



December 2022

www.sunshinemeadows.org

620-543-2251

The Sunny Side of Life

The monthly family/staff newsletter of
Sunshine Meadows Retirement Community

400 S. Buhler Rd., Buhler, KS 67522

NOTE: Any SMRC resident can get a free ticket to any USD 313 event by going to their website: usd313.org

If you don't "do" websites, ask a staff member to help you.

See more photos of the Frolic on page 9.



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SENIOR LIVING: pages 7 & 11

We Welcomed:
 Patricia A. Jeanne R.
 Ken & Joanne L.
 Lucille H. Verla C.

We Said Goodbye to:
 Marion L., Dale S., Lucy H.

Resident Birthdays:
 Donna B. 01
 Janet B. 07
 Ruby G. 10
 Bobbie M. 13
 Art T. 20



Staff Birthdays:
 Carson Przymus 02
 Londa Tipton 04
 Angela Imel 05
 Garrett Price 11
 Holly Elliott 13
 Yvonne Wheatley 14
 Amanda Downtain 26
 Harold Wenzlick 30
 Victoria DeLaCruz 31

Please call 620-543-2251 Mon.-Fri., 9-4, for a list of those who'd

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
 Nathan Spencer, Facility Director:
 nathans@sunshinemeadows.org
 Stacie Klassen, Marketing:
 marketing@sunshinemeadows.org
 Mariah Schrader, Human Resources:
 hr@sunshinemeadows.org
 Carla Barber, Funding, newsletter:
 fund@sunshinemeadows.org
 Londa Tipton, RN, Director of Nursing:
 don@sunshinemeadows.org
 Rachel Perry, LPN, Care Manager:
 ry@sunshinemeadows.org
 Amanda Downtain, RN, AL Care Manager:
 almanager@sunshinemeadows.org



rper-



When gifting clothes or blankets to residents, please take them to laundry to label, prior to gifting them. Laundry staff can only return clothes marked with the owner's name, so **PLEASE** mark them before giving them to your loved one.

FUNSHINE PAGE



How many objects can you find? Look for:

top hat ~ money ~ moth ~ wooden block ~ 4 sailors ~ 10:10 ~ globe ~
suitcase ~ woven basket ~ medallion ~ telephone ~ purse

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. Find-it games are a convenient way to challenge your visual skills. And they're a lot of fun!

Humor

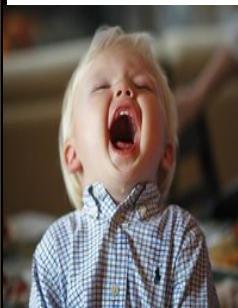
Why aren't koalas really bears? They don't meet the koalafications.
What do Alexander the Great and Winnie the Pooh have in common?
They have the same middle name.

What do you call bears with no ears? B—.

I told my physical therapist I broke my arm in two places. He told me to stop going to those places.

A woman in labor suddenly shouted, "Shouldn't! Wouldn't! Couldn't! Didn't! Can't!" Her doctor said, "You're beginning contractions."

You know you're getting older when you have a party - - and the neighbors don't realize it.



“ I WILL BE THERE
This Year ”



This year, Powerback Rehabilitation is committed to helping our clients enjoy a safe and successful season with their loved ones.

Ask for :

Physical Therapy,
Occupational Therapy, or
Speech Therapy treatment
to prepare for family and
friend functions.



Board member
Mary Frazier shares
an activity with
residents.



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

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.

A Fun Themed Meal!



Residents enjoyed a meal consisting of foods beginning with the letter "B", such as Blue Lagoon salad, Bartlett Pear salad, borscht, bubble bread, broccoli, butter beans, baked potatoes, bierocks, beef parmesan, and blueberry bread pudding. Everyone enjoyed the variety and the decorations, making an everyday meal something different and special.



YES, Christmas is coming, BUT—
items such as air fresheners or spray, and live greenery, such as wreathes or trees, are not allowed in the facility, per fire code.

DECEMBER SENIOR CENTER MENUS

December 1

Baked Buhler Sausage
Mashed Potatoes and Gravy
Carrots
Sweet Kraut Salad
Cherry Moos
Zwieback

December 8

Roast Beef
Buttered Potatoes
Green Beans
Orange Dreamsicle Salad
Cup Cake
Bread with Butter

December 15

Chili with Cheese
Dill Pickles and Sliced Onion
Baked Apples
Frosted Cinnamon Roll
Cornbread Muffin with Butter

December 22

Broccoli Noodle Bake with Ham
Steamed Carrots
Tossed Salad
Nobake Cheesecake with Cherries
Breadsticks

December 29

Chicken Fried Steak
Mash Potatoes with Cream Gravy
Peas and Carrots
Oranges
Cherry Pie
Grilled Garlic Toast



Blast from the past! Thanks to Powerback Therapy for this great montage!



Please join us in celebrating

**SAVE the
DATE!**

The Days of Our Lives



*Every day is a
new adventure.*

**Friday,
March 3,
2023**

Doors open at 5p.m.;
bingo begins & buffet
line opens at 5:30;
live auction begins at 7.

SandHills Center
4601 N. Plum St.,
Hutchinson

Call 620-543-2251
to order tickets,
or go online at

www.sunshinemeadows.org

A delicious meal, bingo, live
auction, fun with friends, and
the chance to help the elders
in our community suffering
with dementia to see each day
as a new adventure.

**Sunshine Meadows'
Annual Gala**





Let's Frolic!



