

THE  
**Sunny Side**  
OF LIFE

**AUGUST 2023**



The monthly family/staff newsletter of Sunshine Meadows Retirement Community  
400 S. Buhler Rd., Buhler, KS 67522 [sunshinemeadows.org](http://sunshinemeadows.org) 620-543-2251

**“You repeat what you don’t repair”**

**A constant state of change is something that our modern world is becoming more and more accustomed to! It reminds me of the scriptures in the Bible that allude to time going faster and faster... For us, it is challenges like staffing, ever changing regulations, progressive positioning for the organization's success, etc.. These challenges are not new, but seem to need more immediate attention in the rapid pace of our society! At times it can be difficult to keep in mind what is most important → the love and care for our residents and keeping their cause at the forefront of our minds as we make plans. With so many things vying for our attention and attempting to steal our focus, we must remain vigilant in the pursuit of what really matters.**

**One thing that has helped maintain our focus is to simply allow the issues to come to us. Oftentimes busyness without fruitfulness can steal our joy and take our attention away from the things that truly need our attention. I have used this quote to keep me grounded → “You repeat what you don’t repair”. Allowing the problems that really need our attention to rise to the top can certainly help us to identify where our needs truly are, while taking immediate or sudden reactions can often bring more problems to a situation. I am not suggesting that this is the only mindset to carry, but hope that a little reminder to slow down and focus on what matters can be a blessing to someone as you read this.**

**Nathan Spencer, Administrator**

**In July We Welcomed:**

George L      Bernice B

**We Said Goodbye in July to:**

Judy C      Roberta S

**Discharged in July:**

Tom R

**August Resident Birthday:**

Darlene H   8      Derald B   20

Suzanne M   9      Judy D      21

Adina K      10      Pat P      23

Arlie H      18      Donna B   26

Leita K      20      Evelyn M   31

**August Staff Birthdays:**

Scott Beye      2

Tina Mandeville   2

Brookly Perry      6

Balke Price      12

Sally Davena      12

Lori Ahlgrim      15

Charles Belcher   17

Doris Nisly      18

Stevi Ulloa      21

**Sponsoring Churches/  
Board of Directors:**

**Bethany Nazarene**– open

**Buhler Mennonite**-Beth Schwabauer

**Buhler MB**– Sara Hunt, Mary Ellen Jantz,  
Charlotte Smith

**Buhler Methodist**- Open

**Crossroads Christian**– Open

**Hoffnungsau Mennonite**- Louis Martens

**Victorious Life**- Open

**At large**– Cameron Kaufman, Mary  
Frazier, Ed Berger, Bill Anderson

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**PLEASE  
LABEL ALL  
CLOTHING  
WITH  
RESIDENTS  
NAMES.**



**IN THIS ISSUE:**

**EVENTS:** Pages 8,9,12, 16

**FOOD:** Pages 8,12

**STAFF:** See who's new: Below

**ACTIVITIES:** Pages 13,14,15

**WILDFLOWER INN:** Pages 8, 12

**KUDO'S:** Page 7

**ALERT**

**Residents have said they are getting phone calls asking for their Medicare numbers. Medicare will NEVER ask you for your number. Do not give it out to anyone.**

**WELCOME**

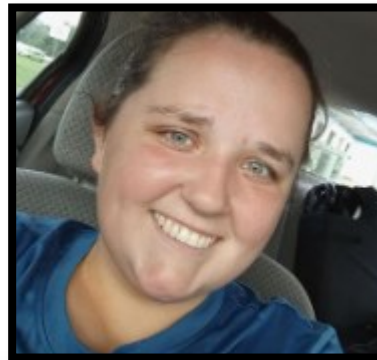


*We are excited to have you join our family!*

*We know you will be a perfect fit to carry out our mission statement by helping to give the aging community an opportunity to live with dignity and purpose!*



