

April 2022

The Sunny Side of Life

Sponsoring Churches/

Board of Directors:

Bethany Nazarene- Kay Scheel; Buhler MB- Velma Goertzen, Sara Hunt, Mary Ellen Jantz, Charlotte Smith; Buhler Mennonite-Beth

www.sunshinemeadows.org

620-543-2251

The monthly family/staff newsletter of
Sunshine Meadows Retirement Community

Schwabauer; Buhler Methodist- Open; Crossroads Christian- Open; Hoffnungsau Mennonite- Louis Martens; Victorious Life- Open; At large - Cameron Kaufman, Mary Frazier, Ed Berger.

We Welcomed:

Jerry B. Judy C.

Suzanne M.

We Said Goodbye to:

Keith D. Georgia P.

April Resident Birthdays

1 Vi F. 17 Doris S.

2 Leland W. 19 Howard B.

9 Ruth D. 20 Gloria F.

9 Jack H. 23 Sue P.

12 Marlene R. 25 Eileen G.

April Staff Birthdays

5 Shannon M. 19 Kaycie H.

10 Susan J. 25 Hailey M.

15 Joleen A.

An Incredible Community of Givers

You may have already read that the 2022 Gala brought in almost \$50,000 this year, a big jump from the recent years. I believe there are three reasons for this increase.

We've explained the importance of building a new wing to help us help those who are in the early stages of dementia; these residents will have the freedom to explore their neighborhood in comfort, without being in any danger of elopement.

We (the staff and board members of Sunshine Meadows) have done a good job of letting people know that we have been awarded a matching grant that will help us build the assisted living/memory care neighborhood. Our board has been vigilant in their support of this effort.

And, most importantly, we have prayed about this mission, and our neighbors, residents, and greater community have responded generously.

The Mabee challenge grant has a few more months before it must be completed. Your donation can make a difference.

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

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 mail or drop them off at:

400 S. Buhler Rd., Buhler, KS 67522

STAFF to CONTACT:

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Danetta Rice, Human Resources hr@sunshinemeadows.org

Londa Tipton, RN Director of Nursing don@sunshinemeadows.org

Debra Thompson, RN MDS Coord. mds@sunshinemeadows.org

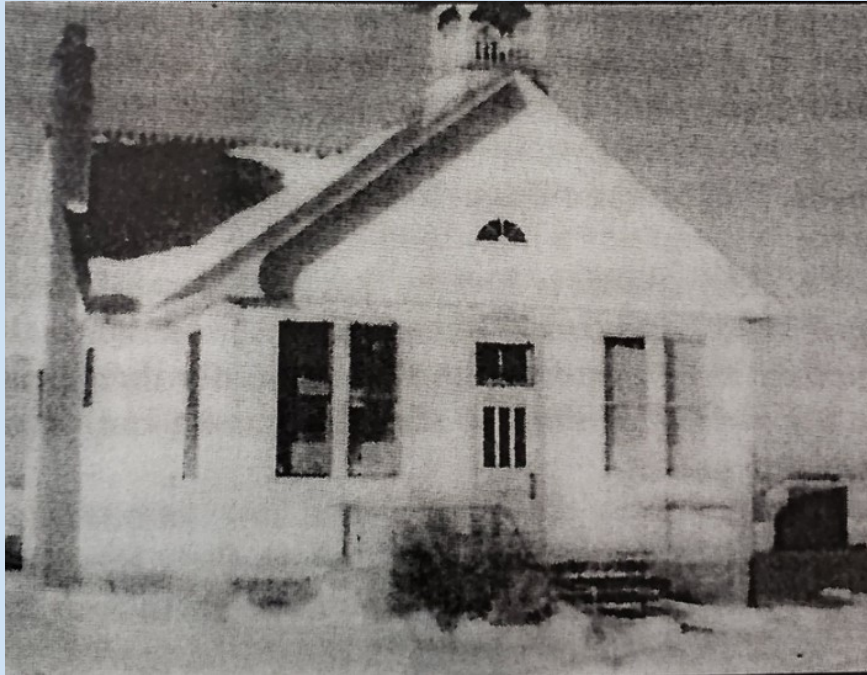
Rachel Perry, LPN Care Manager rperry@sunshinemeadows.org

Hazel Brott, LPN MCH Care Mgr. hazelb@sunshinemeadows.org

Amanda Downtain, RN AL Care Mgr. almanager@sunshinemeadows.org

THE ONE-ROOM COUNTRY SCHOOL

by Doris Schroeder



Sunrise School

Sunrise School was on top of a little hill. It was painted white and had a little tower at the top with a bell. The porch in front was made of cement and it had pipes for rails around its outside. It has a place in my memory that I will never forget, even if the building has long since been moved to a different location.

