



The Sunny Side of Life

The monthly family/staff newsletter of
Sunshine Meadows Retirement Community

June 1, 2020

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

www.sunshinemeadows.org; 620-543-2251; 400 S. Buhler Rd., Buhler

Drop off non-perishable deliveries M-F, 9 to 4, @ front door; call so we can pick up. See website/call for a list of essential items.

What Makes A Dad

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun, The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages, The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need;
Then God combined these qualities.
When there was nothing more to add,
He knew His masterpiece was complete,
And so, He called it...Dad.

We Welcome:

Darell Richardson
Ruth Duscher

We said Goodbye to:

Thelma Northern
Jackie Miller

Resident & Staff Birthdays:

Residents

6/2: Norma Rueter
6/13: Lillian Dueck
6/14: Shirley Cuckler
6/17: Don Voth
6/19: Paul Medina
6/23: Barb Evans
6/27: Lenore Postier

Staff

6/1: Stacey Lewis
6/4: Christopher Weast
6/7: Tiffany Green
6/9: Jocelyn Sofitley
6/12: Eric Beye
6/18: Christopher Janzen
6/19: Debra Thompson
6/21: Mindy Edwards
6/23: LouAnn Voth
6/24: Elizabeth Ullom
6/26: Amy Ackerman
6/26: Shelly Smith

Need something to do in lockdown? If you would like to send cards to some of our residents, please call SMRC at 620-543-2251 Monday-Friday, 9-4, for a list of those who would really appreciate a note. If you live nearby, you may drop them off (see above info); otherwise, mail to SMRC address. See page 3 to get inspired.

What Makes A Dad? - Keith Pankratz, Administrator

This poem applies to all the men living on campus. We are grateful for all of them. Those age 90+ are referred to as the Greatest Generation, because they have been great examples to the younger men on how to navigate life: men of character, men of understanding, men who have experienced hard issues of life (the Great Depression and WWII) and endured. We extend our gratitude to the men of Sunshine Meadows, as they teach us much when they share their life experiences.

Happy Father's Day.

Keith Pankratz, CEO

keithp@sunshinemeadows.org
Rita Black, Human Resources
hr@sunshinemeadows.org
Londa Tipton, RN, Director of Nursing
don@sunshinemeadows.org
Debra Thompson, RN, MDS Coord.
mds@sunshinemeadows.org
Rachel Perry, LPN, Care Manager
rperry@sunshinemeadows.org
Krista Crawford, LPN, MCU Care Mgr.
kristac@sunshinemeadows.org
Amanda Downtain, RN, AL Care Mgr.
almanager@sunshinemeadows.org

Meeting Our Neighbors

-With Judy Dickinson

Terry Mitchell was raised on a farm near Clay Center, graduating from Clay Center High. One special memory from his school days was at age 10, when he began the highly competitive sport of Blue Rock Trap Shooting. Terry was on five All-American teams. He loved hunting, enjoyed working with his bird dog, and began his life-long love of horses. He recently sold his last horse. A second, very special memory, was meeting Nancy, whom he later married. Nancy lived 10 miles west of Terry's folks' place. He was a senior and she was a freshman in high school. They attended dances on Friday or Saturday nights and their courtship grew from that time forward.

After high school, Terry worked in Farmington, New Mexico for a while, but then came back to Clay Center. Meanwhile, Nancy pursued her degree and became a Registered Nurse; then she and Terry were married. They lived on the farm for several years, where they raised wheat, milo, sheep, cattle, and horses. At one time, Terry had about 200 ewes that kept him busy. Nancy worked with doctors at Clay Center, and at Clay Center Hospital.

Nancy and Terry were blessed with three sons and one daughter: Shawn, Travis, Justin, and Amy. Terry used to love to go to their games, as one of their children was always playing on a team of some kind. He loved cheering them on in their endeavors. The family left Clay Center and moved to Smith Center, where they lived for about 14 years. Terry was employed by an International Harvester dealership and later sold insurance, while Nancy worked as a nurse.

