

CELEBRATING 60 YEARS

SUNRISE TIMES

Senior Living Choices for You

Volume 68

MARCH 2020

Issue 3

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I am happy to have January and February behind us, where the promise of pleasant weather is getting closer. March can be a crazy weather month, as we all know; with warm days then strong wind and suddenly a blizzard!

Let's hope an early spring is on the way, though. With crazy weather in mind, the last week of March is always Severe Weather Awareness week. It is a good time to review your plans for severe weather — where do you go in the case of a tornado or very strong wind? Planning ahead helps us react quicker in the event of the real thing. If you don't know where the safest place is in your home/apartment, please ask a staff member! We will be doing drills at the end of the month for practice as well.

While none of us look forward to the extreme weather that can be common for March, I am looking forward to the growing amount of daylight hours. We do have a change to Daylight Savings

Time on March 8, so our evenings will give us even more light. I love the opportunity for a walk outside with the longer days!

We love a reason to celebrate at Sunrise – there are so many things to be thankful for on our campus. On March 26, Employee Appreciation Day, we will be thanking our dedicated staff members for all they do to be sure Sunrise is a wonderful place to live and work. Feel free to share your thanks that day too!

Happy March to all – and don't forget your green on March 17.

Hallie Salmen,
CEO / EXECUTIVE DIRECTOR



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Norma Damme
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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 ~

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Sunrise Retirement Community

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WEB-SITE ADDRESS: www.sunriseretirement.com

E-MAIL ADDRESS: info@sunriseretirement.com



We feel like we are jumping straight into spring, which is a wonderful feeling to see the sun shining, seems to put a little spring in all of our steps! The birds are already starting to sing in the mornings, which is so beautiful to hear. Soon the days will be getting longer which we are all looking forward to. I know that I am excited to look out our windows to see green instead of brown and white. During these couple months where it melts during the day and gets cold at night, please remember to watch for black ice when going out of the building. There are many spots that seem to melt and run over the sidewalk and it is very slick and hard to see. There are also areas where the sidewalks have raised, so please be careful if you are out for a walk on these warmer days. Unfortunately, we will not be able to repair the concrete until we get a little closer to spring.

Resident/Tenant Council Meetings

Nursing Resident Council will be March 9th at 3pm in the Chapel. We really encourage you to attend and share your suggestions to give Sunrise the opportunity to improve your experiences while you're here for a short time or for those who call Sunrise home.

Assisted Living tenant council will be held in the Fountainview Dining Room at 10 am on Saturday, March 28th. We also really want to hear from you and any suggestions you can give us or let us know things that are going well so we know what we should continue to do.

We appreciate you all taking the time to come and share your thoughts to make Sunrise a better place!

Thank you *Chris Schenkelberg*

The podiatrist will be here on March 4th. For Assisted Living tenants who are wanting to see the podiatrist and who are not on the list, please contact Petricia Hurtado. There has been a change in location from the consultation room to the Fountainview Wellness Room in the Assisted Living side of the Healthcenter. If you have any questions, please see Petricia.

Alzheimer's Support

Group: We are excited to announce that we have started an Alzheimer's support group that Sunrise will facilitate in the Prairie Creek Room at The Pointe. This may give you the opportunity to share stories of situations you have experienced yourself as a caregiver or family member that may help others in the same situation. The support group may also give you the opportunity to learn from others how to deal with certain situations or coping methods that may be beneficial. Sharing your thoughts and feelings at these meetings, sometimes will allow us to focus on what really matters when you are visiting your loved ones.

