

**May 2023**  
www.sunshinemeadows.org.

The  
**Sunny Side**  
of Life



**The monthly family/staff  
newsletter of Sunshine  
Meadows**

400 S. Buhler Rd., Buhler, KS 67522

We all have heard the phrase “It is better to give than to receive.” To go along with that thought is the reality, “the more I give the more I have”, which can enhance healthier relationships.

I attended a Leading Age Ks Conference recently where the keynote speaker, Del Gilbert, encouraged the attendees to reflect on the Abundance Mindset. He used a number of quotes, “The best and quickest way to succeed is to simply help everyone else succeed” Napoleon Hill. We need to take time for personal replenishment. It is good practice to dwell on ways to add SPICE into our life. Gilbert mentioned 5 areas of personal replenishment stemming from the acronym SPICE. Start the day with a . . .

**Spiritual** application— (reflection, prayer, gratitude, even journaling)

**Physical**—Need a reminder to get our rest, exercise and adding nutrition into our diets. All this creates more energy and reduces stress.

**Intellectual**—this can be based on whatever interest you have from reading, crossword puzzles, to anything new to increase brain power and self-confidence.

**Creativity**—the fun part of SPICE is expanding your hobbies, gardening, develop cooking skills and painting. The list can go on.

**Emotional**—take time for self by promoting wholeness. Find something recreational to do. Dinner for two or coffee on the patio in order to be more effective. Lynne Vanguard says, “the best gift you can give others is an energized, healthy and focused self.”

As spice(s) add to the flavors of our daily meals so does SPICE add flavors to an abundance mindset.

**Keith Pankratz, CEO**

**In April We Welcomed:**

<b>Sherrie B</b>	<b>Yvonne L</b>
<b>Derald B</b>	<b>Nan R</b>

**April We Said Goodbye to:**

<b>Carol E</b>	<b>Marlene M</b>
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**Discharged in April:**

<b>Jewel H</b>	<b>Sherrie B</b>
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**May Resident Birthday:**

<b>Bev B</b>	<b>7</b>	<b>Gayle W</b>	<b>21</b>
<b>John S</b>	<b>7</b>	<b>Amanda D</b>	<b>21</b>
<b>Acey D</b>	<b>11</b>	<b>LaVerna R</b>	<b>27</b>
<b>Nick R</b>	<b>12</b>	<b>Jeanne R</b>	<b>30</b>
<b>Paul O</b>	<b>16</b>		

**May Staff Birthdays:**

<b>Monica Mullen</b>	<b>2</b>
<b>Paul Swenson</b>	<b>5</b>
<b>Michelle Cross</b>	<b>10</b>
<b>Izabelle Jones</b>	<b>13</b>
<b>Kelsey Babcock</b>	<b>15</b>
<b>Karla Mathews</b>	<b>21</b>
<b>Tammy Neal</b>	<b>25</b>
<b>Nancy Hokr</b>	<b>26</b>
<b>Deb Mills</b>	<b>29</b>

**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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STAFF: See who's new: Below  
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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.**

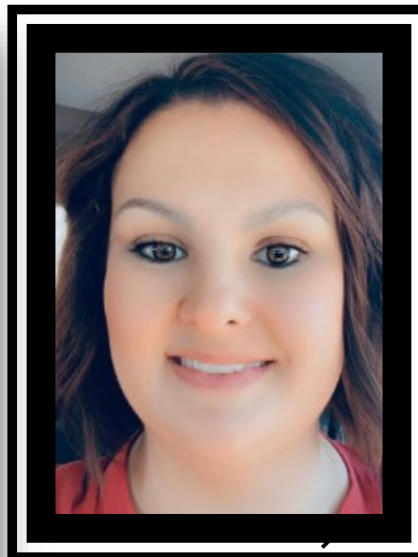
# WELCOME



**SUNSHINE  
MEADOWS**  
RETIREMENT COMMUNITY

*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!*



**Candice**  
← **Moreno, LPN**





## THESE HANDS . . .

By Mary Ann Kilpatrick

These hands

have been with me all my life,  
 have raised three sons,  
 have married and buried three husbands.



These hands

have led me to the Bible for God's way,  
 have always made me feel secure,  
 have helped me to love people in need.

These hands

have learned how to cook,  
 have learned how to touch and calm people,  
 have held many hands during death.



Written in March 2023



Congratulations to our resident, **Helen**. She finished her puzzle in record time. She received this 500 piece puzzle for Christmas and started putting it together in February and finished it in April. Next project will be gluing her puzzle together so she can hang it on her wall. The neon colors are a reflection of her vibrant personality.

