

2018 BOARD OF DIRECTORS

Corey Wrenn, President
Mary Kovarna Vice President
Dr. Richard Hildebrand
Secretary
Larry L. Book, Treasurer
Thomas R. Padgett, PhD
Past President
Kyle Irvin, Legal Advisor
Connie Aasen
Bill Bradbury
Dr. Barbara Condon
Donald D. Kelsey
Dr. Carolyn J. Leman
Dr. Doug Livermore
Terry Murrell
Gina Sitzmann
Lynn Wold
Ron Yockey
Dr. William C. Ziebell

OUR MISSION

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

SUNRISE RETIREMENT FOUNDATION BOARD

Hallie Salmen
Foundation President
Donald D. Kelsey
Treasurer
Donald Herbold
Secretary
Kyle Irvin
Legal Advisor
Lorrie Stedman
Fund Development Director
Jack Bernstein
Larry Delperdang
Pokey Jensen
Joseph D. Kruse
Deb Smith
Dr. William "Bud" Ziebell



As February turns into March, I think about the snowy and

cold weather coming to an end - I'm thankful for that! Spring is a great time of year with the days getting longer and warmer, with more opportunities to set foot outdoors and actually enjoy it! We begin to expect rain – and sometimes storms – and so the last week of March is Storm Safety Awareness week. This year, the state of Iowa is encouraging statewide participation in a tornado drill on March 28. Sunrise will be participating in this drill, as we historically have, but we are also planning to hold a tabletop exercise following the tornado drill that will allow us to practice our plans for how our staff would react in the case of actual storm damage to our building. A table top exercise is a method of presenting a scenario to the organization and talking through what the next steps would be, who would react and in what specific ways. Our Emergency Preparedness Committee is putting together plans for this event, including what our goals will be, how we will measure our effectiveness in carrying out our plans, and what improvements we need to make based on the outcomes. Please let me know if you have questions about this drill.



Welcome Residents to Sunrise

Robert Arnold
Marlene Martin
Lageane Petersen
Adah Towne
Marilyn Udell

I would also like to remind our residents and their families about our Social Media policy and the importance of confidentiality. This policy has been in place for nearly a year and half, but it is always good to be reminded that we request our residents and guests to abide by the same policy that our staff members are required to adhere to. This means keeping confidential, private information about residents off of social media sites, including photos of residents that have not been consented to in writing. This is for the protection of our residents and we thank you for helping us keep their privacy.

I know March can still be a wintery month, but I am hopeful that we are on the downhill slide and headed straight for spring since I've had robins in my yard for nearly a month now. Here's hoping that March will go out like a lamb!

Hallie Salmen, CEO / EXECUTIVE DIRECTOR

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

Administrative FAX: (712) 202-0410 ~ Medical FAX: (712) 279-1158 ~ Phone: (712) 276-3821
 WEB-SITE ADDRESS: www.sunriseretirement.com ~ E-MAIL ADDRESS: info@sunriseretirement.com



Sue Farrell
ACTIVITY COORDINATOR

Sue has recently retired from the position of Activity Director, a position she very admirably held for eleven and a 1/2 years. She will be greatly missed in all of Sunrise's neigh-

borhoods by residents and their families. Her creativity, leadership, planning and organizational skills as well as a shared sense of humor and encouragement abilities are the elements which provided countless hours of enjoyment and delight to all. Our sincere appreciation goes to Sue - thanks so much for all the happy times! We wish Sue many wonderful days ahead in her new adventure called retirement!



Kandie Terry
HUMAN RESOURCES

By the time this newsletter is published, Kandie will have assumed a new position of employment off and away from our campus. We commend her for the even-hand exhibited in all matters dealing

with the employment of staff; hiring, counseling, and striving in the education of a high quality reliable workforce here at Sunrise. Kandie worked tirelessly for our betterment. Thank you, Kandie, for every effort and concern to ensure compassionate care for residents from our Sunrise Team.

