

# Sunny Side of Life

November 30, 2018

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-Mary Frazier  
Buhler Methodist-Joe McGowen  
At large-Cameron Kaufman, Clem Kilpatrick

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

## Seasons Greetings

Christmas seems to be quickly approaching, plus the snow and cold weather adds to the feeling of holiday time. Everyone loves to hear the Christmas carols, see all the bright lights, and decorate the trees, bringing back some good-ole memories. How about pulling the old Christmas movies off the shelf to watch "What a Wonderful Life", "Elf", "Frosty the Snowman", and then, of course, "Charlie Brown Christmas". I am reminded of Linus going on stage to read the biblical account of the Christ child's birth. In all the excitement of the season, let us rest in the peace and joy that only Christ can bestow into our spirit. Wishing everyone a Joyful Christmas!

## Zero Findings from Annual Survey

Our Staff is thrilled about the recent State Survey. Nineteen months after our past annual survey, six surveyors showed up. Three regular surveyors, plus three in training, so more eyes to see more things. During the four days they were here, they didn't report many concerns. As they left and upon preliminary exit, they mentioned only two concerns; both were corrected before they left the facility. A day later, the surveyors contacted us to let us know we received ZERO deficiencies! Now that is good news, as the past five surveys were pretty rough with the State/CMS trying to crack down on all facilities. This year they focused on the positive things we do and looked at outcomes, a different approach with good common sense results. Obviously this outcome boosted staff morale, improved our star rating, and allows us to use the good report in marketing. Kudos to the entire Staff at SMRC!

~Keith Pankratz,  
Administrator

Our residents were able to sneak in some visits when Santa came this week, and also helped decorate the tree.



## We Welcome...

*B. Graham  
B. Miller  
G. Lipe  
D. Meyer  
Howards*

## Resident & Staff Birthdays...

5 J.Dennis	2 Carson Przymus
7 J.Blick	4 Londa Tipton
8 V.Shultz	4 Donna Salmon
11 F.Riley	5 Angela Imel
12 C.Ensz	5 Lenora Duerksen
13 B.Miller	6 Dawn Fry-Beye
15 A.Bauer	6 Courtney Markel
18 D.Meyer	7 Hadleigh Guisinger
20 A.Thompson	11 Garrett Price
24 J.Keith	14 Yvonne Wheatley
	16 Kim Ishler
	16 Misty Schake
	17 Angela Hall
	20 Leigha Gomez
	22 Angela Kilmer
	23 Dee Royster
	23 Erika Long
	25 Katelynn Vierthaler
	26 Amanda Downtain
	29 Davina Stewart
	31 Cassandra Miller

SMRC ~ 620-543-2251

Rita Black, Human Resources

hr@sunshinemeadows.org

Debra Thompson, RN, MDS Coord.

mds@sunshinemeadows.org

Rachel Perry, LPN-Care Manager

rperry@sunshinemeadows.org

Samantha Maehs, LPN-MCU Care Manager

mcu@sunshinemeadows.org

Ginger Arnett, LPN-AL Care Manager

almanager@sunshinemeadows.org

Londa Tipton, RN-Director of Nursing

don@sunshinemeadows.org

Keith Pankratz, CEO keithp@sunshinemeadows.org



With flu season approaching,  
we ask for the protection of  
our family of residents,  
**PLEASE don't come in if  
you are sick.**

**NOTE: Holidays are coming...  
Fire Marshal will not allow live  
Christmas Trees or Wreaths.  
This applies to all rooms and  
apartments on campus.**



SUNSHINE MEADOWS  
RETIREMENT COMMUNITY



ideatek

You are invited to our 20th Annual Gala at  
Sand Hills Event Center, 4601 N. Plum St., Hutchinson

Friday, March 1, 2018

Gourmet buffet is 5:00-6:45pm

Live Auction begins at 7pm



# HOLIDAY Bazaar

December 6th, 2018  
9 am - 3 pm

*\$6 Jewelry  
& More*

*Cookies* Mix 'n Match  
1/\$1 6/\$5 dz/\$10

## Baskets

"Heaven Knows:  
Any Theme Goes"

**Sunshine Meadows**  
400 S. Buhler Rd., Buhler, KS







< The CNA class had a good visit with Santa.



We were blessed to have help decorating from the FFA kids at BHS. >

## Tell Us What You Think!

There's a new little addition to Sunshine Meadows. In the Lobby, Independent Living puzzle area, Assisted Living desk, and Wheatland/Heartland desk, there is an attractive little blue box along with coral-colored "How are we doing?" questionnaires. These forms are short and easy to fill out, but leave lots of space for you to write something, either good or not so good, about the home.

In an effort to achieve excellent service for our residents and their families, we welcome you to fill out a form and drop it in the box. While these are designed primarily for the families of residents and other visitors to the home, anyone may fill out the form anonymously. These will be read on a regular basis. It's our hope to be able to improve our already good service, so rest assured that we will take your comments seriously. Thanks in advance for your feedback!

