

2018 BOARD OF DIRECTORS

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Summer has arrived in full force. This past weekend was the “unofficial” start to summer and Mother Nature let us know that it’s the real deal with record high temperatures. Hard to believe that a mere 6 weeks ago we were experiencing a late blizzard. I kept reminding myself of this as I worked outdoors during the scorching heat! Regardless of the temperature or weather outside, however, we are excited to continue our summer BBQ’s in the Delperdang

Park area. Please join us for a hot dog or hamburger every Wednesday and help us raise money for the Bernstein renovation project.

The Sunrise Leadership team and Board of Directors will begin a Strategic Planning project as we enter June and will expect to have a final product by September. While Sunrise has a very clear mission and vision, we are charged with figuring out how we should proceed into the future – what services should be offered, what expansions, what should be ended, etc.? The service that Sunrise provides to its residents and tenants is essential not just to those individuals, but to their families and the community as a whole. If you have input on something that Sunrise should consider as we look to the future, I would welcome it as we prepare for this project.

And since I’ve mentioned the Mission Statement and Vision Statement, they are as follows:
Mission Statement: Caring Deeply. Connecting Daily. Leading Boldly. Serving Faithfully.
Vision Statement: Forward thinking & person centered, Sunrise Retirement Community will be recognized as Siouxland’s highest quality, most active and most comprehensive senior living community of choice.

Thanks to each of you for being part of our community and our family!

Hallie Salmen, CEO / EXECUTIVE DIRECTOR

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

OUR VISION
*Forward-thinking and
 person-centered, Sunrise
 Retirement Community will
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SUNRISE RETIREMENT FOUNDATION BOARD

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Welcome Residents to Sunrise

Lorraine Edmunds
 Marvin Edmunds
 Sid Hoover
 Inez McCaslen
 Lavonne Millarke
 Pat Milbrodt
 Dean Rasmussen
 Alice Sulsberger
 Pearl Voss

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

**PROTECT.
DETECT.
REPORT.**



Stop Medical Identity Theft and Medicare Fraud. Medical Identity theft happens when someone steals your name, Social Security number, or Medicare number to get medical care, buy drugs, or send fake billings to Medicare. The damage of Medical ID Theft can be life threatening if the wrong information ends up in your personal medical record.

PROTECT. Do not be fooled into giving out your Medicare number if someone offers you free medical services, supplies or equipment. Scammers often say they represent an insurance company, doctor's office, clinic, or pharmacy. Remember, Medicare does not sell services or supplies.

DETECT. Signs that someone may have stolen your medical ID include; charges on your Medicare Summary Notice or Explanation of Benefits that you did not receive, your plan denies a claim or says you have reached your benefit limit, your credit report shows unpaid medical bills you don't recognize and, you get calls from a collection agency for debts you don't owe.

REPORT. If you think you have been the victim of medical ID Theft, report right away to your local police, your health plans fraud department, the Federal Trade Commission, possibly your banks, credit card companies, and national credit reporting services.

**STOP MEDICARE FRAUD!
SAVE MEDICARE DOLLARS!**

~
Distributed by Iowa Senior Medicare Patrol Program,
Northeast Iowa Area Agency on Aging (NE13A)
Waterloo, IA
1-800-423-2449
or 319-874-6853



Scott Squires
CHAPLAIN

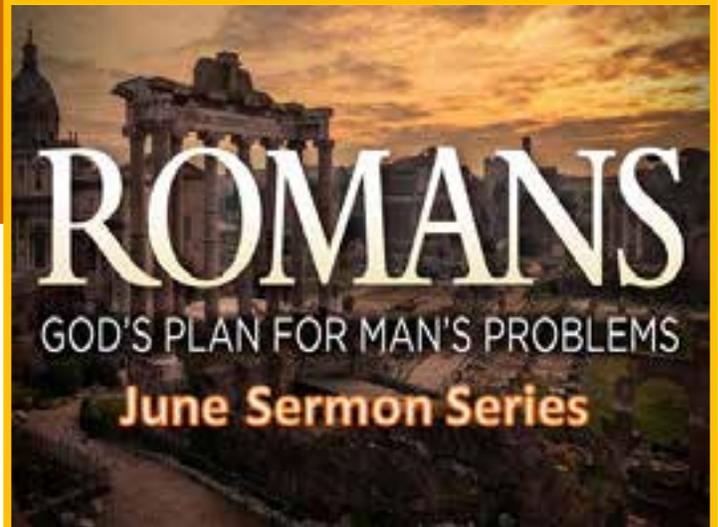
June Sermon Series:

Join us as we walk through the Book of Romans and contemplate the relevance of this book. Some of the questions we will be dealing with are: "Can I trust the book of Romans with difficult issues? Why is this book relevant? How can this book encourage me and equip me to be a better person?"

