



April 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

Exposure to Thinking Outside of the Box

Since COVID began, new aspects of our lives have been **highlighted**. March Madness this year was most definitely played in **unprecedented times**, with all the games taking place in four arenas in the Indianapolis metropolitan area. "In the **bubble**," they say; all teams **isolated** from the general public. Minimal fans in the stands. **Unpredictable** which teams are going to advance to the next level. **Unknowns**, such as Oral Roberts University and Loyola, pulling a number of upsets. Only one game was **cancelled** due to the COVID virus.

Due to the needs for teams to **quarantine** in their hotel rooms and inside gyms, there was more opportunity for **team bonding**. It's hard to find two teams better than Gonzaga and Baylor, when it comes to **teamwork**. **Unfamiliar** players soon surfaced as new **heroes** in the game of basketball.

It's very **abnormal** that the Big Four (Duke, Kentucky, KU, North Carolina) didn't fare well, or never made the tournament. The journey to the Final Four this season was enjoyed mostly through **social distancing**.

The point is that even in **uncertain times**, we can enjoy some normalcy, as with March Madness - - even if it produced **unexpected** new winners and heroes. Let's continue to be **courageous, strong, safe, and trusting in God**, as we continue in our work, get-togethers, and travels during the rest of this year.

- Keith Pankratz, Administrator

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 (see [above info](#)); or, mail to **SMRC address**.

We Welcome:

Fred Saenger, Marlene Marquez, Bruce Whipple, Lonnie & Amelia Sidebottom, Kayoung Alonzo, Patty Nevius

We Said

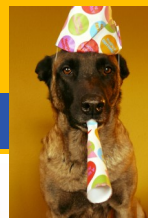
Goodbye

To:

Janis Gnagy, Kayoung Alonzo, Patty Nevius

Resident Birthdays

- | | |
|---------------------------|---------------------------|
| April 1: Violet Feurtado | April 20: Gloria Forsythe |
| April 9: Ruth Duscher | April 23: Sue Plenert |
| April 12: Marlene Rempel | April 24: Doris Heim |
| April 17: Doris Schroeder | April 25: Eileen Galliard |
| April 17: Howard Balzer | |



Staff Birthdays

- | | |
|-------------------------|-----------------|
| <i>Shannon McPike</i> | <i>April 5</i> |
| <i>Susan Jimenez</i> | <i>April 10</i> |
| <i>Joleen Anderson</i> | <i>April 15</i> |
| <i>Khristie Goodwin</i> | <i>April 16</i> |
| <i>Elizabeth Brown</i> | <i>April 18</i> |
| <i>Hailey Moore</i> | <i>April 25</i> |



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

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

Meeting Our Neighbors

-With Judy Dickinson

In 2022, Ray and Mandy Dick will celebrate 70 years of marriage! They have shared a wonderful life together.

Ray was born in Burrton, Kansas 91 years ago. His folks were farmers and he enjoyed country life. When he was about 5 years old, his parents moved the family to a farm southeast of Buhler. Ray loved swimming and fishing in the lake and did his fair share of farm work, taking care of the animals and working the crops. Ray attended Lily Dale Grade School and later graduated from Buhler High School in 1947.

After high school, Ray worked at the Richards-Scheble Candy Company in Hutchinson for two seasons, where they made Christmas candy.

After that, he volunteered with the Mennonite Central Committee (MCC): a relief, service, and peace agency, which provides help in the United States and at various locations throughout the world. Ray went to work at Brook Lane Farm, a hospital located in Hagerstown, Maryland. That hospital has grown and is now known as Brook Lane Psychiatric Center. Ray did a variety of jobs there; he was an orderly, and ended up running the shop where patients made billfolds and other crafts.

Ray met another orderly there named Mandy, who had been born and raised in Hagerstown. Her family also farmed, and, like Ray, Mandy was a Mennonite volunteer at the hospital. She sometimes worked in the kitchen. The two met at the hospital, and discovered their common love for the Lord and desire to help others. They spent their free time together taking walks after work. Their friendship blossomed into courtship and they were married in 1952 in Hagerstown. They enjoy telling people that they met in an insane asylum.

