



Connections

“Connecting daily” is important to us

At Sunrise Retirement Community, a key part of our mission is “Connecting Daily.” We know how important it is for the individuals we serve (and all of us!) to have



by Hallie Salmen
Executive Director

connections with people they care about and people who care about them. In fact, the Sunrise campus was intentionally designed with spaces to welcome guests and encourage residents, families, and staff members to spend time making connections with those around them.

Our inside spaces include Book Indoor Park, a beautiful chapel, family dining areas, library spaces, and a variety of visiting nooks. You don’t have to go far to find wonderful places to relax, visit, and even

have an ice cream cone. Gerwulf Community Center, The Pointe, and other areas are also perfectly suited for birthday and anniversary parties, family reunions, and larger group gatherings.

Outdoors, we have beautifully maintained garden areas available to each of our nursing neighborhoods, along with walking paths throughout the campus, the Delperdang Courtyard, and our soon-to-be-dedicated Zenor Park—complete with children’s playground and putting green. Benches dot the grounds for resting or sharing a quiet moment, and two gazebos offer shade a place for a picnic.

Sunrise has always been about “Connecting Daily,” but our redesigned campus really helps people create those connections in so many ways. Our many gathering spaces are attractive to guests, residents, staff, and family members—and the connections they make bring life to Sunrise and fulfill our mission.





2018 ANNUAL APPEAL

CAN WE COUNT ON YOU?

Caring Deeply

Mary has been a resident at Sunrise for the past four years. She gets around easily in her wheelchair and is happy and content. She never misses Bible study, loves to play bingo, and enjoys spending time outdoors in our beautiful park. Mary leads a full life at the place she now calls home. She depends on Sunrise for the care she receives, and she refers to the staff as her angels. She is truly grateful for the Benevolent Care Fund that helps her remain at Sunrise.

Your annual gift to support our Benevolent Care Fund makes it possible for residents like Mary to stay at Sunrise. Our care costs have increased but government reimbursement rates have not, putting an even greater strain on our budget. Please help us sustain our charitable mission and provide our residents with the care they need. Can we count on you to make a difference?

Thank you for your support!

Sunrise is at the Sioux City Museum

Each year, Sioux City's 4th graders are asked to do a paper and 3-D model on different historic places in our community, and top projects are chosen for display at the Sioux City Public Museum.

This year, Jazmine Queen, a 4th grader at Hunt Elementary School and daughter of Sunrise employee Andrea Queen, focused on Sunrise Retirement Community...and her project earned a spot at the museum display!

"I chose Sunrise because it's my mom's work, and I thought it would be a cool project," explains Jazmine, who was impressed that Sunrise has been around so long and likes to visit Sunrise because everyone is so nice. "I learned it was called the Martin Luther Home and church leaders and business helped build Sunrise."



"I was overwhelmed and proud when my daughter chose Sunrise for the focus of her project," says Andrea, who has been a _____ since _____. "My daughter understands the importance of my job and loves visiting Sunrise. "

Craftsman helps caregiver

A story of how people are making a difference at Sunrise

Paul VanderWeil, retired North High School principal, is involved with the Sertoma Club along with Sunrise Foundation Board Member Don Herbold. Knowing Paul is a skilled woodworker and knowing Sunrise needed some new restorative equipment, Don asked Paul if he would craft the equipment for memory care residents at Sunrise. Paul agreed to lend a hand, which saved Sunrise up to \$2,000—as that's what ordering the equipment would have cost.

"I'm glad I can make a difference in the lives of the Sunrise residents," says Paul, who was recognized for his service at the Sertoma Breakfast Club's 50th anniversary celebration in June.

And he has most definitely made a difference...not only for Sunrise residents but also for the caring people who work with them each day.

As a restorative care assistant at Sunrise for nearly 22 years,

it's Marlis Lubben's job to fulfill care plans for each memory care resident, and to keep them functional and happy. "I try to keep their minds working in concert with their hands," she says. "Focus is hard for them, but they are still reachable no matter what stage they are in."

Marlis shares the true impact of Paul's handiwork. "For me, this equipment allows me to offer more therapy opportunities and better focus on residents' different abilities. As for the residents, I wish I had a video to show how they reacted!"

With these new tools, Marlis explains, the residents help motivate each other. That, in turn, motivates her because she wants what is best for each one.

"I consider them all my residents, and this is their home... and I am part of their home. Residents are my extended family. They make a difference in my life, and I can only hope that I am making a difference in theirs."

Her greatest wish? "To have the time and hands to do everything I can do and more."

By sharing his hands and his handiwork, Paul VanderWeil is helping Marlis and her memory care residents do even more.

Welcome to the Sunrise team!

Meet Jen Hansen, our new activities director! This mom of three is all about family connections, as she and her girls enjoy taking walks, playing games, watching movies, going to the zoo. An avid reader who appreciates trying new things, Jen served for several years in the Iowa Army National Guard and attended Western Iowa Tech Community College with a focus on medical administration. She has lived most of her life in Nebraska and is huge Huskers fan.

Q: *How do you engage with Sunrise residents?*

A: I enjoy having conversations and listening to residents' stories, learning about them and their lives, and sharing about my life and interests. It's also important to visit with family and friends, as this helps us gain increased insight into what residents enjoy doing.

