

2019 BOARD OF DIRECTORS

Corey Wrenn, *President*

Dr. Richard Hildebrand
Vice President

Dr. Mary Kovarna, *Secretary*

Gina Sitzmann, *Treasurer*

Kyle Irvin, *Legal Advisor*

Thomas R. Padgett, PhD
Past President

Connie Aasen

Larry L. Book,

Bill Bradbury

Dr. Barbara Condon

Donald D. Kelsey

Dr. Doug Livermore

Terry Murrell

Lynn Wold

Ron Yockey

Dr. William C. Ziebell



Lois DeBoer
Irma Eilers
William Jacobsen
Janice Nagel
Helen Petersen
Cathy Podwysoki
Robert Roe
Dwain Schmidt

OUR MISSION

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

OUR VISION

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

SUNRISE RETIREMENT FOUNDATION BOARD

Hallie Salmen
Foundation President

Donald D. Kelsey
Treasurer

Donald Herbold
Secretary

Kyle Irvin
Legal Advisor

Jack Bernstein
Larry Delperdang
Pokey Jensen

Joseph D. Kruse
Deb Smith

Dr. William "Bud" Ziebell

I know a few months ago,

I mentioned that our Board & Leadership team were holding Strategic Planning meetings. In January, the plan that we worked on together was formally approved by the Board of Directors. Four goals were set forth:

1. Boost Financial Strength. We will optimize current revenue, establish new sources of revenue, and boost philanthropic support to strengthen and grow our community.

2. Advance the Resident Experience. We will innovate to offer the best services, facilities, amenities, and care options to meet the diverse & evolving needs of our residents.

3. Develop the Team Member Culture. We will recruit the top talent who provide residents with the highest quality, person-centered living experience. We will develop our team and create a team member experience so they feel there's no better place to work.

4. Engage Our Surrounding Community. We will promote Sunrise so potential residents realize what a life they can actualize with us. We will build relationships with community organizations to better serve our aging population together.

These are big goals and we have developed smaller measurable steps that we will explore and work on under each of these main points. We expect that this plan will be our road map for the next couple of years, helping us to plan for the future as the demographics of those we serve changes and new ways to provide services emerge. Ultimately, our goal is to continue to fulfill our mission to you and Siouxland:

Caring Deeply. Connecting Daily. Leading Boldly. Serving Faithfully.

Sincerely,
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

From The Administrator's Desk —

Safety First !!!

We just wanted to remind all of our residents and tenants that we always want to be sure our residents' safety comes before anything else. We have a lot of regulations that we are required to follow per the Department of Inspections and



Appeals and the State Fire Marshall. Again, we always want to meet the needs of each of you and respect your rights and belongings, while doing so safely. As we walk through rooms, we have found many outlet adapters plugged into walls, extension cords, power cords and timers plugged in as well. There are a lot of electrical plug-ins in the rooms, but to get everything to be directly plugged in to an outlet, sometimes we have to rearrange the room a bit or move some items to different locations. When we see extension cords, we do have to remove the items, but we always will discuss with you; if it is okay to rearrange where a clock can be placed or where other items can be relocated to another area of the room. If you have family visiting, please have them take any of these items home with them. If you have an item that has to be plugged-in and you can't find an outlet that will work, please discuss this item with the neighborhood managers, environmental services director or myself. We would be more than happy to help you figure out a solution.

We also have had some recent concerns of items being left unattended such as medications sitting around in a baggie that anyone could have access to, purses left unattended that could potentially contain items that may be a safety concern for other residents. Any item labelled "Keep out of reach of children" should not be left out in the open for anyone to have access to; such as scented lotions, hair spray, scissors, any sharp objects etc. Anyone living in our non-dementia nursing areas can have lotion, but please be sure that if you bring it in that you label each item and put it in your room in a cabinet with a door.

Also, just a reminder as part of a recent CMS (Centers for Medicaid and Medicare Services) memorandum regarding the concerns of bacteria and Legionnaire's Disease, they have asked facilities not allow humidifiers in resident or tenant room due to the risk of bacteria. Again this is for your safety, that we will no longer have humidifiers in the rooms.

Thank you for your understanding in the above listed items, if you have any questions, please feel free to discuss with the nurse managers, Director of nursing or myself.

When you are bringing in items from stores or extra items to keep in your room, please remember that we cannot store cardboard boxes on the floors in rooms as it is a safety concern and someone could trip over it and also part of a state regulation. If there is something we could help you store in a nurse's station or help you find a place to put it in your room, we would be more than happy to help you with that. We just want to be sure you, your visitors or the staff do not risk falling over any items in your room.

