



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.

Please Answer your Phone!

Sunshine Meadows will be engaged in the annual Phonathon on **October 19, 20, 22, and 26, from 7-9p.m. CST.**

This year, with the dangers of disease on everyone's minds, we're seeking funds to purchase a wheelchair/walker/toilet chair washer. These dishwasher-like machines are easy to install, eliminate germs, and complete a wash in less than three minutes! The machine would reduce labor, making more time for one-on-one care, and increase cleanliness throughout the facility.

Staff members will volunteer their time to call resident family members, community members, and others who support the mission of Sunshine Meadows, asking for a donation toward this \$7000 purchase.

Since this is our 75th anniversary, we're asking for those who can, to donate \$75 or more for this project.

If we don't have your phone number and 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

October Resident & Staff Birthdays:

Residents

1: Bernice Doerksen
1: Jim Strong
11: Ray Dick
23: Martha Mohler
24: Leatrice Schroeder
27: Lois Kjellaard
27: Helen Wilson
30: Ray Thiessen

Staff

2: Liz Keith
2: Pam Popkey
3: Elsie Colahan
3: James Pope
8: Paige Shank
9: Jeff Walker
10: Kathy Gaul
13: Karen Anderson
15: Dorinda Favela
19: Lona Bass
20: Jamie McHaley
23: Dana Weast
25: Tim Diehl
29: Celestina Espinoza

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 call-in or dine-in service to the public with a new menu for breakfast, lunch, & Tues/Thurs evening meals (menu posted on the back page.)

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

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.
mds@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

October 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

Meeting Our Neighbors

-With Judy Dickinson

Marta Taylor was named after her grandmother, Augusta Martha. Her mother decided to take the H out of Martha because Marta had kicked the “H” out of her when she was pregnant! Ironically, when Marta was born at the Catholic hospital in Hutchinson, the nun who delivered her was named Marta.

Marta grew up in Great Bend. She felt fortunate to go to the same school with the same friends all of her school years; one has been a friend since they were toddlers. Marta’s family didn’t attend a church. She and her two older sisters, LaVerne and Sheryl, didn’t grow up as friends, but became closer as they grew older. Marta made good grades in school, ran track, and tried to do her best at everything.

A treasured memory is her relationship with her grandparents. Her mom’s mother taught her wonderful things about life, such as the theater, arts, and good food: in Kansas City, she experienced barbecue, cheesecake, and pizza for the first time as a teenager. Her dad’s parents were dear to her too. Marta has a collection of both of her grandmothers’ aprons. Her dad’s mother taught her to make homemade donuts, and peaches and cream. She used to visit them daily to read to her grandfather; she was reading to him when he passed away.

Marta worked at Barton County Junior College before it opened and helped set up the library and bookstore. She attended one semester, majoring in accounting. She left school to marry J.C. Rankin. However, his alcoholism took its toll, but it was the beginning of a new path for Marta, who became involved with Al-Anon, where she met her spiritual sister, Sue Pierce, from Ulysses, Kansas. Marta and her husband separated; she moved to Ulysses, where she began to rebuild her life. She also met Emily, a co-worker, who invited her to a dinner at her church, where Marta had an experience with the Lord and began a relationship with Him.

She first worked at a cannery and became known as the “pickle lady” because she wore a brine suit and climbed into the ten foot tall pickle vat. When the cannery closed, she found a job at Ansel Manufacturing Company and was the only woman in the plant. While working there, Marta noticed that the small tools kept disappearing every day, and she came up with a plan to have a tool inventory and secure tool check out system. The theft of the tools stopped immediately.

While working there, Marta, who had reconciled with her husband, was pregnant with her first son, Jonathan, and ended up working in Accounts Payable. She was finally able to use some of the accounting skills she had learned at college. She had various jobs through the

years and was able to continue in accounting, which she enjoyed. She and her husband divorced, and five years later, she met her second husband through work; they moved to Wichita. She was blessed with a second son, Grayson Taylor. Unfortunately, the marriage didn’t last.

After their divorce, Marta moved to Hutchinson and has continued to live in this area. She raised her two sons and enjoyed watching them grow and follow their interests. Jon, a skilled craftsman whose passion is in the automotive field, has blessed her with two grandchildren, Zach and Jaci. Marta is thrilled because Zach will bless her with a great granddaughter soon! Jaci is pursuing a career as a veterinarian.

Grayson moved to Chicago, where he has a sound engineering business and enjoys the single life with his chinchilla, Gulliver.

Marta lives in an independent living apartment at SMRC, works part time in Buhler at Mid Kansas Credit Union, and helps with transportation at Sunshine Meadows. She also works in the downsizing and decluttering field, giving talks on that subject to various groups.

Looking back on her life, Marta’s greatest joy was coming to know the Lord. She believes that God is love, and that God seeks us to accept Him. He continued to pursue her, and she is thankful that He never stopped. She’s also thankful for the many and diverse friendships she has made and retained.

