



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

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.

July 1, 2020

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

Back to Normal - Keith Pankratz, Administrator

Back to normal: what does that mean? The old normal may be a thing of the past and we aren't sure yet what the new normal will look like. Progress for reopening long-term care facilities is slow at best. Just when we had a plan ready to implement, the state is spiking with new cases.

The State of Kansas has given guidelines to the counties, working with LTC homes, to create their individual reopening plans. The reality is that there won't be a total reopening any-time soon, but rather a partial reopening.

SMRC submitted its plan to the Reno County Health Department some time ago, but there's been no approval thus far at that level. When approved, we can move through the four phases, of two weeks each, if all goes as planned. We are actually in Phase One. Phase Two allows limited visitation, including outdoor areas for families to be able to meet with residents. We hope to bring our beauticians and barber back during this phase.

We fully understand and sympathize with the impatience and frustration the shutdown has caused. During the summer months, we definitely want to see some form of reopening. Meanwhile, we work daily to keep spirits and morale up as much as possible, both for residents and staff members.

Please pray with us that Phase Two can soon be expedited.

We Welcome: John & Doris Schroeder

We said Goodbye to: Darell Richardson

Resident & Staff Birthdays:

Residents

7/4: Mary Buckman
7/5: Frannie Schroeder
7/14: Roberta Crum
7/15: Dorothy Gregory
7/25: Judy Hostetler
7/26: Terry Mitchell

Staff

7/7: Elizabeth Seely
7/10: Madalyn Wenzlick
7/10: Lillian Eash
7/13: Becca Meitler
7/16: Daci Carter
7/18: Stacey Thomas
7/19: Adaylia Powers
7/20: Makayla Parsons
7/20: Taycota Purcell
7/22: Hanna Alvarenga
7/22: Ashley Mahoney
7/25: Betty Schrag
7/25: Jessica McMaster
7/25: Tom Eigsti
7/27: Rhonda Ward
7/31: Destiny O'Neal

If you'd like to send cards to residents, please call SMRC at 620-543-2251 Monday-Friday, 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); otherwise, mail to SMRC address. See **page 4 to get inspired.**

Sunny's Café is now offering curbside service to the public with a limited menu for **breakfast and lunch!** (Menu posted on the back page.) **Our residents can also call in for delivery on campus!**

Sunny's is undergoing a facelift during the shutdown, & will be even better when it's time to reopen!

We'll keep you posted!

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Meeting Our Neighbors



Lenore Postier, the daughter of William and Rose Frances Stansel, was born in Grace Hospital in 1924 and recently celebrated her 96th birthday. Lenore, and her two brothers and one sister, went to Wynan Grade School, Sherman Junior High, and Hutchinson High School. Lenore attended one year at Hutchinson Junior College and enjoyed bookkeeping. Growing up during the Great Depression and World War II brought about some challenges, but she managed her way through it all. After going to JuCo, she took a test in Topeka and got a job at the State Board of Health in the State House and worked there for about 5 years. Lenore graduated from Washburn University in 1948 with a degree in business.

Lenore's father was a car mechanic at a shop located on West Second Street in Hutchinson. Her mother was a homemaker. Lenore remembers her mother using a wringer washer in the basement, and how much work it was to do laundry, with many trips up and down the basement stairs, then outside to hang them on the clothesline to dry. Most of the clothes had to be ironed; with no steam irons, they sprinkled the clothes with water and then iron them. Lenore's aunt and uncle worked for Lynn Postier's uncle and the two met during that time. The two were married June 4, 1950. Lynn worked as a farmer and rancher most of his life. The couple lived in Inman for a short while, then lived on his grandfather's place near Inman for a time, and eventually built a new home there. Lenore enjoyed being a homemaker. The couple were blessed with two sons, Loren Dean and Lowell Robert. She fondly remembers vacations they took to California, the Ozarks, and to Mardi Gras in New Orleans. The boys played football in Inman High School, and both became farmers.

Loren farmed his wife's parents' land and Lowell took over the home place outside of Inman. Each of them were blessed with one son and one daughter. Lenore is very proud of those grandchildren, who each graduated from K-State. One grandson is an electrician; he does a bit of traveling in his work and lives in Chicago. The other grandson is a chiropractor who lives in Manhattan, Kansas. One granddaughter is a secretary in Kansas City, and the other works for an attorney in Arizona.

Lenore's husband passed away in 1994. They were married for 44 years. She has lived at Sunshine Meadows for over a year. Lenore loves music and plays the piano and the organ. She brought her organ with her to Sunshine Meadows; she uses earphones so she can play it whenever she wants without disturbing the other residents. She played the piano and organ at St. Peter's Church in Inman, where the family attended church. Lenore also enjoys painting. She loves to paint flowers on china and her collection is on display in the front lobby cabinet. Lenore is happy to be at Sunshine Meadows. She says everyone is very nice to her.



