

2018~2019 BOARD OF DIRECTORS

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As I write a little something for each of these monthly newsletters, I can't help but realize how quickly time passes – here we are starting the last quarter of the year, fall is upon us and the holidays are just around the corner. Since summer is really my favorite time of year, this makes me a little sad – putting away the warm weather clothes and summer hobby toys (most of you know we like to ride motorcycle). It always makes me feel like the fun is behind me. I do enjoy fall, however, for the beautiful scenery and the gathering of the harvest. It becomes a time to think about blessings, and realize how many there are to be thankful for.



Welcome Residents to Sunrise

Marvis Hendrickson
 Lois Hoover
 Marian LeGrand
 Philip Melville
 Willie Sue Olson
 Leon Pfothenauer
 Julie Thomsen
 Shirley Weideman

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

OUR VISION
Forward-thinking and person-centered, Sunrise Retirement Community will be recognized as Siouland's highest quality, most active and comprehensive senior living community of choice.

SUNRISE RETIREMENT FOUNDATION BOARD

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minimize their own tax liability. As a non-profit organization, Sunrise depends on the generosity of donors, and we want to help people understand how making a planned gift can be easy and impactful to the charity as well. Please make plans to join us! Looking ahead, we are already making plans for our annual Jill Miller benefit concert – save the date – we will see you at the Orpheum theatre on November 30th this year. **Lastly, who can forget** that the last day of October is Halloween! We will be hosting trick or treaters in our nursing & assisted living on the 31st and we welcome everyone to join us in passing out candy and enjoying their costumes.

Happy Fall Everyone! 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



Sunday Chapel Offerings:

~with Scott Squires,
CHAPLAIN

The Book of Acts is our Spiritual Heritage. As are as Christians adopted, or rather, grafted into our family of faith.

Romans 11:17, If some of the branches have been broken off, and you, though a wild olive shoot, have been grafted in among the others and now share in the nourishing sap from the olive root,...

Through our spiritual adoption, we have received a spiritual heritage. As we review the Book of Acts we are studying our spiritual ancestors of our faith family.

We are presently studying the book of Acts during our Sunday Services. Join us as we continue to journey back over the span of time and walk with the Early Church and visualize God's power at work. You will be blessed as we will grow together in our knowledge of God's divine Love.

Sermon Series for October "The Book of Acts"



CHURCH ABLAZE WITH THE FIRE OF GOD

Please join us for this wonderful study concerning the formation of the Early Church

*A time learning
and remembering our
Hymn History. . .*

*Come Wednesday,
Oct. 3rd at 2pm
In the Chapel.*



Support Sunrise !

It's coming on Tuesday, Oct. 9 — **Siouxland Big Give!** Organized by the Siouxland Community

Foundation, this community-wide giving event will match Siouxland area supporters' passions and generosity with local nonprofit organizations like Sunrise!

Your 100% tax-deductible donations can be directed to Sunrise but will be processed online at

www.siouxlandbiggive.org.

Mark your calendars and spread the word about **Siouxland Big Give!**



HOW WONDERFUL that no one need wait a single moment to **Improve** THE WORLD.

Charitable Giving, Estate Planning & Tax Consequences

Wednesday, October 17th

Soup & Sandwich: 5:30pm

Presentation: 6:00pm

Where: Gerwulf Center

on Sunrise Retirement's Campus.

Presenters: Kyle Krvin, Attorney at Law, of Corbett, Anderson, Corbett, Vellinga & Irvin, L.L.P. and Joe Kruse, Certified Financial Planner and accredited Estate Planner of Kruse Financial Group will be presenting.

Please RSVP by Monday, October 15th by calling 276-3821, Ext. 0.

Coming Events:

◆ **UNDERSTANDING DEPRESSION & ANXIETY**

October 19th, 10:30am at The Pointe's Cottonwood Dining Rm. Presenter: Steve Tjaden, LISW, Clinical Psychotherapist from Siouxland Mental Health Center.

◆ **JILL MILLER CONCERT**
November 30th, 7:00pm
Orpheum Theatre, Sioux City, IA.

