



# SUNSHINE CENTER, INC.

PROMOTING THE HEALTH, INDEPENDENCE & QUALITY OF LIFE FOR OLDER ADULTS

May 2024

140 W. BRIDGE, WEST POINT

Sunshine Center, Inc. is funded by the NENAAA, the City of West Point, donations, and fundraising events. Services are provided without regard to race, color, national origin, handicap, or sex. There are no membership fees or attendance requirements. Hours are 8 a.m. - 4:30 p.m., Monday - Friday. Nutritious, well-balanced meals are served from 11 :30 a.m. - noon with reservations required by 1:00 p.m. the prior business day. Transportation services are available from 8:30 a.m. - 3:00 p.m. within the city limits of West Point for appointments, errands, shopping, and trips to the Center. Please call-in advance to schedule a ride. Call 402-372-3800 for more information. New faces and guests of all ages are always welcome!

## Tomb of the unknown Soldier

1. How many steps does the guard take during their walk across the tomb of the Unknown and why? 21 steps. It alludes to the 21 gun salute, which is the highest honor given any military or foreign dignitary.
2. How long do they hesitate after their about face to begin their return walk and why? 21 seconds for the same reason as number 1.
3. Why are their gloves wet? Their gloves are moistened to prevent losing their grip on the rifle.
4. Do they carry their rifle on the same shoulder all the time and if not, why not? They carry the rifle on the shoulder away from the tomb.
5. How often are guards changed? Guards are changed every 30 minutes, 24 hours a day, 365 days a year.
6. What are the physical traits of the guard limited to? They must be 5' 10"-6'2" tall and their waist size cannot exceed 30". They must commit 2 years of life to guard the tomb, live in barracks under the tomb, and cannot drink alcohol on or off duty. They cannot swear in public and cannot disgrace the uniform or the tomb in any way. After two years, the guard is given a wreath pin that is worn on the lapel signifying they served as guard of the tomb. There are only a little over 600 presently worn. The guard must obey these rules while serving as guards or for the rest of their lives if they choose. The shoes are specially made with very thick soles to keep the heat and cold from their feet. There are metal heel plates that extend to the top of the shoe in order to make the loud click as they come to a halt.

## *May Observances*

**May 5th Cinco De May  
May 12th Mother's Day  
May 27th Memorial Day  
National Cherry Cobbler Day  
May 17th**

## Polka Music with Ron & Friends

May 21st 1:00

Coffee and snacks to  
follow.



There are no wrinkles, folds, or lint on the uniform. Guards dress for duty in front of a full-length mirror. The first 6 months of duty a guard cannot talk to anyone, nor watch TV. All off-duty time is spent studying the 175 notable people laid to rest in Arlington National Cemetery. A guard must memorize who they are and where they are interred. Every guard spends five hours a day getting their uniforms ready for guard duty. The tomb has been patrolled continuously, 24/7, since 1930.

God Bless and keep them safe!

*Thank  
you*

to the following friends for their  
donations to the Center this past  
month.

Men's Cards	\$34.00
Louise Schulzkump	\$25.00
Anonymous	\$22.00
Eileen Gentrup	\$20.00
Roger & Jan Steenken	\$20.00
Carol Swenson	Plastic Forks
Bob & Joyce Vogltance	\$25.00
Ray & Janet Sellentin	\$1,000.00

### Salami Cream Cheese Roll-Ups

20 Salami Slices  
4-6 oz soften cream cheese  
30 banana peppers

Make 4 rows with 5 Salami in each, all overlapping each other, forming a rectangle.

Carefully spread cream cheese that's softened to room temperature evenly over salami, leaving a little boarder.

Top the cream cheese with banana peppers.

Carefully roll the salami at the long end, rolling it tightly .

Wrap in plastic wrap and refrigerate for about an hour to allow the cream cheese to firm up.

Cut into bite size pieces and enjoy!

### Minutes of the Board of Directors Meeting 4-9-24

8:30 a.m. at the Sunshine Center, West Point, Ne.

The meeting was called to order by President Merna.

Roll Call: Merna, Ray, Sandy, Carol, Director Deb Assistant Staci.

Absent: Butch, Rita, and Theresa.

Sandy read the Minutes of the 3-12-2024 Board Meeting. Carol made a motion to accept and Ray made the second and motion passed.

Sandy read the minutes of the 3-15-24 General Meeting.

Carol gave the Treasurers Report. See attached report.

