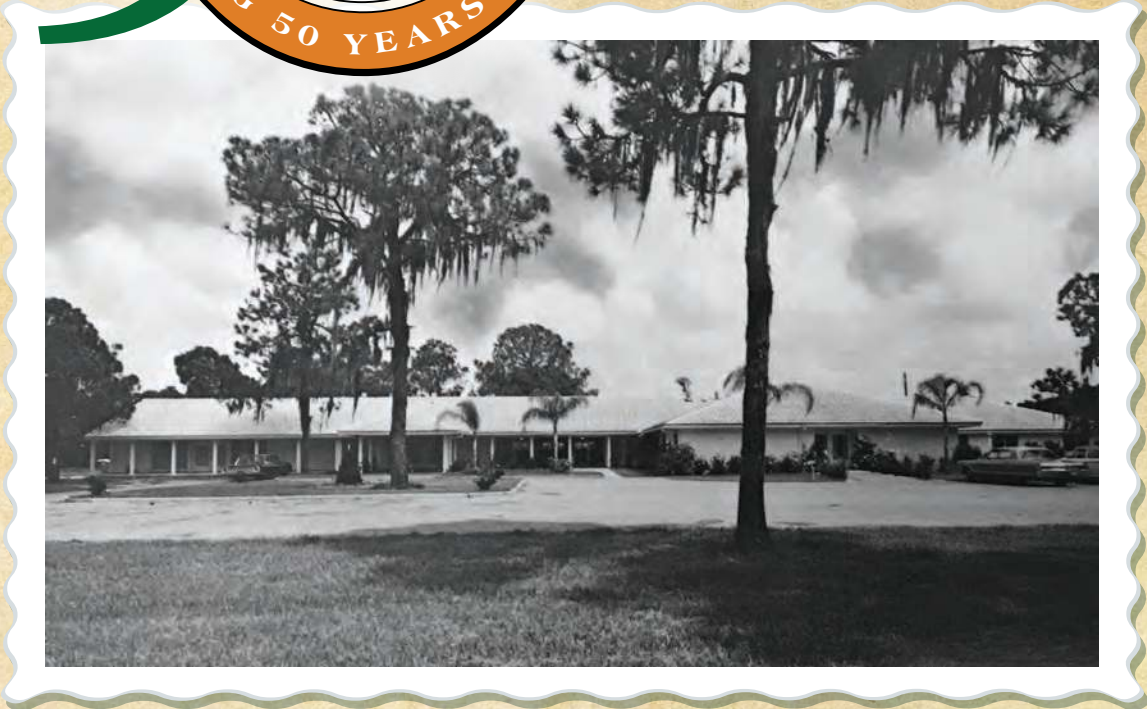




THE Villager

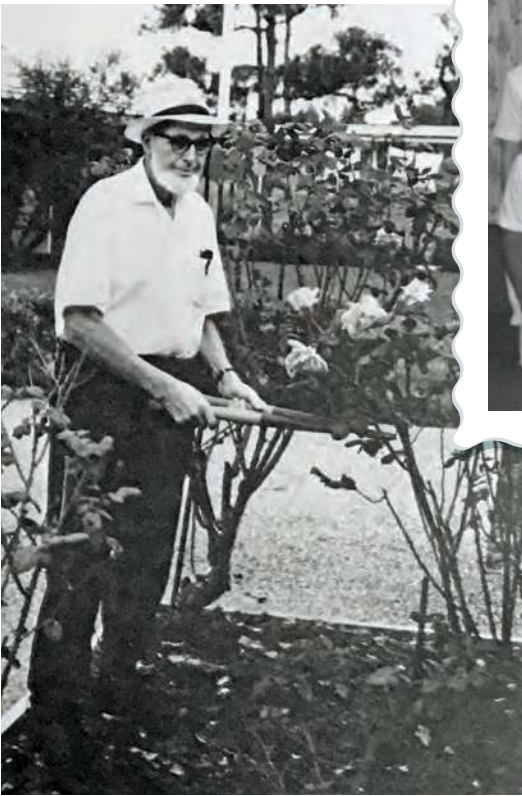
A NEWSLETTER OF SUNNYSIDE VILLAGE

Winter 2018





REFLECTING ON 50 YEARS OF SERVICE



Top: Will Overholt, founder, pruning roses at Sunnyside. Top right: Voluntary Service program workers and staff, 1972.

Willing hearts and hands answered a call to serve 50 years ago, beginning the Sunnyside story. The founders of Sunnyside's Health and Rehabilitation Center desired to help the elderly and to do something that would endure as a Christian testimony. But they could not accomplish the undertaking alone; they needed men and women who would freely give of their time for the well-being of others.

