



The  
**Sunny Side**  
of Life

**The monthly family/staff news-  
letter of Sunshine Meadows  
Retirement Community**  
400 S. Buhler Rd., Buhler, KS 67522



*Thank you*

ANNUAL GALA SPONSORS,  
DONORS & ATTENDEES!



*Life is a treasure, at any age.  
Help us provide happy memories &  
happy days to our residents' lives.*

OVER \$40,000 RAISED FOR OUR  
ASSISTED LIVING MEMORY CARE UNIT!

**In February We Welcomed:**

**Kenneth C    Richaard S**  
**Mildred L    Joyce E**

**February We Said Goodbye**

**Joanne A    Vida Y**  
**Eva D        JoAnne L**  
**Margaret P   Naomi F**

**Discharged in February:**

**Ken L**

**March Resident****Birthdays:**

**Amelia S    4    Phyllis R    22**  
**Norma S    5    Betty B      24**  
**Terry R     9    Gus N       25**

**March Staff Birthdays:**

**Brianna Peterson    1**  
**Candi Almquist     2**  
**Laura Tracy         8**  
**Chelsie Pierce      19**  
**Angela Dunn        22**  
**Jesse Kirdyashev   25**  
**Ruth Lindahl        28**  
**Jennica Price       29**  
**Savanna Curry      31**  
**Belanna Bryant     31**



**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**

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# 23rd GALA



Ben



**Sara Nowlan** ~ Sara is our new Sales & Marketing Director. She is from Hutchinson but was a long-time Buhler resident, and actually grew up in the original house that was first the Sunshine Home! She & her husband Danny have three teenagers at Buhler - Judah is a senior, Nora is a sophomore, and Silas is an 8th grader. Sara has been a licensed cosmetologist

since 2003 although she has had to go part time for that job due to some past injuries. She also owns Board & Brush DIY Creative Studio in Hutchinson. She enjoys singing a lot and you may hear her whistling in the halls just like her brother who happens to be your administrator Nathan! She is very excited to be a part of this amazing family at SMRC!

*Your Life. Your Story. Your Home.*



*Let your story shape our community living.  
A continuum of care with individualized focus at all levels.  
Home is where your story is - help us write yours!*

Call for a "lunch & tour"!  
620-543-2251  
400 S. Buhler Rd., Buhler, KS  
[www.sunshinemeadows.org](http://www.sunshinemeadows.org)



# THE BENEFITS OF SENIOR EXERCISE



We all know the importance and the benefits of routine exercise and healthy eating habits, but for some of our aging loved ones, that part of their daily routine tends to slip. The benefits of a healthier heart, stronger bones, improved flexibility, sharper mind and overall feeling definitely outweigh *not* exercising, but it is still easy to develop poor

habits as we age.

Aerobic exercise “keeps cognitive abilities sharp and slashes your lifetime risk of Alzheimer’s in half”. That is an incredible statistic and something we all could benefit from, no matter what the age. Alzheimer’s is not just a disease that affects older people. Early-onset Alzheimer’s can affect people who are younger than 65 years of age and close to 5% of the more than 5 million Americans who have Alzheimer’s disease have younger-onset.

Scientists strongly believe that regular exercise boosts blood flow to the brain, which in turn releases brain-derived neurotrophic factor (BDNF), a protein some scientists have dubbed as Miracle-Gro for the brain. BDNF stimulates the formation of new neurons in an area of the brain called the hippocampus, which involves memory, learning, and the ability to plan and make decisions.

Seniors benefit greatly from routine exercise. This topic seems to be one thing that all health professionals unequivocally agree on – hands down, exercise is the single best thing you can do for the body and brain. The Centers for Disease Control (CDC) report that seniors have even more to gain in becoming active than younger people since the older a person is the higher the risk of health problems physical activity can reduce or even prevent. Some of the benefits of senior exercise include:

- **Immune System:** a strong healthy body can fight off infections and diseases more quickly
- **Healthy Brain:** studies have shown that exercise can reduce the risk of Alzheimer’s disease and other dementias
- **Heart Health:** exercise lowers the risk of heart disease and high blood pressure
- **Sleep Better:** you’ll fall asleep quicker and sleep better throughout the night
- **Bone Density:** exercise helps prevent bone loss, which reduces the risk of osteoporosis and accidental falls
- **Digestion:** exercise aids in waste elimination and the functioning of your gastro-intestinal tract

According to AARP (American Association of Retired Persons), 40 percent of people between the ages of 45 and 64 are considered sedentary. For those over 64 years of age, that number jumps to 60 percent. These are troubling numbers, but can easily be reversed. Begin by making a new year’s resolution to have a weekly exercise date with a senior loved one. Set a day and time each week to go for a walk in the neighborhood, walk laps around your senior living home. It’s never too late to start exercising your brain and body!

# More Gala pictures.....

See if you recognize some familiar faces.



