



April 2023

www.sunshinemeadows.org

620-543-2251

The
Sunny Side
of Life

**The monthly family/staff news-
letter of Sunshine Meadows**

Retirement Community

400 S. Buhler Rd., Buhler, KS 67522

A decorative graphic with the text "Some Enchanted Evening" written in a white, elegant cursive script. The text is enclosed within a square frame that has a shimmering, gold-like texture. The background of the entire graphic is a dark blue night sky filled with numerous small, white stars.

FOR ASSISTED LIVING AND NURSING RESIDENTS

PLEASE JOIN US FOR

Senior Prom

FRIDAY, APRIL 14TH
AT SUNSHINE MEADOWS

4 PM - FESTIVITIES BEGIN

5 PM - DINNER

RESIDENTS MAY INVITE
2 GUESTS - \$5 EACH
RESERVATION REQUIRED -
SCAN QR CODE OR VISIT
SUNSHINEMEADOWS.ORG



**SEE PAGE 5
FOR MENU**

In March We Welcomed:

Kenneth C Jewel H
 Ruby M Dixie B
 Tom R Bonnie L
 Gerald & Pattie B Joe M
 Sherrie B

March We Said Goodbye to:

Naomi Fr. Lee M

Discharged in March:

Larry G

April Resident

Violet F 1
 Ruth D 9
 Marlene R 12
 Howard B 19
 Sue P 23

April Staff Birthdays:

Mariah Schrader 10
 Susan Jimenez 10
 Jody Anderson 15
 Hailey Moore 25



Please label
 all clothing
 with residents
 name.

**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

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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.

→ WELCOME



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!

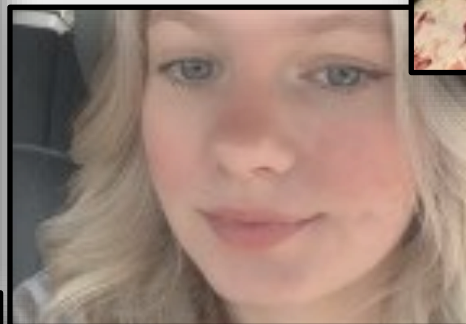


Jordyn
 ← **Fortner, CNA**

Kimberley
Jarvis, RN →



Marissa
 ← **Fidely,**
Dietary Aide



when you take another look at **last** year,
 i pray you see your strength
 not just your struggle.
 - nakeia homer



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							
2	3	4	5	6	7	8	
Chicken Salad on a Croissant w/Fruit or Chips	Taco Salad	Mashed Potatoes Gravy Cream Corn Texas Toast	Pepperoni Cheese All Meat Supreme Hawaiian w/ Salad	Pork Chop Mashed Potatoes w/Gravy Green Beans Texas Toast			
9	10	11	12	13	14	15	
Sweet and Sour Chicken Fried Rice Egg Roll	Taco Salad	Build Your Own Salad	Pepperoni Cheese All Meat Supreme Chicken Bacon Ranch w/ Salad	No Special			
16	17	18	19	20	21	22	
Hot Beef Sandwich w/ Mashed Potatoes and Corn	Taco Salad	Shredded Smoked Chicken Potato Salad Baked Beans Texas Toast	Pepperoni Cheese All Meat Supreme Veggie Lovers w/ Salad	Ruben Sandwich w/ Fruit or Chips			
23	24	25	26	27	28	29	
Meatloaf Mashed Potatoes Green Beans Texas Toast	Taco Salad	Pasta Bar: Alfredo Meat Sauce Vodka Sauce	Pepperoni Cheese All Meat Supreme Breakfast Style w/ Salad	Tuna Melt on Wheatberry w/ Pasta Salad			
30							



FOR ASSISTED LIVING AND NURSING RESIDENTS



SENIOR PROM MENU

ASSORTED "MOCKTAILS"

WATERMELON MARGARITA, PALOMA,
WILDCAT COOLER, MERMAID REFRESHER

BAGEL CHIPS WITH CREAM CHEESE ONION DIP

COLESLAW
POTATO SALAD
FRESH FRUIT

PULLED PORK SLIDERS
PULLED CHICKEN SLIDERS

ASSORTED CHIPS

DANA'S DESSERT BAR

TEXAS SHEET CAKE
FRESH STRAWBERRY TARTS
CREAM PUFFS
RASPBERRY CAKE POPS

Activities

Melanie



Irish dancers came to entertain our residents

Saint Patrick's Day Menu and All Day Party Day

Mar 17, 2023

Make sure you are wearing Green

Breakfast Buffet

(sunny's is available)

Green Eggs and Ham Buffet

Lunch Buffet

(sunny's is available)

- Irish Potato Soup**
- Corn Beef and Cabbage**
- Shepards Pie**
- Boiled Potatoes**
- Irish Mashed Potatoes (Colcannon)**
- Steamed Carrots**
- Mixed Beans**
- Irish Soda Bread**
- Chocolate Whoopie Pies**

Supper Buffet

- French Onion Soup**
- Banger and Mash**
- Irish Chicken and Waffle with Strawberry Syrup**
- Corn O'bryan**
- Stewed Red Cabbage**

Sunshine Meadows resident, Gibbo P, was in Paraguay to build houses for the poor! He was digging a hole for the foundation of a home by hand! He was 75 at the time! The people there were displaced, and lived in a camp of sorts. Gibbo would walk to the market every morning and buy fruit to bring back to the mothers to give to their children. If you get a chance to visit with Gibbo he has some amazing stories and has done so much in his life.



