



SEPTEMBER 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

Hoffnungsaue Mennonite-Louis Martens

Bethany Nazarene-Kay Scheel

Crossroads Christian- Open; Victorious Life-Open

Buhler Methodist- Open

At large-Cameron Kaufman, Mary Frazier

From the Administrator: This is the Buzz-Around

While the scenarios in this world are ever-changing, it's comforting to know that God is never changing. We've all been concerned and praying for those affected by the hurricane conditions in the Gulf, floods in Tennessee, forest fires in the Northwest, unrest in Afghanistan, and the recent earthquake in Haiti. Then I reflect on how we have been blessed in Kansas with good moisture, warm weather, and gorgeous sunsets.

Our government is trying to keep up with all of the changes, including dealing with Delta variant issues. Perhaps you heard of the coming mandates for Long Term Care Homes: all employees, vendors, contractors, volunteers, etc., are to be vaccinated in order to deliver or provide services to the residents. We are still waiting on the final ruling on this possible decision. It's quite concerning, as the industry is already short staffed, and this mandate would escalate the shortage. Our percentage of those vaccinated on campus is pretty good, at 92% of the residents, and 71% of the staff.

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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 (see [above info](#)); or, mail to **SMRC, 400 S. Buhler Rd., Buhler, KS 67522**

We Welcome:

Jim White, Donna Bauer, Gus Noble, Jack Hartle, John Keyser, Rose Pianalto, Jim & Evelyn McIver

We said Goodbye to:

Doris Heim, Bruce Whipple

September Resident Birthdays

1 Arlen Dick	10 Marian Lipe
2 Mary Ann Friesen	11 Rose Pianalto
6 Sandy Schroeder	21 Jennifer Dials
6 Jocelyn Ruth Stockton	26 Marta Taylor
8 Bruce Crum	30 Keith Dirks

September Staff Birthdays

3 Jenaka Parkhurst	14 Morgan Anderson
5 Renne Voth	18 Terri Ediger
7 Jessica Pinsoneault	20 Tevin Rose
10 Gracie Schreiber	24 Yazmin Vela
13 Sarah Brown	27 Shaylin Ramirez

Please drop off non-perishable deliveries M-F, 9a.m. to 4p.m., @ front door; call so we can pick them up. See website/call for a list of essential items.

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. mids@sunshinemeadows.org

Rachel Perry, LPN Care Manager rperry@sunshinemeadows.org

Hazel Brott, LPN MCU Care Mgr. hazelb@sunshinemeadows.org

Meeting Our Neighbors

With Judy Dickinson

Editor's Note: We thought you might like to know something about the person who has been writing the "Our Neighbors" column.

I was the youngest of four girls, born at Grace Hospital in Hutchinson. Not long after that, we moved to McPherson. My oldest sister, Beverly, was 10 years older than me, and because mother was sickly, I became Beverly's real live baby doll. Things were very different back then and family took care of family.

Beverly had helped with her other two sisters so she was somewhat experienced at caring for little ones. When Beverly was in the 6th grade, I was two years old and Beverly had to either take care of me at home or take me to school with her. Going to school was very important to Beverly, so she packed two lunches and a diaper bag every day, and the two of us went to school. She put me and all baggage in a wagon and pulled that wagon to school and back every day. Yes, the teachers questioned the situation, but they accepted it and everything went surprisingly fine. Beverly has told the story many times about how good I was at school. She said I sat with her at her desk, watched all the other kids, and was quiet most of the time. Recess and lunch time were the time for diaper changes, and in the afternoons, I took a nap on a pallet on the floor. Nothing like this would ever happen today, but I'm glad it happened then. Beverly and I are very close!

I lived most of my growing up years in Kansas. When I was going into my senior year of high school, Dad had some health issues and retired early, and the family moved to Berryville, Arkansas. I wasn't happy about the move but made the most of it. Transferring from Kansas to Arkansas was interesting because I had accumulated enough classes to graduate, and only had to take a Social Studies class and Senior English. I needed a class to fill in between those two and chose to take

French. That allowed me to get out of school before lunch, and go to a small, local cafe to work as a waitress.

