

SUNRISE TIMES

Senior Living Choices for You

Volume 66

FEBRUARY 2018

Issue 2

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OUR MISSION

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

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Welcome Residents to Sunrise

Patricia Bjordal
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Jim Golden
Lyall Hansen
Fern Herbst
Robert Larson
Helen Lehnertz
Richard Petersen
Naomi Pettit
Pearl Voss



As I write,
 I am looking out over a landscape filled with snow—literally piled with snow—frosty trees and the beginnings of a bright sunny morning. We are

so thankful to our maintenance crew, who worked tirelessly throughout the snow storm to keep our important paths open and continued to work after the storm for several days to clear the many front doors,

—ARTICLE CONTINUED

Sunrise Retirement Community
 5501 Gordon Drive East, Sioux City, Iowa 51106

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ARTICLE CONTINUED —

driveways and sidewalks that we have on our 33 acre campus. They have a big job when a storm of this proportion hits and they did a great job. To add to this, several of them made trips to various parts of town to help staff members get to work and helped dig residents' and employees cars out of deep snow. Be sure to let them know you've appreciated their efforts.

Additionally, I am thankful for the staff members of the other departments at Sunrise who braved the weather and treacherous roads to be sure that the residents and tenants on our campus could continue to receive the services they depend on. All of our meals continued to be served, housekeeping and laundry was completed and, of course, our dependable nursing staff made sure all needs were attended to. Thanks to everyone!

I think the reason we can count on our staff to respond in this way is because of the relationships they have with the people on our campus – they know and love each one, and treat them just as they would treat a member of their own family. It's what we are all about at Sunrise, and I'm proud to be a part of this organization for that reason. I hope that each of you has a Happy Valentine's day this month, taking a moment to share the love you have with someone special.

Hallie Salmen, CEO / EXECUTIVE DIRECTOR

As many of us have made New Year's Resolutions for ourselves for the new 2018 year; we thought it would be a good time to help Nina, our resident cat, on her way to a healthier lifestyle as well. Nina is loved by many of our residents and tenants here and visits many of your rooms for treats. Nina is currently a bit overweight which is causing her some health issues. We decided it may a good time for her to slim down a bit so we can assist her in her weight loss goals. So please be mindful of her current health conditions when she visits your room or sneaks into the dining rooms while you're eating. We would like her to stick to her cat food and try to minimize her kitty treats and people food. This will only benefit Nina and her health. Thank you for helping Nina strive to keep her New Year's Resolution and achieve her goal of losing a few pounds!

HIPAA COMPLIANCE AND REGULATIONS

You are probably familiar with the term HIPAA, but may not really know what it means. HIPAA started off as a law that would assure people that their health records would be easily available to them or their health care provider regardless of where the records are created. Over the years, this law has become much more. Health care providers are charged with being sure that any records we create or maintain are kept safe and confidential. Additionally, we must be careful to keep conversations confidential. At Sunrise, we continually to strive be compliant with HIPPA regulations. In an effort to keep all personal health information protected, we have asked the nurses to keep the nurse's stations shut when they are not currently in the room due to the amount of resident health information that is kept there. We also ask the staff to keep the door shut to the nurse's stations if they are discussing personal medical information about a resident, in order to maintain confidentiality. We want the staff to be accessible as much as possible to our residents and guests, but we must also protect all health information for each resident and or tenant. We ask that all residents and visitors also be respectful of their friends or neighbors personal health information as well. To be kind, many of us may ask how someone is doing because they care and are concerned, but unfortunately with the current HIPAA regulations, we as staff may not be able to share that information. We also ask that visitors, guests or residents/tenant refrain from discussing information about another resident's health for these same reasons.

We do appreciate your cooperation and wanted to take this time to educate and inform you as our residents, tenants, families and visitors for the reason in this recent change in the nurse's stations doors being closed at all times. We appreciate your respect for other residents, friends and family as well. Feel free to knock on the nurse's station door at any time you are unable to find a staff member, or please contact the neighborhood manager, DON or myself if you need immediate assistance. There are times that the staff may all be in a resident's room for a short period of time assisting them with cares, but we are all able to answer your questions or assist you as well. We also recommend putting on your call light if you are not able to find a staff member so they know you need assistance.

