



September 2022

[www.sunshinemeadows.org](http://www.sunshinemeadows.org)

620-543-2251

# The Sunny Side of Life

The monthly family/staff newsletter of  
Sunshine Meadows Retirement Community

400 S. Buhler Rd., Buhler, KS 67522.

**Have you been to  
Sunny's lately?**

**As this photo shows,  
things are hopping at  
Sunny's, and if you  
haven't been in to  
check out our new  
specials, you'll find  
them in this issue!**



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**We Welcomed:**

Betty C. Gary L.  
Delila Y. Joanne E.

**We Said Goodbye to:**

Arlen D. Gloria F.  
Viola L. Bob G.  
Dorothy G.

**Resident Birthdays:**

2 Mary F.  
6 Sandra S.  
8 Lola L.  
8 Bruce C.  
10 Marian L.  
18 Mary Ann K.  
21 Jennifer D.  
26 Marta T.

**Staff Birthdays:**

7 Alexis Lutz  
13 Sarah Brown  
14 Morgan Anderson  
18 Terri Ediger  
27 Shaylin Ramirez

Please call 620-543-2251 Mon.-  
Fri., 9-4, for a list of those who'd  
appreciate getting a nice card/note.

**TAGS,  
PLEASE!!!**

**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;  
Hoffnungsaus Mennonite- Louis Martens;  
Victorious Life- Open;  
At large- Cameron Kaufman, Mary Frazier, Ed  
Berger.

Drop off non-perishable deliveries M-F, 9-4, @ front door;  
please call 620-543-2251 so we know to collect them.

**STAFF CONTACTS**

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Laundry staff can only return clothes marked with the  
owner's name, so **PLEASE** mark them before giving them to  
your loved one. **PLEASE TAG THOSE NEW CLOTHES!!!**

# Grandparents Day Sunday Buffet



**September 11th, 11-1:30**  
**Invite your grandkids/great-grandkids!**  
**Half-price for them with a paying adult.\***

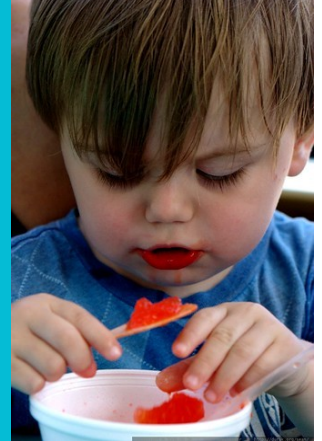


**Salads**  
**Tossed Salad**  
**Potato Salad**  
**Jello Salad**

**Entree**  
**Chicken and Noodles**  
**Honey Glazed Pit Style Ham**

**Sides**  
**Mashed Potatoes and Gravy**  
**Dilled Green Beans**  
**Buttery Corn**

**Desserts**  
**Strawberry Cheesecake**  
**Chocolate Cake with rich Chocolate Frosting**  
**Ice Cream**



## The Importance of Breaking Bread Together — Keith Pankratz



The Board of Directors typically meet monthly, receiving reports on operations and taking action on recommendations. Recently, we have designated August as the Board's social gathering event. No governance work

occurs; everyone enjoyed fellowship, smash burgers and potluck food around the table.

We met at Louie Martens' farm. He hosted the group in their hobby shed. Michelle and Louie enjoy collecting, and have plenty of fun old items; they have an amazing museum full of



displays. They seemed to have a story for most of their treasures on exhibit. Having a designated time for the board to socialize without doing business strengthens the collaborate relationship. Everyone had a great time, and



we learned a bunch more about Louie's passion of searching for and finding meaningful antiques.



# 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 Assisted Living dining room. Community members, please contact the Senior Center at 620-543-6858.