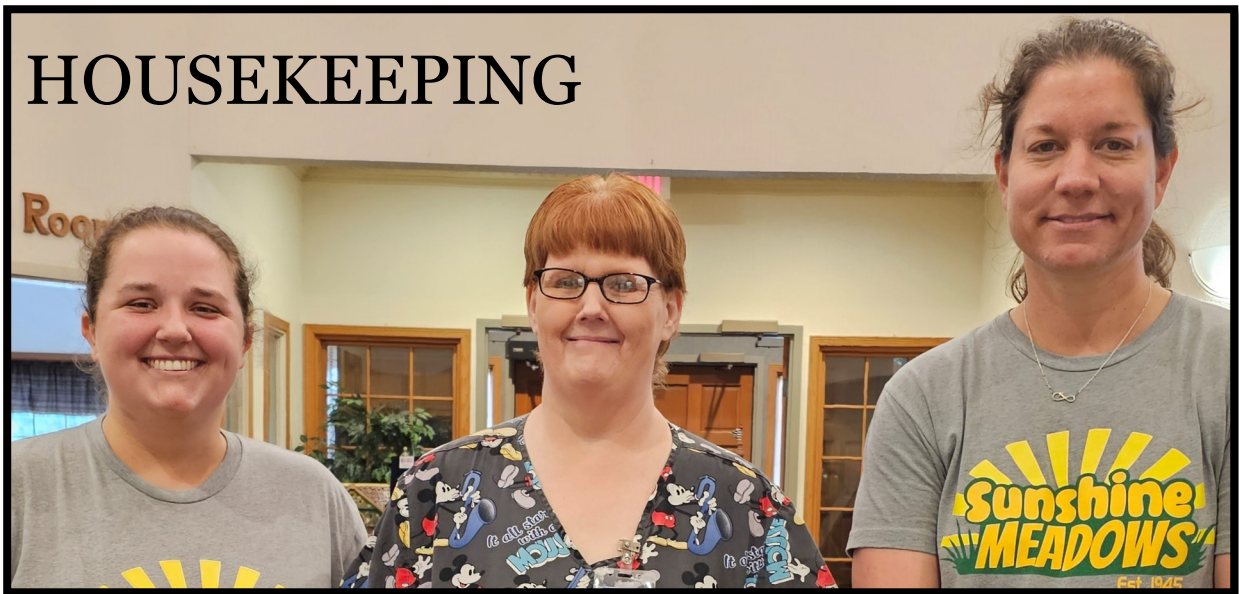
**Brock Hilger**  
**CMA**



**Madison Francis**  
**Housekeeping**







Madi Francis

Kathy Gaul

Stacey Thomas

**Kathy Gaul** is our Housekeeping Coordinator and has worked at SMRC for 16 years. She has 25 yrs experience in housekeeping. **Stacey Thomas** has worked for SMRC for two years. **Madi Francis** is a new hire in July.

In any long-term-care facility, there are a lot of employees that directly impact the well-being of the residents. Nurses and aides maintain the residents' literal health, food service keeps everyone fed, and administration makes sure those jobs are done for the well-being of all residents. But the unsung heroes of the residents' health are actually **the housekeeping workers**.

Societally, we tend to ignore, at best, those around us who are constantly making sure things are neat and tidy. Often, until we ourselves need something cleaned, this entire group of workers is practically invisible to us.

The truth is, housekeeping plays just as vital a role as anyone else in a long-term care facility.

Every senior living facility knows all too well the problems that arise when a cold or flu pops up. It doesn't take much when so many are living and interacting in close quarters every day for even a minor bug to spread. The number one method of disease prevention is keeping everything clean, which is a function of housekeeping. The housekeeping staff is on the frontline, keeping residents healthy from every little sniffle and cough. Clean furniture, bedding, and floors all play an important role in keeping residents and workers healthy.

Aside from preventing the spread of infections, keeping facilities clean helps prevent injury from tripping over misplaced materials or slipping on spills. Even falling objects improperly secured without housekeeping can be a hazard.