Scott Squires,
CHAPLAIN

Sunday Chapel Offerings:

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



TOPIC FOR FOUNTAINVIEW RESIDENTS:

The United States Postman has requested the following:
While he is actively placing mail in individual boxes, residents should please stand back or sit down and wait patiently because he needs to complete his work without interference.

His job a **three-fold** process:

1. He opens the mailbox,
2. He puts the mail in the box,
3. and then he MUST close the door on the mailbox.

If someone steps up and takes mail before the door is shut – the Postman really doesn't know who if this is the correct person to be receiving that piece of mail.

A mailbox KEY has been issued to each resident — the key fits only that resident's mailbox, and therefore each resident must "fish-out" their own key to get their mail.

REMEMBER: The Postman must shut the mailbox door! As you know, we are dealing with government rules—not our own.

Sorry about that! Thank You! *Mary Pointer*, SECRETARY



Excitement Fills The Air . . . when **The New Horizons Band** comes to Sunrise to entertain. This 32 member Band is part of a non-profit international music association that strives to provide musical entry points for adults, including those with no musical experience at all or those who have been inactive for a long period of time. The program offers many adults the opportunity to learn music in a group setting. The Sioux City Chapter was formed in 2007 with Ray's Midbell Music as the local sponsor. Rehearsal times are generally weekly, meeting under the diligent leadership and direction of Dr. Lou Rossman (local long-time prominent music educator in Siouland). Most members have played with this band for a number of years. You can tell they all enjoy getting together to share their music with others. Lou always has one or two "good" jokes or stories to tell, but make no mistake, they come to play music . . . and that they do well, very well! They play a variety of genres from the past to the present and it is an exciting sound!



FATHER'S COOK-OUT

Date: Thursday, June 14, 2018
Time: 5:00pm ~ 6:30pm

This annual event is to honor our Fathers and Grandfathers.

Residents & Guests will enjoy a delicious Barbecue Meal.

Location: Sunrise Health Center's Indoor & Outdoor Park.

For All Men of Our Community and Their Guests

(Sunrise Hills, The Pointe, Fountainview and Sunrise Health Center Neighborhoods.)

Let's enjoy the great outdoors together and there will be lots of good eating.

BRING YOUR GUESTS, COME AND ENJOY THIS SPECIAL TIME TOGETHER.



Weekly Wednesday Cook Outs

started for 2018 SUMMER on **WEDNESDAYS**
begins at 10:00am
and closes at 12:30pm

Held in the Delperdang Outdoor Courtyard & Book Indoor Park at the Sunrise's Health Center.

5501 Gordon Drive East, Sioux City, Iowa.



Come Rain or Shine!

Menus

\$3
"The Basic"
 Hot Dog or Burger
 Chips, Dessert
 and Drink.

\$4
"The Works"
 Hot Dog or Burger,
 Salad, Bake Beans,
 Chips, Dessert
 And Drink.

One's best behavior and musical talent is manifested through all ages of the Spencer Family.



The Spencer Family performed for residents of Sunrise's Health Center. Everyone totally enjoyed the concert and were most intent on watching and listening to these skillful young musicians. The musicians are the children of Warren and Emily Spencer of Sioux City, Iowa.



Good
Job!
Good
Kids!

Joseph—15, Piano & Viola, freshman at North High.

Jacob—12, Has Autism Spectrum Disorder and has just recently started to learn piano.

Nathan—10, Piano & Viola, 4th grader at Perry Creek Elementary with his sister,

Clara — 7, Started piano this past fall and is a 1st Grader.

Anna Marie—1, This baby is happy to watch her siblings perform, but definitely a future-pianist.

As a professional musician and mom, Emily states, **“Piano lessons are not optional”** in this family. When formal lessons began, their teachers included the children in regular studio recitals which gives each one extra public practice pressure and opportunity to perform while playing for retirement centers, school classmates, at church and several competitions. Currently all four students study with Drs. Jim & Kathy March, piano professors at Morningside College, Sioux City, Iowa.

It's not **“all work and no play”**, (*someone else's Mom or Dad must have said that old proverb*) for all the boys are involved in Cub Scouts & Boy Scouts. Joseph runs track and Clara participates in dance lessons and T-ball. All in the family enjoy and unanimously agree that pizza is the “greatest food on Earth”.

Thanks, Spencers—
Please Come Again!



LeAnn Fleming & Sue Schultz
SOCIAL SERVICES

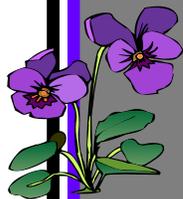
Compliance Hotline:
855-661-2667

Resident Right Of The Month:

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

YOU HAVE THE RIGHT TO HAVE VISITORS.

You have a right to immediate and unlimited access by immediate family or relatives, the long term care ombudsman, government agency representatives, and your attending physician. It is the policy of this facility to not have a specified visitation time frame. A particular visitor(s) may be restricted by the facility for one of the following reasons: the resident refuses to see the visitor(s) and has stated his/her wishes to the staff, the resident's physician documents specific reasons why a visit would be harmful to the resident's health, and the visitor's behavior is unreasonably disruptive to the functioning of the facility. The administrator shall make this judgment and the reasons shall be documented and kept in the resident's file.



