



August 2022

www.sunshinemeadows.org

620-543-2251

We Welcomed:

Jim & Orlie M.

We Said Goodbye to:

Floyd S Art D

Kay Scheel

August Resident Birthdays:

8 Darlene H	9 Suzanne M
10 Adina K	18 Arlie H
20 Leita K	21 Judy D
23 Pat P	26 Donna B
31 Evelyn M	

August Staff Birthdays:

1 Carla Barber
 2 Tina Mandeville
 2 William Beye
 8 Kailani Weier
 11 Sandra Williams
 12 Sally Devena
 12 Blake Price
 17 Alexis Doherty
 17 Charles Belcher
 20 Kayla Griffin
 21 Stevi Ulloa
 28 Kendall Trezise

Please call 620-543-2251 Mon.-Fri., 9-4, for a list of those who'd appreciate getting a nice cardnote. Mail / drop off: 400 S. Buhler Rd., Buhler, KS 67522 .

The Sunny Side of Life

The monthly family/staff newsletter of Sunshine Meadows Retirement Community

Open; Crossroads Christian– Open; Hoffnungsau Mennonite- Louis Martens; Victorious Life- Open; At large- Cameron Kaufman, Mary Frazier, Ed Berger.

**Sponsoring Churches/
Board of Directors:**

Bethany Nazarene– open; Buhler MB– Sara Hunt, Mary Ellen Jantz, Charlotte Smith; Buhler Mennonite-Beth Schwabauer; Buhler Methodist-

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Drop off non-perishable deliveries M-F, 9 - 4, @ front door; call so we know to pick them up.



Staff 
contacts

A friendly reminder from our LAUNDRY STAFF:

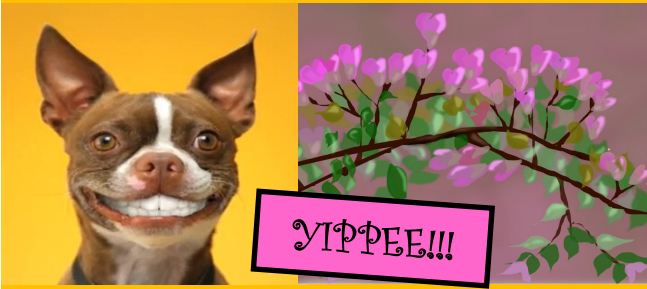
PLEASE MARK THOSE NEW CLOTHES!!!

The picture, below, is worth a thousand words: 43 items of nice clothes, with no name tags, unclaimed in June and July. Our laundry staff have taken clothes through the neighborhood halls, asking residents and staff if they recognize them, but that seldom helps. The bottom line is, staff can't return clothes if they're not marked with the owner's name! **PLEASE** mark clothes that you bring as presents for a loved one (at least both initials). We want them to enjoy their new clothes, and we're sure you also want them to! So **PLEASE TAG THOSE NEW CLOTHES!!!** - - Thank you!



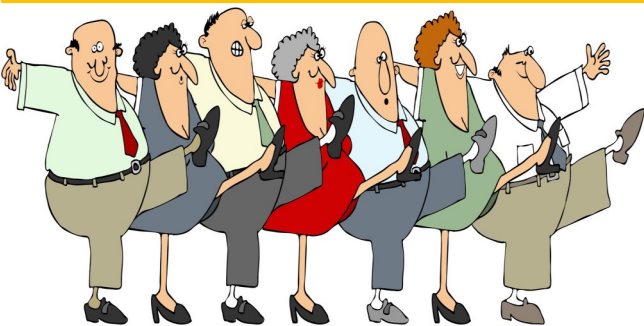
BUHLER SENIOR CENTER MEALS

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.



**Look for reasons to be joyful.
Be someone else's reason.**



AUGUST SENIOR CENTER MENUS

August 4th

**Sunny's Cheeseburger
Scalloped Potatoes
Baked Beans
Orange Dreamsicle Salad
Apple Pie**

August 11th

**Turkey Roast
Mashed Potatoes and Gravy
Green Beans
Jello salad with Fruit
Pumpkin Pie with whipped cream
Biscuit with Butter and Honey**

August 18th

**BBQ Pulled Pork
Potato Salad
Baked Beans
Cherry Applesauce
Jello Cake**

August 25th

**Pepperoni Pizza (2 slices)
Tossed Salad
Strawberry-topped Angel Food
Cake**



SOME GOOD ADVICE FOR ALL AGES

The best investment you can make is in yourself.

The stories you tell yourself establish your self-identity, give your life meaning, help you to make sense of the world, and guide your actions.

Don't stop questioning.

Pay yourself first: save 10% of what you earn.

Take responsibility for your life or someone else will choose your destiny.

Create your own definition of success.

You can't control everything — but you can control how you respond.

