

**The monthly family/staff newsletter of Sunshine Meadows Retirement Community**  
400 S. Buhler Rd., Buhler, KS 67522 [sunshinemeadows.org](http://sunshinemeadows.org) 620-543-2251

## **Briefs from SMRC Board**

Organizations who have a need to borrow capital funds from time to time are required to have annual financial audits. Recently an audit was completed and a report given to the SMRC Board. This becomes a standard accounting procedural report. Considering the times, our auditor reported that our organization is financially stable. We continue to maintain efficiencies in the operations, while gearing up to increase occupancy on campus in order to remain healthy into the future.

SMRC is a member of the not-for-profit advocacy association called Leading Age Kansas. Rachel Monger, L.A.K. CEO, attended our June board meeting to bring a state-wide report. She reported that \$167M additional funding towards senior services was awarded for fiscal year 2024. L.A.K. advocacy paid off well this year in order to get Medicaid funding more in line with actual costs. In addition to working government affairs, L.A.K. provides education solutions, seeks out partnerships, monitors regulatory and legal issues, as well as, offers scholarships for leadership training. Monger comments "The stronger the long term care providers are, the stronger we are as an association".

The SMRC board was given a briefing on a new hospice service starting up in July. Progressive Healthcare Alliance (PHA) is a collaboration of 15 long term care homes in this part of Ks. PHA recently purchased a small hospice company and now plans to expand those services in the Alliance region. We are excited about this new service called Community Care Hospice that will provide our in-house hospice services to the residents if or when needed.

The SMRC board is made up of 9 members representing our sponsoring churches plus a few at-large from the community. Bill Anderson, Sterling, has joined the board as our newest member. The Board is very supportive of the mission as they desire to have one of the best elder care options in the state of Kansas.

Keith Pankratz, CEO

**In June We Welcomed:**

Maurine J            Vic K  
Frank V

**We Said Goodbye in June to:**

Shirley C            Joe K  
Lillian D

**Discharged in June:**

Fred S

**July Resident Birthday:**

Richard S 12  
Roberta C 14  
Gilbert P 15  
Judy H 25

**July Staff Birthdays:**

Michelle Hardin 2  
Ciera Rios 9  
Madalyn Wenzlick 10  
Margaret Swanner 13  
Becca Meitler 13  
Katelyn Anderson 15  
Daci Carter 16  
Stacey Thomas 18  
Makayla Parsons 20  
Hanna Alvarenga 22  
Ashley Mahoney 22  
Mitchel Cross 27  
Mandy McFarland 30  
Hazel Brott 31  
Cody Bunce 31



**PLEASE  
LABEL ALL  
CLOTHING  
WITH  
RESIDENTS  
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

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# Welcome our new Board member



Introducing our new Board Member, **William Anderson**. He currently works at Sterling College as an assistant professor in the teacher education department. He retired from the public school system in Kansas after 29 years, serving as a superintendent, principal, athletic director, and special education instructor during his

tenure. He holds a Bachelor of Arts in secondary physical education; a Master of Arts in School Leadership; and a doctorate in Educational Administration from Wichita State University. He is a proud Dad of three girls. Bethany(23), who is a secondary English teacher living with her husband in Missouri. Morgan(22) who will be graduating next year from the nursing program at Hutchinson Community College, and Aubrey (21) who is a junior at Sterling College majoring in Business/Theater education. He enjoys teaching, reading, and serving in his church. He spent some time working at SMRC as a CNA and he is looking forward to serve on the SMRC board.

A background image of a fireworks display at night. The sky is dark, and there are many streaks of light in blue and gold, radiating outwards from the center.

