



October 2022

www.sunshinemeadows.org.

620-543-2251

# The Sunny Side of Life

The monthly family/staff newsletter of  
Sunshine Meadows Retirement Community

400 S. Buhler Rd., Buhler, KS 67522.



Our residents get visits from all kinds of folks, some of whom aren't even folks!

Miniature

ponies visited back in late May; Burton therapy dogs came to eat up some attention in late September.



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**We Welcomed:**

Joanne E., Clarence P.

**We Said Goodbye to:**

Lavern P. , Della D.

**Resident Birthdays:**

1 Milford L.    19 Lester F.  
 4 Judith C.    24 Leatrice S.  
 4 James M.    27 Helen W.  
 11 Ray D.      27 Lois K.  
 17 Dorothy C. 29 Lee M.

**Staff Birthdays:**

2 Liz Keith  
 2 Pam Popkey  
 3 James Pope  
 8 Sarah Gross  
 9 Jeff Walker  
 10 Kathy Gaul  
 11 Sherri Fisher  
 13 Karen Anderson  
 14 Angelica Marr  
 19 Lona Bass  
 20 Jamie McHaley  
 23 Dana Weast  
 25 Tim Diehl  
 29 Celestina Espinoza

**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.

Drop off non-perishable deliveries M-F, 9-4, @ front door;  
 please call 620-543-2251 so we know to collect them.

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**TAGS,  
 PLEASE!!!**



Laundry staff can only return clothes marked with the owner's name, so **PLEASE** mark them before giving them to your loved one. **PLEASE TAG THOSE NEW CLOTHES!!!**

# FUNSHINE PAGE

There's a reason why experts say you should treat the brain like you would the rest of your body. To keep your mind sharp, you need to exercise it. Word games are a convenient way to test your vocabulary and challenge your puzzle-solving skills. And they're a lot of fun!

## Types of Gemstones

Answers on page 4.

RUBY  
DIAMOND  
EMERALD  
PEARL  
AQUAMARINE  
TOPAZ  
JADE  
OPAL  
AMETHYST  
CITRINE  
GARNET  
JASPER  
KUNZITE  
PERIDOT  
AZURITE  
ONYX

T	D	A	E	T	I	Z	N	U	K	R	O
P	E	A	R	L	U	U	E	O	N	N	R
D	O	U	E	Y	E	Y	T	D	Y	A	E
I	R	E	M	B	N	G	O	X	A	J	I
A	T	E	E	U	I	A	P	A	T	J	A
M	E	J	R	R	R	R	A	O	O	R	M
O	T	A	A	C	A	N	Z	P	D	A	E
N	I	S	L	I	M	E	P	A	I	A	T
D	N	P	D	T	A	T	E	L	R	U	H
A	A	E	D	R	U	E	I	L	E	I	Y
H	Z	R	E	I	Q	A	P	R	P	T	S
H	N	X	A	N	A	U	T	A	Z	U	T
E	A	L	A	E	A	Z	U	R	I	T	E

**FOOD JOKES:** Why did the tomato blush? Because it saw the salad dressing. The first restaurant to open on the moon closed: It had great food, but no atmosphere. What do you call a cheese that's not yours? Nacho cheese. Did you hear about the cheese factory that exploded in France? There was nothing left but de Brie. What's orange and sounds like a parrot? A carrot. What did Mr. and Mrs. Hamburger name their daughter? Patty. Where do beef burgers go dancing? The meatball. Why does Humpty Dumpty love autumn? Because he always has a great fall. Why should you never tell a taco a secret? Because they tend to spill the beans. Why do they serve yogurt at museums? Because it's cultured. What do you call a group of berries playing instruments? A jam session. Why do comedians love eggs? They're easy to crack up. How do you fix a broken gourd? With a pumpkin patch. Why are jalapeños such good marksmen? Because they haben-arrow. Why should you never gossip in a cornfield? Too many ears.

## SUNNY'S CHANGES

Due to staff shortage and recent attendance levels at the monthly Sunday Buffet and Curbside Fundraising meals, we are limiting these events for the time being.

The Curbside meal on October 11, chili and cinnamon rolls, will be the last one for this year; we plan to offer one in the spring and in the fall of 2023. Presently, there will be no more Sunday Buffets for 2022; the plan for Sunday Buffet 2023 is to offer one on Mother's Day and one in the fall.

**"But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."**

**- Isaiah 40:31**

Sometimes the weight of the world can feel so heavy. It can be so tempting to just give up. However, no matter how powerless you feel, know that God is with you and provides greater strength than you might realize in those weak moments. With Him all things are possible.



## JOKEs

What do dentists call X-rays? Tooth pics.

What time do you go to the dentist? Tooth-hurty.

What did the left eye say to the right eye? "Between you and me, something smells."

