



August 2021

The Sunny Side of Life

The monthly family/staff newsletter of Sunshine Meadows Retirement Community

www.sunshinemeadows.org; 620-543-2251 400 S. Buhler Rd., Buhler, KS 67522

Sponsoring Churches/Board of Directors

Buhler MB-Mary Ellen Jantz, Charlotte Smith, Velma Goertzen

Buhler Mennonite-Open; Buhler Methodist- Open

Hoffnungsaus Mennonite-Louis Martens

Bethany Nazarene-Kay Scheel

Crossroads Christian- Open; Victorious Life-Open

At large-Cameron Kaufman, Mary Frazier

Sunny's Reopened to the Public!

Sunny's has opened to the general public via the Sunny's entrance.

Hours are:

**Monday, Wednesday, and Friday,
7a.m. - 2p.m.**

**Open Tuesdays and Thursdays,
7a.m. - 7p.m.**

Be sure to check out the new menu, and try something delightful, such as the Angry Bird sandwich!

And remember that breakfast is available all day long!

DID YOU KNOW? - -

By replacing your potato chips with grapefruit as a snack, you can lose up to 90% of what little joy you still have left in your life.

Grapefruit is good for you, but so is joy.

If you'd like 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; or, mail to: **400 S. Buhler Rd., Buhler, KS 67522**

We Welcome: Gladys Forcum

We Said Goodbye To:

**Norita Larson, John Schultz,
Cheryl Glaze, Arlene Doerksen**

Resident Birthdays:

- | | |
|--------------------------|----------------------------|
| 3 Georgia Pierson | 21 Judy Dickinson |
| 8 Darlene Hein | 23 Patricia Penner |
| 10 Adina Kliever | 26 Donna Bether |
| 18 Arlie Howard | 26 Donna Tankersley |
| 20 Leita Keith | |

Staff Birthdays:

- | | |
|--------------------|------------------|
| 1 Carla Barber | 13 Jim Bogle |
| 2 Scott Beye | 14 Levi Friars |
| 2 Tina Mandeville | 14 Cole Weast |
| 11 Sandra Williams | 20 Kayla Griffin |
| 12 Sally Devena | 22 Loren Tafolla |
| 12 Blake Price | |



Time to celebrate!!!

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. mhs@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

What Will the New AL/MC Neighborhood Look Like?

Working Toward the Future

Many folks with dementia or other memory issues don't require nursing assistance for the majority of their struggle with the disease. A secure assisted living environment might see people through the majority of their journey with a greater quality of life.



Enhancing quality of life involves creating more varied activities for those with memory issues, such as aromatherapy, music therapy, and technology-specific programs for dementia care.

Plans for an atmosphere that feels like a town neighborhood include distinctive apartment facades to make home recognition easier, a looping path to follow to discover neighbors, interesting and fun things to do, and places to eat; an outdoor area on nice days; and always, the way back home.

Sunshine Meadows is raising funds to make this plan a reality. As with the existing Memory Care neighborhood, this will be a relaxing, happy, safe, comfortable place for folks who need it.

Call Carla Barber for more information, or email her at fund@sunshinemeadows.org.



Considering Downsizing?

Check Out Our Lovely Apartment Options



Choose to make the most of your retirement years at Sunshine Meadows where senior living is at its best! You can enjoy a host of daily activities, good food, a caring, supportive staff, new friends, and the warmth that a small community provides. Let us help you reach your goal of comfortable living.

- Common areas are available for family gatherings.
- Bed & Breakfast accommodations are available for your guests.
- We offer a buffet line, salad bar, daily specials, desserts, and a wide menu selection at Sunny's Café, where breakfast is served all day.
- The small community of Buhler, with its vibrant downtown, is welcoming and inviting.
- Varying levels of care are provided to meet needs as they arise.
- Hospice services may be provided on site to allow your loved one to stay in familiar surroundings.



- Meet new friends, and enjoy the various activities provided.

1

ANYTHING
ANYTHING
ANYTHING
ANYTHING

READY



2

B **I**
R
A **N**



3

BUR



4

STAY

NIGHT

Get your **REBUS** cap on! Solving these little word puzzles is great for the brain!

5

SHOW

FUNSHINE

Answers at bottom of page.



