

Sunny Side of Life

January 1, 2020

Sponsoring Churches/Board of Directors
 Buhler MB-Mary Ellen Jantz, Charlotte Smith,
 Velma Goertzen
 Buhler Mennonite-Deanna Siemens
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 Bethany Nazarene-Kay Scheel
 Crossroads Christian-Open
 Buhler Methodist-Joe McGowen
 Victorious Life-Pam Turner
 At large-Cameron Kaufman, Clem Kilpatrick, Mary Frazier

Sunshine Meadows Retirement Community - 400 S. Buhler Rd. - Buhler, KS 67522 - 620-543-2251

One-On-One Attention & Friendships Make Such a Difference

Sunshine Meadows has greatly benefitted from the Buhler High English class which does a senior project on a topic that they are passionate about. This past year, Connor Compton and some of his classmates chose our facility. They have the year for research, and at the end, will make a class presentation. A good deal of their grade is determined by this project. They first contacted our Activities Director, Melanie Koehn, asking if it would be okay if they came and visited with our residents who had no family members visiting them. Melanie suggested they come to Men's Coffee, held weekly in Assisted Living on Wednesday afternoon, to visit and play Dominoes with the men. The thought was that if that went well, she would see if others among our residents would be interested in visiting with them.

The young men now spend one day a week here, playing dominoes in Assisted Living one week, and the next week visiting with men and women living in the nursing neighborhoods. They arranged with the Home and the family of one resident to take him for a ride in a Gator (a four-passenger, four-wheel drive vehicle). Melanie said the young men were "just floored that there

are actually people living here who get no visitors. They want to help change this, so that is where the idea came from to give (one of the residents) a ride on the gator. When the weather is nice they also want to take him out on a motorcycle ride. They want to take (another male resident) out for a ride too. The young men really enjoy what they do and want to do more to assist in any way they can. They mentioned taking the men out fishing, on rides, playing games, etc. There are also three

girls who come every Tuesday and Thursday to visit with residents, as part of this same project. They stayed all through our Tuesday Coffee Hour as well. This last Thursday, they came and played Skip-Bo with (a resident). I hope this continues through the spring till the end of the year, and then will pick up again next year with some new young people. All of these kids are seniors, so it will end when they graduate." Melanie hopes another group of young people will be willing and eager to take their places.



We said Goodbye to...

We Welcome...

Emmett Bates
 Leona Cutliff

Cindy Armstrong
 Reba Jansen



Residents...

1/7: O. Krehbiel
 1/8: P. Richert
 1/13: J. VanVoorhis
 1/14: E. Jones
 1/17: J. Lyle
 1/20: R. Jansen
 1/22: F. Spencer
 1/22: D. Kjeldgaard
 1/27: K. Nye

Staff...

1/4: Jennifer Belcher
 1/5: Treva Jones
 1/6: Suzie Parrott
 1/10: Sydney Stoll
 1/16: Kaylie May
 1/18: Melanie Koehn
 1/19: Kaitlyn Graham
 1/21: Carolyn Reissig
 1/25: Kristyne Burton
 1/26: Abbie Gossett
 1/27: Nathan Spencer
 1/28: Bradley Stohr
 1/30: Triston Avery



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Meeting Our Neighbors

With Judy Dickinson

Some people join the Navy to see the world, but Bryan Griggs didn't follow that path. Instead, he became a teacher, experiencing the world in a unique way.

Bryan was born in Oklahoma City and lived in Yukon, Oklahoma until first grade. Then his family moved to Perryton, Texas for two years, and in 1960, moved to Hutchinson. Bryan's dad, John II, who worked in insurance, was a constant, active presence in his life and the lives of his brothers. Bryan's childhood was wrapped around activities at church and participation in the youth group, along with 4-H projects, camping out and sleeping in sleeping bags, and listening to his transistor radio. Bryan used to play in the hedgerows with his two brothers, Andy and John III, near their home just off North Monroe. The young man rode his bike downhill without having to peddle on 56th and 43rd streets, which were unpaved country roads covered with sand, to Prosperity School and uphill toward home.

