



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 67522

Sunshine Meadows Retirement Community - 400 S. Buhler Rd.
Buhler, KS 67522 - 620-543-2251

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.

Kansas State Tax Credits Awarded to Sunshine Meadows

SMRC was one of 25 of the 53 project requests awarded to not-for-profit organizations for the 2020/2021 year Kansas State tax credit opportunity. Of the 25 organizations, SMRC was the sole retirement community to win an award.

The Kansas Department of Commerce awarded Sunshine Meadows \$192,500 in Kansas Community Service Tax Credits toward our planned Assisted Living Memory Care Center. The amount was slightly lower than in past years, so that more organizations could receive funds during this time of COVID-19.

Contributions donated toward our project are eligible to receive a tax credit of 70% of the donated amount. SMRC received 18 pledges from individuals and businesses in a show of ability to use the credits; however, these pledges are not binding, so **there may yet be an opportunity for others to donate to SMRC and receive a tax credit.**

Donors may send donations to SMRC between now and December 31, 2020 and/or Dec 31, 2021, to impact their 2020 or 2021 tax debt.

For more information, please contact Carla Barber or Keith Pankratz at 620-543-2251.

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!

August 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

We Welcome: Violet Fuertado & Lois Ryff

We said Goodbye to: Bob Fairchild, Etta Mitchell, Marty Allen, Opal Krehbiel, & Goldie Kolb, Bob & Georgia Lucas

August Resident & Staff Birthdays:

Residents

1: Johnny Schultz
8: Darlene Hein
10: Adina Kliewer
10: Vada Unrein
18: Arlie Howard
20: Leita Keith
21: Judy Dickenson
26: Donna Bether

Staff

1: Carla Barber
1: Braeden Strausberg
2: Scott Beye
2: Tina Mandeville
10: John Ackerman
11: Sandra Williams
12: Victoria Casey
12: Blake Price
13: Jim Bogle
14: Sara Britton
14: Levi Friars
14: Cole Weast
14: Julie Wilson
17: Alexis Doherty
20: Kayle Griffin

KINDNESS!

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'd really appreciate a note. If you live nearby, you may drop them off (see drop-off info below banner); otherwise, mail to SMRC address. **See page 3 to get inspired.**

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

Meeting Our Neighbors

-With Judy Dickinson

Charlotte Franklin was born 85 years ago in Grace Hospital to Roy and Opal Bennett. Her parents owned a small grocery store, Bennett's Market, on the west side of Main Street, the last building before the old bridge to South Hutchinson. They served the neighborhoods in the south end of Hutchinson and from South Hutchinson. The entrance to Carey Park was a block east and south. Back then, there was a fountain in the middle of the street and folks drove around it to enter Carey Park. Even then, the fountain was lit up at night. Now it's on the side of the road in the Park.

The Bennett family owned the grocery store for about 10 years; then her dad worked for International Harvester, delivering machinery. Her mother got a job at Wiley's; she was a jack of all trades, working in any department. She could count back change, which seems to be a lost art today!

Charlotte attended Lincoln Elementary School, Sherman Junior High, and graduated from Hutchinson High School in 1953. Charlotte met Lloyd Franklin at a church picnic when they were in high school; the couple married in June, after graduation; in August, Lloyd, a graduate of Buhler High School, was drafted. He served in the Army about 18 months during the Korean conflict. While Lloyd was gone, Charlotte lived part of the time with his parents, and with her parents. She worked at the local movie theaters when she was in high school, first as an "usherette" and also in concessions at the Fox Theater, and then at the Midland Theater, located between Sherman and Main Streets on the east side of the street, as a cashier. The Strand was on the west side of Main Street across from the Wiley Building and she worked as a cashier there too. Charlotte said that the matinee marquee is still located in that building on the second floor. Of course, the Fox Theater hasn't moved.

When Lloyd returned home, he began working for M. W. Hartman in Buhler, as a machinist. He was a loyal

employee and worked there until he retired. Lloyd is still at home, with the help of their daughter, Pamela, but has become legally blind. Charlotte misses seeing him. She moved into Assisted Living the first part of February; Lloyd prefers to stay in the familiar surroundings of their home.