A motion was made by Ray with a second by Sandy to approve the expenditures of \$804.07 and to accept the Treasurers Report as given. Motion passed.

Deb reported that there were 100 transportation trips given in March.

#### **Old Business:**

1. Claire Smidt agreed to be a Board nominee before March 15th General Meeting.
2. Clarification was given regarding protocol if both the Center Director and Assistant would happen to be absent on the same day. The suggestion was to call the Board president and see if two board members could step in and get the dinner meals served. If not, then call the Villa by 7:30 a.m. to cancel the meals and advertise that the center would be closed.

#### **New Business**

1. Thanks was given to outgoing Board members: Merna Rita Theresa and Butch. New Members Janice Frazey, Fred Gelster, Claire Smidt, and Jan Steenken.
  2. New Officers: President Carol Kampschneider, V.P. Ray Kempf, Treasurer Jan Steenken, Secretary Sandy Boots.
  3. Deb advised that the Sloppy Joe Fund-raiser will be Thursday, June 13th.
- The meeting was adjourned at 9:12 a.m. with a motion by Sandy and second by Claire.  
Motion Passed.

Respectfully submitted by  
Sandy Boots, Secretary

## May Birthdays!

Eileen Gentrup 4th

Merna Recker 11th

Dennis Batenhorst 25th

Butch Echtenkamp 6th

Bonnie Schlautman 21st

Tom Frazey 8th

Louise Schulzkump 23rd

Art Stieren 8th

Vicky Furchert 26th

Find and circle all of the old TV shows that are hidden in the grid.  
The remaining letters spell the name of an additional old TV show.

S	I	L	L	I	G	E	I	B	O	D	E	E	R	A	N	N	O	D
W	A	L	T	O	N	S	P	E	Y	T	O	N	P	L	A	C	E	T
A	F	N	G	I	X	A	T	V	H	O	D	D	C	O	U	P	L	E
L	L	E	A	R	M	E	R	E	H	W	E	S	L	E	T	S	O	Y
A	I	R	A	M	E	M	U	R	P	H	Y	B	R	O	W	N	V	D
L	P	M	E	R	E	E	Y	L	M	I	A	M	I	V	I	C	E	O
J	P	A	E	T	G	L	N	Y	S	Y	M	N	K	S	T	Y	B	O
E	E	D	V	F	N	S	F	H	L	E	C	O	O	O	P	E	O	D
T	R	A	I	L	I	E	R	I	O	E	R	N	D	N	J	Y	A	Y
S	E	B	T	Y	T	M	C	L	R	R	R	C	E	S	N	A	T	D
O	D	O	I	I	H	I	L	L	G	R	N	A	A	G	Q	A	K	W
N	I	U	G	N	G	T	A	B	A	O	I	E	D	N	R	U	C	O
S	H	T	U	G	I	D	S	I	E	C	M	N	T	L	E	E	A	H
M	W	Y	F	N	L	O	S	L	A	N	I	E	T	E	I	E	M	D
P	A	O	S	U	N	O	I	L	L	O	C	D	R	I	D	K	R	E
O	R	U	R	N	O	G	E	I	I	E	S	A	E	P	N	U	R	G
E	D	I	S	N	O	R	I	E	C	H	I	P	S	M	Y	T	A	D
H	Y	N	A	P	M	O	C	S	E	E	R	H	T	E	O	L	I	M
O	O	R	A	G	N	A	K	N	I	A	T	P	A	C	Y	W	E	N

ALICE  
BEN CASEY  
BEVERLY HILLBILLIES  
CHIPS  
CANNON  
CAPTAIN KANGAROO  
DOBIE GILLIS  
DONNA REED  
DR. KILDARE  
EMERGENCY  
FLIPPER

FLYING NUN  
FUGITIVE  
GOMER PYLE  
GOOD TIMES  
GREEN ACRES  
GREEN HORNET  
HOWDY DOODY  
I SPY  
IRONSIDE  
JETSONS  
KOJAK

L.A. LAW  
LASSIE  
LOVE BOAT  
MAD ABOUT YOU  
MAUDE  
MEDICAL CENTER  
MIAMI VICE  
MOD SQUAD  
MOONLIGHTING  
MURPHY BROWN

ODD COUPLE  
PEYTON PLACE  
RAWHIDE  
RIFLEMAN  
RIN TIN TIN  
SOAP  
ST. ELSEWHERE  
TAXI  
THREE'S COMPANY  
WALTONS