Springtime Themed Lunch Menu April 7th

Copper Penny Salad
Tropical Fruit Salad

Mediterranean Chicken
Potatoes Romanoff
Steamed Broccoli

Dinner Roll

Strawberry Delight

Sunny's Special

Grilled Breaded Pork Chop
Mashed Potatoes and Gravy
Green Beans

Ask about Sunny's Desserts

Come Join the Fun

SUNNY'S
Cafe

BATTLE OF THE BEST

Friday, April 21st - 6:30 pm

Chef Eric Beye

VS

David Duree
Caterer

Enjoy an evening of food & fun!
\$50 per ticket - includes appetizers and a full meal!

Secure your tickets today - (620) 542-2251 or scan QR code above!

SUNSHINE
MEADOWS
RETIREMENT COMMUNITY

400 S. Buhler Rd. Buhler KS

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
400 S. Buhler Road
Buhler, KS 67522

EASIER—620-755-5132

EASIEST—www.sunshinemeadows.org

BUHLER SENIOR CENTER

SMRC residents, please call the Front Desk if you plan to join the Senior Center for lunch or need more information.

Senior Center at 620-543-6858. Cost per person is \$7.



shutterstock - 1028178904

NOTE: Anyone living in the 313 school district who is age 65 or over can get a FREE ticket to any USD 313 event by calling USD 313 at 620-543-2258.



THESE HANDS . . .

By Evelyn McIver

These hands knocked on Mrs. Hubert's door at age 3. She always had a candy treat for me. Later they learned to cut out paper dolls and play with friends. As they grew older they were burned by falling roof tar because I was in a place I should have avoided.

Age 13 they were busy working in dad's grocery store. Before long they practiced and became proficient on flute and piccolo. Sometime later after high school and a year in college, they learned the medical profession in nursing.

One day they joined hands with a handsome young man and held his hand saying "I do". These hands learned to cook and keep house. Then came 4 precious babies. These hands painted, varnished and sewed draperies for our dream home. These hands prepared snacks for children as they played outdoors. They prepared for travels with family through the years.

These hands became arthritic but still were able to provide for family. They held the children's hands as they made life decisions.

They prayed and worshipped singing in the choir. These hands cradled a grandson as he spent six months in the hospital before going home.

Age has taken its toll, however, these hands held the hand of my beloved as he went to meet his maker.

Today these hands welcome family and friends who are dear.



Who says we don't have fun in SMRC?

PANCAKE RACES



WORKDAY AT WILDFLOWER INN

Eighteen volunteers gave of their time on Saturday, March 25 in order to freshen up the outdoors at the INN. Monique, our Inn keeper, prepared a gourmet breakfast plus coffee for the group to get the day started. Later, she set up a sandwich buffet for our lunch break. Some of the tasks accomplished that day were picking up a ton of small rocks through out the back yard, raking up dumpsters full of leaves, trimming bushes, pressure washing the deck, porch, siding on the house, laying over 400 landscaping stones, treating the wood deck, moving in a ton of top soil and using a tractor to pull out 4x4 stakes. Amazing how much was done. More to do; however, on hold for awhile to be able to first discover what kind of flowers pop up in the beds. Then later in April more flowers and shrubs will be planted and drip lines installed in order to keep plants alive.

Too many work projects to complete this Spring; although, whatever we finish will bring an extra attraction to the Inn for guests and other events hosted there.

A BIG word of Appreciations goes out to all the volunteers that worked on this beautification project. A couple of the teenagers were using this project for their high school senior project.

Kaylie Babcock	Nathan Spencer	Mariah Schrader
Zack Perry	John & Joyce Yoder	Silas & Sara Nowlan
Beth Schwabauer	Gib Schroeder	Kaylee Kluesner
Louie Martens	Earl Stark	Monique Jensen
Gaylen Banz	Keith & Jan Pankratz	Owne Kriebel

Work projects are fun & humbling as we are reminded in the scriptures to do for others as we would do for ourselves.



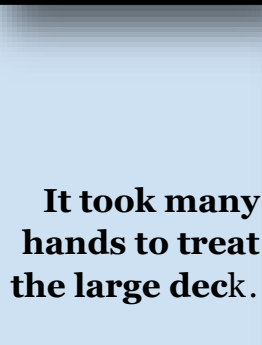
Laid landscape stone like this in 5 different areas.



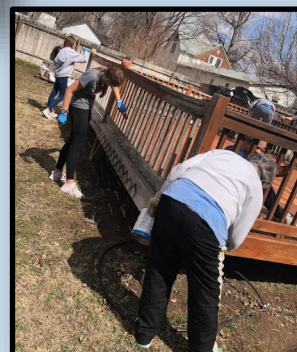
Raked up a dozen dumpsters full of leaves.



Raking and trimming bushes.



It took many hands to treat the large deck.



2023 Gala Synopsis



- The Gala event wouldn't be successful without the great continued support of our sponsors. They contributed over \$15,000 this year.

- A big thanks to our underwriters who covered a good portion of the expenses.

- The auction brought in \$12,800.00. The 2 trips sold well along with other food, art and service items.

- We had 125 in attendance.

- Appreciation extended to the office staff who volunteered to work the different stations plus to the Reno Co.

Hospice , Traditions Hospice and Gentiva Hospice staff who were a big help.

- The event grossed \$42,725.00. The proceeds will go towards the MCU project.

SUPPORTER

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LLC**
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Sand Hills Center

Patron

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**Restonic & Imperial Sleep
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tens, LLC**
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