

# SUNRISE TIMES

Senior Living Choices for You

Volume 67

JANUARY 2019

Issue 1

## 2019 BOARD OF DIRECTORS

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*Happy 2019!*

New Year's certainly a reason for celebrating, but we have something else to celebrate this year too... We are celebrating **our 60<sup>th</sup> Anniversary** this year and will have some fun activities planned to bring everyone together to mark the occasion. Those who planned Sunrise in the 1950's would be proud to see that this is a thriving community, still serving the purpose for which it was started, and our goal is to be sure that Sunrise is still here and serving the area's seniors well into the future.

With that said, our Board and Leadership team took some time last month to discuss the strategic vision for Sunrise for the coming few years. While the plan is not completely worked out yet, the group has put some very interesting and big goals out there. Overall the four areas that we will be working on are as follows: (1) Boosting the financial strength of the organization, (2) Advancing the resident experience, (3) Developing the team member culture and (4) Engaging the surrounding community. These goals are intertwined to some degree and there is substantial detail to each of them, but I thought you'd be interested in knowing how this vision is shaping up so far.

*I hope that each of you has a  
Happy & Blessed New Year!*

*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  
be recognized as Siouland's  
highest quality, most active  
and comprehensive senior  
living community of choice.*



Chuck Avery

Royce Barnum

Dorothy Fiala

Helen Martin

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Norma Thies

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## Sharing:

Your kind words of **gratitude are welcome and sufficient.** We are most appreciative when someone notices good work performed here at Sunrise Retirement Community. Please note Sunrise staff members are not allowed to accept money or gifts for their services.

## Sunrise Retirement Community

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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)



## Announcing Raffle Winners:

The Jill Miller Concert Raffle Winners have been chosen.

**Watch – Mary Block** (originally was drawn for Mike Wells, who donated it back).

**Auto Detail – Gina Sitzmann**

**FitBit – Dick Hildebrand**

**Congrats to the Winners!**

*Haley Aguirre*, ARCHIVAL RECORDS CLERK, with the Sioux City Public Museum gave an informative and enjoyable photo presentation along with history about Sioux City. Local pioneering neighborhoods were featured. Have you

ever wondered where the ‘green’ in Greenville comes from? Or who decided to call it “the Bottoms”? She gave an overview of Sioux City’s many distinct neighborhoods. Sunrise residents found out during her talk entitled, **How the Neighborhoods Got Their Names**, the answers to those questions and

much more. Where the neighborhoods are, who named them, and what these names mean? The presentation includes historic maps and photographs of both present and past neighborhoods.

We appreciate the The Sioux City Public Museum, located at 607 4<sup>th</sup> Street in downtown Sioux City, for allowing Haley the time to come to Sunrise Retirement Community and to bring a wealth of knowledge with her.

On your computer you can visit The Museum’s website at: [www.siouxcitymuseum.org](http://www.siouxcitymuseum.org).

## \*Memories & Moments : Willow Haven

**My two sisters and I**, when young, discovered a special tree in our grove where we often played. On one particular day we went to the other side of the grove where we stood under two tall stately Cottonwood trees. Next to these trees stood a small Willow tree that seemed guarded by the tall strong Cottonwoods. It leaned toward the morning sun, making it easy to climb. My older sister climbed to find two branches forming a perfect seat. She asked if I would like to try it. As I sat there my sisters climbed higher to find another seat where my second sister sat. The our oldest sister climbed still higher to find another perfect seat where branches joined. Each of us then sat in our tree seats making plans to come there often to view the world around us, to read, and to listen to the song birds in our restful haven. We were delighted over our find as we descended the tree where our dog awaited us. We almost hated to leave.

**This became our place of joy** and contentment nearly every rainless day. We could see the beauty around us and hear the birds singing. We loved our Willow Haven under the stately Cottonwoods with their silver-lined leaves. As we strolled back to the house we were anxious to tell Mama all about our wonderful find in the grove. She said she must go see us in our tree seats tomorrow. We couldn’t wait!