Charlotte worked various places through the years, between having babies. She worked at Self-Service Drug for a time; then for eight years at Duffin's Optical Company, mounting lenses in plastic frames and doing repairs. The job ended when the company moved to Wichita; she didn't want to drive there. She subbed at Union Valley, her first job in USD 313, in the kitchen, later working there full time. All the cooking was done from "scratch" back then, so there was a lot of work each day. One day, Lee Gehring, the superintendent, came to the dining room and asked her if she would consider driving a bus in addition to her kitchen work. Charlotte accepted the position and drove for 19 years. She moved to Prosperity School as a baker, and then to Prairie Hills Middle School. Charlotte retired from USD 313 in 1991.

Charlotte and Lloyd were blessed with three lovely daughters, but they lost two of the girls, Shirley and Kathy, in 2009, just three months apart, due to cancer. They have wonderful memories of them, and of Pam. They were always a sports-minded family. The girls played softball and Charlotte coached the team during Summer Recreation at Nickerson. They practiced and played at the ball park in Nickerson. The girls loved water sports and the family enjoyed wonderful trips to the lake, boating, water skiing, and swimming nearly every weekend from Memorial Weekend to October. They usually took a two-week vacation in the summer, visiting Branson, Missouri, or Colorado, and those memories are treasured. *Continued next page*

KEEPING IN TOUCH — You can send a postcard to your loved one by going to www.sunshinemeadows.org, and clicking on Resident Life, then Message Resident. Write a short message, and add 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; click on the one you want to use. If you use 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 flowers, etc., pictures of the 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 family? Martha Mohler and daughter, Linda Witt, won't let a wall stop them! Just a window and cell phones means they both hear and 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 to open the window.

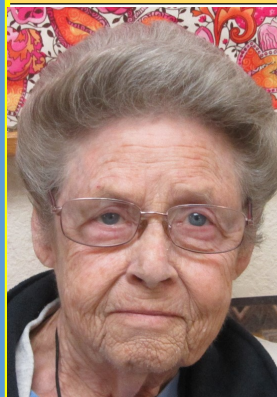


The whole world is a series of miracles, but we're so used to them that we think of them as ordinary things.



During these unusual times, it's important to find something that makes you smile. Look up a new joke, listen to uplifting music, lend a helping hand. Take time 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-do's, 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

What's your family's favorite summer meal? 
Please send us your memories/comments/recipes! We'll print as many as possible in the September Sunny Side newsletter! Send to: fund@sunshinemeadows.org



Charlotte Franklin

Charlotte, cont'd.

Charlotte feels she has lived a good life. The family members each had a relationship with the Lord and were members of the Peniel Church of the Nazarene (now the Hutchinson New Life Church of the Nazarene) on Campbell Street. Charlotte wants everyone to know that “Whatever is troubling you, put it in the Lord's hands and He will take care of it. After all, He knows the blueprint for your life!”

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.

While the SMRC staff and residents miss our Marsha

Fast, the former front desk receptionist, we are delighted with our dynamic duo of replacements, Sheryl Busenitz and Debbie Mills, who each work various days of the work-week. Both ladies are pleasant and busily learning the ropes as well as peoples' names. That's a massive undertaking in a facility this large, with over 100 employees and over 100 residents in various living quarters. All of us are

A Work of Art



getting to know them as well. One thing we've learned is that Debbie is a miniature house builder. She brought in one of her creations for the residents and staff to enjoy. It's a two story home with a turreted attic, which she built from scratch, falling under the category of "must see to appreciate." It took her three years to complete. Take a look!

Above, left: Resident Charlotte Franklin checks out the house. Above, right: a bird feeder & birds are an example of Debbie's attention to detail.



The front and back of the house are amazing, but the interior is what wows folks the most. (That's Debbie at the front desk, with resident Charlotte Franklin.) The detail work is astounding: all hand-made and dreamed up by Debbie!



