



The monthly family/staff newsletter of Sunshine Meadows
400 S. Buhler Rd., Buhler, KS 67522 www.sunshinemeadows.org

Manna from Heaven

Can you imagine cooking for 150+ people 3 times a day , everyday? Can you think of everything that entails? Menus, ordering, dishes, setting up, cleaning up, managing staff, the lists goes on and on. It’s a huge undertaking but no one does it like Eric and his crew. We are so proud to have Chef Eric and his crew working at SMRC. And our residents feel the same.

“With Eric as our excellent chef here we have great meals. The variety is wonderful from corn dogs to pie, cake and ice cream, and home baked bread, etc.” Mildred Leeper

“Our food service staff continually strives to provide a wide variety of menu items for our dining rooms and Sunny’s Café. We are fortunate to have such attentive individuals greeting us on a daily basis. In addition to the daily meals, they provide a themed dinner to celebrate special occasions.” Bryan Griggs

“I would like to give Thanks and Praise to our dining room and kitchen service, in Assisted Living. We have the best young people serving us every day, with a smile and such great service. When we have a Special Day of celebration, the staff members do a very nice job of decorating our tables in the dining room. Its such a nice and special Day for us. It makes us feel special. We have good food, and we do love Chef Eric’s home made breads. I think it is great to have school kids come and make cookies with us. Thanks for great service and foods. Blessings to everyone.” Betty Bates

Sponsoring Churches/ Board of Directors:

Bethany Nazarene--open
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, Bill Anderson

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In May We Welcomed:

Bob B Leroy J

Fred S

May We Said Goodbye to:

Tommie L Maxine A

Discharged in May:

Nan R Yvonne L

Joe McGowen

June Resident Birthday:

Larry D 7 Orlie M 10

Ruth R 21 Elsie S 8

Don V 7 Cecilia M 24

Lillian D 13 Shirley C 14

June Staff Birthdays:

2 Willow Schlatter

3 Candace Moreno

4 Christopher Weast

9 Cassie Parks

10 Amallia Geuy

11 Jana Parra

12 Eric Beye

13 Emma Barrett

17 Zoey Shipley

18 Christopher Janzen

21 Mindy Edwar

23 Emersehn Lewis

23 Louann Voth

24 Charles Cornwell

26 Amy Ackerman

**Sponsoring Churches/
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At large– Cameron Kaufman, Mary
Frazier, Ed Berger, Bill Anderson**Staff contacts**

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ALERT

Residents have said they are getting phone calls asking for their Medicare numbers.

Medicare will NEVER ask you for your number. Do not give it out to anyone.

WELCOME

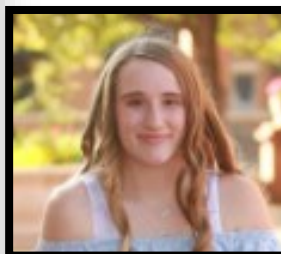


We are excited to have you join our family!

We know you will be a perfect fit to carry out our mission statement by helping to give the aging community an opportunity to live with dignity and purpose!



Isabella Sanford
Certified Nurses Aide



Brooklyn Perry
Certified Nurses Aide

When does a joke become a 'dad' joke?

When it becomes apparent.