When thinking of the benefits of housekeeping it's easy to focus on your residents, but the employees of your facility benefit just as much. A clean facility is also more organized which is more efficient and a clean workspace is also able to be used more effectively.

Housekeeping is the secret position that keeps any long-term-care facility healthy, efficient and safe.





## Meet Harlie!

You might see a furry little aide following the Assisted Living RN, Amanda Downtain, all over the Sunflower Court Hall. Harlie is well behaved and enjoys calming anxious residents. Amanda has done a brilliant job training Harlie.

Here's Amanda filling you in on her sidekick. . . .

Harlie is with me all the time which is part of why it works out so well. No one else has to take any responsibility for her and that's a huge plus for the staff. I am in the med room or resident's rooms at least until lunch time and then I will usually go work out of my office after that dealing with paperwork

and making phone calls. During that time many residents look forward to seeing and visiting with Harlie. When I go in to assess or talk with residents, Harlie goes with me and gets to spend time with the residents. Almost all of the residents absolutely love that Harlie is there and delicately hops into their laps and lays there calmly and quietly. Harlie knows not to hop up on them and she respects that. She is a very intelligent and intuitive dog. I have LOTS of residents that struggle with anxiety and Harlie is able to calm them quite effectively. When we have tours, she can be a very good selling point. Many people have to give up their animals when they come here and it can be comforting for them to know there is an animal here to snuggle. I would like to be able to get over to nursing a little more so she can visit with those residents as I know there are many that enjoy visiting with her.

Amanda Downtain, RN

## **POLICY AND PROCEDURE FOR**

### **BRINGING ANIMALS INTO**

#### **THE FACILITY**

Animals may be brought for visits to residents when they are:

- 1) Never known to bite or behave aggressively
- 2) Disease and illness-free
- 3) Clean and odor-free
- 4) Current on all recommended vaccinations
- 5) Kept on a leash or in a box or pen and under constant control of the person bringing them
- 6) Not excessively noisy
- 7) House trained and never known to make messes indoors



Animals must be kept out of the dining and food preparation areas. Permission must be obtained from each resident before taking an animal up to them, or into their room

The person bringing the animal must carry gel hand sanitizer and assist each resident to use it after petting their animal. Any messes made by an animal must be cleaned up by the person bringing the animal, and the cleaned area sprayed with disinfectant. When in the public areas, pets need to be held or on a leash. Pets are not allowed in dining rooms, kitchens, or other eating areas while food is prepared or served.

KUDOs to Sara for upgrading our marketing strategy! It is working and I have heard MANY compliments on the radio advertising, printed flyers, marketing activities (First Friday, Tell Your Story, etc). Great ideas with great responses! Thank you Sara!!!  
Candi Almquist

To Director of Nursing:

I want you to know how much I appreciate your staff. My Mom was here on the memory care and nursing units for a little over a year. The staff treated my Mom with love and respect. It was obvious that they truly cared for her as an individual.

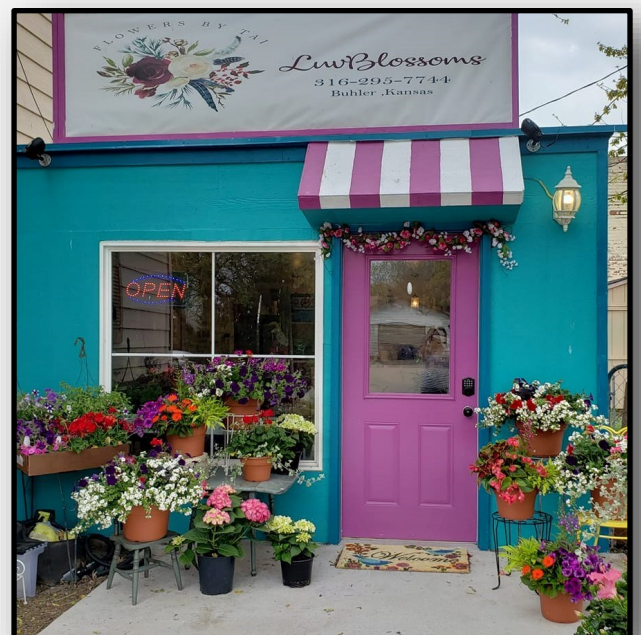
They were so kind and caring and I appreciate each one of them. I especially want to recognize Hazel. She was amazing. She kept me updated on changes and shared stories of my Mom with me. I will always remember the love and hugs given to my Mom.