\* \* \* \* \*

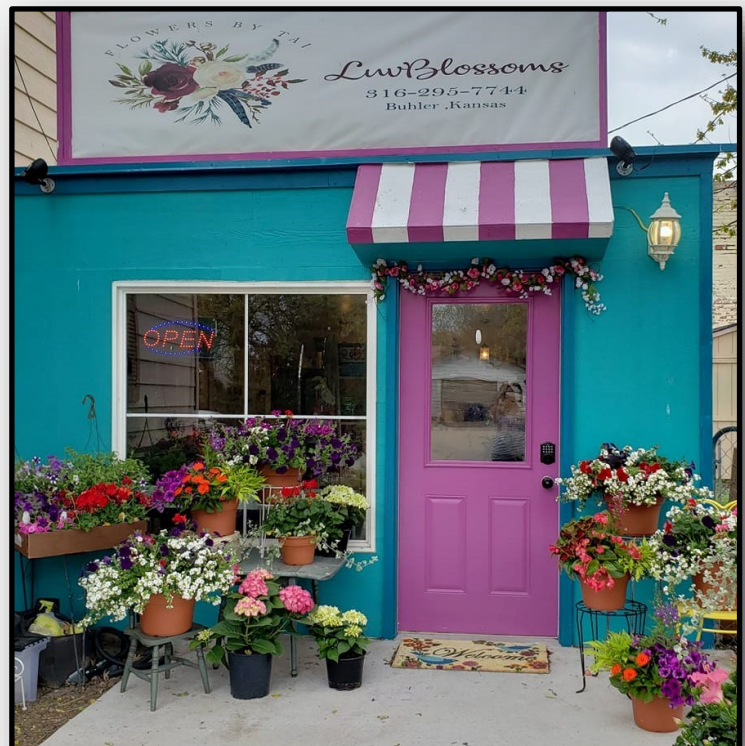
## Did you know . . .

Buhler Ks has a wonderful Florist right here in town. If you are thinking of flowers for MOM on Mother's Day or any other occasion call

**Luv Blossoms  
Flowers by Tai**

**316-295-7744**

**109 3rd Ave**





# POWERBACK

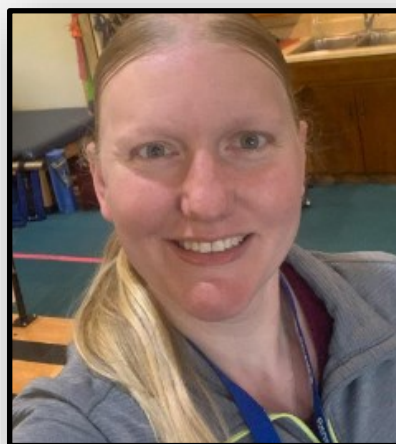
## Rehabilitation

**Our Company, Powerback Rehab, has partnered with Sunshine Meadows to provide therapy services to residents in nursing care, Assisted Living, Independent Living, the Villas as well as the broader community for many years now. We have gone through a brand refresh in the last year, from Genesis Rehab Services to Powerback Rehabilitation. Our name and logo have changed but our mission, focus, and passionate team members remain the same.**



**Physical Therapist, Treva Strand**, has been a team-member since December of 2012. She is an Alum of KU and KSU but, as she will tell anyone and everyone, she "bleeds purple." Treva has over 40 years of experience as a PT and she has worked in the hospital setting where she rehabbed countless joint replacement patients and a wide variety of other challenges in

her 20 years in the Hospital setting. Skilled Nursing is a particular passion of Treva's as she loves helping our residents to stay safe and mobile as long as they are able. Treva has 2 grown children, 2 grandchildren whom she loves spending time with and a dog, Ollie, who keeps her busy when she is home.



**Certified Occupational Therapist Assistant, Kelley Couch**, has been a team member since April of 2014. Kelley graduated from

Newman University and she has worked in long term care for Powerback Rehabilitation since graduating. Kelley's passion for eldercare preceded her career as a COTA by many years however as she worked in nearly every department in a long term care facility since she was 15, ending as a CNA when she transitioned to the therapy department. Kelley became a certified lymphedema specialist in September of 2022 allowing our residents in need of Lymphedema treatment to receive treatment on the Sunshine Meadows campus rather than traveling into Hutchinson several days a week for treatment. Kelley's passion outside of work is her husband and two children.



**Speech Language Pathologist, Allison Sankey**

joined the Powerback team in February of 2021 while living in Nebraska. Allison and her husband relocated to Kansas this past November just before welcoming their first child. Allison is a graduate of Kansas State University and her passion is treating people in the retirement community setting. Allison assists people with strategies to improve their memory, voice quality when they speak and safety with swallowing.



