



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.

November 2020

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

Phonathon Results Thus Far

Sunshine Meadows' annual Phonathon recently ended, but there's still time to help us reach our goal.

With the dangers of disease on everyone's minds, staff members volunteered their time to call resident family members and others who support the mission of Sunshine Meadows, to request funds to purchase a wheelchair/walker/toilet chair washer, a \$7000 purchase. These portable dishwasher-like machines are easy to install, eliminate germs, and sanitize in less than three minutes! The machine will increase cleanliness throughout the facility, and allow staff more time for one-on-one care.

We've been fairly successful, but many unspecified pledge amounts haven't been received yet. We believe we'll need a boost to finish the project. **Since this is our 75th anniversary, we're asking for those who can, to donate \$75 or more for this project.**



If you'd like to help out, simply send a donation to SMRC at the **above address**, marked Attn: Carla, with a check memo for Phonathon.

Thank you for your support!

We Welcome: Floyd Siemens, Bev Burgey,
Pat & LaVern Penner

We said Goodbye to: Jerry Nye, Frannie Schroeder

November Resident & Staff Birthdays:

Residents

3: Marilyn Kottas
5: Cindy Armstrong
6: Janice Gnagy
10: Margaret Minns
14: Rae Lynn Barton
18: Janice Siemens
24: Dale Schamle
29: Juanita Peters

Staff

3: Jessi Ferneau
7: Macayla East
9: Stacie Klassen
10: Sheryl Busenitz
11: Rita Black
11: Katharine Williams
13: Shanese London
17: Stephanie Ferguson
24: Samantha Elzey
26: Rachel Perry
29: Averie Kennedy
30: Diana Spencer

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); or, mail to SMRC address. See page 4 to get inspired.

Sunny's Café is now temporarily closed to the public. We're so sorry for this inconvenience. Our nursing and AL residents can still call in for delivery on campus! (menu posted on the back page.)

Keith Pankratz, CEO
keithp@sunshinemeadows.org
Rita Black, Human Resources
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Londa Tipton, RN, Director of Nursing
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Debra Thompson, RN, MDS Coord.
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Rachel Perry, LPN, Care Manager
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Krista Crawford, LPN, MCU Care Mgr.
kristac@sunshinemeadows.org
Amanda Downtain, RN, AL Care Mgr.
almanager@sunshinemeadows.org

Meeting Our Neighbors

-With Judy Dickinson

John and Vi Schultz wed on November 8, 1952. They will soon celebrate 68 years of marriage!

While it may seem they've been together their entire lives, John and Vi didn't meet until they were about 19. Both were the babies of their families, and only a few months apart in age. Viola Ruth was born near Wolf Point, Montana, to Adolph and Anna Funk. Her family lived on a farm on a reservation. Vi had four brothers and two sisters, who, like John's three older siblings, have all already gone to be with the Lord. One of Vi's fondest memories was studying the night skies in Montana; everything in the sky showed up so clearly there! She remembers hearing a great deal of information about things in the sky and she believes there were a few stories that may or may not have been true.

When Vi was in the second grade, her family moved to Kansas. Vi's father was a native Kansan, so the family moved to a farm south of Hillsboro. Vi graduated from Hillsboro High School in 1949. She went to work at Vogt's Grocery Store in Hillsboro. In the normal way kids hang out, Vi and John met through friends. Vi recalls that John somehow always had a fancy car. She's teased him that it was the particularly fine Chevy he was buzzing around in at the time that turned her head and got her to notice him.

John Lee was born and raised on a farm west of Hillsboro and attended Lehigh School between Hillsboro and McPherson. He graduated from the 8th grade, but, as was typical for the times, didn't attend high school, as he was needed to help his father on the farm.

The couple feel very fortunate that both were brought up in the Mennonite Brethren Church: John and his family were members of the Lehigh MB Church, and Vi's family were members of the Hillsboro MB Church. They were on the same page as far as their church backgrounds and beliefs. In fact, their honeymoon lasted two years and was spent doing Mennonite Voluntary Service in Colorado, helping with the care of patients at a mental hospital. They reported to begin this good work just two days after they were married.

