



The Sunny Side of Life

The monthly family/staff newsletter of
Sunshine Meadows Retirement Community



December 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

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

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.

Life is constantly changing; leaving home to enter a nursing home is a major change which significantly impacts a person's life. We work to make the adjustment as comfortable as possible. The nursing, dietary, social services, homemaking, and maintenance departments all strive to do what they can for the new resident. **Life Enrichment** is no different. Shortly after a new resident arrives, we visit with them about their lives and in which kinds of activities they would like to be involved. Some residents choose to be fully engaged in participating in group activities, such as Bingo, Bible Study, Bell Choir, Memory Activities, Music and Movement, Story Time, Match Game, Coffee Time, Read Aloud, Reminisce, Horticulture, etc., (though, at this time, these activities are limited by the social distancing guidelines). Others may choose to spend more time in their rooms reading, watching T.V., sewing, doing word puzzles, etc. We respect the resident's wishes as to how involved they want to be, but we also try to stay abreast of their mood. If they're feeling lonely and/or bored, we encourage them to engage in an activity, whether a low-pressure group activity such as Coffee Time, Reminisce, or Hymn Sing, or an activity they can do by themselves in their rooms, such as audio books, adult coloring books, word puzzles, or listening to their favorite music. Helping residents adjust to their new home is indeed a team effort. With communication between departments, the resident, and their families, we strive to do all we can to help our residents reach the point where they feel at home. - Chaplain LeNora Duerksen

We Welcome: Patsy Holmes

We said Goodbye to: Mickey Stout, Bobbie Graham, Lois Beck, Jim Strong, Marilyn Kottas, Lois Beck, Duane Kjeldgaard

Resident Birthdays

- 7: Janet Blick
- 9: Vi Schultz
- 13: Bob Miller
- 15: Amy Bauer
- 20: Art Thompson
- 24: Joe Keith

Staff Birthdays

- 2: Carson Pryzmus
- 4: Londa Tipton
- 5: Angela Imel
- 5: LeNora Duerksen
- 10: Stephanie Wolf
- 11: Caitlin Adams
- 11: Garrett Price
- 13: Holly Elliott
- 14: Yvonne Wheatley
- 16: Kim Ishler
- 19: Haley Dechant
- 19: Stacie Beckman
- 20: Leigha Gomez
- 22: Angela Kilmer
- 24: Kaia Stone
- 25: Alissa Johnson
- 26: Amanda Downtain
- 30: Harold Wenzlick, Jr.
- 31: Cassandra Miller
- 31: Victoria De La Cruz

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. **See page 6 to get inspired.**

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The staff of Sunshine Meadows wishes you & yours a peaceful, healthy, blessed holiday season. Merry Christmas, and may God bless us, every one.

Saying Goodbye -With LeNora Duerksen, Chaplain

We lost our dear friend and SMRC hairdresser, Elaine Franz, on 11/10/2020, the day before her 78th birthday.

LeNora contributes thoughts on a life well-lived, and a friend lost too soon, but never forgotten.

Albert Schweitzer once said, “Joy, sorrow, tears, lamentation, laughter – to all these music gives voice.” It’s no wonder music is so often mentioned in the Scriptures. In the Psalm, even the “hills sing together for joy at the presence of the Lord.” (98:8b-9a) In Colossians, Paul writes, “with gratitude in your hearts, sing psalms, hymns, and spiritual songs to God.” The Songs of Ascent in Psalms 120-134 were sung by the Israelites as they journeyed to annual festivals: prayers for deliverance, of praise, assurance of God’s protection, thanksgiving and trust; songs recalling their history.

Many of us want God’s Word to dwell richly in us, but life can get in the way. We’d never intentionally write chapters of confusion, failure, loss, pain, conflict, or suffering into our stories. No one plans to wrestle with her identity in Christ, to strive to love her husband, to feel lonely in ministry, or to feel helpless in motherhood. Yet we often find ourselves in these seasons, struggling to embrace the hope we need in order to reassure our discouraged souls.

Elaine Franz VIBRANTLY testified to us of God’s sovereign goodness as she walked with her dear husband, John, through cancer. She eloquently led us through a practice of preaching gospel truth to ourselves by studying Paul’s example. Her life sermon in every changing season reflected a woman who completely rested in God’s character. Daily, Elaine showed Christ to her clients, giving them her full attention. For those unable to hold the thread of a conversation, yet recalling each word of old hymns treasured in their memory since youth, she joined with them in singing. In their time in

the beauty shop, they remembered God’s provision for their lives.

In today’s culture, there’s no shortage of self help, easy fixes, and worldly advice, but only the truth of God’s Word can satisfy us fully. This was the whole of Elaine’s life philosophy: the delicate balance of fighting in the dark while sacrificially surrendering all outcomes to Christ’s divine will. Her Sweet Jesus, Lord and Savior, carried her home.