The WALK-TO-END ALZHEIMER'S was recently held . . . So far the Sunrise Team has raised \$1000+ !



Moments & Memories:



Morningside Water Tower is 60 Years Old!

If you drive into the Sunrise campus for the first time you undoubtedly notice the huge water tower on the northwestern corner of the campus. As Morningside's population grew in the late 1950's, so did the need for more water pressure. Since Maple

Street and Stone Avenue were near the highest elevation in Morningside, it was the chosen location.

Our family lived across the street and three houses west. We had concerns: would this water tower devalue the neighborhood? Could it be dangerous? I researched and found that the only water tower that had ever collapsed was filled with molasses.

Regardless of the neighborhood concerns, the water tower was completed in 1958. When city fathers came to dedicate it one morning, they found, to their surprise, a huge white cloth poster fastened across the walkway proclaiming "The Big Gallon". They also noticed there was a life-sized Santa Claus halfway up the tower attached to two crossing guide wires. The mayor or city manager exclaimed with amusement, "We would have had to pay \$100 to put that there!"

After the ceremony, firemen showed up to remove both the poster and the Santa Claus. The Santa Claus proved difficult to remove. I was at the ceremony with the rest of the neighborhood and I became concerned that a fireman might fall. My husband was a tree surgeon, so I knew he had the right equipment to safely negotiate this situation. I phoned him to come right home and take Santa down. He appeared soon and easily removed Santa from the perch. I guess that made him the hero of the day!

~ Elaine Seubert, FOUNTAINVIEW RESIDENT



LeAnn Fleming & Sue Schultz
SOCIAL SERVICES

Compliance Hotline:
855-661-2667

Resident Right Of The Month:

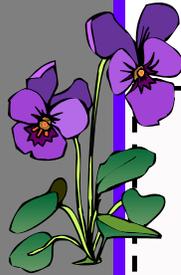
*(An explanation of each
of the rights for every
Sunrise resident.)*

**YOU HAVE
THE RIGHT
TO PERSONAL
POSSESSIONS.**

You have a right to a homelike environment and to use your personal belongings and furnishings to the extent these can be used in accordance with health and safety regulations.

Our Sympathies

- Elaine Anderson
- Gladys Hill
- Patricia Rogers
- Marjorie TerHark
- Joanne Wiggs



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

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



2018 OCTOBER Residents Birthdays

- 04—Patricia Barrett
- 07—Dorothy Abbott
- 09—Marvis Hendrickson
- 17—Klavdiya Aleynik
- 31—Rolland Strong



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,
October 25th, 2018**
Meeting from 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.)*



You may donate
OLD Eyeglasses
thru Sunrise's Business
Office at
5501 Gordon Dr. East

**Thanks for your "vision"
in helping
others to see. .**

If you have questions,
see Mary Pointer, Secretary,
712-276-3821, Ext. 3114.



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 causes Macular
Degeneration and what
are the symptoms and can
you prevent it?**

**What are the symptoms of
Macular degenerations?**

1. Wet: Straight lines appear crooked and there is loss of central vision.
2. Dry: Vision will be blurry and there will be loss of central vision.

**The following may help to slow
the process of Macular
degeneration.**

1. Eating foods rich in antioxidants.
2. Exercise.
3. Taking a quality vitamin daily.

Always contact your eye Doctor, if any of these symptoms are noted.

—Glenys Behrens,
SUNRISE HILLS NURSE

For Residents & Family Members —

To receive our Sunrise Times
newsletter through email,
please contact me at:

pointer@sunriseretirement.com

Or leave a message on my
phone, Ext. 3114.

Thank you,
Mary Pointer,
SECRETARY



Fall BBQ & Annual Grandparents Day ~



This a fun event held on Sunday, Sept. 9th on the west side of the Sunrise Health Center in the parking lot by Applewood. The entertainment was provided by Dixie Daddies Band once again . . .



Dietary Staff served Barbecue Pork Loin, old fashioned Potato Salad, Coleslaw & that summer-time favorite Watermelon. On top of that there were more treats — Balloons, Cotton Candy, Popcorn — and the thing the all kid's love, the Bounce House!