Fireworks Display  
Tuesday July 4th  
9:30 PM  
SMRC Parking Lot

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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**

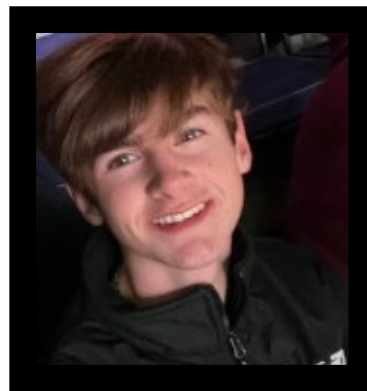


*We are excited to have you join our family!*

*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!*



Willow Schlatter  
CNA



Cody Bunce  
Dietary Aide



## THESE HANDS . . .

By Marlene Rempel

These hands played with my little sister, Charlene (people always thought we were twins). We played making mud pies, and of course, we had dolls because we were mommies. That tells you we (my family) didn't have much money - playing house was all we knew to do.

THEN we found out Charlene could hear a song and then she could play it on the piano. Sometimes we sang duets and she played the piano. I sang the lead and she also sang alto. I remember the first time we sang in public. We sang a duet at my older sister's country school, "Away in the Manger." So my hands learned to do things (housework) while Charlene played the piano. Charlene and I were best of friends.

We were poor and didn't even know it. I remember my hands choosing a new winter coat (mine was pink and Charlene's was blue). This coat was very special as my older sister took my mother, Charlene and I to Broken Bow and bought us coats. This was the first time I remember going into a store to buy clothes, so it was very special to touch new clothes.

My hands went with me or took me to see many things. I used my hands to learn to type that led me to work for attorneys Beatty, Clarke, Murphy and Morgan in North Platte, Nebraska, for three-and-a-half years. Then they led to other things - marriage, having four girls; they (my hands) changed diapers, etc. for a good many years.

God gave me these hands, and they have been with me and gave me a good life, many experiences.

Charlene was my sister and best friend until 2022 when she went to be with the Lord, and she is waiting for me now.



Written in March 2023



Rae Lynn, one of our residents, heard knocking at her window. When she looked to see who it could be she saw a raccoon. It had eaten all the bird food and wanted more.

*Beautiful young people are accidents of nature, but beautiful old people are works of art.*

— Eleanor Roosevelt



Stacie: John Naramore here. I have come by to thank Sunshine on behalf of you for your and its many years of caring for Tommie Larsen. It was a pleasure doing business with you all, and my appreciation for what you all did is great. My best to you all. Thank you, Thank you!, John Naramore.

I wanted to pass on a nice comment from Les Richardson. I attended Phyllis's funeral service in Nickerson on Sat. I met Les there and we chatted a bit.

He commented, "Don't get rid of any of your staff, they are the BEST. They all are doing a wonderful job caring for all the residents." Keith Pankratz

Phyllis will be missed.

Ladies, Thank you so much for your thoughtfulness. There's not enough words to describe just how thankful and blessed you all are to our family. You gave us a ray of sunshine during our storm. May God continue to bless you. Keith Family



To the Admin and Staff at Sunshine Meadows. It will soon be 1 year since our mom, Rose Epp, left her home with you and joined Jesus in heaven. We want to thank you profoundly for the many ways you cared for and loved her in her last days. May God bless as you continue your service to the elderly! With gratitude, Mary Trego, for all of Rose's children.



## CONGRATULATIONS!

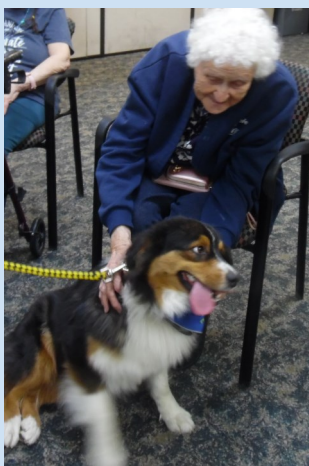
Readers of the Hutchinson News and Hutchnews.com have made their choices for the top businesses in the **Best of Hutchinson 2023**. I am happy to tell you, **Sunshine Meadows Retirement Center** has been selected as one of the top local businesses in the **following categories** during the May nomination round.

