



# The Sunny Side of Life

The monthly family/staff newsletter of  
Sunshine Meadows Retirement Community

400 S. Buhler Rd., Buhler, KS 67522



It's our pleasure to welcome Shelly Hardin as our new chaplain. Shelly is from the Newton area, and has moved back to be near family after years elsewhere in the United States. Son, Sam, lives in Kansas City, and daughter, Abby, in Salt Lake City. Having been widowed for a few years, it's been a blessing to have Shelly's parents and other relatives living nearby. Shelly has worked for a health care system, as well as a hospice, and her church support is an important part of her life. Shelly looks forward to getting to know all of the Sunshine Meadows residents and team.

Please welcome Shelly when you see her in the halls!



## **IN THIS ISSUE:**

### **EVENTS:**

Help our fund drive improve our Physical Therapy department, page 5

**FOOD:** Sunny's Specials, page 10; Themed luncheon, page 6

October Senior Center menus, page 6

**FUN:** pages 3, 4, 7, 8, & 9

**SENIOR LIVING:** pages 11 & 12



**We Welcomed:**

Bob W .      Paul O.  
Sheila C.      Judy P.

**We Said Goodbye to:**

Fern R.      Gary L.  
John S.      Jerry B.

**Resident Birthdays:**

5 Clarence P.  
10 Margaret M.  
14 Rae Lynn B.  
19 Marlene M.  
24 Dale S.  
29 Roberta S.  
29 Juanita P.



**Staff Birthdays:**

Jessi Ferneau	11/3
Stacie Klassen	11/9
Sheryl Busenitz	11/10
Kathleen Towes	11/10
Starla Miller	11/12
Shanese London	11/13
Jasmine Wann	11/14
Stephanie Ferguson	11/17
Samantha Elzey	11/24
Rachel Perry	11/26
Averie Kennedy	11/29

Happy  
Thanksgiving!



**Please call 620-543-2251 Mon.-Fri., 9-4, for a list of those who'd appreciate getting a nice card/note.**

**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;

**Drop off non-perishable deliveries M-F, 9-4, @ front door; please call 620-543-2251 so we know to collect them.**

**STAFF CONTACTS**

Keith Pankratz, CEO: [keithp@sunshinemeadows.org](mailto:keithp@sunshinemeadows.org)

Nathan Spencer, Facility Director:  
[nathans@sunshinemeadows.org](mailto:nathans@sunshinemeadows.org)

Stacie Klassen, Marketing:  
[marketing@sunshinemeadows.org](mailto:marketing@sunshinemeadows.org)

Mariah Schrader, Human Resources:  
[hr@sunshinemeadows.org](mailto:hr@sunshinemeadows.org)

Carla Barber, Funding, newsletter:  
[fund@sunshinemeadows.org](mailto:fund@sunshinemeadows.org)

Londa Tipton, RN, Director of Nursing:  
[don@sunshinemeadows.org](mailto:don@sunshinemeadows.org)

Rachel Perry, LPN, Care Manager: rper-  
[ry@sunshinemeadows.org](mailto:ry@sunshinemeadows.org)

Amanda Downtain, RN, AL Care Manager:  
[almanager@sunshinemeadows.org](mailto:almanager@sunshinemeadows.org)

Hazel Brott, LPN, MCU Care Manager:

**TAGS,  
PLEASE!!!**



Laundry staff can only return clothes marked with the owner's name, so **PLEASE** mark them before giving them to your loved one. **PLEASE TAG THOSE NEW CLOTHES!!!**

# FUNSHINE PAGE

There's a reason why experts say you should treat the brain like you would the rest of your body. To keep your mind sharp, you need to exercise it. Word games are a convenient way to test your vocabulary and challenge your puzzle-solving skills. And they're a lot of fun!



