



May 2022

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

620-543-2251

# The Sunny Side of Life

The monthly family/staff newsletter of  
Sunshine Meadows Retirement Community

Schwabauer; Buhler Methodist- Open; Crossroads Christian- Open;  
Hoffnungsaus Mennonite- Louis Martens; Victorious Life- Open; At large  
- Cameron Kaufman, Mary Frazier, Ed Berger.

## Sponsoring Churches/

### Board of Directors:

Bethany Nazarene- Kay Scheel; Buhler MB-  
Velma Goertzen, Sara Hunt, Mary Ellen Jantz,  
Charlotte Smith; Buhler Mennonite-Beth

We Welcomed: **Orrin P.**

We Said Goodbye to:

John G. Loree P.

Eileen G. Gladys F.

Ruth C. Carol L.

### May Resident Birthdays:

7 Beverly B. 20 Alice H.  
7 John S. 21 Gayle W.  
7 Orrin P. 21 Amanda D.  
11 Acey D. 24 Evie D.  
12 Nick R. 27 LaVerna R.  
17 Joanne A.

### May Staff Birthdays:

2 Monica M. 21 Karla M.  
5 Paul S. 23 Jeremy N.  
5 Amy J. 25 Tammy N.  
10 Michelle C. 26 Nancy M.  
15 Kelsey B 29 Deb M  
19 Chester B 31 Andrea F

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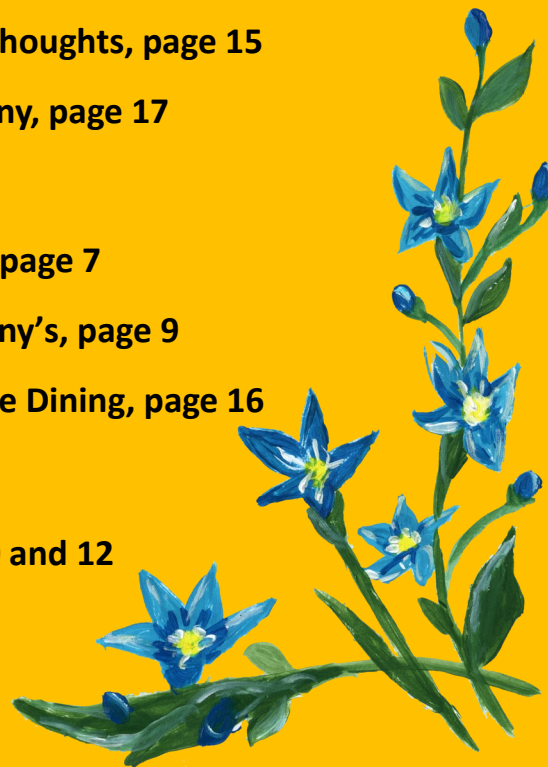
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If you'd like to send cards to residents, please call SMRC at 620-543-2251 Mon.-Fri., 9-4, for a list of those who would really appreciate a note. If you live nearby, you may mail or drop them off at: 400 S. Buhler Rd., Buhler, KS 67522 Please drop off non-perishable deliveries M-F, 9 - 4, @ front door; call so we know to pick them up.





## Farewell to the Country School

by Doris Schroeder



The world is changing at a faster rate than has ever been recorded in history. I am sorry to see some things go into oblivion because they had special meaning to many of us. One of those things was the little schools that dotted the country in the 'Thirties and 'Forties. Both of my parents had taught in them in earlier days, and told me many exciting stories about some of their episodes. Living on the farm gave me some special days to enjoy in the little one room school of Sunrise, District 160.

My family had moved around a lot in my younger grade school years: Oklahoma, Texas, Dodge City, three places in Hutchinson, the farm, four places in California, and then back to the farm. I was used to change, but this one seemed to be more hurtful. I had really bonded to the country school. This time, in the 'Forties, because my grandparents sold the farm, it was more bittersweet. We would be moving to Hutch again. Obviously, I was not looking forward to the change. I felt heart-heavy. The twelve students and the teacher had become familiar and I knew I would miss the family atmosphere we enjoyed in the country. I could remember so many happy times, the basketball games we played on the grass outdoor court, the spelling contests, and the camaraderie we felt with our classmates of eight grades.

This year, the teacher had asked me to sing a solo, my very first, in public. We practiced for our Last Day of School Program, which came at the end of April. The parents all came to the school and we gave our little program, a few musical numbers and pieces with the help of the big roll-down curtain in the front. The audience didn't mind waiting a little between numbers because they could read all of the advertisements on the curtain from the surrounding areas: Buhler State Bank, Linda's Lumber Company, the Nyal Store, and of course, the Food Market.

Finally, it was time for my solo. The butterflies in my stomach turned somersaults and I can remember thinking to myself, "You actually wanted to do this?" I stood in the front by the piano and felt my knees begin to shake. Then I looked at the audience of parents, and especially my own mom. She was smiling and nodding her head slightly and I knew I could do it. The song "Farewell to Thee" was sung with all the feeling I had been hoarding: "Now our golden days are at an end, the parting hour will be here soon. And we think as swift the moments fly, How delightful has been our friendship's boon." Afterwards, I remember thinking, "How strange; I actually enjoyed singing!"