Truly, music is a gift from God, who hears the song of each one of us. Often, music has the unmatched ability to soothe a restless or confused resident. The songs of youth are carried in their hearts and bring relief. Many times folks recall several verses of a hymn and sing from the depths of their hearts the words that formed their faith; words that continue to hold them up and give them hope in the winter of their lives. To grasp that music does “give voice” to emotion, helps us live with the *both/and* of life rather than *either/or*. When we acknowledge that life is both joy and sorrow, we become better equipped to stop judging and accept the whole as the gift given by God, who is in it with us; even into old age. One of my favorite hymns, My Life Flows On, expresses well the music heard even in the strife; the songs heard even in the darkest night: “My life flows on in endless song,” never-ending; and so, as the chorus goes, “No storm can shake my inmost calm while to that Rock I’m clinging. Since love is Lord of heav’n and earth, how can I keep from singing?” Just as Elaine’s music gave voice to the lives of our residents, may the music of your life carry you.

**MEMORIAL, SAFER PARKING MADE POSSIBLE,
THANKS TO GRANT & DONATIONS**

After small fundraisers, garage sales, and a grant from the Buhler Community Foundation, community members needing therapy will no longer have to choose between navigating the gravel parking lot (perhaps in a wheel-



chair or walker, or with back, neck, or other nerve issues, etc.), which is the closest way into the therapy department, or (during COVID-free times) having to walk or be assisted through the entire building from the front door. Handicap parking signs, and signs for therapy parking, will be up soon. One of those spaces will commemorate a dear friend and co-worker who passed away recently. Elaine Franz, one of the SMRC beauticians, often spoke of wanting the cement put in place. She will now always be remembered there.



“This picture (below, of Elaine & grandchild) from July embodies Elaine to me. She was always getting down and playing with her grandkids. She is a big reason Molly loves bugs so much. She was often helping Amelia learn new crafting skills. Elaine always managed to keep up with Quinn and loved to play. She will be greatly missed, but the impact she has had on (her son) John, myself, and the kids will last forever. She is loved by so many.”

- Jessica Franz, Elaine’s daughter-in-law



Elaine & her beloved sheltie, Rose.

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_IIKQpPz4pq-aUth/view?usp=sharing

BUHLER NEIGHBORS- I noticed something on Thursday, September 3, that I wish more people could have seen. LaVern and Pat Penner were moving into the Villas. Randy Sawatzky from MidKansas Coop saw LaVern hauling furnishings by himself. He brought a crew from the Coop to help with the move. Whatever the connections between these folks, in Buhler, Kansas, being neighborly hasn't gone by the wayside. The whole experience blessed my heart! It seems to me that while this whole world is being pushed upside down by this pandemic, the folks in Buhler still have it together and stand ready to help their neighbors! - *Judy Dickinson, Villa resident and former SMRC employee*

ONE PERSON'S HAPPINESS IS ANOTHER'S FOLLY! One afternoon, resident Marian Lipe was talking with activities staff members, Liz Keith and Melanie Koehn. She said she'd had the best birthday ever. Melanie said, "Really? Even in lock down?" Marian said yes, she received more calls, notes and birthday cards than ever. That was good to hear during this time of quarantine. As they visited further, Melanie mentioned that Vida Yutzy had told her a cute story about how her sister got married for the first time at the age of 73. Marian's response was, "She is stupid! If she made it that long, she was stupid for bending now!"

A BIG Shout-Out! The past few weeks have been a bit scary and grim for us here in our residents' home, but I heard something today that gave me happy tears, and faith that even in the bad times we will still find the good. I can't imagine how demanding it is for nurses working the floor, let alone having to work in a Covid ward. Yet, today I heard nurse Rachel with two residents in the C-ward. I am so proud to be her co-worker. She was playing tic tac toe with them and a version of the hangman game. Those two residents, while sick, were laughing! Yes, I heard them laughing, and when talking, I knew they were smiling. Rachel was so loving and comforting to them. It made me very happy and gave me goosebumps, so I just want to give Rachel a huge shout-out, and to also say thank you to all the staff who work with our residents closely every day. You are angels, and do not think it goes unnoticed, because we see you put your life on the line, health-wise, daily for our residents, and take care of them like they are our family. (And, they are.) So, thank you, and God bless. - *Ashley Mahoney, Medical Records Clerk*

Response from Rachel Perry: Thank you, Ashley! I've been so blessed to work with them! They've been keeping my spirits up during this time, too. I'm so thankful to work at such an amazing place.

