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## OUR MISSION

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

## SUNRISE RETIREMENT FOUNDATION BOARD

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## April is finally here . . .

and with it comes not only the promise of new life on Easter Sunday but the joyful anticipation of spring – flowers, green grass and sunshine. I think we are all ready for the change of this season! Thank you to all of the families that attended our Annual Easter Egg Hunt and to all the residents and staff who made the hunt a success. We just love hosting so many visitors on campus and the excitement they bring.

**The Volunteer Luncheon** will also be held this month – a chance for Sunrise to recognize the many people who volunteer their time and talents to our organization. There are many ways for people to share their time with Sunrise. Many volunteers spend time directly with residents, but others give their time to overseeing the operation of the organization through Board membership. Others help out to

be sure our special events go off without a hitch. Most importantly, without each of these volunteers Sunrise would not be the place it is today, so thank you to each of you.

**And to end** this note with a bang, please join me in congratulating the Sunrise team on achieving a 5 star rating from the Center for Medicare & Medicaid Services for the health center. This is a hard rating to achieve and something that our team has been working toward for more than 2 years. We are proud of this designation and will continue to work hard every day to be sure our residents and their families receive the best care in Siouxland.

*Hallie Salmen,*  
 CEO / EXECUTIVE DIRECTOR

## Welcome Residents to Sunrise

**Patricia Barrett**  
**Luanne Bowman**  
**Marvis Hendrickson**  
**Carol Hunt**  
**Betty Mahr**  
**Vicki Manker**  
**Phyllis Rashid**  
**Steve Soukup**  
**Richard Wagner**  
**Shirley Weideman**

**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](http://www.sunriseretirement.com) ~ E-MAIL ADDRESS: [info@sunriseretirement.com](mailto:info@sunriseretirement.com)

**It may seem like old news**, but recently in celebrating and commemorating St. Patrick's Day in Sunrise's Bernstein Center, Keith Miller provided a lively Irish program while singing and playing the "saw". This fun event was held for residents, families and their friends; and of course, everyone is invited to attend and encouraged to participate alongside your loved ones who live here.

As part of our Sunrise Times news gathering process, Keith's photo was taken . . . as is often the case with entertainers who honor us with their presence and talents. Also entertainers are often requested to give us personal biographical background data about themselves and their history in performing . . . a little bit of info to help us (residents & staff) get to know that person better. Below you may learn more delightful things than you ever knew about Keith Miller.

He writes: "What a joy it has been to entertain at the retirement homes of Siouland. For thirteen years I sponsored and played my saw as part of a fiddle contest that brought in all ages to compete on the fiddle. I performed the National Anthem for 13 years for the American legion at the LeMar Courthouse steps for Memorial Day Celebrations; sang with the Shrine Chanters for 45 years for Community events, Iowa Senate, Nebraska State House, Kansas City, NFL Football games as well as churches in Canada, in Germany, and in France along with 4 times in Royal Albert Hall in London with the 1,000 voice Welsh choir.



For 22 years, I have been part of the Old Time Traditional Country Music which is now meeting over Labor Day in LeMars, IA. I've been singing, playing the saw and the harmonica, and giving saw lessons for those interested in learning to play. Bob Everhart honored me for my years of playing the saw by placing me in the Old Time Traditional country Music Hall of Fame in July of 2004. My first saw is in the Museum at Anita, Iowa.

Music entertainment started back in high school and college and then at retirement homes during the years that my mother was at Methodist Manor in Storm Lake, Iowa and started with me singing and my daughter playing the piano. I have truly enjoyed the years bringing the music they all love to sing with God and Country as my theme. Lord's blessings to you."

*~Keith Q Miller, ENTERTAINER EXTRAORDINAIRE*



*Scott Squires*  
CHAPLAIN

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

## Sunday Chapel Offerings —





*Welcome To The Team!*

**Courtney Hudelson, PHR**  
HUMAN RESOURCE DIRECTOR

**Our new Human Resource Director** is a Sioux City native and has lived here her whole life. She graduated from West High School. Then, she went on to Briar Cliff College where she received her Bachelor of Arts in Human Resources. After graduating, Courtney studied more and received her Master of Arts in Human Resource Management. In November of 2016, she received certification signifying her as PHR (Professional Human Resource).

I live in Sioux City with my husband and 6 boys... 😊  
You will find me every weekend at our camper in the summer and boating on the river.

My previous work experience include Human Resource Manager for a local construction company and Human Resource Manager for Hy-Vee.

**Jen Hansen**  
ACTIVITIES DIRECTOR

**Our new Activity Coordinator** lives in South Sioux City Nebraska and has lived in the Siouxland area for 22 years. She enlisted in the Iowa Army National Guard in 2002 as a Patient Admin Specialist and served until 2008. She graduated from South Sioux City High School in 2003 and attended Western Iowa Tech Community College in 2004.

