



The
Sunny Side
of Life

**The monthly family/staff news-
letter of Sunshine Meadows**

Retirement Community

400 S. Buhler Rd., Buhler, KS 67522

“Big Shoes to Fill...”

I am overwhelmed with gratitude for the support that I have received in these first couple of weeks since I officially was named Administrator here at SMRC! From the residents who have expressed their congratulations and blessings to the staff who have dealt with some new ideas that we have already begun to implement, I am just truly grateful to have such a wonderful group of people to serve and work alongside. Having Keith still here as CEO making some of the tougher bigger decisions regarding direction and proper alignment of our organization is really a healthy way to move forward here into the future as well.

Current status of our campus:

- Currently we have no COVID on campus
- We have been able to reestablish the relationship with Buhler School this year. Having the kids and groups back in for activities and performances has really been a lift for our residents and community
- We are in our survey window for both the Fire Marshal as well as our Annual License survey
- Work on these fronts is continual - both Londa (DON) and Deb (MDS) are tirelessly reminding and updating policies and procedures to ensure a successful survey
- Staffing concerns remains one of the main focuses as we begin the year
- Census
- Assisted Living is 100% spoken for as of this week!
- Nursing and IL are both still really struggling, but we have good plans in place for both areas to see some real action in the coming weeks/months. We are happy to announce that after a long stretch with no new admits to IL, we have just recently sold/rented 3 of our IL apartments

Well, there's a quick update. One other thing - I want to remind you about our wonderful Cafe here inside our campus. Sunny's has begun to see some more traffic here recently, and seeing some of our community members and resident families back in here has truly been a delight. Here is an open invitation to come and join me for lunch in Sunny's almost any day of the week. That's right, I eat Sunny's almost every day! I would love to share a lunch period with you.

Nathan Spencer, Administrator

In January We Welcomed:

David L Jetta L
Leonard W

January We Said Goodbye

Joan E Margaret P

Discharged in January:

Barbara D Kathy I

February Resident Birthdays:

Sally H	2	Carol B	11
William D	8	Jim M	22
Maxine D	9	Luella J	24
Bryan G	10	Vida Y	25

February Staff Birthdays:

Linda Dettwiler	1
Julie Christian	2
Skyler Einfeldt	4
Tryniti Isley	15
Keith Pankratz	23
Billie Cairns	28



Please label
all clothing
with residents
name.

**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

Staff contacts

Keith Pankratz, CEO:

keithp@sunshinemeadows.org

Nathan Spencer, Administrator:

nathans@sunshinemeadows.org

Sara Nowlan, Marketing:

marketing@sunshinemeadows.org

Mariah Schrader, Human Resources:

hr@sunshinemeadows.org

Carla Barber, Fund Development:

fund@sunshinemeadows.org

Londa Tipton, RN, Director of Nursing:

don@sunshinemeadows.org

Rachel Perry, LPN, Care Manager:

rperry@sunshinemeadows.org

Amanda Downtain, RN, AL Care Manager:

almanager@sunshinemeadows.org

Hazel Brott, LPN, MCU Care Manager:

hazelb@sunshinemeadows.org

Debra Thompson, RN, MDS Coordinator:

mds@sunshinemeadows.org

IN THIS ISSUE:

EVENTS: GALA will soon be here! See below; Help improve our Physical Therapy department, Page 9; Have you visited the Wildflower Inn yet? February Special at the Inn, Page 10; Activities, Pages 5,6,7; Memory Care News, Page 4

FOOD: Sunny's Specials, page 8; Senior Center Meals, page 10; Themed Lunch, page 5;

KUDOS: page 8

**SAVE the
DATE!**

**Friday,
March 3,
2023**

Doors open at 5 pm; bingo begins & buffet line opens at 5:30; live auction begins at 7.

A delicious meal, bingo, live auction, fun with friends, and the chance to help those in our community suffering with dementia to see each day as a new adventure.

Please join us in celebrating

The
Days
of Our Lives

**Sunshine
Meadows'
Annual
Gala**

Every day is a
new adventure.

Benefitting the new MCU
Assisted Living Building
Project.

The list of auction items & tickets
will be available by February 13.



NEW PLANS ON THE HORIZON

With a new year starting there are new things brewing. The main set of plans I want to mention in this article are related to the new build for a Memory Care Unit attached to our existing Assisted Living wing.

To be clear, what this means is that on SMRC campus we would offer 2 levels of care for residents struggling with dementia or Alzheimer's Disease. Currently in our Health Care wing we are licensed for 14 units at the lower functioning levels, (step 3, 4 or 5). The new build would cater to the early stages of dementia (step 1 and 2) in small apartments with a focus on the common areas for gathering spaces. Our goal is to create continuity with programming for both units. This new build would operate under Assisted Living regulations.

When communicating with our architect this month, we established a tentative time frame. There is site work to be completed and building approval needed from the state over the next 90 days. Late spring is the tentative plan for construction to begin with a completion date at the end of 2023. The unit will provide housing and services for 12 residents.

Financially here is how we line up:

-Current cash and pledges	\$900K
-Mabee grant added upon ground breaking	\$200K
-Plan to submit an application for tax credits	\$300K
-March 3 Gala event designation	\$ 40K
-Plans to approach a few more donors	\$ 60K

-Projected total by December 2023

\$1.5M

This will not cover the entire cost to complete this project, however, it substantially reduces the borrowed funds needed. Thank you to our loyal donors for their continued support!

