

Our Sunrise website  
has a new look!



# Connections

## Our gifts: Time, talents, and treasures

by Hallie Salmen, executive director



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executive director

It is so much fun to compile the stories for our *Connections* newsletters. However, when planning what to highlight, it can be hard to decide which events and projects to feature since there are always so many interesting things happening! This issue includes stories of people sharing their *time, talents, and treasures* to make Sunrise shine!

**TIME and TALENTS** are important gifts, and we are grateful for many volunteers who give their time to make Sunrise a great organization. Some volunteer experiences focus directly on spending time with residents, like the Briar Cliff students who began their winter term with a service project on campus. Other opportunities involve less face-to-face time with residents but incredible work behind the scenes, like our board members who volunteer their time and share talents and expertise to steer Sunrise toward the future.

Generous gifts that enhance the lives of our residents are certainly **TREASURES**, and we are touched by the meaningful memorials given by loved ones. In this issue, we recognize a special gift Thomas Borchart and his family recently made in honor of his mother.

This newsletter is filled with great examples of how members of the Sunrise community team up to make this a great organization. Together we really do live our mission: *Caring deeply. Connecting daily. Leading boldly. Serving faithfully.*

## Siouxland Senior Open is June 12

It may be cold outside now but spring is coming, so it's not too early to think about the Siouxland Senior Open sponsored by Suter Services! This signature fundraiser for Sunrise memory care will be held at Two Rivers Golf Club on **June 12** with a noon shotgun. It is the region's most highly recognized tournament for golfers age 50+ but will offer a "play for fun" option this year for golfers of all levels.



**Ready to register?** Call Two Rivers at 605-232-3241. **Want to sponsor?** Contact Janet Dorale, director of fund development, at 712-276-3821, ext. 3157.

# SECURE Act: Retirement planning changes

by Kyle Irvin, J.D.

The SECURE (Setting Every Community Up for Retirement Enhancement) Act was passed into law on Dec. 20, 2019, and has led to discussions about changes in retirement planning:

- For one, the age that an individual is required to at least begin receiving distributions from their IRA or 401k has been raised from the age of 70½ to the age of 72.

- In addition—and most importantly for estate planning—

starting in 2020, IRAs or 401ks left to children or grandchildren at death, will, by and large, no longer enjoy the advantage of stretching the tax on IRA or 401k distributions over a beneficiary's lifetime.

- Instead, most non-spouse beneficiaries who inherit IRAs or 401ks will now have to receive their share in full within 10 years, instead of potentially deferring the bulk of the tax on those distributions over their lifetime.

The SECURE Act has caused a number of discussions about the best way to handle the tax impact of these types of assets and opened up the potential to reconsider charitable giving as a way of reducing the overall tax impact of these changes. Where to begin navigating everything? Get accurate information from someone you trust.



Kyle Irvin, J.D.

**Want to learn more about the SECURE Act?**

**Join us March 19 at the Gerwulf Community Center!**

We'll host a complimentary dinner at 5:30 p.m. and a discussion led by Kyle Irvin, J.D., from 6-7 p.m. that explores the topic in detail, including case studies and other changes brought on by this law.

**RSVP: 712-276-3821**

## Lions Club funds hearing & vision tools

Sunrise residents are sensing the benefits of a \$2,000 grant from the Sioux City Noon Lions Club that is purchasing new hearing and vision equipment to be used for on campus testing.

“So much good will come from the ophthalmoscopes, otoscope, and video magnifier we can purchase with this grant funding,” explains Janet Dorale, director of fund development.

Since regular testing of hearing and vision is important to overall health, staff will use the new otoscope and ophthalmoscopes extensively, while the video magnifier will help vision-impaired residents read everything from books and newspapers to greeting cards!



Members of the Sioux City Noon Lions shared a check with Sunrise on Feb. 17. Pictured from left: Ken Hayward, Wayne Ehret, Juanita Ehret, Janet Dorale, Penny Green, Hallie Salmen, Ann Hill, and Dale Schoening, district governor.

## April event honors volunteers

Sunrise wouldn't be the same without its many volunteers! To celebrate our valuable volunteers, we'll host our annual Volunteer Appreciation Luncheon on April 15! This fun-filled event will feature a fantastic meal, fun prizes, and a fabulous speaker: Pat McGill, pictured right.



"Like most non-profits, Sunrise benefits greatly from time given by our volunteers," explains Hallie Salmen, executive director. "Their work strengthens the quality of our services we provide residents and enhances the experience for everyone. They also provide real value for us! A leader from Volunteer Siouxsland recently shared that a volunteer's time is worth at least \$18 per hour."