The vision for Sunnyside Rest Home, as it was then called, started in the late 1960s. Will Overholt, who lived in Virginia, felt a prompting to start a Christian facility to care for the elderly. After moving to Sarasota, he met Lawrence Pamer, a Mennonite contractor, who also shared a similar vision. They collaborated to make Sunnyside Rest Home a reality.

Sunnyside Rest Home was modeled after several, out-of-state, Beachy-Amish Mennonite nursing homes that utilized a Voluntary Service program, or VS, to fulfill staff roles. Sunnyside Rest Home had a similar goal - to offer church members an opportunity to help others. The program allowed young adults, of at least 16 years of age, to contribute a minimum of six months of volunteer time.

“For many, the voluntary service program offered young adults the chance to leave home and to do so in a safe, spiritual environment. The program allowed them to pursue mission work and to meet others,” said Bishop Lester Gingerich of Sunnyside Beachy-Amish Mennonite Church Fellowship.

Before the nursing home could be constructed, a dormitory was needed to house over 20 single adult volunteers. The brick and mortar beginnings, of the then named Sunnyside Rest Home, started in winter of 1968 shortly after the dormitory was underway. The program provided food, room and board, and a small stipend to each volunteer in exchange for their contributions. Thanks to enthusiastic volunteers, the completion of the nursing home became a reality and, in November of '68, the first “guests” — or residents — moved in.

Several of Sunnyside’s current and former staff honed their job skills or gained professional experience through the VS program. Linda Sue Yoder, a current employee of Sunnyside Health Center, remembers the program well. She came to Sunnyside from Indiana as an RN ready to share her skills.

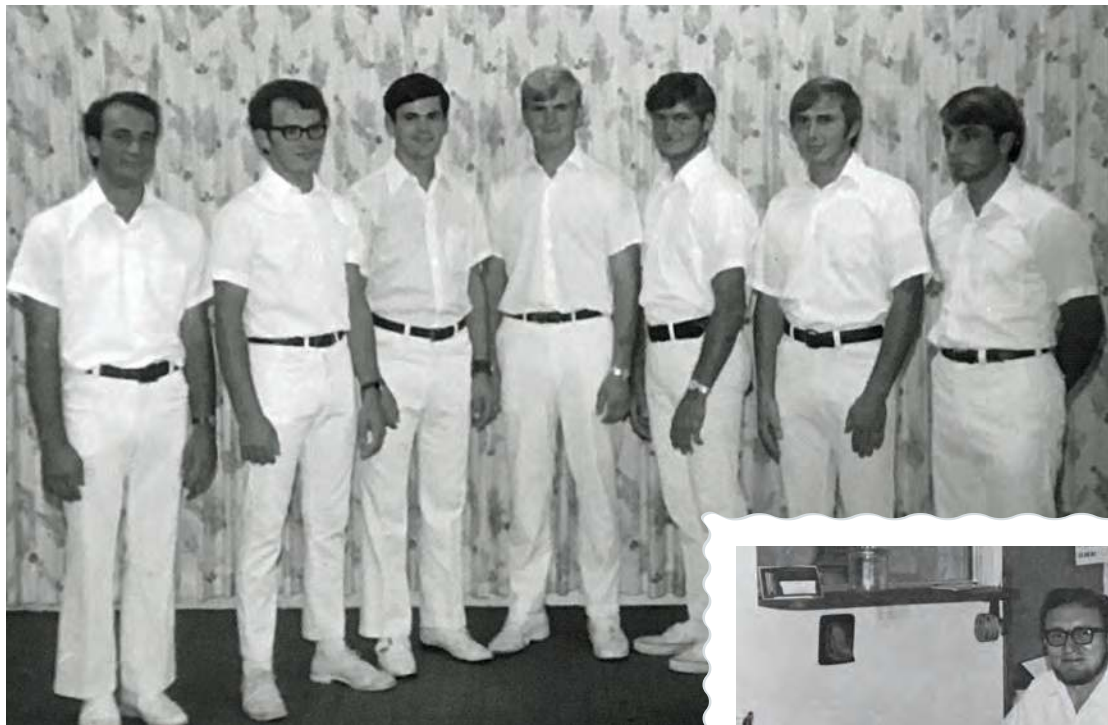
“People could volunteer from six months to two years and we had anywhere from nurses, nurses’ aides, orderlies, maintenance workers, housekeepers, laundry aides, cooks and office workers. Our dorm was located near the site of where the current Sunnyside Chapel is, and we did everything at Sunnyside like a family. We used to eat with residents, sing to them and also provide social activities as well as daily health care,” said Yoder. “We also worshiped with each other, encouraged each other and had fun together. Because of the program, I developed confident, trusting relationships that last to this day.”

