



March 2022

The Sunny Side of Life

The monthly family/staff newsletter of
Sunshine Meadows Retirement Community

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

Sponsoring Churches/Board of Directors

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

Buhler Mennonite-Open

Hoffnungsaus Mennonite-Louis Martens

Bethany Nazarene-Kay Scheel

Crossroads Christian- Open; Victorious Life-Open

Buhler Methodist- Open

At large-Cameron Kaufman, Mary Frazier

GALA is So Worthwhile

March 4 was the date of our 2022 Gala, a time when Sunshine Meadows reaches out to the greater community and also gets to show off its dietary muscles, through the efforts of Chef Eric Beye and his staff. The food was excellent as usual; the venue, SandHills Center, was a perfect setting, and nearly completely full of folks having fun; and the auction items fell under the categories of delightful, needful, intriguing, and desirable.

Those of us who work at Sunshine Meadows understand the value of the work that we do: our goal is to make our elders' lives better, to help them enjoy life from day to day with dignity, a sense of purpose, and the comfort of knowing that those around them really care about their needs and wellbeing. Toward that end, this not-for-profit facility annually fundraises with this fun-filled evening. The fact that every dime donated will be doubled, through a matching grant from the Mabee Foundation, made the evening even better. The funds will go toward our intended Assisted Living Memory Care Neighborhood.

Whether it was the knowledge of this, or the beautiful evening, the fact that we always wreath the event in prayer, or the great food and auction items, the Gala went off without a hitch, earning its greatest amount of funds since its inception back in the 1990s: over \$49,000.

To all who attended, we thank you greatly. If you donated to the cause, we thank you doubly. Blessings on you.

- Carla Barber, Director of Fund Development

SEE PAGE 7 if you'd like to join us in helping Reno County residents who were devastated by the recent fire.

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, you may drop them off (see [above info](#)); or, mail to **SMRC, 400 S. Buhler Rd., Buhler, KS 67522**

We Welcome:

Carol Lambert Ruth Cramer Cecilia Martin

We Said Goodbye to:

**Gail Wolf Linda Pauls Lenore Postier
MaryLou Fallon Franklin Pankratz**

March Resident Birthdays

**2 Art Dick
4 Amelia Sidebottom
5 Norma Lee Smith
9 Joan Emmerich
9 Terry Rinke
13 Tim Corwin
19 Neoma Flaming
22 Phyllis Richardson
23 John Gumpenberger
24 Betty Bates
25 Gus Noble**

March Staff Birthdays

**2 Candi Almquist 29 Jennica Price
8 Laura Tracy 30 Angela Brown
22 Angela Dunn 31 Savanna Curry
25 Jesse Kirdyashev 31 Belanna Bryant
28 Ruth Lindahl**

Keith Pankratz, CEO keithp@sunshinemeadows.org

Danetta Rice, Human Resources hr@sunshinemeadows.org

Londa Tipton, RN Director of Nursing don@sunshinemeadows.org

Debra Thompson, RN MDS Coord. mads@sunshinemeadows.org

Rachel Perry, LPN Care Manager rperry@sunshinemeadows.org

Hazel Brott, LPN MCU Care Mgr. hazelb@sunshinemeadows.org

EACH MOMENT COUNTS

"You never know when a moment and a few sincere words have an impact on people's lives."

- Zig Zigler

The staff at SMRC look forward to hosting meals and events to create special moments of impact. Valentine's Day lends itself to creating a memorable time for our residents. A couple of the office staff put together a pizza party for our residents living in the independent apartments. We invited the residents to make a dessert or side dish to bring, and many did so. The variety of delicious desserts was amazing! In addition to playing a fun game answering romantic questions, we enjoyed seeing smiles on the residents' faces as they shared stories around their tables. Seeing smiles and hearing a few kind words can truly make a person's day.

- Keith Pankratz



"I went to visit Jim M. in his room today. His wife was there and they were in great spirits. Jim was impressed with his whirlpool bath, saying, 'that was the best. Your staff is doing a great job here.' They are appreciative of having the nursing care services on the same campus."

- Keith Pankratz

A Cold Day in Winter!