Thank you *Chris*

Sincerely, *Chris Schenkelberg*,
HEALTHCARE ADMINISTRATOR

Chapel Offerings *~with Scott Squires, CHAPLAIN*



Sunday Services:

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

Mondays:

8:00 Crooked Halos
Men's Group in
Fountainview,
11:00 Bible Study at
The Pointe,
2:00 Bible Study,
Maple Heights.

Tuesday

9:15 Devotions
Bernstein,
10:00 Devotions
Bayberry, and
1:00 (New Time)
Church Service
Chapel.

Wednesday

9:15 Bible Study
Chapel,
10:00 Crooked Halos
Men's Group at
The Pointe,
3:00 (New) Grief
Share Group
Conference Room.

Monthly:

Every 1st Wednesday
of Each Month:
Hymn History
1:00 The Pointe, and
2:00 Chapel.

It hurts to lose someone.
Find help at

GRIEF SHARE

YOU ARE INVITED TO
ATTEND

Now being offered at
SUNRISE
Starting in February
Wednesdays at 3:00 PM
Meeting at The Ziebell Meeting
Room, located directly across from
the Fountainview Cafeteria

There is no cost for this program.
You are welcome to attend.

Grief-share is a special
weekly seminar and
support group designed to
help you rebuild your life.
We offer help and
encouragement after the
death of a loved one.

ACTS

THE ACTS OF THE APOSTLES

Sundays Join us for Sunday Services
We are studying the Acts of the Apostles

Bernstein at 1:30
Chapel at 2:00
The Pointe at 3:00
Maple Heights at 4:00

Tuesday Chapel Services (New Time) 1:00 PM

Join us as we
continue our
study the Book
of Daniel

THE BOOK OF DANIEL

A Silent Auction of an Antique Quilt* Top was part of the Memory Care fund-raising efforts that have been on-going this year. The person who bid & gave a generous donation to obtain the finished comforter/quilt was Marty Gubbels, a resident in our Sunrise Hills Community.

*Many years ago the pieces of the quilt top were hand-stitched together by a lady and then stored in the attic for a long time. One day she became a Sunrise Retirement resident and the family wondered if we “could do something with the quilt top?” We were able to do something in a small way, but maybe a grander way than most would imagine. We appreciate everyone’s continued efforts to enhance the opportunities of bringing wonderful care to many folks through the years.



~ A BIT OF HISTORY ~

There were many quilts made over the years for children and family necessities — some were given to daughters-in-laws, sons and some to grandchildren too — many finished, a few were not, like this one.

The quilts were likely made by Inez McCaslen’s mother, Mary Ellen or with her Mother-in-law, Mattie Larue. It is believed most of the quilts were stitched prior to their deaths:

*Mary Ellen (Talcott) Allen,
5-6-1884 — 1953*

*Mattie Larue (Johnson) McCaslen,
9-3-1888 — 8-2-1974.*



When going through the written McCaslen family history, it is noted others in the family “worked the loom making Kentucky jeans, double blankets, shawls, outing flannels and rag carpets”. There is no way of actually knowing for sure who stitched

all those meticulous, even hand-stitches.

Born in 1926, Inez is now 92 years of age and is the last of eight children in her family to grace our presense. She was a pro cross-stitcher and did quilling, as well as quilting. Due to the passing of time we don’t know who stitched what — only that it was done in love.

“MAY THIS QUILT GO WITH YOU AND GIVE YOU WARMTH, COMFORT AND KEEP YOU & YOURS TIGHTLY WOVEN TOGETHER AND THE STITCHES OF TIME BE EVER WITH YOU,.. NEVER LOST!”

— Stephanie McCaslen

Denny & Chopper ~ Aka *“Huckleberry Two”*

Denny Feauto ~ (Current Front Man for the Huckleberrys) has been playing country / country rock music with various bands in the tri-state area over the past twenty plus years. The lovable “Gunslinger” takes pride in recreating the current hits and golden oldies with his addictive voice and smooth guitar rhythms. No matter what the venue size, Denny brings his “A game”.

Bill “Chopper” Pelchat, (Lead guitar and vocals with the Huckleberrys) has been making music in the mid-west since the mid-sixties. The Chop has played in a variety of groups from country to rock to disco. Bill was inducted into the Iowa Rock and Roll Hall of Fame in 2008 recognizing him for his years of performing.



Two years ago Bill hooked up with Denny and together they continue to share their talents with the many fans and listeners they have come to love.



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 FEBRUARY Residents Birthdays

- 01—Jerri Lynn Johnson
 - 16—Bernice Spink
 - 17—Phyllis Prodehl
 - 18—Alden Noble
 - 20—Bernice Moritz
 - 25—Robert Hansen
 - 27—Ruth Hantla
 - 29—Ruth Hamilton
- 

For Residents & Family Members —

To receive our Sunrise Times newsletter through email, please contact me at: pointerm@sunriseretirement.com Or leave a message—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.