Volunteers help with many day-to-day activities for assisted living and health center residents, and they lend a hand with bigger events like the Easter Egg Hunt and Grandparents Day. At Sunrise Hills, our independent living residents serve as volunteers as they self-organize clubs, meals, business meetings, newsletter delivery, and other activities. Across campus, our volunteers organize The Pointe library, make quilts for our veterans, help with our Spalding Park intergenerational program, water plants, provide entertainment, and much more.

Are you a Sunrise volunteer? Please join us!  
Call 712-276-3821 to RSVP by April 8!

**170**  
Volunteers  
per year



**2,850**  
Hours served  
per year

**\$51,300**  
Value added to Sunrise

## Grant supports Sunrise chaplaincy



Chaplain Scott Squires, second from left, with Morningside Lutheran pastors left to right: Jon Gerds, Tom Lovan, and Tim White.

Sunrise recently received a \$2,000 grant from Morningside Lutheran Church to support our chaplaincy efforts led by Chaplain Scott Squires.

"Having a chaplain to meet residents' spiritual needs is a key part of the wellness model we embrace," shares Hallie Salmen, executive director. "Scott is so good about spending time one-on-one with residents, getting to know them and providing spiritual support."

Extending an ecumenical approach to support diverse beliefs, Squires provides four weekly traditional Sunday services, along with large midweek gatherings including devotions, hymn sing-alongs, Bible bingo, hymn history, and other programs to engage residents and add joy and meaning to their lives. Squires also offers small group programs such as Crooked Halo's (a men's group), Bible studies, coffee & prayer time, and a grief group, along with individual time for prayer and conversation.

"Spiritual life programming works in tandem with memory recall, physical health, and overall well-being of holistic care," shares Squires, who has been at Sunrise three years and also pastors a local church.

"I enjoy my service to Sunrise for several reasons," he adds. "For one, I am granted the opportunity to encourage people of their significance to God. Holding a resident's hand and offering spiritual presence and compassion is like walking a sacred path that lends significance, meaning, and hope for all to receive. I am blessed."

# Sunrise adds board members

Sunrise is pleased to announce four new board members and a new foundation board member!



**Matt Campbell** is a vice president in commercial banking with Central Bank. He earned his undergraduate degree in business administration and economics from Morningside College and his MBA from the University of South Dakota. He has also completed professional education programs in banking. Born and raised in Sioux City, Campbell enjoys attending East High and Morningside College sporting events with his family. He serves in leadership roles on advisory boards and committees for various professional, higher education, and community organizations, and coaches youth sports. He also has a Sunrise connection, as his mother lives at The Pointe.



**Dave Larson** has lived in Sioux City for most of his life. In his professional life, he has worked in the construction industry for W.A. Klinger for 41 years and has served as its president for the last four years. In moments of free time, Larson enjoys playing golf and tennis. Larson and his wife Shelly are blessed to have four children and seven grandchildren.

“Right now both of my parents are living at The Pointe at Sunrise, and my father-in-law spent the last five months in the assisted living and skilled care areas of Sunrise Health Center,” states Larson. “These experiences have given me a strong appreciation of so many things that happen at Sunrise.”



**Kent McCuddin**, managing director at Blue Earth Marketing, brings diverse expertise in marketing communications, brand stewardship, and creative direction. His creative work has won several awards and appeared on five continents in multiple languages.

“As people age, their bodies change, their health may change, their ability to do what they once did changes, but what doesn’t change is their spirit and need for dignity,” McCuddin says. “I believe Sunrise Retirement strives to provide each resident the fullest life possible as they progress through life’s transitions. This is something I want to be part of.”



**Ryan Ross** is an attorney practicing primarily in real estate, business, and estate planning. “My personal experiences with Sunrise, along with its excellent reputation, and the fact that it is locally controlled, were all factors that made a board position of interest,” he says.

Ross and his wife Sheri moved to Sioux City 22 years ago. Nebraskans by birth but Iowans at heart (except for their choice of college football team), they are animal and nature enthusiasts. “I am my happiest with a backpack and miles of wilderness in front of me,” comments Ross. “I dabble in renewable energy projects and try to do as much good as I can when I can.”



**Beverly Zenor** was Sunrise Retirement’s healthcare administrator from 1990–2006 and executive director from 2006–2016. Along with her new role on the foundation board at Sunrise, Bev is currently on the UnityPoint Health System’s Clinic & Home Care board, serves as Siouxland Mental Health board president, and is the organist at Bethel Lutheran Church in Lawton.

“It has been exciting to see the work of the foundation from its infancy and to see it now making a difference in the future of Sunrise,” Zenor notes. “This community’s work has played an important role in serving Siouxland’s seniors and in serving my family so well. It has played a key role in providing valuable education to caregivers and setting the bar for quality care and services in our region.”

## Jill Miller benefit concert raises \$76,000+

Sunrise hosted its 13th annual Jill Miller holiday concert at the Orpheum Theatre on Dec. 20, with a crowd of more than 500 people on hand to enjoy the festivities.

