 5.

1

Man

board

2

BABY

Answers at
bottom of page.



FUNSHINE PAGE

3

words

words

funny

funny

words

words

4

HEAD

5

league

6

GRASS

PLAYING

SIDE

9

JOB

7

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L

10

Please

1. Man Overboard; 2. Big Baby; 3. Too Funny for words; 4. Big (or Thick) Head; 5. Little League; 6. Green Grass; 7. Down Hill; 8. Playing Outside; 9. Inside Job; 10. Pretty Please

"I'm thankful for all who prayed for my son who has one lung, COVID virus, and pneumonia. He has been dismissed from the hospital 10/29 with oxygen taken home with him, plus medication. God does answer prayers!" - **Mary Ann Kilpatrick**

"I'm thankful for a wonderful TEAM of great staff who love our elders." — **Keith Pankratz**

"This year I have been thankful for so much: my family, friends, my co-workers, and our residents for sure. 2020 was such a hard year for us all, and mostly for the residents, not being able to see family or friends due to COVID, but when things started opening up and family/friends were allowed back in the facility, it had such an impact on the home for residents and staff. There has been more laughter, games, fun, conversations, and just overall more love and happiness. While we have lost loved ones this year, I feel very grateful to have had the time that I did with them; they are what makes this place worth coming to work. The residents here are everything to me. I am so very grateful and thankful that I get to see their smiling faces, to engage in conversations while passing by, or just seeing those who are enjoying things in their everyday lives. I love working for Sunshine Meadows; it is a part of my heart and soul. I couldn't imagine being anywhere else five days a week." - **Ashley Mahoney**



"I'm thankful that, most days, I seem to be returning to normal. My sense of humor has never failed me, but there have been many instances in which the stress from my bereavement has overpowered my short-term memory. For someone whose life-long love has been language, forgetting names and the right word, even briefly, has been heartbreaking. I'm thankful for understanding friends and coworkers who have been patient with me." - **Carla Barber**

Cont'd. on Page 6



Always Something to be Thankful For

“Every day is a gift from God to share with every one you meet. God has blessed me with a wonderful family and friends. I also live in a place of comfort during my retirement. Thank you!”

- **Evelyn Doerksen**

“I am giving thanks for the multitudes of memories I have from the last two years before moving to Kansas. The passing of my husband of 68 years and the burial we couldn’t have because of COVID19; the selling of our beautiful home we had lived in for 50 years; moving to the state of Kansas, where I had never lived before: all of these are treasured memories I had not experienced before, but that can never be taken away. When I decided to come to SMRC to be near my daughter, Karen, and her husband, Brad Fosnot, and two grandchildren, Stacia and Bradley of Buhler, I was happy to meet Stacie Klassen at SMRC who helped me tremendously, getting everything ready from the beginning to the end of my journey. I am giving thanks to God who has helped me all the way. God is good!”

- **Violet Feurtado**

Recently we received a note requesting expressions of thankfulness for things around us. It did not take me long to realize the many things for which I am thankful. We have had an exceptionally good life. We both had jobs we enjoyed, leaving us with many happy memories. We were able to travel extensively in years past. The home we lived in for 61 years was a work of our hands. We have been blessed with good health and have a family we cherish. We are thankful for the call that was received late July inviting us to an open house at SMRC. It had been our intention to down-size a year ago; then COVID hit, and we chose to stay in our home and stay safe. When we received the call, I thought it might be a good idea to see what SMRC had to offer. Stacy was very accommodating in showing me around. After the visit I went home and told my husband that I liked what I saw and was ready to move. Shortly thereafter Jim and our daughter Suz joined me for a second visit. We had quite a tour of the Congregate Facility and decided that day that we were ready to move. Leaving a home that we had lived in for so long was not easy. Thankfully, we had lots of good help and made our move Sept 1. We are not sorry that we made the decision. We see friendly folks every day enabling us to renew old friendships. We love our apartment and the convenience it offers. We feel that God had a hand in the decisions we made in the last three months. We look forward to very good days ahead. Thanks to all the staff for making our adjustment to congregate living so easy. Thanks to all the friends we see every day. We are truly blessed.

Cont’d. on page 11

- **Jim and Evelyn McIver**

Ahhhhhhhhhh!!!



This is Nursing's new SPA. The residents are loving it. Helen Wilson says she can't wait for her bath time. She loves her bubble bath. The atmosphere in the SPA is so relaxing and calming. **THANKS SO MUCH to all of the folks who bought Sunny's special meals and donated generously to make this possible!**

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.**

November Senior Center Menus

November 4th

Dreamsicle Salad

Bread with Butter

Roast Beef

Buttered Potatoes, Carrots

Coconut Pie

November 11th

Cranberry Jello Salad

Dinner Roll with Butter

Sliced Turkey with Dressing

Mashed Potatoes with Gravy

Green Bean Casserole

Pumpkin Pie

November 18th

Peaches

Grilled French Bread

Beef and Noodles with Mashed Potatoes

Green Beans

Peanut Butter Pie

November 25th

Thanksgiving, No meal at Center

Remember When

by Doris Schroeder

To Grandfather's House We Went (for Thanksgiving)

The legendary poem written by Lydia Maria Child near the mid-1800's depicted what we did on Thanksgiving in the 1930s and 40s, except our sleigh was the car, and the woods were located in the little town of Buhler.