## Fall

**A couple of these are TOUGHIES! But don't give up!!!**

### WORD SCRAMBLE

UNSCRAMBLE THE WORDS

AVHSRTE	_____	IPMPUNK	_____
LEEVAS	_____	PCSEI	_____
IYWDN	_____	RQUSELIR	_____
IBRNOFE	_____	MSSOER	_____
KAER	_____	VOERNEMB	_____
LOORCS	_____	AERHIDY	_____
UUTNMA	_____	WURNLOFSE	_____
ALENFLN	_____	SEEW TAR	_____
TCOOE BR	_____	OGUDR	_____
RNWOB	_____	LNOAWHELE	_____
SSUHAQ	_____	ERAP	_____
ROCAN	_____	ESSAND	_____
SRUHOMMO	_____	FSRAC	_____
PAEPL	_____	NCRO	_____
USTN	_____	VTNGAKSHIING	_____

*Answers on page 4.*

## Scuba Diving Geologist

There's a scuba diving geologist who has made it his business to measure the relative sizes of the rises, drops, cavities and undulations of coral formations. Of course, this can only be done in the summer months so he takes the winters off to avoid the frigid air.



## Fall Word Scramble Answers:

harvest	pumpkin
leaves	spice
windy	squirrel
bonfire	smares
rake	November
colors	hayride
autumn	sunflower
flannel	sweater
October	gourd
brown	Halloween
squash	pear
acorn	season
mushroom	scarf
apple	corn
nuts	Thanksgiving

## Made you laugh!

There was an older senior guy who bought a brand new Mercedes Convertible SLK.

He took off down the road, flooring it up to 80 mph and enjoying the wind blowing through what little hair he had left on his head. "This is great," he thought and floored it some more. He looked in the rearview mirror and there was a Highway Patrol Trooper behind him, lights flashing and siren blasting. "I can get away from him with no problem," thought the man and he floored it some more and flew down the road at over 100 mph.

Then he thought, "What am I doing? I'm too old for this kind of thing," and pulled over to the side of the road and waited for the State Trooper to catch up with him. The Trooper pulled in behind the Mercedes and walked up to the man.

"Sir," he said, looking at this watch, "My shift ends in 30 minutes and today is Friday the 13th. If you can give me a reason why you were speeding that I've never heard before, I'll let you go."

The man looked at the trooper and said, "Last week my wife ran off with a State Trooper, and I thought you were bringing her back."

The State Trooper said, "Have a nice day."



*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

EASIER- 620-755-5132

400 S. Buhler Road

Buhler, KS 67522

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

## 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 Assisted Living dining room. Community members, please contact the Senior Center at 620-543-6858. Cost per person is \$7.

THEMED LUNCHEON MEAL, November 11!  
Alphabet Soup: "Food Starting with the Letter B":

Blue Lagoon and Bartlett Pear Salad

Borscht Soup

Bierocks and Beef Parmesan

Baked Potatoes, Butter Beans, Broccoli with Cheese

Bubble Bread with Butter

Blueberry Bread Pudding with Whipped Cream

**SHOULD BE GREAT!!!**

### Why Do We Vote in November?

Voting on a Tuesday in November isn't as arbitrary as it seems. The month marks the end of harvest, and it offers mild weather for traveling voters. In 1845, Congress passed a law mandating that the presidential Election Day would be held every four years on the first Tuesday after the first Monday in the month.

## NOVEMBER SENIOR CENTER MENUS

November 3rd:

Roast Beef

Mashed Potatoes & Gravy

Carrots

Peaches & Cottage Cheese

Strawberry Cupcake

Bread with Butter

November 10th:

Swiss Steak

Seasoned Potato Wedges

Oriental Vegetables

Tossed Salad

Rhubarb Pie

Roll with Butter

November 17th:

Fried Chicken Leg & Thigh

Mashed Potatoes with Gravy

Green Beans

Coleslaw

Chocolate Pie

Biscuit with Butter

November 24th:

Thanksgiving: no meal



## THERE'S A WORD FOR THAT!

If you want to sound like a genius, you should know how to describe even the most recondite situations. (Recondite: dealing with something obscure.) Don't worry: We've got your back with this compendium of common things that you probably didn't even know had names.

