

Sunny Side of Life

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

April 1, 2020

Sponsoring Churches/Board of Directors

Buhler MB-Mary Ellen Jantz, Charlotte Smith,
Velma Goertzen
Buhler Mennonite-Deanna Siemens
Hoffnungsau Mennonite-Louis Martens
Bethany Nazarene-Kay Scheel
Crossroads Christian-Open
Buhler Methodist-Joe McGowen
Victorious Life-Open

At large-Cameron Kaufman, Clem Kilpatrick, Mary Frazier

Drop off non-perishable deliveries M-F, 9 to 4, @ front door; call so we can pick up. See website/call for a list of essential items.

Crazy Covid-19 - Keith Pankratz, Administrator

We are coming to the end of the typical influenza season. Annually, up to 60,000 Americans die from the flu, and more than 36,000 die from traffic accidents. We are familiar with the risks of driving, and of the flu, and we accept them.

Because the corona virus is new and unfamiliar, it can seem scary. There is no vaccination, medication, or immunity developed for this virus as yet. Many of the cases have only had mild symptoms; however, in the older population, it will have a more serious effect.

Our efforts to break the chain of infection can be crucial. Kill the virus with proper handwashing. Don't touch your face. Disinfect high-touch surfaces, and practice social distancing. Throw used tissues directly into the trash. Support your natural immune system: sleep well, drink lots of water, exercise, eat healthy foods, and manage stress.

SMRC staff members are giving our best efforts daily to use all precautions to minimize potential infection. All staff are screened before each shift. Those with any symptoms are sent home to quarantine themselves or to get a doctor's release to return to work. You can take courage: you are in good hands with our well-trained staff. If you have any questions concerning issues with Covid-19, please call 620-543-2251.

Life before social distancing: An Assisted Living trio of Amy Ackerman, Franklin Pankratz, and Amanda Downtain.



Need something to do in lockdown? If you would like to send cards to some of our residents, please call SMRC at 620-543-2251 Monday-Friday, 9-4, for a list of those to whom your letters can be sent. If you live nearby, you may drop them off (see above info); otherwise, mail to SMRC address. See page 3 to get inspired.

The most beautiful things in life are not things. They're people, places, and memories. They're feelings, moments, smiles, and laughter.

We Welcome:

Eileen Galliard
Johnny Holmes

Resident & Staff Birthdays:

Residents

4/1: C. Ressler
4/12: M. Rempel
4/19: H. Balzer
4/19: P. Darling
4/23: S. Plenert
4/24: D. Heim
4/25: E. Galliard

Staff

4/2: Mia Washburn
4/10: Susan Jimenez
4/15: Jody Anderson
4/16: Dylan Chambers
4/18: Liz Hammar

Keith Pankratz, CEO

keithp@sunshinemeadows.org

Rita Black, Human Resources

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Londa Tipton, RN-Director of Nursing

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Debra Thompson, RN, MDS Coord.

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Rachel Perry, LPN-Care Manager

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Krista Crawford, LPN-MCU Care Manager

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Amanda Downtain, LPN-AL Care Manager

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Meeting Our Neighbors

-With Judy Dickinson

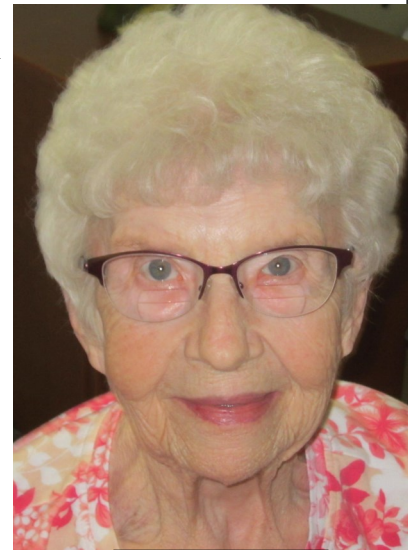
Marian Lipe was born in 1928, and was raised 2 ½ miles south of Inman on the Pauls family farm. Her dad raised crops, cows, pigs, and chickens. During part of her growing up years, she helped with milking, and, as a teenager, drove the tractor when needed. Childhood during the years following the Great Depression was very difficult, but everyone was in the same boat. Many items were hard to get, and some were very expensive. (Doesn't that sound familiar, with the pandemic we are facing now?) Through that time in her life, she learned to be frugal.

Marian's childhood also coincided with World War II, which lasted from 1939 to 1945. Marian was about 12 years old when the Japanese bombed Pearl Harbor. This was another time for Americans to tighten their belts and "make do" with what they had.