**Speech Language Pathologist, Sarah Willard**, has been a

part of the Powerback team since December of 2015. Sarah received her B.A. and M.A. from Wichita State University and has been a treating Speech therapist for 45 years. She began treating first in the school system and then transitioned to long term care. Sarah loves to continue to challenge not only her patients but also herself. She always says she continues to work because it doesn't feel like work. Sarah loves to help people and be a part of their journey to improve. Sarah has been instrumental in bringing a Parkinson's focused exercise class to the YMCA in Hutchinson and she also attends a Parkinson's support group regularly. Sarah has two grown children and one grandchild who bring her joy.



**Physical Therapist Assistant/Director of Rehab, Denise Wells**, has been a Power-

Back team member since November of 2013. She graduated from Hutchinson Community College and gained experience in the Hospital setting in a Skilled Rehab Unit as well as a joint replacement recovery program before transitioning into the long term care setting. Denise has been the Director of the Rehabilitation Department at Sunshine Meadows since March 1st, 2016 and loves the diversity of people she meets while treating and hearing the stories of someone's life as well as being a part of their recovery. Denise specializes in Myofascial Release treatment which helps patients with pain and improves their mobility on their road to recovery. Outside of work Denise loves to spend time with her husband and three children.

**Yvonne Wheatley is a Restorative Aid** who assists the therapy department as an employee of SMRC. Yvonne received specialized training to provide continued care of residents in skilled nursing care, after skilled therapy ends, to maintain

improvements residents have made with therapy services. Yvonne leads Sit-er-size classes in Memory Care as well as Fun-n-fit class for Skilled Nursing residents. Yvonne is busy at work with residents and then at home with her husband on their farm with their many animals. Yvonne also enjoys her 2 adult children and their growing families with 6 grandchildren between them and 3 more on the way.

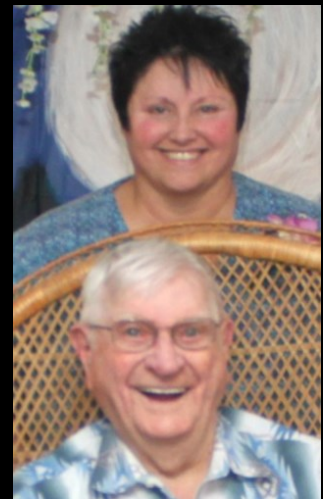
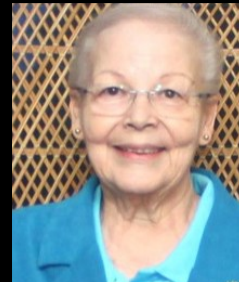
The therapy department feels incredibly blessed to be a part of the SMRC family. We see the dedication to the residents on campus and the love and dignity each person is treated with by staff in every department and it makes us proud to say we are a part of that continuum of care. We have been supported in the growth of our profession in many ways by the facility with physical needs, such as an adjustable treatment table which gives a wide variety of treatment options to our patients and provides better positioning options for therapy staff. We also receive collaboration daily to provide the best care possible for our residents, such as the support from nursing for Kelley's specialized Lymphedema treatments for residents. We look forward to continuing on with SMRC as partners, supporting our residents to live with dignity, safety and strength no matter what their age or challenge.

## **Sunshine Meadows Connections**

**Sunshine Meadows is a good place to be! It's a wonderful place to live, and it's a fulfilling place to work! My Friesen grandparents moved to a duplex at SMRC in 1999. Grandpa was here 9 years and Grandma has been here 24 years and counting. My Grandma Schmidt lived here seven years. Collectively, my family has 40 years of SMRC experience! Having been employed at SMRC for 10 years, I've enjoyed spending these years with Grandma immensely! \*\* Time spent with grandparents is priceless. SMRC makes this possible! Eating lunch at Sunny's Cafe is an easy and delicious way to connect as we all enjoy eating together, right? Grandma and I have enjoyed many a meal together at Sunny's and always including the best homemade desserts! \*\* Families are invited to reserve space at SMRC for birthday, anniversary, Thanksgiving, or Christmas parties with residents. You can choose to bring in food, order from Sunny's Cafe, or have food catered by our chef, Eric Beye. \*\* Residents are enticed by many available activities, including family in a competitive game of bingo, movement with fun and fit - - or chiming in with bell choir is always welcome. These and more are ways to be an active part of residents' lives. They enjoy seeing new and familiar faces as part of their daily routine. \*\* If you're not able to visit SMRC in person, you can still make a difference in a resident's life. Skype is available, and our staff is happy to help make this connection between you and your loved one. Sending a postcard through our website, [www.sunshinemeadows.org](http://www.sunshinemeadows.org), can lift spirits any day. There are many easy ways to connect with your parents or grandparents at Sunshine Meadows; take advantage of these ways to create precious memories with them. It's never too late to create a lasting memory with your loved one!**

**Stacie Klassen**







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# BUHLER SENIOR CENTER

SMRC residents, please call the Front Desk if you plan to join the Senior Center for lunch or need more information.