Other Sunnyside volunteers echoed life changing thoughts and experiences. Wesely Hershberger, who served as an orderly from 1973–1974, shared his reflections in a book called *The Sunnyside Lantern*, which highlights the



Top: Anna Mae Overholt, Will’s daughter, served as activity director; Bottom: Health Center staff and volunteers sing to residents prior to dinnertime.





Top: V.S. Program and volunteers in 1973. Shown: Mose Yoder, Ernest Beachy, Ben Graber, Ervin Yoder, Hubert Miller, Wes Hershberger and Dave Byler. Right: Ernest Hochstetler served as V.S. Unit Leader and Administrator from 1968-1977.

years of the VS program.

“The voluntary service that I had decided to participate in has made a very large contribution to the molding of my life, through the attitude of giving all of what I can for my fellow man. I hope it is and always will be this way in my life and in the lives of every Sunnyside worker. I know we do not realize the effect of our witnessing through working with our hands has on the people we are helping, even the earthly benefits which we receive for our labors may seem very small...”

Although the staff volunteer program ended in 1977,

the spirit of volunteerism continues. Last year, nearly 200 volunteers contributed over 6,000 hours across the Sunnyside Village campus. These volunteers, both Sunnyside residents and those from affiliated churches or the community, offered their time to minister to other residents, to assist with chapel work, to serve coffee in the dining room, to help with activities and much more.

As we celebrate 50 years, the mission of Sunnyside remains deeply-rooted on the foundation of our founders as we continue to give God the glory and to serve others by sharing Christ's love.

Resources: Photos courtesy of Anna Borntrager Yoder and Linda Sue Yoder. Interview with Linda Sue Yoder and Lester Gingerich, January 25, 2018. Additional photos and references *From Conestoga Wagon To Modern Times: The Eventful Life of W.J. Overholt* [book written by Will Overholt with reflections of his life experiences] and *The Sunnyside Lantern 1967-77*.

Sunnyside Foundation Gala brings in the brass



Sunnyside Foundation brought in the brass for its annual gala, which also served as a kickoff event to mark Sunnyside's fiftieth anniversary. Tim Zimmerman and the King's Brass performed for a full house in Eicher Auditorium and the Lakeside Dining Room. Residents, guests and supporters of the evening enjoyed an exclusive dinner and a wide variety of music. The King's Brass, which performs worldwide, provided hymn and patriotic classics with a contemporary flair. The evening also afforded an opportunity for the Foundation to recognize its key donors, volunteers and supporters.



Right: Tim Zimmerman and The King's Brass. Bottom: Bob and Edith Lane; Patti Kelly, Ellen Millar and Natalie Marsh.



New art studio cultivates creativity

Sunnyside's new art studio is full of natural northern light with task-equipped drawing desks, a library and an abundance of art supplies. But it isn't the space that makes it so special; it's the dozen or so residents that use it to enjoy personal artistic endeavors — some as seasoned pros and many as beginners. They meet once a week over the lunch hours.

"I was a beginner, not an artist, but I wanted to try it," said Edith Lane. "We have a great time being together. It's good therapy for me."

Fran Kirchhoff, who stays very busy, sees the same benefit: "Art class forces me to sit down for those two hours...and to relax."

Almost everyone says the regular schedule of gathering once each

week along with the other people make it really work. "The number one component for me is the encouragement to do art," said Eileen Klang. "I'd never really put color to paper. I've just drawn."

But that changed with the introduction of the art studio and Diane Chanako, Adjunct Professor of Figure Drawing at Ringling College of Art and Design.

"Diane does a little teaching and then we are allowed to do what we want," Klang said.

Chanako is deeply appreciated among the residents. "Diane says you never really make a mistake. She's very gentle," said Maryruth Morris.

For Chanako, the appreciation is a

two-way street. "It's my favorite day of the week," Chanako said. "It's just amazing what they're doing. They're so experimental and open-minded. They're not afraid to try new things."

She said her style of teaching at Sunnyside is very different from Ringling, where it needs to be more structured and strict.

"I tell my students there are no mistakes in our studio," she said of the Sunnyside class. "Don't worry about a wrong line. My attitude is art is a cumulative effort and you have to start somewhere. It's a very relaxed situation."

"There's a lot of positive reinforcement," said Steve Henkel, who has a long history of artistry. "It's the best kind of work."

Left to right: Fran Kirchhoff and Maryruth Morris. Edith Lane displays a painting of her grandchildren.