In Hutchinson, Marta attended Abundant Life Church, and is grateful for that church family and continued relationships. She enjoys music, theatre,

the arts, good food, dancing, sunrises and sunsets, and many other simple delights that bring her joy. She’s someone who sees the blessings in many aspects of daily life. Marta enjoys sharing her love of God. She wants you to know that God loves you, and that He is pursuing a relationship with you, too!

Marta Taylor is social distancing and wearing her mask these days.





YIPPEE!!!

For Senior Center Thursdays! October Menu:

October 1st: Peaches, Swiss Steak, Baked Potatoes with Butter and Sour Cream, Green Beans with Bacon, Sourdough Bread with Butter, Rhubarb Crisp with Whipped Topping

October 8th: Tossed Salad, Smothered Steak, Mashed Potatoes with Gravy, Carrots, Wheatberry Bread with Butter, Glazed Strawberry Bread

October 15th: Fruited Jell-O, Stuffed Pepper, Buttered Potatoes, Green Beans with Bacon, Garlic Bread, Peach Pie Filling Dessert

October 22nd: Pickled Beets with Onions, Glazed Chicken, Mac-N-Cheese, Peas, Bread and Butter, Whoopie Pie

October 29th: Tossed Salad, Chili with Cheese and Loaded Corn Bread, Relishes and Fresh Vegetables, Garlic Breadstick, Frosted Cinnamon Roll, Big Carnival Cookie

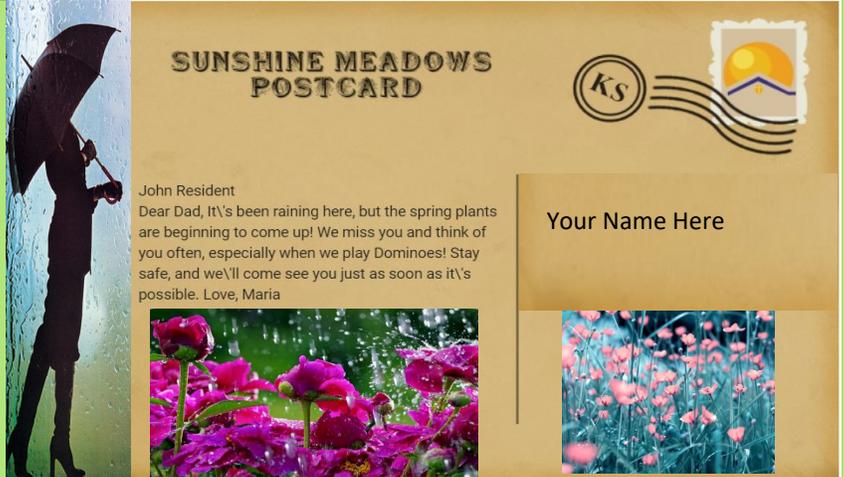
Villa residents had a great time "social distancing" and fellowshipping at the lower Villas on "Hallelujah Lane" between buildings, on Sunday, Sept. 20th. Hallelujah, aka Lulu, Jean Van Voorhis' canine companion, was hitched out front to watch. The two Judys and Art regretted missing, but the others made up for their absence. Jean gave a few words of encouragement and led the prayer for the meal they shared. Sandy S.'s cat, in the window watching, "demanded" her to come home to eat after she slipped out to share her vegetable tray. Bruce made his famous brownies, and Roberta was cheerfully chatty, so happy to be back with the group. Reba made her famous German rolls, while Marta made a wonderful vegetable and cheese salad and was very helpful in supplying napkins and plates. Judy D. provided tasty rice krispie treats and various chips. The new neighbors, Lavern & Pat, brought home-fried chicken, and baked potatoes sent by Judy H. Pam D. really wrecked diets with her homemade cream pie, and balanced it out with delicious green beans. (Bruce and Jean, you've had enough of that pie.) Jean made roasted chicken, a beef stir fry, and a three bean salad. The group shared lots of fun conversations, and great team work during cleanup.



*Nothing better than
Neighbors!*



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.



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 opened.



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



John Gumpenberger gets a visit from his wife, Sharon

Soon, we'll be able to host indoor visits, but for now, families are taking advantage of the outdoor opportunities to see their loved ones. Go to sunshinemeadows.org and scroll down to **Sign up for visitation** for morning or early evening opening slots of 15 minutes each, available for up to two family members or friends. You may also sign up for two time slots in a row (especially for those traveling a greater distance). Check the info for details.

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.

AGING: IT AIN'T for SISSIES!

Word Scramble

Unscramble these words associated with AGING!



- IEHNARG DAI _____
- EACN _____
- LAREIHWCE _____
- ITLF RICAH _____
- MECIERAD _____
- AEMDICTONI _____
- OMYMER SOSL _____
- SEHCA NDA NSPAI _____
- SEGSSLA _____
- KRENSILW _____



FUNSHINE PAGE

AGING Answers: 1. hearing aid; 2. cane; 3. wheelchair; 4. lift chair; 5. Medicare; 6. medication; 7. memory loss; 8. aches and pains; 9. glasses; 10. wrinkles

VISUAL WORD PUZZLERS!