- **Memory Care**
- **Assisted/Senior Living**
- **Retirement/55+ Community**
- **Place to Work**

This means, your business will be moving on to the Voting round which will determine the business named **BEST OF HUTCHINSON**. Voting will begin on July 6th.

*Is the **Activity Department** just about fun and games in a Nursing Home?*

There is a lot that goes into making up the Activity Department. Yes we do have Fun and do Games but a lot of planning goes into making this happen. There are four Activity Personnel that make up the team here at the Sunshine Meadows Retirement Community. **Liz Keith** has worked here for 7 years and does a great job putting together our calendar of events such as movies, manicures and of course we can't forget the Popcorn she makes for all to enjoy on Fridays. **Julie Christian** has worked here for 5 years and does a great job working with residents and visiting with them on a one to one basis. You can always find Julie playing Bingo with the residents. Julie is the one who is in charge of this and does a fantastic job calling it or you could find her painting their nails. **Jody Anderson** has worked here for 18 years and works mostly with the Assisted Living residents on different activities and also helping do activities in Independent Living as well. I must say our department works **GREAT** together and everyone gets along well with each other. Much laughter can often be heard coming from this office. We like to try and do something special each month for our residents whether this is doing Ice Cream Floats, Going on a Bus Ride or Going to get Ice Cream from town we try to do something fun and engaging. During the School year we do something each month with a different grade plus once a month we go to Prairie Hills Middle School to play



games with the students. Jody also takes Assisted Living and anyone from Independent Living to Walmart once a month. During the Summer we like to go outside as often as the weather will allow us to. The residents like to go outside to sit on the swing or sit on the patio and just enjoy the flowers and many times you can even find some of the men outside helping to plant flowers or pull weeds. We finally have enough men that I now have a Men's Chat Time on Thursday Afternoons. The topics we cover are often very informative but fun. We all look forward to Monday Afternoons and Tuesday Evenings when we have an evening bingo time. Having a Dog



Kennel Club come once a month to share their dogs with us is a great interest of the residents. Also we have a couple of birds that help to keep the residents entertained along with our large Fish Tank in the Wheatland Activity Area with several different kinds of

fish in it. Many times if you come to visit a family member and come through the Wheatland Activity Area you will see several residents sitting at tables in the Wheatland Activity Area working on different jigsaw puzzles. This is a favorite pastime of several of our residents. Also our ladies look forward to coming to have their nails manicured every two weeks. We do one hall one week and then the other hall the next week. Our Nail Color Palette I think we could safely say could be up with the best Salon. Also every Wednesday Afternoon you will find residents gathering in the Activity Room to sing along to different songs from their past. Whether it is Big Band Music we sing to or the Old Time Country Western Music it always brings back memories of a better and more fun time. A time when life was slower and there was time to enjoy the little things. Monday Mornings we have a Good News Hour. As I have listened to our residents talk about their past life I have often stood in **AWE** of what they have all accomplished in their life. Our residents are a very **TALENTED** group of people and deserve to be recognized for all that they have accomplished. Also another time to listen to our residents is when we celebrate their Birthday. We celebrate their birthday on their day if possible and this is a time when we also learn a lot about them. We ask them what



their favorite dessert is and if it is within our power we will make it for them. Also our residents look forward to Tuesday Mornings when Liz plays games with them. This usually consists of either Wii Bowling, Corn Hole or some kind of Table Game like Shuffle Board. These always bring out the laughs in our residents. Throw in Cooking Activities, Chapel Services and any special activities that we have on Campus makes for a busy life here at SMRC. Many times we have people come to give us concerts, or some of the different Hospices come to do arts and crafts with us and other fun activities. These are always looked forward to. Friday afternoons are considered to be Popcorn Fridays and Liz is our Popcorn Queen who is always in charge of making the popcorn for residents and staff alike. Down in Assisted Living Jody keeps the residents down there interested in doing Word Puzzles and sometimes Intricate Arts and Crafts. Many times I have marveled at the intricate crafts that they make but they have turned out some very beautiful pieces of Art. As you can tell we aim to keep everyone living their best life and have fun while they are at it.