– *Jean Olsen*, SUNRISE RESIDENT

## \*Memories & Moments

(printed above) is part of Sunrise Retirement’s Creative Writing endeavor. These writings informally began several years ago as an opportunity to encourage residents in sharing their memories and life experiences. The project has ebbed and flowed with sometimes lots of response, sometimes almost nil, but always enjoyable and enlightening to the reader. It is a project one can work on in solitude or jointly with a loved one or visitor.

Please share only things you want the “general public” to know and remember I will retain editing rights. Thank you for considering writing an article and if you would like to submit a Creative Writing item, please turn it in at the Healthcenter Reception Desk, marked to my attention.

*Thanks, Mary Pointer*, SECRETARY



## Chapel Offerings *~with Scott Squires, CHAPLAIN*

Everyone is Welcome to attend  
January Sunday Sermons

**LIFE and LABORS of PAUL**  
the apostle

Sunday Services: 1:30 Bernstein, 2:00 Chapel,  
3:00 The Pointe, & 4:00 Maple Heights

Everyone is Welcome to attend

**BIBLE STUDY**

Wednesdays  
Chapel  
Study at  
9:15 AM

Let's Dig In together



*Bob Hansen* was drafted into entertaining by a friend, Elaine Peacock. Bob has a long history of singing and is well-known for his melodious tenor voice . . . Thanks, Bob!  
It's a pleasure for all!

### *Elaine & Paul Peacock*

A husband and wife duo — Elaine does most the singing and talking — Paul hauls the equipment, runs the sound board and to our surprise, sometimes sings a harmonic duet with Elaine. At any rate, the Peacocks work well together and best of all for us, they sound good together.

*Isabel Trabaugh, pianist.* Former

Mayor of Elk Point, South Dakota, from the age of three plays the piano by ear to accompany her good friend, Elaine. Elaine states, "Isabel's playing is truly a gift from God". Thank you ladies & gentlemen!





## *A Special Visitor ~*

**Miah Manker, grand-daughter is certainly a “cheerleader” to Vicki & Bob Manker and great grand-niece of Kitty Bolles.**

**It was a great visit for all.**

## *A Letter To All Of Us ~*

**Thank you for the opportunity to sing Christmas carols at your residence on December 8th. For the past 20 years “Santa and the Elves” try to spread cheer around Siouxland. Our mission is to bring smiles to others. This all began by purchasing a Santa suit and each and every year there are more friends and family that want to become involved. The places we stop love to see all the costumes. Our group of 40 to 50 people consists of several Elves,**

**Reindeer, Santa, The Grinch and Max, Christmas trees, Snowmen, Gingerbread man, Angels, Mrs. Clause, Old Time Father Clause, Snowflakes, Packages, Mistletoe, Nice and Naughty list, Reindeer food, and all of the other Christmas attire. We hope we brought a bit of Christmas magic to Sunrise. That’s our goal . . . To keep spreading Christmas cheer!**

*~ Santa and The Elves*





*LeAnn Fleming & Sue Schultz*  
SOCIAL SERVICES

**1-800-562-3396**  
**For transportation by**  
**MIDWEST MEDICAL**  
**NON-EMERGENCY**  
**AMBULANCE**  
 This service operates 24 hours daily,

**Compliance Hotline:**  
**855-661-2667**

**2019 JANUARY**  
**Residents Birthdays**

03—Hermina Bomgaars  
 05—Robert Millarke  
 09—Berget Starch  
 13—Berline Jacobsen  
 17—Fern Herbst  
 23—Marian LeGrand  
 25—Carol Bahney  
 27—Lucille Kinyon  
 29—Rose Kneifl  
 30—Carol Schoenherr



### Resident Right Of The Month:

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

This column is designed to explain each of the individual rights maintained for every one of Sunrise Retirement's residents. The list of rights is fairly long and last month in July, we completed the cycle of presenting the rights in small segments for easy reading. The cycle of printing resident's rights takes approximately two years to complete and we will begin the cycle again in next month's issue of the Sunrise Times.

If for some reason a full listing of rights is needed, it is available through our Social Services Office.

**1. FREE CHOICE (Part I):**  
This right refers to your choice regarding medical treatment while you are a resident here. *(Note: Next month we will begin to list and explain the ways in which this right is effective for all our residents.)*

### For Residents & Family Members —

To receive our Sunrise Times newsletter through email, please contact me at:  
[pointerm@sunriseretirement.com](mailto:pointerm@sunriseretirement.com)

Or leave a message on Ext. 3114.