Thank you! **Chris Schenkelberg**, HEALTHCARE ADMINISTRATOR



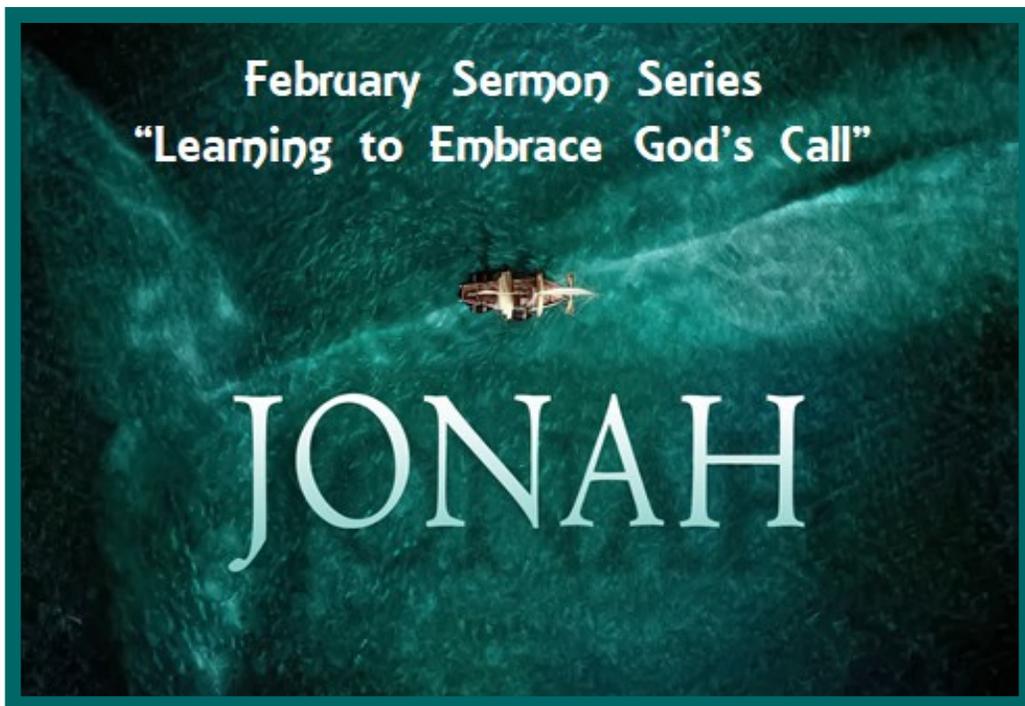
Sunday Chapel Offerings —



Scott Squires,
CHAPLAIN

When: Every Sunday.
Time: 2:00pm
Where: Sunrise
Health Center Chapel
Who: Everyone is
Welcome!
Presented by:
Chaplain Scott Squires

If God exists, we were created for a reason.
If we were created for a reason, we have a purpose.
If we receive that purpose from our creator, we affirm our calling.
This February, join us as we embark on a new journey in our study,
concerning the calling of God.



Daffodils Show Us How To Persevere.

THIS ARTICLE ORIGINALLY APPEARED IN THE SIOUX CITY JOURNAL YEARS AGO.

In my high school English class in 1940's we students were required to memorize and recite several lines of poetry monthly. After several months a whole poem was learned by heart. It wasn't an easy task, but I am glad we had to do it. I can still recite parts of my favorites.

One I chose was "Daffodils" by William Wordsworth. It starts out:

*I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd, A host of golden daffodils,
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.*

The last two lines of the poem have been particularly satisfying to me over the years. When I think of daffodils, "They flash upon that inward eye, which is the bliss of solitude."

Last summer I received an ad from Holland for tulips and other bulbs. I ordered a dozen daffodils. In the fall I planted six at the base of a large maple tree 20 feet from our house and clearly visible from our picture window. The bulbs are nested between the buttress roots. Much to my dismay, a squirrel dug up one bulb.

This spring I eagerly awaited the stems poking through the soil. They peeked out tentatively. While mine were only two or three inches high, others told me their daffodils were blooming. I watered. I fertilized. Finally one bloomed despite the damp, cloudy days. The color thrilled me.

I looked out anxiously every day. By week's end three were blooming and yellow tips, like artist brushes laden with golden paint, showed on other buds.

