



February 2022

# The Sunny Side of Life

The monthly family/staff newsletter of  
Sunshine Meadows Retirement Community

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## What Does it Mean, to Love?

Love is powerful. Mothers, soldiers, teachers, even strangers have given their lives to protect others because of love. But love is also one of the most difficult emotions to explain. What it means to love someone has been debated by philosophers, poets, and scientists throughout the ages. Love is scary. It means giving someone a map of all your flaws and imperfections and putting faith in them to not abuse that power. Perhaps the best description of love comes from the letter of Paul to the Corinthians: love is patient and kind; it doesn't envy or boast; it isn't proud, doesn't dishonor others, isn't self-seeking, is not easily angered, and keeps no record of wrongs. Love doesn't delight in evil; it rejoices with the truth. **It always protects, always trusts, always hopes, always perseveres.** Love never fails.

This month, as we approach Valentine's Day, and as we spend time each day with those we love and care for, let's remember the greatest example of love the world has ever known: that of our Creator, and His son, Jesus. Love is sacrifice, and love is beautiful. **We see this in our staff every day.** Happy Valentine's Day to our residents, families, and staff.

## In January We Said Goodbye to:

Vi Schultz

Bonnie Israel

## February Resident Birthdays

2 Sally Hamilton	13 Loree Pembleton
8 Bill Daniels	15 Floyd Siemens
9 Adrian Danner	21 Walter Bridges
10 Bryan Griggs	24 Luella Jost
11 Franklin Pankratz	25 Vida Yutzky
12 Linda Pauls	29 Della Dirks

## February Staff Birthdays

1 Linda Dettwiler	23 Keith Pankratz
2 Julie Christian	24 William Anderson
13 Tiffany Taggart	28 Billie Cairns
15 Tryniti Isley	

**Please drop off non-perishable deliveries M-F, 9a.m. to 4p.m., @ front door; call so we can pick them up. 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. You may drop them off; or mail to **SMRC, 400 S. Buhler Rd., Buhler, KS 67522****

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## The Best Things in Life Are Not Free!

By Doris Schroeder

It is hard to believe, as I open my memory bank to my younger years, how much has stayed with me all this time. The earlier days' memories are part of my present day concepts, just as your memories have helped form you. In today's writing, I am still four years old.

My mother and I walked daily to the grocery store; our icebox didn't keep meat very well, so this was a usual occurrence. One day the clerk showed us some cupcakes with a cream filling. "Mrs. Kroeker, wouldn't you and your little girl like to try these new cupcakes that are just out on the market? They are made by the Hostess Company and cost a nickel for a package of two. In fact, you can have a free package so you will know how good they taste."

"A free package of cupcakes!" That sounded great to me. As I thought about it, I surmised that those chocolate cupcakes taste much better than any mud pies! A plan began to form in my mind. "Why can't I just walk to the store each day and get a free package for my playhouse in back of the garage? What a great idea!"

This thought continued for a few days. Mom thought I was playing in the back of the garage, but instead, I sneaked down the alley and walked to the grocery store. I picked up a package of the cakes and put them on the counter for the clerk to see, still thinking they were free. Later, I certainly enjoyed them when I had a tea party with my dolls. "They sure taste better than mud pies!" I told myself proudly, mentally patting myself on the back for being so clever.

One day, however, when Mom and I had gone to the store, the clerk mentioned to my mother, "Your little girl is sure charging a lot of cupcakes!" I was shocked as this knowledge was revealed.

"You mean they aren't free?" My mom just looked at me and smiled. When we got home, I hid in the closet. I was completely mortified. I didn't mean to have done wrong and I felt bad.

My mother finally called me out and explained things to me.

It was back to making mud pies for me! I would later find out that the best things in life, like chocolate cupcakes, are not free!



# Valentine's Day JOKES

What did the cucumber say to the pickle?  
"You mean a great dill to me."

What did the Tomcat say to his lady cat?  
"You're purr-fect for me."

What did the lady sheep say to her sweetheart?  
"I love ewe."