I worked various jobs through the years, mostly in Wichita: retail, office work, restaurant management, answering service operator, real estate sales, Tupperware sales, and so forth. One job was a little different than expected: I installed underground sprinkler systems. I learned how to install sprinkler heads, wire time clocks, and how to adjust sprinkler heads so they were covering what they were intended to water. Eventually, I decided I wanted to become an Electronics Technician and went to school to learn the job, while still working. The communications company where I had worked in the answering service utilized me in many ways while I was going to school, and after I finished my training. I worked in every department of the company except sales, including working as an electronic technician, mostly fixing pagers. My talents were recognized and when the company was sold, the new owner, who had worked with me, asked me to be the General Manager of the Answering Service division. By that time, the answering service had gone from switchboards to computerized equipment; billing had also advanced. I maintained all of the computer equipment. Another new owner came on the scene; they also owned an answering service in Springfield, Missouri, so I traveled back and forth and was General Manager over both locations for a few years. I'd always wanted to move back to Hutchinson, so when a job opportunity was offered to me, I took that chance to come home. That job ended up not being my dream job; I wanted to help people. I started a new career working for nonprofit organizations,

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Judy, continued from page 2 working for 11 years at Interfaith Housing Services in various jobs, but eventually became the fundraiser and marketer, writing grants, Community Service tax credit applications, and planning fundraising events. While I worked there, I went back to college and received my degree in business at Central Christian College in McPherson. One more job change brought me to Sunshine Meadows Retirement Community as the Director of Marketing and Fund Development, where I worked for 8 years. The last 19 years of working with nonprofits were the most rewarding times of my life.

During my working years, I was married and had two children. The marriage didn't work out, so I moved on and married a wonderful man, whom I believe was a healing gift from God. He went to be with the Lord in 2006, the year I graduated from college, and shortly after I became employed at SMRC. We were married almost 30 years.

I'm happily living here at SMRC in one of the Sunshine Villas. I have some health issues that keep me from doing many things I'd still like to do, but I'm never alone. Yes, God is with me -- but I have to do all the work, because "He" doesn't do dishes!

I've written a devotional book and would like to self-publish it one day, if possible. I spend a great deal of time proofing that book, ministering to people online and via texts, and sending out encouraging notes to people in the mail. I also have an extensive prayer list that I pray daily and would be glad to pray for you! Just let me know if you have a prayer request. I have many favorite scriptures and want to share this one with everyone who lives here:

Judy Dickenson



Isaiah 46:⁴ "I will be your God throughout your lifetime—until your hair is white with age. I made you, and I will care for you. I will carry you along and save you."

If I could tell you just one thing, it would be to remember to be kind to one another. Kindness is a fruit of the Spirit. Galatians 5:²² says, "But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control." In my years of working here and living here, I have seen seasoned Christians forget the fruits we are to display as our witness and sometimes display quite the opposite to one another. We need to be the example that God intended for us to be, even now. Especially during these trying times we have experienced in the past 18 months, we need to remember that we still have to obey His commandment to love one another!



**To be happy, don't dwell on the past or worry about the future.
Focus instead on living fully in the present.**

1
**WHAT'S THE EASIEST WAY TO
DOUBLE YOUR MONEY?**



2
**WHY IS SATURDAY
STRONGER THAN
MONDAY?**

3
**SPELL 80 USING
ONLY TWO LETTERS
FROM THE ALPHABET**



4
**WHO KEEPS THE
OCEAN
NEAT AND CLEAN?**

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

5
**If I am holding a bee, what
do I have in my eye?**

FUNSHINE PAGE

Answers at
bottom of page.