*Continued from page 2*

After the program, everyone piled into their vehicles and we drove to a nearby pasture located near the Little Arkansas River. The men put pieces of plywood on wooden sawhorses and the women laid out the cloths and the food: fried chicken, potato salad, pies, bread, cake and beans.

We older kids sat down on some logs by the river and talked about what we would do some day. We played "Johnny can't cross my river" and enjoyed ourselves as kids one more time.

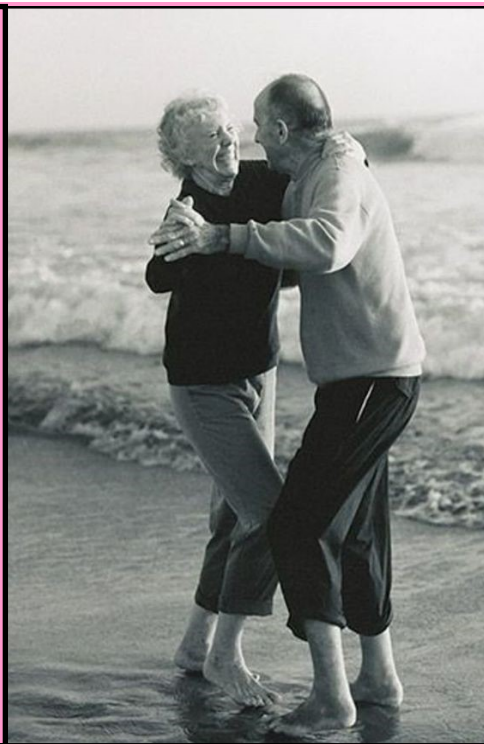
Then we heard our parents call, "Come and eat!" and we all ran in one accord to the food-laden tables. The school board had even purchased some ice cream bars that were packed in dry ice and we thought our lives had reached the ultimate level of luxury.

All too soon, our parents started calling us; it was time to go home. I could feel the bitter sweetness of the day. After harvest my family would be moving back to Hutch and I would no longer feel the camaraderie of the kids at Sunrise.

Only a few years later, the district consolidated the schools and Sunrise was moved away to an unknown destination.

I wish everyone could have the chance, for at least a part of their lives, to enjoy life in the country as it was back then. Although we had to say farewell to the country school, I will never forget the lessons God taught me within her boundaries. It was the sunrise of my learning about life, and even more important, about God.

**THE  
BEST  
IS  
YET  
TO  
COME**



**"Grow old along with me! The best is yet to be, the last of life, for which the first was made. Our times are in his hand who saith, 'A whole I planned, youth shows but half; Trust God: See all, nor be afraid!'"**

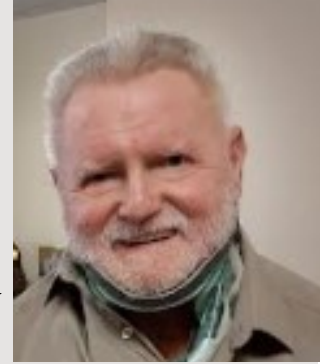
**-Robert Browning**



**AND  
BABE,  
WON'T  
IT BE  
FINE?**

# Meeting Our Neighbors

## By Judy Dickinson



LaVern and Pat Penner recently moved into Assisted Living from Sunshine Villa independent living apartments. They are enjoying their new home, the activities, visiting with their neighbors, the meals, and eating at Sunny's once in awhile.

A person cannot be around LaVern long without becoming enchanted by stories from his childhood. He was raised on a farm two miles east of Inman, where he began driving tractors and trucks at an early age. The first time LaVern was behind the wheel of a vehicle, he was five years old! His dad taught him to drive. There was a feed store in Inman; by the time LaVern was seven years old, he could back a truck up to the store doors. His dad also taught LaVern how to run a farm, and repair equipment. LaVern had a natural mechanical ability: he could take things apart and put them back together, figure out how they worked, and how to fix them.

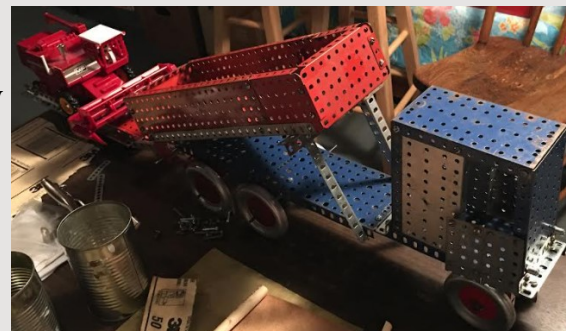
LaVern became a truck driver at age 12. He had been on the truck with his dad before and learned everything that he could about the trucking industry. Then one day, his dad said, "Pack your bags, we're going to North Dakota!" His dad drove all night and LaVern slept a bit. In the morning, his dad told him, "I drove all night; you can drive all day." LaVern did just that! Yes, things were different back then! LaVern often enjoyed working at night and went to school during the day, even though he had been up late.