Terry fondly remembers his wife's good cooking. Nancy was of Swedish, Norwegian, German, and Danish descent. One of her specialties was Ostakaka (Swedish Custard), which she always topped with blueberries. Terry said that while his mother "cremated everything," Nancy could make a feast out of quail, pheasant, turtle doves, or whatever he brought in. She often cooked with no recipe at all, and everything was delicious.

Eventually, the family moved back to Clay Center. Nancy's mom had passed away and her dad was in the nursing home there. Nancy was able to spend time with her dad for the last few years of his life.

Terry and Nancy then bought the family home, where they lived for over 12 years. Terry was still selling insurance and Nancy continued to work as a nurse, but dealt with a bout of cancer, which fortunately went into remission. Nancy's luck changed again when she tripped over a garden hose and fell, breaking her leg in two places. After a short hospital stay, doctors advised her to move to a nursing home. Their son, Justin, who lives in this area, was familiar with Sunshine Meadows, and wanted his mother to be here. Terry stayed with his son while Nancy lived at Sunshine Meadows. Two years later, when Nancy was able to leave the nursing home, Terry rented one of the Sunshine Meadows duplex apartments for them. When Nancy's cancer returned with a vengeance, she was given comfort with hospice care, and passed away in June, 2019. Terry is thankful that Nancy was a Christian, like him, so he knows they will see one another again.

Terry continues to live a good life here at Sunshine Meadows. Through the partnership of Buhler High School and the Sunshine Meadows Activity Department, for many months he enjoyed getting to know a young man named Colby, whose special needs are outshined by his smile and sense of humor, which matched well with Terry's. They played games and spent time doing many activities together. Residents and staff enjoyed seeing the pair laughing and joking together, and Terry treasures the unlikely friendship he has made.



Terry Mitchell

KEEPING IN TOUCH — You probably know that you can send a postcard to your loved one by going to our website, www.sunshinemeadows.org, and clicking on Resident Life, then Message Resident. Simply write a short message, including your loved one's name, and your name, where indicated. Postcards are printed and delivered on all business days. Above the postcard, there are four options for backgrounds; just click on the one you want to use. If you stick with the plain background (shown above), the staff person who prints the cards will “dress it up,” based upon what's written (i.e., if you write about rain, or flowers, etc., pictures of those items will be used). It's wonderful to have something tangible from a family member or friend when we are feeling lonely. Cards and letters get read and re-read many, many times. Remember: what you write isn't nearly as important as your kind intention.



SUNSHINE MEADOWS POSTCARD



John Resident

Dear Dad, It's been raining here, but the spring plants are beginning to come up! We miss you and think of you often, especially when we play Dominoes! Stay safe, and we'll come see you just as soon as it's possible. Love, Maria

Your Name Here



What do you like to do with family in the summer months?

Please send us your memories/comments, and we'll print as many as possible in the July Sunny Side newsletter! Send to: fund@sunshinemeadows.org

Missing mother/daughter time? Martha Mohler and daughter, Linda Witt, aren't letting a wall stop them! All they need is a window and cell phones to not only hear, but see, each other.

**If you live nearby, call and set up a window chat!
We'll supply a phone if needed.**

BUT: while tempting, please do **not** ask for the window to be opened.



**FUNNY
PATIENT
STRONG
HERO
RELIABLE
PROVIDER**

Activities Department created coasters for all of our men for **Father's Day**, listing the traits we all love about our heroes—our fathers. In addition to the thoughtful gift, staff will be passing out a delicious special dessert—the ingredients of S'mores in a waffle cone! (YUM!)

In a society that has you counting money, pounds, calories, and steps, be a rebel and count your blessings instead.



Mother's Day Parade 2020

For Mother's Day, Sunshine Meadows planned a parade for residents' family members, staff members and their families, and the community. The hope was that there would be a few families driving by, and that some staff members would show up as well. The community was invited, but it was, after all, Mother's Day, so the assumption was that people would be busy, or forget. Also, it was a bit breezy.

We were in for a surprise. Residents came out in force, donning coats and sweaters, in order to be able to see the parade, which included emergency vehicles and police cars from the community, as well as many family members, staff members, and family of staff, in all sorts of vehicles, waving signs and yelling greetings to residents and staff members. There were even some long-horn cattle in a truck. The entire group drove around the block twice, nice and slow, so that all the residents could get a good look.