Kudos

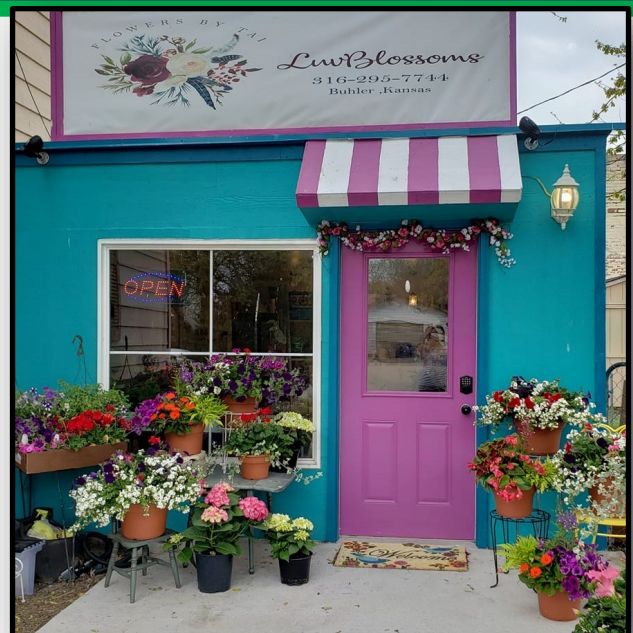
On behalf of the Activity Department we would like to Thank Everyone that helped pull off our Spring Prom. It was a huge hit and success. We most certainly could not have done it without all your help. From Sara Nolan that helped us get the word out there and most definitely assisted with setting up the page where people could sign up for the prom and the help you gave with assisting the ladies look their best and taking photos. Thank You from the bottom of our hearts. Also a BIG THANK YOU TO

ELVIS. 😂😂 Today I came in to help finish cleaning up and Liz was still doing her activity. After she was finished we went around the room and asked everyone what their favorite part was about the party. They all agreed that Elvis was the best. Next on their list was the food. So THANKS NATHAN for being willing to play Elvis and dance with the many ladies. The many smiles that I witnessed made my achy bones worth every ache. Also I cannot say enough about the dietary and the Fabulous Food. It was a great meal and the desserts were great. Better than any meal that I can get in a restaurant. Also I want to mention the many hospices that volunteered to assist our ladies in getting ready. They did a great job. For one night our ladies and gents truly felt like a King and Queen. Also a big Thank You to Dal Hunt and Bob Friesen for the car rides. They were enjoyed and if a resident couldn't go on a ride they enjoyed looking at the cars as it brought back many good memories. Also I would like to acknowledge our volunteer Tillie. All the decorating you saw was due to her. She hung all the lights, flowers, and the ornaments from the ceiling. But she didn't just stop there. She also then helped us decorate the tables and then went on to take money from families. A better volunteer can not be found as far as the Activity Department is concerned. And most of all I want to Thank the children of our residents for letting us have the privilege of taking care of their parents. This could not have come about if we didn't have this privilege. If I have missed mentioning a Thank You to someone that helped please let me know. That is not my intention at all. We truly did appreciate each and everyone of you. THANK YOU SO MUCH. Activities.

Did you know • • • Buhler Ks has

a wonderful Florist right here in town. If you are thinking of flowers for DAD on Father's Day or any other occasion call

Luv Blossoms
Flowers by Tai
316-295-7744



Drinking from My Saucer

by John Paul Moore

I've never made a fortune and it's probably too late now.
But I don't worry about that much, I'm happy anyhow.
And as I go along life's way, I'm reaping better than I sowed.
I'm drinking from my saucer, 'Cause my cup has overflowed.
I don't have a lot of riches, and sometimes the going's tough.
But I've got loved ones around me, and that makes me rich enough.
I thank God for his blessings, and the mercies He's bestowed.
I'm drinking from my saucer, 'Cause my cup has overflowed.
I remember times when things went wrong, my faith wore somewhat thin.
But all at once the dark clouds broke, and the sun peeped through again.
So God, help me not to gripe about the tough rows that I've hoed.
I'm drinking from my saucer, 'Cause my cup has overflowed.
If God gives me strength and courage, when the way grows steep and rough.
I'll not ask for other blessings, I'm already blessed enough.
And may I never be too busy, to help others bear their loads.