Through the years, LaVern and Pat did custom cutting and traveled with their two boys, Rodney and Raymond, who learned a great deal from their dad. They could drive tractors and trucks from a very young age, as well. LaVern owned various trucks throughout the years and it wasn't unusual for him to repair or even rebuild a truck on the side of the road; his sons learned from that, too. Theirs was a family business; Pat did her part, feeding their custom harvesting crew and their family. She also drove trucks and did laundry for the crew.

Rodney continued the family tradition and became a truck driver for many years, using all of the knowledge that he learned from his dad, and from his own experiences. Rodney's son, Rhett, has continued the tradition and now owns a truck that was his dad's. Raymond took a different route with his career; he went to college and became a psychiatrist.

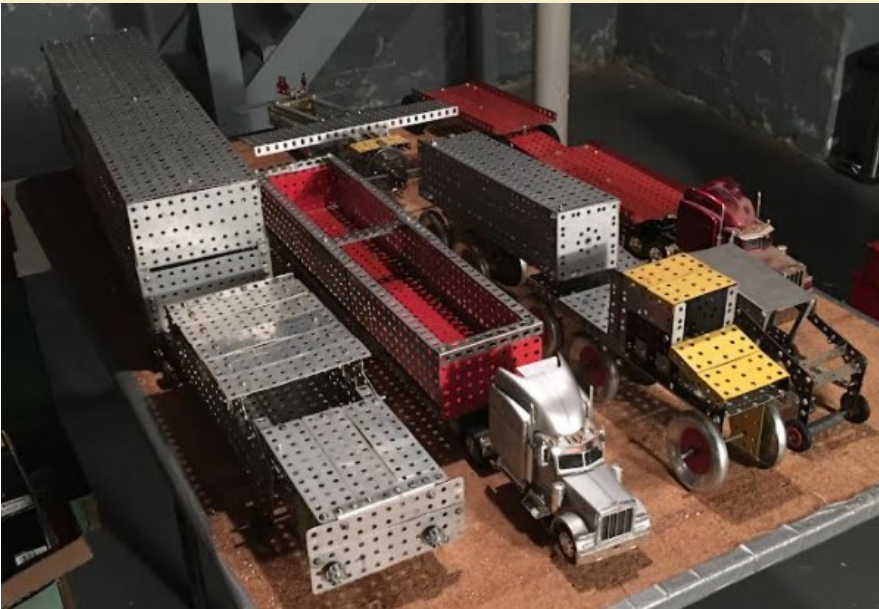
Eventually, LaVern decided to give up the custom harvesting business. He became an over the road driver with Landstar, driving for them from 1994-2014. When LaVern went to work for Landstar, Pat was a co-driver at Landstar, and between them they put in 3 million miles during those 20 years. He and Pat have certainly seen America, and both have plenty of stories to share about their time on the road.

LaVern received his first Erector set when he was 5 years old and has continued this hobby throughout his life.



*Cont'd. next page*

*Continued from page 4*



Erector sets, first introduced in 1913, have evolved through the years and LaVern has never lost interest in putting all the pieces together to make semi trucks, other trucks, a panel wagon (delivery vehicle), an airplane, and many other vehicles. He is building two trucks right now. He enjoys visitors as he works on his hobby in the Congregate Hobby Room. He hopes to donate one of the trucks he's building to the Gala next year, and one to the MCC Sale.