**(Tenant) "Jean V. just told me, "There is no place, no place else in the state like this place!"**

**- Sheryl Busenitz**

## Take a LOOK...

at our website! Leadership members have been working to update the website to provide more information for our families and others wanting information about Sunshine Meadows. We still have more updates to make, but please go check out [www.sunshinemeadows.org](http://www.sunshinemeadows.org)

## SEPTEMBER SENIOR CENTER MENUS

### September 1st

Dreamsicle Salad  
Roast Beef  
Mashed Potatoes and Gravy  
Carrots  
Frosted Cupcake  
Bread with Butter

### September 8th

Tossed Salad  
Roasted Turkey and Dressing  
Mashed Potatoes and Gravy  
Green Beans  
Cherry Pie  
Roll with Butter

### September 15th

Peaches  
Beef and Noodles over Mashed Potatoes  
Peas and Carrots  
Peanut Butter Pie  
Bread with Butter

### September 22nd

Cottage Cheese with Oranges  
Spaghetti and Meatsauce  
Green Beans  
Strawberry Topped Angel Food Cake with Whipped Topping  
Toasted French Bread

### September 29th

Pear Lime Jello  
Hamburger Rice Casserole  
Peas  
Banana Pudding with Vanilla Wafers  
Zwieback



## Nutritious Eating: It's Easy!

According to an article I recently read on nutrition, eating right doesn't have to be complicated. Nutritionists say there is a simple way to tell if you're eating right: fill your plate with bright colors: reds, greens, yellows, blues. So I tried it this morning. I ate an entire bowl of M&M's. Delicious! I never knew eating right could be so easy and delicious. I now have a whole new outlook on life.



Someone accused  
me of stealing  
their Kit Kat.

Give me a break.



## FUNSHINE PAGE



### ANAGRAMS

An **anagram** is a word made by using letters of another word in a different order.

Sort out the following anagrams. Look at the example first.

Example : Change **toga** into an animal

**GOAT**

- 1) Change **agree** into another word for keen.
- 2) Change **thicken** into a place where you cook.
- 3) Change **fringe** into a part of the body.
- 4) Change **cheater** into a job.
- 5) Change **asleep** into a word used by polite people.
- 6) Change **beard** into something you can eat.
- 7) Change **below** into a part of the body.
- 8) Change **chain** into a country.
- 9) Change **carthorse** into a group of musicians.
- 10) Change **cruelty** into a word for knives, forks, spoons, etc.
- 11) Change **thing** into a time of day.
- 12) Change **heart** into a planet.
- 13) Change **flog** into a sport.
- 14) Change **disease** into a popular place to go on holiday.
- 15) Change **recall** into one of the rooms in a house.
- 16) Change **cheap** into a fruit.
- 17) Change **hated** into something that comes to everybody.
- 18) Change **super** into something you keep money in.
- 19) Change **flow** into an animal.
- 20) Change **keen** into a part of the body.
- 21) Change **break** into a job.
- 22) Change **tea** into a verb.
- 23) Change **swap** into an insect.
- 24) Change **bleat** into an item of furniture.
- 25) Change **repaint** into a job.
- 26) Change **hornet** into a place where kings and queens sit.
- 27) Change **handouts** into a number.
- 28) Change **danger** into a place where you grow flowers.
- 29) Change **dear** into something you do with a book.
- 30) Change **thirst** into something you like wearing.
- 31) Change **genre** into a colour.
- 32) Change **shore** into an animal you like riding.
- 33) Change **pagets** into a fruit.
- 34) Change **nails** into a slow animal.
- 35) Change **odor** into something you can open.
- 36) Change **sharp** into a musical instrument.
- 37) Change **panel** into a means of transportation.
- 38) Change **raptor** into a talkative animal.
- 39) Change **melon** into another fruit.
- 40) Change **resist** into a member of the family.
- 41) Change **finder** into a person you need to be happy.
- 42) Change **teach** into something you mustn't do at school.
- 43) Change **pool** into a sport.
- 44) Change **silent** into something you must do at school.
- 45) Change **runes** into a job.
- 46) Change **taxes** into an American State.
- 47) Change **there** into a number.
- 48) Change **canoe** into a word used in geography.
- 49) Change **tuna** into a member of the family.
- 50) Change **harks** into a dangerous animal.
- 51) Change **prides** into an insect.
- 52) Change **act** into an animal.
- 53) Change **ones** into a part of the body.
- 54) Change **cosmic** into something you like reading.
- 55) Change **pains** into a country.

**ANAGRAM ANSWERS on page 11.**

As a bank teller, I get asked all kinds of questions, but I got into trouble helping a little old lady today. She asked me to check her balance, so I pushed her over.

