



January 2022

The Sunny Side of Life

The monthly family/staff newsletter of
Sunshine Meadows Retirement Community

Sponsoring Churches/Board of Directors

Buhler MB-Mary Ellen Jantz,
Charlotte Smith, Velma Goertzen

Hoffnungsaue Mennonite-Louis Martens

Bethany Nazarene-Kay Scheel

Crossroads Christian- Open; Victorious
Life-Open; Buhler Mennonite-Open;
Buhler Methodist- Open

At large-Cameron Kaufman, Mary Frazier

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



From the Administrator—

Nathan Spencer and I were on a Zoom meeting recently with US Representative Dr. Roger Marshall of Kansas. After giving us updates on the mandates, he stated that the vaccine boosters are working well against the Delta variant and other new variants out there. He and others are still fighting for a permanent pause on the vaccine mandates.

Dr. Marshall said he was proud of all of the healthcare workers. He said hang in there, as we need all of you, and you're still the heroes, helping keep our residents safe and healthy. A big thank you!

- Keith Pankratz

In DECEMBER We Welcomed:

Hester Watson

In DECEMBER We Said Goodbye to:

Margaret Enns Paul Lawson

Hester Watson

JANUARY Resident Birthdays:

5 Tommie Larson	8 Paul Richert
13 Jean VanVoorhis	14 Ellie Jones
16 Carol Ewing	20 Reba Jansen
25 LaVern Penner	27 Kay Nye
28 Gladys Forcum	

JANUARY Staff Birthdays:

01 Shyanne Fernandez	18 Melanie Koehn
04 Jennifer Belcher	21 Carolyn Reissig
06 Suzie Parrott	25 Kristyne Burton
08 Dawn Gunter	25 Lillian Johnson
16 Kaylie May	27 Nathan Spencer

EMAILS

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



Please welcome

DANETTA RICE, our new
Director of Human Resources

We asked Danetta to introduce herself:



"I was raised in Lyons, Kansas, and after living elsewhere for some time, I decided to find my way back to Kansas. I accepted the Human Resource director position at Sunshine Meadows, and moved to McPherson with my daughter, Aubree, and son, Kelby. I have two other children: Kieron, who is a traveling welder, and Rylee, who is a track athlete at the University of Doane in Nebraska. I'm a busy mom, so most of my time is spent chasing my children and guiding them to their next level in life. In my spare time, I go hiking, boating, love reading and baking, and yoga keeps me going. My favorite saying to live by is, 'kindness goes a long way; sprinkle that stuff like confetti'."



Please welcome

AMY JOHNSON,
our new Chaplain

We asked Amy to introduce herself:

“I am honored to have the opportunity to take over the spiritual activities and chaplain duties at Sunshine Meadows. Fortunately, I've been able to work with the residents and staff here since 2017 in a music therapy role, so the faces and smiles are all familiar. My past professional experiences include time as a private music teacher, public school music teacher, piano accompanist, and special needs music facilitator. I could not be more blessed to be able to combine the best of both worlds in this new position. This job brings me more joy and fulfillment than I have time or room to explain. Music and worship go hand in hand and I love being able to live that out at work every day. I moved to Buhler in December of 2016, a move that was long prayed for and beautifully orchestrated by the Lord. I have three kids that have also been able to witness and experience the joy of being part of the Sunshine Meadows community. My oldest, Noah, is currently deployed to an undisclosed active combat zone as a specialist in the Army. My daughter, Sydney, the middle child, is in her first year at Barton Community College and working on her nursing degree. My youngest, Halle, is a sophomore doing virtual school this year through Andover e-Cademy. SMRC residents and their families have been a large part of our journey and have captured my heart! I've hit the ground running and have lots of plans for more resident connections and spiritual encouragement! Thank you all for making it a complete joy to come to ‘work’!”

We enjoyed a visit from Pastor Kevin Guffey of Crossroads Christian Church



Some Residents Enjoyed Making Gingerbread Houses



The Activities Department knows how to create fun!



Residents enjoyed the Christmas bags provided by the Buhler Chamber!