Join in the fun! A \$5 Sunny's gift card goes to the person who sends in the most creative names for the family and location of Debbie's house! Do Mr. & Mrs. Charlie (and Sara) Smith, son Stan, and dog, Penelope, live in this house in Cleveland? You can do better! Email your names to fund@sunshinemeadows.org by August 14, and you may win a prize! Winner's name & info will be posted in the September newsletter. Anyone may enter. Good luck!

VISUAL WORD PUZZLERS!

1 funny funny
word word
word word

2 AL



3 L &



4



5



6 Not = Cent

7

MILONELION

8

PENNIES

9




Answers at the
bottom of the
page


10



Summer



FUNSHINE PAGE



Crossword Puzzler

ACROSS

- 3. A track or mark left by a foot
- 6. Party where everyone brings part of the meal to share
- 7. explosive chemicals producing loud noises or colors when exploded in the night sky
- 10. Excess moisture in the air
- 12. In May we say, "It's _____ summer."
- 13. Path through a forest

DOWN

- 1. Eating outdoors on a blanket
- 2. Small vacation house
- 4. not inside a building (in the open air)
- 5. Mom says, "Go play _____."
- 8. Summer shoe
- 9. Any of 4 three-month periods of the year
- 10. Taking a long walk
- 11. A track made when many use the same route

5:Guidance; 6:Not worth a red cent; 7:One in a million; 8:Penny pincher; 9:Chat; 10:Breath

Word Puzzler Answers: 1:Too funny for words; 2:Alarm; 3:Land; 4:Million;

YIPPEE!!!

For Senior Center Thursdays! MENU for August:



6th: Fruit, Chicken and Rice, Green Beans, Raisin Bread & Butter, Cherry Cheesecake

13th: Fruited Jell-O, BBQ Beef, Party Potatoes, Carrots, Grilled French Bread, Large Carnival Cookie

20th: Tossed Salad, Roast Beef with Gravy, Parsley Potatoes, Steamed Baby Carrots, Bread & Butter, Frosted Cake

27th: Pickled Beets & Onions, Smothered Pork Chop, Scalloped Potatoes, Peas and Carrots, Bread & Butter, Apple Crisp



New Cooked-to-Order Menu
now accepting cash payments!

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

Monday through Friday

SMRC Residents - Delivery

Buhler Community - Curbside Pick Up

620-543-5707



Betty Bates, front,
and Charlotte
Franklin inspect
their handiwork.

“The Gazebo in Assisted Living looks great. Every morning Darlene Heim and the Schultzes sit outside and enjoy the weather, and the flowers planted by Terry Mitchell, Betty Bates, and Charlotte Franklin. I planted some water lilies, which have sprouted.” - Melanie Koehn, Activities Director

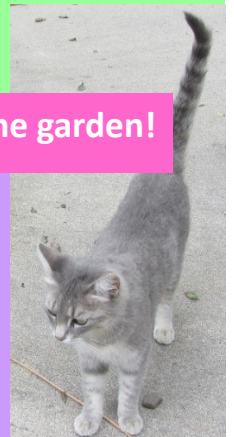


It's a BEAUTIFUL day in the (A.L.) neighborhood!

The neighborhood kitty seems to approve of the garden!

We'd love to share this newsletter with the rest of your family and/or friends! 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 Our email lists are never shared or sold.

Likewise, if you no longer wish to receive the newsletter, please let us know.



COVID-19 RISK LEVELS

All these ratings are subjective and can vary depending on social distancing, wearing masks, number of people and other factors.