Next, the couple served in La Junta, Colorado at another hospital. After a little over a year, they moved back to Maryland for a while and Ray worked for a plumbing company. In 1954, they moved back to Buhler.

Ray started his own plumbing business and was thus employed for several years. Eventually, he went to work for Paul's, Inc. in Hesston, working for them for about 10 years, until he retired.

Ray and Mandy were blessed with three sons: Keith, Gary, and Greg. All three graduated from Buhler High School. The family enjoyed going to basketball and football games when their sons were playing. They planned many trips together, visiting all 50 states, as well as Germany, Switzerland, and Africa.

Like many parents, Ray and Mandy are very proud of their sons. Keith began his own company in Baldwin City, Kansas, where he builds forklifts for businesses all around the world. Both Gary and Greg joined Keith in this business, and they are all still working at the thriving enterprise. Keith has remained a bachelor, but Gary married, and is the father of a son and daughter who are twins, and another daughter. Greg is married and has four children, two boys and twin daughters. Ray and Mandy love going to see their kids at Baldwin City whenever the opportunity arises.

The couple moved to Sunshine Meadows Independent Living about six years ago, and are thankful to be here. They have had a good life together, and Mandy is thankful that they still have each other. Moving here was a change but Mandy feels like everyone here has been very good to them. They enjoy their life here.

Through the years, the couple has continued to volunteer to help with various projects with the Mennonite Central Committee. They have helped at the Et Cetera Shop headquarters in Newton and the relief sale at the fairgrounds each year. In addition, they have helped perform various jobs across the nation with the MCC, serving in Alaska for five weeks, in Akron, Pennsylvania, and in many other locations.

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Don't Forget!

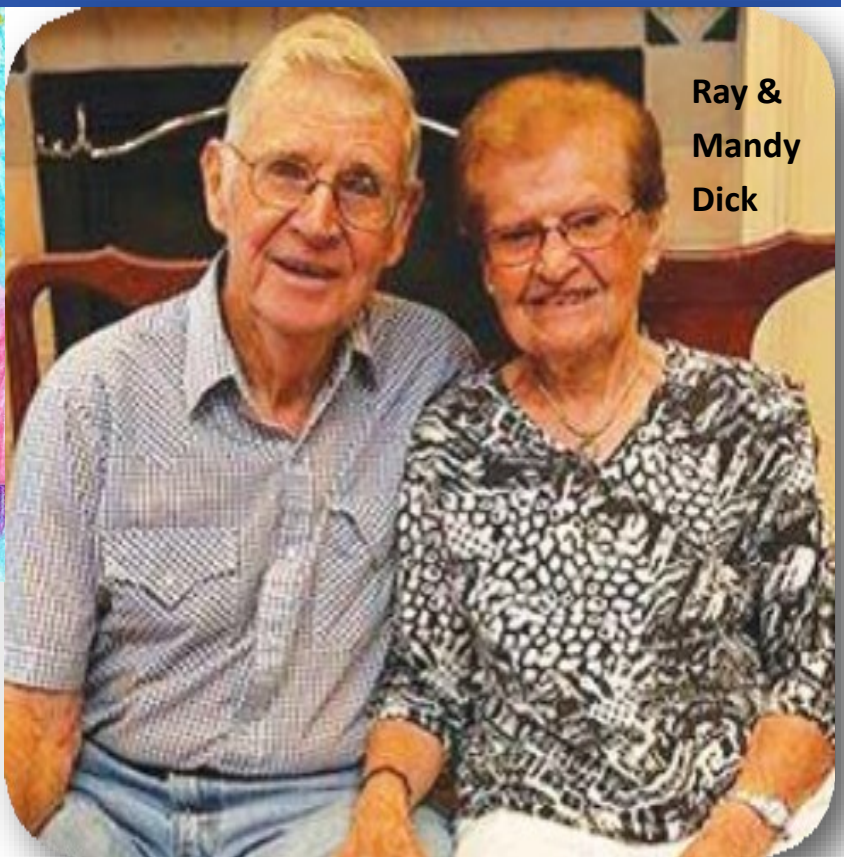
Sunshine Meadows is fundraising to update the residents' spa. The first fundraiser, Chili Night, went over well (see page 11), and we have planned a second fundraiser, a **Burger Bash**, for April 28, from 5p.m. to 7p.m. You can call 543-2251 to order ahead, but it's okay to simply get in the drive-through line in the Sunny's parking lot.

