

CELEBRATING 60 YEARS

SUNRISE TIMES

Senior Living Choices for You

Volume 68

FEBRUARY 2020

Issue 2

2020 BOARD OF DIRECTORS

Dr. Richard Hildebrand
President

Bill Bradbury
Vice President

Dr. Mary Kovarna, *Secretary*

Gina Sitzmann, *Treasurer*

Ryan Ross, *Legal Advisor*

Thomas R. Padgett
Past President

Matt Campbell
Dr. Barbara Condon
Dr. Patrick Cross

Kyle Irvin
Donald D. Kelsey

Dave Larson
Kent McCuddin

Terry Murrell
Tom Padgett

Lynn Wold
Ron Yockey

Dr. William C. Ziebell



Welcome Residents to Sunrise



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.

Florence Goff
Robert Kingsbury

As we enter February, Valentine's Day is on our mind. No matter how young or old you are it is fun to get a little note or gift, just something that let's you know you are loved. I think of my kids, my husband and my nieces and nephew – all loved! But I also think about each of the residents that we serve at Sunrise.

Please know that **YOU** are **LOVED**. The caregivers and staff team that Sunrise has are the best in Siouxland, they show such genuine love and kindness to our residents that there is not doubt they are motivated by more than just their job description. We are so grateful that each of you call Sunrise home and have put your trust in us.

We just **LOVE** being here to serve!

Hallie Salmen,
CEO / EXECUTIVE DIRECTOR

SUNRISE RETIREMENT FOUNDATION ~ BOARD ~

Hallie Salmen
Foundation President

Donald D. Kelsey
Treasurer

Kyle Irvin
Legal Advisor

Jack Bernstein

Larry Delperdang

Pokey Jensen

Deb Smith

Bev Zenor

Dr. William "Bud" Ziebell

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



Sunrise is now using an automated emergency alert system

to reach out to residents or their emergency contacts if there is an important announcement or emergency situation that needs to be relayed. Text messages will come from the number 69310 and phone calls will come from 712-555-5555. Emails will say:
noreply@ woodburycountyalerts

Chris Schenkelberg,
SUNRISE HEALTHCARE ADMINISTRATOR/FOUNTAINVIEW ASSISTED LIVING MANAGER

Chapel Offerings

Scott Squires,
CHAPLAIN



Yes, We Want To Hear From You!

MONTHLY COUNCIL MEETINGS

Sunrise Nursing Residents meet in the Chapel at 3:00pm on **Monday, Feb. 17, 2020**

Fountain View Assisted Living Tenants meet in 2nd Floor Lounge at 3:15pm on **Friday, Feb. 21, 2020.**

Thank you,
Chris Schenkelberg

Do you have an extra Bread Maker ?

Maybe one you no longer use? *Sometimes . . .* we would just like to “bake some bread” in our nursing neighborhoods.

If you can help us obtain one, *pl-e-ase* contact **Sunrise’s Activity Dept. 276-3821, Ext. 3130**

Sunrise’s Coming Events:

- **Chili Socials serving Chili & Cinnamon Rolls for \$5 in the Indoor Park, 10:00am--12:30pm.** On the following Wednesdays: **Feb 12th** and then again on **Mar 11 & Apr 8.** All to benefit the Memory Care Renovation Campaign
- **Looking Forward to The Annual Easter Egg Hunt** scheduled for **Saturday, April 11, 2020**
- **And for more events & activities** you and your families are welcome to attend. Please check our monthly Activities Calendar.

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 at Maple Heights.

Tuesdays:
9:15 Devotions - Bernstein.
10:00 Devotions - Chapel.
2:00 Chapel Celebrations - Chapel.

Wednesdays:
9:00 Coffee & Prayer —Chapel.
2:00 (The 3rd Wed. this month) Hymn History in Chapel.
3:00 Grief Share-Group Conference Room.

Monthly:
Every 1st Wed. of each Month:
Hymn History
1:00 The Pointe
2:00 Chapel.

Please check the Activities Calendars for all of Chaplain’s regularly scheduled meetings.

Who has ever heard of Rock Steady Boxing?

*Well...*It’s a **program** designed to improve the physical health of those living with Parkinson’s Disease.

It is also a Support Group for those living with the disease.

February 21, 2020 — 11:00am —At The Pointe.

Come meet Pat Tomscha, Director of Siouxland Senior Center
And he will explain this program to all who attend.