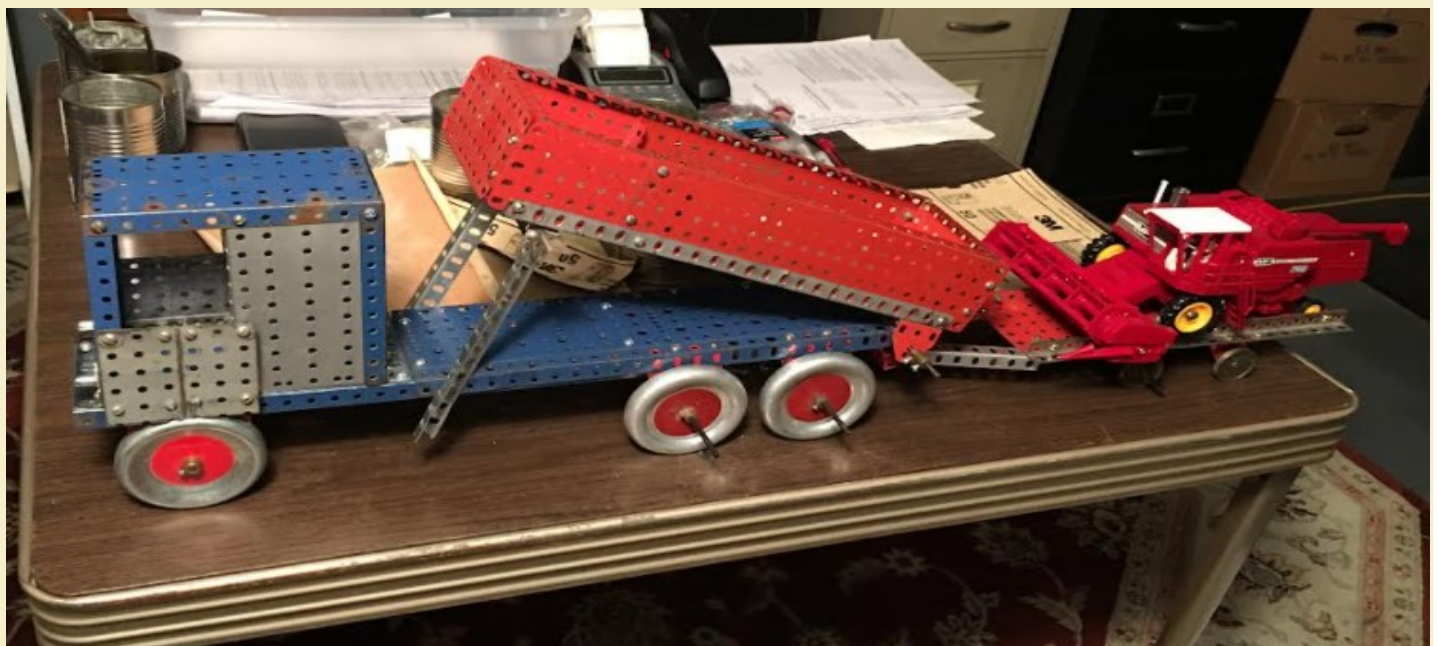
LaVern continues to put together his erector sets and enjoys doing that nearly every day. He has made a Kenworth Truck with a hoist, a lowboy trailer, and a



Massey Combine like he used in his custom harvesting days. LaVern says his trucking days are over, but his love for trucking still exists, and is evident in vehicles he makes.



LaVern always says that he thanks the Good Lord for all the blessings he has enjoyed in his life, and he is thankful that God is in control.





# FUNSHINE PAGE



## ACROSS



1. Musician \_\_\_\_\_ Clapton
5. Bad actor
8. Toledo's lake
12. Bossa \_\_\_\_\_
13. Aussie bird
14. Attract
15. Gentle animal
16. Orthodontic device
18. Sincere
20. Fastened shoestrings
23. Author Dr. \_\_\_\_\_
27. Functional
31. Wind dir.
32. Health club
33. France's capital
34. Pull behind
35. City railways
36. Happen
38. \_\_\_\_\_ Witherspoon of "Just Like Heaven"
40. Greased
41. Pencil ends
45. Vouched for
48. Field cover
52. Educating both sexes
53. Not new
54. Dayton's state
55. Acting award
56. Layer
57. Designate

1. Discontinue
2. Fish eggs
3. "\_\_\_\_\_ Got You Under My Skin"
4. Profession
5. Mister (Ger.)
6. Prayer close
7. Silent
8. Upper crust
9. Flee
10. Intense rage
11. Eternally, in verse
17. Appraiser
19. Certain connectors
20. Defeated one
21. Orchard fruit
22. Desist
24. Up to the time of
25. Sleep noise
26. Did needlework

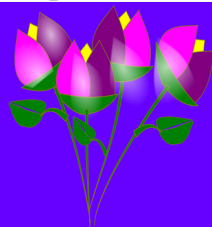
## DOWN

28. Asphalt
29. A Gershwin
30. Wine (Fr.)
37. Engine part
39. Shabby
42. Upon
43. Vend
44. Whirlpool
45. Play a part
46. Also
47. \_\_\_\_\_-gallon hat
49. I see!
50. Border
51. Edgar Allan \_\_\_\_\_

**Crossword  
Puzzle  
Answers on  
page 8.**

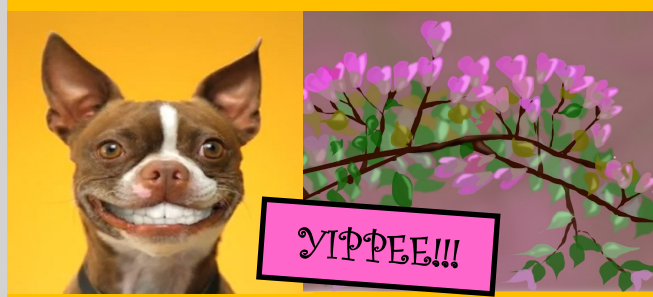


Have you  
got your  
May Day  
hat yet? We  
have ours!



