



June 2022

www.sunshinemeadows.org.

620-543-2251

The Sunny Side of Life

The monthly family/staff newsletter of Sunshine Meadows Retirement Community

Mennonite-Beth Schwabauer; Buhler Methodist- Open; Crossroads Christian- Open; Hoffnungsau Mennonite- Louis Martens; Victorious Life-

Sponsoring Churches/ Board of Directors:

Bethany Nazarene- Kay Scheel; Buhler MB- Velma Goertzen, Sara Hunt, Mary Ellen Jantz, Charlotte Smith; Buhler

We Welcomed:

Ruby G., Neomi F., Debbie K., Bob G.

We Said Goodbye to:

Terry M., Alice H., Walter B., Bob G., Jack H.

June Resident Birthdays:

Lonnie S.	6
Larry D.	7
Elsie S.	8
Lillian D.	13
Shirley C.	14
Don V.	17
Ruth R.	21
Cecilia M.	24

June Staff Birthdays:

Christopher Weast	4
Tiffany Green	7
Janna Parra	11
Anessa Durant, Eric Beye	12
Zoey Shipley	17
Christopher Janzen	18
Debra Thompson	19
Mindy Goracke	21
LouAnn Voth	23
Charles Cornwell IV	24
Garrett Froese	25
Amy Ackerman	26

To send cards to residents, please call 620-543-2251 Mon.-Fri., 9-4, for a list of those who'd appreciate a note. Mail /drop off : 400 S.Buhler Rd., Buhler, KS 67522 .

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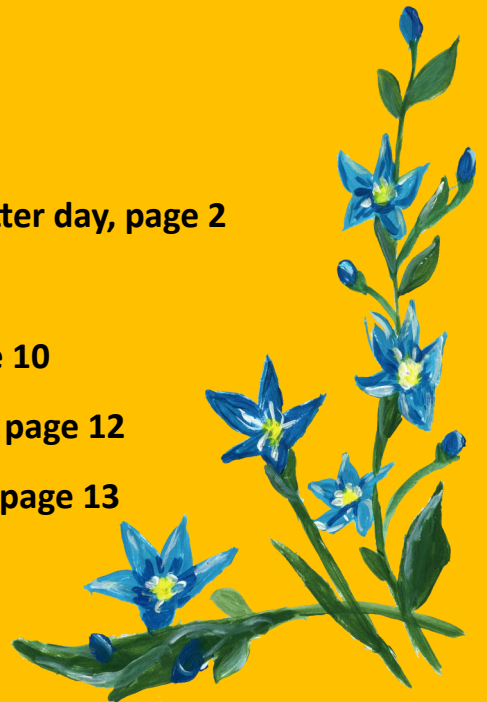
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Drop off non-perishable deliveries M-F, 9 - 4, @ front door; call so we know to pick them up.



Staff 
contacts

Working Together for the Benefit of Residents: Sunshine Meadows Retirement Community Dietary and Activities Staff

In 2012, SMRC opened Sunny's Café, which is an on-site cafe on the campus of Sunshine Meadows. We were going like gangbusters until Covid hit. We had to close Sunny's because of Covid and have worked to get it started again. It has been a few years since we started working with Covid in the building. Coming out of Covid and easing some of the restrictions has been such a blessing, though a little bit of a challenge to get the residents back to the level of activity they were at before all of this happened. We have reopened Sunny's Cafe, our onsite cafe, reinstated the previous menu of choices, and opened it to the public again. Then we thought about how to not merely go back to normal, but to make things even better for our residents than before Covid.

As the saying goes, "It takes a village," and this is so true in Long-Term Care. All departments have to work together, but especially Dietary and Activities. The two departments overlap: whenever residents think of something they used to enjoy doing, food will almost always come to mind. Something as simple as baking bread can remind a resident of positive thoughts about the growing up years; an Oreo cookie can trigger a conversation they had with their own kids.

Dietary Staff and Activities Staff have been working together to supplement our Choices Dining with what we are calling Themed Days, where the menu and activities are tied together. For instance, we had a luau with Hawaiian pork and fixin's, and events such as a Limbo contest and other Hawaiian themed activities. In the month of June, we will host Frontier Days, with Pork Stew, Chicken Pot Pie, and an old-fashioned Indian pudding. The table settings will be farmhouse themed, and frontier-themed games will be offered in the afternoon. During Home of the Aged week, both departments worked together with different food-related activities; one in particular was **home-made pretzel day**. Dietary staff made pretzels for everyone with home-made cheese sauce for dipping. The Activities Department made rootbeer floats one day and the residents seemed to have a great time.

