



Connections

Volunteers serve vital role at Sunrise

People are at the heart of Sunrise, and I am truly grateful they have servants' hearts.

To start, Sunrise has a large staff team dedicated to providing the care and services needed on our campus. Beyond our employees, there is another group of people who pour so much love and time into the Sunrise community: our volunteers.



by Hallie Salmen
Executive Director

Whether they spend an hour a week or an hour a month, each one is important for the value they add to the

organization. We count on our volunteers in many ways, and they always rise to the challenge—whether by sharing their expertise on our Board of Directors or sharing their time

with our residents. Sunrise wouldn't be the same without our amazing volunteers.

As they serve others and do good (the very essence of life, as Aristotle reminds), our volunteers are a huge blessing—both to our residents and the organization as a whole. Volunteerism has a big financial impact, too, allowing non-profit organizations like Sunrise to offer one-on-one time with residents that would otherwise have to be covered by paid staff or filling advisory roles that would otherwise be held by paid consultants.

Our volunteers make Sunrise a better place and really are part of our extended family. In this issue of Connections, we are excited to showcase a number of our many volunteers. We hope you will be inspired by the stories of these people who are the essence of life at Sunrise...serving others and doing good.

*“What is the essence of life?
To serve others and to do good.”*

- Aristotle

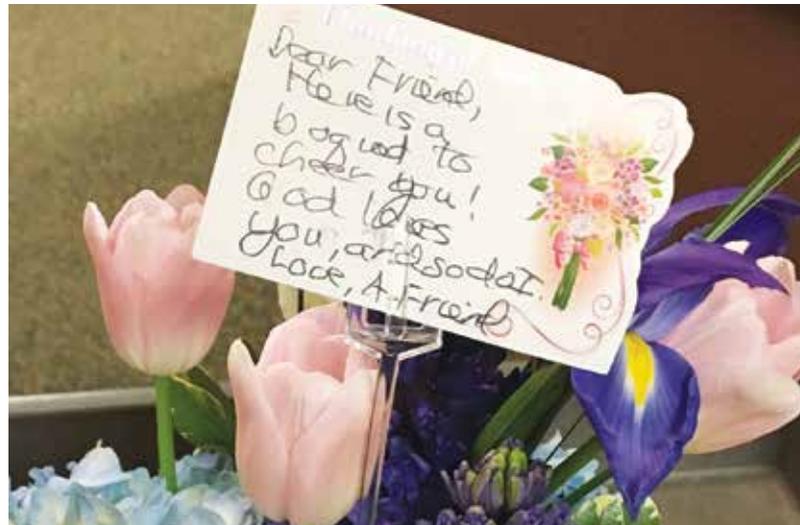
Want to volunteer at Sunrise?

Contact Lorrie Stedman at

712.276.3821, ext. 3144.

Selfless volunteer makes Sunrise brighter

Each week for over a year, an anonymous donor has shown up at Sunrise with fresh flowers. As the story goes, the donor's mother lived in a care facility. Before her mother passed away, the donor promised she would deliver flowers to a care community to brighten the lives of other residents. Now this selfless volunteer is keeping her promise one bouquet at a time. At her request, they are taken to different neighborhoods and shared with residents to brighten their days.





Concert raises funds and awareness for Sunrise

“How cool is it to volunteer your time doing something you really love AND raise money for a very worthy cause?” asks singer/songwriter Jill Miller, who marked her 11th annual benefit concert for Sunrise on Dec. 1 at the Orpheum Theatre in Sioux City.

A record crowd came out to enjoy Jill’s holiday music and support Sunrise Retirement and its benevolent care mission, which provides assistance to residents who can no longer cover their care costs. Generous donors—including the Ron Yockey Foundation, which served as the concert’s signature sponsor—helped raise over \$50,000 this year.

“Siouxland is really starting to understand and embrace our charitable mission,” says Lorrie Stedman, director of

fund development at Sunrise. “Residents and families see and experience it firsthand, and they are grateful for this safety net.”

Over the years, Sunrise has provided millions of dollars in charity care. In 2016 alone, \$762,000 was provided in benevolent care and unreimbursed Medicaid and Medicare services.

“We are about our people, and we’ve always been about doing what is best for them,” Stedman reminds. “We have to keep telling our story, because we can’t make it happen without financial support from Siouxland.”

Jill and her concerts are definitely advancing the Sunrise message. Next season’s show will be held Nov. 30, 2018!

Sunrise welcomes new board volunteers

Gina Sitzmann, vice president and trust officer at Security National Bank, is a graduate of Briar Cliff University and National Graduate Trust School. She is a governor-appointed member of the Iowa Division of Banking, and her 30-year career at Security spans human resources, internal auditing, and wealth management.



Gina Sitzmann

“I chose to serve because other Sunrise board members, whom I respect and have volunteered with in the past, asked me to join the board,” says Gina. “I’m impressed by Sunrise and its development efforts, campus amenities, and the number of residents served in so many different ways.”