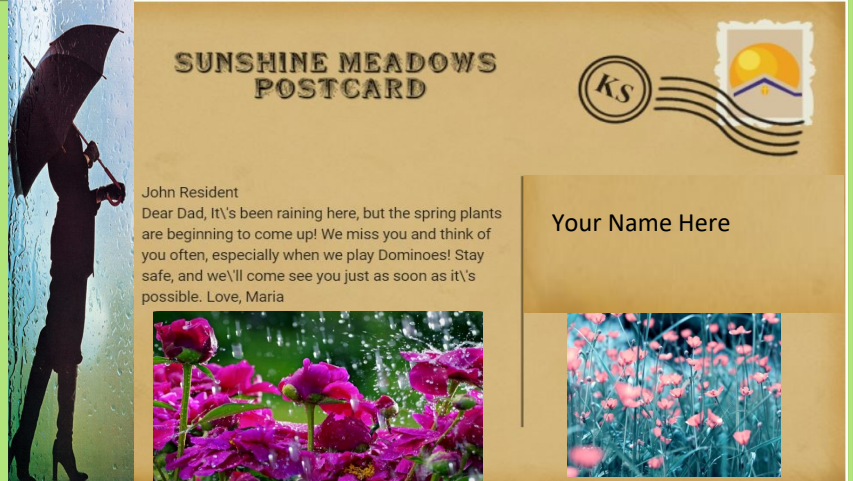
Oh, come, let us adore Him, Christ, the Lord!



WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

1. This is **tough**. But so am I.
2. I may not be able to control this situation
But I am **in charge** of how I respond.
3. I haven't figured this out...yet.
4. This challenge is here to teach me something.
5. All I need to do is take it one step at a time. **Breathe**. And do the next right thing.

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 Monday through Friday. 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 above), the staff person who prints the cards will “dress it up,” based on what’s written (i.e., if you write about rain, or flowers, etc., pictures of those items will be used). 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 isn’t nearly as important as your kind intention.



Get-Together CHECKLIST:

1. Cell phone
2. Warm clothes!
3. Family photos or kids' drawings to share

Missing family time? Don't let a wall stop you! All you need is a window and cell phones to not only hear, but see, each other. If you live nearby, call and set up a window chat! We'll supply a phone if needed.

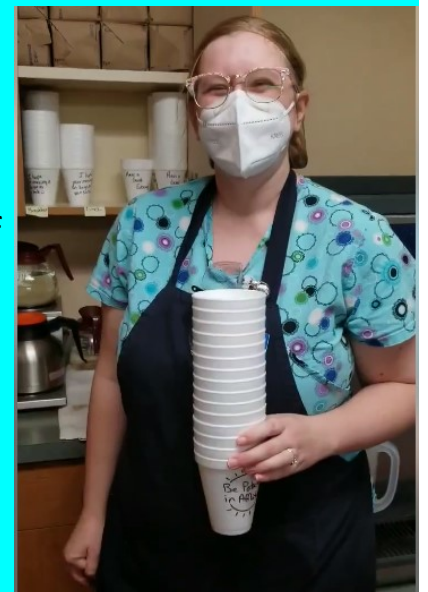
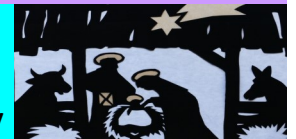


Kids/grandkids bored? Ask them to make cards for our folks who don't have many relatives. A hand-made card by a child of any age will spark a smile, for sure! See pg. 1.

During these unusual times, it's important to find something that will make you smile throughout the day. Look up a new joke, listen to uplifting music, lend a helping hand. Take a minute to relax. You must recharge in order to help others. Reflect on ways that the virus has helped improve some things in your life. Many have experienced more time at home, allowing us to remember what is important, focus on our honey-dos, and learn new ways to connect. Make those phone calls! Video chat! Send letters, pictures, and postcards! **To share pictures**, send them to me at: beccam@sunshinemeadows.org. Be sure to let me know who they're for!

OUR CUP RUNNETH OVER

Dietary staff member Jennika Price cheers up our residents by writing messages on their drinking cups each day: just little notes saying hello, or a bible verse, or a sweet expression. We are very proud of Jennika, and of all of our staff's creative efforts to keep our residents upbeat and comfortable. God bless us, every one!



Famous Product Slogans

Match the product to the slogan!

1. When it rains, it pours.
2. Manly, yes, but I like it too!
3. It's not nice to fool Mother Nature!
4. He likes it! Hey, Mikey!
5. The quality goes in before the name goes on.
6. Once you POP, you can't stop!
7. I can't believe I ate the whole thing.
8. How do you spell relief?
9. Don't hate me because I'm beautiful.
10. You've got questions, we've got answers.
11. Oot fray, oops lay.
12. What's in YOUR wallet?
13. And I helped!
14. Oh, what a relief it is!
15. Because I'm worth it.
16. Some parts ARE edible.
17. That's-a some-a spicey meatballa!
18. Always a bridesmaid, never a bride
19. Don't leave home without it
20. Where's the beef?