1
Some people want material things. Me, I just want peace, happy times, and people who love me.



1
SAND

2
MAN BOARD

3
IRLEALDIINGI

4
WEAR LONG

5
**T
O
U
C
H**

6
**CYCLE
CYCLE
CYCLE**

7
GROUND
FEET FEET
FEET FEET
FEET FEET

Visual Word Answers: 1. Sand Box; 2. Man Overboard; 3. Reading Between the Lines; 4. Long Underwear; 5. Touchdown; 6. Tricycle; 7. Under-ground

~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.

COVID-19



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.

Call your healthcare provider if you are sick.

For more information on steps you can take to protect yourself, see CDC's webpage on [How to Protect Yourself](https://www.cdc.gov/coronavirus)

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

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.

WELCOME to our House of Imagination!

Welcome to the home of Giuseppe and Isabella Pappaianni. Their ten-year-old son, Nico, named their dog Meatball. They live in Salerno, just south of Naples, Italy.



This home was imagined, designed, and built by Debbie Mills, our receptionist, and its occupants were dreamed up by Christopher Janzen, CNA. (Not coincidentally, Nico is Christopher Janzen's son's name and age!)

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.

Health Benefits of Walking Just 30 Minutes a Day

Benefit #1: Walking Helps You Lose Weight Walking requires your body to burn more calories than sitting, standing, or lying down. Studies show you can burn up to 100 calories per mile just by walking.

Walking two miles in 30 minutes, seven days a week, you'll lose 200 calories a day; in a week, that's about 1,400 calories, or almost half a pound of body fat per week! By losing calories over time with consistent daily walks and a normal, healthy diet, you can slim down without a lot of extra effort.

Benefit #2: Walking Improves Your Health Markers Believe it or not, you can greatly enhance your wellness just through daily walks. According to the *American Journal of Public Health*, walking can greatly improve your health across the board. Subjects walking daily saw the following health benefits:

Improved blood pressure * Improved blood sugar levels * Reduced depression * Reduced stress levels
* Improved heart health * Reduced risk of cancers * Better joint health * Improved bone density
* Improved circulation * Reduced arthritis symptoms * Asthma relief * Ramped up energy levels

Benefit #3: Walking Improves Your Social Life You don't have to go it alone! Round up some friends to walk with you. It can be a fun, social time everyone can benefit from. It's a great time to catch up with each other, and you can even invite new friends to join the group.

One of the benefits of walking is that it can help you relieve stress and even depression. A Stanford study showed daily walks help you work off negative feelings and anger. Researchers found positive effects on memory and cognition from the exercise and peaceful environment provided by daily walks.

Benefit #4: Walking Helps You Save Money Yes, walking is still free! In this day and age when everything has a price tag, and you can't join a fitness club or take a group class without shelling out a good \$20, it's refreshing to be able to walk anywhere, at any time, with any one you please. No charge!

Benefit #5: Walking Improves Your Sleep Daily walking can greatly improve your quality of sleep, shorten the time it takes you to fall asleep, and lengthen the time you stay asleep.

How to Get Started on a Walking Program

Just getting out and moving your body is the first step. You don't need to worry about overdoing it. Walking is a gentle exercise, similar to swimming, and is something you can do virtually every day. Just be sure to wear plenty of sunscreen, and dress appropriately for the weather.

Take a look at different shoes designed specifically for walking. You'll want to make sure you have good shoes that support your feet, ankles, knees, and hips so you strengthen, and don't injure, your body.

Also, it's a great idea to warm up to your walk by taking it slowly for the first few minutes. Then, as you get more accustomed to exercise, you can build up to longer and faster walks. Try incorporating gentle hills or bursts of speed-walking for even greater fitness benefits.

And remember, be safe: always ensure your route is safe, and walk with a friend, if possible.

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.



SUNNY'S Café

DINE-IN or CARRY-OUT

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!

5-7p.m., Dine In or Carry Out

Tuesday Night Chicken Dinner:

Sunny's Famous Fried Chicken Dinner...\$12.95

3 pieces of Fried Chicken, Mashed Potatoes & Gravy, Green Beans, Coleslaw and Biscuits

2 piece Fried Chicken Dinner: \$10.95

Family Take-Home - Carry Out Only:

Great for Family Dinner Around Your Table

2 for \$20 Fried Chicken: 5 pieces of Chicken, Mashed Potatoes & Gravy, Green Beans, Coleslaw and Biscuits

4 for \$40 Fried Chicken: 10 pieces of Chicken, Mashed Potatoes & Gravy, Green Beans, Coleslaw and Biscuits

Thursday Night Italian Meal:

Combo #1...\$12.95: Lasagna & Fettuccine Chicken Alfredo, Green Beans, Garlic Bread Sticks & Caesar Salad

Combo #2...#12.95: Spaghetti and Meat Sauce & Chicken Parmesan, Green Beans, Garlic Bread Sticks & Caesar Salad

Family Take-Home - Carry Out Only:

Great for Family Dinner Around Your Table

2 for \$20: Choice of Entrees, with Green Beans, Garlic Bread Sticks & Caesar Salad for two

4 for \$40: Choice of Entrees, with Green Beans, Garlic Bread Sticks & Caesar Salad for four