Then it snowed. At first the daffodils bravely faced south while pelted with heavy wet snowflakes. By evening their yellow faces lay on the damp snow, their leaves wilted down. From a distance their blossoms reminded me of the transparent look of frozen lettuce.

But the next morning the same came out. The daffodils, flowers and leaves, bravely and resiliently raised their heads to the sun again and fluttered and danced in the breeze.

I hope that our lives can be like theirs: though beaten down by life's bad fortunes, to raise our faces, straighten up and go on in the sunshine of a brighter day.

— CONTRIBUTED BY *Elaine Seubert*, SUNRISE RESIDENT

2018 W.I.T. International C.N.A. Students.

This past month Sunrise Retirement Community was once again privileged to host on our campus Certified Nurse Aide (C.N.A.) Students who are from South Korea. These students travel here to continue their studies and have already completed three years of medical training in Korean universities before coming to the United States or arriving in Northwest Iowa.

This year we have two separate groups or classes of international students from just down the road at Western Iowa Technical Community College. They are taught and accompanied each day by their WIT instructors: Jennifer Stapleton, RN (Class I) and Stacy Derochie, RN (Class II).

In the process of meeting these adventurous travelers, I took a group photo of each class and requested that someone write a paragraph or two regarding the unique circumstances which brings each of these dedicated people into our lives temporarily. (*See writings below*):

CLASS II CLINICAL INSTRUCTOR: I just recently started teaching the International Students from South Korea. Along with instructing them, I as well am learning about the differences and commonalities in the healthcare between the two countries. The students not only face challenges with language barriers, but a multitude of things such as time change, transportation, a lot of times the students will walk from the college to the facility (Sunrise), hectic schedules (tours, shifts at the hospital and/or another medical facility before coming to their shift at Sunrise).

Most students are very eager to learn and ask the instructor questions. For example, students asked questions regarding the Hoyer-Lift and E-Z Stand, these are something they do not have in their country. It is my understanding that South Korea depends upon other countries (one being the U.S.) to help supply about 60% of medical devices. They also have multiple patients to one room and the conditions of the hospital and LTC (Long Term Care) are more of an “institutional” feel and not so “homey” or “pretty”. Even though healthcare



costs less and covers more, such as dental and sometimes eyeglasses, the doctor is the doctor and it's a “do as I say” kind of relationship. Nursing is not a prestigious career in their country and the care will be competent but minimal due to all the patients they have to care for and expectation of family to help with cares such as feeding. No “back-rub” or “short conversation” in South Korea. It is interesting to them to see how healthcare employees take such good care and have a relationship with residents.

I hope students have an uplifting experience and have great memories to take home to South Korea. Thank you for letting us come to Sunrise.

— **Stacey Derochie, RN, Class II**



2018 W.I.T. — Article Continued

Below are writings from Class II students which are identified by their adopted English names:

It was my first experience helping nurses and CNAs in a nursing home. It was really great and I learned a lot about helping and taking care of patients. People in this Sunrise Retirement community were always so nice and willing to teach lots of knowledge about nursing. Thanks to them, I only have very nice memories here. —**Sunny**

I enjoyed my practical life in Sunrise. I had high hopes before I practiced. We took CNA lessons from Stacey. I could see what I learned in class here. It was good to observe while practicing what I studied. It was a very helpful time. —**Sally**

It's my first time to visit a nursing home. We learned by theory, but it wasn't usual for me. I watched several nursing care of resident. I learned how to transfer resident, feeding, giving a bath, putting on clothes. This experience will help me. I also heard kind explanations. When I had a mistake, residents understood me well, so I can learn more. I am very grateful for it. —**Chloe**

I really enjoyed my time here. It was a great chance to see what American medical service is like. Especially, I am impressed to see the advanced call light system. CNAs and residents were very kind so I had plenty of chances to practice my skills. I'm looking forward to having a chance to work in a wonderful place like here.—**Willy Choi**

This facility is good. I'm surprised that aides have wonderful teamwork and do their job perfectly. They always care about residents and treat them kindly. Residents in this nursing home look great. I learned a lot of things here. I really appreciate the aides. Thanks! —**Sophia**

I really like to learn about the differences between US hospitals and Korea hospitals. There are so many patients in one room in Korea, but not in America. Also RN, C.N.A., LPN are each working together. I thought they worked only their job and do not help each other, but they are so kind. It was good experience for me and I will not forget this time. —**Charlie**