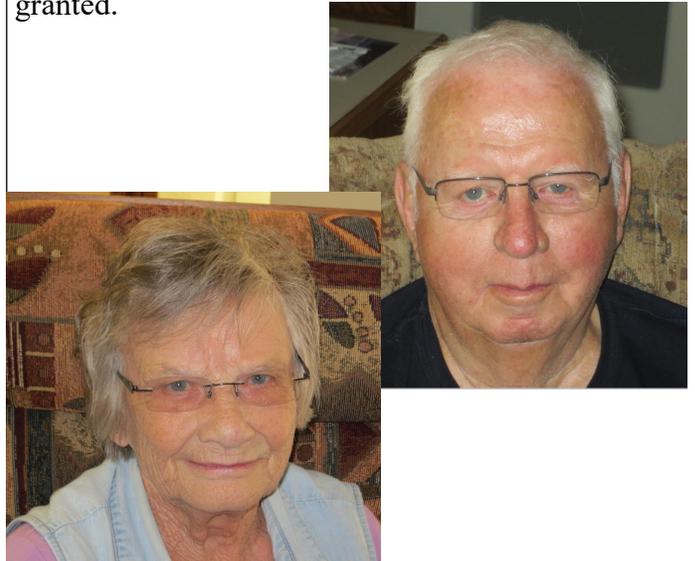
After their two years in Mennonite Voluntary Service, John found employment at the mill in Buhler and worked there for 15 years. He then worked as a car salesman for Shep Chevrolet in Haven for 24 years, and sold glider rockers at Adrian's for 11 years. When he retired, he really enjoyed playing golf.

John and Vi were blessed with three children: Debbie, Donna, and Darrell. The family lived near the Buhler school and loved having kids coming in and out of their house often; the couple misses that!

They made many great memories in the house that they had built. Darrell lives in that house today. Donna and Darrell were always involved in tennis, and the family went to their matches, along with all the ballgames at the school. Debbie started working at Buhler Library for a while when she was in high school and she really loved that job. The family attended Buhler MB Church; John and Vi have a great love for their church family there.

Vi worked for 15 years for Lovella Adrian (LaVerne Adrian's first wife) in her home-based coupon service business. She later became a CNA at Sunshine Meadows, and eventually was in charge of transportation, where she managed a crew of wonderful volunteers, including Wayne Goertzen, Harlo Schmidt, Wayne Anderson, and many others. She especially remembers Wayne Goertzen keeping the van clean and changing the oil. Vi thought working at Sunshine Meadows was a joyful job, as she met so many great people who shared stories about their lives. She worked at Sunshine Meadows for over 30 years.

John and Vi have been blessed with five grandchildren and eight great-grandchildren. Their daughter, Donna, earned a Ph.D. and enjoys working as a school counselor in Meridian, Idaho, near Boise. Darrell lives in Buhler. Before his current employment at John Deere, he ran his own custom cutting business. John and Vi's other daughter, Debbie Mayberry, passed away October 26, 1999, due to a brain aneurysm. Family is very important to John and Vi, and they hope you spend as much time with your family as you can! Cherish them, because time is precious, and family members shouldn't be taken for granted.



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_IKQpPz4pq-alUtH/view?usp=sharing

Activities staff provide spa days for residents, to keep them feeling pampered and special.



Nothing better than Neighbors!

Out in the Shadows, at the end of Hallelujah Lane, under the protection of the Mighty Elm tree, hides the village of "Little People." Two men can be seen discussing the troubling times and the coming winter months. "Do we withdraw to the safety inside The Mighty Elm or do we take our chances with the "storms" of life? What shall we do?" They ponder their choices as The Mighty Elm sheds her leaves to prepare for her winter sleep.

Started by Bruce and Roberta Crum of the Villas, and added to by Jean Van Voorhis, these cute little whimsical characters have brought joy and a touch of magic to passersby.

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Be like a tree.

Stay grounded.

Connect with your roots. Turn over a new leaf. Bend before you break. Enjoy your unique natural beauty. **Keep growing.**



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. But please don't ask to open the window.**



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.

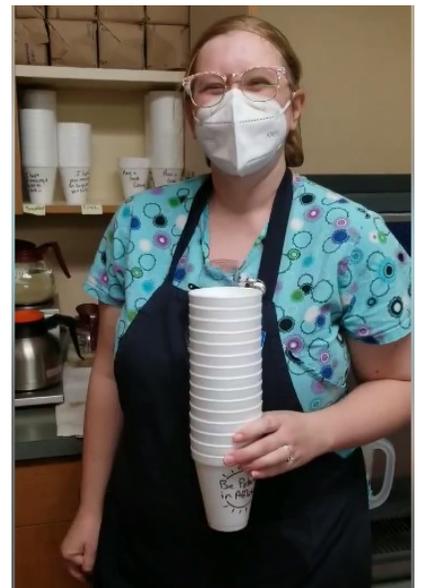
During these unusual times, it's important to find something that will make you smile throughout the day. Look up a new joke, listen to uplifting music, lend a helping hand. Take a minute to relax. You must recharge in order to help others. Reflect on ways that the virus has helped improve some things 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!

OUR CUP RUNNETH OVER

Dietary staff member Jennika Price cheers up our residents by writing messages on their drinking cups each day: just little notes saying hello, or a bible verse, or a sweet expression. We are very proud of Jennika, and of all of our staff's creative efforts to keep our residents upbeat and comfortable. God bless us, every one!