WELCOME *New* RESIDENTS



Tom and Doris Hitchcock

Tom and Doris Hitchcock, who were both born and raised in Minneapolis, Minnesota, met on a blind date many years ago and have been on a lifetime of adventure since.

Tom served in the armed forces in WWII, and attended the University of Minnesota from 1944-1949. He was the founder and CEO of his own company and now enjoys golf and bridge. Doris worked as a secretary, and enjoys a good book and bridge. They moved to the Meadows in 1992. Their faith is important to both of them.

They had two daughters and two grandchildren. One special memory for both of them is a trip to Denmark with their family where they were able to meet all of Doris's relatives. Their faith is important to both of them and they chose to live at Sunnyside Village because of the Christian community. Tom and Doris look forward to new friendships and prepared meals. They both feel blessed and thankful.



Joanne Bauer

Joanne Bauer enjoys bridge and mahjong as well as following the Tampa Bay Rays. She was born in Evansville, Indiana, and moved here from Omaha, Nebraska in 1972. She was a service representative for a phone company before retiring. Joanne chose Sunnyside Village as home because she knew it would be a wonderful place, and is looking forward to meeting the residents.



Shirley Buerge

Shirley Buerge is a volunteer for Hallett Prison Ministries, as well as a volunteer for her church, Sarasota Baptist. Shirley was born and raised in Archbold, Ohio. She attended Parks School of Business in Denver in the early 1960s and moved here in 1966. She worked in Management Information Systems and data entry. Shirley enjoys travel, and a special memory for her is a three week tour of Europe. Her hobbies include counted cross stitch, growing plants and feeding and watching birds. Shirley and her cat Boo, who is very shy, are enjoying their new home at Sunnyside Village.

WELCOME *New* RESIDENTS



Vic and Debra McMurry

Both Vic and Debra McMurry are very patriotic, and are members of Sons of the American Revolution and Daughters of the American Revolution. Not surprisingly then, Debra is interested in genealogy and Vic in research. They have made some fascinating discoveries along the way, including finding an ancestor of Debra's whose grave they were able to have marked with the Sons of the American Revolution grave marker.

Vic was born in Michigan and spent some time growing up in Flint, Pontiac, and Dearborn. Vic served in the U.S. Navy and attended college at the University of North Alabama and the University of Michigan. He was the Senior Vice President at a local bank, where he met his wife.

Debra was born in New Jersey and moved to Venice, Florida at two years old. She considers herself a Florida girl and is very proud of it. She attended State College of Florida and Suncoast Technical Institute, and worked as a bank officer and, later, as a pediatric nurse.

They have two children and two grandsons. They both serve as deacons at their church. They chose Sunnyside Village for its security, safety, and peace of mind.



Bill and Jean Batten

Bill and Jean Batten are "Hoosiers." Bill grew up in Indianapolis, and Jean grew up on a farm in Hamlet, Ind. They met at Butler University, and were married in Sweeney Chapel on campus. Bill graduated with a degree in business and Jean with a degree in education. They have one son, and two grandchildren. One of Jean's fondest memories was the four day graduation they attended at West Point for their son.

Bill worked for the same insurance company for 41 years and Jean taught home economics for five years. Upon retiring in 1990 they moved to the Meadows in Sarasota and then to Sunnyside Village. Bill has been an active member of the Shrine for 65 years and Jean an active member of the Daughters of the American Revolution for 47 years.

They are looking forward to attending chapel services at Sunnyside Village. Since being here they have celebrated their 70th wedding anniversary and their 90th birthdays. When their son visited Sunnyside Village for the first time he said, "It's like living at a resort." And they agree.

WELCOME NEW RESIDENTS



Ammon Schrock

A love for the outdoors is a big part of Ammon Schrock's life. He used to drive an airboat, and even spent the entire summer in 1999 fishing for halibut, king salmon, and lingcod. He also loves to travel, and has been in 48 states, most of Europe, as well as Asia, Australia, Newfoundland, and South America.

Sunnyside Village is a natural choice for a home for Ammon. He served on the Sunnyside Village board and knows the quality of life in the community. Ammon was born and raised in Goshen, Indiana and, in 1956, moved to Sarasota where he was a contractor for 40 years. He and his wife of 60 years had two daughters, five grandchildren, and nine great-grandchildren.



Bill McClanahan

Bill McClanahan enjoys kayaking, hiking, cycling, fishing, traveling, camping and motorcycling. He also finds time to do maintenance work at church and work with Meals on Wheels. Bill was born and raised in Columbus, Missouri, attended college at Mississippi State, and worked as an electrical engineer for United Technologies in the area of design and development of electric motors. He moved to Sarasota from Farmington, Michigan, 19 years ago.