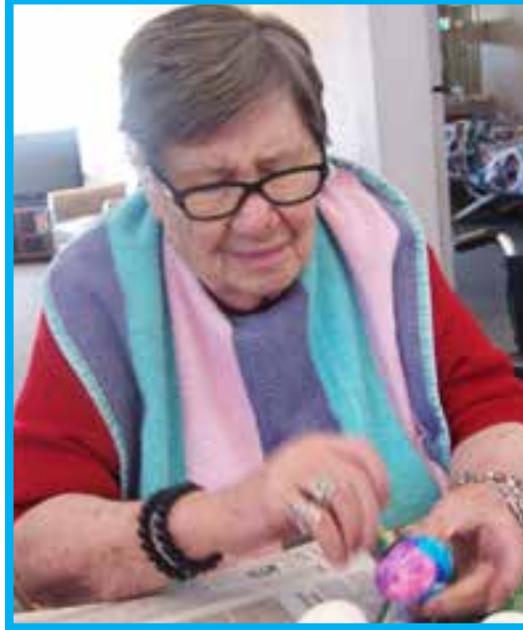
Jen has three beautiful girls; Jessica (13), Jaylee (11), and Hailey (7) and they all have a Beagle named Daisy. Jen really enjoys spending time with her daughters and her family. "We like to go to the zoo, camping, playing board games, and watching movies together." She enjoys listening to music, reading, and learning new things. Jen enthusiastically states, "I am excited to start my journey here at Sunrise."

*Welcome To Sunrise!*

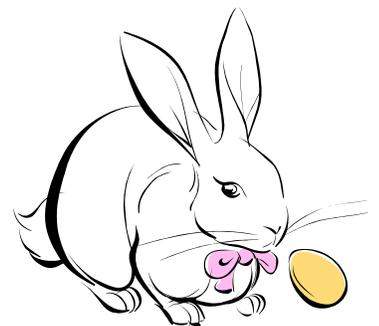


Easter Is On Its Way . . . and before we know, it will be a wonderful memory!

**It seems when people celebrate holidays that half of the planning, time and work is in the preparation — that's exactly the way it was with residents in the Sunlight Center this week. By the time you receive this edition of the Sunrise Times newsletter, the Easter Eggs will have been boiled, hand-colored and maybe even eaten, but it's all part of the process to commemorate something very wonderful in all our lives.**



It is truly a blessed thing to see, smell and feel all the wonders of Spring that is coming soon.



Wishing All A Happy Easter !



*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.)*

**YOU HAVE THE  
RIGHT TO INFOR-  
MATION ABOUT  
ADVOCACY GROUPS.**

**OUR SURVEY  
AGENCY IS:**

**Iowa Department of  
Inspections and Appeals  
Division of Health  
Facilities  
Lucas State Office Building  
321 East 12th Street  
Des Moines, Iowa  
50319-0083**

1-515-281-4115.

~  
Toll Free Complaint  
Hotline: 1-877-686-0027

**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](mailto:pointerm@sunriseretirement.com)

Thank You!

*Mary Pointer*, SECRETARY

**Dear Resident & Family**

**RE: Keys!**

If you have or find keys that  
do not fit your door, please  
turn them into Sunrise's  
Business Office and we'll try  
to help find their owner.

Thank you.

**2018 April  
Residents Birthdays**

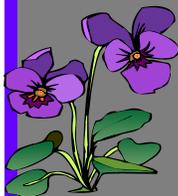
- 08—Gale Noble
- 10—Rennie Batcheller
- 13—JoAnn Berggren
- 16—Betty Mahr
- 18—Fern Bryne



**Coming Events:**

- **Cookouts** in the Outdoor  
Park from May thru Sept.
- **Mother's Day Brunch** —  
Sat., May 12th
- **Father's Cookout**—  
Thurs., June 14th

*Our Sympathies*



Robert Schoger

Charlie Zook

**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. ~*

**WHAT ARE THE PROS &  
CONS OF THE SHINGLES  
VACCINE?**

**PROS:** Reduced risk of developing  
shingles and post neuralgia, preven-  
tion of recurrences and five years of  
protection from getting the shingles.  
The Zostavax provides a 51% reduc-  
tion in the risk of getting the shingles.  
Shingles and post shingles neuralgia  
being both painful conditions.  
The reduced risk of suffering  
and outbreak and the possible  
after effects are clear positives  
of the vaccine. It is an easy  
single injection dose suitable  
for any time of the year and it  
has minimal side effects.

**CONS:** The CDC doesn't have a  
recommendation for routine use of  
the vaccine in people between ages  
50-59 which may leave some high  
risk people unprotected. The cons of  
the vaccine include side effects such  
as chickenpox style rash, soreness,  
swelling, itching or redness at the in-  
jection site. Some people may expe-  
rience headaches.

**Even adults** who have had chicken-  
pox or shingles in the past should re-  
ceive the vaccine although people  
currently suffering from shingles  
should not get the vaccine until the  
rash has cleared up. The shingles  
vaccine doesn't not protect against  
other forms of herpes.

**Only a single dose** of the herpes  
zoster vaccine is recommended at  
this time.

*~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, April 26, 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, Jen Hansen,  
Cami Parks and Joylyn Rippke.*



**Above: Johnathon Queen stopped by and played with his beads and to “entertain” residents.**



*The generosity of donors allowed the acquisition of this wonderful Ice Cream making machine . . . And we all are so appreciative ... Thank You!*

*Helping yourself to some lip-smacking good ice cream is as easy as pushing a lever. So please help yourself. It's Really Good!*

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!*



## *The Ice Cream Social went well...*

Lots of folks came to taste the delicious treat with all the fixin's & trimmin's. Tom Padgett, one of our Board Members, came and sampled a cool dish served to him by Wendy Barbee, Sunrise's Dietary Manager. Others came to eat their ice cream from an old fashioned cone. Either way it was enjoyable to all.

**Below: The Country Flavor Band wore green shirts and green beads too. The band members are Ed Huff, Mark Massack and their leader, Jerry O'Dell. After playing an Irish tune or two, plus a jig or two, they then settled in making music in a good old fashioned way – what we all know as “Country”. Thanks, Guys!**