Thank you, *Mary Pointer,*  
SECRETARY

You may donate  
**OLD**  
**Eyeglasses**

thru Sunrise's Business Office at 5501 Gordon Dr. East

**Thank you for your "vision" in helping others to see.**

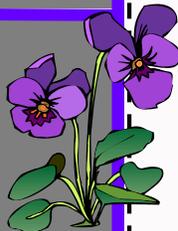
If you have questions, see Mary Pointer, Secretary, 712-276-3821, Ext. 3114.



### Our Sympathies

Loren Wertz

Rayma Pritchett



### 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 DOES WATER INTAKE HELP OUR BODIES:

**We all need water to survive.**

Did you know your body weight is approximately 60% water. It uses water in cell, organs, and tissues. Your body losses waste through breathing, sweating, and digestion. It helps our bodies in the following ways:

1. Protects your tissues, spinal cord and joints. Water helps protect the spinal cord and acts as a lubricant and cushions for your joints.
2. Water helps your body remove waste through urination, perspiration and defecation. The kidneys and liver use it to help flush out waste. It can help with constipation.
3. Water aids in digestion. It starts with saliva and enzymes which are found in water which help food break down.
4. Water prevents dehydration. Body fluids need to be replenished any time you sweat, have a fever or illness or engage in exercise. It also helps treat bladder infections and kidney stones.

### How much water do we need?

There is no fast rule. It varies from person to person. Some meet their needs by drinking when they are thirsty and with every meal.

*Glenys Behrens,*  
SUNRISE HILLS NURSE



*Photo Collage*



— 2018 Sunrise's Christmas Party —

## Sunrise Wellness Newsletter January 2019



### New Year Resolutions!

It's that time of year again! After spending the last couple of months celebrating the holidays with family and friends, it's time to refocus the attention back onto yourself. Many take this opportunity of self-reflection to make a new year's resolution or two! But, what exactly is a new year's resolution?

Well, a New Year's Resolution is a common western tradition, in which a person resolves to change an undesired trait or behavior, to accomplish a personal goal or otherwise improve their life.

According to Health in Aging ([healthinaging.org](http://healthinaging.org)), there are a few resolutions you may consider as an older adult:

1. **Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats.** In later life, you still need healthy foods, but fewer calories. The USDA's Choose My Plate program ([choosemyplate.gov](http://choosemyplate.gov)), and your healthcare provider, can help you make good choices.
2. **Be Active.** Physical activity can be safe and healthy for older adults — even if you have heart disease, diabetes, or

arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Check out the calendar for one for a Fitness Class offered here on the Sunrise campus!

3. **Guard against falls.** One in every three older adults falls each year — and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Balance Classes are offered on the Sunrise Campus! Check out the calendar for information on times & locations of these classes!
4. **Give your brain a workout.** The more you use your mind, the better it will work. Read. Do crossword puzzles. Try Sudoku. Socializing also gives your brain a boost, so join a bridge club or a try out a Brain Power Class offered here on the Sunrise Campus! Check out the calendar for more information about times & locations!
5. **Get enough sleep.** Older adults need less sleep than younger people, right? Wrong! Older people need just as much — at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening. Visit the National Sleep Foundation's website ([www.sleepfoundation.org](http://www.sleepfoundation.org)) for more tips on how to sleep better.

*"The New Year stands before us like a chapter in a book, waiting to be written. We can help write that story by setting goals."*

**-Melody Beattie**

May 2019 bring you health, wealth & happiness

*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 at 712.276.3821 (ext. 3143) for more information.*

Sources: Health In Aging ([healthinaging.org](http://healthinaging.org). 2017)