6

STORM

TH

7

X GOOD

TV

REST

U R

8

1. Ready for anything; 2. Scatterbrain; 3. Back rub; 4. Stay over night; 5. Side show; 6. Thunderstorm; 7. Nothing Good on TV; 8. You are under arrest.



"Is we going
somewheres?"



MOVING.

Whether for less cleaning and repairs, to be closer to grown children, or to deal with health

issues, sometimes it's necessary. You don't want to leave these decisions to your family. Why not think about it now, while you're in charge?

Call Stacie at 620-543-2251 to take a tour of our retirement community apartments.

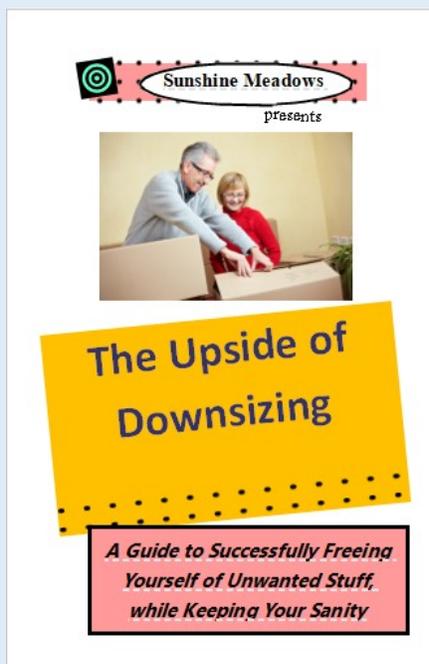
Are you, or is someone you know, considering downsizing?

Whether to make it easier to navigate your current home, or to move to a new place, it can be emotional to sort through a lifetime of memories, even when it means clearing a path for the future.

Our helpful booklet takes the reader step by step through all that needs to happen in order to be ready to downsize.

To get your FREE copy of the downsizing booklet, simply email Carla at:

fund@sunshinemeadows.org - or call 620-543-5700 to request the booklet.



- ◆ People think "icy" is the easiest word to spell. Come to think of it, I see why.
- ◆ A grasshopper sits down at a bar. The bartender says, "We have a drink named after you!" The grasshopper replies, "Who names a drink 'Steve?'"
- ◆ What's a balloon's least favorite type of music? Pop.
- ◆ I went into a bookstore for a book about turtles. "Hardback?" asked the shopkeeper. "Yes," I replied. "And they have little heads, too."
- ◆ What does the world's top dentist get? A little plaque.
- ◆ What's the difference between a hippo and a Zippo? One is really heavy; the other's a little lighter.

To assure everyone's health, SMRC would love to see our vaccination level for staff at 70%. **Currently, we're at 65% fully vaccinated of those eligible to be vaccinated; 68% have received at least one dose. 92% of our residents are vaccinated.** The Johnson & Johnson vaccine, the "one and done" type, is available, so if you'd prefer it, now's the time to sign up! **Call Rita at ext. 112, or Nathan at ext. 116.**

NEED MORE ENCOURAGEMENT?

Once SMRC employees' vaccination rate reaches 70%, **ALL EMPLOYEES** who have taken the vaccine (starting from day one) will be entered in a drawing for a \$100 prize!

There will be **FIVE \$100 prizes**, so the odds are tantalizing! Help us reach our goal to keep ourselves and our residents safe, and get out of Phase One forever! Call Rita or Nathan to schedule your vaccination

TODAY!

CHIT-CHAT SMRC COVID Video! Check out a video created by 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_IKQpPz4pq-aIUtH/view?usp=sharing

Calling all readers! If you'd like to submit a tribute, memory, special photo, birthday wish, etc. to honor one of our family (residents or staff) on the Chit-Chat page, please email to fund@sunshinemeadows.org.

Thoughts and prayers for Cheryl Glaze's family at this time. She was an amazing lady, always happy, and smiling. She will be greatly missed.—Ashley Mahoney



In honor of Cheryl, here are eight messages of encouragement:

We had a good team crying session when we found out Cheryl was gone. I don't know a person who came in contact with Cheryl who didn't think the world of her. We cherished her fighting spirit to improve, and no matter what kind of trial she was going through, she ALWAYS asked, "Now, how are YOU doing?" with genuine interest and love. One of a kind she was. I know that for myself and my team, our hearts are changed for the better for having known our wonderful Cheryl. — Denise Wells, Physical Therapy Department

Believe in yourself. (Believe you can, and you will.) **Stay strong.** (Dream, believe, achieve.) **Never give up.** (A little progress each day adds up to big results.) **Be grateful.** (A grateful heart is a magnet for miracles.) **Work hard.** (Good things come to those who hustle.) **Stay humble.** (Work hard in silence. Let success make the noise.) **Be kind.** (Kindness makes you the most beautiful.) **Keep smiling.** (Your smile makes life more beautiful.)