How much candy do you hope to get this Valentine's Day?  
A choco-LOT!

What did one flame say to another on Valentine's Day?  
"We're a perfect match."

How did the cellphone propose to his girlfriend?  
He gave her a ring.

What did the whale ask his sweetie pie on Valentine's day?  
"Whale you be mine?"

What did one light bulb say to another light bulb?  
"You light up my life."

How can you get arrested on Valentine's Day?  
By stealing someone's heart.

## **And for those whose romance has dwindled:**

"I thought I won the argument with my wife as to how to arrange the dining room furniture. But when I got home, the tables were turned."

"I once fell in love with someone who only knew four vowels. She didn't know I existed."

## Thank You to All of Our Memory Care Staff!

“When I wander, don’t tell me to come sit down. Wander with me. Maybe I’m hungry, or thirsty, or need to use the restroom. Or it may be that I need to stretch my legs, or I’m searching for something, though I don’t remember what that was. Ask me where I’m going. It may surprise you to know that I’m going down memory lane.

When I call for my mother, don’t tell me she has died. Ask me about her. I am journeying through my life, through the various stages of my life. I may be a child right now. Tonight, I might be wondering why my teenaged son isn’t home yet. I might need to get ready for work, or church, or I might be taking care of my baby. I might worry that my spouse isn’t home yet. Live with me in that place I’m visiting now. You’ll understand me better when you do.

When I shout, please don’t reach for drugs first. I’m trying to communicate, though I’m not getting my message across. Please be patient. Try to find out what I need. I may be in pain, or scared. It may be too cold, too hot, too bright, too noisy.

When I don’t eat or drink, I might be in a reverie of memories, reliving the past (as we all sometimes do). Or maybe I’ve forgotten how to use a fork, or what my cup is for. Show me, explain to me, help me.

If I push you away when you’re helping me dress or wash, remind me of what you are doing, and how that will help me. Treat me as you would your best friend. I want to have a friend. I want to be assured, and safe.

I would thank you for all of the ways you help me, if I realized how much you do for me, and why.

## BUHLER SENIOR CENTER MEALS



Come  
'n' Get It!

**YIPPEE!!!**

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.



The older you  
get, the more  
valuable time  
and good  
friends become.

## FEBRUARY SENIOR CENTER MENUS

### February 3rd

Tropical Fruit Salad

Fried chicken leg and thigh

Mashed potatoes with gravy

Corn

Peanut butter pie

Biscuit with butter

### February 10th

Beef Stew

Celery & carrots with Ranch dressing

Cottage cheese

Chocolate pudding with cookie

Cornbread muffin

### February 17th

Orange Jello with Mandarin oranges

Pork chop

Hashbrown casserole

Carrots

Sunny's ice cream

Biscuit with butter

### February 24th

Pea salad

Chicken enchiladas

Spanish rice

Corn

Cream puff

Bread stick



SPANKIE, ALFALFA  
AND TWEETIE  
HAVE TRADED THEIR COTTAGES  
FOR A CONDO.  
THREE'S COMPANY



*We lost Vi Schultz on Tuesday, January 22.  
These are email comments from staff, in  
reaction to the sad and unexpected news:*

## CHIT-CHAT

“What a shock. I chatted with her for a bit yesterday when she was leaving Sunny's. She was very cheerful and was doing well.” Debra Thompson

“I know! I had such a nice conversation with her yesterday! She will be happy to be reunited with John.” Sheryl Busenitz

“Oh, my sweet Vi. She was always so sweet to talk with, such a gem. I will miss her very much.” Rachel Perry

“She was definitely a joy to visit with and will be truly missed. After my dad passed away, Vi would call or come down to my office to check on me. She was such a sweet lady.” Tina Mandeville

“When I started here, Vi was a bath aide for about a month; she moved into transportation, where she worked for years. I bought all of my Watkins products from her personally. She will be sadly missed. Prayers for Assisted Living residents, staff and family.” Eric Beye