Connie Aasen consultant with more than 30 years of experience in marketing, strategic planning, project management, and fundraising from a variety of positions at Briar Cliff University, Wells Blue Bunny, and most recently Sabre Industries, Inc. Connie earned her bachelor’s degree in business from Briar Cliff University and her MBA from the University of South Dakota.



Connie Aasen

“I chose to serve at Sunrise because I’ve had family members live here, most recently my mother-in-law,” she shares. “I’ve seen firsthand the comfort and compassion they were given, and I’m impressed with the entire organization’s dedication to its mission.”

Canine connections

Karen Mohring, a volunteer with Therapy Dogs International, has shared time with Sunrise for about 14 years. She regularly brings her trained therapy dogs to campus so residents can cuddle and connect with the canines.

“Dogs show unconditional love, and bringing a smile to a resident’s face makes what I do seem so worthwhile,” Karen says. “Petting a dog calms people, lowers blood pressure, and causes feel good hormones to be released. It also helps residents



Sunrise resident Mary Lou Vaughn enjoys a visit from Karen Mohring and dogs Logan and Willie.

remember a special pet they may have had.”

Over the years, Karen has enjoyed many memorable moments at Sunrise. “Once a resident spoke while petting one of the dogs, and the speech therapist on the other side of the curtain said in surprise, “That’s the first time I’ve heard her say anything!””

Karen first learned of pet therapy from the Siouxland Humane Society. “I started doing it with their dogs to help get them adopted,” she recalls, “but Marshall, the second dog I took to a nursing home, stole my heart and ended up being mine.”

She then researched pet therapy and discovered Therapy Dogs International.

“I trained my other adopted dog, Oliver, and had him tested and certified by TDI as a therapy dog along with Marshall when he was old enough. These two have since crossed the rainbow bridge, but now I am blessed with four TDI certified dogs: Wesley, Logan, Willie, and Ruby.”

*“Life’s most persistent and urgent question is:
What are you doing for others?”*

- Martin Luther King, Jr.

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Sisters serving Sunrise

Visit Sunrise on Saturday afternoons, and you’ll probably meet greeters Vera Stoltze, age 86, and Verlee (Lee) Yockey, age 92. Always working as a team, these sisters cover the front desk’s first shift nearly every Saturday.

What do they enjoy most about their work? The friendly atmosphere and the chance to meet with people, along with popcorn popped by the activity staff. “One Saturday there wasn’t any popcorn,” Vera recalls, “and we about went crazy!”

Along with greeting guests and giving directions, the team will occasionally stuff and seal envelopes.

“It gives me purpose, and it is so important to contribute,” notes Lee, a Sunrise Hills resident for three years.

“For me, it’s fun and it gives me something to do,” adds Vera, who came to Sunrise Hills four years ago.

Yes, Vera and Lee are also neighbors in addition to being

like-minded sisters. What word comes to mind when they think of volunteerism? “Fulfilling!” they share.



L to R: Vera Stoltze and Lee Yockey serve Sunrise on Saturday afternoons.

Passion for the place

As a nurse, family member, clinical advisor, and now a volunteer, Courtney Ott has created strong Sunrise ties.

Q: *What's your history with Sunrise?*

A: I worked at Sunrise after completing my nursing degree. Bev Zenor was kind enough to give a new graduate nurse a chance, and it was one I will never forget! I learned so much in my first professional role. Even after my employment at Sunrise, I still had a connection, as my grandfather lived there to enjoy the remainder of his life. He often commented on certain staff members he had grown to love and, of course, the food! I feel as if I have come full circle now, as I volunteer and as I bring students to Sunrise to help them grow and flourish as students and future nurses.

Q: *Why do you volunteer at Sunrise?*

A: I really enjoy working with people. The residents I serve have given so much to me. I feel it is a great way for me to give back to them. I'm "paying it forward," in a sense.



Sunrise resident LaVonne Millarke with Courtney Ott, MSN, BS, RN.

Q: *How long have you been volunteering at Sunrise?*

A: I've volunteered for the past year. I started to bring my St. Luke's students for their clinical rotation...but when it ended, I really missed the residents. Volunteering is a great way to see them every week!

Q: *In what ways do you volunteer?*

A: When I can, I do manicures on Fridays, but when that conflicts with my work schedule I help with dining. It is a joy getting to know staff, families, and residents.

Q: *What makes Sunrise special?*

A: There are so many things! The staff members are kind, helpful, and caring, and they treat residents as if they were their own family. And each resident is unique and special to me in his or her own way. I enjoy all their smiles, life stories, and friendship.

Library living

Roger and Glendy Nichols are more than residents at The Pointe. They're also its librarians. Serving in this role since March 2009, the couple has grown the library collection to roughly 2,500 volumes spanning large-print selections to children's books.