New this year, a charter bus delivered attendees to the show with comfort and convenience. We thank Western Iowa Tech Community College for sponsoring the bus and Northwest Iowa Credit Union of LeMars for sponsoring the bus driver.

“Thanks to fewer expenses and even more generous sponsors, the 2019 holiday event realized record-breaking income of \$76,000,” notes Janet Dorale, director of fund development.

Concert proceeds will benefit the Benevolent Care Fund at Sunrise, which first began caring for residents in 1959 and has provided millions of dollars in charity care for those needing financial assistance through the years.

“We are extremely grateful to our sponsors, attendees, and especially to Jill for her continued support of this event,” shares Dorale. “The residents and members of our community look forward to this seasonal tradition year after year.”

Plans are already underway for Jill Miller’s 2020 holiday concert to benefit Sunrise Retirement Community. Check us out on social media for updates!



## Family shares meaningful memorial

Always striving to improve the quality of life for residents, Sunrise recognized the need for a NuStep physical therapy and fitness machine for residents at The Pointe—something that would be easily accessible regardless of schedules or inclement weather. And when Jo Myers lived at The Pointe, she wholeheartedly agreed.

“Exercising on the NuStep was part of her daily routine when she lived in Tucson, Ariz., and after moving to Iowa she used the one at Applewood to help recover from a hospitalization and get back to independent living,” notes granddaughter Anne Westra. “She also saw the need for one at The Pointe and advocated for the addition. She shared her enthusiasm with many residents and persuaded them to join her in working to raise money through a waffle fundraiser for the NuStep.”

That fundraiser, along with a silent auction and jam sales from Redeemer Lutheran Church, brought in significant funding, but there was still work to be done. After Myers passed away recently, her family graciously agreed to donate the balance of funding for the NuStep.

“Grandma made many wonderful friends during her time at Sunrise, as she loved meeting new people and sharing her love of Jesus,” Westra says. “We hope this gift will make a lasting positive impact to honor her legacy.”



*Thomas Borchart and Anne Westra (seated on the NuStep) are the son and granddaughter of Jo Myers, who enjoyed living at The Pointe. A commemorative plaque hangs behind them.*

## As Sunrise marked its fifth hat & mitten drive

to benefit the local Boys & Girls Home, this winter's donations included items handcrafted by the "Twisted Stitchers," pictured at right.



**Students from St. Paul's Lutheran School** in Sioux City visited Sunrise for the first time on Jan. 30! Held in conjunction with Lutheran Schools Week, their visit was thoroughly enjoyed by our residents as students sang songs, read books, shared paintings, and enjoyed talking with Sunrise seniors. Pictured at right is resident Lowell Chellew with student Ryder Huff.



**Fifth grade students from Spalding Park Elementary School** visited campus in February to make valentines with Sunrise residents, and it was a great time for all involved! "These wonderful works of art are works of HEART, and they made Valentine's Day even more special for our residents and staff," says Janet Dorale, director of fund development.

## UPCOMING EVENTS

### SECURE Act Presentation

Gerwulf Community Center • March 19  
5:30–7 p.m. (dinner & presentation) • *RSVP: 712-276-3821*

### Soup & Speaker Series

Gerwulf Community Center • April 8, 15, 22 & 29  
5:30–7 p.m. (dinner & presentation) • *RSVP: 712-212-9370*

### Easter Egg Hunt & Bake Sale

Health Center & Campus-Wide • April 11 • 10 a.m.

### Volunteer Appreciation Luncheon

The Pointe • April 15 • 11:30 a.m.–1 p.m.  
*RSVP: 712-276-3821 by April 8*

### Mother's Day Brunch

All Neighborhoods • May 9 • 11 a.m.–12:30 p.m.

### Wednesday Cookouts

Book Indoor Park • May 13–Aug. 26 • 10:30 a.m.–12:30 p.m.

### Siouxland Senior Open

Two Rivers Golf Club • June 12 • 12 noon

### Flag Day Celebration & Veterans

**Lap Quilt Presentation**  
Sunrise Flagpole • June 15 • 2 p.m.

### Father's Day Cookout

Book Indoor Park • June 18 • 5 p.m.

## SUNRISE BOARD

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## CHECK US OUT!

 @sunriseretirements  "Sunrise Retirement Community"

## SUNRISE VIEWS

"I came to Sunrise almost eight years ago ... and I've been in love with it ever since. I've never had such personal care in all my life. I also enjoy making friends with the people here. I live at The Pointe, but I've had two rehab stays at the Sunrise Health Center. I can't say enough about my time here, and I can't recommend a place more than I do Sunrise."

— *Marvis Hendrickson, The Pointe & Sunrise Health Center*