“Vi overcame a lot in the past five to ten years, and you would never know it looking at her just yesterday. She came down and did her exercise program, cheerful as ever. What a remarkable lady we had the chance to know.” Denise Wells

“Definitely a shock. Like Eric stated, she was plugged in at SMRC in numerous ways over the years.” Keith Pankratz

January 25, 2022

Hi. I don't even have words to tell you how much I appreciate a few of your staff: they are just over the top. Every time I walk in Memory Care to see my mama or walk through the halls, I see nurse **Karen Anderson** (that lady just glows and her smile lights a room). She loves her residents well and is always working on something or for someone. You are so super blessed. My mom fell a week ago and she was there to care for her and make the call to seek medical care.

We are so thankful for Karen! Her daughter, **Bethany Anderson**, is a sweetheart. I tell ya, the apple didn't fall far from the tree. She is following in those footsteps well. Again, you are blessed as I see those same things.

And thirdly, **Monica Mullen**. I come in to see my mama and the care and patience she has (memory care has to be hard— well, let's be honest, it all is. Monica's tone in her voice with those residents as well as the love in her words as she speaks makes a huge difference. Her smile and sweet voice and tender heart for them brings tears to my eyes. I'm so thankful for people to love on my mama and all the other peoples' loved ones. I know you take pride in all the staff you employ and I don't know all of those who work or care for her, but these have stood out as GOLD!!

- - Penny Moore (Ruth Duscher's daughter)



WELCOME OUR NEW BEAUTICIAN:

## CHELSIE PIERCE

Hello! I'm Chelsie, the new beautician at Sunshine Meadows. I've lived in Kansas for the past four years, and am the mother of three children and step-mom of four more "bonus" kiddos. There are

three boys, Luke, Levi, and Isaac, and four girls, Kendra, Kenzzie, Kayla, and Layla. I have a full life!

I became a stylist three years ago and love it. I'm passionate about what I do. I look forward to meeting everyone and taking care of your hair needs! Thank you all for being so welcoming. I am eager to begin this chapter of my life with all of you here at Sunshine Meadows.

*From Amanda Downtain* — I just want to pass along what Jaymie McHaley had to say about the recent water break in Assisted Living:

"I've never been more proud to be a part of a team as I was that day. The entire facility pulled together and it was a mess! But the love those residents were shown, and the fast pace of our team working to prevent any more damage, was impressive. Everyone from kitchen staff to nursing was incredible. If it weren't for them, it would have been very bad, much worse. We have an amazing team at SMRC."



When you see something beautiful in someone, tell them. It may take a second for you to say it, but for them, it could last a lifetime.



### **Resident Rights (Feb.2022)**

Each month, a right and/or policy will be posted in this newsletter. To get answers to questions about resident rights at Sunshine Meadows, please do not hesitate to contact Social Services. 2. FREEDOM FROM ABUSE AND RESTRAINTS: You will be free from physical, sexual or mental abuse, corporal punishment and involuntary seclusion. Physical and chemical restraints will not be used unless they are required to treat your medical symptoms and then they will be used only to ensure your safety or that of other residents. The facility will consult you, your legal representative or family members before restraints are used. Your doctor must sign an order for that type of treatment, as well as other kinds of treatment.

**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 vaccines. The most common COVID vaccination symptoms are fatigue, headache, muscle pain, chills, and injection site pain. More people experience these side effects after the second dose. Side effects after vaccination are your body's expected reaction; it means the vaccine is working. Vaccines rarely cause long-term side effects. 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. As of Jan. 5, 2022, [59.6%](#) of Kansans have received at least one dose of the COVID-19 vaccine. The [Omicron variant](#) is highly infectious and transmittable, accounting for the majority of recent COVID-19 cases in the U.S. Vaccines remain the best tool to protect people from COVID-19, slow transmission, and reduce the likelihood of new variants emerging. Additionally, it is recommended that people wear a well-fitting mask in public indoor settings in Kansas, regardless of vaccination status. 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 age 65+ have less than 50% reinfection protection; younger people have less than 80% reinfection protection, but could spread it to others.