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We do a monthly calendar and often finish only to start on the next month as soon as we finish the present month. One of our highlights this past spring was when we had our Senior Prom. So Much work went into putting this together but it was so **WORTH IT!!!!**

I heard many compliments from residents and families alike that came to enjoy it with us. We as the Activity Staff would like to give a **HUGE SHOUT**

**OUT TO TILLIE** our Volunteer. She was the force behind helping us put everything together and hanging all the lights and decorations. Which was no easy feat. We could have never pulled it off without her help. Tillie comes in to Volunteer with our department every Thursday and Friday. She does a little bit of everything



and helps out wherever she is needed in whatever capacity we need her to fill. We also must give a Shout Out to the Hospice Ladies that came to do our ladies makeup and the Flag Theater dress lady for loaning us the beautiful dresses for our ladies to wear. The Activity Department also works together with the Dietary Department to do Fun Meals or have Eric and his staff make us his homemade Pretzels, New Years Cookies or in late Summer he always makes us Crullers to go with Watermelon. As you can tell, many hands work together to make fun for our residents. I could never do this job without the help of my girls. So if

you ever stop in to see your family member and cannot find them, be sure to go and look for them in the activity room. You just might find them enjoying doing something fun and feel free to even join us in our fun. **Melanie, Activity Director**



We exceeded our goal for the blood drive we hosted on June 16th! Thank you to all who came out! One thing we learned this time is that a lot of the older rules have changed as technology has improved! So if you have been turned down in the past, please consider trying again! You can always check a current list of eligibility requirements online at [www.redcrossblood.org](http://www.redcrossblood.org) or call (866) 236-3276 if you have specific questions. We plan to do this quarterly, so keep an eye out for future donation opportunities!

Here is the impact we have made so far as the "SMRC Team"!



Sandy, one of our residents, showing off her love for cross-stitch. She has made some beautiful quilts and dish towels. She says she can do it on 'anything'. Just bring her something and she'll cross-stitch on it. It's wonderful to see the hobbies our residents are enjoying and sharing with us.

"Life lived amidst tension and busyness needs leisure. Leisure that recreates and renews. Leisure should be a time to think new thoughts, not ponder old ills."

**C. Neil Strait**



*Sunday*  
**BRUNCH**  
—  
*COMING SOON!!!*  
—



Sunday Monday Tuesday Wednesday Thursday Friday Saturday


# JULY

2	Chicken Salad on a Croissant Fruit or Chips	3		4	Build Your Own Sandwich Ham Turkey Roast Beef w/ Chips	5	Pepperoni Cheese All Meat Supreme Breakfast Style Side Salad	6	Pulled Pork Baked Beans Potato Salad Texas Toast	7	8
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9	Spaghetti and Meatballs Green Beans Breadstick	10	Taco Salad	11	Brisket Dinner Mashed Potatoes Gravy Corn Texas Toast	12	Pepperoni Cheese All Meat Supreme Hawaiian Side Salad	13	Chili Cheese Dog w/ Pasta Salad	14	15
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16	Meatloaf Dinner Mashed Potatoes Gravy Green Beans Texas Toast	17	Taco Salad	18	Chicken and Noodles Mashed Potatoes Corn Texas Toast	19	Pepperoni Cheese All Meat Supreme Chicken Bacon Ranch Side Salad	20	Ruben Sandwich w/ Chips	21	22
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23	Gyro Lamb or Chicken w/ Pasta Salad	24	Taco Salad	25	Chicken Fried Steak Mashed Potatoes Gravy Corn Texas Toast	26	Pepperoni Cheese All Meat Supreme Cheeseburger Side Salad	27	Meatball Sub w/ Chips	28	29
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30	Tuna Melt w/ Chips	31									
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