Keith Pankratz, CEO

January 13th Themed Day
"Kansas Day Celebration"

(kansas Day January 29th)

Starters

Sliced Cucumbers and Onion Salad
Corn Relish

Main Buffet Line

Country Style Ribs
Fried Catfish

Mashed Potatoes and Country Style Gravy

Farmer Style Beans
Steamed Vegetables

Homemade Wheat Bread with
Sweet Fresh Churned Butter

Lemon Meringue Pie



**THEMED
LUNCHEONS**



ASSISTED LIVING



CHRISTMAS PICTURES



So we have been having a lot of fun in the Activity Department in January. Just a few of our activities have included Birthday Parties, Our Music and Memory Program along with the Dietary's Special Monthly Luncheons. When we celebrate our residents Birthday we ask them if they would like a party and then we also ask what they would like for their dessert. For Kay she chose a Peanut Butter, Chocolate Dessert. And boy she didn't make a poor choice her recipe was delicious and we all enjoyed a piece. Then the Dietary Staff helped us celebrate Kansas Day by serving us another special meal. We had Catfish fillets, ribs and banana cream pie along with homemade bread and freshly made homemade butter. It was out of this world delicious as always. You can never go wrong with eating something from the Sunshine Meadow Kitchen. I do want to mention that in our Music and Motion Program we have been visiting with residents and they have told us some of their favorite singers from their day, we downloaded songs along with the lyrics and then sang them together. Everyone has had a blast remembering singers such as Ernie Tubbs, Flatts and Scraggs, Red Foley, and Patsy Cline along with Hank Williams. We have laughed ourselves silly trying to sing but had a lot of fun along the way. After all the Lord said to make a Joyful Noise and we have taken that wording to heart doing just that. For February we have a lot of activities happening as well. We are doing several activities with the Buhler Grade School along with the Cares Club. We are always open to anyone that wants to come and join in the fun along with us. Melanie



Kudos

Wendy Neill

Buhler USD 313 Administrators had a meeting today and we picked up taco salads for them to have lunch during the meeting. **THANK YOU** - for great customer service (friendly and efficient) and a tasty lunch!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Soup Bar: <u>Potato Soup</u> <u>Chicken Parm</u> <u>Taco Soup</u>	Pizza and Salad	Sweet and Sour Chicken <u>Fried Rice</u> <u>Egg Roll</u>	
5	Double Decker Grilled Cheese <u>W/ Tomato Soup</u>	Taco Salad	Salad Bar	Pizza and Salad	No Special	11
12	Chicken Salad <u>Chips or Fruit</u>	Taco Salad	German Sausage <u>Fried Potatoes</u> <u>Green Beans</u> <u>Verenika</u>	Pizza and Salad	Ruben Sandwich <u>Chips or Fruit</u>	18
19	BBQ Pulled Pork <u>Baked Beans</u> <u>Potato Salad</u>	Taco Salad	Soup Bar: <u>Chicken Noodle</u> <u>Green Bean Soup</u> <u>White Chili</u>	Pizza and Salad	Tuna Melt <u>Chips or Fruit</u>	25
26	Meatball Sub <u>Chips or Fruit</u>	Taco Salad	Special  Menu 			



Please help Sunshine Meadows to help residents, staff, and community members get **healthier through physical therapy!**



Sunshine Meadows is blessed to have **physical therapy specialists** within our facility.

GOOD SERVICE: Over the past 20 years, Sunshine Meadows has contracted with various physical therapy companies to provide rehabilitation services within the nursing facility, for the benefit of our residents at Sunshine Meadows, as well as our employees and the community at large.

20 YEARS MAKING IT WORK: SMRC provided PT in various places, finally settling on the northeast side of the building, close to parking spaces for handicapped individuals as well as those requiring PT. Those gravel parking spaces recently were paved in order to make walking safe, thanks to a grant. Various equipment was purchased through other grants. In these past 20 years, Sunshine Meadows has been “making it work” - but our residents and community deserve a better space to get better in.

At this point, **it’s time to re-paint, add better lighting, and re-carpet** this somewhat dreary space; also, the walls of the office and consultation rooms don’t reach the ceiling. We need to complete these rooms to **provide some private spaces for consultation**. In addition, the closest short set of stairs to use to prepare for the return home requires therapists to walk patients a long distance in the facility. **A set of safe stairs in the PT area**, as seen in the photo, will keep patients from using all of their energy in the walk, rather than focusing on the challenge of stairs. We hope to raise \$12,000 to revitalize this space.

Please consider making a donation* to this worthy cause.

***WAYS YOU CAN HELP: EASY**-Send a check to Sunshine Meadows, noting “PT” on the bottom left corner of the envelope. **EASIER**—Call Sunshine Meadows and donate over the phone with a credit or debit card. **EASIEST**—use the Sunshine Meadows website to send a donation.

EASY—Sunshine Meadows
400 S. Buhler Road
Buhler, KS 67522

EASIER—620-755-5132

EASIEST—www.sunshinemeadows.org

BUHLER SENIOR CENTER

SMRC residents, please call Stacie Klassen for more information.

There is a sign-up sheet on the bulletin board near the Assisted Living dining



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NOTE: Anyone living in the 313 school district who is age 65 or over can get a FREE ticket to any USD 313 event by calling USD 313 at 620-543-2258.



& Board & Brush

Partner together for a sweetheart evening event

At this event you will get to create a DJY @ Home Kit from Board & Brush Creative Studio with your partner! These adorable "Heart Face" projects will surely win over your sweetheart and create a memorable experience!



February 13

7-9 PM @ the

Wildflower Inn

\$25

620-727-2605

406 W Ave A
Buhler KS



Welcome Chocolate Lovers!!

Indulge your sweet tooth at the chocolate fondue bar with fabulous options for your dipping pleasure. Try the hot chocolate bar, adding your favorite topping or find new favorites. Enjoy the S'mores station where you can roast your own marshmallows like when you were a kid. Chocolate, chocolate & more chocolate!

**Can't wait to see you there!
Register today with the QR code.
Only 30 can attend this event!**