Creative Writing

With Valentines & Hearts All A-Flutter

Please write all your unforgettable memories you want to share with all of us through Sunrise’s newsletters. Writing is the perfect way to preserve those reflections and remembrances. It may inspire others to write as well.

Please bring your writings to Sunrise’s Reception Desk or email: [pointer@ sunriseretirement.com](mailto:pointer@sunriseretirement.com)

Thank You, Mary Pointer, SECRETARY

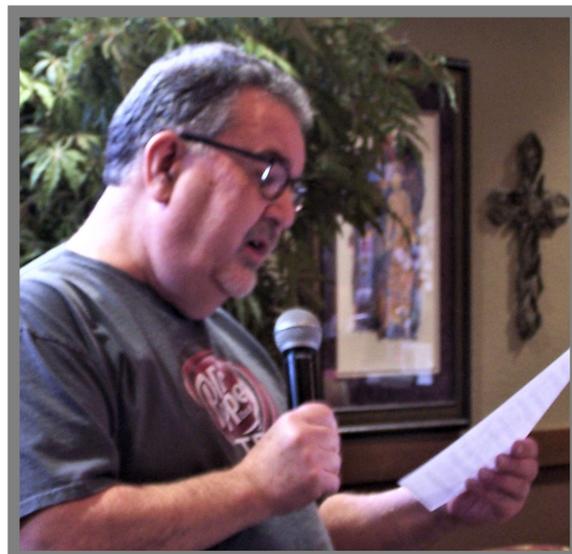
(We reserve the right to edit any & all articles before printing.)

The Rosary Group has been meeting for the past 15 years. This group meets on Saturday Morning at 10am in the Third Floor Chapel/Theatre at The Pointe. Resident, Marty Gubbels, from Sunrise Hills, leads the rosary. They always pray for the sick and suffering members of the Sunrise Community. It only takes about 15 minutes to say the Rosary and all are invited to join the group. So if you have the time —**come and join us!**



The “Old Guys” Card Club has grown as they have been meeting for the past year every Thursday at 1pm. These guys currently meet in the Roth Dining Room on First Floor near the Indoor Park of Sunrise Retirement’s Healthcenter. They usually play for a couple of hours at a time. If you are interested in joining the group, please stop by and introduce yourself.

Hymns — On two afternoons lately many of the sweet familiar hymns, we learned while growing up, were played in Sunrise’s Chapel. They were played by resident, Pat Herbold. Pat was born in Pierson, Iowa and attended Elementary there and graduated High School in 1957. She went on to college at the University of So. Dakota and earned music degrees with majors in Music Education and Piano. Then she taught in Belmond, IA for 1 year and then taught for 15 years in Sioux City Public Schools, teaching Music to 7th—9th Graders. She also spent a number of years teaching piano from her private studio at in her home as well as Class Piano at Morningside College for several years too. She was most glad serve many years as both President of the Sioux City Concert Course and as Organist at Faith United Presbyterian Church. Besides being more than “active” in the Siouxland’s music world, she was wife to Arlo Herbold who had been City Planner for the City of Sioux City and happy to be the mother of her only child, Bryan who currently lives in Des Moines. We are blessed to have Pat play and share her talents with us.



At the second week’s “Hymn” session, we were also honored to have one of our resident’s children sing as Pat accompanied him. Fountainview resident, Louise McGrail, had previously indicated that her son, Tim McGrail, “could sing” and indeed, he can and did! We enjoyed every note that melodically came from this low-down bass singer. His mother states, Tim started singing as a youngster in the Morningside Presbyterian (now Faith United) Children’s Choir, but was asked not to sing because his voice changed and they said he couldn’t carry a tune. But by 9th grade at East Middle School, he was “the lowest voice that had ever sang with the group”. They were happy to have him sing. Tim went on singing in High School and then with the Iowa State Singers in college. They toured Italy singing in cathedrals and also did a couple of musicals: Jesus Christ Super Star and Fiddler On The Roof. Tim has continued to sing in church on Sundays, sometimes in Christmas programs and at times with his daughter, Hayley and even with his five year old grandson, Eion.

It was explained that Tim doesn’t make his living with his music (Hayley does that), but that he is an Iowa State Grad with an engineer’s degree in Safety. Tim is currently living in South Carolina and working on setting up equipment and training for Dr. Pepper’s new plant there. He has a wife, Deb and two grown children, Sean and Hayley and of course their grandmother is extremely proud of all as she should be.

Grandmother, Louise, beams when talking about her musically talented family. It was Tim’s son that informed us, Tim can hit “Middle C”, then move down past low C, on down to the D below that. At any rate, his voice is low, very low and very melodic as well . . . We’d like to hear him sing again and any of the rest of the family that tags along.