## Peak Update:

Sunshine Meadows has worked on PEAK outcomes since 2016. We are currently working on the final two goals. PEAK (Promoting Excellent Alternatives in Kansas) is a program to encourage person-centered care in nursing facilities. Successful homes receive financial incentives during the program.

Additionally, PEAK represents a standard of professionalism understood state-wide to be the pinnacle of elder care. Meeting and maintaining these standards sets SMRC apart with a reputation as a desirable home in which to live or in which to trust a loved one's safety, health, and happiness.

The program focuses on four domains essential to person-centered care: Resident Choice, Staff Empowerment, Home Environment, and Meaningful Life. Items from these core areas were chosen each year to work on by the home's PEAK committee (staff members). Once we assess what is needed to complete a goal, we work to integrate those new behaviors into our regular schedule and methods.

Attitudes, habits, and methods of working can be difficult to change. Understanding and supporting the reason for making those changes (to create a better life for the people who live here) makes creating change easier, but it's never without its hiccups.

**If, at any time, you, as a staff member, see an area that we are working on or have completed that is not being maintained in daily methods, please report this to the PEAK coordinator, Carla Barber. This can be done anonymously if preferred, by leaving a message in her workroom mailbox, or by filling out a "How Are We Doing?" form in the lobby or neighborhood locations.**

### 3. Dining choices (Resident Choice), which include:

An enhanced dining program, increasing resident menu options (restaurant style); residents' involvement with menu development on an on-going basis; food/drinks available 24 hrs. a day; mealtimes are expanded to be more flexible in offering hot meals and reflect resident eating habits; residents are able to access special food requests, items not normally stocked by the home; residents are involved in decisions to change the dining room décor or arrangement and placement of dining room furniture; no assigned seats in the dining room; there are multiple options for where to eat and residents are supported in eating where they are comfortable.

### 4. Individual sleep routines (Resident Choice), which include:


Residents' individual preferences around sleep gathered, communicated, and supported by the home; no group wake-up, nap or bedtime routines/schedules; individual sleep schedules are determined by each resident; consistent staffing is in place; residents receive individualized night care to support restful sleep; resident care is provided around residents' preferred sleep routine; noise at night is reduced and lighting is conducive to restful sleep; and residents have choice of the bed they sleep in.

### 5. Career development (Staff Empowerment), which include:

Providing formal opportunities for staff to develop professionally, through in-house training for employees to learn new jobs and skills outside of their traditional roles. At least 10% of non-managerial staff attend outside training annually. Leadership requests suggestions from all staff for speakers they recommend, and topics they would like to learn more about, that would help expand resumes, enhance lifestyles, and open doors toward future careers. HR maintains records of employees attending training.

(More info continued next month)

# December Sunny's Specials 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Mango Chicken	4 Spaghetti w/Meat balls	5 Nacho Bar	6 <b>Christmas Bazaar</b> Chicken Strip Dinner Soup & Salad Bar	7 Taco Salad	8
9 	10 French Dip	11 Liver & Onions	12 Beef & Noodles	13 Gyro w/Greek Salad	14 Polo Bandito	15
16	17 Rueben Sandwich	18 Chicken Fried Steak	19 Loaded Baked Potato Bar	20 Meatloaf Dinner	21 Beef Enchilada	22
23 <b>Christmas Eve</b> CLOSE at 2pm Hamburger Grilled Cheese	24	25 <b>Christmas</b> CLOSED	26 Chicken Alfredo	27 Fried Shrimp w/Fries	28 Tostada	29
30 <b>NEW YEARS Eve</b> CLOSE at 2pm Tuna Melt	31	<b>New Years Day</b> CLOSED				

## OPEN TO THE PUBLIC

A café inside SMRC serving... Breakfast all day, Daily Specials, and Fresh Homemade Desserts.

7 am-7 pm Monday-Friday  
7 am-2 pm Saturday  
Closed Sunday  
(except 2<sup>nd</sup> Sunday for Buffet)

Be SURE to check our Dessert Counter daily for fresh baked goodies. The Carrot Cake and cookies are the best in the world! Sunny's takes special orders for whole cakes, pigs, zwigibach, & cookies.





## Sunday Buffet

Inside Sunshine Meadows  
400 S. Buhler Rd., Buhler, KS

### December 9

## \$10.95 11-1:30

ask about Sr. Discount

Large Groups, SS Classes, & Families are Welcome.

*Entrée*

**Smoked Pork Loin**  
**Old Fashioned Roast Beef**

*Good Stuff*

Salad Bar Assorted Salads  
Mashed Potatoes/Gravy Roasted Vegetables Farmer Beans  
Buttered Sweet Corn Fresh Zweibach  
Cream Puffs Cheesecake w/Toppings Ice Cream