6
**I'm easy to
lift but
hard to
throw.
What am I?**



8
**WRONG WRONG
= /=
RIGHT**

**1. Hold it in front of a mirror; 2. Monday is a week/weak
day; 3. A and T; 4. The mermaids; 5. Beauty, because
beauty is in the eye of the bee-holder; 6. A feather;
REBUS: 7. Middle of the night; 8. Two wrongs don't make
a right.**



STAFF POST: Last evening I was working the floor, helping Rose Epp get ready for bed. Right before she was going to lie down, she looked at me and said, “Here, sit down and have a word of prayer.” I sat with Rose as she prayed. It was such a humbling moment for me to just stop, be still and have that moment with the Lord. **We really have the best residents and greatest facility, to have that ability to pray with our residents at any moment.** - Rachel Perry

Sometimes

I just look

up, smile,

and say, “I know

that was you.”

God...

RESPONSE: It is great to see so many of our residents who carry a lifetime's understanding of the power of prayer, immersing themselves in Scripture daily. I have happened to walk by several times in the middle of the day when Rose is sitting in her recliner with her Bible. Neoma does this at her table by the window as well. It makes my heart happy. I am thankful Rose feels comfortable enough to reach out and give others that gift of prayer in her new home, just as I am sure she did in her previous one.



- Denise Wells

CHIT-CHAT

GOOD NEWS!!!

Sunny's Café is open to the public Monday, Wednesday, and Friday from 7a.m. to 2p.m. and Tuesdays and Thursdays from 7a.m. to 7p.m., dine-in or carry-out. Check out our menu on Facebook. If dining in, please answer the questions at the kiosk and slide your wrist across the yellow bar to have your temperature taken. Once done, the door will unlock for you to enter.

Rebecca Meitler, SSD, has given her notice in order to tend to her daughter's serious health needs. She will be on retainer at SMRC as PRN to assist as needed. We wish her family the best as they deal with these health challenges. SMRC is accepting applications for a licensed social worker and a social service designee.

We'll miss you, Becca.

Calling all readers! If you would like to submit a tribute, memory, birthday wish, etc. to honor one of our family (residents and staff) on the Chit-Chat page, please email us at fund@sunshinemeadows.org. Thanks!

Things always have a way of working out. Never underestimate the power of prayer, faith, and love.

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-aIUtH/view?usp=sharing

Can Exercise Improve Your Mind?

An interesting article in the Fort Myers News-Press by Angie Ferguson, an exercise physiologist, says that exercising of any kind can improve the brain. Improving memory, intelligence, and information processing, regular exercising can decrease risk for dementia as well. A recent medical study found that people ages 40 to 65 who participated in moderate to strenuous cardio vascular exercises four times per week performed better in cognitive tests than those who did less than one hour of similar workout a week.

Regular exercise provides a steady blood flow to the brain, assists in repairing damaged cells, fights off age-related symptoms of mental impairment, and improves the control of language-processing.

Endurance training, strength training, resistance training, and yoga can do wonders for the brain.

Many studies have found that regular resistance training improves the frontal lobe, the part of the brain responsible for speech and language, attention and concentration, organization and planning, memory, and reasoning. Yoga increases the gray matter of the brain, which plays a role in intelligence and increased overall brain function, especially as people age.

Walking, even at a slow pace (it can always be increased as it's safe to do so), recreational swimming, riding a recumbent stationary bike, and using an elliptical machine (vs. jogging) are all good forms of exercise for seniors. Choose exercises that are enjoyable. Think about how they can be incorporated into an exercise routine:

- Chat with a friend while walking, stretching, or strength training
- Take photographs on a nature hike
- Meet new people at a yoga class
- Watch a favorite movie while on the treadmill
- Listen to music while lifting weights

Whatever the type, exercise is a healthy choice for everyone.



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.