Acorn~Bear~Butterfly~Flower~Frog~Leaf~
Mushroom~Nest~Rabbit~Snail~Squirrel~Tree



Find these
forest animals

VISUAL WORD PUZZLERS!

1 Injury + Insult

2 WEATHER bit

3 yourballcourt

4 belly

5 ri poorch

6 Beat

7 B
T bush E
A

FUNSHINE PAGE

Visual Word Answers: 1. Add insult to injury; 2. A bit under the injury; 3. The ball is in your court; 4. Yellow belly; 5. Separating the rich from the poor; 6. Letting the cat out of the bag; 7. Beat around the bush.

~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.



The dietary department planned a staff costume parade for residents on Friday, with Monster cookies for the nursing residents, and served a cheese ball with crackers, punch, pretzel sticks, and apples with caramel dip to the costumed staff. In Assisted Living, Jody served residents caramel apples, popcorn balls, and cheese balls. Everyone, staff and residents alike, enjoyed the parade, the fun and hilarious costumes, and delicious treats afterward.



Top: Activities 50's gals Liz Keith, Jody Anderson, Melanie Koehn, Julie Christian; right: Nurses Amanda Downtain, Krista Crawford, Lexi Doherty, Rachel Perry, Londa Tipton; and Maxine Adrian.



PERHAPS
 THIS IS WHAT
 THIS SEASON IS ALL
 ABOUT: TRUSTING IN
 THE UNKNOWN, FINDING
 GOLD IN THE LITTLE
 THINGS, TRADING FEAR
 OF WHAT'S UNCERTAIN
 FOR FREEDOM TO
 THRIVE WITHIN
 IT. -MORGAN
 HARPER
 NICHOLS

Today
 I will not
 stress over things
 I can't control

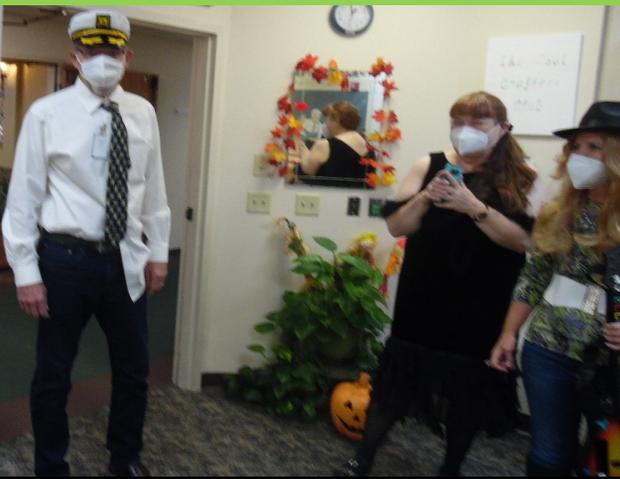
Sometimes you have to
 let go of the picture of
 what you thought life
 would be like and learn
 to find joy in the story
 you're living.

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



More Halloween Parade Photos!

Right: Acey Dials; rock, paper, scissors business office (L-R: Candi Almquist, Tina Mandeville, Angela Brown). Below: Out-of-work cruise ship captain Keith Pankratz; flapper Carla Barber; big rock singer with golden fingers, Rita Black; Scary MDS coordinator, Debra Thompson.



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 Café

Open to staff & residents only at this time.

Nursing and AL residents can still call in for delivery on campus!

620-543-5707

Breakfast (all day) 7a.m.—2:30 p.m.

1,2,or 3 eggs cooked to order

Hash browns

Bacon, ham, or sausage link

3 pancakes with butter and syrup

Frosted cinnamon roll

2 pieces of toast (white, wheat, or raisin)

LUNCH:

Hamburger ~Cheeseburger~ Grilled Cheese

Grilled Chicken ~ BLT on wheat bread

All sandwiches served with potato chips

2 Chicken Quesadillas, sour cream & salsa

Check out our new sandwiches:

Angry Bird

Brunch Burger

Spicy Cordon Bleu

Check Out Our Homemade Desserts

Sunny's serves Jackson Meats!

COVID-19



Phase progress: we are in Phase 1. Until we get results from today's test, we will not consider moving into Phase 2. In Phase 2, we will be able to have beauty salon services, manicures, and begin visitations with consideration of current PTR.

Facility overview: no residents are symptomatic at this time. One staff member is having symptoms and being treated for bronchitis. We tested 124 staff on Thursday/Friday last week and are still awaiting some results from Friday. No positives at this point.

Families: We plan to give clear direction on window visits in our weekly communication this week.

Are you at Higher Risk for Severe Illness?



Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, particularly if not well controlled, including:
 - People with chronic lung disease or moderate to severe asthma
 - People who have serious heart conditions
 - 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 medications.
- People with severe obesity (body mass index (BMI) of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

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.