When it was time to begin the day, the teacher pulled the rope and the big school bell brought us to attention. We would line up outside, march in through the outside hall where the sink and pump were located, and march to our desks. We would all recite the Pledge of Allegiance to the flag, and the teacher would offer a prayer for the day.

Since all eight grades were in one room, it was easy to listen in on the other classes. The teacher would call for "first grade reading" and the two or three students in that grade would sit in the front seats as they were taught. This went on through all eight grades.

The older students each had an ink well located in the upper right hand corner of their desk, so that when they practiced their penmanship, they could dip their pen in the ink well. This made a scratching noise, but no one seemed to mind.

Continued on page 3

As all eight grades concentrated on their lessons for the day, two old gentlemen peered down from their lofty pictures on the wall, frowning in consternation when we made a mistake or used our time unwisely. We felt a certain kinship to both Lincoln and Washington as they observed all the goings on of our school room.

The big pot-bellied coal stove stood off in a corner of the room, a silent observer on warm days and radiant on cold days when the classes convened around her warmth. The teacher, even if she was a young, feather-like lady, had to be chief janitor as well as teacher. It was nothing for her (or him) to bundle up at recess and make several trips to the coal shed for more fuel. If the day was dark, the big kerosene hanging lamps were lit and gave a ghostly light to the room. If anyone needed to go to the outhouse, they had to weather the great outdoors to get to one of the little houses behind the school.

We all looked forward to recess. When the weather permitted, we played baseball out in the pasture grass. I have a small scar on my forehead as a reminder of those bygone days. Our equipment consisted of a ball and bat and some twigs to signify the bases. One day as I played catcher, minus the mask, of course, one of the boys hit the ball with a loud thump and let the bat fly into the wild blue yonder. Of course, that's where I was standing, so I got to stop that bat from being lost in the air. A big welt soon appeared on my forehead and the next day I proudly sported a beautiful black eye.

Sometimes we had basketball fever and played vigorously out on the grass court on the north side of the school. No one actually refereed, so almost anything went. We girls were not reluctant to use our fingernails on occasion. Sometimes the recess would go a little longer because the teacher couldn't tear herself away from the game. We'd come in thoroughly steamed and sweaty and of course, some of the kids would have a few fingernail scars.

In the spring we would practice for our track meet with other country schools. We'd race down the dusty country road in front of the school. *(Cont'd. on page 4)*

We would also have a broad jump and high jump events. The school board would bring in some loads of sand for us in which to land. I think I was pretty good at high jump.

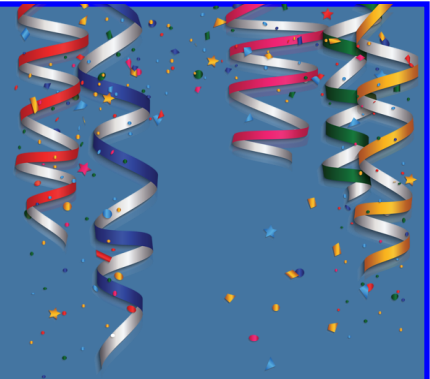
After recess we'd sit at our desks, cooling off, while the teacher read a continued story from books such as "Heidi." After we cooled down, classes would again convene, starting with first grade and working on up to the eighth.

School was usually out at four o'clock and we'd trudge our way down the dusty country road, hopefully having saved a little snack from the lunch in our dinner bucket. Sometimes some of us would stop at a little creek at the bottom of the hill and toss pebbles into the pond, voicing our dreams for the future.

Times have certainly changed since the days of the one room country school, some for the better, and some, perhaps not. I will always be thankful for the privilege of attending Sunrise School, and for the dedicated teachers that brought life to the term "education" in the nineteen thirties and forties. The one-room country school will always hold a special place in my memory.



Sue Plenert turns **90** on April 23. Her family has asked for a card shower. Let's help her celebrate!



