

NOVEMBER

2023



THE
Sunny Side
OF LIFE

The monthly family/staff newsletter of Sunshine Meadows Retirement Community
400 S. Buhler Rd., Buhler, KS 67522 s



This month we would like for you to meet

LOUIS MARTENS who has been on the Board of Directors at SMRC for 12 years. Louis is a farmer and still lives on the farm he was raised on. For 52 years he has been married to Shell, who he met near Balboa Island, California. A couple of years after they were married, his parents retired from farming so Louis and Shell moved to the homestead and have been there ever since.

They have been blessed with 3 daughters: Joey in Wichita, Chava and Alee, both in Lawrence. Son Jordan lives in West Orange, New Jersey and a foster son Scott Roberts in Manhattan, KS. All are married to great spouses who have additionally blessed them with 10 grandchildren. The most important thing in his life is his family.

Louis is retired from farming now and enjoys his hobby of collecting and traveling. He built a 30x60 metal building to house his extensive collections. And shares the building with his wife and her collections. His traveling has included Australia, New Zealand, Bolivia, Panama, Costa Rica, Mexico, Egypt, Jordan, Cuba and southern U.S. His next project is restoring a 1950 F1 pickup. I don't think retirement is going to slow him down!

Louis said, "I am fortunate to say that my life has been full. I was happy being a farmer and my days have been happy since. I have been able to do what I wanted with my life and I am at peace. What else could anyone want?"

Being a Board member has opened his eyes to what it takes to run SMRC. So appreciative of Keith and Nathan doing a great job!

In October We Welcomed:

Fred S Marie N
Stephanie B John R

Discharged

Eugene R Marie N

We Said Goodbye in Oct. to:

Carol B Leonard W
Yvonne L

Nov. Residents Birthday:

Juanita P 29 Judy P 2
Margaret M 10 RaeLyn B 14
Pat S 10 Larry L 14

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
Hoffnungsaus Mennonite- Louis Martens
Victorious Life- Open
At large– Cameron Kaufman, Mary
Frazier, Ed Berger, Bill Anderson

Staff contacts



November Staff Birthdays:

Stacie Klassen 9
Kathleen Toews 10
Sheryl Busenitz 10
Stephanie Ferguson 17
Sam Elzey 24
Averie Kennedy 29

Keith Pankratz, CEO:
keithp@sunshinemeadows.org
Nathan Spencer, Administrator:
nathans@sunshinemeadows.org
Sara Nowlan, Marketing:
saran@sunshinemeadows.org
Mariah Schrader, Human Resources:
hr@sunshinemeadows.org
**Londa Tipton, RN, MDS Coordinator,
Director of Nursing:**
lтиpton@sunshinemeadows.org
**Rachel Perry, LPN, Care Manager,
ADON:** rperry@sunshinemeadows.org
Amanda Downtain, RN, AL Care Manager:
almanager@sunshinemeadows.org
Hazel Brott, LPN, MCU Care Manager:
hazelb@sunshinemeadows.org
Eric Beye, Food Service Director:
ebeye@sunshinemeadows.org
Melanie Koehn, Life Enrichment Dir:
actdir@sunshinemeadows.org



**PLEASE
LABEL ALL
CLOTHING
WITH
RESIDENT
NAMES.**

IN THIS ISSUE:

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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.

Nov 13—World Kindness Day

Research shows that helping others can be good for our mental health. It reduces stress, improves our emotional well-being and even benefits our physical health. In short, **doing good does you good.**

It's essential to look out for each other in and around our communities. This is how we protect and maintain good mental health for all.

If you do nothing else today, keep an eye out for an opportunity to help someone with a random act of kindness or hold onto that warm feeling when someone helps you.

Doing something nice for someone doesn't cost a lot of time or money. It's the small things in life that can make a big difference.

Random Acts of Kindness

1. Call a friend that you haven't spoken to for a while.
2. Send a letter to a friend.
3. Send flowers to a friend
4. Tell someone you know why you are proud of them.
5. Tell your family members how much you love and appreciate them.
6. Make someone laugh.
7. Tell someone you know why you are thankful for them.
8. Send an inspirational quote to a friend.
9. Put a surprise note on someone's door or desk.
10. Reach out to spend time with a friend or neighbor who is experiencing loneliness.



OUR ANNUAL FALL BENEFIT WAS A SUCCESS!



MANY THANKS!