The 4th Nite Hand-Quilters & Appliquers — 
 Bring your own project! Bring your own refreshments! Invite a friend! **Thursday, February 28th, 2018** Meeting from 4:30-7:00 in Board Rm at 5501 Gordon Dr. Questions? Ask: 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 can I help prevent malnutrition?

Good nutrition is vital to the health of the elderly yet many older adults are at risk. The following are some problems caused by malnutrition:

1. Weak immune system which can cause an increase in infections.
2. Poor wound healing.
3. Muscle weakness and decreased bone mass which leads to fractures and falls.
4. Increased risk of hospitalizations.
5. Increased risk of death.

Malnutrition begins by too little food or a diet lacking in nutrients. What can you do to help?

1. Engage your doctor during routine office visits. Ask about nutritional supplements. Watch for weight loss. Maybe changing medication affecting the appetite.
2. Dental checks to ensure good oral hygiene and prevent mouth pain and chewing problems.
3. Eat food packed in nutrients and plan between meal snacks.
4. Consider a supplement. There are many out there to choose from.
5. Outside help to ensure shopping for groceries, meals on wheels, or someone to assist with cooking.
6. Exercise can stimulate the appetite.

Always involve your family and physician to set up a plan that is right for you.

Glenys Behrens,
SUNRISE HILLS NURSE

Resident Right Of The Month:

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

1. FREEDOM CHOICE.

This right refers to your choices regarding medical treatment while you are a resident here. You have the following rights concerning your medical treatment:

(Part I) Right to choose an attending physician; however, in the nursing facility area, if your attending physician refuses to comply with certain federal regulations regarding your care, the facility may replace your attending physician after notifying you. The facility will provide you with the name, specialty and manner of contacting your physician.

(Part II) Full advance info coming next month.

Our Sympathies

- Esther Harrison
- Marvin Mozer
- Margaret VandeBerg
- Leo VanWaart



Activities Department ~ *Our New Faces*

Our Activity Department

has been in full swing with music and entertainment weekly. Along with games, crafts, Word Find, and Wellness. We are also incorporating some Evening Activities on Tuesday and Thursday evenings for our residents to attend. Please check the Activity Calendars for details.



Victoria Ham, Carol Starch, Erin Anderson and Jordan Gorski

We want you to know you are invited to attend any of our activities with your family.

Country Flavor Band ~ (Below)

Ed Tryon, guitar
Mark Mussad, drums/vocal
Jerry O'Dell, guitar



Bob & Gary ~ (Below)

Robert Lee, piano
Gary Lewis, banjo



Huckleberry Two ~ (Above)

Denny Feauto ~ Current Huckleberrys Front Man.

Bill "Chopper" Pelchat, Lead guitar and vocals. He's been making music in the Midwest since the mid-sixties. Bill plays Country-Rock-Disco and was inducted into the Iowa Rock and Roll Hall of Fame in 2008.



Elaine, Isabel & Paul ~ (Left)

Elaine Peacock, Vocals
Isabel Trobaugh, Vocal & Keyboard,
Paul Peacock, Soundboard & Vocal.

Sunrise Wellness Newsletter
February 2019



**February is
American Heart Month**

Every February, health professionals across the country take the opportunity to raise awareness about one of the major health concerns for adults over the age of 65: Heart Disease.

Did you know?

84% of people who die from Heart Disease are over the age of 65.

Symptoms of Heart Disease

The warning signs of heart disease often don't appear until you're having a heart attack. Symptoms of an emergency or impending heart attack may include:

- Feeling faint
- Weakness or a sensation of light-headedness
- Having a hard time catching your breath
- Feeling nauseous or vomiting
- Feeling very full or having indigestion
- Pain in the chest or an uncomfortable pressure in the chest
- Unusual pains in the back, shoulders, or neck
- Sweating
- An irregular heartbeat

7 Steps to Heart Disease Prevention

You can keep your heart healthy no matter how old you are, but it does take effort — possibly even changes in your everyday habits, such as eating a heart-healthy diet and increasing your activity level. Here's how to get started:

- **Get enough exercise.** This means at least 30 minutes of exercise almost every day of the week. Check out an exercise class on campus! (see calendar for dates & times)
- **Eat a heart-healthy diet.** Load up on fresh fruits and vegetables while limiting saturated fats, salt, and foods containing cholesterol, like fatty meats.
- **Watch your numbers.** Get regular check-ups to monitor health conditions that affect the heart, including high blood pressure, high cholesterol, and diabetes, and make sure they're under control with medication.
- **Minimize stress in your life.** Stress can compound many heart disease risks that seniors already face, steering you toward an unhealthy lifestyle. Find healthy outlets to relieve stress and lower your heart disease risk.
- **Watch your weight.** Too many pounds can add up to increased heart disease risk. To help prevent heart disease, maintain a healthy body weight for your size.