# Sunny's Smash Burger

## Monday Mania!

**WOWZA!**

*Mondays Only, 11a.m.—2p.m.*

Our Smash Burger is made with 2 flattened patties of Jackson's beef, flat-top grilled with fixin's, on a grilled sourdough bun.



All Burgers served with choice of :  
 Potato Salad or Baked Beans  
 Curly Fries, Onion Rings, or Sweet Potato Tots  
 And Choice of Drink

- |  |                |
|--|----------------|
| <b>The Original Sunny's Smash Burger</b>   | <b>\$10.75</b> |
| 2 Smash Burgers with Lettuce, Tomato, Pickles, & Grilled Onion on Grilled Sourdough Bun  |                |
| <b>The Original Sunny's Smash Cheese Burger</b>  | <b>\$11.25</b> |
| 2 Smash Burgers, American Cheese, Lettuce, Tomato, Pickles, & Grilled Onion on Grilled Sourdough Bun   |                |
| <b>The Sunny's PoBoy Smash Burger</b>  | <b>\$11.50</b> |
| 2 Smash Burgers with Grilled Bologna and Cheese, German Mustard, Lettuce, Tomato, Pickles, and Grilled Onion on Grilled Sourdough Bun            |                |
| <b>The Sunny's Bacon Cheese Smash Burger</b>   | <b>\$11.50</b> |
| 2 Smash Burgers with Bacon, American Cheese, Lettuce, Tomato, Pickles, & Grilled Onion on Grilled Sourdough Bun                                  |                |
| <b>The Sunny's Mushroom Swiss Smash Burger</b>   | <b>\$11.50</b> |
| 2 Smash Burgers with Swiss Cheese, Grilled Mushrooms, Lettuce, Tomato, Pickles, & Grilled Onion on Grilled Sourdough Bun                         |                |
| <b>The Sunny's Angry Smash Burger</b>  | <b>\$11.50</b> |
| 2 Smash Burgers with American cheese, Sliced Cucumber, Lettuce, Tomato, & Grilled Onion on Grilled Sourdough Bun with Sunny's Famous Angry Sauce |                |

Every other week, build your own taco salad or build your own fried taco!

(Fried Taco is August 30; Taco Salad is September 6)

Fast & friendly service, & only \$8.50+ tax

**TUESDAYS**

**Delicioso!**

11a.m.—2p.m.



**FREE DELIVERY for orders of 5 or more in Buhler: 620-543-5707**

**400 S. Buhler Road, Buhler, KS 67522**



*Laugh when you can, apologize when you should, and let go of what you can't change.*



### In her own words: Judi Dench

“Don’t prioritize your looks, as they won’t last the journey. They will change forevermore; that pursuit is one of much sadness and disappointment. Your sense of humor, though, will only get better with age. Your intuition will grow and expand like a majestic cloak of wisdom. Your ability to choose your battles will be fine-tuned to perfection. Your



capacity for stillness, for living in the moment, will blossom. Your desire to live each and every moment will transcend all other wants. Your instinct for knowing what (and who) is worth your time, will grow and flourish like ivy on a castle wall. Prioritize the uniqueness that makes you, you: the invisible magnet that draws in other like-minded souls to dance in your orbit. These are the things which will only get better.”



**Dame Judith Olivia (Judi) Dench**, born December 9, 1934, is regarded as one of Britain's best actresses, noted for her versatile work in various films and television programs encompassing several genres, as well as for her numerous roles on the stage. An eight-time Academy Award nominee, Dench has garnered various accolades throughout a career spanning over six decades, including the award for Best Supporting Actress for her performance as Queen Elizabeth in *Shakespeare in Love* in 1998, and is also the recipient of several honorary awards.

Judi established herself as one of the most significant British theater performers, and received critical acclaim for her work on television, in the series *A Fine Romance* (1981–1984) and *As Time Goes By* (1992–2005), both in which she held starring roles. Her film appearances included supporting roles in major films, before she rose to international fame as M in *Golden Eye* (1995), a role she continued to play in eight James Bond films, until her final cameo appearance in *Spectre* (2015).