BUHLER SENIOR CENTER MEALS



Come 'n' Get It!

YIPPEE!!!

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.

Vanquishing Brain Fog

Brain Fog is a term used for symptoms that can affect your ability to think. Speak to a medical professional if the symptoms are severe or if you get brain fog frequently. It can be a symptom of an underlying health condition. The definition of mental fatigue is open-ended, as is the list of signs that accompany it. Brain fog symptoms range from mild to severe, and include: lack of focus and clarity, impaired decision-making, forgetfulness, irritability, lack of mental clarity, slower learning time, and low energy or fatigue. Any of these symptoms on their own can be draining. Combined, it can feel like you're operating behind a blurry glass window, watching the world go by but unable to fully participate. We're likely to forget the thread of a conversation, lose a common noun in casual conversation, feel like we *should* be on top of simple day-to-day tasks, or find ourselves getting more and more frustrated at our inability to remember a task we'd been planning for weeks. Brain fog is a *human* condition. It's not relegated to the old or the sick. Know that you're not alone in your experience with these symptoms of cognitive impairment. Here are some simple ways to clear the mist clouding your mind:

1. Get Enough Good Quality Sleep. Mental and physical exhaustion can result in everyday brain fog. The CDC recommends that adults get 7 – 8 hours of sleep per night, but it can be challenging to get 8 hours of quality sleep. The body needs that much time for us to feel rested because we move through multiple sleep cycles. Healthy sleep habits—like a consistent bedtime, limiting evening screen time, reducing light exposure before bed, and setting a strict wake-up time—improve the quality of sleep over time. Limiting naps to less than 30 minutes and (Continued on page 11.)

August Senior Center Menus

August 5th

Tossed Salad with Dressing
Chicken Fried Chicken
Baked Potatoes
Green Beans with Bacon
Dana's Carrot Cake
Biscuit with Butter

August 12th

Cottage Cheese
Beef Stew
Steamed Baby Carrots
Cream Puff
Cornbread Muffin

August 19th

Sliced Tomatoes
Roast Beef
Parsley Potatoes
Peas and Carrots
Rhubarb Pie
Wheat Bread with Butter

August 26th

Cinnamon Apples
Smothered Pork Chops
Rice Pilaf
Broccoli and Cauliflower
Soft Serve Ice Cream
Garlic Bread

Here are the current changes per COVID requirements for Sunshine Meadows:

Vaccinated residents no longer have to quarantine to their rooms unless they have symptoms or have a prolonged known exposure to COVID-19. They can have their loved ones take them to doctor's appointments, shopping, etc., without concern of needing to quarantine when they return to SMRC. Residents who have not been vaccinated still have to follow our quarantine guidelines. When/if they leave the facility to an uncontrolled environment, they will have to quarantine in their rooms for 72hrs, have a PCR test done, and await results before coming off of quarantine.

We are continuing indoor visitation and will only pause that if we were to have a positive case here in-house. Families ARE permitted to use the restroom in their loved one's room as long as it is not a shared bathroom with another resident. For those who do share a bathroom, families may use the public restrooms. We are using our hospitality cart again for residents and their families who are needing palliative care. It is disinfected before and after use.

Vaccination is a big focus for us, as it is for the rest of the nation and world right now. Specific to nursing homes, there are new regulations coming out that give us the ability to be more open, based on vaccination status. It is very likely that our vaccination status will be a deciding factor for next steps in the process of reopening our facility to more freedom and normalcy.

Staff members: you CAN still get vaccinated via our connection with Reno County Health Department. If you would like to do so, please contact Rita to get that set up. Both the Moderna vaccine and Johnson & Johnson vaccine are available. The FDA has lifted the 'pause' that was previously on the J&J. Remember that this one is only one dose - and then you will be fully vaccinated in 10 days. The Moderna is still a 2 step process and full vaccination status is not attained until 10 days after the 2nd dose. The EPT team is here to answer any of your questions about the vaccine as well.