A *PLEA* from our



**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!!!**

**NEW HOURS AT SUNNY'S:**

**Sunny's is now open from 7a.m. to 2p.m. Monday – Friday.**

**Sunshine Meadows is on the air! Whether it's the antics of [Irmgaard](#) and [Hortense](#) or one of the staff members talking about all that Sunshine Meadows has to offer, you can be sure to find Sunshine Meadows on the air locally, or on line!**

# *A Taste of Elegance*

**Sunshine Meadows'**

**GALA**

**Friday,**

**March 4, 2022**

**Sand Hills Center  
4601 N. Plum St,  
Hutchinson**

[www.sandhillseventcenter.com](http://www.sandhillseventcenter.com)

**Doors open at 5p.m.  
(view live auction items)**

**Buffet opens at 5:30;  
Live auction begins at 7p.m.**

Please join us for an evening of fine food and fun, to support Sunshine Meadows' construction of a unique neighborhood for elders with dementia. **All Gala income will be matched by a grant from the Mabee Foundation.**

*Please thoughtfully and prayerfully consider what you can give to support this worthy cause.*

**Tickets \$75 until Feb. 28; \$100 March 1—4;  
Learn more at [www.sunshinemeadows.org](http://www.sunshinemeadows.org)**



*Thank you to all of these fine sponsors for making this event possible!*



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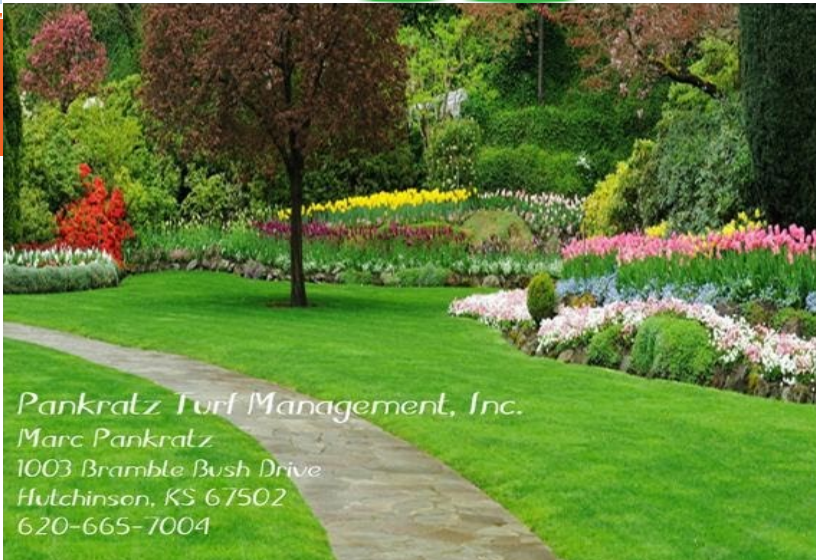
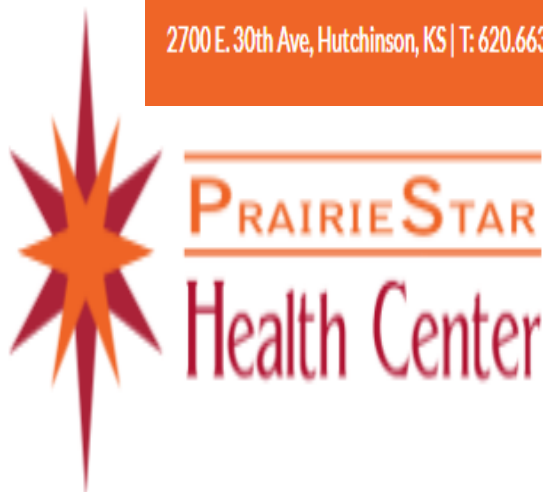
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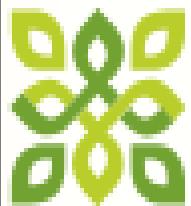
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