Plans aren't yet set for July and August, but in September we will be host State fair week with a slew of ac-



SUNNY'S SUNDAY

BUFFET

June 12, 2022

\$12.95 + Tax

Starters

Spiced Applesauce Jello Salad
Tossed Salad

Main

Glazed Ham
- Grilled Chicken and Rice

Extras

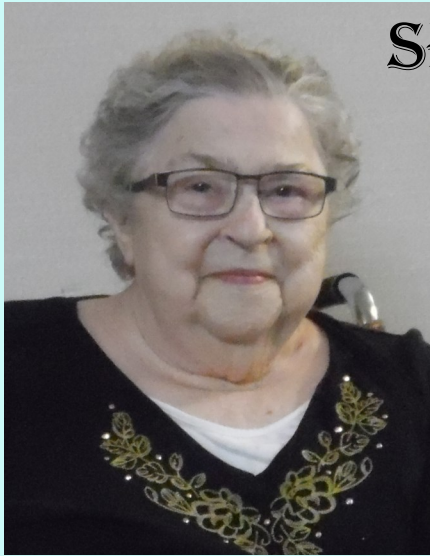
Mashed Potatoes and Gravy
Buttered Corn
Dilled Green Beans
Fresh Homemade Zwieback

Desserts

No Bake Cheesecake with Cherries
Frosted Chocolate Cake



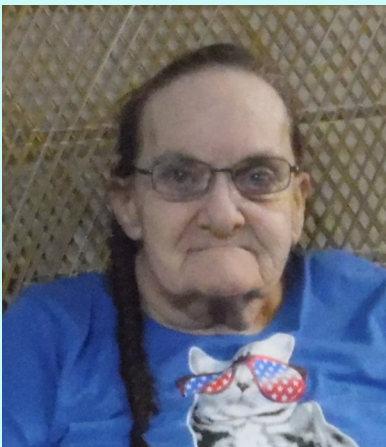
SPA DAY



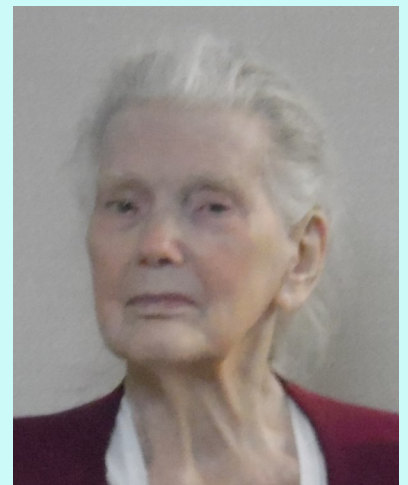
On the Saturday of Memorial Day, the Activity Department, along



with our beautician, Chelsie Pierce, hosted a spa day for nursing and assisted living residents. This was a new activity for everyone, including staff. We charged eight dollars per resident; 11 residents signed up. We started at 1:00 and ran until around 4:45. Chelsie gave each lady a facial, and a neck and shoulder massage. We served refreshments, with a chocolate fountain, strawberries, marshmallows,



pretzel rods, tea cookies, and chocolate filled cookie rolls. After their facial, the ladies had their picture taken in a peacock chair. We sat and visited, and had a great time. The residents who attended loved it and said it felt awesome. We will plan on doing this again in the future, for congregate and memory care residents.



Nursing residents are featured here; Assisted Living residents are on the next page. Everyone seems to glow! Don't they look lovely?





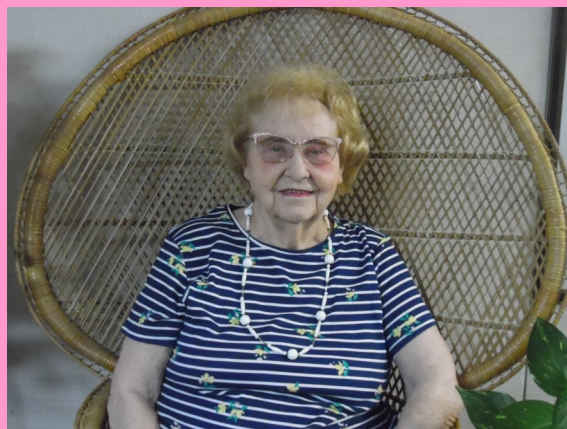
Our Assisted Living residents look as beautiful on the outside as they are on the inside!