“The food is very good. And I like all the people. They are very good to me.” Pat Penner

“ ‘Sunny’s’ is such an appropriate name for our in-house café! The great food and atmosphere, served by Tim and co-workers always have you leaving with a full stomach and a smile on your face!” RaeLynnBarton

From Chef Eric Beye, food service director:

It is my pleasure and privilege to honor the Dietary Staff in this month's newsletter, Sunny Side, so everyone would know how blessed I am with all of my staff. I have been here for the past 28 years this coming June, and it has been an excellent ride. When I started, we had great cooks so the bar was set high when it came to quality. So, it was pretty easy to expect that same quality to continue as it was from years ago and it continues to this day. We offer the best quality we possibly can. The main philosophy that we run with here in the Dietary department is simple: 1. never say no to the residents (within reason), and 2. If they are old enough to live at Sunshine Meadows they should be able to eat whatever they want. Food is the last thing we want to limit to someone near the end of life. When we follow these simple guidelines, quality follows. I boast to people in the area, and when I go to meetings that involve the home, that we have the best food in the state of Kansas. I attribute this totally to the high quality Dietary staff we have at Sunshine Meadows. Also, when I started, we only offered one meal and even though it was the best quality we could produce, we still had people who did not care for it and struggled with weight loss in the home. Even though it was more of a family style dining it was just a kind of take it or leave it mentality and that did not sit well with me, so I pushed for us to do more of a buffet style and offer more than one entree, and let the residents choose what they want. In 2012, when the main dining room and kitchen were redesigned and increased, we added a buffet line in the dining room to accommodate “choices dining” and built Sunny’s, with menu dining, so the resident could order off of the menu for another level of choice.

We also keep a stocked nutrition room so if the residents get hungry between meals they have something to choose from. Overall, since we have added all of these choices, the residents, on any given day when Sunny’s is open, can make many choices of meals or snack items: a far greater level of excellence from the “take it or leave it” mentality. We rarely have issues with resident weight loss, though we do have some weight gain issues □.

Dietary staff are very good at “following my lead” when it comes to doing special meals for different occasions. We make all the food for the Gala every year (a very formal affair, which, if you have never attended, the food alone is worth the price of admission). I plan the menu and Dietary staff take care of the cooking, from scratch. Dietary staff never back down from a challenge when we are asked to do food for any function for SMRC, from themed lunches for activities, to catered lunches



Continue from page 7

for residents and families, to special desserts if a resident asks for one. The staff are just simply the best. I have yet to have them tell me they can't do something, on top of cooking for the residents and staff 3 meals per day. We cook for between 90-100 meals 3 times per day, not including the meals done in Sunny's. On a good day we will serve 40+ meals in Sunny's. I am so fortunate to have the great longevity with all the ones here. We figured a while back that just in my department we have over 400 years of longevity and experience within the dietary department. I just can't say enough good about the wonderful, devoted, and dedicated Dietary Staff at Sunshine Meadows and how much I appreciate their efforts to make the residents more comfortable while living out their days with us at SMRC.



BEFORE

AFTER



BUHLER SENIOR CENTER



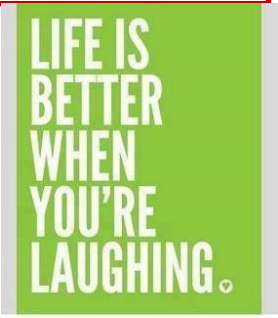
SMRC residents, please call the Front Desk if you plan to join the Senior Center for lunch or need more information.

Senior Center at 620-543-6858. Cost per person is \$7.

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.

Things Moms Would Probably Never Say

- ~ "How on earth can you see the TV sitting so far back?"
- ~ "Yeah, I used to skip school a lot, too."
- ~ "Just leave all the lights on . . . it makes the house look more cheery."
- ~ "Let me smell that shirt. Yeah, it's good for another week."
- ~ "Go ahead and keep that stray dog, honey. I'll be glad to feed and walk him every day."
- ~ "Well, if Timmy's mom says it's okay, that's good enough for me."
- ~ "The curfew is just a general time to shoot for. It's not like I'm running a prison around here."
- ~ "I don't have a tissue with me . . . just use your sleeve."
- ~ "Don't bother wearing a jacket. The wind chill is bound to improve."



We are excited to announce!

DINING ROOMS ARE OPEN FOR GUESTS!

Dining Hall Guest Meals	
Breakfast	\$9
Lunch	\$11
Dinner	\$10



CELEBRATING OCCUPATIONAL THERAPY MONTH

Honoring our vital profession and the meaningful differences it makes in the lives of our clients.

