

# SEPTEMBER

# 2023

THE  
**Sunny Side**  
OF LIFE



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

## Elevator Speech

**Have you ever heard of an elevator speech? We all need at least one! An interesting and compelling explanation about our mission and purpose in life. Our enthusiasm and passion should be loud and clear! Ideas to include in your speech would be achievements, contributions to the community, gifts & grants received and allocated for, etc. Keep in mind we are on the 1st floor and the elevator stops on the 12th. In other words, keep it short—under 1 minute. Will our speech always stay the same? Will it be just like someone else's? of course not!**

**Here is an elevator speech that one of our Board members \_ Louis Martens—came up with and shared with us at our Retreat last week—>**

**“The mission of this place, SMRC, is to care for those who need our help in their time of need. Whether it’s a place to live when living at home is not possible, a place to recover from needed surgical care, a caring place when our memories have failed us or end of life care, we are here for those who need us. And we are all in this together...and of equal importance. From the administration, nursing staff, aides, food service, laundry, housekeeping and even the board members, we all must be united by a common goal—to show compassionate care to those we serve. How do we accomplish this goal? By showing the same love that God has shown for us! Without love generated compassion and caring, everything we do is meaningless. I feel confident that we all have this love in our hearts. I know we try to do the best we can to show God’s great love to all we are in contact with. Because we never forget how much God loves us. May we all let this compassionate love continue to grow in our hearts, minds, and actions.”**

**Nathan Spencer, Admin-**

**In August We Welcomed:**

<b>Donita P</b>	<b>Pat S</b>
<b>Mary K</b>	<b>Ralph S</b>

**We Said Goodbye in August to:**

<b>Kenneth C.</b>	<b>Donna B.</b>
<b>Judy H.</b>	

**September Residents**

<b>Marta T</b>	<b>26</b>	<b>Jo L</b>	<b>8</b>
<b>Mary Ann K</b>	<b>18</b>	<b>Bruce C</b>	<b>8</b>
<b>Mary Ann F</b>	<b>2</b>	<b>Vicki B</b>	<b>27</b>
<b>Sandy S</b>	<b>6</b>		

**September Staff Birthdays:**

<b>Nathan Hearn</b>	<b>1</b>
<b>Tasha Holcomb</b>	<b>5</b>
<b>Hollie Carver</b>	<b>8</b>
<b>Isabella Sanford</b>	<b>8</b>
<b>Logan Holmquist</b>	<b>13</b>
<b>Morgan Anderson</b>	<b>14</b>
<b>Terri Weber</b>	<b>18</b>
<b>Joanne Fulton</b>	<b>21</b>
<b>Shaylin Ramirez</b>	<b>27</b>
<b>Brandy Collins</b>	<b>29</b>
<b>Elise Gover</b>	<b>29</b>



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

**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, Bill Anderson

**Staff contacts**

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**Melanie Koehn, Dir of Activities:**  
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**IN THIS ISSUE:**

EVENTS: Pages 4,5,9,10,12,15

FOOD: Page 16

STAFF: See who's new: Below

ACTIVITIES: Pages 6,7,8

WILDFLOWER INN: Page 10,  
11,12

KUDO'S: Page 9

**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.**



**SUNSHINE  
MEADOWS**  
RETIREMENT COMMUNITY

*We are excited to have you join our family!*

*We know you will be a perfect fit to carry out our mission statement by helping to give the aging community an opportunity to live with dignity and purpose!*

**WELCOME**

**Rayetta  
Kessler  
CNA**



**Jonah  
Gardner  
Dietary  
Aide**



**Retirement Celebration Luncheon for Fund Development Director, Carla Barber (right). Chef Eric and his wife hosted the wonderful meal with Carla's new favorite desert Key lime pie.**

### **Times Do Change**

For more than 25 years we have been fortunate at SMRC to have a parttime or fulltime Fund Development Director. The different Directors over the years have assisted in making SMRC a healthier operation. Fundraising is essential for the not-for-profit world. They would have been heavily involved with applying for grants, working Tax Credit Grants, coordinating events like the Gala, small benefit events plus making many contacts with individuals and businesses. In more recent years much emphasis has been given to the 2020 Vision Capital Campaign. The campaign is winding down by the end of 2023. So far \$1.1M have been received in donations or pledges for the new Memory Care Unit to be attached to our existing Assisted Living Community.