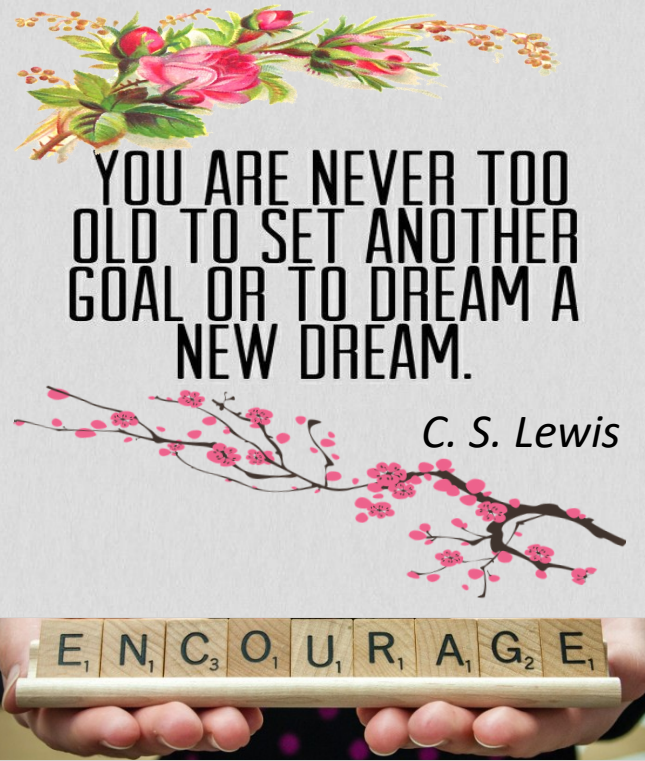
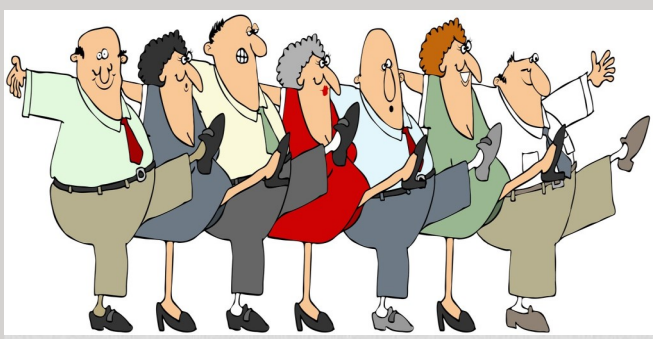
# BUHLER SENIOR CENTER MEALS

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.



# MAY SENIOR CENTER MENUS

May 5:

- Tossed Salad
- Chicken Fried Steak
- Mashed Potatoes and Gravy
- Peas and Carrots
- Strawberry Topped Angel Food Cake with whipped Topping

May 12:

- Orange Dreamsicle Salad
- Roast Beef
- Buttered Potatoes
- Steamed Baby Carrots
- Cupcake

May 19:

- Jello salad
- Turkey Dressing
- Green Beans
- Pumpkin Pie with Topping

May 26:

- Peaches
- Pork Roast
- Sweet Potatoes
- Corn
- Frosted Cake



## A Modern Version of the Telephone Game

Memo from Director General to Manager: Today at 11 o'clock there will be a total eclipse of the sun; it will disappear behind the moon for two minutes. As this is something that cannot be seen every day, time will be allowed for employees to view the eclipse in the parking lot. Staff should meet there at ten to eleven, as I will deliver a short speech of information on the eclipse. Safety goggles will be made available at a small cost.

Memo from Manager to Department Head: Today at ten to eleven, all staff should meet in the parking lot, followed by a total eclipse of the

sun, which will disappear for two minutes. For a moderate cost, this will be made safe with goggles. The Director General will deliver a short speech beforehand to give us all some background information. This is not something that can be seen every day.

Memo from Department Head to Floor Manager: The Director General will today deliver a short speech to make the sun disappear for two minutes in the eclipse. This is something that cannot be seen every day, so staff will meet in the parking lot at ten or eleven. This will be safe, if you pay a moderate cost.

Memo From Floor Manager to Supervisor: Ten or eleven staff are to go to the parking lot, where the Director General will eclipse the sun for two minutes. This doesn't happen every day. It will be safe, but it will cost you.

Memo from Supervisor to staff: Some staff will go to the parking lot today to see the Director General disappear. It's a pity this doesn't happen every day.

## Crossword answers from page 6

1	E	2	R	3	I	4	C		5	H	6	A	7	M		8	E	9	R	10	I	11	E	
12	N	O	V	A					13	E	M	U				14	L	U	R	E				
15	D	E	E	R					16	R	E	T			17	A	I	N	E	R				
					18	E	19	A	R	N	E	S	T											
20	L	21	A	22	C	E	D							23	S	E	24	U	25	S	26	S		
27	O	P	E	R	A				28	T	29	I	30	V	E			31	N	N	E			
32	S	P	A						33	P	A	R	I	S				34	T	O	W			
35	E	L	S						36	T	R	A	N	S			37	P	I	R	E			
38	R	E	E						39	S	E						40	O	I	L	E	D		
						41	E	R	42	A	43	S	44	E	R	S								
45	A	46	T	47	T	E	S	T	E	D							48	T	49	A	50	R	51	P
52	C	O	E	D							53	O	L	D			54	O	H	I	O			
55	T	O	N	Y							56	P	L	Y			57	N	A	M	E			

Age is  
not important  
unless you're  
a cheese.