EVENT SPONSORS & DONORS

Accents by Allyson
 Axe it Up - Hutch
 Big Kansas Outdoors
 Bloom Nails & Spa
 Board & Brush
 Bob & Jennifer Webster
 Buhler High School
 Buhler Market
 Candi Almquist
 Central Christian School
 City of Buhler
 Community Care Hospice
 Cosmosphere
 Dillons (Kroger)
 Dorothy Hull
 Ed Berger
 Evelyn McIver
 Eyesthetics by Alaina Newton
 Family Community Theatre
 Gentiva
 Glow Studios
 Good Shepherd Hospice
 Graber Ace Hardware
 Grand Staff Thrift Boutique
 Gregory
 Hesston True Value
 Holly's Sweet Treats
 Historic Fox
 Theatre
 Imagine Massage & Bodyworks
 Inman Funeral Home
 Jacam Catalyst
 Jackson Meat
 John Ratzlaff
 Kraft Electric Inc.
 Lavada Kraft
 Lois Schroeder
 Louis Martens
 LuvBlossoms Flowers by Tai
 Mark Mains
 Matt & Tina Schlotterback
 Mustard Seed
 MY Salon
 Papa Johns Pizza
 Pools Plus
 Powerback Rehabilitation
 Reffner's
 Smith's Market
 Stone Creek Nursery LLC
 Suz McIver
 The Alley
 The Dental Center
 Traditions Hospice
 Ugly Jacks Red Shed
 Weber Auto Glass

Live Music - Donation of Talents

Claire Wingert, Brad Wingert,
 Frankie Shayne Pearman & John Wortham





Wildflower
INN

Event Committee

Bev Heim	Keith Pankratz
Ed Berger	Nathan Spencer
Louis Martens	Sara Nowlan
Jennifer Webster	Suz McIver

Thank you to the Lehrmans, Innkeepers of the Wildflower Inn!

How about that amazing Smoked BBQ Dinner!?

Big shout outs and gratitude to **Bob Webster** for smoking the pulled pork, **Nathan Spencer** for smoking the babyback ribs, **Chef Eric Beye & team** for making all the side dishes, **Dana Weast & team** for the delicious desserts & **HTeaO** for providing the iced tea for this special event!



RAFFLE PRIZE WINNER:

Package #2
Raffle Ticket(s)

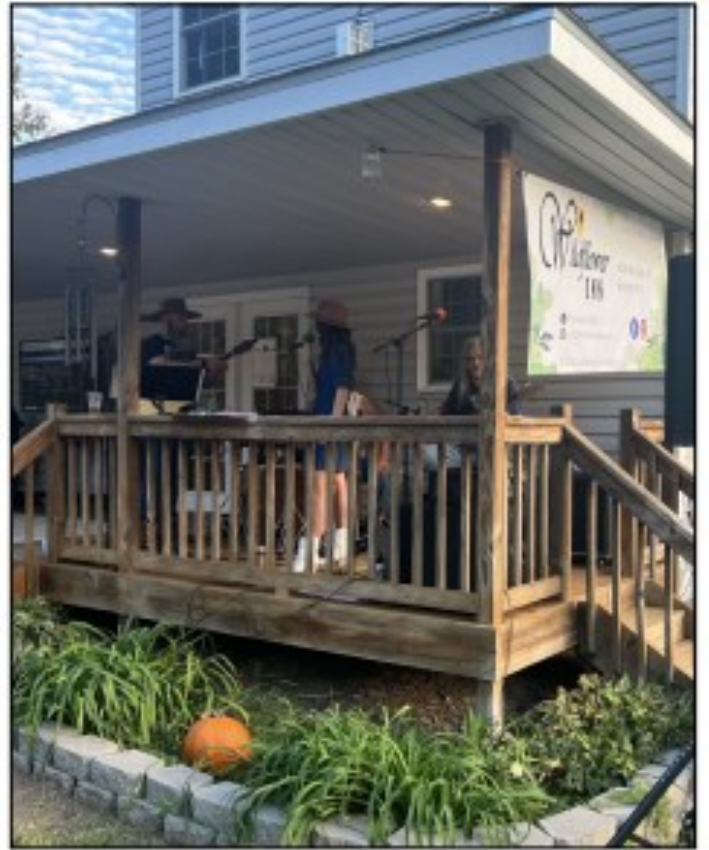
Bidder #210
Gina Smith



LARGE GREEN EGG SMOKER!

**THANK YOU TO OUR GENEROUS DONOR LOUIS MARTENS
& TO GRABER ACE HARDWARE FOR THE DISCOUNT!**





Shout out to Jan Pankratz for helping us pull this off!



Thanks to all who came & to the online bidders!

A BIG thanks to those who let us borrow their vintage trucks! The food line was so neat on those tailgates!



PUBLIC SESSION

**FIRST
FRIDAY
FREE
LUNCH!**



400 S. BUHLER RD.
BUHLER, KS
12:00 PM - NOON

**NOV
3RD**

RSVP Required (620) 543-5692

**TOP 10 REASONS FOR
HOSPITALIZATION**

Joel Millermon, Traditions Home Health

**WHAT TO
EXPECT:**

JOIN US EACH MONTH AS WE DISCUSS TOPICS OF INTEREST
IN A CASUAL, CONVERSATIONAL ENVIRONMENT!
BRING YOUR QUESTIONS - LEAVE WITH ANSWERS!
HAVE FUN SOCIALIZING AND ENJOY A DELICIOUS LUNCH!