Many times in those days, we visited both sets of grandparents on Thanksgiving and Christmas, as they both lived in this little town. Both of our grandparents from my dad's and mom's sides expected all their children to come,

Doris, Continued

and that we did. It was a very full day to me as I visited my cousins on both sides.

The back door slammed behind us as we entered the Lange house, located on the Main Street of Buhler. My Aunt Olga would be in the kitchen helping my little grandma get the food ready. Mom put on her apron and they continued the preparations. My "Little" grandma, as I called her for the simple reason that she was very petite, had spent days getting ready. Pie crust was made by hand as there were no mixes. It took flour, lard, salt and water, and a rolling pin to get the crust just right. The cranberries had to be cooked, as were the potatoes, mashed with a hand held potato masher, until the creamy substance was just right.

Finally, the meal was ready. The grownups all sat down at the dining room table. There must have been about 12 or 14 adults. We children had to wait until they were through and then we ate. I think we probably numbered about ten.

We kids watched as they filled their plates with turkey and dressing, potatoes and gravy, green beans and rolls. Each place had an exquisite champagne glass filled with strawberry Jell-o and bananas and a sparkling mound of whipped cream on top. Finally, as they got ready for their pumpkin pie with more whipped cream, they would start feeding us kids in the kitchen. What a feast!

Later, when my parents called, we got in the car and drove to the other end of Buhler where my other grandparents lived. Their house was smaller, so we kids usually stayed down in the basement. We played games and talked around the table with some of the "faspa" food on it. The thing we enjoyed the most was Grandma's sugar bowl. It had sugar cubes in it that we loved to nibble on.

In those days, I didn't really voice what I was thankful for, but I knew in my heart that I was grateful for all my cousins, even if we argued sometimes. I felt good that I had parents and grandparents whom I knew cared for me, even if they didn't say it. I knew I still wanted to find out for sure how I could know I was going to heaven some day, but I somehow knew that I would find the answer.

We went home from our Thanksgiving celebration, contented and VERY full.

In spite of everything that is happening in this world these many years later, I am so thankful my grandparents had the courage to come and settle in the United States of America!





Assisted Living residents watched glass blowing during their trip to Kechi. Everyone enjoyed the day, and the artists at Karg Art Glass were quite entertaining. This fun was followed by lunch at Cracker Barrel. Though tired, everyone really enjoyed being off campus for a fun day.

Some of the Sunshine residents traveled to the Maxwell Game Preserve. They enjoyed seeing the buffalo. The buffalo probably enjoyed seeing the residents too!



A *PLEA* from our



Staff:

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!!!**

"I am so thankful to feel the first refreshing fall breezes at the end of the dog days of summer; for no hard frost yet in November, allowing extra time to collect, load up and transport precious annuals to a greenhouse to shelter under the care of botany-loving high school students during the winter blast; for no more mosquito bites; for a rest from watering plants. (Now we're keeping the stock water tank full, as the cows came home to the winter corral, along with their baby calves, who are already sprouting cute little horn nubs.)

I am so thankful for adequate funds to buy the essentials: gas/diesel, food, heating fuel; I'm thankful for the warm glow of bonfires on cool fall nights, snuggled up close to friends and loved ones; for the final stonework completed on a dining room in our log cabin addition, making space for teen-age grandchildren; for being in the sweet presence of someone who exudes the fruits of the Spirit: love, joy, peace, patience, gentleness, kindness, faithfulness and self-control, shining out from within.

I am so thankful for Sunshine Meadows teamwork when it fully utilizes the wide variety of gifts, talents and interests crafted into each uniquely designed person living out God's purpose with an empathetic servant heart. I am so thankful for knowing Jesus as the ONE, the difference, the True Light of this world."

- **LeNora Duerksen, Chaplain**



Serenity Hospice supplied a fishing tank for the residents. All our fishing fanatics had a good time. Right, Candi?



OKTOBERFEST

The Dietary Staff did another themed meal in October. The Menu was:

Krautsalat (German Coleslaw), Applesauce (homemade), Bratwurst in Onion Gravy, Sauerbraten (Smothered Pork Loin), Seasoned Smashed Potatoes with Onion Gravy, Rotkohl (Sauteed Red Cabbage), Mohrengemuse (Creamy Steamed Carrots), Zwetschkuchen (Fruit Bar) with Ice Cream, and Zwieback (Double Dinner Roll). They also held a Pretzel-making party making homemade pretzels for the residents.