~ Helen Hayes



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

**To be happy, don't dwell on the past or worry about the future. Focus instead on living fully in the present.**





# **Mother's Day Buffet, May 8, 2022**

## **MENU**

### **Salads**

- Layered Salad
- Fresh Fruit Salad

### **Entrees**

- Chicken Carbonara with Linguine
- Old Fashioned Roast Beef

### **Sides**

- Potatoes Romanoff
- Buttered String Beans with Fresh Dill and Toasted Almonds
- Fresh Steamed Broccoli with Hollandaise
- Buttered Corn O'Brian
- Fresh Dinner Rolls with Butter
- Cheddar Garlic Biscuits

### **Desserts**

- Dana's Famous Carrot Cake
- Fresh Strawberry Shortcake with Whipped Topping
- Individual Chocolate Cake with Chocolate Ganache

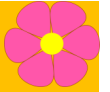
11:00 a.m. -  
1:30 p.m.  
\$15.95 + tax



**SUNNY'S**  
*Café*

Inside Sunshine Meadows  
400 S. Buhler Rd., Buhler  
620-543-2251

## **The bliss of old age** - Prof. Dr. B.M. Hegde, 07 September 2012 (edited for space)



Many of us abhor old age. I am one of those who adore old age and respect it for its forbearance, compassion, understanding, and also for its maturity. Old age is a time when one has the advantage of both long standing empirical and existential wisdom (not knowledge).

**What is old age?** Quantum physics tells us that matter and energy are but the two faces of the same coin. So the human mind is but the human body. Your thoughts are your body, in that sense. If you always think that you are old and infirm, you WILL be old and infirm. If you think you are young and healthy, you SHOULD be so. Chronological age is only a mirage. Body cells die and get replaced regularly; so much so that you are not the same person that you were three months ago. At any given time your true cell age is just about six months. But if you think you are old, the thoughts get passed on to the new cells and make them old! Think young and remain young at any age. If one were to diet sensibly—eating small feeds six times a day, avoiding white sugar in food and eating as many raw vegetables and fruits as is possible in the diet—and exercising regularly, with a positive state of mind and enthusiasm to help another human being in distress, the blood sugars can be controlled as also the other metabolic fall outs of diabetes. The best exercise in old age is a daily walk— at one’s own pace for at least half an hour a day would do wonders to your health. Avoid a sedentary lifestyle of sitting in front of the TV all day.

**Change of lifestyle to a healthy one.** Eating in moderation, exercising regularly, getting enough sleep daily, avoiding alcohol and tobacco totally, loving one’s near and dear ones, trying to be of some use to society if one’s health permits, and enjoying life as it comes, will make you healthy and fit. Greed, jealousy, anger and pride are killer risk factors which could be avoided. Love, camaraderie, universal compassion and true humility should stimulate the doctor within all of us, our immune system. Keep your body and brain working as far as possible, remembering that if you do not use them you lose them!

**Tranquility of mind.** Music, yoga, listening to good deeds and words of others, helping others by being a giver and not a taker keeps one healthy. Your mind becomes tranquil. Having a good hobby helps. Keeping oneself busy also keeps the mind free from negative thoughts. Needs are a must but greed kills! Have a heart to keep your heart healthy.

*Professor Dr BM Hegde, a Padma Bhushan awardee in 2010, is an MD, PhD, FRCP (London, Edinburgh, Glasgow & Dublin), FACC and FAMS. He is the editor-in-chief of the Journal of the Science of Healing Outcomes, chairman of the State Health Society’s Expert Committee, Govt of Bihar, Patna. He is former Vice Chancellor of Manipal University at Mangalore and former professor for Cardiology of the Middlesex Hospital Medical School, University of London. Prof Dr Hegde can be contacted at [hegdebm@gmail.com](mailto:hegdebm@gmail.com).*

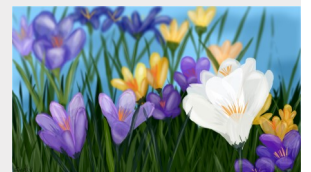


## **A friendly reminder from our LAUNDRY STAFF:**

### **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!!!**



Local families suffered the loss of their homes during the recent fires. We are offering support.

### **Would you like to help?**

*Other funds are already established; it's not our goal to replace, but to support, these major efforts.*

The SMRC Fund is specifically backed by the staff, families, and volunteers of SMRC; Sunshine Meadows has resolved to match each donation toward this cause, and to donate as an institution.