Chelsie did an awesome job with this event.

The next time you see her, please THANK HER for what she did for our ladies.

She is a great asset to our home.



-- Melanie Koehn, Activities Director

Staff Notes: I saw Ms. Sharon G. last night at Dillon's and she wanted me to relay a message that she misses all of us staff and residents here at the home and that she was very grateful for all the work and love we gave (her husband) John while he was here. She sadly stated that her puppy, Bella, had passed two days after she lost John, so that was hard on her. She is adopting a 4 year old rescue dog, so she was looking forward to that. She said she could never thank the home enough for how we loved John and took care of him. Just wanted to pass this along to the staff. I love working here.—Ashley Mahoney



The Activities Department came up with some fun ideas to celebrate



Nursing Home Week, with wheelchair races, visits from ponies, and homemade pretzels, among other things. Celebrating with hilarity, sweet animals, and tasty treats brought variety to our days.



Continued from page 6



Homemade Pretzel Day!

Nursing Home Week

TIME TO PONY UP!

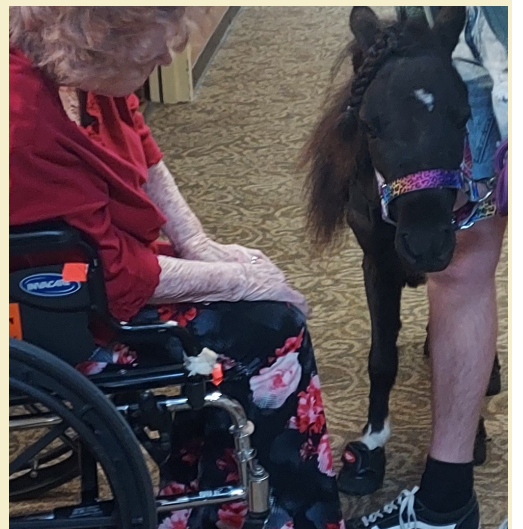


Residents loved getting to dress up for a photo booth; they also enjoyed a meet and greet with some miniature ponies brought in during Nursing Home Week. *More pictures on the next page.*