After graduating from Buhler High School, Bryan attended Hutchinson Community College and transferred to Emporia State University, where he earned a degree in Elementary Education. Bryan had pursued music as his major for about three and a half years when he made the change to education, so he was in college for about seven years. Later on, he took classes at Framingham State University in Framingham, Massachusetts, and received his Master's Degree in International Education.

Bryan's teaching career began in Hutchinson; later, he was employed in Satanta, Kansas. With that experience, it was time to spread his wings and begin his journey through the world. Monterrey, Mexico was his first stop; he taught there for four years, then a year in Honduras, followed by six years in Bangkok, Thailand, a year in Waterloo, Belgium, and two years in Taichung, Taiwan, with a brief stint in Shinju, Taiwan. He taught various age groups, from kindergarten through sixth grade. After nearly fifteen years abroad, the traveler came home to the States and taught in Hutchinson and Garden City until he decided it was time to retire.

When Bryan had the time and opportunity, he traveled throughout the world to many amazing places:

Bryan's love for music was not wasted. He still plays his mother's piano in his apartment in Assisted Living and plays for the chapel programs and at other activities

London, England; Okinawa, Japan; Belize; Mexico; many places in Belgium; the Netherlands; Germany; France; Bilbao and Burgos, Spain; Singapore; China; and islands off the coast of Thailand, as well as several places in Thailand: he has fond memories of traveling in the country, meeting hill tribes, staying in a village there, and riding elephants.

Bryan enjoyed being in Mexico and learning more about the Hispanics, Aztec Indians, and Incas. Bryan studied the Spanish language and conversed with folks who befriended him along the way. He enjoyed visiting a place in Belgium, where he took his students for a week-long field trip, which included many WWI sites and cemeteries. Bryan noted that the cemeteries were kept clean and in good condition because the locals appreciated the efforts of their allies, especially the ones who died there. The students were able to walk in trenches where the WWI soldiers walked. Oftentimes, farmers would dig up mortar shells from the war and set them beside their driveways, where they would be picked up.

Bryan's years studying music were not wasted. He still plays his mother's piano in his apartment in Assisted Living, and plays for the chapel programs and other activities at Sunshine Meadows. Through the years of his international teaching career, he used his musical ability in various church choirs, as a church pianist, and had the male lead role in musicals more than once. He planned programs for his students. During one of those programs, he and all of the students were dressed as clowns; the students' mothers applied the make-up. He still has his clown costume and used it in later years for Halloween.

One special blessing is the fact that so many of his students stay in touch with him on a regular basis through Facebook. Bryan never married, but said his students became his children. In fact, one
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Resolutions That Stick: "This year, I'm going to stop worrying so much, and share the joy of the small moments." "I will get in (physical, emotional, spiritual) shape, once and for all." "I'll stop spending beyond my needs and/or means." "I'll get along better with my family." "I'll start that (hobby or business) I've always dreamed about."

Have you made a resolution similar to one of these? Some of us want to lose weight, become more

Prairie Star Dental provides service to all SMRC residents, with dental cleanings at SMRC available every six months, & transportation to Hutchinson provided for extractions, fillings and other issues. Medicare/Medicaid insurance is accepted. All clients are on a sliding scale & only charged according to their ability to pay with monthly funds allocated.

organized, or quit smoking. Others want to find a sense of purpose, more work/life balance, the courage to leave an unfulfilling career and start over. Whether it's New Year's Day, an important birthday, or just because we're fed up, at some point we vow to make that one leap or give up the thing that plagues us. To follow through with the goals set for 2020, one must change perspective, attitude, and behavior! Appreciating where we have been is a major key to moving forward. Every situation and relationship from your past has taught you something useful, and has made you who you are today. Now notice those things that have outlived their usefulness. What keeps you stuck? What stops you from living your deepest dreams? Recognize the obstacles to achieving the changes that you choose for your life. Begin to make mental notes of all of those things that you are ready to release. Where are you still holding resentment toward another? Toward yourself? Say goodbye to hostilities and grudges of the past that fester inside and keep us from surrendering to all that is life-affirming and new. Let us embrace lightness and freedom. You and I can begin again. Our God is the God of second chances! What better time to start than now? - LeNora Duerksen, Chaplain