Going to a Park



Going Camping



Staying Home

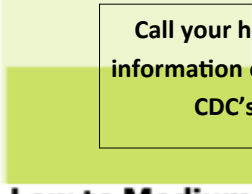
Low



Grocery Shopping



Eating Outside



Going to the Gym

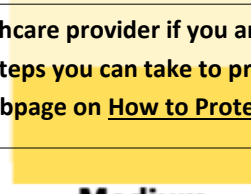
Low to Medium



Eating in a Restaurant



Going to a Bar



Seeing Friends Inside

Medium



Air Travel



Large Gatherings

Medium to High



Going to a Bar



Large Gatherings

High

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](#)

COVID Recovery Phases Two and Three

Phases are about 2 weeks long & subject to change. Many safety measures must take place to ensure compliance of the regulations for Long-Term Care Facilities. As of July 8th: Beauticians are back, serving one resident at a time, sanitizing between residents. July 13th: Families began scheduling visits with their loved ones. A limited number of visits weekly ensures time for sanitation, & opportunity for all residents to visit their loved ones weekly. Visits are monitored by SMRC staff. Masks are required (please bring your own); must remain six feet from the resident (NO hugging/kissing residents during visit). We began with one 15 minute visit per family member each week; up to two family members per resident, age 16 or older. Tardiness cuts the visit time. Remember, no deliveries during visits! **Great news!** We received approval and began Phase Three on **Monday, July 27th**: some contractors following guidelines are allowed into our facility. Expanding the activity space allows more residents per activity. We are also **expanding our visiting hours**. Families are able to sign up through our Facebook page and website for multiple visits each week, including **evening visits on Tuesdays and Thursdays**. SMRC continues to keep your loved one's health our number one priority, taking precautions to ensure their safety throughout each phase. **Please help us keep you & the residents safe by following our guidelines.** This is key to continue to move forward. If SMRC receives any positive cases of COVID-19 throughout the phases, we will be required to start over, remaining in Phase One (no visitors) until we have NO positive cases. Thank you for your patience and understanding as we continue to navigate through this pandemic. We look forward to seeing you!

If you have any questions or concerns, please contact Rebecca Meitler, SSW, at (620) 543-5695.

Sunny's serves Jackson Meats!

Combos



#1 COMBO

1 Egg, Hashbrowns, Meat, choice of Pancakes or Toast8.00

#2 COMBO

2 Eggs, Hashbrowns, Meat, choice of Pancakes or Toast8.50

#3 COMBO

2 Egg Meat & Cheese Omelette, Hashbrowns, choice of Pancakes or Toast8.75

Eggs and Omelettes



1 Egg

Over Easy, Over Medium, Hard, Scrambled, or Sunny Side Up.....1.50

Cheese Omelette

3 Egg Omelette Stuffed with Melted Shredded Cheese.....5.75

Western Omelette

3 Egg Omelette Stuffed with Melted Shredded Cheese, choice of meat: Ham, Bacon, or Sausage.....6.95

Veggie Omelette

3 Egg Omelette Stuffed with Melted Shredded Cheese, Peppers, Onion, and Tomatoes.....5.50

Breakfast served all day



The Good Stuff



Short Stack Pancakes

3 Small fluffy Pancakes, Served with a side of Butter and Syrup3.25

Chocolate Short Stack

3 Small fluffy Pancakes topped with Chocolate Chips, Served with a side of Butter and Syrup.....3.75

French Toast

2 Slices of Texas Toast topped with Powdered Sugar, Served with a side of Butter and Syrup.....4.25

Sunny's Panwich

1 Egg, Choice of Meat, Cheese inside 2 Small fluffy Pancakes.....4.95

Breakfast Sandwich

1 Egg, Choice of Meat, Cheese, inside Biscuits, Toast, or Bagel4.75

Breakfast Burrito

Scrambled Eggs, Choice of Meat, Hashbrowns, Shredded Cheese, Peppers and Onions, Served with Sour Cream and

CALL IN FOR CURBSIDE PICK-UP

Hours:

Monday- Friday 7am-10am 11am-2pm

Phone #

620-543-5707

Facebook:

@Sunny's Cafe

Sides



Hashbrowns.....1.75

Choice of Meat.....2.00

Bacon, Sausage, or Ham

Bagel.....1.50

Cinnamon Roll... 1.25

Toast.....1.50

-Wheat, White, Raisin, Wheatberry, and Sourdough

Drinks



Orange Juice... Sml 1.25 Lg 2.50

Coffee..... Sml .65 Lg 1.35

Milk.....Sml 1.35 Lg 2.60

"We'll fix up right your appetite."