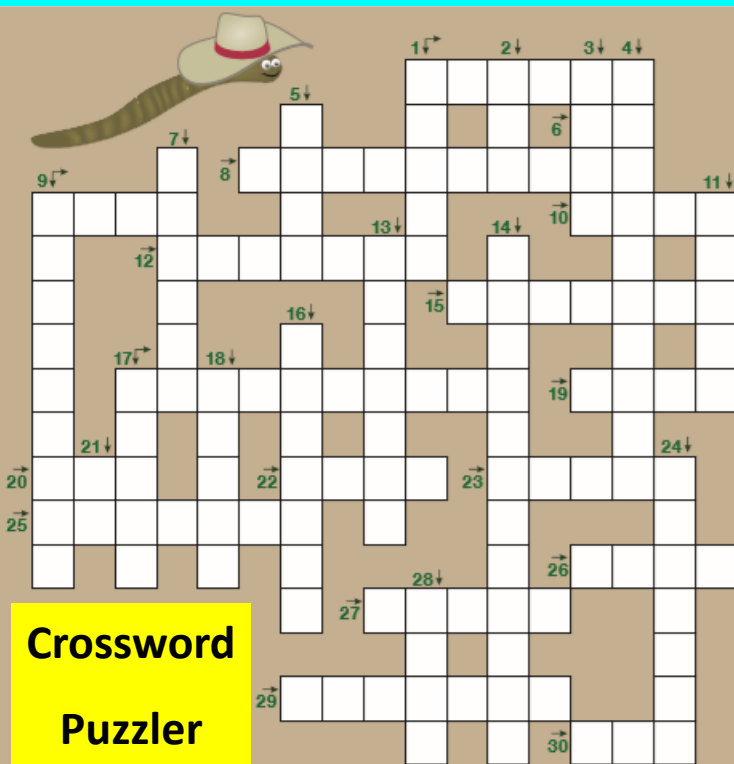
It was the talk of the week. Posters of the fun went up in all neighborhoods so residents and staff could remember the day.

A huge thank you to the office staff and nursing staff who worked during the parade. Everyone pitched in to get as many residents as possible outside for some fresh air and to enjoy the parade. We were surprised with the amount of participation: there were around 40 vehicles, including the local policeman, two fire trucks, sporty vehicles, trucks with large painted signs, and the vehicles full of waving family members. It was great to see the excitement and feel the connection in the air. This event helped the residents feel extra special for Mother's Day. Good job, everyone! - - Keith

Match the quote with the person it's credited to! Answers at bottom of page.

1. Everything is funny, as long as it's happening to somebody else.
2. Start every day off with a smile and get it over with.
3. Age is strictly a case of mind over matter. If you don't mind, it doesn't matter.
4. As a child, my family's menu consisted of two choices: take it or leave it.
5. Housework can't kill you, but why take a chance?
6. One morning I shot an elephant in my pajamas. How he got into my pajamas I'll never know.
7. The reports of my death have been greatly exaggerated.
8. My doctor told me that jogging could add years to my life. I think he was right. I feel ten years older already.
9. If I were two-faced, would I be wearing this one?
10. They say marriages are made in Heaven. But so is thunder and lightning.

FUNSHINE PAGE



Across

- 1) a shape, like a ball
- 6) a tool used for chopping wood
- 8) guidance from the person in charge, a personal quality that a teacher should have
- 9) a repeated sound
- 10) orderly, clean, tidy
- 12) covered by something, such as a blanket or paper
- 15) the part of the day before noon
- 17) difficult to understand, scary, like a haunted house
- 19) to nap, to sleep, or a silent beat in music
- 20) to hold as property
- 22) a loud, dull sound, as in "That door sure makes a _____."
- 23) something someone said, exactly how she said it, as in a "famous _____."
- 25) normal
- 26) the front of something, such as a head
- 27) something empty, as in "Fill in the _____."
- 29) someone associated with another, such as in business or dancing
- 30) conclusion