Working with your doctor can help keep health problems under control. It's never too late to start living a healthy lifestyle and getting your heart disease risks in check.

**“Exercise should be regarded
as a tribute to the heart.”**





-Gene Tunney

American Professional Boxer (1915-1928)

*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: Everyday Health/Senior Health 1/9/2014

February 2019 Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>During this season of Love, focus on loving more than just those closest to you... Love Everyone.</i></p> 				<p>1 9am - Tone Zone (P) 10am - Balance Fitness (C) FV/AW/EG 11am - Tone Zone (GC)</p>
<p>4 9am - Tone Zone (P) 10am - Balance Fitness (IP) FV/AW/EG 11am - Tone Zone (GC) 115pm - Brain Power (P) 3pm - Brain Power (GC)</p>	<p>5 9am - Balance (P) 10am - Brain Power (IP) FV/AW/EG 11am - Chair Yoga (GC) 1pm - Wellness (BC) 145pm - Wellness (SLC) 3pm - Wellness (FVDR)</p>	<p>6 9am - Tone Zone (P) 10am - Stretch & Flex (IP) FV/AW/EG 11am - Tone Zone (GC) 1pm - Wellness (BB) 3pm - Brain Power (GC)</p>	<p>7 9am - Chair Yoga (P) 10am - Active Mind (IP) FV/AW/EG 11am - Balance (GC) 115pm - Brain Power (P) 3pm - Wellness (FVDR)</p>	<p>8 9am - Tone Zone (P) 10am - Balance Fitness (C) FV/AW/EG 11am - Tone Zone (GC)</p>
<p>11 9am - Tone Zone (P) 10am - Balance Fitness (IP) FV/AW/EG 11am - Tone Zone (GC) 115pm - Brain Power (P) 3pm - Brain Power (GC)</p>	<p>12 9am - Balance (P) 10am - Brain Power (IP) FV/AW/EG 11am - Chair Yoga (GC) 1pm - Wellness (BC) 145pm - Wellness (SLC) 3pm - Wellness (FVDR)</p> <p><i>Lincoln's Birthday</i> </p>	<p>13 9am - Tone Zone (P) 10am - Stretch & Flex (IP) FV/AW/EG 11am - Tone Zone (GC) 1pm - Wellness (BB) 3pm - Brain Power (GC)</p>	<p>14 9am - Chair Yoga (P) 10am - Active Mind (IP) FV/AW/EG 11am - Balance (GC) 115pm - Brain Power (P) 3pm - Wellness (FVDR)</p> <p><i>Valentine's Day</i> </p>	<p>15 9am - Tone Zone (P) 10am - Balance Fitness (C) FV/AW/EG 11am - Tone Zone (GC)</p>
<p>18 9am - Tone Zone (P) 10am - Balance Fitness (IP) FV/AW/EG 11am - Tone Zone (GC) 115pm - Brain Power (P) 3pm - Brain Power (GC)</p> <p><i>President's Day</i></p>	<p>19 9am - Balance (P) 10am - Brain Power (IP) FV/AW/EG 11am - Chair Yoga (GC) 1pm - Wellness (BC) 145pm - Wellness (SLC) 3pm - Wellness (FVDR)</p>	<p>20 9am - Tone Zone (P) 10am - Stretch & Flex (IP) FV/AW/EG 11am - Tone Zone (GC) 1pm - Wellness (BB) 3pm - Brain Power (GC)</p>	<p>21 9am - Chair Yoga (P) 10am - Active Mind (IP) FV/AW/EG 11am - Balance (GC) 115pm - Brain Power (P) 3pm - Wellness (FVDR)</p>	<p>22 9am - Tone Zone (P) 10am - Balance Fitness (C) FV/AW/EG 11am - Tone Zone (GC)</p> <p><i>Washington's Birthday</i> </p>
<p>25 9am - Tone Zone (P) 10am - Balance Fitness (IP) FV/AW/EG 11am - Tone Zone (GC) 115pm - Brain Power (P) 3pm - Brain Power (GC)</p>	<p>26 9am - Balance (P) 10am - Brain Power (IP) FV/AW/EG 11am - Chair Yoga (GC) 1pm - Wellness (BC) 145pm - Wellness (SLC) 3pm - Wellness (FVDR)</p>	<p>27 9am - Tone Zone (P) 10am - Stretch & Flex (IP) FV/AW/EG 11am - Tone Zone (GC) 1pm - Wellness (BB) 3pm - Brain Power (GC)</p>	<p>28 9am - Chair Yoga (P) 10am - Active Mind (IP) FV/AW/EG 11am - Balance (GC) 115pm - Brain Power (P) 3pm - Wellness (FVDR)</p>	

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