- **Pick up and donate in the parking lot**
- **5-7 p.m. Wednesday, April 28**
- **Sunny's Burger Bash & Dana's BIG chocolate chip cookie**
- **Burgers served with lettuce, tomato, pickle, onion, and bag of chips**
- **Cookies available by the dozen or half-dozen**



Ray and Mandy Dick, continued from page 2

Ray and Mandy encourage people to get involved with these types of charitable ventures. Giving of your time and helping others is a very rewarding feeling!



Ray &
Mandy
Dick

DEAD BODY

MY

1



TIME
TIME
CHARM

2



KNOCK
walnut oak pine ash

3

WEAR

sexy

4



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

HOLACEE

5

FUNSHINE PAGE

Answers at
bottom of page.



S
H
O
W

6

~~**TWO**~~

7

NOBODY

LAW

8

1. Over my dead body; 2. The third time's a charm; 3. Knock wood; 4. Sexy underwear; 5. Ace in the hole; 6. Side show; 7. Don't back out; 8. Nobody is above the law.



CHIT-CHAT**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_I1KQpPz4pq-aUUtH/view?usp=sharing

Calling all readers! If you would like to submit a tribute, memory, birthday wish, etc. to honor one of our family (residents and staff) on the Chit-Chat page, please email us at fund@sunshinemeadows.org. Thanks!

Norma Reuter's daughter, Pam, had some kind words for the staff at Sunshine Meadows, after the passing of her mom. Pam asked Chaplain, LeNora Duerksen, to deliver a very special thank-you to all the folks that make up the Sunshine Meadows team:

"We never had to worry about the care given Mother during her time at Sunshine. Mom talked of her favorite days being when Chapel was held, and singing all her favorite hymns she'd learned by heart. Although she was very self-conscious about going out to eat in public, she did not let that stop her from worshipping her Lord and Savior! The shaking issues Mom had were not from Parkinsons, but started after she birthed twins, each weighing more than seven pounds. Doctors today would not have allowed a woman of her small stature to endure that labor, but Mother never ever complained of her sacrifice, or of the damaged nerves she was left with, in order to give birth to the twins she enjoyed all of her live-long life.

"Please express these grateful regards to all the staff who attended to mother during her time at SMRC. Mom loved her days here; especially singing the Old Rugged Cross! God bless!"

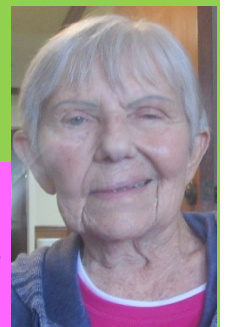
"Norma was an especially sweet woman, an absolute joy to have had the honor of meeting." - Denise Wells, PTA/Director of Rehab

You all are amazing!! There are not enough words to express my gratitude for each one of you!! I appreciate all of the energy you gave to mom. That helped get her to where she is today. She is doing really well! We are getting into a nice routine. Our favorite thing to do is work on speech together. We share a lot of laughs and giggles together when she is trying to sound out words. She is so wonderful! Blessings to you all!!

-Patsy Holmes' daughter, Vicki

An absolutely precious woman. The therapy team could not love her more and wish all the best to Patsy and her family. Thank you, Stacie Klassen, for capturing her beautiful face before she left. - Denise Wells, PTA/Director of Rehab

We wish Patsy the best! - Stacie Klassen, Marketing Director



BEWARE! PHONE SCAM! One of our independent residents asked us to make everyone aware of a scam she just encountered. She received a phone call from a gentleman claiming to be from Publisher's Clearing House. He told her his name and badge # and that she had won, and he and several attorneys were on their way to her home to deliver her prize. He gave her the names of all of the attorneys and asked her to remember his badge # and all of their names. He then asked her to go to Dollar General and get some type of a card. She said he was VERY convincing and that she believed him until he asked her to go to Dollar General. She wants everyone to know about this scam, because he was so convincing!

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.