**Lenore
Postier**



SCENES from the *FATHER'S DAY PARADE*



Families came out in force for their dads for the Father's Day parade. Last month, the Mother's Day Parade went over so well that we had to offer the same event for dads. This time, there were horses, dogs, a tractor and a vintage car, along with the signs, cheers, and waves! And delicious cookies as well!



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.



SUNSHINE MEADOWS POSTCARD



John Resident

Dear Dad, It's been raining here, but the spring plants are beginning to come up! We miss you and think of you often, especially when we play Dominoes! Stay safe, and we'll come see you just as soon as it's possible. Love, Maria

Your Name Here



Missing mother/daughter time? Martha Mohler and daughter, Linda Witt, aren't letting a wall stop them! All they 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. You can even play games.

BUT: please don't ask for the window to be



During these unusual times, it's important to find something that will make you smile throughout the day. Look up 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 honey-dos, 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!



- Becca Meitler, Social Services

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! Info on pg. 1, right-side middle column.

“Have you seen me?”



This year, staff have seen at least a couple of white squirrels hanging out in the employee parking lot. While we couldn't get close enough to see for sure if their eyes are dark or pink, we're thinking they are white morph squirrels, not albino, based upon information from a website called Untamed Science. There's an interesting map and short video

on their website at: <https://untamedscience.com/biodiversity/white-squirrel/>. We reported the Buhler, KS sighting to the website, so maybe someday the researcher will come check them out!



More Father's Day parade photos!



YIPPEE!!!

Senior Center Thursdays are back! MENU for July:

2nd: Pickled Beets and Onions, Glazed Chicken, Mac & Cheese, Peas, Amish Sugar Cookie Sandwich, Wheatberry Bread with Butter

9th: Apple Rings, Swiss Steak, Baby Baked Potatoes with Butter and Sour Cream, Green Beans, Blueberry Cheesecake, Raisin Bread with Butter

16th: Cherry Applesauce, Chicken Supreme, Party Potatoes, Peas and Carrots, Pineapple Upside Down Cake, Bread and Butter

23rd: Jell-O with Fruit, Stuffed Pepper, Buttered Potatoes, Green Beans, Chocolate Cream Pie, Bread Stick

30th: Tossed Salad, Smothered Chicken, Rice Pilaf, Peas, Vanilla Pudding with Cookie, Raisin Bread and Butter

JUNE OUTDOOR HOME-MADE ICE CREAM SOCIAL A HIT

“This was such a success! The residents LOVED it!!! Once they got outside, they didn't want to come back in. The smiles and joy it brought were wonderful! Thank you to all the departments for making this come together!”

- Rachel Perry, LPN, Care Mgr.



Commonly Misspelled Words Quiz (answers at bottom of the page)

- The act or process of absorbing something; occupying the full attention or interest: (a) absorbtion (b) absorption
- Happening unexpectedly or by chance: (a) accidentally (b) accidently
- Lying beyond what is evident; deliberately and deceptively concealed: (a) alterior (b) ulterior
- Relating to the North Pole or the region near it: (a) Arctic (b) Artic
- The character * used as a reference mark in printing: (a) asterick (b) asterisk
- At a basic level or in a basic manner: (a) basically (b) basicly
- Acknowledging someone's achievements or good fortune: (a) congradulations (b) congratulations
- Certain, clearly defined, having distinct limits: (a) definate (b) definite
- Terrible, calamitous: (a) disasterous (b) disastrous
- To cause someone to feel self-conscious or ill at ease: (a) embarass (b) embarrass

FUNSHINE PAGE

Summer was the time for traveling circuses "way back when!"

Circus Vocabulary

DIRECTIONS: Fill in the puzzle grid with the name of each item following the number and direction indicated. Use the word bank if you get stuck.

BALLOONS	ICE CREAM
BEAR	JUGGLER
BICYCLE	LION
BIG TOP	POPCORN
CANNON	SEAL
CLOWN	STRONGMAN
COTTON CANDY	TICKET
ELEPHANT	TIGER
HORSE	UNICYCLE
HOT DOG	

Crossword Puzzler

Quiz Answers: 1: B; 2: A; 3: B; 4: A; 5: B; 6: A; 7: B; 8: B; 9: B; 10: B

~We're better together~



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.

*An update on former resident, **Akino Nies**, from the blog of her daughter, Amy Graham:*

Mom continues to decline cognitively but is as healthy as ever. I'm so relieved to have more people in her life to love on her and spend time with her. **We miss Sunshine Meadows and the wonderful care she had there. We mostly miss her darling caregivers who loved her like their own.** I've had my doubts about the facility that she's in, but now that she's settled in, most of my fears have been put to rest. The staff has learned that she's fiercely independent yet easy to love. She has lots of new friends, gets plenty of hugs and gets teased on a regular basis. It's fun to see her joke around and interact with them.

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.

What's your family's favorite summer meal? Please send us your memories/comments/recipes, and we'll print as many as possible in the August Sunny Side newsletter! **Send to:**

fund@sunshinemeadows.org



What You Can do if You are at Higher Risk of Severe Illness from COVID-19

Are You at Higher Risk for Severe Illness?