If you are hesitant, we want to help you be informed so that you can make a good decision. Please know that your doctor is the best source as he/she knows your medical history and can help calm any concerns you may have.



Hesitant?

Please don't wait.
Now's the time to vaccinate.

COVID-19 vaccines do not contain the SARS-CoV-2 virus.
No weakened germs. No preservatives.
No fetal tissue.

Learn what's actually in COVID-19 vaccines and why more people are choosing to vaccinate.

 **VOICES on VACCINATIONS**

www.voicesonvaccinations.org

↓ ↻



**MISSING
clothes?**

LABEL,



PLEASE!!!



TOO BAD the person these were
MEANT FOR isn't getting to wear these
nice clothes!!!

Laundry staff can't return them if they're not marked with the owner's name! We have GREAT staff members, but SWAMMIES, they AIN'T! PLEASE mark clothes before gifting them to your loved one. We want to see them enjoying their new clothes as much as you do! So **PLEASE PLEASE PLEASE TAG THOSE NEW CLOTHES!!!**

Resident Rights

Each month, a right and/or policy will be posted in this newsletter. If you have questions about your rights, or those of a family member or friend living at Sunshine Meadows, please do not hesitate to contact Becca or LeNora in Social Services. The dignity of the individual is never more important, and never more in danger, than in old age. With its traditional concern for the elderly, Sunshine Meadows believes that its residents are entitled to not only high standards of social and physical care, but also to the exercise of those inherent human rights that contribute to the totality of individual dignity. The resident has a right to a dignified existence, self-determination and communication with and access to persons and services inside and outside the facility. The facility must protect and promote the rights of each resident.

4. Examination of Survey Results and Correction Plans: The results of the facility's latest inspection by the state licensure agency, and our plans to correct any noted deficiencies, are in notebooks in a container on the wall north of Sunny's Café, in the donor tree nook.

CHOOSE TO BE HAPPY.

Develop gratitude. Focus on the positive.

Appreciate your life.

REMEMBER: LIFE'S QUICK.

WE'RE NOT HERE TO FILL OR KILL TIME. WE'RE HERE TO CONNECT, CONTRIBUTE, AND ENJOY THE CONTRIBUTIONS OF OTHERS. GET INTO THE DAY AND ENJOY MORE OF IT.



“Work is love made visible.” — Kahlil Gibran, Lebanese writer, 1883 – 1931

Welcome, and Welcome Back!

Let's face it: Women NEED a hair stylist. Women can't feel completely “made up” for company, or just for facing the world in general, if their hair isn't done the way they're used to it. It's an important part of who they are. The sheer joy of having their hair washed and set defies description. And when women lose their stylist— well, life's just out of kilter.

So thank goodness for Vanessa Howell, who came to our aid! Vanessa, who has been a cosmetologist for over 15 years, works Wednesdays and Thursdays at Sunshine Meadows, learning about our residents and what their needs are when it comes to hairstyles. She was a God-send when Kay Scheel, who also works two days per week at the SMRC Salon (and has done so for many years, alongside Elaine Franz, whom we lost to COVID in 2020), had to be absent for a while.



We are so thankful that Kay is back, and that Vanessa is able to take care of Kay's customers when Kay needs to be absent.

Vanessa has two sons, Xavior and Caleb, ages 19 and 16. She helps her mom, Melanie, with her daycare, and confesses to be both “baby crazy” and a major dog lover. Though she has no dogs of her own, she loves to dog-sit for others.

Stop by and say hello to Vanessa, and welcome back to Kay!

Fundraiser Success!

Over \$1800.00 was donated from our Taco Salad Fundraiser, to purchase new, colorful plates for the Nursing and Assisted Living residents. Studies have shown that bright colored plates encourage appetite, and appetite encourages strength and good mental health.



Thank you to everyone who donated! A



special thanks to the Buhler Methodist Church, who have consistently supported the Home by ordering meals for their congregation's Wednesday evening meeting. What a boost that has been!

BRAIN FOG (Continued from page 7.)

reducing alcohol consumption before bed are a must, too.

