



The Sunny Side of Life

The monthly family/staff newsletter of
Sunshine Meadows Retirement Community

January 2021

Sponsoring Churches/Board of Directors
Buhler MB-Mary Ellen Jantz, Charlotte Smith,
Velma Goertzen
Buhler Mennonite-Deanna Siemens
Hoffnungsaus 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 67522

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.



ENTER the NEW YEAR!!

KUDOS to administrator, Keith Pankratz (pictured, adding some laughter to a staff member's day), and all of the staff at Sunshine Meadows, as they cope with the threat of COVID in this time of pandemic. We are certainly looking forward to the advent of the vaccine for both staff and residents, and a slow but sure return to our previous life routines.

Vaccinations for staff and residents will be given the first week of January. Currently, the COVID ward is empty!

Praise God! And there are few cases of COVID among the staff, who are recovering at home.

We're hoping and praying that residents' families are doing well during this time, and that soon, we can reunite them with their loving family members here at SMRC.

**Praise God, from whom all blessings flow;
praise Him, all creatures here below;
praise Him above, ye heavenly host;
praise Father, Son, and Holy Ghost. Amen. -16th century**

We Welcome: Patsy Holmes, Mary Steinle,
Gail Wolf, Jennifer Dials

We Said Goodbye to: Mary Buckman, Vada Unrein,

Duane Kjeldgaard, Sandy Trafficanto, Martha
Mohler, Edith Schiefelbein

Resident Birthdays

- 3: Paul Lawson
- 8: Paul Richert
- 13: Jean Van Voorhis
- 14: Ellie Jones
- 16: Carol Ewing
- 17: John Lyle
- 19: Tommy Larson
- 20: Reba Jansen
- 25: LaVern Penner
- 27: Kay Nye

Staff Birthdays

- 1: SHYANNE FERNANDEZ
- 4: JENNIFER BELCHER
- 5: TREVA JONES
- 6: SUZIE PARROTT
- 10: SYDNEY STOLL
- 16: KAYLIE MAY
- 18: MELANIE KOEHN
- 21: CAROLYN REISSIG
- 25: KRISTYNE BURTON
- 25: LILLIAN KLICK JOHNSON
- 27: NATHAN SPENCER

Keith Pankratz, CEO
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To send cards to residents, please call SMRC at 620-543-2251 Mon.-Fri., 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); or, mail to SMRC address. See page 4 to get inspired.



LuvBlossoms Floral
created beautiful
flower bowls
for all of
our residents for
Christmas, just as
Santa ordered them!

We Asked Some of our Office Staff: What do you like most about the holidays at Sunshine Meadows?

Stacie Klassen, Marketing: The Christmas trees make it festive; I enjoyed delivering candy bags and flowers, and caroling for the residents.

Candi Almquist, Business Office: I like buying gifts for the residents and getting to see them open them. I missed our having the meal together this year, due to COVID rules.

Tina Mandeville, Business Office: Spending extra time with our residents; the one-on-one time we have when we carol or deliver gifts.

Angela Brown, Business Office: Ditto! We rarely get to interact with the residents because of the nature of our jobs, but getting to select gifts to make them smile is great.

Rita Black, Human Resources: Playing games and eating with the residents is my favorite part, usually, but this hasn't been a typical year, due to COVID. I'm looking forward to getting back to seeing them, soon!

Carla Barber, Fund Development: Caroling in the halls for our residents.

Keith Pankratz, Administrator: Activities and meals with the residents; seeing those smiles and creating that Christmas spirit on campus.

CHIT-CHAT

SMRC COVID Video!

Check out a video created by staff member, Liz Brown, for our staff and residents. We hope you enjoy it as much as we do!

https://drive.google.com/file/d/13xaDsLuttqW- FF_IIKQpPz4pq-aUth/view?usp=sharing

Linda Witt called to express her heartfelt gratitude for all of the care and love shown her mom through her days here. Linda said she was humbled by the servant hearts tending to her mother's wishes to enjoy the great outdoors, no matter how hot (as long as she had her blue sun-hat on), either for visitation by the swing or to sit in the courtyard and admire the beautiful flowering plants and shrubs. Linda also gave HONORABLE MENTION to the entire dietary department, and "especially Eric, who could make chocolate pudding and pie JUST LIKE MY GRANDMA (Martha's mother)!" Linda said, "I was recently washing all of Mother's clothing, so I was thinking of the laundry department and all the TLC given Mama here, especially after Daddy passed. I am so humbled to think of all of the heroes there. I want to wish every single soul employed at SMRC a very Merry Christmas and a Happy New Year. I already miss seeing all of you on a regular basis when I visited to check in on Mama -- God bless all of you!"