If you ever get cold, stand in the corner of a room for a while. They're usually 90 degrees.

Why is no one friends with Dracula? Because he's a pain in the neck.

Why did A go to the bathroom and come out as an E? Because he had a vowel movement.

I couldn't figure out why the baseball kept getting bigger. Then it hit me.

## Answers to page 3 word game!

### Types of Gemstones





## **SUNSHINE MEADOWS: Then and Now**

**Buhler Mennonite Brethren Church's vision for an "Old People's Home" became Sunshine Mission, which opened its doors to the first residents in July, 1945. At the time, "house parents" lived in the three-story home and took charge of their care. Many folks volunteered to**

**help. Back then, State requirements for homes for the aged were minimal. Through the years, the need, facility, and regulations grew.**

**The home's name was changed in 1961 to Sunshine Home. In 1974, it was incorporated under a separate charter as a not-for-profit organization. Through the years, Buhler Sunshine Home has grown, now doing business as Sunshine Meadows Retirement Community (SMRC), offering nursing, skilled, and memory care, assisted living, and independent living options. SMRC is one of the few five-star facilities in Reno County, serving around 130 people. SMRC is the second-largest employer in Buhler.**

**The most recent addition is Sunny's Café, offering a wider range of meals and breakfast all day, for residents, staff, and visitors. This makes sleeping in more convenient for residents who miss the buffet breakfast. Inviting friends and relatives to join residents for a café lunch truly feels like dining out. The option of a burger and fries or other café specials makes a change from the excellent buffet meals.**

**Efforts are in the works to keep Sunshine Meadows' history alive.**

**When the Grand Staff B&B came up for sale a month ago, it peaked the interest of the Board of Directors and administration, as this was the original house in which the Sunshine Home began, back in 1945. Preserving the history of SMRC's mission is important to the organization; income from the potential revenue for the Bed & Breakfast, venue, and catering for retreats, will become a financial benefit to the Home, as well as the community and its visitors.**

**SMRC plans to solicit donations and grants to pay for the property, which has been well maintained and presents multiple possibilities.**

**For more information, please contact Keith Pankratz, CEO, at Sunshine Meadows, 620-543-2251.**



# 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 Assisted Living dining room. Community members, please contact the Senior Center at 620-543-6858. Cost per person is \$7.

Infuse your life with action. Don't wait for it to happen. Make it happen. Make your own future. Make your own hope. Make your own love. And whatever your beliefs, honor your creator, not by passively waiting for grace to come down from upon high, but by doing what you can to make grace happen... yourself, right now, right down here on Earth. - unknown

I believe that imagination is stronger than knowledge. That myth is more potent than history. That dreams are more powerful than facts. That hope always triumphs over experience. That laughter is the only cure for grief. And I believe that love is stronger than death.

[Robert Fulghum](#)

## OCTOBER SENIOR CENTER MENUS

October 6th

Baked Apples

Chili

Pickle Spears and Onion Slice

Cheese Sticks

Sunny's Cinnamon Rolls

October 13th

Cole Slaw

Fried Chicken Leg and Thigh

Mash Potatoes and Gravy

Corn

Layered Dessert

Biscuit with Butter

October 20th

Chips and Salsa

Chicken Enchiladas

Mexi Rice

Refried Beans

Sunny's Ice Cream

October 27th

Tossed Salad

Goulash

Italian Vegetables

Frosted Spice Cake

Garlic Bread Sticks



Every other week, build your own taco salad or build  
your own fried taco!

(Taco Salad is October 4; Fried Taco is October 11)

Fast & friendly service, & only \$8.50+ tax

**TUESDAYS**

**Delicioso!**

11a.m.—2p.m.



**FREE DELIVERY** for orders of 5 or more in Buhler: 620-543-5707

**400 S. Buhler Road, Buhler, KS 67522**

## What To Do with all Those Treasures

As the fight against COVID-19 continues, we're spending more time at home than usual – making this a popular time to organize and declutter. But if you're making a list of items for your kids or grandkids to pick up (when circumstances allow), you might want to establish a backup plan.

According to Elizabeth Stewart, author of “No Thanks, Mom,” children of baby boomers aren't interested in upsizing as their parents downsize. If your kids tend to favor the phrase “less is more” when it comes to possessions, check out this list of 10 items they probably don't want – and learn what you can do with them.

**1. Books:** Check biblio.com for information about your books. If it's rare or valuable, call a book antiquarian. Otherwise, ask libraries, schools or charitable organizations like Ronald McDonald House if they can use them.

**2. Paper:** This includes old photos and greeting cards. Digitize family photos, but keep the prints for those that are linked to a celebrity or historical moment, Stewart suggests. There might be a market for your historical snapshots among greeting card publishers and image archive companies. Other options include your local historical museum or county archives. The Center for American War Letters at Chapman University might be interested in any war letters and memorabilia.