Here are some tips for communicating with our loved ones with dementia:

- | | |
|---|---|
| 1. Never Argue
Instead Agree. | 6. Never say "I Told You."
Instead Repeat. |
| 2. Never Reason
Instead Divert. | 7. Never say "You Can't"
Instead say what they Can Do. |
| 3. Never Shame
Instead Distract. | 8. Never Demand
Instead Ask. |
| 4. Never Lecture
Instead Reassure. | 9. Never Condescend
Instead Encourage. |
| 5. Never say Remember
Instead Reminisce. | 10. Never Force
Instead Reinforce. |

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

Announcing: The 4th Tuesday of Every Month at 2:00pm — The Alzheimer's Support Group is meeting at The Pointe and all are welcome to attend... See you there!

Thanks, *Chris S.*



Robert Fox, KING

Bonnie Mathers, QUEEN

FOUNTAINVIEW VALENTINE ROYALTY—2020



Robert Eidsmoe, KING

Rose Hagen, QUEEN

**SILVER MAPLE NEIGHBORHOOD
VALENTINE ROYALTY — 2020**

DENTAL CARE— Sunrise will begin providing on-site dental care services to all our residents. **Senior Dent** is the company that will be coming to provide a dental team which consists of a dentist, dental hygienist and dental assistants. The dentist who will be providing the service is Dr. Logue. This can be charged through Medicaid if you qualify and there is other options such as pay per service as well. The team can provide exams, cleaning, X-rays, fillings, extractions and even do impressions for new dentures right on site. This service is available to residents who live in the nursing center and also tenants in Assisted Living.

Once you have decided that this is an option you would like to select as a service on-site, please sign up in the front office and a dental hygienist will be here on March 23rd, starting at 9 am in the consultation room to do an assessment to determine your dental needs. The assessment will only take a few minutes. Sunrise would need to provide Senior Dent with some information prior to providing this service and would also need to get your permission to do the services. You would need to sign a consent form.

If you are interested in more information related to the costs and services of this program, please contact Bari at 314-440-2342. Or you can stop in and see Bari on March 2nd at 11:15 am, as she will be on-site to answer any questions you may have.

Thank you! *Chris Schenkelberg*

Dietary: More notes about food brought into the facility for our residents from family or other visitors is accepted. Here are some guidelines that need to be followed. Any food that is brought into the facility will be checked by a staff member before being accepted into the facility. The food container should be able to close and be secure. Staff will label it with the resident's name and date. We can only have the food in the refrigerator for 3 days. So please only bring a couple of servings. If you have any questions or concerns, please contact the facility.

Thanks,

Wendy Barbee, DIETARY MANAGER

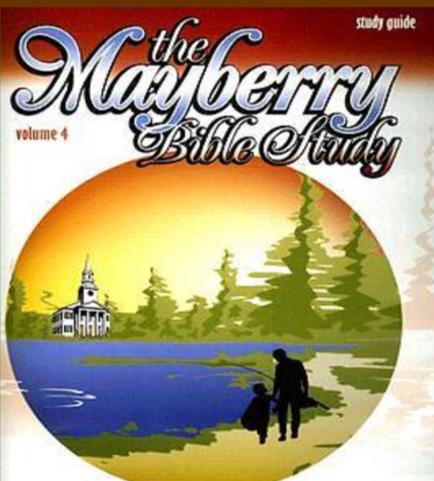
Chaplain's Corner:



Monthly Communion Services:
The First Sunday
and
Tuesday 24th at
2:00 PM
In The Chapel

Join us for a fun time as we watch Andy Griffith and discuss the life lessons through the Bible.

Second Tuesday of each month.
At the Pointe
At 2:30 pm



study guide
the Mayberry Bible Study
volume 4

RESILIENT FAITH

March Sermon Series
The Five G's of a Resilient Faith



Just a couple friendly reminders...

Please remember that we are a secured building and that it is very helpful when you remember to bring your fob to enter and exit the buildings so you don't have to wait for the staff to let you in. In the case you did forget your fob, there is a doorbell in the entryway to the office area, but it may take the staff awhile to respond as they may be working with other residents.

Also, if you are bringing outside food for your loved ones in to the facility and would like to store it in the public refrigerator, please be sure that you date the item, be sure it is in a sealed container and that you put the resident's name on the item.