April Senior Center Menus

April 1st

Mandarin Oranges with Bananas
Pork Roast
Mashed Potatoes with Gravy
Peas
Peach Cobbler with Whipped Topping
Raisin Bread

April 8th

Tossed Salad
Roast Beef with Gravy
Mashed Potatoes with Gravy
Harvard Beets
Angel Food Cake with Homemade Chocolate
Whipped Cream
Bread with Butter

April 15th

Peaches
Smothered Chicken
Party Potatoes
Corn
Frosted Cupcake
Bread with Butter

April 22nd

Jell-O Salad
Chicken Fried Chicken
Loaded Oven Potatoes
Green Beans
Pumpkin Square
Zwieback with Butter

April 29th

Vegetable Pasta Salad
Stuffed Pepper
Buttered Potatoes
Green Beans
Vanilla Pudding with a Cookie
Garlic Bread Stick

“Snugglers in Residence” - - Sort Of

Last month, we introduced Georgette Barber as a new weekly therapy dog for Sunshine Meadows, visiting on Thursdays. This month, we’re adding to our roster another therapy dog, Daisy, who’ll be coming in with her mom, Kristyne Burton, LPN, a much-appreciated PRN (part-time, as needed) employee. Their visiting day as a dynamic duo will be Fridays. It’s great to see these smiling doggy faces walking through the neighborhood halls! If you see them, be sure to stop and say hello. Therapy dogs thrive on attention!



“The most important thing is to ENJOY your life— to be happy. It’s all that matters.” - Audrey Hepburn

“The secret of staying young is to live honestly, eat slowly, and lie about your age.” - Lucille Ball

COVID UPDATES: We had one positive COVID test last weekend. Results from the first test have come back and are negative. We will all test (including residents) again next Monday.

- County - numbers are continuing to trend in the right direction - only 17 active cases as of 03/31
- State/nation - the vaccine is working! Reports are showing tremendous confirmation of the vaccines doing their job!
- We are in Phase 1 - restricted group activities (up to 10 people), no beauty salon (salon services continue to be provided in resident rooms), and non-essential personnel are restricted from facility access. **VISITS ARE BACK!!!** After this first round of negative test results, we are starting up the visitation again **April 2**, per CMS guidance. No visitation will be permitted over the weekend: however, there are a few residents who will be going out for the holiday. If family comes to pick up a resident over the weekend, they must fill out a risk and consequences form.
- Kiosks - We have a new kiosk to screen visitors at the Sunny’s entrance location. This device will permit entrance (by unlocking the door) after completion of temp checks, mask use, and screening questions.

We are working on updating the kiosk used by staff each day at the employee entrance. It now has the ability to house the questions we need to answer for screening purposes. Look for a new process with that in the coming week(s).

- **ALSO, great morale news: SUNNY’S is OPEN to RESIDENTS and STAFF! Great steps forward, and we hope to continue, until soon we can invite in others!!!**

Who Said It?

Six quotes. Find out on page 9.

1 Beautiful young people are accidents of nature, but beautiful old people are works of art.

22 *It took me a long time to develop a voice, and now that I have it, I am not going to be silent.*

3 **COUNT YOUR AGE by friends, NOT YEARS. COUNT YOUR LIFE by smiles, NOT TEARS.**

FUN IN THE SUN!

Finally, a day beautiful enough for these fast friends (L to R, Tommie Larson, Marlene Marquez, and Ruth Duscher) to enjoy popcorn and Coca Cola in the sunshine!

-Submitted by Memory Care manager, Krista Crawford

4 **You can't help getting older. But you don't have to get old.**

5 "Aging is an extraordinary process where you become the person you always should have been."

6 *I have chosen to be happy, it's good for my health.*



Who Said It? Answers from page 8:

1: Eleanor Roosevelt; 2: Madeleine Albright;
3: John Lennon; 4: George Burns;
5: David Bowie; 6: Voltaire



One of the great arts of living is the art of forgetting.

MORE STAFF VACCINES!