I have to say hats off to all Americans who lived through one or both World Wars, and the Great Depression that was sandwiched in between. I cannot imagine going through all those trying times! We feel put-upon to shelter in place with Covid-19. Could we have survived as they did? Marian did more than survive; she thrived as she went forward.

In 1946, Marian's cousin was getting married; Marian met Ray Lipe through the activities surrounding the wedding. About a year later, Marian and Ray were married. He sought work at the Job Service office because he was a veteran; Ray had been in the Navy for four years, stationed in the Philippines. He was asked if he knew anything about being an optician; he replied that he didn't, and didn't know what it meant. He was assured that, with his mechanical ability from the service as a skilled worker in the Navy Seabees, he could handle the job with some training. He worked with a doctor at Singleton-Joyce Optical in Hutchinson, where the couple lived for a while. He ended up filling in for two weeks at an optical company in Great Bend and was offered a really good job. The couple moved to Great Bend and his job was a perfect fit. Marian was a homemaker and had a more than full-time job raising their five children, Sharolyn, Michael, Gary, Richard, and Carol. The couple became members at Central Baptist Church in Great Bend, which is an American Baptist Church, and God and the church were the center of their lives.

Music and the arts were very important to Marian. She wanted her children to appreciate music of cultural value. Her three sons and two daughters took piano and voice lessons through the years, and Marian was involved with arranging the Community Concert acts and signing up people as members. Her sons, Mike and Richard, were members of the Drum and Bugle Corps. Later, Mike became an opera singer and taught at Colorado State University. Marian is proud of all of her children's successful careers. Some are retired now; some are still in the workforce, and some are fighting health issues. One hobby that Marian and Ray shared was the love of antiques. Ray was good at repairing antique furniture and Marian would refinish the pieces. They had a booth in an Antique Mall for several years. When the youngest children were in junior high school, Marian decided to enter the workforce. She found a job at the First Southern Baptist Church in Great Bend. They did not want to hire a church member; because of the similarity of American Baptists and Southern Baptists, the job was the perfect place for her to work. She developed many friendships there and worked with the pastor, whom she considered an awesome boss, for twenty years. Tragedy struck their lives when their oldest daughter and her husband were killed in a car accident while travelling to visit family in Colorado. Marian credits the Lord for being their foundation and getting them through this and other difficult times. Marian praises the Lord for their life in Great Bend, which became her home for over 40 years. She moved back to Hutchinson in 2000. She feels that she has been blessed in so many ways! Marian is looking forward to celebrating her 92nd birthday in September.



Marian Lipe

KEEPING IN TOUCH

You probably know that you can send a postcard to your loved one by going to our website, www.sunshinemeadows.org, and clicking on Resident Life, then Message Resident. Simply write a short message, including your loved one's name, and your name, where indicated. Postcards are printed and delivered on all business days. Above the postcard, there are four options for backgrounds; just click on the one you want to use. If you stick with the plain background (shown below), the person who prints the cards will "dress up" the card, based upon what's written (i.e., if you write about rain, or flowers, etc., pictures of those items will be used). Some families have obviously encouraged each other to send the postcards, as a few of our residents are being messaged almost daily. One day, a resident received seven postcards! It was a great day for her.

SMRC staff have also been sending cards to our residents. We've made certain that each resident has received at least one greeting card; many have received several. It's wonderful to have something tangible from a family member or friend when we are feeling lonely. Cards and letters get read and re-read many, many times. Remember: what you write it isn't nearly as important as your kind intention.



WE'RE STAYING ACTIVE!

Life continues in the Activities Department as close to usual as is possible during this time. We are daily visiting with our residents, and doing our version of Bingo, along with exercises each day. We ask the residents who want to participate in these activities to come and sit in their doorways; staff members stand in the halls and do exercises or call Bingo. In Assisted Living, residents join in via the television on our in-house channel, following along with Jody. The residents who have been able to do this have enjoyed it immensely.

We are still going through the neighborhoods doing devotions, trivia pages, puzzles, and games, and taking coloring pages and lots of other things around to keep our residents engaged.

We have been able to screen mirror Amy Johnson, our music therapist, to our big screen television, playing hymns and songs, and singing, so our residents can see her in high definition - - and I can turn up the volume. Residents are singing along and loving it.

The residents have really enjoyed all the mail that has been coming their way during this time, so please keep it coming. We are also face-timing with family members who wish to visit with their loved ones. Just go to Facebook, and search for Sunshine Meadows ACT.

If you would prefer, please feel free to call the Activity Department's direct line at 620-543-5693 to set up a time to talk with your family member.

Let's remember that God is in control during this time and is looking out for us all.

Melanie Koehn, Activities Director



“My grandmother started walking five miles a day when she was 60. She's 97 now, and we don't know where in the world she is!”

