



# SUNRISE TIMES

Senior Living Choices for You

Volume 68

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Issue 6

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*As I write this* ~ I am excited

to have had two nice days in a row – I’ve noticed that the sunshine really makes a difference in my entire outlook these days. Do you feel that way too? It seems like on a sunny day I have the energy and the fortitude it takes to get through the hard days of self-isolation and altered reality but on cloudy, rainy days things are a little murky and a path forward seems unclear. So, today

I rejoice in the sunshine! But seriously, sun or rain, we have experienced difficult days over the past couple of months. Uncertainty, loneliness, fear – not many could say they haven’t felt these feelings on occasion.



**Welcome Residents to Sunrise**

**Irma Eilers**  
**Alice Senske**  
**Delores Smith**  
**Norma Zettle**

**Once in a while** something will turn up in my mailbox from an unknown source, that gives me inspiration. I keep one such item tacked to the wall in front of me from Max Lucado – **“I will lift up my eyes”** from Psalm 121. It reminds us not to meditate on the mess. “Nothing is gained from setting your eyes on the problem,” he writes, “You gain everything by setting your eyes on the Lord.” I’m no one to give advice, but

I am going to make a real effort in the coming weeks to set my eyes on the Lord, and diminish the size of the problems that exist in the world. I hope you will do that too, remembering to hold each other up and bring a ray of sunshine to someone you know – we all need it!

*Hallie Salmen,*  
CEO / EXECUTIVE DIRECTOR

## 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

5501 Gordon Drive East, Sioux City, Iowa 51106

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WEB-SITE ADDRESS: [www.sunriseretirement.com](http://www.sunriseretirement.com)

E-MAIL ADDRESS: [info@sunriseretirement.com](mailto:info@sunriseretirement.com)



**Finally, we are seeing some sunshine** which I know we all are needing!! Some good Vitamin D would be great for all of us. I know this has been a difficult situation for all of you as many are not able to spend quality time with your loved ones and are secluded to your rooms most of the time. Now that the weather is nicer, I have seen many of you out on walks which is wonderful that you're finally able to get some fresh air.

**We are all in need** of haircuts and cannot wait until the day we get to have our beauticians back in the building. I know that beauty shop will be busy! It makes it even more difficult as the

world is taking baby steps to open more stores and events out in the public, but not allowing us to open anything yet. I do know that CMS has put the decision in the State's hands, and we are waiting for some direction from them on how to proceed.

**We recently installed some kiosks** in the front entry way that we are having residents, visitors, and staff to use to

sign in and out instead of just writing your assessments on paper. You will sign in as a resident, staff or guest and answer the questions related to COVID and then enter your temperature. This will help us track who was here to visit



and alerts management of anyone who has a temperature that is above the 100. This will allow management to address immediately if anyone is running a temperature.

**We continue** to remind all of you to wear masks when staff are in your room and when you are leaving your room to go for a walk. If you have lost or misplaced your masks, please let the staff know and we will provide you with a new one. We also ask that you check back in on the kiosk and take your temperatures so we can continue to be virus free!

**Thank you all** for your continued support and patience as we are all in this together!!

*Chris Schenkelberg,*  
HEALTHCARE ADMINISTRATOR

## **The Coronavirus War**

It is the newest thing around.  
It has taken many lives and left others homebound.  
It is something none of us want to get.  
Yet how is a person suppose to forget...  
When it is out there everywhere  
And we're trying to escape it  
And stay safe as can be ...  
Washing our hands constantly?

Wearing a mask when we venture out,  
Staying away from relatives and friends,  
Who may live close by in our town,  
While others live far away...  
But we cannot visit them ...  
We must stay away.

We wear a mask to the grocery store,  
Only to learn they don't have  
What we are looking for.  
So we leave the store with a heavy heart,..  
Wondering if this Coronavirus will ever end?

And with a broken heart, when I get home,  
I relax in my chair  
Then bow my head in silent prayer,  
Asking God, "Can you please make it go away"?

God can perform miracles, this is true,  
So, if you would join me in prayer?  
God hears our pleas and just maybe he will  
Perform a miracle for all to see ...  
And stop this Coronavirus War once and for all.