If you have your own refrigerator in your room, please be sure that you discard expired items and be sure that the refrigerator is kept clean. If you are not able to clean out your personal refrigerator, please be sure to ask your family to help you with this task.

Thank you! *Chris S.*

A Turtle, named C.J. came to Sunrise Retirement for a walk around inside our Indoor Park. He is a "Red-Eared Slider" of the turtle species. C.J. has grown from about the size of a squashed tennis ball and has been growing for over the 34 years that he has been with his adoptive human family. Now he's about the size of a squashed cantelope. He eats good — a steady diet of reptile food and night crawlers. Please note that "hamburger is considered a special treat", says his "Mother". His Mom for all these years was and is Carol Starch, who works in Sunrise's Activity Department. She decided, out of love for him and all of us, to share C.J. for Valentines. Yes, they have experienced a lot of different situations together. she can tell you all the stories . . . Just ask Carol!



Sunrise's Coming Events:

- **Chili Socials serving Chili & Cinnamon Rolls for \$5 in the Indoor Park, 10:00am--12:30pm. On Wed, Mar 11 and the last one is Apr 8. All to benefit Memory Care Renovation Campaign**
- **THE CIRCUS—Thurs, April 2nd @ 11:30am—See Activities Staff.**
- **Looking Forward to The Annual Easter Egg Hunt scheduled for Saturday, April 11, 2020**
- **Mothers' Day Brunch, Sat. May 9, 11am-12:30pm. A light brunch in all Neighborhoods.**
- **Cook-Outs begin Wed., May 13 and on through the Summer, more details coming.**
- **Father's Day Cook-Out—Thurs., June 18, begins at 5pm.**
- **And for more events & activities you and your families are welcome to attend. Please check our monthly Activities Calendar.**

Chapel Offerings

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 at Maple Heights.

Tuesdays:

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

Wednesdays:

9:00 Coffee & Prayer in 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

Reminders:

Communion is on Tuesday, March 24th & Celebration of Life is Tues., March 17th

**Check the Calendars for all meetings.*



LeAnn Fleming & Sue Schultz
SOCIAL SERVICES DEPARTMENT

Resident Right Of The Month:

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

PARTICIPATION IN SOCIAL, RELIGIOUS, AND COMMUNITY ACTIVITIES.

You have the right to participate in any activities which do not infringe on the rights of other residents. You also have the right to choose activity schedules consistent with your interests, assessment, and plan of care. You may vote and maintain your other rights of citizenship. We will help you exercise those rights if you need assistance. You may keep religious items in your room and may attend services.

Our Sympathies

Robert Kingsbury

Arnold Menuey

Francis Mikkelsen



1-800-562-3396

For transportation by
MIDWEST MEDICAL
NON-EMERGENCY
AMBULANCE

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



2020 MARCH Residents Birthdays

- 14—Vera Stoltze
- 14—Norma Burrus
- 18—Cathy Podwysocki
- 18—Ila Sales
- 20—Elaine Seubert
- 29—Solveig Runge
- 30—Deloris Handke
- 31—Ella Pridie



Compliance Hotline:
855-661-2667



The 4th Nite
Hand-Quilters &
Appliquers —

Bring your own project!
Bring your own refreshments!
Invite a friend!
From 4:30—7:00 in Board Rm
at 5501 Gordon Drive East.

Questions? Ask: Mary Pointer,
Afternoons, 276-3821, Ext. 3114.
*(Meets 4th Thursday of every Month,
except Nov. & Dec.)*



RE: OLD
Eyeglasses &
Hearing Aids

Sunrise collects Eyeglasses
and Hearing Aids that had been
replaced or discarded. They are
sorted, refurbished and
re-distributed to those in need.

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. ~

Is Vitamin C an beneficial to use to help prevent colds or flu or other ailments?