YES! One product has three different slogans listed here!

1. Alka Seltzer
2. Capital One
3. Roloids
4. Shake 'N' Bake
5. Wendy's
6. American Express
7. Fruit Loops Cereal
8. Listerine Mouthwash
9. Irish Spring Soap
10. L'Oreal
11. Morton Salt
12. Alka Seltzer
13. Grape Nuts
14. Chiffon Margarine
15. Life Cereal
16. Zenith TV
17. Pringles
18. Pantene Shampoo
19. Radio Shack
20. Alka Seltzer

FUNSHINE PAGE

Answers: 1. 11; 2. 9; 3. 14; 4. 15; 5. 16; 6. 17; 7. 1; 8. 3; 9. 18; 10. 19; 11. 7; 12. 2; 13. 4; 14. 12; 15. 10; 16. 13; 17. 20; 18. 8; 19. 6; 20. 5

~We're better together~

At the end of the day, what really matters is that your loved ones are well, you've done your best, and you're thankful for all that you have.



We're proud of the caring nature of our staff and their determination to see our residents through this tough time safely.

Sunshine Meadows in Buhler: shining through.



Did you get a letter?

Our Phonathon has already brought in more than half of the funds for the wheelchair washer we need. We're hoping that the reminder letters to folks who were called will provide the rest of funds for the \$7000 machine. If you didn't

get a call from us, your donation is still very much needed! Please send it care of Carla, at the **address** on the front page.

Sometimes you have to let go of the picture of what you thought life would be like and learn to find joy in the story you're living.

Holidays are coming... the Fire Marshal won't allow live Christmas trees or wreaths. This applies to **ALL** rooms and apartments on campus.



With around 85 residents living here, keeping track of personal belongings can be a challenge! Families can help by alerting staff to take new clothing to the laundry department for marking, and add anything valued at \$25 or more to the inventory list on the back page of the charts at the nurses' station **BEFORE** taking the item to the resident. All cash is to be kept in the business office, where it is always accessible during normal business hours, and through the nurse's station on weekends and off-hours. Sadly, some fine new Christmas clothing gets stuck in the laundry, as it wasn't marked. -Thank you! - Laundry Department

ACTIVITIES DEPARTMENT: This year, even though Covid 19 has limited the activities we have been able to do between the Buhler high school FFA and the Sunshine Meadows residents, we have still done fun things remotely. We thought it might be fun for the FFA students to make placemats for the residents who are eating in their rooms. We were not disappointed. They came through with flying colors, designing, printing and laminating over 70 placemats. They turned out beautifully, and we couldn't be happier with the results. They will certainly brighten up each resident's room



during this time. The FFA has said that they will make more placemats that will depict each season. If these pictures are any indication, we have lots to look forward to in the future. Many thanks to Marissa Orem, FFA chapter secretary, for coordinating this activity, along with her fellow chapter officers and members. Thanks, everyone, for the time and effort you put into making our residents happy during this difficult time.

Here are two examples of activities residents are participating in during Covid. The tree paintings were made using broccoli



and paint to make an autumn tree. Residents commented that this was the perfect art activity, because no matter what, they couldn't mess it up! And what fun we had doing it! Also, several residents took part in painting a mural, coming into the activities center and working on it when they wanted to. It took several weeks to finish. Clearly, even though we can only gather in small groups at present, we can still have fun.



We'd love to share this newsletter with the rest of your family! Due to costs, we don't mail the Sunny Side, but we DO email it.

If you'd like to include a friend or family member in the email list, please send the name and email address to

fund@sunshinemeadows.org

Likewise, if you no longer wish to receive the newsletter, please let us know.

APOLOGIES: Our November issue listed the dietary staff as having planned the Halloween parade. It was the activities department who developed the plan and provided the wonderful treats. They are certainly due a thank-you!



Sunny's is closed at this time. We'll be sure to announce our reopening as soon as we can! We miss you!

Phase progress: we are in Phase 1, and will remain so until we have received two cycles of no positive COVID 19 cases in our facility.

COVID-19 update



Facility overview: We test staff on Mondays and Thursdays weekly. Residents are tested every Monday.

Families: If you have specific questions, please call **Becca Meitler** at **620-543-5695**.

Are You at Higher Risk for Severe Illness?



Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

Here's What You Can do to Help Protect Yourself



Stay home if possible.



Wash your hands often.



Avoid close contact and stay at least 6 feet (about 2 arms' length) from other people.



Clean and disinfect frequently touched surfaces.



Cover your mouth and nose with a cloth face cover when around others.



Cover coughs and sneezes.