April marks an annual monthlong celebration, honoring the positive impact of occupational therapy (OT).

Every day, our occupational therapy practitioners help older adults maintain or rebuild their independence and participate in the everyday activities that are most important to them.

Occupational therapy is a science-driven, evidence-based profession that enables people of all ages to participate in daily living or live better with injury, illness, or disability. This is accomplished through designing strategies for everyday living and customizing environments to develop and maximize potential.

By taking the full picture into account—a person's psychological, physical, emotional, and social make-up—occupational therapy assists people in achieving their goals and functioning at the highest possible level.

Additionally, Powerback Rehabilitation offers many specialty programs designed to support your residents and patients with:

- Low Vision
- Dementia
- Home Safety
- Dementia Associated Behaviors
- Continence Management
- Post-COVID Recovery
- Parkinson's Disease
- Complimentary Pain Management Strategies
- Fall Risk Management
- Seating and Positioning
- And so much more!



CONTACT US TO LEARN MORE.

(800) 728-8808

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www.powerbackrehab.com

PATIENT**OCCUPATIONAL THERAPY**

Ask your doctor if Occupational Therapy could help you get back to active living!

WHAT IS OCCUPATIONAL THERAPY (OT)?

Your life is made up of everyday activities, or occupations, that are meaningful to each of us. Most of the time, we don't give our daily tasks much thought until we find them difficult. When we are healing from an accident or injury, our capacity to carry out these responsibilities can be compromised. Your daily activities are incorporated into the healing process through occupational therapy.

WHY WOULD I NEED OCCUPATIONAL THERAPY?

Occupational therapy is beneficial in assisting you to recover from an illness or injury, especially when you find it challenging to engage in daily activities.

An occupational therapist will assess your condition and create a personalized strategy that enables you to restart or pursue your desired tasks with your input (and possibly that of your family, care provider, or friend). After setting goals with your therapist, you will collaborate on a personalized intervention plan to assist, increase, or maintain your capacity to carry out everyday activities and return to your life.

WHEN DO I NEED OCCUPATIONAL THERAPY?

Occupational therapy can help you answer that question. An occupational therapy professional will help you stay healthier and productive while managing a chronic medical condition. OT can help you begin maintaining or rebuilding your independence and participating in the everyday activities that are important to you, such as driving, visiting friends, going to church, and other actions that keep you involved with your community.

In short, an occupational therapy professional can help you live life fully, regardless of your health condition, disability, or risk factors.



April is Occupational Therapy Month. We honor our vital profession and the meaningful differences it makes in the lives of our clients.

My Story for His Glory

By Nick Rempel

It has been almost five years since we moved into the SMRC independent living apartments. As you can imagine, this has drastically changed my life's activities, especially during this time of the year. I used to pride myself in a well-groomed lawn, a generous produce garden, and flower beds planted with brightly blooming flowers. Now I spend an inordinate amount of time in my reclining lift chair, reflecting on my life journey. Yes, and I also do some reading. Recently I stumbled onto the title I've chosen for my story. I can't remember the author's name, or where I read it. So I confess I'm plagiarizing. Please accept this alibi, as you give me permission to tell my story, for God's glory.

I have not kept a daily diary, so the timelines mentioned will be my best guess. Prior to moving in this apartment I wrote my life journal, entitled, "**The Man in the Mirror.**" This was a take-off from James 1:23-24; ***"Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror and after looking at himself, goes away and immediately forgets what he looks like."*** I want to look deeper than my physical appearance. May these events I'm sharing bring Glory to our Gracious God.

My format will be to select events in life's chronological sequence. When I was a pre-school child I loved to tag along with my dad on our diversified farm. On one occasion I was in the wrong place. We had a drilled well and pump on the yard that developed the need for some repairs. With the help of friends, dad proceeded to pull up the pipes, in order to repair something submerged in the water. The pipes came up in 20 foot sections firmly attached to the next section. Apparently one became separated before pulling it to the surface. The result was that this 20 foot section fell and hit this spectator kid. I didn't become cognitively aware of it until I woke up in the hospital several days later. I survived what could have been my waterloo event. I have only one explanation, a good God!