So won't all of you join me in prayer?  
And pray for our world to be safe once again.  
With God's help we can win.  
God Bless You All... Just a friend!

WRITTEN BY *Juanita Watkins,*  
MAPLE HEIGHTS RESIDENT, May of 2020

Please submit your Creative Writings to  
*Mary Pointer,* SECRETARY at Sunrise Retirement's  
Healthcenter Reception Desk . . . Thank You.



## Chapel Offerings:

*Scott Squires, CHAPLAIN*

*All services & events  
are either cancelled or  
postponed . . .*

- ◇ **FLAG DAY: observance**  
gathering & ceremony has tentatively been postponed to July 2nd
- ◇ **SIOUXLAND SENIOR OPEN:**  
rescheduled for August 21st. . . . Details to be announced.

*Let's plan ahead & thanks for your understanding.*

**“Go-fers”:** Volunteers from Grace United Methodist Church who will pick up & deliver small grocery orders and other items you may need (\$25 limit).

The Service, of course, is completely *FREE!*  
Could you use some help with small errands?

### HERE'S HOW IT WORKS:

1. All purchases are prepaid online with a set time for pick up. Hallie Salmen is available at Sunrise's Office, if you need assistance making an order.
2. Grace volunteers confirm purchase, time and place.
3. Grace Go-fers will pick up your supplies and will contact you by phone and deliver to front door of your building.

**Grace Go-fers, Office Hours: Mon-Thur, 9am—1pm.**

**712-276-3452**

## Memories Of The Past ~

I've been thinking about Father's Day this month. Though I lost mine at age 6, I realize the terrific influence fathers are. I have few memories to cherish, but when he'd get off work and relax, he'd start singing Irish songs, and be in a happy mood. It made me feel happy too.

His wonderful father, my sweet Grandpa, was a huge blessing in my life, even though I hardly ever saw him after my parents divorced. I still remember our last conversation and the kindnesses. He was a GOOD man! A beautiful influence . . . A tender heart.

Many years later, when my husband died, I was trying so hard to raise our children alone . . . Sometimes had to work overtime. We had five; the youngest was 4 1/2. I tried to fill my husband's empty shoes the best I could, but I couldn't. I'm aware how much children need the stability of a father, believe me—I could never take his place. No one can fill that empty spot and heal the brokenness, I thought.

But when divorce hit my daughter's family, I prayed for God to bring her a good man who would love her and help her raise her children in a loving home. He did! God sent the best one for the job! He was career military (so was she), plus career Fireman, and such a blessing to all—not just our family. A role model, a caretaker, helping to fill shoes for us all. I'm 81 and he even takes care of me. So, I want to wish Rick Ohl and all the GOOD fathers, grandfathers out there, and all who step-up to fill those shoes, a VERY HAPPY FATHER'S DAY.

Thank you and God bless you — You are our heros!

## Till The Storm Passes By

CHORUS—

Till the storm passes over,  
Till the thunder sounds no more,  
Till the clouds roll forever from the sky;  
Hold me fast, let me stand  
in the hollow of Thy hand,  
Keep me safe  
till the storm passes by.

VERSE 1—

In the dark of the midnight  
Have I oft hid my face,  
While the storm howls above me,  
And there's no hiding place,  
'Mid the crash of the thunder,  
Precious Lord, hear my cry,  
Keep me safe till the storm passes by.

VERSE 2—

Many times Satan whispered,  
“There is no need to try,  
For there's no end of sorrow,  
There's no hope by and by”;  
But I know Thou art with me,  
And tomorrow I'll rise  
Where the storms never darken the skies.

VERSE 3—

When the long night has ended  
And the storms come no more,  
Let me stand in Thy presence,  
On that bright, peaceful shore;  
In that land where the tempest, never comes,  
Lord, may I dwell with Thee  
When the storm passes by.

WRITTEN BY — *Mosie Lister* in 1958.

CONTRIBUTED BY — *Mary Pointer*, SECRETARY

Recently someone asked me if I knew this song . . . and I did! After digging out the music — it just didn't seem possible it was written back in 1958 or that I could have sung and played it for that many years. I don't remember when and where I learned it. Was it at a church service, youth camp, a national fellowship meeting or did I just find it in an old hymnal? It's a mystery!