Senior Center at 620-543-6858. Cost per person is \$7.



shutterstock · 1028178904

**NOTE: Anyone living in the 313 school district who is age 65 or over can get a FREE ticket to any USD 313 event by calling USD 313 at 620-543-2258.**

$$24 \div 4 \quad (8 \div 4) = ?$$

If you can solve this problem bring it to the front desk, and describe how you got the answer.



*We are excited to announce!*

# DINING ROOMS ARE OPEN FOR GUESTS!

### Dining Hall Guest Meals

Breakfast	\$9
Lunch	\$11
Dinner	\$10

## MEMORIES OF MOM

I can picture mom with her hair swept-back  
 And her apron, that was trimmed with rickrack.  
 Making homemade noodles or some zwieback  
 With a pinch of this, and handful of that.

Childhood memory reels play forward and back  
 We played that silly game, they call slapjack,  
 Mother-May-I, Red Rover, playing jacks....  
 Showing her the toys found in Cracker Jacks.

I think of the moments they call "Kodak."  
 I look through old photos, mem'ries flood back.  
 Heartfelt talks, a cup of tea, a good snack---  
 Just time together, smelling the lilacs.


The good times and bad times are both played back.  
 We didn't agree, she kept me on track.  
 Issues came up; yes, she'd give me some flack.  
 She was usually right, I was off-track.

As I replay my mind's childhood soundtrack.....  
 Oh, how I would love to just hear her laugh!  
 In heaven with Jesus, nothing she lacks.  
 She is there with her mom, I envy that!

So, on this Mother's Day, as I look back,  
 I also look forward, as I know that,  
 We'll walk with Jesus on His golden path,  
 Because mom lived her faith and taught me that.

~Judy Dickinson~

**HAPPY**  
**Mother's**  
**DAY**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Chicken Salad on a Croissant w/ Fruit or Chips	<b>2</b> Taco Salad	<b>3</b> Sub Sandwich Bar Ham Turkey Roast Beef	<b>4</b> Pepperoni Cheese All Meat Supreme Sausage, Egg, and Cheese w/ Salad	<b>5</b> Chicken Fried Steak Mashed Potatoes Gravy Corn Texas Toast	<b>6</b>
<b>7</b>	<b>8</b> Spaghetti and Meatballs Green Beans Breadstick	<b>9</b> Taco Salad	<b>10</b> Salad Bar	<b>11</b> Pepperoni Cheese All Meat Supreme Philly Cheesesteak w/ Salad	<b>12</b> Tuna Melt Chips or Fruit	<b>13</b>
<b>14</b>	<b>15</b> Chili Cheese Dogs Pasta Salad	<b>16</b> Taco Salad	<b>17</b> Brisket Baked Beans Potato Salad Texas Toast	<b>18</b> Pepperoni Cheese All Meat Supreme Chicken Bacon Ranch w/ Salad	<b>19</b> Crispy Chicken Sandwich Fries Coleslaw	<b>20</b>
<b>21</b>	<b>22</b> Shrimp or Chicken Stir-Fry White Rice	<b>23</b> Taco Salad	<b>24</b> Baked Potato Bar Pulled Pork Brisket	<b>25</b> Pepperoni Cheese All Meat Supreme Hawaiian	<b>26</b> French Dip Sandwich Potato Salad	<b>27</b>
<b>28</b>	<b>29</b> Ruben Sandwich Fruit or Chips	<b>30</b> Taco Salad	<b>31</b> Pasta Bar: Vodka Sauce Alfredo Sauce Meat Sauce			

# New Member Spotlight



**Monique Jensen**, the innkeeper at the *Wildflower Inn*, has joined the Hutchinson Chamber.



Ribbing cutting at the *Wildflower Inn*.

First ever “**Coffee in the County**” was hosted at the *Wildflower Inn*.

Call **Monique** for a list of packages at the *Wildflower Inn*. She has some really special 2 or 3 day packages.

**620-727-2605**

# RIBBON CUTTING

Ceremony & Coffee in the County

Events



Where you will enjoy the flavor of small town hospitality