Carla Barber has been the most recent Fund Development Director. She retired this summer and is planning for her wedding this September. Carla worked the campaign to help get the organization to this point. Much appreciation to her and her efforts in making the campaign a big success.

Moving forward, for the next year or more, we will share the duties of the fundraising efforts with key staff along with some volunteers. The Team is looking forward to doing a couple of fundraising events per year.

Keith Pankratz, CEO

**PUBLIC SESSION**

**FIRST  
FRIDAY  
FREE  
LUNCH!**



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

**SEPT  
1ST**

Please RSVP! (620) 543-5692

**TOPIC - ALL THINGS MEDICARE!**

**BRENDA JOHNSTON**

MIDWEST BENEFIT RESOURCES, LLC



**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!

Senior Citizens you are invited to our "First Friday Free Lunch" hosted by Sunny's Cafe! Each month on the first Friday at noon, we will enjoy a delicious lunch while we discuss a variety of topics of interest in a casual, conversational environment. Different professionals will join us to share expertise in their fields. While these sessions are geared towards the public, we welcome residents to join us if the topic is something they would like to learn about. Be sure to follow us on social media to see what topics we will cover each month! RSVP by calling (620) 543-5692 or you may also fill out the form on our website. This is a great opportunity to benefit from other's questions and experiences as well as cultivate friendships. We look forward to seeing you!

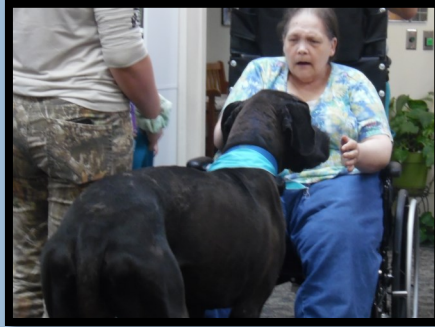
Did you know . . . **Buhler Ks** has a wonderful Florist right here in town. If you are thinking of flowers for any occasion call

**Luv Blossoms  
Flowers by Tai** 316 295 7744



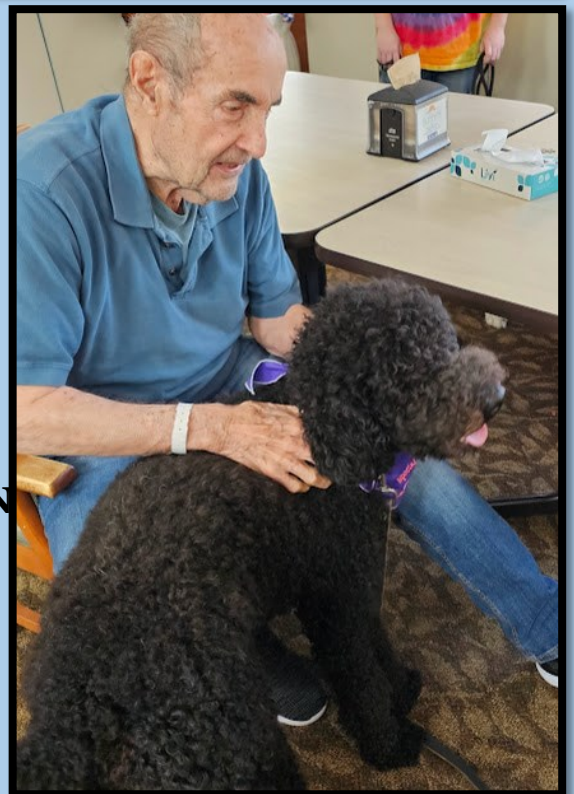
# When its HOT outside we can always find something to do inside . . . .