Nursing neighborhoods, Memory Care, and Assisted Living residents enjoyed Christmas parties with gifts from staff members. Keith Pankratz hosted, and Amy Johnson led the singing. Several staff members who provided gifts were able to attend to enjoy seeing their gift opened. There was much gaiety, laughter, clapping, singing, and fun!

2021 Christmas Party



Christmas Memories



FUNSHINE PAGE



1

STOOD
MISS

2

WAPARKLK

3

arrest
you're

4

WALKING
ICE

5

MILL1ION

6

S
T
A *me*
N
D

Get your **THINKING**
cap on! Solving these little word
puzzles is great for the brain!
Answers below.

1. misunderstood; 2. walk in the park; 3. you're under arrest; 4. walking on thin ice; 5. one in a million; 6. stand by me

Pride and New Saddle Shoes

By Doris Schroeder



Those of us who lived in the 1940s learned to appreciate anything new in the line of school clothes. I certainly was no exception when we lived on the farm. Much of the time, my dresses were made by hand by my mom, and the material was from chicken feed sacks. The feed companies caught on that their sacks were being used to make clothes, so they switched to pretty prints for the material.

My shoes were usually brown oxfords. When it was warmer, I had white socks to wear, but they had no elastic threads around the top. They would often slip down into the heel. This was embarrassing.

Sometimes, after school, some of us walked home behind the hedgerow that lined one side of the road that led to Sunrise School. Probably because the back of my socks always slid down, I would sometimes hit the heel of my foot with the other foot. It became red and swollen. My parents became concerned. I had to doctor it with Watkins salve almost every day. In spite of the hurt, I tried my best not to limp.

Then one day my cousin's wife, Lula, gave me some of her clothes. She had a navy blue skirt with two or three pleats on each side. Mom made it to fit. Somehow my parents scraped enough money together to buy me a red, sloppy Joe sweater AND a new pair of black and white saddle shoes, as well as some white socks that would stay up. I was on cloud nine and proud, even though the Bible does say, "Pride goeth before destruction!"

Walking to school, wearing all my treasures was not too hard. The cloud I was walking on was not as dark as the ones in the sky. It felt good to have something to be proud of, even if it was only a pair of shoes. All day long, I could run faster, make more baskets in our game at recess, and I think my brain could remember more things. There was something to be said about confidence! Why, I even felt like a teenager!

But then the sky really darkened and the rain came down in sheets. School was out at the usual time, and as I looked out at the storm, I determined "I am not going to have the rain ruin my new shoes!" It was late autumn and the temperature had turned pretty cool.

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I took off my shoes and wrapped them in a paper bag and stuck them in my dinner bucket. I walked home in the mud barefooted, but I was so thankful I would still have my saddle shoes intact!

As I walked into the house, my grandmother Kroeker clicked her tongue and shook her head. I showed her my shoes in the dinner bucket and she nodded her head even more, "Such pride!" She heated some water on the kerosene stove and made me soak my feet to ward off any cold I might be getting from my escapade.

My mother made me some hot tea to drink and got out the Vicks Vapor Rub to put on my chest. She put it in a spoon and made me take deep breaths from the vapor. My mother didn't even ask me why I had done that because she understood how important my shoes were to me. I don't remember catching cold, but I sure do remember those shoes and was thankful I had been able to save them. I no longer kicked the back of my heel and could walk and run normally once again.

My parents must have enjoyed seeing the happiness my two new items brought me because for our Christmas program, my parents purchased a store bought, red wool dress and a pair of black suede shoes for me, and I thought I was the queen of Sunrise School!

I know I was proud again, but I think God forgave me since I was still growing up. In today's world, I'm sure I would have been labeled "poor" but not in my estimation. I had my parents who cared and a God who loved me! Besides all of that, I had black and white saddle shoes in good condition!