Fast forward to mid-teenage. Our farm neighbor came over to ask one of us kids to do his chores over the weekend, since he was going to the provincial Fair. My older brothers weren't home so I stepped to the plate and assured him I could do it. The chores entailed bringing his several cows in from the pasture and milking entailed bringing his several cows in from the pasture and milking them. I accompanied him to his farm to receive the needed instructions for my assignment. He suggested that I use his riding horse to get the cows from the pasture. I was excited; my first paying job. I was there all alone, even slept in his home that night. The crisis occurred the next

morning when I was riding his pony bareback, while bringing the cows in from the pasture. When the horse became spooked while going up a hill, and lurched forward, I slid off the back and landed hard on my back. The cows and the horse proceeded to the farmyard and I got up, dusted myself off, and followed them on foot. This had added significance for me because a 16-year-old friend from our church fellowship had recently died because of a fall from a horse. I was truly blessed!

Another crisis event occurred when I was still a teenager. We were now living in British Columbia, only about 40 miles from the Mt. Baker Ski Resort, which is in Washington State. Since we had lived in Manitoba, and did a lot of skiing, this was too good not to explore. The difference though was that in Manitoba our skiing was primarily cross-country. We had very few hills suited for down-hill skiing. At Mount Baker we were introduced to the beginner slope, intermediary slope, and the hill with the ski-lift, which took you to the highest slope. After spending the morning on the beginner slope, observing a ski instructor teaching his student how to navigate a turn with skis, I thought I was ready for the big slope. My ski partners weren't as adventurous as I was, so I went alone. I took the lift to the top and proceeded to study the hill from that perspective. When a seasoned skier came off the lift and insisted I was next, I tried to explain to him that I was studying the path down. He insisted I was next, so without a clear picture of where I was going, I started down this steep slope at lightning speed. Soon I came to a dog-leg turn to the right, to avoid a clump of trees straight ahead. I had practiced turning on the beginner slope, but at this speed it didn't work for me, and the bluff was coming uncomfortably close. To avoid a certain crash into the trees, I sat down and began to tumble. I stopped short of the bluff, but with a severe knee injury that I still feel today. I was able to limp to our car, and that ended my skiing for the day.

The next series of events I'll mention happened after I had graduated from high school. I had several seasonal farm-related jobs before I was able to get a delivery job at a lumber yard in Abbotsford. I was driving a flat-bed single axle truck. On a rainy day, while following a car on the highway, his brake lights suddenly came on. Instinctively I hit my brakes, which locked up, and the truck went into a broad-way-slide on the wet pavement. I over corrected and landed in the ditch with the right wheel buckled under the cab. Aside from several black-and-blue spots I walked away from the crash. Several days later on my way home from work in my car, a local farmer driving west into a setting sun made a left turn right in front of me. We met bumper to bumper. Again, I walked away with only bruises. My older sister got into my face when I got home assuring me that God was speaking to me. I shrugged it off, pleased that I

wasn't crippled up.

The next event I'll share happened when I was 52 years old. I was out jogging on main-street in Buhler one evening when I suddenly began to sweat, and doubled over with chest pains. I was about 5 blocks from home. I rested for a while and the pain subsided, so I walked home. Next morning I went to the doctor and he assured me that I had a heart attack. He referred me to a cardiologist in Wichita. After stress tests he referred me to his young associate, who had just returned from Germany where he had learned the ballooning procedure. I was his third patient for this treatment. I was able to return to normal activity with nitro pills in my pocket. Unfortunately it didn't last. Since then I've had open-heart surgery with three bypasses. Some years later I had stents put in my repaired arteries. When I developed a a-fib symptoms they gave me an electric shock to reprogram my heart rhythm. Now I have heart flutter which puts me at risk for a stroke. This is being treated with an extreme blood thinner. Several years ago while out walking I felt faint. Again, I rested for a while and drove myself home. This time the doctor gave me a pacemaker, saying my heart was too slow. I praise the Lord that I can live a normal life, albeit with some restrictions.