Nancy Cannon

Judy Crowl's daughter

Did you know • • • Buhler Ks has a wonderful Florist right here in town. If you are thinking of flowers for any occasion call

**Luv Blossoms**  
**Flowers by Tai**  
**316-295-7744**





DON'T FORGET TO RSVP EACH MONTH!



# FIRST FRIDAY FREE LUNCH!

## AUGUST

**Kristen Armstrong**

**TRANSFER OF  
DEATH DEEDS  
AND  
POWERS OF  
ATTORNEY**

**Senior Citizens** you are invited to our “**First Friday Free Lunch**” hosted by Sunny’s Café!. Each month on the first Friday at noon, we will enjoy a delicious lunch while we discuss a variety of topics of interest in a casual, conversational environment. Different professionals will join us to share expertise in their fields. While these sessions are geared towards the public, we welcome residents to join us if the topic is something they would like to learn about. Be sure to follow us on social media to see what topics we will cover each month! **RSVP** by calling (620) 543-5692 or you may also fill out the form on our website. This is a great opportunity to benefit from other’s questions and experiences as well as cultivate friendships. We look forward to seeing you!

**WHAT COULD BE  
MORE FUN?**

**Seating will be  
limited to 100.**

**Detailed invitations  
to follow!**

## SAVE THE DATE! VINTAGE TAILGATE PARTY

RAFFLE  
ENTRY  
WITH  
TICKET!

Wildflower  
INN

\$15  
TICKET



**SAT SEPT 23**

1ST ANNUAL  
FALL BENEFIT



**LIVE MUSIC | BBQ DINNER | RAFFLE  
SILENT AUCTION**

Dear resident family members and friends,

We are excited to announce a few new things for our retirement community. First, we are very honored to be able to offer our own in-house hospice services through a brand new partnership with **Community Care Hospice**! If the time ever comes that you or your loved one is in need, you will want a team like Community Care Hospice. Maintaining your dignity is of utmost importance and they know the journey is about you. Highly qualified, caring individuals assist with the physical, emotional and spiritual support needed. Services are customized by you and the team will visit as often as needed and desired. Hospice care focuses on maintaining quality of life while helping individuals realize their goals at the end of life. They help patients and their families live life to the fullest, no matter how much time that might take. When needed, the team is a phone call away, 24 hours a day, 7 days a week. If you have questions about this new offering please contact our social services office at (620) 543-5695.

*Your Life. Your Story. Your Home.*

**SUNSHINE MEADOWS**  
RETIREMENT COMMUNITY

**IN-HOUSE PARTNERS**

**Powerback**  
Rehabilitation

**CommunityCare**  
HOSPICE

**AUBURN PHARMACY**

*Home is where your story is - help us write yours!*

**Boucher Eye Care**

**Bringing Vision To You**

**SERVICES AVAILABLE**

- Full Comprehensive Dilated Eye Exams
- Mobile Technology so we Bring the Care to You!
- Eye Disease Diagnosis and Treatment
- Eyeglass Fitting
- Retinal Photography

At Boucher Eye Care, we take time to understand our patients' history and needs. Our staff strives to provide care that is thorough and precise. We welcome questions throughout the process from you or your family.