## Furry friends



## ICE CREAM FLOATS





**LIVE MUSIC  
WATERMELON  
DOMINOS  
&  
FURRY  
FRIENDS**



# BINGO With 4H Club





Thanks for voting! We got voted as a top 3 finalist in these categories!!!



## CONGRATULATIONS!

Hundreds of thousands of votes have been counted and your loyal customers have been heard. Sunshine Meadows Retirement has been voted a finalist in the 2023 Official Community's Choice Awards for Hutchinson!

Home & Home Services—Assisted/Senior Living

Home & Home Services—Retirement/55+ Community

Health & Beauty—Memory Care

Sunday, October 8th, the Hutchinson News will publish the Best of Best commemorative section which will include all the categories, winners and finalists.

\* \* \* \* \*



Mark your calendar . . . .

Sue McIver  
In Concert

here on  
September 16.

EVENT IS LIVE!  
THANKS TO THE KANSAS STATE FAIR FOR THEIR DONATION!

PURCHASE EVENT OR RAFFLE TICKETS  
BY SEPT 1ST FOR A CHANCE  
TO WIN FAIR TICKETS!

# VINTAGE TAILGATE PARTY

RAFFLE  
ENTRY  
WITH  
TICKET!

*Wildflower*  
INN

406 W. AVE A, BUHLER KS

\$15  
TICKET



**SAT SEPT 23**  
ANNUAL FALL BENEFIT



**5 pm to 7:30 pm**

**LIVE MUSIC | BBQ DINNER | RAFFLE  
SILENT AUCTION**

NON-ATTENDEES CAN ALSO BUY RAFFLE TICKETS  
AND BID ONLINE FOR THE SILENT ACUTION!



NOW TAKING TAX DEDUCTIBLE  
SILENT AUCTION DONATIONS &  
EVENT SPONSORSHIPS!

TICKETS: USE QR CODE OR ONLINE  
[WWW.SUNSHINEMEADOWS.ORG](http://WWW.SUNSHINEMEADOWS.ORG)  
INQUIRIES: (620) 543-2251



## VINTAGE TAILGATE PARTY

ANNUAL FALL BENEFIT

# RAFFLE PRIZE!

BUY RAFFLE TICKETS FOR A CHANCE TO WIN  
A LARGE GREEN EGG SMOKER!



**NON-ATTENDEES CAN ALSO BUY RAFFLE TICKETS  
AND BID ONLINE IN THE SILENT AUCTION!**

**PURCHASE TICKETS  
BY SEPT 1ST  
FOR A CHANCE  
TO WIN A STATE FAIR  
COUPLES PACK!**



**TICKETS: USE QR CODE OR ONLINE  
[WWW.SUNSHINEMEADOWS.ORG](http://WWW.SUNSHINEMEADOWS.ORG)**

INQUIRIES (620) 543-2251

# 3rd Sunday BRUNCH

Coming September '23!



*Buhler's local bed & breakfast is now offering a beautiful experience with a delicious, gourmet brunch!*

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

*Reservations required  
as seating is limited.*

*Use QR code  
or call (620) 543-2248  
to make your reservations!*



Buffet open 11:30am - 1:30pm

Don't underestimate how wonderful it is to be in the presence of another person and feel calm and happy. To never have to guess at their motives. Cherish the people who give you peace.



# Safety First

Nursing homes receiving Medicare or Medicaid funds must, at a minimum, comply with **federal nursing home regulations**. Some states, however, have adopted tougher laws.