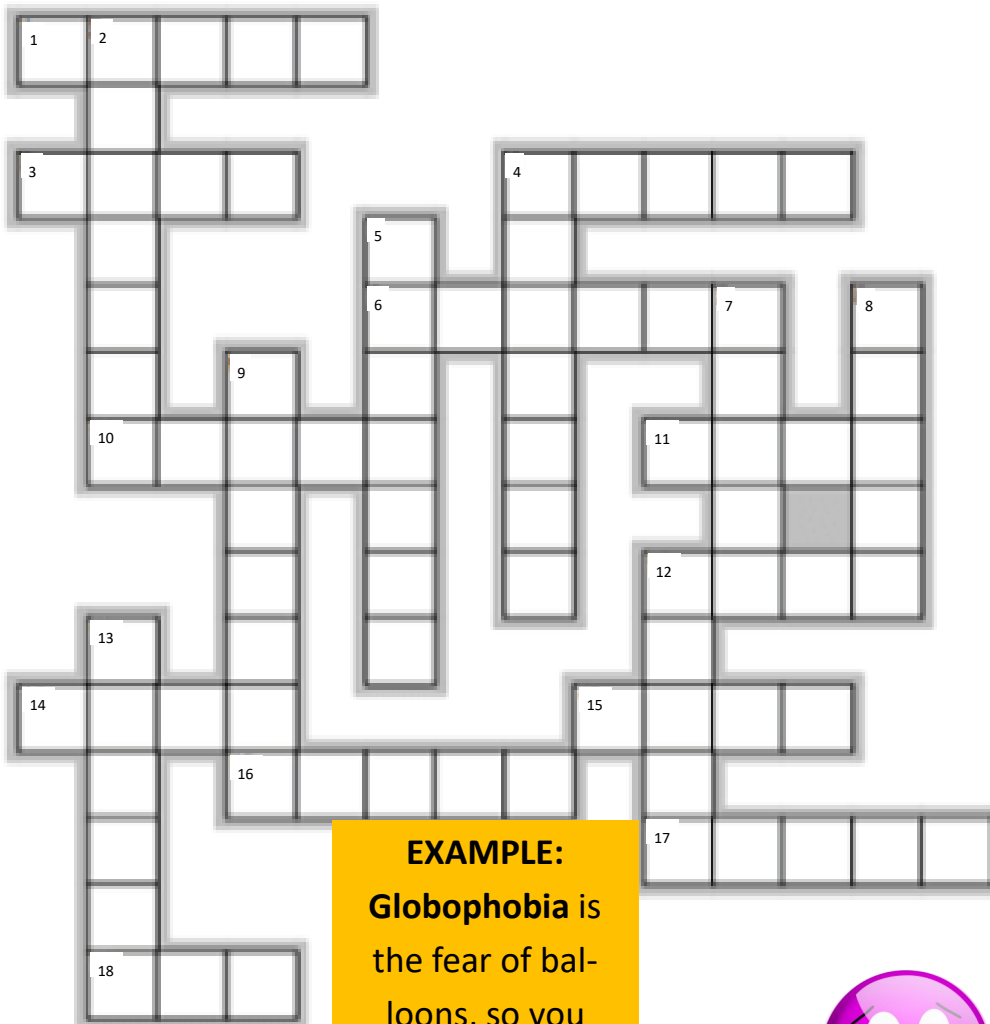


More pony pictures!



FUNSHINE PAGE

This crossword is different! Identify the fear/phobia and enter that word in the crossword.



EXAMPLE:
Globophobia is the fear of balloons, so you would enter "balloons" in the



ACROSS

1. Hydrophobia
3. Ichthyophobia
4. Logophobia
6. Toxiphobia
10. Tachophobia
11. Chronophobia
12. Apiphobia
14. Carnophobia
15. Ergophobia
16. Hypnophobia
17. Olfactophobia
18. Heliophobia

DOWN

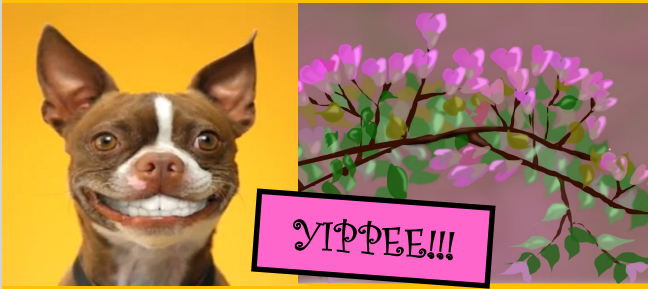
- | | |
|------------------|------------------|
| 2. Zoophobia | 8. Dendrophobia |
| 4. Graphophobia | 9. Acrophobia |
| 5. Arachnophobia | 12. Bibliophobia |
| 7. Phonophobia | 13. Phyllophobia |



**Crossword
Puzzle
Answers on
page 11.**

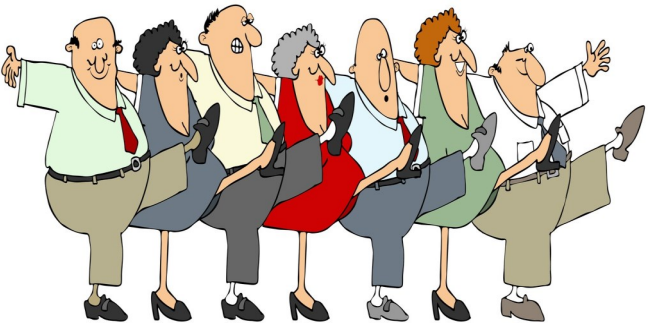
BUHLER SENIOR CENTER MEALS

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 dining room. Community members, please contact the Senior Center at 620-543-6858.



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



JUNE SENIOR CENTER MENUS

June 2nd

- Tossed Salad
- Lemon Chicken
- Rice
- Buttered Mixed Vegetables
- Monster Cookie

June 9th

- Tropical Fruit Salad
- Chicken Wrap
- Bread and Butter Pickles
- Pasta Salad
- Lemon Bar

June 16th

- Pea Salad
- Chicken Enchiladas
- Spanish Rice
- Corn
- Sunny's Ice Cream

June 23rd

- Fruit
- Beef and Noodles over Mashed Potatoes
- Green Beans
- Peanut Butter Pie

June 30th

- Tossed Salad
- Baked Chicken
- Rice Pilaf
- Creamed Corn
- Fresh Strawberries and Cream



Talking Dog for Sale

A guy sees a sign in front of a house: "Talking Dog for Sale." He rings the bell and the owner tells him the dog is in the backyard. The guy goes into the backyard and sees a big mutt just sitting there. "You talk?" he asks.