## A SAD FAREWELL

**Dear friends in Congregate Living,**

8-24-22

Thank you for your friendship to Dorothy, and to us, her family. With sadness, we say “so long” as we have wrapped up this time here at SMRC. We will miss you.

Wishing all of you health and happiness,

Jonathan Gregory, Sarah Kuykendall, & the Gregory family

*It's a Pizza Day!*

**Inside Sunshine Meadows**



**Pizza Day on Thursdays! 11a.m.—2p.m.**

**Choose from Pepperoni, Cheese, Supreme, & All Meat**



**By the slice: \$4.25; with small salad, \$8.20**

**2 slices of pizza, \$7.50;**

**Build your own salad: Small, \$3.95, Large, \$6.95**

## CELEBRITY HUMOR ON AGING

"You know you're getting old when the candles cost more than the cake." — *Bob Hope*

"I'm at an age when my back goes out more than I do." — *Phyllis Diller*

"You know you're getting old when you get that one candle on the cake." — *Jerry Seinfeld*

"Life is like a roll of toilet paper. The closer it gets to the end, the faster it goes." — *Andy Rooney*

"As you get older, the pickings get slimmer, but the people sure don't." — *Carrie Fisher*

"You know you're getting older when you're told to slow down by your doctor, instead of by the police." — *Joan Rivers*

**ANAGRAM ANSWERS:** 1.EAGER 2.KITCHEN 3.FINGER 4.TEACHER 5.PLEASE  
6.BREAD 7.ELBOW 8.CHINA 9.ORCHESTRA 10.CUTLERY 11.NIGHT 12.EARTH  
13.GOLF 14.SEASIDE 15.CELLAR 16.PEACH 17.DEATH 18.PURSE 19.WOLF 20.KNEE  
21.BAKER 22.EAT 23.WASP 24.TABLE 25.PAINTER 26.THURON 27.THOUSAND  
28.GARDEN 29.READ 30.SHIRT 31.GREEN 32.HORSE 33.GRAPES 34.SNAIL 35.DOOR  
36.HARPS 37.PLANE 38.PARROT 39.LEMON 40.SISTER 41.FRIEND 42.CHEAT  
43.POLO 44.LISTEN 45.NURSE 46.TEXAS 47.THREE 48.OCEAN 49.AUNT 50.SHARK  
51.SPIDER 52.CAT 53.NOSE 54.COMICS 55.SPAIN

When it comes to gifts, **DO ASK, DO TELL.**



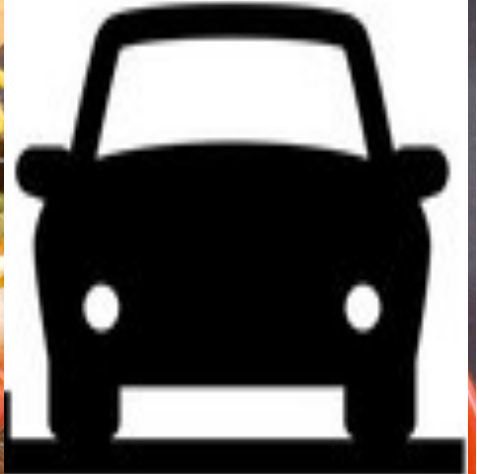
If your children or grandchildren ask you what you'd like for your birthday, Christmas, or rare visit to see you, DON'T tell them you don't need a gift, or that anything would be fine. Rest assured they'll bring you SOMETHING, and if you don't want kitty socks or anything electronic, tell them.

In fact, if you see something on television, or something you've noticed that you think would be nice to have, make a note of it, and tell those would-be gifters. It will save you from the burden of an unwanted gift, and the waste of the gifter's money and time. Don't feel selfish about doing this: your loved ones want to see you happy, and they'll be happier too, if they see you really enjoying a gift they gave you.



# CURBSIDE PICKUP

*By donation*



**TACO SALAD,  
drink &  
cookie!**

*Donations go to special themed meals for our residents.*



**Call ahead or  
just drive  
up!**

**543-5707**

Turn right at the Sunny's sign from Dirks Street & pull up to Sunny's door. We'll be there to take your order.

**THURSDAY  
SEPTEMBER 8  
5-6:30 p.m.**