**MAY YOU BE PROUD
OF THE WORK YOU DO,
THE PERSON YOU ARE,
AND THE DIFFERENCE
YOU MAKE.**

September Senior Center Menus

Sept 2nd

- Apple Rings
- Swiss Steak
- Baked Potatoes with Butter and Sour Cream
- Green Beans
- Frosted Cake
- Bread and Butter

Sept 9th

- Cherry Applesauce
- Chicken Supreme
- Party Potatoes
- Carrots
- Vanilla Soft Serve
- Sourdough Bread

Sept 16th

- Jello with Fruit
- Fried Chicken Leg and Thigh
- Mashed Potatoes and Gravy
- Corn
- Pudding Cup with Cookie
- Biscuit with Butter

Sept 23rd

- Taco Salad Day
- Cookie for dessert
- Lemonade or Tea

Sept 30th

- Tropical Fruit Salad
- Chicken Fried Steak
- Mashed Potatoes with Gravy
- Green Beans
- Rhubarb Crisp
- Roll with Butter



In mid-August, Activities gathered up



some of the residents for a bus trip to Carey Park to feed the ducks. Several loaves of French bread were consumed, and not by the residents! **On another trip, residents simply went cruising, without bothering to**

leave the bus. They enjoyed cold



drinks and a change of scenery. Because, you know, sometimes you just wanna cruise.

Continued from page 1

Covid-19 cases are again popping up everywhere. SMRC is now testing all unvaccinated employees twice a week. There are new cases in the schools. The State Fair is just around the corner, bringing up concerns over large gatherings of people.

We are happy to report that we have no active cases on campus; however, it is knocking at the door. We encourage everyone to take extra precautions in order to keep healthy, both for your sake, and your loved ones'. Visitation continues here at SMRC as usual, but again, if we experienced another outbreak, we would have to stop inside visitations again, at least temporarily. - Keith Pankratz, Administrator

August Ends with a LUAU!

Dietary and Activities paired up to create a fantastically fun day for all of the residents, from breakfast all the way through dinnertime. Of course, the Hawaiian meals were delicious and different, and many residents and staff enjoyed donning brightly colored clothes to celebrate the day.



A few folks even tried the Limbo!

09/31/2021



More Luau photos!



The guys at Sunny's, as well as all of the dietary staff, did a great job dreaming up this fun day, and making it delicious! Thanks to you all!

In the afternoon, Pina Coladas hit the spot! *(Rum-free.)*





MISSING clothes?



LABEL,

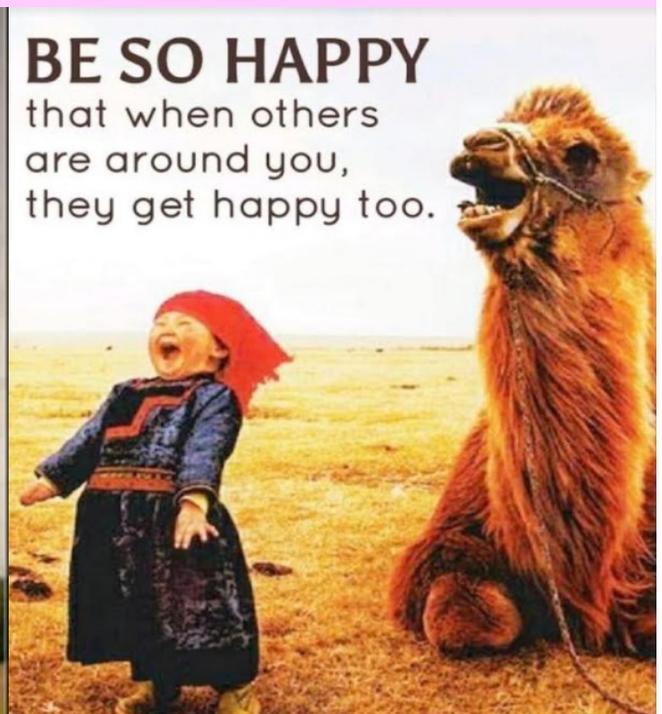


PLEASE!!!