With around 85 residents living here, keeping track of personal belongings can be a challenge! Families can help by taking new clothing to the laundry department for marking, and adding anything valued at \$25 or more to the inventory list on the back page of the charts at the nurses' station BEFORE leaving the item in the resident's room. All cash is to be kept in the business office, where it is always accessible during normal business hours, and through the nurse's station on weekends and off-hours. Sadly, some fine new Christmas clothing is stuck in the laundry, as it wasn't marked. There is a rack outside the laundry room from 6 am to 2:30 pm Monday—Friday; please look through it to see if any of your family member's clothing wound up there! -Thank you! - Laundry Department



With flu season upon us, we ask, for the protection of our family of residents: PLEASE don't visit if you are sick.

BRYAN Continued

student named his first son after Bryan. Because it is part of the culture to label good friends with a term of endearment, such as Aunt/Uncle, Bryan has three Chinese grandsons, who want to come and visit him in America, and one Indian granddaughter. One young lady from Thailand, with impressive language skills, came to Hutchinson when Bryan lived there, to visit with him on her spring break.



Who would have thought that the young man riding his bike around Hutchinson would grow up to travel the world and teach children around the globe?

Some might consider Bryan's an ordinary life by some standards, but it seems extraordinary in many ways. The Dalai Lama XIV is quoted as saying, "Share your knowledge. It is a way to achieve immortality." Bryan's teaching history is far reaching. He can't go many places without running into a former student! Thanks to Bryan and to all teachers for giving so much of themselves to their students. The knowledge you shared is indeed your legacy.

Bryan Griggs

January 2020 Sunny's Specials

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Sunny's Café</i> inside Sunshine Meadows Retirement Community serves breakfast all day, and fresh homemade desserts. Sunny's takes special orders for cakes, pizza, zwieback, & cookies.		daily specials, Open M-F 7-7 Open Sat. 7-2	1 CLOSED <i>Bring on the NEW YEAR!</i>	2 Smothered Pork Chop Dinner	3 Fried Taco Dinner	4 <u>2/\$10</u> <u>Sunny's Famous Burgers</u>
5	6 Grilled Reuben With Potato Salad	7 Build your own Hoagie Sandwich With Salad	8 Cajun or Lemon Pepper Tilapia with Rice Pilaf	9 Chicken Fried Steak Dinner with Texas Toast	10 Build Your Own Chalupa	11 <u>2/\$10</u> <u>Sunny's Famous Burgers</u>
12 <i>Fried Chicken Buffet</i>	13 Chicken Cordon Bleu Sandwich with Pasta	14 Baked Potato Bar	15 Buffalo Chicken or Southwest Chicken Wrap	16 Liver & Onions With Texas Toast	17 Steak or Chicken Fajita Dinner	18 <u>2/\$10</u> <u>Sunny's Famous Burgers</u>
19	20 3 Cheese Grilled Cheese with Tomato Basil Soup	21 Pasta Bar or ½ Pasta Bar with Salad	22 Pulled Pork Dinner with Calico Beans and Potato Salad	23 French Dip Sandwich with Salad Bar	24 Shredded Pork Chimichanga Dinner	25 <u>2/\$10</u> <u>Sunny's Famous Burgers</u>
26 Now Serving JACKSON MEAT	27 Chicken Strip Dinner with Texas Toast	28 Build Your Own Omelet	29 Beef or Chicken Teriyaki With Rice	30 Chicken Marsalla	31 Taco Salad	400 S. Buhler Rd., Buhler, KS. Open to the PUBLIC!

\$12.50 + tax

Seniors: \$11.95

Children under age 10: \$7.95;

Under age 2: free.

SMRC Residents:

\$10.80

Sunday Buffet



January 12th, 2020, 11-1:30

MENU:

Starters

Layered Salad, Coleslaw, Cherry Applesauce Jell-O Salad

Entrees

Sunny's Famous Fried Chicken, Salisbury Steak

Sides

Mashed Potatoes and Chicken Gravy

Seasoned Green Beans, Cream Cheese Corn

Zwieback and Cheesy Biscuit

Dessert

Apple Crisp ~ Cherry Crisp ~ Ice Cream with Toppings