# January 2019 Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 No Classes Today</b> 	<b>2</b> 9am – Tone Zone (P) 10am – Stretch & Flex (IP) FV/AW/EG 11am – Tone Zone (GC)	<b>3</b> 9am – Chair Yoga (P) 10am – Active Mind (IP) FV/AW/EG 11am – Balance (GC)	<b>4</b> 9am – Tone Zone (P) 10am – Balance Fitness (C) FV/AW/EG 11am – Tone Zone (GC)
***No Afternoon Classes Monday December 24 <sup>th</sup> through Friday January 4 <sup>th</sup> . Afternoon Classes will resume Monday, January 7 <sup>th</sup> ***				
<b>7</b> 9am – Tone Zone (P) 10am – Balance Fitness (IP) FV/AW/EG 11am – Tone Zone (GC) 115pm – Brain Power (P) 3pm – Brain Power (GC)	<b>8</b> 9am – Balance (P) 10am – Brain Power (IP) FV/AW/EG 11am – Chair Yoga (GC) 1pm – Wellness (BC) 145pm – Wellness (SLC) 3pm – Wellness (FVDR)	<b>9</b> 9am – Tone Zone (P) 10am – Stretch & Flex (IP) FV/AW/EG 11am – Tone Zone (GC) 1pm – Wellness (BB) 3pm – Brain Power (GC)	<b>10</b> 9am – Chair Yoga (P) 10am – Active Mind (IP) FV/AW/EG 11am – Balance (GC) 115pm – Brain Power (P) 3pm – Wellness (FVDR)	<b>11</b> 9am – Tone Zone (P) 10am – Balance Fitness (C) FV/AW/EG 11am – Tone Zone (GC)
<b>14</b> 9am – Tone Zone (P) 10am – Balance Fitness (IP) FV/AW/EG 11am – Tone Zone (GC) 115pm – Brain Power (P) 3pm – Brain Power (GC)	<b>15</b> 9am – Balance (P) 10am – Brain Power (IP) FV/AW/EG 11am – Chair Yoga (GC) 1pm – Wellness (BC) 145pm – Wellness (SLC) 3pm – Wellness (FVDR)	<b>16</b> 9am – Tone Zone (P) 10am – Stretch & Flex (IP) FV/AW/EG 11am – Tone Zone (GC) 1pm – Wellness (BB) 3pm – Brain Power (GC)	<b>17</b> 9am – Chair Yoga (P) 10am – Active Mind (IP) FV/AW/EG 11am – Balance (GC) 115pm – Brain Power (P) 3pm – Wellness (FVDR)	<b>18</b> 9am – Tone Zone (P) 10am – Balance Fitness (C) FV/AW/EG 11am – Tone Zone (GC)
<b>21</b> 9am – Tone Zone (P) 10am – Balance Fitness (IP) FV/AW/EG 11am – Tone Zone (GC) 115pm – Brain Power (P) 3pm – Brain Power (GC)	<b>22</b> 9am – Balance (P) 10am – Brain Power (IP) FV/AW/EG 11am – Chair Yoga (GC) 1pm – Wellness (BC) 145pm – Wellness (SLC) 3pm – Wellness (FVDR)	<b>23</b> 9am – Tone Zone (P) 10am – Stretch & Flex (IP) FV/AW/EG 11am – Tone Zone (GC) 1pm – Wellness (BB) 3pm – Brain Power (GC)	<b>24</b> 9am – Chair Yoga (P) 10am – Active Mind (IP) FV/AW/EG 11am – Balance (GC) 115pm – Brain Power (P) 3pm – Wellness (FVDR)	<b>25</b> 9am – Tone Zone (P) 10am – Balance Fitness (C) FV/AW/EG 11am – Tone Zone (GC)
<b>28</b> 9am – Tone Zone (P) 10am – Balance Fitness (IP) FV/AW/EG 11am – Tone Zone (GC) 115pm – Brain Power (P) 3pm – Brain Power (GC)	<b>29</b> 9am – Balance (P) 10am – Brain Power (IP) FV/AW/EG 11am – Chair Yoga (GC) 1pm – Wellness (BC) 145pm – Wellness (SLC) 3pm – Wellness (FVDR)	<b>30</b> 9am – Tone Zone (P) 10am – Stretch & Flex (IP) FV/AW/EG 11am – Tone Zone (GC) 1pm – Wellness (BB) 3pm – Brain Power (GC)	<b>31</b> 9am – Chair Yoga (P) 10am – Active Mind (IP) FV/AW/EG 11am – Balance (GC) 115pm – Brain Power (P) 3pm – Wellness (FVDR)	

**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