"Yep," the mutt replies.

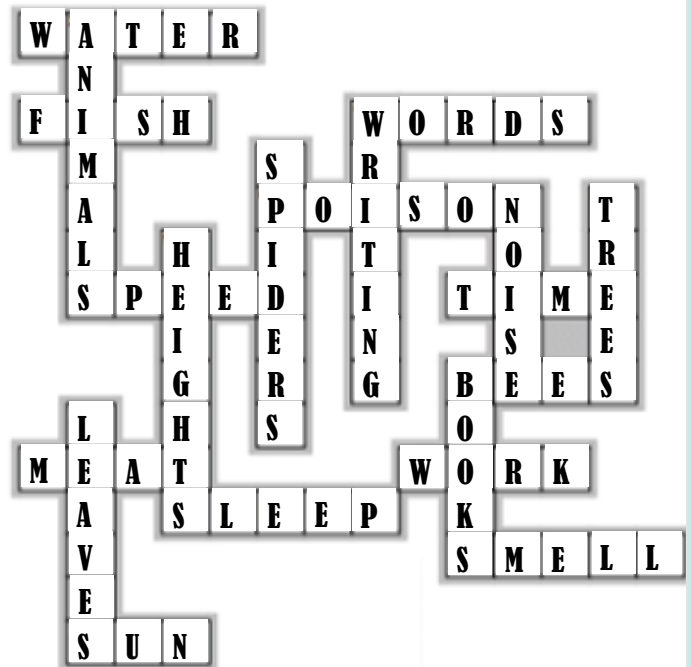
The man is astonished. "So, what's your story?"

The mutt says, "Well, I discovered when I was pretty young that I could talk, and I wanted to help the government, so I told the CIA about my gift, and in no time they had me jetting from country to country, sitting in rooms with spies and world leaders, because no one fig-

"The jetting around really tired me out, and I knew I wasn't getting any younger, so I wanted to settle down. I signed up for a job at the airport to do some undercover security work, mostly wandering near suspicious characters and listening in. I uncovered some incredible dealings there and was awarded a batch of medals. Had a wife, a mess of puppies, and now I'm just retired."

The guy is amazed. He goes back in and asks the owner what he wants for the dog. The owner says, "Ten dollars." The guy says, "This dog is incredible. Why on earth are you selling him so cheap?"

Crossword answers from page 9



The best things
in life
aren't things.

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



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



Enjoy Fine Dining in Buhler at Third Friday Date Night

Enjoy comfortable surroundings,
background music,
and great conversation over

Chef Eric Beye's culinary craftsmanship.



SUNNY'S
Café

June 17, 6p.m.

Menu for June's Third Friday

4 Course Meal

Third Friday Date Night

\$45.00 + tax per couple

\$25.00 + tax per person

June 17

Dinner Served at 6:00

Limited seating.

**Reservations must be
made by 1p.m. that day.**

620-543-2251

Garden Fresh Salad

**Prime Rib Au Jus
With Horseradish Cream
Loaded Baked Potato
Roasted Baby Carrots**

Buttery Dinner Roll

**Choice of Pie
With or without Ice Cream**

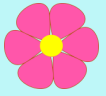
Inside Sunshine Meadows

400 S. Buhler Rd., Buhler

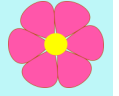


Diners enjoyed the fabulous six-course meal at the first-ever Third Fridays Fine Dining at Sunny's.





City Girl Moves To The Country



By Doris Schroeder

My learning years had started. After graduating from Allen Kindergarten in 1940, my dad and mom told me we were moving to the farm. Not only that, but I could probably have a pony and learn to ride. That sure sounded exciting to me; then I could be a cowgirl and sing with Gene Autry and Roy Rogers!

However, this move would be a big adjustment. I had been in a city school and now would go to a one-room country school named Sunrise. This was the same school my father had attended in his earlier years. It was a whole new adventure!