- **aglet:** the plastic coating on a shoelace
- **ferrule:** the circular metal part holding the eraser to a pencil
- **glabella:** the spot between your eyebrows
- **lunule:** the white, crescent-shaped part of the fingernail
- **peen:** the round or wedge-shaped end of a hammer—i.e., the part that doesn't hit the nail
- **petrichor:** the way it smells when a rain falls on parched earth
- **philtrum:** the little groove between your nose and upper lip
- **phosphine:** the light you see when you close your eyes and press your fingers to them
- **punt:** the indentation in the bottom of a wine bottle
- **rasceta:** the lines on the inside of your wrist
- **soufflé cup:** a paper or plastic cup for ketchup, mustard, and other condiments
- **Snellen test:** the test during an eye exam involving reading smaller and smaller letters
- **tittle:** the dot over a lowercase *i* or *j*
- **wamble:** stomach rumbling
- **zarf:** the cardboard sleeve on a disposable coffee cup



## WHICH AUTHOR COINED THAT?

Dr. Seuss named one of his oddball creatures a **nerd** in 1950's *If I Ran the Zoo*.

Charles Dickens coined the word **flummox** in *The Pickwick Papers* and **boredom** in *Bleak House*.

Geoffrey Chaucer first used the word **twitter**, which meant "to chirp continuously" (and still does, in a way).

Lewis Carroll invented the mash-up words **chortle** and **galumph** in his nonsense poem, "Jabberwocky."

John Milton coined **pandemonium**, combining classical words for "all" and "evil spirits," in *Paradise Lost*.

Jonathan Swift invented **Yahoos** as a term for the dregs of humankind in *Gulliver's Travels*.

H. G. Wells first used the term **atomic bomb** in his 1914 novel *The World Set Free*. A physicist patented the idea for a nuclear reactor after reading it.

Stephen King put **piehole** (slang for "mouth") in print for the first time in his 1983 novel *Christine*.

*Have you voted yet?  
If not, be sure to do  
so on Tuesday,  
November 8!*







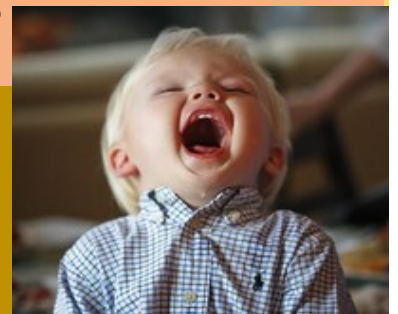
*Wishing you a happy Thanksgiving!*

A young woman walked up to a Coke machine and dropped in a few coins. Out popped a Coke. The gal looked amazed and ran away to get some more coins. She returned and started feeding the machine madly, and of course, the machine kept feeding out drinks.

Another person walked up behind the girl and watched her antics for a few minutes before stopping her and asking if someone else could have a go.



The



**Humor**

*It's a Pizza Day!*

**Inside Sunshine Meadows**



620-543-5707 Café

**Pizza Day on Thursdays! 11a.m.—2p.m.**

**Choose from Pepperoni, Cheese, Supreme, & All Meat**



**By the slice: \$4.25; with small salad, \$8.20**

**2 slices of pizza, \$7.50;**

**Build your own salad: Small, \$3.95, Large, \$6.95**

## List of Books for Senior Readers

[The Musical Comedy Murders of 1940](#) by John Bishop. Told in the style of 1940s melodramas, this book is an excellent mystery with a touch of comedy. It's a great read-out-loud book, as you or your loved one will share lots of laughs.

[I'm Too Young To Be Seventy](#) by Judy Viorst. This is a wonderful collection of poems that are witty, wise and touching. It's the perfect book for older adults who have young spirits.

[A Man Called Ove](#) by Frederick Backman. This best-selling fiction novel features a cranky, bitter, 59-year-old widower, whom you can't help falling in love with. It's also a film, so when you or your loved one is finished reading, the movie awaits.

[Disrupt Aging: A Bold New Path to Living Your Best Life at Every Stage](#) by Jo Ann Jenkins. Written by AARP CEO, Jo Ann Jenkins, this book changes the conversation about age. Jenkins focuses on three areas: health, wealth and self, and inspires people to live each year to the fullest.

[Ivy Malone Mystery series](#) by Lorena McCartney. This series of mysteries is popular for its likable characters, including detective Ivy Malone, who is also in her senior years.

[Prime of Life](#) by P.D. Bekendam. This book is for anyone who likes unexpected storylines, and is about a doctor who leaves his luxurious career behind to become a janitor at a retirement community. It's filled with tons of humor and quirky characters!