Worry is a waste of time, and a misuse of your imagination.

Learn to see the extraordinary in the ordinary.

Meaning is a good thing. Life is pretty useless without it.

Think progress, not perfection.

Don't talk about what you should be doing. Do it.

Growing old is like being increasingly penalized for a crime that you haven't committed.

Pierre Teilhard de Chardin
French Philosopher

May 1, 1881- April 10, 1955

**Sometimes I just
look up, smile, and
say,**

God...

**“I know that was
you.”**



DID YOU KNOW

that Sunshine Meadows' website can accept memorials and other donations? It will also share the thoughts and memories of those who wish to honor their loved one. Simply click on the donate button at www.sunshinemeadows.org.

A message from Suz McIver:

Thank you for special things like fireworks, Tuesday breakfasts, warm baths for Dad, caring and kind staff who hang pictures, fix ceiling fans, deliver gifts, hold hands and hug, answer financial questions, listen to concerns, provide dignified care— all with smiles and good attitudes. Thank you! I appreciate you so!

What are the unspoken rules that you learned late in life?

1. Your ambition, goals, or ideas mean nothing if you don't produce them.
2. Check yourself as much as you check your phone.
3. If you are looking for that person who will change your life, look in the mirror.
4. The two worst feelings in the world are not having a job and having a job.
5. True flexibility is keeping your heart soft and your boundaries strong.
6. How you spend your time is how you spend your life.
7. Knowing your own reasons for living can bring you fulfillment, happiness, and a longer life.
8. Constant worrying, negative thinking, and expecting the worst takes a toll on your emotional and physical health.
9. Time, not money, is your most valuable asset.
10. The secret to happiness is self-acceptance.





FUNSHINE PAGE



Summer

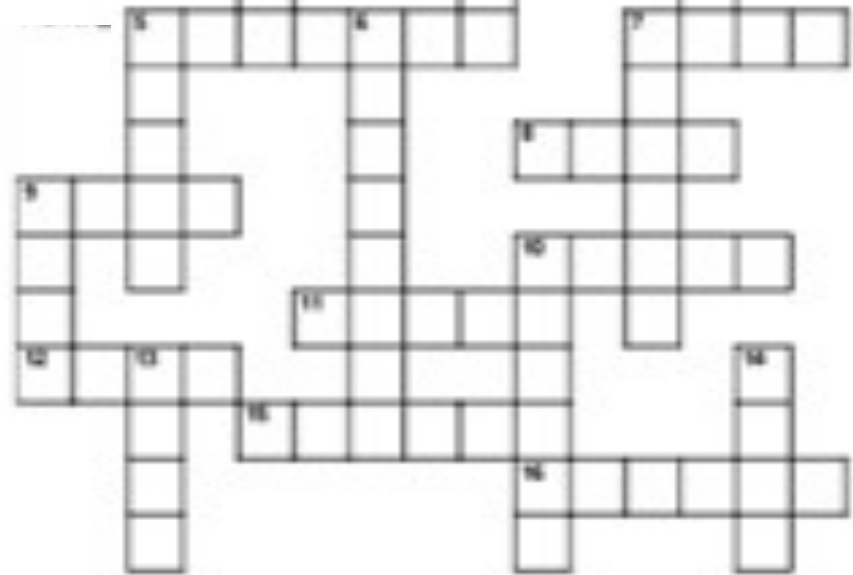


ACROSS

- 1. Grains on the beach.
- 5. Living in a tent.
- 7. It warms you up.
- 8. Two-wheeled transportation.
- 9. Comes with a shovel.
- 10. Full of daylight.
- 11. A sandy shore.
- 12. Area of inland water.
- 15. Warmest 3 months of the year.
- 16. Top for warm weather.

DOWN

- 2. Plunging into the water.
- 3. Move through the water.
- 4. Summer hazard.
- 5. House in the woods.
- 6. Frozen treat.
- 7. Trail walking.
- 9. A place to swim.
- 10. Pants for hot weather.
- 13. Toy for a windy day.
- 14. Mildly hot.



**Crossword
Puzzle
Answers
on page 7.**

Where does a waitress with only one leg work? IHOP.

If you hear a rumor about butter, please don't spread it.

Last winter it was so cold in D.C. that I saw a politician with his hands in his *own* pockets.

Did you hear about the cheese factory that exploded in France? There was nothing left but de Brie.

What do you get when you cross a dyslexic, an insomniac, and an agnostic? Someone who lies awake at night wondering if there's a dog.

A woman noticed an old man sitting on a park bench, sobbing. She asked him what was wrong. He said, "I have a 22-year-old wife at home. She rubs my back every morning and then gets up and makes me pancakes, sausage, fresh fruit and freshly ground coffee." "Well, then why are you crying?" He said, "She makes me homemade soup for lunch and my favorite biscuits, cleans the house and then watches sports TV with me for the rest of the afternoon." "That's great. So, why are you crying?" "For dinner, she makes me a gourmet meal with my favorite dessert, and then we cuddle until the small hours of the morning." "Well then, why in the world would you be crying?" He said, "I can't remember where I live."