While this is a public event, residents may attend but they still need to RSVP and they may use their Sunny's credit or pay as normal.



**NOV.
11 th**



VETERANS DAY
HONORING ALL THOSE WHO SERVED



PUBLIC SESSION

**FIRST
FRIDAY
HOLIDAY
OPEN
HOUSE!**

SUNNY'S
Café

400 S. BUHLER RD.
BUHLER, KS
12:00 PM (NOON)

**DEC
1ST**

RSVP Required (620) 543-5692

JOIN US FOR HOLIDAY TREATS
& A TOUR OF OUR FACILITIES!



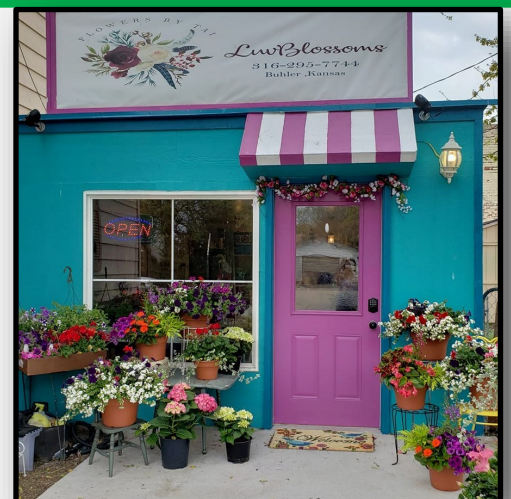
**EVERY
FIRST
FRIDAY -
FREE LUNCH!**

JOIN US EACH MONTH AS WE DISCUSS TOPICS OF INTEREST
IN A CASUAL, CONVERSATIONAL ENVIRONMENT!
BRING YOUR QUESTIONS - LEAVE WITH ANSWERS!
HAVE FUN SOCIALIZING AND ENJOY A DELICIOUS LUNCH!

Powerback
Rehabilitation®

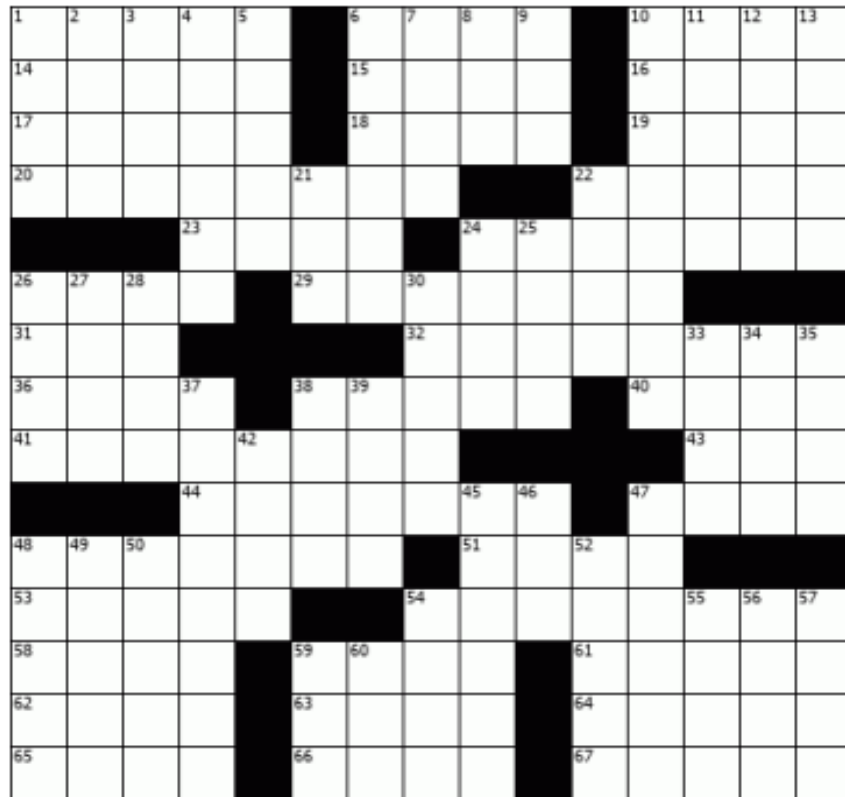
Healthy Aging through **Rehabilitation and Recovery**

Did you know . . . Buhler Ks has a wonderful Florist right here in town. If you are thinking of flowers for any occasion call Luv Blossoms Flowers by Tai 316 295 7744 109 3rd Ave