Q: *Why is resident activity so important?*

A: Socialization is such a huge part of our lives, and that doesn't end when you come to Sunrise. Activities provide relationship building, mental stimulation, connectedness, and a sense of accomplishment.

Q: *What are your hopes for activities programming at Sunrise?*

A: My focus is resident-centered care. Knowing each of our residents the best I can, I'll use that information to form a great activity program—but it's always going to be changing, as our residents' wants and needs are always changing. I've added activities for our Assisted Living residents and group activities in Assisted Living Memory Care, and I've started one-to-one activities—setting times for activity staff to spend time with individual residents since some do not wish to participate in group activities. I'd also like to get a membership at the Sioux City Senior Center for residents to utilize.



Sunrise resident ? with
Jen Hansen, activities director.

Q: *What are your thoughts on the spaces you use for activities programming?*

A: Sometimes a change of scenery is a great way to increase participation. We have the indoor park, the chapel, lounge areas outside each neighborhood, a playground, the gazebo...so many different places to enjoy beautiful views while getting involved in activities.

Q: *What do you enjoy about working at Sunrise?*

A: My favorite thing is the amazing relationships you build with residents, families, and the staff. I enjoy seeing a resident light up while doing their favorite activity or trying something new...and I love that there is always laughter in the neighborhoods.



“When visitors make their way up the hill, I want them to notice the beautiful landscaping and the trees and the flowers, as it’s important to make a good first impression. But even more importantly, I know how much it means to the residents and their families. It should be beautiful because it is their home.”

-Sunrise Groundskeeper Doug Henry

Crooked Halos balance faith and fun

Did you know? Sunrise has a men's group that meets every Monday morning over breakfast in the Fountainview Dining Room

Jon Moravec, former Sunrise chaplain, started the group several years ago, but Chaplain Scott Squires offered resurgence when he came on board and provided the group with its name: Crooked Halos.

Volunteer Terry King, whose parents lived at Sunrise in 2011, shares the opening prayer and keeps the group spiritually centered, as there's generally a Scripture passage followed by discussion about what it means to each of them.

"The purpose of the group is to encourage and edify each other," shares Chaplain Squires. "Our men's groups are growing in popularity and diversity as all denominations are represented. They're just a great outlet for men to affirm and validate their lives and beliefs."

Encourage one another and build each other up, just as in fact you are doing.

-Thessalonians 5:1

Don Happy, a Fountainview resident who's been part of Crooked Halos for two years, says they talk about anything and everything. "We pray before we start our meeting and at the end. In between, the sky's the limit...it's a jovial meeting."



From left: Alden Noble, Sunrise Chaplain Scott Squires, and Don Happy

They share life lessons, current events, Bible trivia, and always a Scripture message for the day.

"Scott is a good minister, and that is why I am here," says Crooked Halos member Alden Noble, who's been attending for about a year. "He is very open-minded about what we discuss, and everyone in the group is so friendly."

Crooked Halos provides the perfect combination of learning and laughter.

"The application piece is important, and it's a great takeaway from the meetings," says Squires, "but one of the things I like best is how we are all free to laugh with each other and at each other."

Garden Club colors campus

This spring, four members of the Morningside Garden Club volunteered their time and talents to fill the flowerpots outside the main entrances and in Gussie's Garden. They planted purple fountain grass, wave petunias, blue salvia,

white bacopa and trailing chartreuse lysimachia.

"Our groundskeeper was busy with a special project, so I reached out to the Garden Club and they were very happy to take on this community project," shares Sunrise Development Director Lorrie Stedman, who is also a master gardener. "The results are absolutely beautiful."

"It was fun shopping for the flowers and the scale of this project was just perfect," adds Pam Kramer, Garden Club member. "Sunrise has such a beautiful campus!"

From left: Morningside Garden Club members Dorothy Irwin, Pam Kramer, Pauline Sensenig, and Marylee Brygger





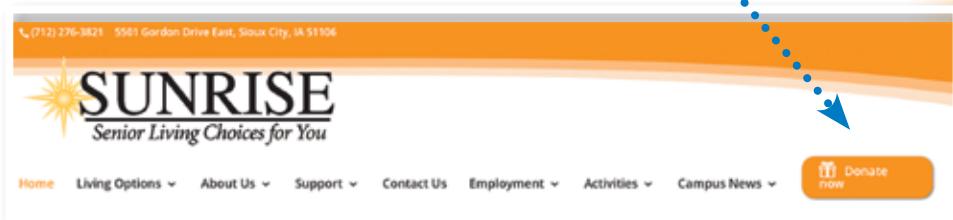
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Check it out! Our new "Donate Now" button on the website makes it easy for you to support the Sunrise mission.



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!



October 9
siouxlandbiggive.org

Upcoming Events

Wednesday Cookouts

Delperdang Courtyard • Through _____
11 a.m.–1 p.m.

Grandparents Day Celebration

Location • Sept. 9 • 11 a.m.–1 p.m.

The Big Give

Oct. 9

Jill Miller Holiday Benefit Concert

Orpheum Theatre • Date TBA • 7 p.m.

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Our Mission

Caring deeply. Connecting daily.

Leading boldly. Serving faithfully.