Sandwiches



Sunny's Famous Club Sandwich

Ham, Turkey, Bacon, American Cheese, Swiss Cheese, Lettuce, Tomato, and Pickles, Spread with Sunny's Club Sauce on Wheatberry Bread, Served with Block and Barrel Potato Chips.....8.00

Deli Sandwich

Choice of meat: Ham or Turkey, with Cheese, Lettuce, Tomato, Onion, Mayo, and Mustard, Served with a side of Block and Barrel Potato Chips.....7.00

B.L.T.

Bacon, Lettuce, and Tomato with Mayo on Wheatberry, Served with Block and Barrel Potato Chips.....7.00

The Angry Bird Sandwich **NEW**

Turkey, Swiss Cheese, Tomato, Cucumber, with Spicy Mayo, on Sourdough, Served with Block and Barrel Potato Chips.....8.00

Midwest Chicken Sandwich

A Grilled Chicken Breast seasoned with Fajita Seasoning, Bacon, Swiss Cheese, Lettuce, Tomato, Mayo, Served with Block and Barrel Chips..... 6.50

Chicken Bacon Ranch Wrap

Grilled Fajita Chicken, Bacon, Shredded Cheese, Lettuce, Tomato, and Ranch Dressing, Stuffed in a Tortilla Shell, Served with Block and Barrel Potato Chips.....7.50

Lewis' Spicy Cordon Bleu **NEW**

Grilled Chicken Breast, cooked in Louisiana Hot Sauce, topped with Ham, Swiss Cheese, and Mayo-Ranch Sauce Served with Block and Barrel Potato Chips..... 8.00

Sunny's Steak and Cheese Sandwich

A Juicy Steak crumble, fresh Peppers and Onions, Swiss Cheese, on a Hoagie Bun, Served with Block and Barrel Potato Chips.....8.25

Grilled Cheese Sandwich

American Cheese, Swiss, and Shredded Cheese on Wheatberry Bread, Served with Block and Barrel Potato Chips.....4.50

Burgers



Hamburger

Lettuce, Tomato, Onion, and Pickles, Served with Block and Barrel Potato Chips.....6.50

Cheeseburger

American Cheese, Lettuce, Tomato, Onion, and Pickles, Served with Block and Barrel Potato Chips7.25

Double Stacked Cheeseburger

2 Patties, American Cheese, Lettuce, Tomato, Onion, and Pickles, Served with Block and Barrel Potato Chips.....8.50

Bacon Cheeseburger

Bacon, American Cheese, Lettuce, Tomato, Onion, and Pickles, Served with Block and Barrel Potato Chips.....8.00

Carson's Brunch Burger **NEW**

1 egg, American Cheese, Bacon, Hashbrowns & Salsa, Served with Block and Barrel Potato Chips.....9.00

Quesadillas



Cheese Quesadilla... Half Full 3.95 5.95

Chicken Quesadilla... Half Full 4.95 7.20

Club Quesadilla.....7.25

Steak Quesadilla.....7.25



Hours:

Monday-Friday 7am-10am & 11am-2pm

Call In for Curbside Pick up

Phone # 620-543-5707

Facebook: @ Sunny's Cafe

Sides



Bag Of Chips.....1.00

Hashbrowns.....1.75

Cottage Cheese.....2.00

Drinks



Iced Tea.....Sml .65 Lg 1.35

Milk.....Sml 1.35 Lg 2.60

Soft Drinks.....Sml .75 Lg 1.50

(Pepsi, Diet Pepsi, Mt Dew, Mist Twist, Dr Pepper and Root Beer)

Desserts



1 Slice of Homemade Pie.....2.00

Ice Cream.....8oz. 1.50

Ice Cream.....12oz 2.00

Rootbeer Float....12oz 2.25

Shake.....12oz 2.50

Shake.....24oz 3.75