What a neat sound!

What perfect weather, . . . thus a perfect day!

Our Thanks to All!



Sunrise Wellness Newsletter October 2018

Breast and Prostate Cancer



Awareness Month

This month, we are bringing awareness to both Breast & Prostate Cancer.

Did you know?

- **1 in 8 women** will be diagnosed with Breast Cancer in their Lifetime
- **Roughly 2,470 men** will be diagnosed with Breast Cancer this year
- **1 in 7 men** will be diagnosed with Prostate Cancer in their Lifetime

Being aware of general signs and symptoms of cancer is important. It can help in earlier detection and treatment. Here are some of the common signs and symptoms you should ask your doctor to check out if you notice them:

Breast Cancer Symptoms:

- Swelling of all or part of a breast (even if no distinct lump is felt)
- Skin irritation or dimpling.
- Breast or nipple pain.
- Nipple retraction (turning inward)
- Redness, scaliness, or thickening of the nipple or breast skin.
- Nipple discharge

Prostate Cancer Symptoms:

- Burning or pain during urination
- Difficulty urinating, or trouble starting and stopping while urinating
- More frequent urges to urinate at night
- Loss of bladder control
- Decreased flow or velocity of urine stream
- Blood in urine (hematuria)

While there is no sure way to prevent breast or prostate cancer, there are ways that you can reduce your risk. I have listed a few for you below:

Breast Cancer Prevention Methods:

- **Control your weight.** Being overweight or obese increases the risk of breast cancer. This is especially true if obesity occurs later in life.
- **Be physically active.** Physical activity can help you maintain a healthy weight, which, in turn, helps prevent breast cancer.
- **Eat a healthy diet.** Eating a healthy diet might decrease your risk of some types of cancer, as well as diabetes, heart disease and stroke.

Prostate Cancer Prevention Methods:

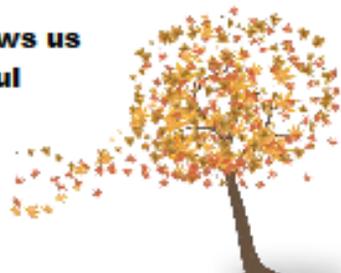
- **Choose a low-fat diet.** Foods that contain fats include meats, nuts, oils and dairy products, such as milk and cheese. In studies, men who ate the most dairy products — such as milk, cheese and yogurt — each day had the highest risk of prostate cancer.
- **Eat fish.** Fatty fish — such as salmon, tuna and herring — contain omega-3 fatty acids, a type of fatty acid that has been linked to a reduced risk of prostate cancer.
- **Maintain a healthy weight.** Men who are obese — a body mass index (BMI) of 30 or higher — may have an increased risk of prostate cancer.
- **Exercise.** Studies of exercise and prostate cancer risk have mostly shown that men who exercise may have a reduced risk of prostate cancer. Aim for 30 minutes of exercise most days of the week.

Know of anyone, inside or outside of the Sunrise community that would like to participate in one or more of the EnerG Wellness classes?

Please have them contact Brooke Robinson at 712.276.3821 (ext. 3143) for more information.

Sources: National Breast Cancer Foundation, Inc.; American Cancer Society; Mayo Clinic