## Activities

Melanie Koehn

So the month of February flew past about as fast as Cupid flies through the air. Here it is another month almost gone and another one fast approaching. The Activity Department had a full but fun packed month. We had the privilege of having the Buhler Grade School Children come back in to join us for activities. We asked the 2 nd graders to come and decorate sugar cookies that they could take home to their parents. What fun they had. Our residents also enjoyed decorating cookies as well. As many of you know if a little frosting is good then why not a whole lot more. Plus we sat out Valentine Colored Sprinkles. The Activity Department also got together with the Dietary Department to put together a special Valentine Meal. Once again the Dietary Department pulled off a spectacular meal and hit it out of the ballpark. It was fantastic. Activities decorated the tables to be pretty in white and red. Also Dillon's Grocery Store provided Roses for our resident's as well. It was a day well spent. We were also treated to a guitar concert by one of our Hospice Chaplin's. Everyone enjoyed the songs that he sang as well. And then one evening we had Haven K9 Dog Training bring 2 of their dogs to visit here. We had a good turnout of residents for this

Who doesn't want to love on a big fluffy dog? I also want to give a shout out to Tim one of our many Sunny's cooks as often

Cont. on page 11



# <sup>8</sup> Kudos

**I am declaring today Kudos Friday! Our therapy team appreciates you all and we second all the wonderful compliments that have been shared this week! I also heard great things about the Valentine lunch from several people. They said it was really special and one described at least 5 separate things they loved about the meal. Great job Dietary crew for dinner and Activities Dept. for the beautiful tables, as always. ~Denise Wells**

***I was told two different times this week by one of the hospices who come in that they love coming into SMRC because of the care we give. Also one of our CNAs got a shout out for being amazing!!! This makes me so thankful and proud of who we are! Absolutely LOVE SMRC and the team we have!! ~ Rachel Perry***

While praying one day a young woman stopped and asked this question, “God, who are you.”

And God replied. “I am.”

“But I don’t understand, she said. “Who is, I am?”

And he replied, “I am love, I am peace, I am joy.

I am forgiveness. I am compassion and I am patient.

I am hope and I am benevolent.

I am omnipotent, I am omniscient and I am the almighty

I am strength and I am safety.

I am the creator.

I am the Alpha and Omega.

I am the beginning and the end.

I am the most high. I am the way, the truth and the light.

I am the answer.

The woman listened and with tears in her eyes she looked toward the heavens and said, “Now I understand who you are God, but then who am I?”

And God tenderly wiped away her tears and whispered. “You are mine.”

Shared by Eric Beye





**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](http://www.sunshinemeadows.org)

# BUHLER SENIOR CENTER



shutterstock - 1028178904

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.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MARCH</b>			1 Build your own Salad Bar	2 Pepperoni Cheese All Meat Supreme B.L.T. Pizza w/Side Salad	3 Double Decker Grilled Cheese With Tomato Soup	4
5	6 Fried Egg Rolls Chicken Fried Rice Ramen Noodle Salad	7 Taco Salad	8 Pasta Bar: Vodka Sauce Alfredo Sauce Meat Sauce w/Breadstick	9 Pepperoni Cheese All Meat Supreme BBQ Chicken Pizza w/Side Salad	10 Chili Dogs Pasta Salad	11
12	13 Chicken Salad w/Fruit or Chips	14 Taco Salad	15 Brisket Dinner Redskin Mashed Potatoes Cream Corn Grilled Texas Toast	16 Pepperoni Cheese All Meat Supreme Chicken Bacon Ranch w/Side Salad	17 No Special	18
19	20 Chicken Cordon Blu Green Beans Party Potatoes Grilled Texas Toast	21 Taco Salad	22 Baked Potato Bar: Brisket Pulled Pork Smoked Chicken	23 Pepperoni Cheese All Meat Supreme Buffalo Chicken Pizza w/Side Salad	24 Rueben Sandwich w/Fruit or Chips	25
26	27 Chicken and Noodles over Mashed Potatoes Grilled Texas Toast	28 Taco Salad	29 German Sausage Fried Potatoes Green Beans Verenika	30 Pepperoni Cheese All Meat Supreme Cheeseburger Pizza w/Side Salad	31 Chicken Fried Steak Mashed Potatoes Corn Grilled Texas Toast	

## Activities continued....

he can be found sticking his head into our activity room to see what all is happening. Whether it is to help us with some trivia or just to encourage one of our residents with what they are doing our residents really enjoy the interaction from the different departments. Many times Chef Eric also steps in our department during an activity to see how our day is going. This really helps the mood and makes our resident's feel connected to the different departments. Thanks Dietary. We are looking forward to having Cares Club come once again to play bingo at the end of the month. The month of March is going to be just as much fun. So feel free to stop by.

Melanie, Activities Direc-





**Don't miss it!**

**Saturday, April 1st - 8am - 10am**

# Pancake Feed!

**Sausage too!**

*All you can eat*

**Adults \$8**

**Kids \$5**



Mark  
Your  
Calendar

Hope  
To See  
You  
There



is hosting a

# SPRING MARKET

Saturday, April 1st

Come & Go - 1-4 pm

**406 W AVE A - BUHLER KS**



**FREE Pics with Chicks!**



Spring Items for Sale:

Propagated Plants & Philanthropy

Owl's Lavender Patch

LuvBlossoms Flowers by Tai

Farm Fresh Eggs

Refreshments