Sunnyside Village was a clear choice for Bill after comparing several facilities, and talking to several members of his church who live here, and he is looking forward to getting to know other residents. He has three beautiful daughters and four delightful grandchildren.

Upcoming Event at Sunnyside Village



Music in the Village presents Duo Beaux Arts on Thursday, April 12 at 6:30 p.m. at the Sunnyside Village Chapel.

Tickets for the concert are \$15 per person.

To purchase tickets, contact the Activities Department at 941-371-2750 ext. 606 or email achisholm@sunnysidevillage.org



Thursday, April 12
Duo Beaux Arts

Technology helps balance the risk of falls



Falls can happen quickly and become more of a concern as aging affects balance and mobility. Sunnyside Village's Therapy Department is trying to help residents and patients stay ahead of fall risks by utilizing equipment called the Biodex Balance Machine, which offers multiple programs designed to improve balance and reduce those risks.

The machine is effective in measuring balance impairments and a fun tool for balance training. Residents or patients, under the observance of therapists, stand on the Biodex Balance Machine as it measures their swaying and balance, providing scores with standard deviation points above and below average for their age group. Residents are tested with their eyes open, and then closed for further data because vision aids in balance. The machine includes an easy "touch-screen" operation, leading the user step-by-step through testing protocols and training methods in both static and dynamic formats. This provides a very strong fall risk score for therapists and residents.

The Biodex eliminates the guesswork that is normally at play for therapists dealing with how to address balance issues.

"The beautiful thing is that it is an objective score. We can measure where the patient is and where we want them to be," said Sunnyside Physical Therapist Leigh Bagg. "We've definitely seen an improvement with our patients using it. One resident was below the normal baseline, at a 50 percent fall risk for their age group, and improved 25 percent above the baseline. Another resident saw her postural stability improve from 81 percent to 97 percent." The machine not only provides essential feedback and assessment but also trains the patient to regain their balance through constant data feedback. Using the machine is almost like a video game with plenty of visual feedback that users seem to enjoy. "It's actually fun," Bagg said.

Leigh Bagg, B.S. PT, tests John Stevenson's balance.

Flourishing and bearing fruit

By Chaplain Jarvis Hochstedler



The Chapel at Sunnyside Village.

Words like “amazing,” “inspiring” and “incredible” come to mind when I think of the creativity that flows from our residents here at Sunnyside. Recently, I read a Psalm that caught my attention. It said, *“Those who are planted in the house of the LORD shall flourish in the courts of our God. They shall still bear fruit in old age; they shall be fresh and flourishing... (Psalm 92:13-14)”*

“...Still bear fruit in old age; they shall be fresh and flourishing...” You may ask, is this possible? Someone recently commented, after hearing the Sunnyside Singers Christmas

Concert, “if I had closed my eyes, I would have thought this was a group of young voices. They sounded so young and strong!” Amazing!

I believe the incredible ability to create doesn’t stop nearly as early as we think. Yes, I know that physical and mental acuity seems to slip away as we age. However, the Scriptures are dotted throughout with senior superstars. Enoch, Noah, Abraham, Sarah, Moses, Aaron, Caleb, Daniel, Zacharias and Elizabeth to name a few, were all tapped by God to shine and flourish in their senior years.

I know you may say, “those were Bible characters and I’m not

one of them.” Did you know that Health Center resident, Ruth Miller, composed an original piece of music at ninety-nine years of age especially for her 100th birthday party? Someone recently, who hadn’t played the organ for nearly 60 years, picked it up again and is finding a new and fresh purpose.

I have to ask, what’s in your talent closet? What special unrealized gift has been tucked away for years and just needs some dusting off? I bet there’s no end to how “fresh and flourishing” Sunnyside could be! What would it look like? I don’t know ... why don’t you surprise us all!



THE Villager

Sunnyside Village

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Sunnyside is affiliated with Mennonite Health Alliance, Southeast Mennonite Conference, LeadingAge and LeadingAge Florida.

The mission of Sunnyside Village is to honor God by enriching the lives of residents, staff and the community by providing homes, services and programs in a Christian environment.



Foundation Board Member John Stevenson and Foundation Director Michael Smith with Ervin Miller of the Mennonite Disaster Services.



Foundation Board Members Doug Graber and Bob Antrim, Foundation Director Michael Smith and Agape Chief Executive Officer Allen Spear.

Providing monetary and household goods to support charities with critical missions and needs is of top priority for the Sunnyside Foundation. Several board members of the Foundation, as well as Director Michael Smith, recently presented donations to help a variety of hurricane relief efforts both locally and to the Caribbean countries.