Those at high-risk for severe illness from COVID-19 are those age 65 or older, those living in a nursing home or LTC facility, and those of all ages with underlying medical conditions, including: Chronic lung disease, moderate to severe asthma, obesity (BMI of 40 or more), diabetes, chronic kidney disease/dialysis, liver disease, or are immunocompromised — undergoing cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, or prolonged use of corticosteroids and other immune-weakening medications.

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.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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.





Genesis
Rehab Services

CELEBRATE

Improving lives every day.

With Me

May 2020

Buhler Sunshine Meadows Retirement Community Buhler, KS

Cheryl came to our facility with decreased mobility related to foot drop in both feet, with one newly acquired. She had chronic back pain and neurological involvement. In addition, Cheryl had respiratory infections that also significantly impacted her endurance on top of the existing muscle weakness. She began to progress with rehab; but then suffered another setback of progressive neurological impairment and loss of muscle control now all the way up to her hips and started to have seizures, which necessitated a 2 week hospitalization.

Upon return to Buhler Sunshine Meadows, Cheryl had been diagnosed with having at minimum one stroke. Her disability had progressed significantly since her admit 6 months earlier to being unable to lift her head off the pillow, inability to communicate and had a modified diet.

Cheryl and the rehab team had not given up though. Through comprehensive physical, occupational, and speech therapy to address her mobility, ADL, language, and swallow needs, Cheryl is now able walk 300+', independent with dressing/toileting/grooming, eat regular consistency foods and communicate effectively with others.



Treva Strand, PT; Kelley Couch, COTA;
Cheryl Glaze, Patient; Denise Wells, PTA

“All things I can do now wouldn't have been able to happen without all of your help”
- Cheryl Glaze

Quoting Denise Wells, PTA, “Cheryl Glaze has done amazing work fighting for her health and wellbeing over the past year. Our Genesis Therapy team was pleased and blessed to be a part of that journey, along with the hardworking staff here at SMRC. We submitted Cheryl's story to a program called “Celebrate With Me!” which is an opportunity to share our enthusiasm about our resident's success with our entire Genesis family. Our submission, along with others from our region, was reviewed and Cheryl's was chosen as a spotlight success story! Congratulations to Cheryl and the entire SMRC team on the hard work and care it has taken to get to this point. The story went to all Genesis employees, announcing Cheryl's success. **Thanks again for everyone's part in this incredible journey, and congratulations to Cheryl Glaze!**”

RETIREMENT PARTY!

Three of our SMRC team retired recently, so we launched a sendoff for them on June 12.

Marsha Fast, left, has been an exemplary front desk receptionist, juggling all of the staff's and residents' questions and issues for 10, these past five-plus years.

Margaret Swanner, center, has been a faithful member of the environmental services team since 2006. Wow!

Tom Eigsti, CFO, came on board "for a few months" in 2016 to help out with transitions in the business office, and stayed for four years—and is still a PRN employee.

We will miss these folks and their great work here at Sunshine Meadows, but wish them a very happy retirement!



In a society
that has you
counting money,
pounds, calories,
and steps, be a
rebel and count your
blessings instead.

WHILE WE ARE TRYING TO MAKE SENSE OF THINGS,
MAY WE LEARN TO MAKE PEACE WITH THINGS.





New Cooked-to-Order Menu

Breakfast hours 7:00-10:00 a.m.; Lunch hours 11:00-1:30 p.m.

Monday through Friday

SMRC Residents - Delivery: 620-543-5707

Buhler Community - Curbside Pick Up: 620-543-5707

Breakfast

1, 2 or 3 Egg(s) cooked to order	\$1.50 ea.
Hash Browns	\$1.75
Bacon, Ham, or Sausage Link	\$2.00
3 Pancakes with Butter and Syrup (4" cakes)	\$3.25
Frosted Cinnamon Roll	\$1.25
Toast (2 White, Wheat or Raisin, with Butter and Jelly)	\$1.25

**Sunny's serves
Jackson Meats!
Check out our menu.**

*"We'll fix up right
your appetite."*

Lunch

Hamburger with Chips	\$6.95
Cheeseburger with Chips	\$7.25
Grilled Chicken on Bun with Chips	\$6.95
B.L.T. on wheat with Chips	\$7.00
Grilled Cheese with Chips	\$4.50
Chicken Quesadilla (2 with Sour Cream and Salsa)	\$7.25
½ Chicken Quesadilla	\$4.95

*The most beautiful things
in life are not things.
They're people, places,
and memories.
They're feelings,
moments, smiles, and
laughter.*

Extras

Homemade Dessert of the Day	\$2.25
Fresh Garden Salad with Dressing	Lg \$6.50 Sm \$3.50
Homemade Soup of the Day	Lg \$3.95 Sm \$2.95
Pop (Pepsi Products)	24 oz \$1.50 12 oz .75
Tea or Coffee	24 oz \$1.35 12 oz .65