Be happy for no reason; reasons can be taken away.

Crossword answers from page 6

ACROSS

1. sand
5. camping
7. heat
8. bike
9. pail
10. sunny
11. beach
12. lake
15. summer
16. t shirt

DOWN

2. diving
3. swim
4. fire
5. cabin
6. ice cream
7. hiking
9. pool
10. shorts
13. kite
14. warm

A Little Humor

**No one cares
how much you
know
until they know
how much you
care.**



*There is
always,
always,
always
something
to be
thankful
for.*



I Want to Grow Old Like Rose

Dad and Rose were both in their 70s when they met, married, and began their new life together. So I only really knew Rose as an older person. But as I learned to know this delightful lady I would often think, *I want to grow old like Rose*. By observing Rose's life I've learned several keys to vibrant and joyful aging.

Be open to love

Often as we age, our world of loved ones shrinks. In this cynical world it's easy to view new relationships with suspicion. But Rose took a chance when she received a letter in the mail from Dad asking if she'd like to go out to eat with him "for the purpose of becoming better acquainted." What a treat it was to see this relationship grow and bloom into love and marriage. When Rose embraced our father, she also learned to love our family and the Buhler church and community.



On their wedding day May 31, 2003

Choose people over things

Rose left her lovely home in the city for life at the rustic ranch when she married Dad. She never acted like this was a sacrifice but it would have been for me. They had talked about a house or apartment in Buhler, but she wanted to be where he was and he still had cattle and chores at the farm. Their home was simple but peaceful and welcoming.



In front of their sweet home

Be pleasant and positive

Rose's face brightened with a lovely smile when we met (and, especially, at photos of babies). She got along with everyone. "I think we disagreed about something once, but I don't remember what it was," she would say about her marriage with Dad. You could count on her for an encouraging word. She was interested in our family's lives and was a gracious conversationalist. Years earlier she had chosen a joyful life and it showed. (Cont'd



The kids were being ridiculous but Rose and Dad played along.



The joy of grandparents



Dad and Rose sit on the bench at the end of their path with a delightful group of great-grands.

Sing hymns and read Scripture

One of their most endearing habits was to sing a hymn at breakfast. They went right through the hymnbook and Rose would pencil in a star beside the title of that day's song to keep track of their progress. There was never a day that passed without reading Scripture. For many years she would write out a verse along with an application each day. (I've adopted her habit of writing Scripture and love it!). As a nursing home resident

someone on the staff noticed that she was always reading her Bible and bought her a new one for Christmas. She preferred

her old one, of course. There's no doubt where she obtained her strength and her peace. Her faith was the source.

Be brave, go places, do things

Since Rose's family was spread around the United States and the world, they had some exotic places to go. Together they visited places like Greece, Italy, Ethiopia and Hawaii. They attended grandchildren's graduations and weddings in places like California, Washington, and Indiana. Each month they visited a prisoner at the Hutchinson Correctional Facility. Rose joined a traveling autoharp group. Most days Dad and Rose would take a walk in the pasture. They walked hand in hand out to a bench where they would take a little break and then return. As the years progressed, sometimes the walks were shorter. After supper (with ice cream for dessert) Dad and Rose usually played a table game. Dad liked Scrabble while Rose enjoyed Rummikub so they alternated days.

Early in their marriage they expressed the hope that they would live to be 90 because they were having so much fun together. Both of them had been widowed and knew the fragility of life together. They reached that goal and were blessed with nearly 18 years of marriage. Dad passed away January 19, 2021. Rose passed away on June 13, 2022. It remains to be seen if I will grow old like Rose. But she has given me a great example to follow. - *Bev Sullivan, from her blog, See the Beauty in the Ordinary*

<https://www.seethebeautyintheordinary.com/2022/07/i-want-to-grow-old-like-rose.html>



Celebrating Dad's 90th birthday

THANK YOU to our Therapy Department from an SMRC Employee

SMRC's therapy department is the BEST! All have gone above and beyond giving me good, honest advice since I've been back after breaking my femur in January. THANK YOU, therapy department, for your encouragement and wisdom as you've seen me graduate from walker, to cane, to hands-free! I know therapy does a standup job with our residents, and now I have also benefited. No need to break a leg to find out; take it from me that if you need therapy, SMRC can get you back on your feet! The doctor says another half a year for a full recovery, but I am well on my way and not looking back. -Stacie Klassen

We are not human beings having a spiritual experience. We are spiritual beings having a human experience.