Below are two recent letters of thanks for great care of family. We appreciate the feedback! We go the extra mile because we take pride in our care level, and we grow to love our residents!

These letters were published with permission from the authors.

Thank you for taking such good care of my mother during her stay at Sunshine Meadows. I would often ask her how she was doing. She always spoke very highly of the nurses and staff.

That gave me great peace since I lived out of state.

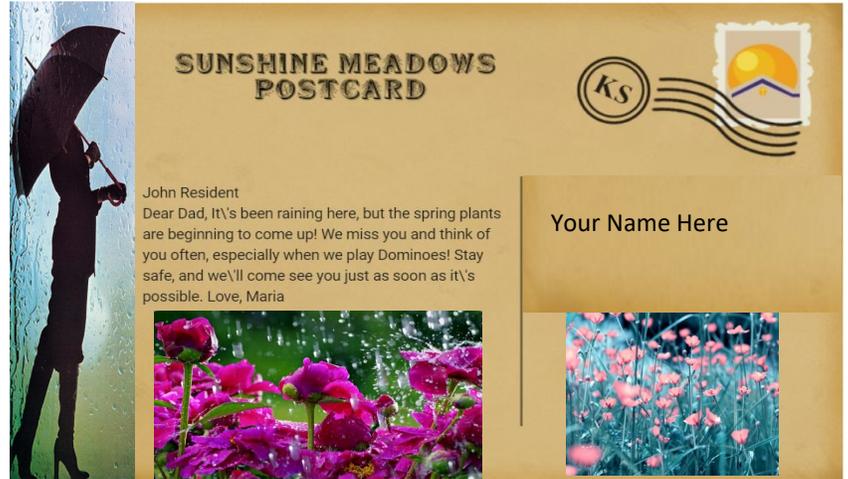
Thank You!

Judith Rainbolt

Thank you for the letter and a special thanks to everyone who takes such good care of my Dad, Arthur Dick. I assume this wheelchair washer would be one he would use. Such a great invention! I do hope it can be purchased soon.

Thanks and have a safe and happy holiday season. Hopefully I can "hug" my Dad in person in 2021.
Sincerely,
Deborah Kramer
Art Dick's daughter

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 Monday through Friday. 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 on 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.



Get-Together CHECKLIST:

1. Cell phone
2. Warm clothes!
3. Family photos or kids' drawings to share

Missing family time? Don't let a wall stop you! All you 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.**

Kids/grandkids bored? Ask them to make cards for our folks who don't have many relatives. A hand-made card by a child of any age will spark a smile, for sure! See pg. 1.

During these unusual times, it's important to find something that will make you smile throughout the day. Find a new joke, listen to uplifting music, lend a helping hand. Take a minute to relax. You must recharge in order to help others. Reflect on ways that the virus has helped improve some things in your life. Many have experienced more time at home, allowing us to remember what is important, focus on our hobbies, and learn new ways to connect. Make those phone calls! Video chat! Send letters, pictures, and postcards! **To share pictures**, send them to me at:

beccam@sunshinemeadows.org.

Be sure to let me know who they're for!



VISUAL WORD PUZZLERS!