Families connected to SMRC are supported with meals and Visa card/cash donations. We're offering one side of a duplex for a family to live in while they work on finding placement. We are funding an account at GrandStaff Thrift Boutique, downtown Buhler, for any family from the 35 ruined homes to purchase items. This will be available through the



You can give directly through SMRC's online giving form - SMRC's Support Fund for Fire Victims - [ibit.ly/g8Kx](http://ibit.ly/g8Kx)

Spring, as needs arise. Our goal is to raise \$2000 for this cause. We've raised \$750 thus far, so donations are very much appreciated. Mark your donation as Fire Fund and send to SMRC, c/o Carla Barber, 400 S. Buhler Rd., Buhler, KS 67522.

**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.

**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. 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:** Each month, a right or policy will be posted in this newsletter. For more about resident rights at SMRC, please don't hesitate to contact Social Services.

#### SMRC'S GIFTING POLICY

As a resident of SMRC, we want to make sure that you and your family are aware of the policies and procedures that all employees must follow.

- NO employee of SMRC may accept ANY **individual** gifts from residents, their friends, or members of their family.
- SMRC has established a **Gift Fund** so that residents may express their appreciation to all staff. All employees of SMRC **may accept gifts from Gift Funds** as long as the gifts provided to employees are of **equal value to all employees**. For example, if you would like to bake a tray of cookies, give a department a gift card, or give a fruit basket for all employees to enjoy, feel free to do so. The contribution/gift by residents to the **Gift Funds** should be voluntary and anonymous, so that employees who benefit from the fund cannot determine whether a resident contributed to the fund. If you have any questions regarding this policy, please contact the Compliance Officer (Keith Pankratz).



## May Daily Holidays and Observances

**Life should be fun! Pick a holiday (or two, or 31), get together with friends, and celebrate as you see fit!**

- **May 1: May Day**, National Lemonade Day, Mother Goose Day
- **May 2: International Harry Potter Day**, National Brothers and Sisters Day
- **May 3: National Teacher Day**, Paranormal Day, Constitution Memorial Day, Eid al-Fitr
- **May 4: Star Wars Day** (May the Fourth be with You)
- **May 5: Cinco de Mayo**, National Astronaut Day, **National Day of Prayer**, Hoagie Day
- **May 6: National Space Day**, National No Pants Day, **Nurses Day**, International No Diet Day
- **May 7: World Fair Trade Day**, National Fitness Day, International Astronomy Day, Free Comic Book Day
- **May 8: Mother's Day**, National Women's Health Week, **Coconut Cream Pie Day**, Have a Coke Day
- **May 9: National Moscato Day**, Women's Checkup Day, **Lost Sock Memorial Day**
- **May 10: National Clean Your Room Day**, National Shrimp Day
- **May 11: National Twilight Zone Day**, **Receptionists Day**, Eat What You Want Day
- **May 12: National Fibromyalgia Awareness Day**, **Nutty Fudge Day**
- **May 13: International Hummus Day**, National Apple Pie Day, **Crouton Day**, Fruit Cocktail Day
- **May 14: National Underground America Day**, Buttermilk Biscuit Day, **Dance Like a Chicken Day**
- **May 15: International Family Day**, **National Chocolate Chip Day**, Peace Officers Memorial Day
- **May 16: National Mimosa Day**, National Barbecue Day, **Do Something Good for Your Neighbor Day**, Drawing Day
- **May 17: National Cherry Cobbler Day**, Walnut Day
- **May 18: National Visit Relatives Day**, HIV Vaccine Awareness Day
- **May 19: National Devil's Food Cake Day**, Barber Mental Health Awareness Day
- **May 20: National Endangered Species Day**, National Rescue Dog Day, Bike to Work Day, **Pizza Party Day**
- **May 21: National Armed Forces Day**, National American Red Cross Founder's Day, **Talk Like Yoda We Shall Day**, National Waitstaff Day, World Whiskey Day
- **May 22: World Paloma Day**, National Maritime Day, International Day of Biological Diversity, **Harvey Milk Day**
- **May 23: National Taffy Day**, Turtle Day, **Lucky Penny Day**
- **May 24: National Brother's Day**
- **May 25: May Revolution Day**, National Wine Day
- **May 26: National Blueberry Cheesecake Day**, **Paper Airplane Day**
- **May 27: National Road Trip Day**, Sunscreen Day, Heat Awareness Day
- **May 28: National Brisket Day**, **Hamburger Day**
- **May 29: National Paperclip Day**
- **May 30: Memorial Day**, National Mint Julep Day, **National Creativity Day**
- **May 31: National Macaroon Day**, **Smile Day**



# Happy 90th birthday, Sue!



Sue Plenert leads an active life. "Being active keeps me going," she said. Sue worked in many positions over nearly 40 years at Sunshine Meadows before retiring and moving into Independent Living at SMRC. She began because her church, Buhler MB, was a supporting church of the Home. She volunteered, then worked as a CNA overnights, and acted as charge nurse in the evenings (things were different back then); in her forties, she took the Med Records course and became a CMA part-time in the evenings. "I enjoyed learning the Greek words for medications," she said with a smile. All three of her daughters worked at SMRC at one time. "One liked it; the other two didn't," she said. "Lots of local girls became good nurses from working here." Sue's final paid position at SMRC was in Activities.