Yet the thing not to forget, in the midst of all our troubles and trials (wars and pandemics), is the comfort that comes from such a loving God.

**“Let not your heart be troubled: ye believe in God, believe also in me.”**  
John 14:1 KJV

*Lillian Brown*, MAPLE HEIGHTS RESIDENT

If you would like to submit a Creative Writing item, please turn it in at Sunrise's Healthcenter Reception Desk, marked attention: *Mary Pointer*, SECRETARY



## Residents Birthdays June 2020

- 05—Kathy Golden
- 08—Virginia Carnes
- 13—Naomi Pettit
- 15—Don Happe
- 16—Jean Olsen
- 23—Ron Uhl



## 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 do I know if I have allergy symptoms?** Allergy symptoms occur when your immune system overreacts to something that is harmless to most people. This substance is known as an allergen.

### What are the symptoms?

1. Runny nose, stuffy nose, sneezing. This could also be cold symptoms?
2. Wheezing, shortness of breath.
3. Cough
4. Rashes. These come in many forms.
5. Fatigue, irritability.
6. Headache.
7. Nausea & vomiting.

**Allergy symptoms begin** in February. The most common is Ragweed. This is a plant that grows everywhere. Managing your symptoms is knowing your triggers. Symptoms may last year around. An allergist is the best bet to find what will manage your specific symptoms. Some things to do to help with the symptoms:

1. Monitor the pollen by listening to the weather reports. The pollen count is usually highest in the morning.
2. Keep windows & doors shut at home and in your car.
3. Take a shower, wash your hair and change clothing after you have been outside.

*Glenys Behrens,*  
SUNRISE HILLS NURSE

## Resident Right Of The Month:

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

### INFORMATION ABOUT ELIGIBILITY FOR MEDICARE/ MEDICAID BENEFITS.

You have a right to receive Medicare or Medicaid benefits if you are eligible for those benefits and if the facility participates in those programs. Each resident has the right to be informed orally and in writing, in a language that the resident understands, about how to apply for and use financial assistance, and how to receive refunds for previous payments covered by such benefits.

**Compliance Hotline:**  
855-661-2667

**1-800-562-3396**  
For transportation by  
MIDWEST MEDICAL  
NON-  
EMERGENCY  
AMBULANCE  
This service operates  
24 hours daily,



## RE: OLD Eyeglasses & Hearing Aids

Sunrise is still collecting Eyeglasses & Hearing Aids that have been replaced or discarded. The items are 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.

## RE: FEEDING OF ANIMALS & BIRDS ON CAMPUS —

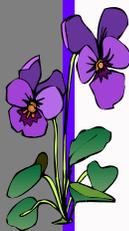
- Absolutely No food of any kind can be placed out in yard or containers for Animals.
  - Birdseed is the ONLY exception to ruling.
- Please help us with your cooperation to maintain a safe environment for all.

*~ Sunrise Management*

## Our Sympathies

Ella "Betty" Pridie

Steve Soukup



## For Residents & Family Members —

To receive our Sunrise Times newsletter through E-Mail, please contact [pointerm@sunriseretirement.com](mailto:pointerm@sunriseretirement.com)

Or leave a phone message—  
712 276-3821, Ext. 3114.  
Thank you,

*Mary Pointer,* SECRETARY

# June 2020



*Our wish for you is very true— good health and happiness wrapped up just for you.*

## June 14- Flag Day

*One flag, one land, one heart, one hand,  
one nation evermore. —Oliver Wendell Holmes*



## June 18-Father's Day

*"A father is neither an anchor to hold us back nor a sail to take us there, but a guiding light whose love shows us the way."*



**Contact your nurse if you are interested in Activities for the week from our Activity Department...**

**Monday**— pick up a crossword puzzle or word search booklet for the week. Popcorn day -will deliver to you

**Tuesday**— request a devotional reading from our Chaplain, available in large, easy to read print

**Wednesday**— request an ice cream treat

**Thursday**— sweet treat Thursday, collect a bite size candy bar treat from your nurse

**Friday**— request an in-room craft to complete for today or Saturday. Popcorn day-will deliver to you

**Sunday**— ask for help to tune into a local church program on TV or radio from your room

**\*\*Catholic -Channel 85 daily mass/rosary and Sunnybrook is on KTIV at 10am every Sunday \*\***

***Please contact Erin at 276.3821 ext. 3130 if you would like to FaceTime, Skype or Zoom with your family***

Local Services: (list TV channels/radio stations)