We are finding several items in resident rooms that unfortunately **are against state regulations** and we cannot have in our facility. The main thing we are finding are **air fresheners**. The only air fresheners allowed in our facility are the ones we provide. Examples of one we are finding that we cannot have are the following: Room spray of any kind. Plug-in air fresheners, small space air fresheners, diffusers, air freshener beads, stick ups, etc. We are also finding **aerosol spray** like air fresheners and hairspray. The only hair spray allowed in the resident rooms are the pump bottles and then have to be up in the cabinet out of reach. Basically anything that has a **“keep out of reach of Children” or a “Warning”** label is not allowed. This is something that we must follow since this is a state regulation. We are also not allowed any **power strips** in the facility. This is a fire marshal policy along with **no live greenery in plant arrangements (evergreen)**. During the winter holidays families like to bring in live Christmas trees or wreaths. These are not allowed anywhere in the building. No **candles** of any kind are allowed.

If you ever have questions please feel free to ask your Housekeeping Dept.

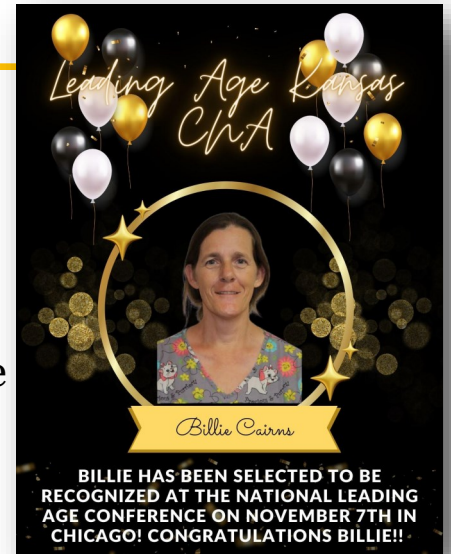
Kathy Gaul

## SPOTLIGHT ON OUR BOARD OF DIRECTORS

After a recent board / executive management staff retreat it was discovered that we really should feature our Board of Directors more in the newsletters and host them on campus so the staff and residents would have a chance to get to know them better. Currently we have 9 Board of Directors, so we plan to feature one per month starting in September. The Board wants to be intentional advocates for the Mission at SMRC. This would mean on campus, in the area communities and in the sponsoring churches. The elevator speech on the front page was written by a Board Member. It has inspired other Board Members to be more proactive in representing our senior living community. Look for the Board highlighted page coming soon.



Please join me in congratulating Billie for being nominated by her peers to be recognized at the National Leading Age Conference on November 7th in Chicago!! Watch for more information! Congrats Billie!



I took the dogs in to see Jetta and she really came alive to see them and even visited a bit. Isn't it amazing what a little doggy love can do to perk us up. Melanie

*Introducing*

# TALK STORY HOUR



## Capturing Your Story

### *What*

Conversational gathering where we capture your story, one piece 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!*



# September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Pork Chop Mashed Potatoes Gravy Carrot's Texas Toast	2
3 CLOSED	4 Taco Salad Beef or Chicken	5 Gyro Chicken or Lamb w/ Fruit	6 Pepperoni Cheese All Meat Supreme Breakfast Style Side Salad	7 Fried Fish Sandwich Tater Tots Coleslaw	8	9
10 Chicken Salad on a Croissant w/ Fruit or Chips	11 Taco Salad Beef or Chicken	12 Sloppy Joe w/ Fruit or Chips	13 Pepperoni Cheese All Meat Supreme Philly Cheesesteak Side Salad	14 Ruben Sandwich w/ Pasta Salad	15	16
17 Pulled Pork Nachos	18 Taco Salad Beef or Chicken	19 Cheesburger Quesadilla w/ Chips	20 Pepperoni Cheese All Meat Supreme Chicken Bacon Ranch Side Salad	21 Crispy Chicken Sandwich w/ Pasta Salad	22	23
24 Meatloaf Mashed Potatoes Gravy Green Beans Texas Toast	25 Taco Salad Beef or Chicken	26 Meatball Sub w/ Fruit or Chips	27 Pepperoni Cheese All Meat Supreme Hawaiian Side Salad	28 Chicken Fried Steak Mashed Potatoes Gravy Corn Texas Toast	29	30