Down

- 1) quickness
- 2) belonging to him
- 3) water falling out of clouds
- 4) a test, such as in science
- 5) to jump
- 7) someone who tends to cows or horses
- 9) a long, slimy creature that lives in dirt and has no bones
- 11) not loose
- 13) jealous
- 14) the effect or result, usually negative, as in "You'll have to face the _____."
- 16) to ruin
- 17) a tart fruit that is red, orange, or yellow
- 18) fashion, or the way something is done
- 21) my friends and I
- 24) energized, stimulated, ready to go
- 28) the opposite of early

**1. Will Rogers ~ W. C. Fields ~ Jack Benny ~ Buddy Hackett ~ Phyllis Diller ~
Groucho Marx ~ Mark Twain ~ Milton Berle ~ Abraham Lincoln ~ Clint Eastwood**

~We're better together~



We're proud of the caring nature of our staff and their determination to see our residents through this tough time safely.

Sunshine Meadows in Buhler: shining through.

At the end of the day, what really matters is that your loved ones are well, you've done your best, and you're thankful for all that you have.

The most beautiful things in life are not things.

They're people, places, and memories. They're feelings, moments, smiles, and laughter.

Sunny's Café is now offering curbside service to the public with a limited menu for **breakfast and lunch!** (Menu posted on the back page.) **Our residents can also call in for delivery on campus!** Sunny's is also working on a facelift during the shutdown, & will be even better when it's time to reopen! **We'll keep you posted!**

Psst!

A message from our Social Worker: Families and residents are wondering why, when other places are now "open," we are NOT "open" at Sunshine Meadows. The answer is that, as with all viable nursing homes across the country, we are waiting for the CDC to provide guidance. Please read the poster from the CDC on the next page: as you will note, those age 65 and older, and those living in a nursing home or long-term care facility, are found to be high-risk for severe illness from COVID-19.

No one is enjoying the restrictions, but **our goal is to keep our residents SAFE and HEALTHY** while the pandemic continues. Thanks for your understanding and patience. —Becca Meitler

We'd love to share this newsletter with the rest of your family! Due to costs, we don't mail the Sunny Side, but we DO email it. If you'd like to include a friend or family member in the email list, please send the name and email address to fund@sunshinemeadows.org

Likewise, if you no longer wish to receive the newsletter, please let us know.

What You Can do if You are at Higher Risk of Severe Illness from COVID-19

Are You at Higher Risk for Severe Illness?



Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

Here's What You Can do to Help Protect Yourself



Stay home if possible.



Wash your hands often.



Avoid close contact and stay at least 6 feet (about 2 arms' length) from other people.



Clean and disinfect frequently touched surfaces.



Cover your mouth and nose with a cloth face cover when around others.



Cover coughs and sneezes.

Call your healthcare provider if you are sick.

For more information on steps you can take to protect yourself, see CDC's webpage on [How to Protect Yourself](#)





New Cooked-to-Order Menu Begins June 1

Breakfast hours 7:00-10:00 a.m.; Lunch hours 11:00-1:30 p.m.

Monday through Friday

SMRC Residents - Delivery: 620-543-5707

Buhler Community - Curbside Pick Up: 620-543-5707

Breakfast

1, 2 or 3 Egg(s) cooked to order	\$1.50 ea.
Hash Browns	\$1.75
Bacon, Ham, or Sausage Link	\$2.00
3 Pancakes with Butter and Syrup (4" cakes)	\$3.25
Frosted Cinnamon Roll	\$1.25
Toast (2 White, Wheat or Raisin, with Butter and Jelly)	\$1.25

Lunch

Hamburger with Chips	\$6.95
Cheeseburger with Chips	\$7.25
Grilled Chicken on Bun with Chips	\$6.95
B.L.T. on wheat with Chips	\$7.00
Grilled Cheese with Chips	\$4.50
Chicken Quesadilla (2 with Sour Cream and Salsa)	\$7.25
½ Chicken Quesadilla	\$4.95

Extras

Homemade Dessert of the Day	\$2.25
Fresh Garden Salad with Dressing	Lg \$6.50 Sm \$3.50
Homemade Soup of the Day	Lg \$3.95 Sm \$2.95
Pop (Pepsi Products)	24 oz \$1.50 12 oz .75
Tea or Coffee	24 oz \$1.35 12 oz .65