October 2018 Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 9am – Tone Zone (P) 10am – Balance Fitness (C) FV/AW/EG 11am – Tone Zone (GC) 115pm – Brain Power (P) 3pm – Brain Power (GC)	2 9am – Balance (P) 10am – Brain Power (IP) FV/AW/EG 11am – Chair Yoga (GC) 1pm – Wellness (BC) 145pm – Wellness (SLC) 3pm – Wellness (FVDR)	3 9am – Tone Zone (P) 10am – Stretch & Flex (IP) FV/AW/EG 11am – Tone Zone (GC) 1pm – Wellness (BB) 3pm – Brain Power (GC)	4 9am – Chair Yoga (P) 10am – Active Mind (IP) FV/AW/EG 11am – Balance (GC) 115pm – Brain Power (P) 3pm – Wellness (FVDR)	5 9am – Tone Zone (P) 10am – Balance Fitness (IP) FV/AW/EG 11am – Tone Zone (GC)
8 9am – Tone Zone (P) 10am – Balance Fitness (C) FV/AW/EG 11am – Tone Zone (GC) 115pm – Brain Power (P) 3pm – Brain Power (GC)	9 9am – Balance (P) 10am – Brain Power (IP) FV/AW/EG 11am – Chair Yoga (GC) 1pm – Wellness (BC) 145pm – Wellness (SLC) 3pm – Wellness (FVDR)	10 9am – Tone Zone (P) 10am – Stretch & Flex (IP) FV/AW/EG 11am – Tone Zone (GC) 1pm – Wellness (BB) 3pm – Brain Power (GC)	11 9am – Chair Yoga (P) 10am – Active Mind (IP) FV/AW/EG 11am – Balance (GC) 115pm – Brain Power (P) 3pm – Wellness (FVDR)	12 9am – Tone Zone (P) 10am – Balance Fitness (IP) FV/AW/EG 11am – Tone Zone (GC)
15 9am – Tone Zone (P) 10am – Balance Fitness (C) FV/AW/EG 11am – Tone Zone (GC) 115pm – Brain Power (P) 3pm – Brain Power (GC)	16 9am – Balance (P) 10am – Brain Power (IP) FV/AW/EG 11am – Chair Yoga (GC) 1pm – Wellness (BC) 145pm – Wellness (SLC) 3pm – Wellness (FVDR)	17 9am – Tone Zone (P) 10am – Stretch & Flex (IP) FV/AW/EG 11am – Tone Zone (GC) 1pm – Wellness (BB) 3pm – Brain Power (GC)	18 9am – Chair Yoga (P) 10am – Active Mind (IP) FV/AW/EG 11am – Balance (GC) 115pm – Brain Power (P) 3pm – Wellness (FVDR)	19 9am – Tone Zone (P) 10am – Balance Fitness (IP) FV/AW/EG 11am – Tone Zone (GC)
22 9am – Tone Zone (P) 10am – Balance Fitness (C) FV/AW/EG 11am – Tone Zone (GC) 115pm – Brain Power (P) 3pm – Brain Power (GC)	23 9am – Balance (P) 10am – Brain Power (IP) FV/AW/EG 11am – Chair Yoga (GC) 1pm – Wellness (BC) 145pm – Wellness (SLC) 3pm – Wellness (FVDR)	24 9am – Tone Zone (P) 10am – Stretch & Flex (IP) FV/AW/EG 11am – Tone Zone (GC) 1pm – Wellness (BB) 3pm – Brain Power (GC)	25 9am – Chair Yoga (P) 10am – Active Mind (IP) FV/AW/EG 11am – Balance (GC) 115pm – Brain Power (P) 3pm – Wellness (FVDR)	26 9am – Tone Zone (P) 10am – Balance Fitness (IP) FV/AW/EG 11am – Tone Zone (GC)
29 9am – Tone Zone (P) 10am – Balance Fitness (C) FV/AW/EG 11am – Tone Zone (GC) 115pm – Brain Power (P) 3pm – Brain Power (GC)	30 9am – Balance (P) 10am – Brain Power (IP) FV/AW/EG 11am – Chair Yoga (GC) 1pm – Wellness (BC) 145pm – Wellness (SLC) 3pm – Wellness (FVDR)	31 9am – Tone Zone (P) 10am – Stretch & Flex (IP) FV/AW/EG 11am – Tone Zone (GC) 1pm – Wellness (BB) 3pm – Brain Power (GC)	Autumn shows us how beautiful it is to let things go 	

Brooke Robinson
 Sunrise Ener-G Wellness Coordinator
 276-3821 Ext. 3143
I look forward to seeing you in class!

P= The Pointe	EG= Evergreen
IP= Indoor Park	AW= Applewood
GC= Gerwulf Center	FV= Fountain View
FVDR= Fountain View Dining Room	
C= Chapel	BB= Bayberry
BC= Bernstein Center	SLC= Sunlight Center