INJURY
+
INSULT

WEATHER
BIT

T B
bush
A E

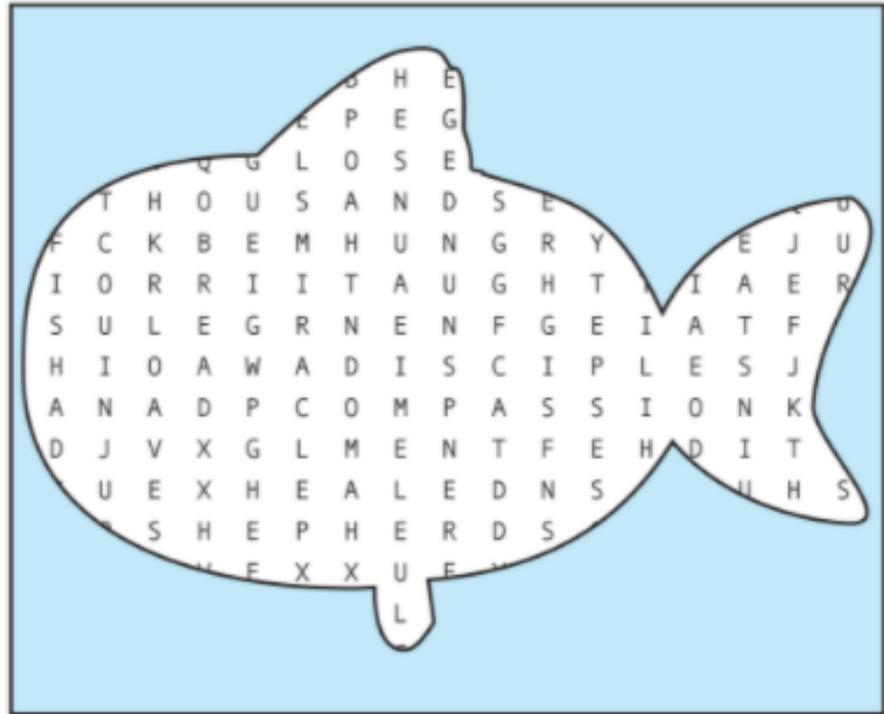
BELLY

2 Blame

JESUS FED THE PEOPLE

Word Search

Find the listed words hidden in the puzzle, whether right to left, up and down, or diagonal.



- | | | |
|------------|--------|-----------|
| BREAD | FISH | MIRACLE |
| COMPASSION | HEALED | SHEPHERD |
| DISCIPLES | HUNGRY | TAUGHT |
| EAT | LOAVES | THOUSANDS |

WHO SAID IT? “Returning hate for hate multiplies hate, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only *love* can do that.”

FUNSHINE PAGE

ANSWER: “Loving Your Enemies,” Nov. 17, 1957
Martin Luther King, in his speech titled,

Answers, top to bottom: Adding insult to injury; A bit under the weather; Beat around the bush; Yellow belly; No one to blame

~We're better together~

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.



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.

We are starting the year off right by having gone two weeks with no one in our COVID ward. For the new year, we are beginning some communal dining, and small group (3 or less people) activities. We have completed all of the Compassionate Care surveys, and will continue scheduling CC visits with families. We will initiate the visit, as residents must qualify for a CC visit. We will continue testing residents weekly until we have two consecutive weeks of no resident/staff testing positive.

While we were unable to provide a communal staff and resident meal and opening of gifts, as is our usual Christmas activity, staff still bought gifts for residents, and they were handed out by the activities department to residents in their rooms. We also had several community donations of gifts for the residents, lovely flower bowls for each resident from the home itself, and staff Christmas caroling down the halls of each neighborhood.

Sometimes you have to let go of the picture of what you thought life would be like and learn to find joy in the story you're living.

With around 85 residents living here, keeping track of personal belongings can be a challenge! Families can help by alerting staff to take new clothing to the laundry department for marking, and add anything valued at \$25 or more to the inventory list on the back page of the charts at the nurses' station BEFORE taking the item to the resident. All cash is to be kept in the business office, where it is always accessible during normal business hours, and through the nurse's station on weekends and off-hours. Sadly, some fine new Christmas clothing gets stuck in the laundry, as it wasn't marked. -Thank you! - Laundry Department

Thank you, thank you, thank you!



Thanks to generous donations from our community, our residents, and residents' families, all of the funds have been provided for the wheelchair washer! We're so thankful to folks who were willing to help provide the rest of the funds needed for the \$7000 machine.

Because of its ability to quickly sanitize these items, we're looking forward to a greatly reduced workload for cleaning wheelchairs, porta-potties, and walkers, as well as more cleanly equipment, and more one-on-one time with our residents, due to a reduced workload! This would not have been made possible without your contribution! THANKS AGAIN!!!



A NEW YEAR BRINGS NEW HOPE!

Vaccinations for residents and staff will take place on **Wednesday, January 6th**, provided by Auburn Pharmacy, our medication provider. Anyone taking the shot will need to sign a consent form. While receiving the vaccine is not mandatory, it is strongly suggested as a precautionary measure. There is no cost to residents or staff to receive the vaccine.



**I dream of a world in
which chickens can
cross the road without**

**having their
motives
questioned.**



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.



Sunny's is closed at this time. We'll be sure to announce our reopening as soon as we can! We miss you!

Phase progress: we are in Phase 1, and will remain so until we have received two cycles of no positive COVID 19 cases in our facility.

Facility overview: We test staff on Mondays and Thursdays weekly. Residents are tested every Monday.

Families: If you have specific questions, please call **Becca Meitler** at **620-543-5695**.

COVID-19 update



- Based upon what we now know, those at high risk for severe illness from COVID-19 are people aged 65 and older, people who live in a nursing home or long-term care facility, and people of all ages with underlying medical conditions, particularly if not well controlled, including people with:
 - Chronic lung disease, or moderate to severe asthma
 - Liver disease
 - Serious heart conditions
 - Diabetes

Are You at Higher Risk for Severe Illness?



- Severe obesity (body mass index [BMI] of 40 +)
- Chronic kidney disease, undergoing dialysis
- And 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 medicines.

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.