With state-of-the-art mobile technology and a commitment for working with underserved populations, we ensure that each patient is provided with unparalleled service.

905 SW US HWY 40 #216, Blue Springs, MO 64014 | Tel: 216.611.2964 | WWW.BOUCHEREYECARE.COM

Secondly, another partnership offerings as well. A new **eye care service** provider that will be coming on-campus.

Lastly, coming soon is our new **“Assisted Living Memory Care Unit”**. We still have a bit of paper pushing and securing bids for the project before we can break ground but we are very thrilled to offer this new area of service. Our current Memory Care Unit is for those who need the full range of health care services, whereas this new unit will be for the beginning stages of impairment at the Assisted Living level. Along with all of our other amenities and partnering providers, these additions truly complete our “full continuum of care” and help us reach our goal of individualized care at all levels for those who make Sunshine Meadows their home!

Nathan Spencer, Administrator



**LIFE IS  
BETTER  
WHEN  
YOU'RE  
LAUGHING.**

**To the world you might be one person, but to one person you might be the world.**

**Going to church does not make you a Christian anymore than going to McDonald's makes you a hamburger.**

**Real friends are those who, when you feel you've made a fool of yourself, don't feel you've done a permanent job.**

**A coincidence is when God performs a miracle and decides to remain anonymous.**

**Sometimes the majority only means that all the fools are on the same side.**

**I don't have to attend every argument I'm invited to.**

**Lead your life so you won't be ashamed to sell the family parrot to the town gossip.**

**People gather bundles of sticks to build ridges they never cross.**

**Life is 10 percent of what happens to you, and 90 percent of how you respond to it.**

**Did it ever occur to you that nothing occurs to God?**

**Life is like an onion; you peel off one layer at a time and sometimes you weep.**

**Learn from the mistakes of others. You can't live long enough to make them all yourself.**

**There are two things I've learned: There is a God—and I'm not Him.**

**Following the path of least resistance is what makes rivers and men crooked.**

**Your worst days are never so bad that you are beyond the reach of God's grace. Your best days are never so good that you are beyond the need of God's grace.**

—Source unknown.







*Sunday*  
**BRUNCH**  
COMING SOON!!!







Residents fishing in the Koi pond. ↑

← Tidying up one of many patios.

Making wax candles in Activities. ↓





**This month the activity department with several residents from nursing and Assisted Living left one morning from the home and traveled to Hutchinson to deliver cookie tins to all the volunteers that helped us with our prom that was held this spring. We stopped at several of the Hospices that helped us and also made a stop by the Flag Theater. Then it was back toward the home. This took us right up till lunch time. But a fun time was had by all. We had a bus full of staff and residents alike and the fun and sarcastic conversations could be heard throughout the bus while traveling.**

**Melanie , Activities**



# THANK YOU





**Life is 10% what you make of it, and 90% how you take it.— Irving Berlin**



**Teaching kids to count is fine, but teaching them what counts is best.—Bob Talbert**

**The truth of the matter is that you always know the right thing to do. The hard part is doing it.—General H. Norman Schwarzkopf**



*Introducing*

# TALK STORY HOUR



## Capturing Your Story

### *What*

Conversational gathering where we capture your story, one piece at a time! Each session will provide a new set of questions - participation optional. Answers will be transcribed & digitally prepared.

### *Why*

Reminiscing is storytelling at it's best! Your story captured can be shared with loved ones. Shared memories lead to closer connections in life. Recalling good times creates laughter & friendship. Remembering is a great way to stay mentally active!

### *When*

Third Monday each month at 4 pm!  
No RSVP necessary - just show up when you can!  
If you have to miss, we will send questions to you so that you can still return your answers for us to record.

### *Questions*

Heritage - Traditions - Good Times - Hard Times  
Family - Life Events - Accomplishments - Careers  
Lessons Learned - Childhood Memories  
Hobbies & Interests - Travels & Adventures - Future

*Home is where your story is - help us write yours!*