I watched the countryside as we drove to the farm. My grandparents had lived there when my dad was little; now they had moved to Buhler, so I wanted to be sure to know the way. We drove past Medora, turned and drove over the railroad tracks, curved around the river and kept going until we came to a country road (now named Sunrise Road). As we drove the half mile up the hill, I could hardly wait. The big yellow farmhouse and big red barn looked very inviting to a six-year-old city girl who was about to make her debut into the first grade.

My mother bought me what I needed: a dinner bucket, a Big Chief Pencil Tablet and a pencil. On the first day she walked me to school, a little over a mile, to this grand experience.

The building was on the hill, a pert, white school that had stood so stalwartly through many years of educating the children of the district. I watched the dirt on the country road stretching up the hill that was to take me to this structure in all kinds of weather and different modes of transportation. At some places in the road, the trees made a canopy of greenery over my head as if to protect me from anything harmful that might come my way. I liked it.

When we arrived at the school, the children were playing outside on the merry-go-round and the swings. Mom introduced herself and me to the teacher, Mr. Diener. Then she left and I was on my own. It was a little scary, but not too much.

Soon the teacher pulled the rope by the entrance and the big school bell brought us to attention. We lined up, marched in through the outside hall where the sink and hand-pump were located, and went to our seats. I sat on the side with the little desks because there were only two other first graders, Ruth and Roland. The teacher said the pledge of allegiance and we all joined in. Even though I didn't know it, I liked the sound of it and it made me glad to be part of the United States. Then the teacher prayed and our day had begun.

As all eight grades concentrated on their lessons for the day, two old gentlemen peered down from their lofty pictures on the wall, frowning in consternation when we made a mistake or used our time unwisely. I had a feeling, however, that if either Washington or Lincoln had been with us in person, they would have been pleased.

Mr. Diener told us the rules. If we had to go to the outhouse, we needed to raise one finger. If we wanted to sharpen our pencil, two fingers, and so on. Then he called the first grade to the front by saying "First Grade Reading." We got out our readers and went to the front.

As the days went by, the teacher taught us how to sound out words. One day, he was trying to get me to sound out the word h-u-g. For some reason, I tried and tried but couldn't quite get the word sounded out. Roland, the only boy in our class of three, laughed and said "You just don't want to say it!" I blushed when I came upon the answer. In those days, kids were not as outspoken as they are today!

One day I noticed some of the older kids had things to say about the happenings of the world. I decided I had observed something quite unusual myself. I raised my hand and when the teacher called my name, I told him, "When we were driving in Hutch, we drove by an alley and saw a man who had climbed a stop sign. I think he was going to rob that building!" I thought everyone would be shocked with this information, but instead they all laughed. "See if I tell them next time!" I thought to myself.

I loved the first grade. God continued to look out for me as the sunrise of my education was peeping over the horizon, and I was happy!

My Grandmother always cooked tasty food, but one day she put a burnt pie in front of my Grandpa. Not just a little burnt, but black as coal. I waited to see what my Grandpa would say, but he just ate the pie and asked how my day was. My grandmother apologized to him for the dinner. I'll never forget his response.

"Dear, I like your pie."

Later, I asked him if he had told the truth. He put his hand on my shoulder and said, "Your Grandma had a tough day. She was tired. That burnt pie didn't harm me, but a sharp word could have hurt her."

We all make mistakes. We shouldn't focus on them, but instead, support those we love.



The Burnt Pie

Why I Come to Work—Nathan Spencer, Facility Director

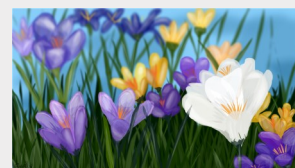
I have worked for SMRC for 11 years now, and am so honored to serve here! As you may already know, Keith realized that he might someday wish to retire; I have been working with him on a succession plan over the past couple of years, for a smooth take over of the reins as Administrator. I completed my college education in 2020 and then COVID happened. I am happy to announce that just weeks ago, I sat for my Administrators License exam, and I PASSED! Keith plans to stay close for the next couple of years as I adjust to my new role; I am pleased that I will have his continued guidance and advice as we move forward.