Vitamin C is essential nutrient that keeps the body functioning. It includes the synthesis of collagen, healing of wounds, and repair and maintenance of cartilage, bones and teeth. Vitamin C is also an antioxidant. It is considered an immune booster and there is little evidence it actually prevents or treats infections. The main use is to treat Vitamin C deficiency.

It is also believed to aid in prevention of numerous diseases including colds, asthma, bronchitis, cancer, chronic pain, glaucoma, heart disease, hypertension and many other diseases. Evidence supporting these claims is weak.

Studies showed the Vitamin C did nothing to reduce the rate of colds. There is some evidence it may slow the progression of macular degeneration or prevent certain types of cataracts.

Vitamin C is generally safe. High doses can cause adverse effects such as heartburn, nausea, headaches, cramps, diarrhea and kidney stones. It can reduce the effects if some antipsychotic medications. It can also raise your blood sugar.

***** Always ask your doctor before starting any over the counter medication. Most Vitamin C doses can be obtained through foods.

Glenys Behrens,
SUNRISE HILLS NURSE

Kitchen Sink Exercises

Looking for exercises to do in the comfort of your own home? Look no further! Try the "Kitchen Sink Exercises"! Find a sturdy surface to hold onto (like the kitchen sink) and follow the instructions. The exercises listed are great for strengthening the legs and improving balance.

Leg Exercises 1

Hold onto kitchen sink or sturdy counter.

Don't exercise if too hot or you feel dizzy.

Don't exercise sore muscles!!

If you are sore take a day off from exercise until soreness is gone.

Exercise should not be painful!!

MARCHES

March in place

Lift knees as high as you can without pain

Sets of 10 reps



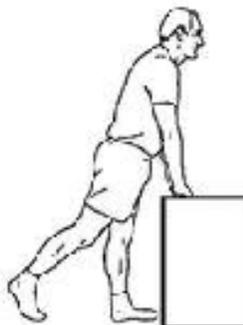
KICK-BACK

Hold onto sink or counter

Slowly lift one leg backwards and slowly return

Do both legs

Sets of 10 reps



SIDE KICK

Hold onto sink or counter

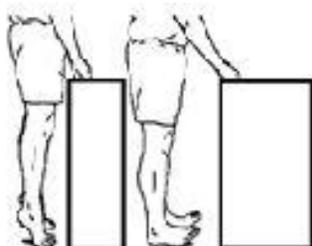
Slowly lift one leg to side and slowly return

Do both legs

Sets of 10 reps



HEEL AND TOE RAISE



Hold onto sink or counter

Lift heels up ...1...2...3 then down **10 reps**

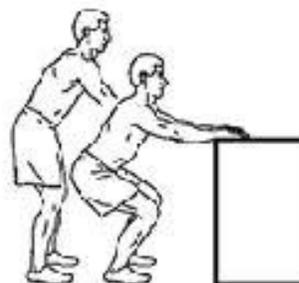
Lift toes up ...1...2...3 then down **10 reps**

MINI SQUAT

Hold onto sink or counter

Slowly squat down a few inches and return up

Go deeper as you become stronger



TRACKER	Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Marches							
Kick-Back							
Side Kick							
Heel Toe							
Mini Squat							