[Major Pettigrew's Last Stand](#) by Helen Simonson. Set in the English countryside, this novel features a retired British army officer and a Pakistani shopkeeper. They're drawn together and overtime, fall in love. However, the challenges from culture and tradition, akin to Romeo and Juliet, make it a compelling read.

[The Little Old Lady Who Broke All the Rules](#) by Catharina Ingelman-Sundberg. This book is about a group of seniors who are fed up with early bedtimes and soft foods and decide to reclaim their independence by committing a robbery. It's a comedy of errors that will keep readers turning pages until the very end.

[Rules for Aging: A Wry and Witty Guide to Life](#) by Roger Rosenblatt. Commentator on PBS's NewsHour, Rosenblatt gives practical advice through a wry sense of humor for those wishing to live longer, fuller lives.

[Call It a Gift](#) by Valerie Hobbs. This novel is about two people who meet each other late in life and fall in love, even though they are an unlikely pair. It's a heartwarming, sentimental read; tissues may be needed.

Reading is a wonderful way to improve quality of life. We hope you or your loved one will add one of these books to your reading list, and maybe even feel inspired to start a seniors book club!



# NOVEMBER

## Holidays & Observances

**1:** National Authors Day, World Vegan Day  
**2:** Cookie Monster Day, International Stress Awareness Day, Plan Your Epitaph Day, Deviled Egg Day, National Healthy Eating Day  
**3:** Cliché Day, National Sandwich Day, National Men Make Dinner Day  
**4:** King Tut Day, Use Your Common Sense Day, National Candy Day  
**5:** American Football Day, National Red-head Day, Book Lovers Day  
**6:** National Saxophone Day, National Nachos Day  
**7:** International Merlot Day, National Cancer Awareness Day  
**8:** U.S. General Election Day, National Parents as Teachers Day, National STEM/STEAM Day, Dunce Day, Cook Something Bold Day, International Tongue Twister Day, National Cappuccino Day, Young Readers Day  
**9:** World Freedom Day, World Adoption Day, Go to an Art Museum Day  
**10:** U.S. Marine Corps Birthday, Sesame Street Day, National Forget-Me-Not Day, National Vanilla Cupcake Day, International Accounting Day, World Science Day for Peace and Development  
**11:** World Origami Day, Remembrance Day, Veterans Day, National Sundae Day  
**12:** Chicken Soup for the Soul Day, World Pneumonia Day  
**13:** Sadie Hawkins Day, World Kindness Day  
**14:** Loosen Up, Lighten Up Day, National American Teddy Bear Day, World Diabetes Day, National Spicy Guacamole Day, National Pickle Day  
**15:** I Love to Write Day, National Philanthropy Day, America Recycles Day, National Clean Out Your Fridge Day, National Drummer Day  
**16:** International Day for Tolerance, National Button Day, Have a Party With Your Bear Day, National Fast Food Day

**November 17:** Homemade Bread Day, National Take a Hike Day, World Prematurity Day, Use Less Stuff Day, Great American Smokeout

**November 18:** Occult Day, National Apple Cider Day, International Stand Up to Bullying Day

**November 19:** Equal Opportunity Day, National Have a Bad Day Day, National Camp Day, National Adoption Day, Family Volunteer Day

**November 20:** National Absurdity Day, Universal Children's Day, Beautiful Day, Future Teachers of America Day

**November 21:** World Hello Day, False Confession Day, Pumpkin Pie Day

**November 22:** Start Your Own Country Day, Go For a Ride Day, National Stop the Violence Day

**November 23:** Fibonacci Day, National Cashew Day, Eat a Cranberry Day, National Espresso Day, What Do You Love About America Day

**November 24:** Celebrate Your Unique Talent Day, Evolution Day, Thanksgiving Day

**November 25:** National Parfait Day, Black Friday, Buy Nothing Day, You're Welcome Day, Native American Heritage Day

**November 26:** Small Business Saturday, National Cake Day

**November 27:** National Electric Guitar Day, Pie in the Face Day, Small Brewery Sunday

**November 28:** Red Planet Day, National French Toast Day, Cyber Monday

**November 29:** National Square Dance Day, Giving Tuesday

**November 30:** Stay At Home Because You Are Well Day, National Mason Jar Day, Perpetual Youth Day