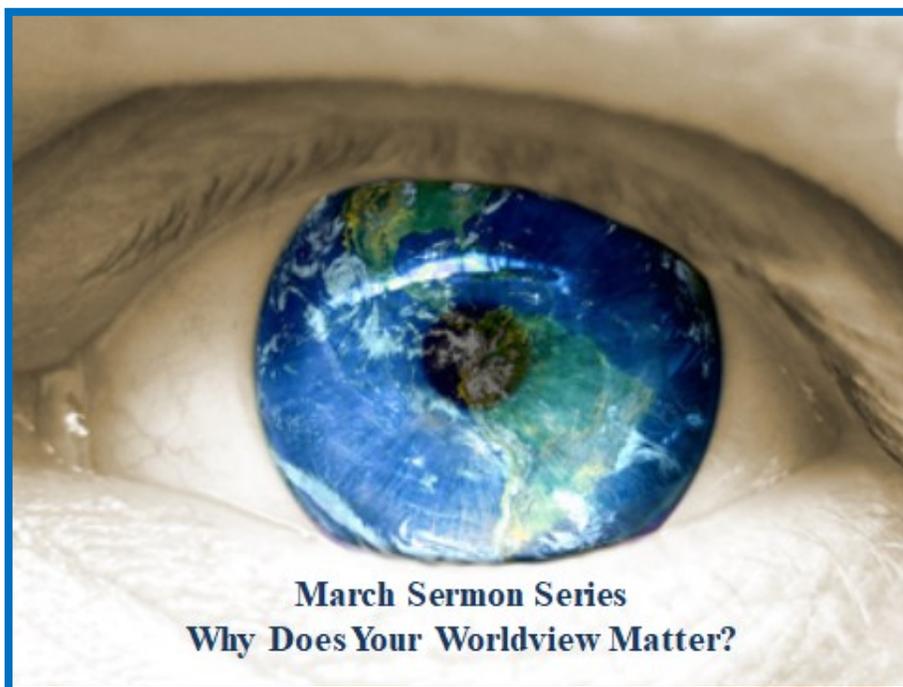
Happy Days!

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



March Sermon Series
Why Does Your Worldview Matter?

Let's look at the significance of our worldviews and determine why they matter and what kind of impact they have upon our lives.

Announcing: Royalty for Year 2018

Sunrise Retirement's Health Center –



**Valentine Queen:
Norma Burrus**

*Congratulations
With Love
to All!*



**Valentine King:
Rollie Strong**

**Bernstein Valentine Queen:
Helena Lawrence**



*Also ~
Congrats
to our
Silver
Maple
Neighborhood
Royalty.*



**Sunlight Valentine Queen:
Phyllis Prodehl**

Don't underestimate the power of the donor (or ice cream, for that matter).

An ice cream machine has been on the Sunrise "wish list" for some time according to Lorrie Stedman, director of fund development. Then things started happening when a caring employee donated a beautiful afghan and a decision was made to have a raffle. With a hefty price tag of \$7500, it seemed we would never sell enough raffle



tickets to make our wish come true. Then...on Dec 8, beloved resident Jim Wiggs passed away, and his family graciously donated his memorial gifts to Sunrise and designated those monies to go towards the ice cream machine saying "our dad loved ice cream!" We were still short of our goal by over \$6500. With Christmas just around the corner, generous donors (a couple) came forward and wrote a check for the balance needed. When I told him I believed that God had brought them to Sunrise, he replied ..."I believe that God brought Sunrise to us."

A special Ice Cream Social is planned for **March 1st at 2:00pm** in Book Indoor Park.

Lorrie Stedman, DIRECTOR OF FUND DEVELOPMENT

Announcing: The times scheduled to obtain and eat *free* Ice Cream in Sunrise's Book Indoor Park are from **11:00am until 7:30pm . . . everyday of the week!**

Enjoy! Wendy Barbee, DIETARY MANAGER

Irish Limericks

At times I'm so mad
that I'm hopping.
My angriness sets
my veins popping.
I yell and I curse —
with swearwords diverse,
But my wife does much worse:
She goes shopping!