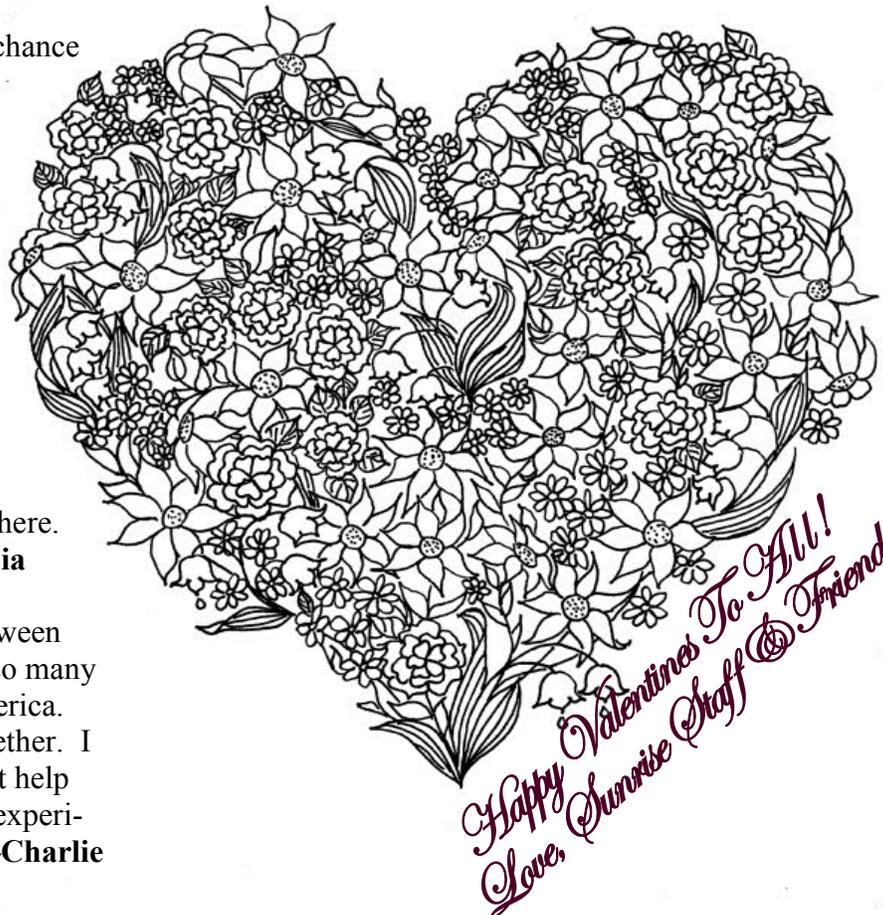
CLASS I CLINICAL INSTRUCTOR:

The International students are in the United States from South Korea through scholarships from the university they were attending and through the government of Korea. They have had between two—three years of school in their country. All of the students are going into careers in medicine ranging from nursing to physical therapy. Their 5 week courses here include the 75-hour Certified Nurse Aide Training. They are very busy people in that they also currently are job shadowing at Opportunities Unlimited, Tri-State Nursing, and Physical Therapy Specialists. These students will do approximately 6 weeks of Clinical Observation at Mercy Medical.

— **Jennifer Stapleton, RN, Class**

However, all is not work all the time — just most of the time — in their United States travels the students have enjoyed stopping in New York City, Chicago, Las Vegas, Los Angeles and they are yet to visit Florida. Of course, we discussed the possibilities of Disney World. All present, so kind and polite, smiled and indicated they are happy to be at Sunrise learning about our language and culture.

—**Samuel, Andy, Joy, Leo, Emily, Katie, Elvis, and Jane.**
(*Adopted English names*)





LeAnn Fleming & Sue Schultz
SOCIAL SERVICES

Compliance Hotline:
855-661-2667

Resident Right Of The Month:

*(An explanation of each
of the rights for every
Sunrise resident.)*

INFORMATION ABOUT ELIGIBILITY FOR MEDICARE/ MEDICAID BENEFITS.

You have the right to receive Medicare or Medicaid benefits if you are eligible for those benefits and if the facility participates in those programs. Each resident has the right to be informed orally and in writing, in a language that the resident understands, about how to apply for and use financial assistance, and how to receive refunds for previous payments covered by such benefits.