**3. Trunks, sewing machines and film projectors:** They're probably not valuable unless made by a renowned company. Consider donating.

**4. Porcelain figures and decorative plates:** Precious Moments figures may not be precious to your loved ones, but an assisted living facility may appreciate them for gift exchanges. Figurines that trigger fond memories may deserve a photo shoot with a professional photographer so you or your kids can continue to enjoy them without having to dust them.

**5. Silver-plated objects:** Unless your serving pieces and silverware are from a manufacturer along the lines of Tiffany or Cartier, consider donating them.

**6. Sterling and crystal:** Many families appreciate these as heirlooms. But if your family doesn't, check sites like replacements.com, which matches folks with pieces that will round out their collection.

**7. Fancy dinnerware:** The next generation likely isn't interested in hauling out a full service for holiday meals. Again, consider selling to a replacement matching service. There's still a market, likely secondhand stores or antique lovers who may look to up-cycle your pieces for the modern aesthetic. But don't expect much if you choose to sell. You'll receive about a quarter of the purchase price. Mid-century pieces should fetch higher prices if you decide to sell.

*Among the list of least-wanted heirlooms? Fancy dinnerware, dark brown furniture and sewing machines.*



## 8. Dark brown furniture

There's still a market; likely secondhand stores or antique lovers who may look to up-cycle your pieces for the modern aesthetic. But don't expect much if you choose to sell. Stewart suggests you'll receive about a quarter of the purchase price. Mid-century pieces should fetch higher prices if you decide to sell.

## 9. Persian rugs

High-end pieces are still selling in high-end places, like Martha's Vineyard. Otherwise, your best bet may be to donate them.

## 10. Linens

If your children don't want the delicate textiles, see if you can find someone who repurposes hand-embroidered work into special-occasion garments, like christening gowns. Theaters and costume shops may also appreciate them.

It can be emotional to sort through a lifetime of where we've been, even when it means clearing a path for the future. Loved ones and friends might be willing to lend a more objective eye as you cull – consider setting up a video chat to show your items, share stories and hear their opinion. Make sure you're willing to return the favor, too.

For more help with downsizing, email [fund@sunshinemeadows.org](mailto:fund@sunshinemeadows.org) and ask for the Sunshine Meadows pamphlet on Downsizing.

**Finland has closed its border. No one can cross the Finnish line.**

**If you don't remember your friends' names, take them to Starbucks.**

**Ants are healthy because they have little antibodies.**

**If a cow can't give milk, is she an udder failure or a milk dud?**

**I went bald but I still kept my comb. I just can't part with it.**

# Humor



## Don't give up on your dreams; keep sleeping.



*It's a Pizza Day!*

**Inside Sunshine Meadows**



620-543-5707 Café

**Pizza Day on Thursdays! 11a.m.—2p.m.**

**Choose from Pepperoni, Cheese, Supreme, & All Meat**



**By the slice: \$4.25; with small salad, \$8.20**

**2 slices of pizza, \$7.50;**

**Build your own salad: Small, \$3.95, Large, \$6.95**

# **Sunny's Last Curbside meal of the year!**



**Chili &  
cinnamon rolls!**

**Tuesday,  
Oct. 11,  
5-6:30p.m.  
By donation**

**Sunny's Café,  
400 S. Buhler Rd.**

**Call ahead for  
larger orders:  
620-543-5707**



## The Senior's Guide to Staying Healthy Year-Round

**Get active.**

**Take supplements or multivitamins as instructed to boost your immune system.**

**Eat a healthy diet.**

**Wash your hands frequently.**

**Reduce your stress.**

**Get enough rest.**

**Take steps to prevent infection.**

**Schedule annual physicals.**

**Avoid contact with those who are sick.**



**"As we work to  
create light for  
others, we naturally  
light our own way."**

—MARY ANNE RADMACHER

RS

## OCTOBER 2022 *Holidays & Observances*



*Saturday October 1<sup>st</sup>*  
**Vegetarian Day**



*Tuesday October 4<sup>th</sup>*  
**Cinnamon Roll Day**



*Saturday October 8<sup>th</sup>*  
**Octopus Day**



*Monday October 10<sup>th</sup>*  
**Hug a Drummer Day**



*Friday October 14<sup>th</sup>*  
**Be Bald and be Free Day**



*Monday October 17<sup>th</sup>*  
**Clean Your  
Virtual Desktop Day**



*Thursday October 20<sup>th</sup>*  
**Sloth Day**



*Monday October 24<sup>th</sup>*  
**Diwali**



*Friday October 28<sup>th</sup>*  
**Frankenstein Friday**



*Monday October 31<sup>st</sup>*  
**Halloween**