The nice weather helped this taco (AKA Nathan Spencer) serve tacos to others during the event.

Staff members, including a crew from Sunny's, helped sell food at the annual Frolic in downtown Buhler.

Making Tuesdays & Thursdays something to look forward to!

TUESDAYS

11a.m. -2p.m.

THURSDAYS



Every Tuesday, build
your own taco salad!
Fast & friendly service.
\$8.50+ tax

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

FREE DELIVERY

620-543-5707 for orders
of 5 or more in Buhler
400 S. Buhler Road, Buhler



Inside Sunshine Meadows

Small Acts of Kindness

Leave a positive note for a stranger.

Write a thank-you letter.

Take food to someone.

Share a good book you've read.

Let someone go before you in line.

Ask if you can bring anything from the store.

Tell someone how much you appreciate them.

When in a fast-food drive-through, pay the bill of the person behind you.



GOING ABOVE & BEYOND for SUNSHINE MEADOWS

Coding for billing in the nursing home world is not an easy task. The ideal biller needs to not only understand financials, but also nursing procedures and codes. SMRC's billing specialist, Tina Mandeville, felt frustration when she was sometimes unable to receive payment from Medicare or Medicaid for services she knew were performed for patients. She decided she needed more training.

"The purpose of my taking this course was to bring in money for SMRC that was rightfully due; I was noticing common billing errors from the billing company. All I wanted was to be able to collect the maximum amount for the home, since we are a not-for-profit organization."

After six months of study and hard work, with a course load including Professionalism in Allied Health, Introduction to Human Anatomy & Medical Terminology, Insurance and Billing, and Coding Essentials, on November 19, 2022, Tina passed her National Medical Coder and Biller Certification exam.

A coding and billing specialist helps the healthcare facility manage insurance claims, statements, and payments. The day-to-day work of a medical coding and billing specialist includes properly coding services, procedures, diagnosis, and treatments, preparing sending statements or claims for payment, and converting patient treatment and diagnosis information into numerical codes that payers use to make reimbursement decisions.

Congratulations, Tina, for passing this difficult course, and for your passion for recovering all of the rightfully due funds to Sunshine Meadows. You are now a full-fledged Coding and Billing Specialist!

Blast from the past!

Thanks to Powerback Therapy for this great montage!





Toss the Pumpkins, Bring on the Bells

Isn't Thanksgiving fun?

There's lots of wonderful food, laughter, sharing stories and



family time with minimal decorating and shopping. What about the tasty leftovers that can be enjoyed for days afterwards? I can't get enough of the pumpkin pie, with Cool Whip or real whipped cream, pecans, Heath Bar, or plain — no matter how it's prepared, it tastes heavenly, especially with sips of piping hot coffee. Then it ends, and we toss the pumpkin decorations.

We turn the calendar, to hear the Christmas bells ring. Christmas is wonderful, but it can be exhausting with all of the shopping, making lists, menu planning, coordinating dates and events, visiting, hosting, traveling, looking at Christmas lights, and of course, decorating.

When we were children, we simply saw the excitement of the season. As adults, Christmas becomes more work. Daily life can be hectic enough; trying to stage special memories, though fun, can sap the energy out of the best of us.

What a contrast to the first Christmas, when the single star shone, and angels announced the birth to shepherds, who arrived with no gifts. Mary and Joseph didn't deck the halls or prepare a feast. No cards sent, no formalities; just a visit from the shepherds. Later, wise men brought wonderful gifts, but no human was in charge of this first night, this origin of Christmas. God made these plans in this design, in order for all mankind to reflect upon his sovereignty. This simple event changed the course of the world.

So let's reflect, celebrate, let go and rejoice in what the Christmas season allows us to be part of. Let's continue to ring the joyful bells.

Merry Christmas— Keith Pankratz, CEO

The Best Santa Jokes to Tell at Christmas

- How do you wash your hands over the holiday? With Santatizer.
- Why is Santa afraid of getting stuck in a chimney? He has Claus-trophobia.
- Why does Santa have three gardens? So he can hoe hoe hoe.
- What does Santa do when his elves misbehave? He gives them the sack.
- What do you call a kid who doesn't believe in Santa? A rebel without a Claus.
- What nationality is Santa Claus? North Polish.
- How much did Santa pay for his sleigh? Nothing. It was on the house.
- How can you tell that Santa is real? You can always sense his presents.
- Why will Santa go down your chimney on Christmas Eve? Because it soots him.
- If Santa and Mrs. Claus had a baby, what would he be? A subordinate Claus.
- What does Santa spend his hard-earned salary on? Jingle bills.
- What brand of motorcycle does Santa ride? Holly Davidson.

Have you heard about the
Wildflower Inn?

Owned by Sunshine Meadows, not only is it the only option for overnight stays in Buhler, it's a fun, attractive place to visit. Innkeeper Monique is a seasoned professional. The Inn offers three attractive bedrooms and lovely common rooms. **Check out the amenities on Facebook.**

ALSO: Call to reserve a dinner for four to twelve people.

Full gourmet hot breakfast: \$19
 each

Fondue bowls & serving board:
 \$79 per couple

Order a Charcuterie board: \$75

Reserve accommodations for Christmas now! Rooms are \$95-\$125 per night.



**NUTCRACKER
 CHRISTMAS TEA**

December 10th

12:00—1:30 p.m.

\$25 per person

Call for reservations

Wildflower Inn
406 West Ave. A, Buhler, KS
620-543-2248