There was a young fellow
of Crete,
Who was so exceedingly neat.
When he got out of bed
He stood on his head.
To make sure of not
Soiling his feet.



Tree

in the
Sunlight
Neighborhood

In celebration of our NEW Ice Cream Machine and in appreciation of our donors, we will hold a special . . .

Ice Cream Social

Thursday, March 1st

At 2:00pm

In the Book Indoor Park



Come hear how Sunrise received a real Cool gift!



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.)*

RIGHT TO FILE COMPLAINTS ABOUT ABUSE, NEGLECT, OR MISAPPROPRIATION OF PROPERTY.

You have the right to file a complaint with the state agency which inspects this facility if you believe you have been abused or neglected, or if your property has been stolen. That agency is the Department of Inspections and Appeals.

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

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

Residents & Families—

To receive our Sunrise Times newsletter through email, please notify me at:
pointerm@sunriseretirement.com

Thank You!

Mary Pointer, SECRETARY

2018 March Residents Birthdays

- 01—Marcella Moore
- 06—Naomi Grosvenor
- 14—Norma Burrus
- 18—Ila “Patty” Sales
- 20—Elaine Seubert
- 21—Peggy Edwards
- 22—Robert Whyte
- 23—Robert Manker
- 29—Solveig Runge
- 30—Deloris Handke



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. ~

WHY SHOULD I GET A PNEUMONIA SHOT?

Pneumonia is a severe illness caused by the Streptococcus pneumoniae bacteria. It is the most common cause of blood-stream infections, pneumonia, meningitis & middle ear infections. People who get pneumonia are at higher risk for hospitalization or death.

Coming Events:

- **Ice Cream Social**,
Thurs, March 1st, 2:00pm
- **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

What about the vaccine?

Pneumovax 23 is a pneumococcal vaccine that protects against 23 types of pneumococcal bacteria.

Once vaccinated, most healthy adults develop protection to most or all types within 2-3 weeks. The CDC recommends the following be vaccinated.

1. All adults 65 or older should receive Pneumovax 23, then 1 year later the Pneumovax 23.
2. All children younger than 5 years old.
3. Children 2 years or older who are at high risk of pneumococcal disease.
4. Anyone 19 or older with risk factors.

Our Sympathies



Clem Bisenius
Hettie Bohlmann
Dionne Dyson
Mary Ely
Harold Martin
Thomas Steffen

~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, March 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.)





Activities Dept.



*Carol Starch, Joylyn Rippke
and Sue Farrell*



Sunrise's 2018 Valentine Party

Randy & Donna Washburn form a live music performing duo called, **Radio Rangers**. This was the first for the Washburn's to come and entertain on our campus. They came with instruments: guitar, keyboard and a whole lot of other electronic gadgets (drums included) and presented a lively set of classic country, pop and rockabilly tunes which was enjoyed by all.



Danne DeLair is a frequent entertainer to the Sunrise Retirement Community. He

plays his guitar and sings solo. Often the music seems so familiar

and that's because he can make it sound similar to the artist that originally recorded much of that music. At any rate, thanks Danne, for always entertaining us with a lot of gusto in your performance . . . It's always a delight!



More Valentine Entertainment

This all male accapella vocal group identifies themselves as "**One Night Stand**", which is composed from the larger local Siouxland Barbershop Chorus:

- Dr. Sharon Ocker**, Sioux City, IA
- Gary Boggs**, Kingsley, IA
- Ted Witter**, LeMars, IA
- Steve Farr**, Sioux City, IA



We appreciate these men coming to bring a little romance and love to Sunrise residents through beautiful music which they sang with such gorgeous harmonies. Songs such as "**Heart Of My Heart**" and "**Let Me Call You Sweetheart**" never get old, especially when sung on Valentines.