By Doris Schroeder



Living on the farm in the forties was definitely not easy. Neither was getting to school across the snow-laden wheat field painless; it sometimes took absolutely all the energy I could muster to walk to school on a cold, snowy day. I did not have the luxury of a school bus or a parent to drive me the mile and a half to the country school in a warm car. My transportation consisted of my own two legs, covered with cotton stockings and overshoes to get me through the snow, ice, mud and slush to the school named Sunrise on the Hill. I do not remember ever turning back with the excuse "I can't make it!" If I was alive, I made it, and that was that!

One day was, however, especially bad. When I left the farmhouse, the wind was blowing across the yard. When I looked how far it would be to go the road route, I decided, instead, to trudge across the snow packed wheat field. Gusts of wind made the going pretty tough, so I decided to angle my trail to the school road so it wouldn't be quite so far. *Cont. on page 5.*

To do this, I had to go through the slew in the lower part of the field. There were tall, snow-laden thistle weeds I had to plough through and I wished I had gone the long way. I had a scarf tied around my face, but it had turned to ice with each breath I took in the blowing cold Kansas wind.

I had noticed a little hole on the middle finger of my right glove when I left home but had not taken the time to sew it up. Now I wished I had. Since I carried my dinner bucket with that hand, it got a lot of the blustery cold north wind that sent curling snakes of snow around me with each step I took. I thought my hands were frozen into a U-shaped mass.

When I finally reached the other side of the ditches, I was beginning to wonder if I would even make it. It took every bit of resolve to continue on up the hill to Sunrise School. As I staggered up the steps to the white building, I could barely get the front door open and somehow stumble into the outside hall. It seemed most of the students were standing around and looked at me as I came in. One of the older girls took hold of my hand holding the dinner bucket and that is when everything turned black.

It seems that I had gotten frostbite on the middle finger of my right hand, where I had the hole in the glove. That was a good lesson about procrastination. The older kids revived me, however, and we all spent the rest of the day holding classes around the big potbellied stove. I cannot remember how I got home after school, but I do know I had the scar from the frostbite for many years after.

Not all the snow days were as bad and we, being pretty seasoned farm kids at the time, would go outside at recess and play games like Fox and Geese in the snow. Someone showed us a new thing we could do. I had never heard of it before; we could lie down in the snow and wave our hands and feet back and forth. When we got up, we would have left an angel imprint in the soft billowy white stuff. This intrigued me and I thought this was a very smart game to play, as I could always use more guardian angels around to watch over me.

On the very cold days, we stayed in at recess and played mind games. One of them was "Grandma doesn't like Tea, so what does she like?" We guessed all kinds of things until we finally caught on...it was anything with the letter "T". We also played fruit basket upset. We were each given the name of a fruit and the one who was "It" would say something like, "apples and oranges." The ones named that would try to exchange seats before "It" would grab one. When she said "fruit basket upset!" we all exchanged seats. Games were simple and fun. We enjoyed the snowy cold days of winter in the Forties just as much as any other season. We knew God was watching out for us in any kind of weather.



FUNSHINE PAGE



Two older ladies, Dolly and Ruby, were talking about their grandchildren.

Dolly said, "Each year I send each of my grandchildren a card with a generous check inside. I never hear from them... never receive a thank you message."

Ruby replied, "I too send my grandchildren a very generous check. I hear from them within a week after they receive it. In fact, they each pay me a personal visit."

"Wow! How come?" asked Dolly.

"It's very simple: I don't sign the check!"



BE SO HAPPY

that when others are around you, they get happy too.



RIDDLES

1. Which is faster, hot or cold? Hot. You can easily catch cold.
2. What has teeth but cannot eat? A comb.
3. What is the largest ant in the world? An elephant.

BUHLER SENIOR CENTER MEALS

Come 'n' Get It!



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 best things in life
are free: hugs, smiles,
friends, kisses, family,
sleep, love, laughter,
and good memories.**

March SENIOR CENTER MENUS

March 17

Orange Dreamsicle Salad
Spaghetti with Meat Sauce
Wax Beans
Coconut Cupcakes
2 Breadsticks

March 24

Cranberry Jello
Roasted Turkey with Gravy
Dressing
Green Beans
Pumpkin Pie
Roll with Butter

March 31

Broccoli Cheese Soup with
Ham and Potatoes
Egg Salad sandwich
Chips
Apricots
Strawberry Cheesecake

**Good friends are like time: The older
you are, the more valuable they are!**



Dear SMRC Families & Friends,

We have many families here locally that are going through the heart-stopping tragedy of losing their homes during the fires a few short days ago. We want to show our support here from SMRC, and want to extend that invitation to you, our team members, to help us show that support. We know that there are many different efforts already in place, and we want to support these causes. Our goal is not to take the place of these other major efforts by any means.