Pierre Teilhard de Chardin, French Philosopher, May 1, 1881- April 10, 1955

ORGANIZATION OF & PARTICIPATION IN FAMILY & RESIDENT GROUPS:

You and your family members may organize resident and family councils. We will provide space for your meetings. A staff member from the facility will attend if invited. The staff will address written recommendations which come out of those meetings and which concern policy and operational decisions which affect your care and life in the facility.

For a full list of resident rights, call Becca Meitler at 620-543-2251.

**One of Your
Resident Rights**



There are 24 COMMONLY GIVEN vaccines provided periodically in the United States, not including the COVID vaccine. Each of the 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.

Possible side effects of COVID-19 vaccines are fatigue, headache, muscle pain, chills, and injection site pain. More people experience these side effects after the second dose. Side effects after vaccination is your body's expected reaction; it means the vaccine is working. Vaccines rarely cause long-term side effects. 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. **If you already had COVID-19, reinfection is possible**, so vaccination is recommended even if a person has previously been infected. People over the age of 65 have less than 50% protection against reinfection. Younger people have less than 80% protection against reinfection – but could spread it to others.

Sunday Buffet



August 14th
11a.m. –1:30 p.m.
\$12.95 + tax
All You Care to Eat

SALADS

Cole Slaw
Jello Salad

MAIN

Sunny's Famous
Fried Chicken
Roast Beef

EXTRAS

Mashed Potatoes and Pan Gravy
Peas and Carrots
Green Beans
Sunny's Homemade Zwieback
(also available for take-home purchase)

DESSERTS

Peach Crisp
Apple Crisp
Cherry Crisp
Ice Cream

Tea, Coffee and Lemonade

Sunny's Smash Burger Monday Mania!

Our Smash Burger is made with 2 flattened patties of Jackson's beef, flat-top grilled with fixin's, on a grilled sourdough bun.

All Burgers served with choice of:

Potato Salad or Baked Beans

Curly Fries, Onion Rings, or Sweet Potato Tots

& Drink; Extra side for \$1.50. No drink? Deduct \$1.00 from price.



The Original Sunny's Smash Burger **\$10.75**

2 Smash Burgers with Lettuce, Tomato, Pickles, & Grilled Onion on Grilled Sourdough Bun

The Original Sunny's Smash Cheese Burger **\$11.25**

2 Smash Burgers, American Cheese, Lettuce, Tomato, Pickles, & Grilled Onion on Grilled Sourdough Bun

The Sunny's PoBoy Smash Burger **\$11.50**

2 Smash Burgers with Grilled Bologna and Cheese, German Mustard, Lettuce, Tomato, Pickles, and Grilled Onion on Grilled Sourdough Bun

The Sunny's Bacon Cheese Smash Burger **\$11.50**

2 Smash Burgers with Bacon, American Cheese, Lettuce, Tomato, Pickles, & Grilled Onion on Grilled Sourdough Bun

The Sunny's Mushroom Swiss Smash Burger **\$11.50**

2 Smash Burgers with Swiss Cheese, Grilled Mushrooms, Lettuce, Tomato, Pickles, & Grilled Onion on Grilled Sourdough Bun

The Sunny's Angry Smash Burger **\$11.50**

2 Smash Burgers with American cheese, Sliced Cucumber, Lettuce, Tomato, & Grilled Onion on Grilled Sourdough Bun with Sunny's Famous Angry Sauce

The Sunny's Yard Bird Smash Burger **\$11.50**

2 Smash Burgers with American Cheese, Fried Egg, Mayo, Lettuce, Tomato, Pickles, & Grilled Onion on Grilled Sourdough Bun

The Sunny's Pulled Pork Smash Burger **\$11.50** 1 Smash

Burger with Pulled Pork and BBQ Sauce, with Lettuce, Tomato, Pickles, & Grilled Onion on Grilled Sourdough Bun

What Do You Love Most About Summer?

- Summer storms. After a long, hot day, nothing is better than a quick shower to cool everything off.
- Fireworks.
- Lightning Bugs.
- No school.
- Family vacations.
- Summer fruits.
- Swimming.
- Sunshine.
- Ice cream.
- Shorts & dresses.
- Getting away.
- Time off.
- Chill time.
- Long evenings.
- Barbeque!
- No socks!
- Morning coffee or a meal in the garden
- Wearing sandals
- Outdoor parties and games
- Picnics and picnic food.



**Enjoy a delicious
meal & support
Sunshine Meadows!**

**Sunny's Smash Cheeseburger
Drive-Through
By donation
Wednesday,
August 10, 5-6:30 p.m.**

**2 smashburger patties with American cheese, lettuce,
tomato, pickles, & grilled onion on a grilled
sourdough bun, served with chips
and Dana's ooey-gooey brownie
Tea, lemonade, or water**

**Order ahead: 620-543-5707
or drive through at the Sunny's parking lot**