The Reno County Health Department were kind enough to come onsite to administer vaccinations to staff members who hadn't gotten in on the first round. The RN from RCHD commented on what a fun group we had. She was 40 minutes late, and frazzled; and I'd asked the staff to come early on top of it. The happy group of employees we had certainly helped her to calm down! She was amazed. The employees were great, and made the situation much better. I'm grateful for the employees' positive attitudes!

-Rita Black, Human Resources

RCHD will be here again on Thursday, April 8 to administer more vaccinations for staff and residents (time to be announced).

There is NO COST to the employee.

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!**

How to Improve Your Morning Routine

15 SIMPLE IDEAS

1. Start planning the night before
2. Take care of tedious tasks the night before
3. Do the most important things first
4. Go to bed on time
5. Get up before your family
6. Do not keep your phone by your bed
7. Resist temptation to use your phone when you first wake up
8. Use a prayer calendar
9. Read a Psalm and a Proverb
10. Read one chapter in the Bible a day
11. Journal for 15 minutes
12. Write a short schedule for the day and pray over each item
13. Exercise
14. Read a book
15. Meditate or sit and think



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 them 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!!!**

"Our supper was EXCELLENT!!!! All thanks to the abundant fixins offered by the SMRC crew for the Chili and Cinnamon Roll fundraiser.



Delicious, and such wonderful service with smiling faces. See you all again for Hamburger night!!!!
-Denise Wells

We are thankful for the sunny, calm day for the chili fundraiser March 31st. This took a team of loyal staff to execute it well. A **BIG THANK YOU** to the team that helped make it happen. You all did a great job. It seemed like the people driving through thought the idea was a good one and they looked forward to their meals. Donations amounted to over \$2900; the spa is that much closer to being completed! Thanks to everyone who showed up, ordered chili, and donated! Please return for the April Burger Bash event, where we hope to reach our goal to upgrade the residents' spa! - Keith Pankratz

VACCINE FACT SHEET

Pfizer (mRNA Vaccine)

95% effective*

2 dose series (0.3mL each) given 21 days apart

Multidose vial containing up to 6 doses/vial

Dilute with 1.8 mL of 0.9% Sodium Chloride

43,448 trial participants

Authorized for use in individuals \geq 16 years

Published safety and final efficacy results from Phase 3 trial on December 10, 2020

Moderna (mRNA Vaccine)

94.5% effective*

2 dose series (0.5 mL each) given 28 days apart

Multidose vial containing 10 doses

No dilution required

30,420 trial participants

Authorized for use in individuals \geq 18 years

Announced primary efficacy results from Phase 3 trial on November 30, 2020

**vaccine efficacy is against COVID-19 in individuals without prior SARS-CoV-2 infection*

What is mRNA and how do mRNA vaccines work?

- Messenger RNA, or mRNA, is the blueprint for making proteins. Within the nucleus of cells, DNA makes mRNA and then ships it into the surrounding cell cytoplasm. In the cytoplasm, mRNA is translated into proteins and enzymes. Soon after this, the mRNA breaks down.
- COVID-19 mRNA vaccines take advantage of the cellular process of making proteins by introducing mRNA that contains the blueprint for one of the coronavirus proteins, specifically the spike protein. This protein is responsible for attaching the coronavirus to our cells.
- COVID-19 mRNA vaccines are given in the upper arm muscle. Once the mRNA is inside the immune cells of the muscle tissue, the cells follow the instructions and make the spike protein piece.
- Next, the cell displays the protein piece on its surface. Our immune system recognizes that the protein doesn't belong there and begins mounting an immune response and making antibodies.
- After developing antibodies, our immune system can protect against future infection.
- The benefit of the mRNA vaccine is those vaccinated gain the protection without risking the serious consequences of getting sick with COVID-19.

What other ingredients are included in the vaccines?

There has been complete transparency around ingredients. You can find the fact sheet for each vaccine posted on the FDA's website with the exact list of ingredients. In addition to the mRNA, both vaccines include:

Lipids: Molecules or "bubbles of fat" that surround the mRNA to protect it, so it does not break down before it gets into our cells.

Salt: Similar to table salt, it keeps the pH of the vaccine close to that of the body, so the vaccine doesn't damage the cells.

Sugar: Similar to sugar we eat, in the vaccine it helps keep the "bubbles of fat" from sticking to the vaccine vial.



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