Lately, we have been discussing the reasons we come to work every day. Last Monday our Leadership Team had a chance to respond to this. All of us could easily comment about our relationships with the residents and how they keep us coming back; many of us had that sprinkled through our responses, for sure. We also had many comments about the relationships and connections that we make with other team members. It was a delight to be a part of this practice as we all conveyed the different aspects of our jobs that keep us coming back! I have to tell you - we have an incredible team of individuals who genuinely care about the work that we do! We have team members who leave for other opportunities, but end up coming back to us. Often, we hear that it's the atmosphere and work relationships that they've missed. We truly have a wonderful thing going here. A happy and fulfilled workplace is also the best scenario for our residents! THIS is what keeps me coming back! Though I'm new in the role of administrative responsibilities, I can easily say that the obvious love shown for our residents, and the care that I see being provided by our great team, makes it easy to come and serve. I know I am called here for sure!

A friendly reminder from our LAUNDRY STAFF:

TAGS, PLEASE!!!

Laundry staff can't return clothes if they're not marked with the owner's name! Even OUR great staff can't recall whose clothes belong to whom! **PLEASE** mark them before giving them to your loved one. We want them to enjoy their new clothes as much as you do! So **PLEASE TAG THOSE NEW CLOTHES!!!**



DID YOU KNOW there are 24 **COMMONLY GIVEN** vaccines provided periodically in the United States? This does not include the COVID vaccine. Each of these 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.

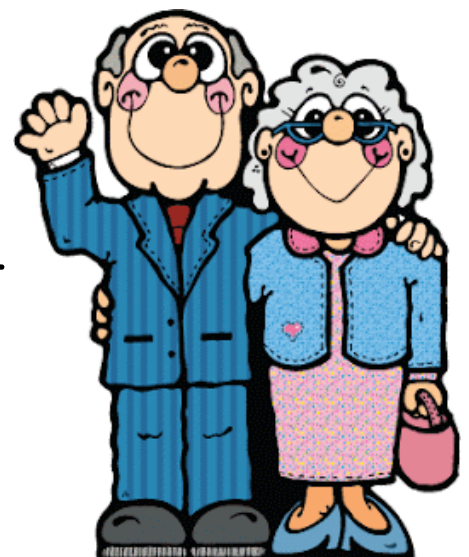
What are the possible side effects of a COVID-19 vaccine? The most common symptoms are fatigue, headache, muscle pain, chills, and injection site pain. More people experience these side effects after the second dose. You may have side effects after vaccination, but this is your body's expected reaction, and it means the vaccine is working. Vaccines rarely cause long-term side effects. **How effective are the COVID-19 vaccines?** 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. **Do I need to vaccinate if I already had COVID-19?** Reinfection is possible, so vaccination is recommended even if a person has previously been infected with SARS-CoV-2 – the virus that causes COVID-19. People over the age of 65 have less than 50% protection against reinfection with SARS-CoV-2. Younger people have less than 80% protection against reinfection with SARS-CoV-2 – but could spread it to others.



RESIDENT RIGHTS: Each month, a right or policy will be posted in this newsletter. For more about resident rights at SMRC, please don't hesitate to contact Social Services.

MANNER OF NOTICE: The resident will be notified orally and in writing about his/her rights in a manner the resident can understand. The resident will be informed in regards to his/her rights,

regulations, rules governing resident conduct and responsibility prior to/ upon admission, periodically during the resident's stay and whenever the rights are amended. The resident must sign an acknowledgement certificate, acknowledging that they understand their rights and responsibilities.





ADVICE FROM KINDERGARTNERS

Are you feeling low? Are you missing the sound of children? Call this toll-free number: 707-998-8410.

Who couldn't use some sage advice?

Call a new hotline, and you'll get just that — encouraging words from a resilient group of kindergartners. Kids' voices will prompt you with a menu of options:

If you're feeling mad, frustrated or nervous, press 1. If you need words of encouragement and life advice, press 2. If you need a pep talk from kindergartners, press 3. If you need to hear kids laughing with delight, press 4. For encouragement in Spanish, press 5.



Peptoc, as the free hotline is called, is a project from the students of West Side Elementary, a small school in Healdsburg, California. It was put together with the help of teachers Jessica Martin and Asherah Weiss. Martin, who

teaches the arts program at the school, says she was inspired by her students' positive attitudes, despite all they've been through — the pandemic, wildfires in the region and just the everyday challenges of being a kid. And it appears to be needed: two days after launching the hotline on Feb. 26, they were up to 700 callers per hour. Martin says she hopes the hotline will give callers a little respite from whatever it is they're going through, which — judging from the thousands of calls the hotline gets each day — is quite a lot.