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.

<https://www.nature.com> › book reviews

Vaccines — lessons from three centuries of protest - Nature

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. Currently, 50% 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 – and could spread it to others.

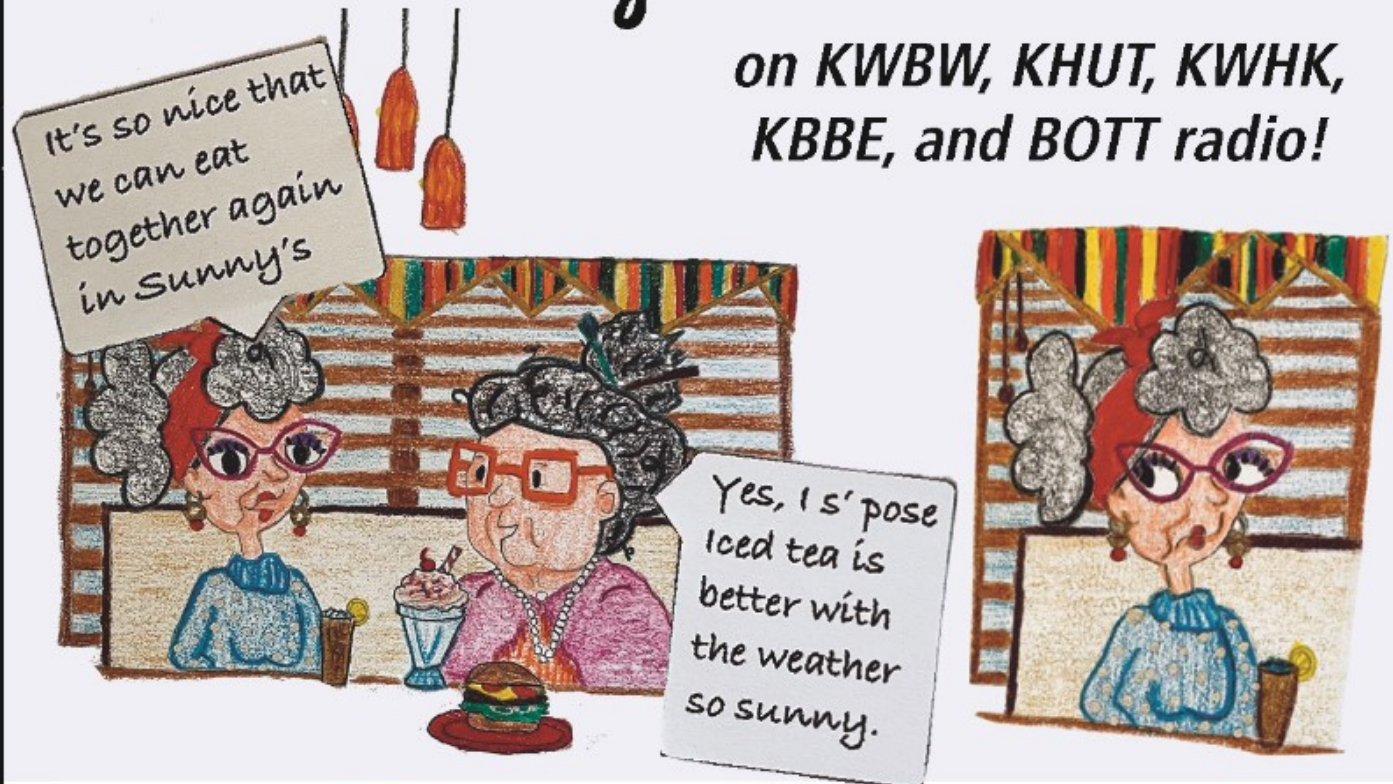
Resident Rights

Each month, a right and/or policy will be posted in this newsletter. To get answers to questions about resident rights at Sunshine Meadows, please do not hesitate to contact Social Services.

INFORMATION ABOUT ELIGIBILITY FOR MEDICARE/MEDICAID BENEFITS: You have the right to receive Medicare or Medicaid benefits if you are eligible for those benefits and if the facility participates in those programs. When you are eligible for either of these programs, we will provide you with a list of those applicable services. We will also provide you with a list of facility services not covered by Medicare or Medicaid and for which there are additional charges, if you want those services. We will provide notice to you when these charges change. We will assist you in applying for Medicaid/Medicare benefits if needed. We will refund any payment you have made for services covered by Medicare and Medicaid. Our facility must not require a third party guarantee of payment as a condition for admission or continued stay, or solicit any gift, money or donation as condition for admission (Medicaid only). Our facility must not require residents to waive their rights to Medicare or Medicaid. Our facility must not require residents to pledge that they are not eligible for, or will not apply for Medicare or Medicaid benefits.

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!