Across

- 1. Radar's kin
- 6. Japan's continent
- 10. Acorn droppers
- 14. Midwest airport
- 15. Factory
- 16. Ink spot
- 17. Mature
- 18. Excursion
- 19. Father
- 20. Back and forth (hyph.)
- 22. Not tipsy
- 23. Sailing
- 24. From Naples
- 26. Metal fasteners
- 29. Unpleasant sight
- 31. Compass dir.
- 32. Height
- 36. Citric ____
- 38. Consent
- 40. ____ Canal
- 41. Amulet
- 43. Set
- 44. New spouse's boy
- 47. Movie backdrops
- 48. Scottish plaids
- 51. Brown shade
- 53. Regions
- 54. Prepared for a shave
- 58. Male cats
- 59. Scads (2 wds.)
- 61. Wear away
- 62. Send forth
- 63. TV host Jay ____
- 64. Shelflike rock
- 65. Grade
- 66. Equal
- 67. Defeated one



Down

- 1. Variety
- 2. Columbus's state
- 3. California wine valley
- 4. Amphitheaters
- 5. Tears apart
- 6. Off course
- 7. Get lost!
- 8. Debt letters
- 9. Rainy mo.
- 10. Out-of-date
- 11. Suspect's story
- 12. "M*A*S*H" locale
- 13. Howard ____ of radio
- 21. Doctor's charge
- 22. Delhi dress
- 24. Capri or Wight
- 25. Carry
- 26. Bog fuel
- 27. Andes native
- 28. Astronaut ____ Armstrong
- 30. Deserves
- 33. Encourage
- 34. Count calories
- 35. "Electric" swimmers
- 37. Dislike
- 38. Prayer finale
- 39. Openings
- 42. Amtrak depots (abbr.)
- 45. Speech-maker
- 46. Pecan, e.g.
- 47. Hi-fi
- 48. Spud
- 49. Fragrance
- 50. Send money
- 52. Egg exterior
- 54. The ____ Star State
- 55. Curtain holders
- 56. Boundary
- 57. Gentle creature
- 59. Swiss peak
- 60. Grant's rival

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		3	2			7	6	5
	7	9						
4		2			6			3
	9	6			7		2	
	5							





*Reservations required
as seating is limited.
Use QR code
or call (620) 543-2248
to make your reservations!*

Adults - \$15
Children 10 & under - \$10

3rd Sunday BRUNCH



Buffet open 11:30am - 1:30pm





Introducing **TALK STORY HOUR**

Capturing Your Story

What

Conversational gathering where we capture your story, one peice at a time! Each session will provide a new set of questions - participation optional. Answers will be transcribed & digitally prepared.

Why

Reminiscing is storytelling at it's best! Your story captured can be shared with loved ones. Shared memories lead to closer connections in life. Recalling good times creates laughter & friendship. Remembering is a great way to stay mentally active!

When

Third Monday each month at 4 pm!
No RSVP necessary - just show up when you can!
If you have to miss, we will send questions to you so that you can still return your answers for us to record.

Questions

Heritage - Traditions - Good Times - Hard Times
Family - Life Events - Accomplishments - Careers
Lessons Learned - Childhood Memories
Hobbies & Interests - Travels & Adventures - Future

Home is where your story is - help us write yours!

R	E	S	L	R	P	E	T	R	A	R
E	G	D	L	E	N	L	E	I	T	E
D	O	D	E	R	O	T	A	L	O	S
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5	6	5	7	9	2	3	4	8
9	3	4	8	7	6	1	2	5
6	1	9	5	8	4	7	3	2
7	4	2	6	2	9	5	1	8
2	7	3	8	6	9	4	5	1
9	5	7	3	1	8	4	6	2



SOMETHING'S UP

THE FARMER JUST UNFRIENDED ME ON FACEBOOK!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>November</h1>						
5	6	7	8	9	10	11
Chili W/ Cinnamon Roll	Taco Salad Beef or Chicken	<u>Menu Item of the Day:</u> B.L.T. Sandwich or Quesadilla W/ Chips	Pepperoni Cheese All Meat Supreme Specialty Side Salad	Hot Roast Beef Sandwich W/ Mashed Potatoes		
12	13	14	15	16	17	18
Gyro Lamb or Chicken W/ Pasta Salad	Taco Salad Beef or Chicken	<u>Menu Item of the Day:</u> Chicken Bacon Ranch Wrap W/ Chips	Pepperoni Cheese All Meat Supreme Specialty Side Salad	Bierocks W/ Fried Potatoes		
19	20	21	22	23	24	25
Loaded Chili Cheese Tater Tot	Taco Salad Beef or Chicken	<u>Menu Item of the Day:</u> Chicken Quesadilla 1/2 or Whole		No Special		
26	27	28	29	30		
Rubben Sandwich W/ Chips	Taco Salad Beef or Chicken	<u>Menu Item of the Day:</u> All you can Eat Pancakes W/ Sausage	Pepperoni Cheese All Meat Supreme Specialty Side Salad			