We are setting up a Fund that will be specifically funded by the staff, families, and volunteers of SMRC. SMRC as an organization will donate toward this cause as well by matching the donations that come in from these parties.

What will our Fund support?

1. We have some families that are connected to SMRC that we are supporting specifically with meals and Visa card/cash donations.
2. We have an open Duplex that we are willing to allow a family to move into for a number of months while they work on finding placement.
3. In partnership with GrandStaff Thrift Boutique of downtown Buhler, We are funding an account there for any family from the 35 homes that were destroyed to come and purchase items. We understand that this part of the fund may not be used at this time, while so many of the families are still displaced. However, it will be there for them through the Spring and available as these needs arise moving forward.

How can you support? (Once again this Fund is not to compete with the other endeavors in the community, BUT if you are a part of SMRC and want to be a part of this smaller effort, you are certainly welcome to join in)

Give directly through SMRC's website - [SMRC's Support Fund for Fire Victims](#)



These three Assisted Living residents worked very hard to complete their wreaths. Jody, the activities coordinator, bought some Mardi Gras masks while on vacation. The residents chose which mask they wanted and then the colors to make the wreath. They worked diligently several days on this project. The wreaths turned out beautifully!

Violet Feurtado,
Rae Lynn Barton,
and Gayle Williams



A PLEA from our



Staff:

TAGS,



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!!!**

TOO BAD the people these were meant for aren't getting to wear these nice clothes!!!

No matter how long the winter, spring is sure to follow.

PROVERB

OURFAMILYLIFESTYLE.COM



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 them.

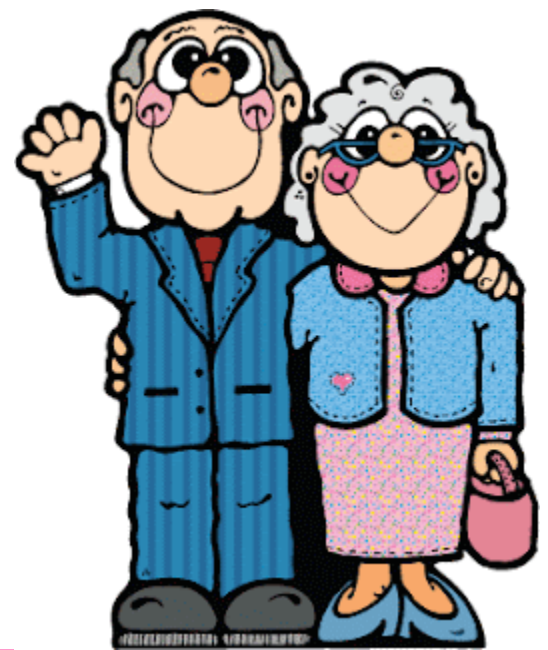
<https://www.nature.com> › book reviews

Vaccines — lessons from three centuries of protest - Nature

What are the possible side effects of a COVID-19 vaccine? The most common symptoms are fatigue, headache, muscle pain, chills, and injection site pain. More people experience these side effects after the second dose. You may have side effects after vaccination, but this is your body's expected reaction, and it means the vaccine is working. Vaccines rarely cause long-term side effects. **How effective are the COVID-19 vaccines?** The three authorized vaccines have greater than 90% effectiveness in clinical trials against hospitalization and death from the virus. **Why not wait until more people get the vaccine?** Widespread vaccination is critical to help stop the pandemic and reach herd immunity. Less than 40% of Kansans ages 18+ are fully vaccinated. 325+ million people are fully vaccinated worldwide. **Do I need to vaccinate if I already had COVID-19?** 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 over the age of 65 have less than 50% protection against reinfection with SARS-CoV-2. Younger people have less than 80% protection against reinfection with SARS-CoV-2 – but could spread it to others.

RESIDENT RIGHTS (Mar.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.

15. MARRIED COUPLES: Husbands and wives have a right to share a room if they are both residents of the facility. We will separate couples if there is harm or danger to each other. Our policy regarding unmarried, consenting male-female relationships is that they must reside in separate rooms.



WAIT ~ HOPE ~ TRUST ~ LOVE. *Repeat.*

Many thanks to our wonderful sponsors, who helped make our 2022 Gala a great success!



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