**Stay Safe & Healthy this month!**

Your Activity Department,

Erin Anderson, Director

Assistants: Kris, Carol & Jordan

Scott Squires, Chaplain

Lisa, Wellness Coordinator

# Infection Prevention —

We are all being encouraged to wear masks when in public spaces, especially if you are not able to keep a 6 foot distance between you and the people around you. Make sure your mask is in good condition and ask the nurse for a replacement if it's needed. Wash your hands frequently – in addition to washing when you normally would for good hygiene consider always washing your hands before and after meals (like your mom taught you!) and before and after leaving your apartment/room.

Also as it is getting warmer outside think about when it is necessary to have your mask on. If you are alone there is no need to keep your mask on your nose/mouth as it could cause your heart and lungs to work too hard. But keep it handy, as you should wear it when you are leaving the building or if you would come across others while you are out. I hope this is helpful & will keep everyone safe and healthy as you are out and about.

*~Hallie*

## PHOTO REVUE:

**Spring has finally sprung ...**

See all the beautiful flowering trees on campus as evidence ...



**Summer is well on its way.**



**Focus on the good!**





# Improving Balance Through Exercise

**F**alls are not only the leading cause of injury-related deaths in older adults, but they're also a significant cause of morbidity and disability, including head trauma, soft tissue injuries, fractures and dislocations. One of the most common risk factors for fall is impaired balance. The following strengthening exercises can improve balance and prevent falls.

*This handout is a general guide only. If you have specific questions, be sure to discuss them with your health care provider.*



## One Foot Balance

Lift one foot and hold the position, then alternate legs. Have something sturdy nearby to hold onto for support if needed.



## Toe Raise

Using a chair for balance, stand straight and lift the heels off the floor to stand on the toes. Hold 1 second and return to flat feet. (Ankle weights can be added.)



## Leg and Arm Extension

Begin on your hands and knees, keeping your back straight. Progress to lift your opposite arm and leg. Alternate sides.



PHOTOS BY KYLA BELLING



## Knee Raise

Stand straight and hold a chair for balance. Bring the knee towards the chest. Hold 1 second then return to starting position. Do not bend at waist or hips.



## Leg Extension

Balance on one leg. Extend your other leg behind your body. Repeat on the other side. (Ankle weights can be added.)



## Knee Flexion

Stand straight and hold a chair for balance. Without moving the upper leg, bend the knee to bring the heel up in back. Hold 1 second then return to starting position.



## Chair Squat

Hold an exercise band or tube at your waist. Keep your elbows straight. Slowly lower your body down to the chair by bending your knees and hips. Keep your back straight. Return to standing.

This patient education handout was made possible through a sponsorship from:



## HipSaver Inc.

7 Hubbard St., Canton, MA 02021

Phone: (800) 358-4477

Fax: (781) 821-6514

[www.hipsavers.com](http://www.hipsavers.com)



## No-Bake Healthy Brownie



Power-packed, nutritious, no-bake brownies

### Ingredients

1 cup pitted dates  
½ cup almonds  
½ cup pecans  
3 tablespoons cocoa powder  
1 tablespoon chia seeds  
1 pinch salt

#### Icing:

2 tablespoons coconut oil  
2 tablespoons unsweetened cocoa powder  
1 teaspoon honey

### Directions

Place dates in a bowl and cover with hot water until fully submerged. Let dates soak until softened, about 10 minutes. Transfer to a colander to drain.

Line a baking pan with parchment paper

Combine almonds, pecans, cocoa powder, and chia seeds in the bowl of a food processor; pulse until blended. Add dates and salt and process until smooth. Transfer to the prepared baking pan.

Mix together coconut oil, cocoa powder, and honey for the icing. Spread on top of brownies.

### Nutrition Facts

#### Per Serving:

180 calories; 12.2 g total fat; 0 mg cholesterol; 21 mg sodium. 19.1 g carbohydrates; 3.2 g protein;