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 them 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!!!**

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



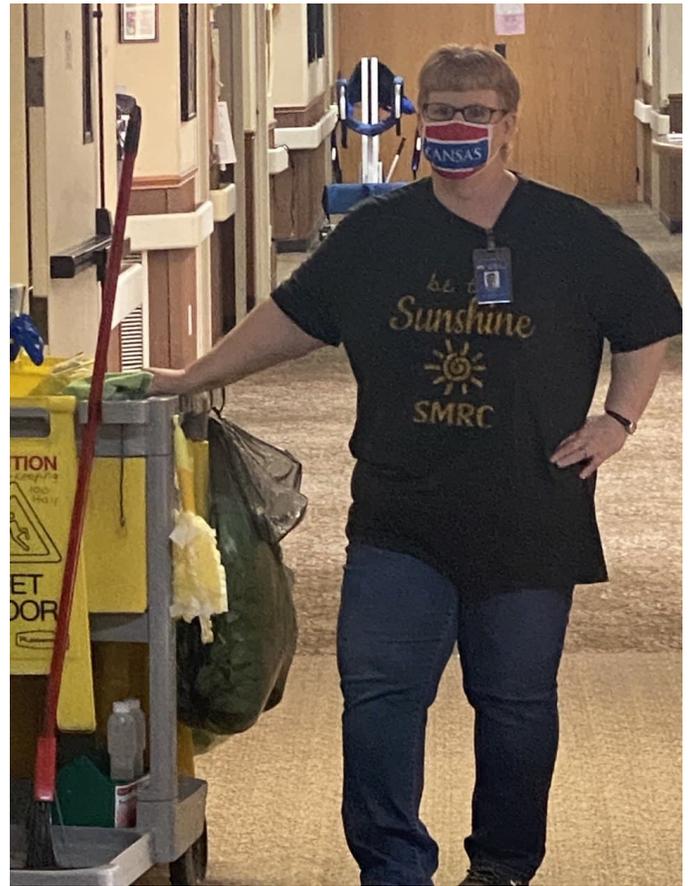
BE SO HAPPY that when others are around you, they get happy too.

No, my ducks are absolutely not in a row. At this point, I don't even know where my ducks are.

CINTAS (an environmental service company) is presenting an award for an outstanding environmental service worker in response to working during COVID times. SMRC and our employees have selected **Kathy Gaul** as our nominee for this prestigious award.

Kathy has worked for SMRC for 15 years. She has been our COVID-19 disinfecting guru through the entire pandemic, from getting the facility cleaned using universal precautions as well as all of the extra disinfecting required to make our place a safe place. Even though we did have an outbreak in late fall 2020, because of the efforts of Kathy and her team, we were able to limit the spread of COVID-19.

In the middle of the pandemic, Kathy found out that she has a rare form of leukemia. She had to take a couple of weeks off to get testing and treatment done, but in the midst of all of this, her commitment and concern was for the residents. She was back at work as soon as possible, and through the tribulation of undergoing medical treatment and some of its side effects, she was still at the top of her game, making sure that we were still providing the safest environment for our staff and residents to work in. She is the epitome of a hero for our facility, and her example is contagious for the entire team! Whether or not Kathy wins this award, she is a star to everyone at Sunshine Meadows.



Perhaps you've heard Irmgaard and Hortense on the local radio stations, talking about Sunshine Meadows. Well, now you'll be able to see them in this newsletter, in the local newspaper, and sometimes in Sunny's Café!

SMRC's own **Jennica Price** has brought our radio characters to life with her whimsical artistic talent. She's even added her own touch to Hortense's comical mis-hearing, as in this drawing,



in honor of SMRC's Luau Day. With-it Irmgaard is voiced by fundraiser Carla Barber, who writes the ads, and the hilarious Hortense is voiced by Stacie Klassen, our marketer.

DID YOU KNOW there are **24 COMMONLY GIVEN** vaccines provided periodically in the United States? This does not include the COVID vaccine. These 24 vaccines were at first met with suspicion by the public; now, they 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.

Why not wait until more people get the vaccine? 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 and/or policy will be posted in this newsletter. Residents, 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.

- 5. We respect the right of residents and/or their legal representatives to be informed of and participate in decisions about their care and treatment.**

WAIT ~ HOPE ~ TRUST ~ LOVE. *Repeat.*