Of her marriage, she said, "We had many good years. We enjoyed traveling. Two of my three daughters live in California, so I've been there many times. I'm headed there to celebrate my birthday, in fact!"

## WISDOM from 90 years of living:

"I tell friends, God's not through with you yet. We're here to learn. Keep up with what's going on in the world. Expose yourself to things you can learn, like my new phone! I can't be afraid to call the company and learn more about it. Don't give up on anything. You CAN do it. I've been a plan-ahead person. Not anymore. God's in control. We don't have to be."

## ON RETIREMENT:

**"Being ready helps.** I wasn't accepting it initially. Now it's great. There's a plan, a purpose. I give God my thankfulness."

Sue has friends nearby: Evelyn and Ellie were classmates of hers. Her sister, Adina, and brother, John, and his wife, Doris, also live at SMRC. One daughter, Bev Heim, lives nearby as well. She'll soon be traveling with Sue on a trip to California, where they'll celebrate Sue's birthday.

## **THOUGHTS from Keith Pankratz: What motivates me to get out of bed?**

Every morning as I come into work, I walk by the dining room where Kay, a nursing facility resident, says “Good Morning!” I reply with good morning. We smile at each other. On occasion, Kay will ask how my wife is doing. For years, Kay and her husband banked where my wife was employed, and preferred doing business with my wife. The relationship that developed has left lasting impressions.

Many things encourage me to come to work daily, but greeting and visiting with the elders is on the top of the list. Some weeks it may be eating breakfast with Independent Living residents, playing dominoes with the guys, or seeing families enjoying a dining experience in Sunny’s, coffee with staff, or a chat in a resident’s room.

Then there’s the business side of life, where the challenge of looking for ways to improve operations is stimulating. In the past two years of the pandemic, the challenges and changes have been numerous and overwhelming. We truly desire to get back to a more normal pattern.

Reflecting on the long-term motivators, it’s the excitement of expanded services with new buildings. Research with visionary planning can bring a level of satisfaction. Experiencing a successful Gala felt good, and working on a Mabee Foundation matching grant in order to bulk up our capital campaign will be rewarding. These funds will create a more defined direction for our new Assisted Living/Memory Care Neighborhood build. It’s truly inspiring to plan and then create a uniquely designed neighborhood that should attract residents from miles around.

Motivation doesn’t stop there. It also includes the fulfillment of working with dedicated, loyal employees who all go the extra mile. In tough times it’s the staff who keep the vessel floating in the right direction. In summary, the SMRC mission is what prompts me to get energized every day.

# Enjoy Fine Dining in Buhler

## Menu for May's 3rd Friday

6 Course Meal

Designed for Couples Date Night

\$19.95 + tax per person

\$37.50 + tax per couple

### Appetizer

AntiPasta Platter

Citrus Punch

### Soup

Tomato Bisque with Toast Points

### Salad

Fresh Tossed Greens  
with Vinaigrette Dressing

### Palate Cleanse

Lemon Sorbet with Cigar Wafer

### Entree

Steak ApProve with Shrimp Skewer

Scallops in Garlic Butter Sauce

Served over Cheesy Grits

Steamed Broccoli Crowns

with Parmesan Cheese

### Dessert

Dessert Cart with a Variety of Choices

**Limited seating.**

**Reservations must be made**

**by 1p.m. that day.**

**620-543-2251**

## Sunny's Third Fridays

Enjoy comfortable surroundings,  
background music,  
and great conversation, over

**Chef Eric Beye's**

culinary craftsmanship.

**May 20, 5:30—7p.m.**



SUNNY'S  
*Café*

**Inside Sunshine  
Meadows**

**400 S. Buhler Rd.,  
Buhler**





No one seems to know why or how, but the Easter Bunny paid a visit to the Activities Department over the Easter holiday, and goodness! Did that bunny ever make people smile! In fact, the Activities gals appear to have gotten quite the hoot out of that fuzzy character! Check out the folks who enjoyed a personal visit with the Hopper, on the next few pages. And thanks to the folks from Touching Hearts for providing the pictures!

Top right to left: Liz Keith, Jody Anderson, Debbie Mills (receptionist and hapless victim), Easter Bunny, Melanie Koehn, Julie Christian. Turn the page for more.



Top row:  
Ruth Redd,  
Shirley Cuckler



Middle row:  
Gayle Williams,  
Dottie Couch



Bottom row:  
Marlene Marquez,  
Violet Fuertado





Top row:  
Janet Blick,  
Lois Kjelgaard



Bottom row:  
Kay Nye,  
Suzanne Morgan





Top row:  
Tim Corwin,  
Judy Crowl



Bottom row:  
Ruth Duscher, Adina Kliever



*Happy Mother's Day  
to everyone!*