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

Sharing a Happy E-mail:

I want to give a shout out to all of our staff!!! Harry Hines' nurse practitioner was here to see a resident and made the comment that if she needed a nursing home for a loved one, she would choose us. She said every time she comes in, she sees how well we take care of this resident. Way to go, Team!!! This is why we do what we do! - Rachel Perry, Care Coordinator

Denise Wells, Genesis Rehab, responded: "Great job to all! We see you pulling together, pulling out energy for extended shifts, demonstrating incredible flexibility to make sure shifts are covered outside (sometimes WAY outside) of "normal" shifts. You all are an inspiration to our team and we appreciate your love and dedication to our residents! Your Genesis Therapy team sees you and we say THANK YOU!"

No, my ducks are absolutely not in a row. At this point, I don't even know where my ducks are.



FUNSHINE PAGE



MEAL

1.

CA SE
CASE

2.

3.

- 1. GLANCE
- 2.
- 3. GLANCE
- 4. GLANCE
- 5. GLANCE

MEAL

MEAL

**Answers
below!**

4.

HEAD / ACHE

5.

BJACKOX

6.

S
T
A
H
W THAT

7.

Choice
Choice
Choice

8.

THE IN NIGHT

1. Three square meals; 2. open and shut case; 3. without a second glance; 4. Splitting headache; 5. Jack in the box; 6. What's up with that; Multiple choice; In the middle of the night.

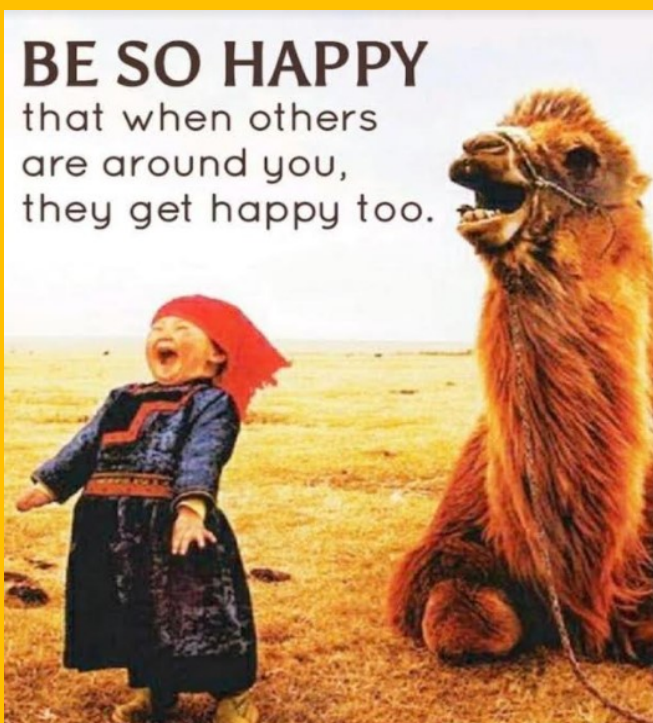
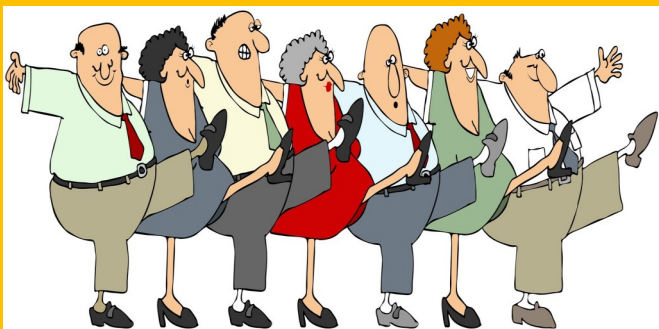
BUHLER SENIOR CENTER MEALS

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 7:

**Taco Salad Day
With Dessert**

April 14:

**Orange Jello with Mandarin Oranges
Fried Chicken Leg & Thigh
Mashed Potatoes and Gravy
Green Beans
Tapioca Pudding with Amish Sugar
Cookie
Biscuit with Butter**

April 21:

**Sunny's Cheeseburger with the Fixin's
Potato Salad
Baked Beans
Rhubarb Pie with Sunny's Ice Cream**

April 28

**Tropical Fruit Salad
Chicken & Noodles
Mashed Potatoes
Carrots
Apple Dumplings**

~Reflections on 2021~

- SMRC has been in operation for 77 years.
- The organization has fared pretty well the past two years through the pandemic with the Lord's blessings.
- Two large fallouts surfaced this past year:
 1. Health care workers have exited the industry to pursue other options. Our staffing levels have fallen off from 135 to 112 employees. A huge blessing is that we have not had to use temporary staffing. Our team has pulled together to cover the gaps.
 2. Inflation has had a significant impact on health care: we needed to increase wages more than normally; food and supplies costs escalated, and some products are hard to find. We see significant hikes in insurance premiums and gas prices.
- Campus census is steady at 88% -- during normal years we like to see 94%.
- During 2021, we admitted 58 new residents (the best number during the past three years); 28 residents came in as skilled and returned home. Only 22 residents passed away during the year (the lowest number in recent years).
- Screening in continues before visiting the campus, as does wearing masks and weekly testing for the unvaccinated. There's no end in sight for these protocols.
- Currently, 94% of our residents are vaccinated, and 88% of the employees are vaccinated.
- Our residents love the newly remodeled SPA. They are enjoying the new whirlpool tub.
- The nursing emergency call system has been replaced ,as the parts weren't available to maintain the old system. The new system has some nice monitoring options, which can create a safer environment.
- The largest project under construction is part of the infrastructure for backup electricity. The Tax Credit contributions are assisting us in accomplishing a long term dream of getting the entire campus connected to one generator.
- A very successful 2022 Gala (proceeds at \$49,550) plus ongoing donations should all help reach our \$1M goal in donations towards the AL/MCU Capital Campaign. We are anxious to get the project started this year.

Keith Pankratz, Administrator

**It's
BACK!**

**SUNNY'S
SUNDAY BUFFET!**

APRIL 10

11A.M.—1:30 P.M.

MENU

Coleslaw

Layered Salad

Chicken Supreme

Roasted Pork Loin

Party Potatoes

Buttered Corn

Dilled Green Beans

Dinner Roll with Butter

Apple Cobbler

Peach Cobbler

**Tea, Lemonade, Coffee
and Water**

**\$12.95 (\$7.95 under
age 12) + tax**



Diners, please enter via the Sunny's entrance
or the front entrance.

If you intend to visit residents,
you must first go through the screening process.

Please call with any questions.

400 S. Buhler Road, Buhler

620-543-2251



“Been biting farmers long?”

There is always, always, always something to be thankful for.

**Look for reasons to be joyful.
Be someone else's reason.**



A *PLEA* from our

LAUNDRY

wash, dry & fold

Staff:

TAGS, PLEASE!!!

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!!!**

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

SMRC FAMILY: Local families suffered the loss of their homes during the recent fires. We are offering support.

Would you like to help?

Other funds are already established; it's not our goal to replace, but to

The SMRC Fund is specifically backed by the staff, families, and volunteers of SMRC; Sunshine Meadows has resolved to match each donation toward this cause, and to donate as an institution.



You can give directly through SMRC's online giving form - SMRC's Support Fund for Fire Victims -

ibit.ly/g8Kx

Families connected to SMRC are supported with meals and Visa card/cash donations.

We're offering one side of a duplex for a family to live in while they work on finding placement. We are funding an account at GrandStaff



Thrift Boutique, downtown Buhler, for any family from the 35 ruined homes to purchase items. This will be available through the Spring, as needs arise.

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. 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 or policy will be posted in this newsletter. For more about resident rights at SMRC, please do not hesitate to contact Social Services.

20. **BED-HOLD POLICY:** Before a resident transfers to a hospital or goes on therapeutic leave, written information will be given to the resident and/or legal representative about costs, bed hold policy and resuming residence. 21 **ADVANCE DIRECTIVES:** You have the right to formulate Advanced Directives as you wish. Such directives will be followed by the facility and its caregivers to the extent permitted by the law. You are not required to have an Advance Directive in order to receive medical treatment at this facility. Information about health condition, the provision of care and/or payment information for health care is protected and will be shared with the resident and their appointed Power Of Attorney. 22 **MANNER OF NOTICE:** The resident will be notified orally and in writing about his/her rights in a manner the resident can understand. The resident will be informed in regards to his/her rights, regulations, rules, governing resident conduct and responsibility prior to/upon admission, periodically during the resident's stay and whenever the rights are amended. The resident must sign an acknowledgement certificate acknowledging they understand the rights and responsibilities.