2. Manage Stress: It's no secret that today's always-on lifestyle causes us to feel stressed. You might want to read more about the effects that constantly being too busy has on our health and well-being. Cutting down on stress will give your mind, body, and brain time to rest and recharge.

3. Eat Healthy Fats & Brain-Building Foods: The brain requires a supply of amino acids and essential fatty acids in order to produce the chemicals that make us think. Complete proteins like meat, dairy products, and fish provide an ample supply of essential amino acids to keep the brain creating the hormones that result in a positive mindset. However, eating too many red meats and high-fat dairy increases the level of saturated fat in the body, which researchers have found to *reduce* memory and cognitive ability over time. Healthy fats that contain omega-3 fatty acids are an excellent addition to a diet to reduce brain fog. They play a role in the blood-brain barrier and in maintaining healthy cholesterol levels. You can find omega-3s in supplements, olive oil, avocado oil, and walnut oil. Finally, make sure to eat foods that reduce inflammation to improve the brain's ability to clear the fog. Vegetables and fruits that contain free radical-fighting antioxidants are a good place to start. These include leafy green veggies, berries, and spices like turmeric. Make sure to get tested by a medical professional if you have recurring brain fog that may be the result of a food allergy or sensitivity. They will be able to diagnose and recommend a proper protocol.

4. Consider Supplements: Brain fog can be a result of low levels of Vitamin B-12 or Magnesium. Vitamin B-12 deficiency is common in vegetarians and vegans, (Continued on page 12)

(*Brain Fog, Continued from page 12*) as dairy is the primary source of B-12 in omnivore diets. One of the best sources of vegan B-12 is nutritional yeast, or your favorite B-12 supplement. Magnesium is a second deficiency that can cause brain disorders. It helps the neuron cells transmit messages to the body. Researchers have demonstrated that Magnesium can protect cognitive functions in Alzheimer's patients. Adding a supplement to your diet may help reduce brain fog.

5. Get Enough Exercise: Exercise stimulates the body to produce hormones that improve brain health, mood, and energy. It can help improve cognitive function, memory, and even mental processing speed, especially in older populations. The good news is that you can start simple and slow with exercise. It's not about becoming a marathon runner overnight. Over-exercising can increase exhaustion and brain fog. Starting to exercise is best when it's sustainable and do-able with your lifestyle. Exercise provides a great "brain break" when you've been sitting all day, whether driving or at work. Take a look at your day. Add in a stretch or a walk outside where you can. These will go a long way in reducing mental fatigue.

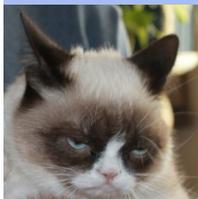
6. Experience The Great Outdoors: The last method to reduce everyday brain fog is to experience the great outdoors. Green spaces have been associated with better physical and mental health. School children's brains develop better when they're exposed to green spaces. Enjoy strolling through a park or a garden on a nice day.

Laugh - - or Roll Your Eyes!

- ◆ **Which rock group has four guys who can't sing or play instruments? Mount Rushmore.**
- ◆ **Some people eat snails. They must not like fast food.**
- ◆ **It's always windy in a sports arena. All those fans.**
- ◆ **How do mountains stay warm in the winter? Snowcaps.**
- ◆ **What happens to a frog's car when it breaks down? It gets toad away.**

A woman walked into a dress shop and asked the sales lady, "May I try on that dress in the window?"

The sales lady replied, "We prefer you use the dressing rooms."



- ◆ A man walked into a library and asked the librarian for books about paranoia. She whispered, "They're right behind you!"
- ◆ Want to hear a roof joke? The first one's on the house.
- ◆ If you're attacked by a group of clowns, go straight for the juggler.
- ◆ Why don't koalas count as bears? They don't have the right koalafications.
- ◆ A cement mixer and a prison bus crashed on the highway. Police advise citizens to look out for a group of hardened criminals.
- ◆ I couldn't figure out why the baseball kept getting bigger. Then it hit me.
- ◆ I saw a movie about how ships are put together. It was riveting.
- ◆ A man walked into a library and ordered a hamburger. The librarian said, "Sir, this is a library." The man apologized and whispered, "I'd like a hamburger, please."
- ◆ Why did the taxi driver get fired? Passengers didn't like his going the extra mile.

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