More about saddle shoes: Saddle shoes were first introduced to the USA around 1906, but reached the height of their popularity in the 1950's. Shoe factory A.G. Spalding introduced the original design as a men's sport shoe with white soles to prevent rubber from marking off onto gym floors. Jitterbug and Lindy Hop dancers were often seen in saddle shoes. The reinforced instep was designed to provide extra support for strenuous activity, and was popular with both men and women, reaching peak popularity between the 1920s and '50s. Now, they've been resurrected from nostalgia to essential modern fashion. In recent years, saddle shoes have reaffirmed their place among fashion's most in-demand shoes.

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.

Have a LAUGH!

What do you say to a friend who's struggling with grammar?

There, their, they're.

Where are the Schwarznegger dolls in the toy store? Isle B, back.

What did the surgeon say to the patient who wanted to close up his own incision?

Suture self.

Tell everyone about the health benefits of eating dried grapes.

Yep, start raisin awareness.

JANUARY Senior Center Menus

January 13

Tossed salad

Chicken fried chicken

Mashed potatoes with gravy

Creamed corn

Angel food cake with strawberries and whipped cream

Bread with butter

January 20

Orange Dreamsicle salad

Roast beef

Buttered potatoes

Steamed carrots

Lemon bar

Bread with butter

January 27

Jello salad

Roasted turkey

















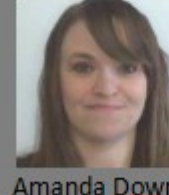



Mashed potatoes with gravy

Green beans

Pumpkin pie

Zwieback with butter

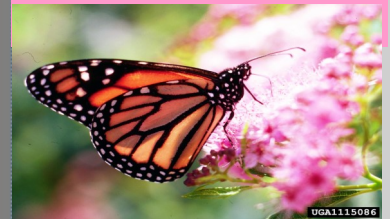
Putting a Name With the Face You may have spoken to some of our staff members but not as yet met them. We hope this helps you put a face with the name. We're here to help!

 Stacie Klassen Admissions	 Debra Thompson MDS	 Candi Almquist Accounts Payable	 Tina Mandeville Billing
 Carla Barber Fund Development	 Keith Pankratz CEO	 Danetta Rice Human Resources	 Nathan Spencer Facility Director
 Dizaray Parker Social Services	 Melanie Koehn Activities Director	 Amy Johnson Chaplain	 Eric Beye Food Services Director
 Harold Wenzlick Maintenance	 Londa Tipton Director of Nursing	 Rachel Perry Nursing Care Manager	 Hazel Brott Memory Care Manager
 Amanda Downtain Assisted Living Manager	 Kathy Gaul Housekeeping	 Sheryl Busenitz Receptionist	 Debbie Mills Receptionist

Some tidbits to make you smile:

If you get lost in the woods, find a possum and follow it. You'll be in the middle of the road in no time.

"Almost all my middle-aged and elderly acquaintances, including me, feel about 25 — unless we haven't had our coffee, in which case we feel 107."
— Martha Beck



"Old age is a good and pleasant thing. It is true you are gently shouldered off the stage, but then you are given such a comfortable front stall as spectator." — Confucius



"Aging is an extraordinary process where you become the person you always should have been."
— David Bowie



Thanks for the kind words!

CHIT-CHAT

This morning my mom told me that even if she had the opportunity to do so, she would not want to go back home. I thought this was outstanding progress and wanted to share this with you guys. A huge THANK YOU to all of your staff for everything you're doing to help my parents adapt to their new home.

Thanks so much to our residents who share some of their jokes with us for the newsletter! You light up our lives!

Dad, are we pyromaniacs? Yes, we arson.

I lost my wife's audiobook. Now I'll never hear the end of it.

Just so everyone's clear, I'm going to put on my glasses now.

DARK is spelled with a K, because you can't C in the dark.

But seriously, Please Note — Your loved one's face lights up when your letter arrives. HOWEVER:

When you write to your loved one here at Sunshine Meadows, please remember that we have many Grandpas, Grandmas, Grammas, Nanas, Papas, Grannies, Mamaws and Pappies living here.

Please address your envelope using the proper name of your loved one, and save the terms of endearment for the inside of the letter. We don't want your letter to get lost in the mail.

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



Staff:

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!