LeAnn Fleming & Sue Schultz
SOCIAL SERVICES DEPARTMENT

Resident Right Of The Month:

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

ORGANIZATION OF AND PARTICIPATION IN FAMILY AND RESIDENT GROUPS.

You and your family members may organize resident and family councils. We will provide space for your meetings. A staff member from the facility will attend if invited. The staff will address written recommendations which come out of those meetings and which concern policy and operational decisions which affect your care and life in the facility.

Our Sympathies

- Naomi Grosvenor
- Helen Hathaway
- Socorra Rol



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

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



2020 FEBRUARY Residents Birthdays

- 01—Jerri Lynn Johnson
- 12—Everett Bollmeyer
- 16—Bernice Spink
- 17—Phyllis Prodehl
- 18—James Golden
- 25—Robert Hansen
- 26—Patricia Herbold
- 27—Ruth Hantla
- 28—Rose Hagan
- 29—Ruth Hamilton



Compliance Hotline:
855-661-2667



The 4th Nite Hand-Quilters & Appliquers —

Bring your own project!
Bring your own refreshments!
Invite a friend!
Next Meeting February 27th
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)



RE: OLD Eyeglasses & Hearing Aids

During the year 2020, Sunrise will continue to collect Eyeglasses and Hearing Aids that had been replaced or discarded. A Lion's Club member picks them up, then takes them to be sorted, refurbished and re-distributed.

Thank you for your "vision" in helping others.

Sunrise's Business Office
5501 Gordon Dr. East.

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

For Residents & Family Members —

To receive our Sunrise Times newsletter through E-Mail, please contact pointerm@sunriseretirement.com
Or leave a message—Ext. 3114.

Thank you, *Mary Pointer*, SECRETARY

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 can I do about my depression?

Many people think being sad is depression, but it is much more complex than that. Everyone is different & may experience different symptoms. Some depression symptoms may be as follows.

1. Little interest or pleasure in doing things
2. Feeling down, depressed or hopeless.
3. Trouble falling or staying asleep or sleeping too much.
4. Feeling tire or having little energy.
5. Poor appetite, overeating or considerable wt. changes.
6. Feeling bad about themselves or feeling they are a failure.
7. Difficulty concentrating or making decisions.
8. Moving or speaking slowly, restlessness.
9. Thoughts that you would be better off dead.

Depression Tips.

1. Learn about your depression. There could be underlying medical conditions causing it.
2. Take time to find the right treatment. Trial & error.
3. Don't rely on meds alone. Seek therapy either in groups or one on one.
4. Social support

Treatment takes time and commitment. It may not happen overnight. Always involve your Doctor and family for support & treatment options. Depression can be seasonal especially over the winter & holiday months.

~ *Glenys Behrens*,
SUNRISE HILLS NURSE



Sunrise Retirement

You can now purchase your items online in 3 easy steps:

1. Scan the QR code or go online to <https://sunriseretirement.itemorder.com>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: Thursday February 6th, 2020 (11:59pm CST)

District Women's Perfect Blend V-Neck  \$29.99 \$13.99	District Women's Very Important Long Sleeve Tee  \$29.99 \$14.99	BAW Vintage Heather Hood  \$39.99 \$28.99	Pennant Crossover Hoodie  \$49.99 \$32.99	Augusta Womens Shadow Polo  \$39.99 \$23.99	Sport-Tek Women's Contrast Stitch Microplique Sport Wick Polo  \$39.99 \$25.99
BAW Xtreme Tek Polo  \$29.99 \$18.99	Fort Authority Women's Modern Stretch Cardigan  \$39.99 \$26.00	BAW Women's Open Front Cardigan  \$39.99 \$26.99	BAW Women's Heather Xtreme-Tek 4 Runners  \$29.99 \$19.99	BAW Heather Xtreme-Tek 4 Runners  \$39.99 \$18.99	Boxercraft Women's Fuzzy Fleece Pullover  \$49.99 \$37.99
Fort Authority Women's Microfleece Jacket  \$39.99 \$25.99	Fort Authority Women's Core Soft Shell Jacket  \$49.99 \$37.99	Charles River Ladies Heathered Fleece Pullover  \$59.99 \$46.99			

POWERED BY  ORDERMYGEAR

Questions?
 Customer Service
 1-800-747-9744
sales@thegraphicedge.com
<https://www.thegraphicedge.com/>