It's the perfect fit for the Nichols, who are both retired teachers. They love to read and are committed to volunteering—using words like “imperative” and “opportunity” to describe its importance in their lives.

Since the library doesn't have a budget, most books are donated. In fact, when The Pointe opened, many shelves were filled with resources from its new

residents. Roger determines what kind of books the residents like based on items that are returned. Then he watches for similar books and weeds out less popular options.

The Pointe's library is used every day, the couple says. Some residents escape to the library when their apartments are getting cleaned, others enjoy sitting near the fireplace. And when health center residents can't find a book they like in their library, they head across the street to The Pointe, where Glendy is happy to help them find a treasure.



Soup socials

Nothing warms up the cold days of winter like a chili social! Residents, family, and staff lined up for hot homemade chili and cinnamon rolls as Sunrise hosted its first chili social on Jan. 17 in the DeWolf Community Life Center. Truth be told, we ran out of chili. Back by popular demand, a second (and equally successful) chili social was held Feb. 14. Like our spring and summer cookouts, these social events are staffed almost entirely by resident volunteers from the Sunrise independent living community.

L to R: Independent living residents Dorothy Masters, Laura Dam, and Joyce Bennett.



Involving interns

Student interns benefit from their experience at Sunrise, but they also enrich our community through their service.

Amy Feddersen, BSN, RN, is an instructor at St. Luke's College-Unity Point Health and a graduate student in the Clinical Nurse Leader program at Morningside College, who completed her practicum hours at Sunrise.

Working with administration, Amy compiled a facility assessment for the health center. She gathered extensive information to create a complete overview of the organization that also allowed for specialized needs involved with its operations.

"Doing the facility assessment really helped me learn how the entire facility works diligently, day to day, to meet the needs of the residents," says Amy. "My interaction with the leadership team, staff, and residents was very positive. And after spending 180 required hours on this project, I was amazed at how committed the entire team was to providing resident centered care."

Adds Amy: "I am grateful for this experience and all that I've learned about long term care and leadership!"

Michaela Holtz, a social work student from the University of South Dakota, joined the Sunrise social work team during an internship last fall. Michaela participated in care planning and Medicare/Medicaid team meetings, and she assisted with admission processes. Her one-on-one visits also provided a support system for both residents and their families.

Michaela says the experience helped prepare her to be a social worker. "I feel honored to have been a part of such a progressive and ethical organization," she shares. "Sunrise provided me the opportunity to learn about the long term care environment to the full extent." Michaela will graduate with her bachelor's degree in social work and then pursue her Masters of Social Work degree at USD.

Holiday happiness



L to R: Andrea Queen and Deb Boisen regularly share their time, talents, and treasures to decorate our Sunlight and Bernstein memory care neighborhoods. They recently repurposed the Christmas tree into a Valentine's Day tree for residents to enjoy.

Golf outing slated for May 16

Sunrise will host the 26th annual Siouxland Senior Open on May 16 with a 12 noon shotgun start at Two Rivers Golf Club. Last year this great event for men and women raised more than \$20,000 for Sunrise! An awards banquet will be held following play. Please join us for a day of fun and friendly competition to benefit Sunrise memory care renovation.



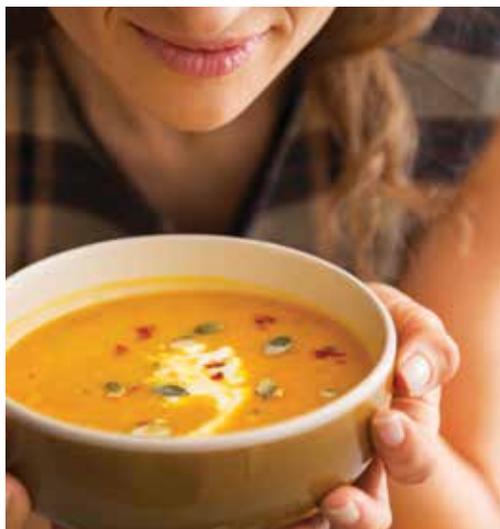
As winners of last year's Siouxland Senior Open, both Betty Rettenmaier and Jeff Donaldson received the prestigious Gunderson Cup and their names were inscribed on the Dale Mogren Memorial plaque.

Soup & Speaker Series

Join us at the Gerwulf Community Center on Thursdays in April starting at 5:30 p.m.

Soup's on us!

For details, contact Char at 712.212.5468.



Upcoming Events

Easter Egg Hunt

Sunrise Campus • March 31 • 10 a.m.

Volunteer Luncheon

The Pointe • April 12 • 12 noon

Soup & Speaker Series

Gerwulf Community Center
Thursdays in April • 5:30 p.m.

26th Annual Men's & Women's Siouxland Senior Open

Two Rivers Golf Course
May 16 • 12 noon

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Our Mission

Caring deeply. Connecting daily.
Leading boldly. Serving faithfully.