Another wake-up call came in 2009 when I developed what I thought was merely a stomach ache. Marlene insisted I go to the doctor, only to find that I had stage three lung cancer which had also spread to my lymph nodes. When the oncologist referred me to a surgeon, he refused to touch it, saying he would do more harm than good. I ended up having chemo-therapy for 28 months, and I've been cancer free ever since.

The ever present health threat for seniors is to fall. About four years ago, while crossing the street in downtown Buhler, a vehicle with its rear window plastered with mud, began backing away from the curb just as I was passing behind it. I yelled at the top of my lungs to alert the driver, but this was of no avail. It hit me and I landed on the paved street just feet from being backed over by this SUV. People who witnessed it helped me to my feet and called the EMTs. After examining me and bandaging my wounds they made me promise I would go for an MRI at the hospital. There I was assured of no brain injury or broken bones and released to heal from my abrasions at home. I have fallen at least four other times, each time with only embarrassment and no broken bones.

I have no interest in testing my guardian angel anymore. I do want to acknowledge the goodness of God in protecting me so many times.

I can't begin to tell you how grateful I am for God's overwhelming grace in my

life. There were other events that I haven't included in this story. One that comes to mind is being pickpocketed in Lima, Peru. While I tried to recover my loss, someone tripped me and I fell headlong onto the concrete. Again, I walked away with only a bruised spirit. Fortunately the thief only got my pocket calculator, not my wallet.

I will close this brief story with the words of the Psalmist in Psalm 107:21-22; ***"Let them give thanks to the Lord for his unfailing love and his wonderful deeds for men. Let them sacrifice thank offerings and tell of his works with songs of joy."***

I don't sing well, but I'll mouth the words enthusiastically while others sing.



10 Things You Never Knew About Father's Day

- 1) Father's Day was invented by American Mrs. Sonora Smart Dodd who wanted to honour her father, a veteran who had, as a single parent, raised his six children. The first Father's Day was celebrated on June 19, 1910.
- 2) Unlike Mother's Day, Father's Day was originally met with laughter. It was the target of much satire, parody and derision with a local newspaper complaining that it would lead to mindless promotions such as 'National Clean Your Desk Day'.
- 3) The first American president to support the concept of Father's day was President Calvin Coolidge, who did so in 1924... but it wasn't until in the year 1966 that President Lyndon Johnson signed a presidential proclamation that resulted in the declaration of the third Sunday of June as Father's Day.
- 4) According to greetings card makers Hallmark, Father's Day is the fifth-largest card-sending holiday.
- 5) In Germany, Father's Day is celebrated differently from other parts of the world. Männertag (Men's day) is celebrated by getting drunk with wagons of beer and indulging in regional food. Police and emergency services are in high alert during the day.
- 6) Going for a floral gift? Traditionally fathers should be given the gift of white or red roses. The rose is the official flower for Father's Day. Wearing a red rose signifies a living father, while a white one represents deceased father.
- 7) Surprisingly, the trusty slipper gift isn't the most popular Father's Day present – it's actually a tie.
- 8) The world record for having the most number of children officially recorded is 69 by the first wife of Feodor Vassilyev (1707-1782), a peasant from Moscow. His first wife gave birth to 16 pairs of twins, seven sets of triplets and four sets of quadruplets. Dinertimes must have been hectic!
- 9) Although there is no evidence of its origin, it is believed that the word "Dad" dates back to as early as the sixteenth century. It is said to come from the first syllables uttered by babies 'pa' plus the kinship suffix 'ter' - accounting for the latin 'Pater', the Spanish 'Padre' and the French 'Pere'. Takes 'baby talk' to a new meaning.
- 10) In Thailand, Father's Day is set as the birthday of the king. December 5 is the birthday of current king, Bhumibol Adulyadej (Rama IX). Thais celebrate by giving their father or grandfather a Canna flower (Dok put ta ruk sa) which is considered to be a masculine flower.