1-800-562-3396
For transportation by
MIDWEST
MEDICAL
NON-EMERGENCY
AMBULANCE

This service operates
24 hours daily,
7 days a week.

For Residents & Families—
To receive our Sunrise Times news-
letter through email, please notify
me at:
pointerm@sunriseretirement.com

Thank You!
Mary Pointer, SECRETARY

2018 February Residents Birthdays

- 1—Jerri Lynn Johnson
- 4—Rayma Pritchett
- 7—Maxine Wyant
- 16—Bernice Spink
- 17—Phyllis Prodehl
- 18—Jim Golden
- 18—Alden Noble
- 27—Ruth Hantla
- 29—Ruth Hamilton



Coming Events:

- **The Annual Easter Egg Hunt**—Sat., March 31 begins at 10:00am.
- **Cookouts** in the Outdoor Park from May thru Sept.
- **Mother's Day Brunch** — Sat., May 12th
- **Father's Cookout**— Thurs., June 14th

Our Sympathies

- Mary Ann Aasen
- Clem Bisenius
- Dionne Dyson
- Mary Ely
- Dolly Sherrill
- Thomas Steffen
- Madonna Weigand
- Becky Vermilyea
- James Wigg

Ask The Nurse — *A series of articles based on questions you have asked. If you have questions, please bring them to Sunrise's Health Center Reception Desk. ~*

HOW CAN I LOSE WEIGHT THAT WAS GAINED BY LACK OF MOBILITY AND INACTIVITY?

What's the best action I can take to prevent havoc on my body and organs when I must depend on staff for so much assistance? My goal is to not let immobility affect me more.

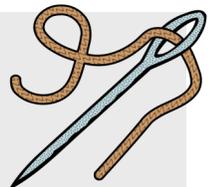
Moving into a care facility doesn't mean you give up or stop moving. This facility is committed to keeping you moving:

1. Restorative therapy may be an option. They will help ensure that you will maintain your maximum functional capacity. RCT is done under the guidance of a professional and designed to meet your specific needs. They will walk residents, assist with transfers, assist with range of motion exercises, maintain splinting schedules, assess contractures and assist with swallowing techniques at mealtime for specific residents as recommended by speech therapy.
2. Therapy classes are offered throughout the week on campus for the health care area and independent living. They offer strengthening classes, brain power, stretching, and balance classes.
3. Dietary can also provide meal options if a weight gain is noted. Consult with dietary or our dietician for options on calorie intake to best suit your needs.
4. The Sunrise campus also has a therapy team on site which can offer PT (physical therapy), OT (occupational therapy) and ST (Speech Therapy) services. This will need an order from your doctor. This is considered Part B Therapy and may be covered by your insurance.

Talk with your physician and your nurse to best come up with a plan that is right for you.

Glenys Behrens,
SUNRISE HILLS NURSE

RE: The 4th Nite Hand-Quilters & Appliquers—any type of hand-sewing is welcomed! **Bring your own project! Bring your own refreshments! Invite a friend! Thursday, FEBRUARY 22, 2018, Meeting begins about 4:30 'til 7:00ish. in the Board Room at 5501 Gordon Drive East.**



Questions? Call: Mary Pointer, Afternoons, 276-3821, Ext. 3114.
(Meets 4th Thursday of every Month, except Nov. & Dec.)



Loras College Jazz Ensemble



The only tidbit of info on the spur of the moment this writer gleaned and remembered when introducing self to Dr. Glenn Pohland, Director/ Professor of Music from Loras College is that it is **“Iowa’s oldest four-year college”**. Other than that it was obvious we couldn’t talk for the residents were eager to hear all the “jazz” they could on this very cold wintery afternoon in NW Iowa by two outstanding ensembles from NE Iowa. Our thanks to both Loras’ Jazz Band and the Jazz Choir for traveling entertaining us. **It was truly a real treat!**



Activities Dept.

*Carol Starch, Joylyn Rippke
and Sue Farrell*



Merilyne's Music:

Merilyne Smith periodically comes to share her musical talents with our residents. **“I love it”**, she states.

It is amazing how well folks keep the beat, especially when using simple

little ole Paint Paddles as drumsticks or clappers . . . It just seems to energize the music: i.e. the rhythm and the sound . . . Something all can do in unison and together! She remarks about the **“music just connects with the soul”**.