↑ Track your exercises! ↑

Contact:
Brooke Robinson
AL
(712) 276-3821 ext. 3143

MARCH 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat		
1	2 9am- Tone Zone (P) 10am- Balance Fitness (IP) 11am- Tone Zone (GC) 1:15pm- Brain Power (P) 3pm- Brain Power (GC)	3 9am- Balance (P) 10am- Brain Power (IP) 11am- Chair Yoga (GC) 1pm- Wellness (BC/SLC) 3pm- Sit & Be Fit (FVDR)	4 9am- Tone Zone (P) 10am- Stretch & Flex (IP) 11am- Tone Zone (GC) 1pm- Sit & Be Fit (BB)	5 9am- Chair Yoga (P) 10am- Active Mind (IP) 11am- Balance (GC) 1:15pm- Brain Power (P) 3pm- Brain Power (GC)	6 9am- Tone Zone (P) 10am- Balance Fitness (C) 11am- Tone Zone (GC) 1pm- Sit & Be Fit (BB)	7		
8 Daylight Savings	9 9am- Tone Zone (P) 10am- Balance Fitness (IP) 11am- Tone Zone (GC) 1:15pm- Brain Power (P) 3pm- Brain Power (GC)	10 9am- Balance (P) 10am- Brain Power (IP) 11am- Chair Yoga (GC) 1pm- Wellness (BC/SLC) 3pm- Sit & Be Fit (FVDR)	11 9am- Tone Zone (P) 10am- Stretch & Flex (IP) 11am- Tone Zone (GC) 1pm- Sit & Be Fit (BB)	12 9am- Chair Yoga (P) 10am- Active Mind (IP) 11am- Balance (GC) 1:15pm- Brain Power (P) 3pm- Brain Power (GC)	13 9am- Tone Zone (P) 10am- Balance Fitness (C) 11am- Tone Zone (GC) 1pm- Sit & Be Fit (BB)	14		
15	16 9am- Tone Zone (P) 10am- Balance Fitness (IP) 11am- Tone Zone (GC) 1:15pm- Brain Power (P) 3pm- Brain Power (GC)	17 Saint Patrick's Day 9am- Balance (P) 10am- Brain Power (IP) 11am- Chair Yoga (GC) 1pm- Wellness (BC/SLC) 3pm- Sit & Be Fit (FVDR)	18 9am- Tone Zone (P) 10am- Stretch & Flex (IP) 11am- Tone Zone (GC) 1pm- Sit & Be Fit (BB)	19 Start of Spring (Spring Equinox) 9am- Chair Yoga (P) 10am- Active Mind (IP) 11am- Balance (GC) 1:15pm- Brain Power (P) 3pm- Brain Power (GC)	20 9am- Tone Zone (P) 10am- Balance Fitness (C) 11am- Tone Zone (GC) 1pm- Sit & Be Fit (BB)	21		
22	23 9am- Tone Zone (P) 10am- Balance Fitness (IP) 11am- Tone Zone (GC) 1:15pm- Brain Power (P) 3pm- Brain Power (GC)	24 9am- Balance (P) 10am- Brain Power (IP) 11am- Chair Yoga (GC) 1pm- Wellness (BC/SLC) 3pm- Sit & Be Fit (FVDR)	25 9am- Tone Zone (P) 10am- Stretch & Flex (IP) 11am- Tone Zone (GC) 1pm- Sit & Be Fit (BB)	26 9am- Chair Yoga (P) 10am- Active Mind (IP) 11am- Balance (GC) 1:15pm- Brain Power (P) 3pm- Brain Power (GC)	27 9am- Tone Zone (P) 10am- Balance Fitness (C) 11am- Tone Zone (GC) 1pm- Sit & Be Fit (BB)	28		
29	30 9am- Tone Zone (P) 10am- Balance Fitness (IP) 11am- Tone Zone (GC) 1:15pm- Brain Power (P) 3pm- Brain Power (GC)	31 9am- Balance (P) 10am- Brain Power (IP) 11am- Chair Yoga (GC) 1pm- Wellness (BC/SLC) 3pm- Sit & Be Fit (FVDR)	Location Key: Bayberry - (BB) Bernstein Center - (BC) Chapel - (C) Fountain View Dining Room - (FVDR) Genworth Center - (GC) Indoor Park - (IP) Pointe - (P) Sunlight Center - (SLC)				Fun National Holidays: National Caffeine Awareness Month National Nutrition Month National Peanut Month National Social Work Month Save Your Vision Month American Crossword Puzzle Days: 20-22 American Chocolate Week: 15-21	