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

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

2018 JUNE Residents Birthdays



- 06—Richard DeBoer
- 08—Virginia Carnes
- 12—Socorra Rol
- 13—Naomi Pettit
- 15—Don Happe
- 16—Jean Olsen
- 23—Ronald Uhl
- 25—Lois Newberg

Coming Events:

- **Wednesday Cookouts**—
10:00am—12:30pm. in the
Outdoor Park from May thru
September.
- **Father's Cookout**—
Thurs., June 14th, 5:00pm.
Held at the Gazebo (weather
permitting) otherwise Indoors.

Our Sympathies

Dorothy Dunn
Dale Hill

**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,
June 28th, 2018
Meeting begins about 4:30-7:00
in Board Rm at 5501 Gordon Dr.
Questions? Call: Mary Pointer,
Afternoons,
276-3821, Ext. 3114.
*(Meets 4th Thursday
of every Month,
except Nov. & Dec.)*



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 DO I KNOW IF I HAVE ALLERGY SYMPTOMS?

Allergy symptoms occur when your immune system overreacts to something that is harmless to most people. This substance is known as an allergen. What are the symptoms?

1. Runny nose, stuffy nose, sneezing. This could also be cold symptoms.
2. Wheezing, shortness of breath.
3. Cough.
4. Rashes. These come in many forms.
5. Fatigue, irritability.
6. Headache
7. Nausea & vomiting.

Allergy symptoms begin in February. The most common is ragweed. This is a plant that grows everywhere. Managing your symptoms is knowing your triggers. Symptoms may last year round. An allergist is the best bet to find what will manage your specific symptoms.

Some things to do to help with the symptoms.

1. Monitor the pollen by listening to the weather. The pollen count is usually highest in the morning.
2. Keep windows and doors shut at home and in your car.
3. Take a shower, wash your hair and change clothing after you have been outside.

~Glenys Behrens,
SUNRISE HILLS NURSE

REMINDER RE: Dog Park

1. One **MUST ALWAYS** pick up after their pet.
2. **DO NOT** leave your pet unattended as there is a safety risk.



Activities Department

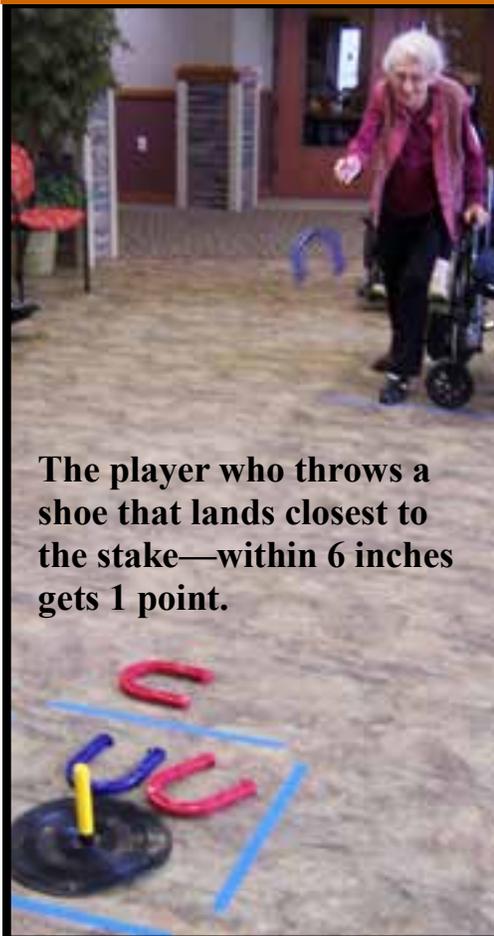


*Carol Starch, Jen Hansen,
Cami Parks and Joylyn Rippke.*



An old fashioned game of skill, now played in a new modern manner.

Pitchin' Horseshoes . . . A Game of Skill !



The player who throws a shoe that lands closest to the stake—within 6 inches gets 1 point.



Leaners are shoes which lean against the stake—Worth 1 point.



Ringers completely encircle the stake—WORTH 3 POINTS!!!

As the New Activities Director, I strive to bring new activities to residents at Sunrise. One of those is Horseshoes, a game that can be played indoors or outdoors, and is fun to play and watch. The activity staff places the stake in front of the resident and they have 3 horseshoes to throw and try to get the closest to the stake. It is exciting to watch when they get a “ringer”. A ringer is a horseshoe that has been thrown in such a way that it completely encircles the stake which is not as easy as it sounds! It is great to see residents trying something new or getting back into the game! **Join us on June 14th at 2pm to play horseshoes!**

~ Jen Hansen, ACTIVITIES COORDINATOR