



Connections

Constants in the midst COVID-19

by Hallie Salmen, executive director



**Hallie Salmen,
executive director**

COVID-19 has drastically changed the way our society gathers and works, and these changes have altered life for everyone at Sunrise, too. Residents have been asked to spend more time in their rooms with little social interaction except from staff members who are their caregivers. Caregivers must wear personal protective equipment (PPE) like masks and face shields, creating a very different environment for residents than the home-like setting we normally provide.

We have adapted because we recognize these changes protect residents and staff alike. However, we are thankful for recent direction from the Iowa Department of Public Health that allows for phased relaxing of certain restrictions on social gatherings, non-essential services, and visitors. Plans will look different based on care levels but are a step in the right direction.

Through the uncertainty and restrictions, many things have remained constant.

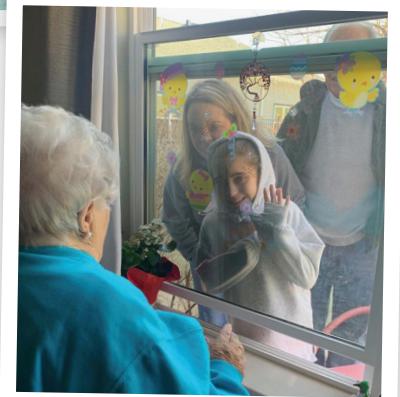
Our staff team has remained a dedicated, caring group of individuals who put residents and their needs first. Direct caregivers have always been there to develop relationships with the residents, but this situation has truly made them the complete support system for our residents—and they have taken that role seriously.

Our residents, families, volunteers, and supporters have never stopped trying to help Sunrise through this. Friends and volunteers haven't been allowed into our buildings, yet they have cared for staff and residents by donating items such as PPE, tray tables, crossword books, food, and so much more!

Families have kept in touch with loved ones through visits through glass windows and virtual meetings from across the country and even on campus. Residents Merle and Shirley Haitz, for example, donated an iPad so they could have virtual visits with one another between assisted living and skilled nursing—since restrictions prevented in person visits!

As this modified version of life at Sunrise will continue for the foreseeable future, we are constantly looking for new and creative ways to continue engaging with residents, families, and supporters. To reach everyone quickly, we have launched an email news blast and added important COVID-19 updates (including re-opening plans and visitor policies) on our website, so check it out!

Thank you for your continued support and prayers. We look forward to welcoming you back to Sunrise as soon as possible!





Thanks, Sunrise superheroes!

Wow! The coronavirus may be isolating people, but we have felt the strength of our Sunrise community in powerful ways over the last few months. To the countless superheroes who have blessed us with everything from books to bread makers, pizza to plants, meals to masks to May baskets, and treats to tray tables to a TV, we express our heartfelt thanks.



Veterans receive lap quilts

On July 2, Sunrise presented these beautiful and functional lap quilts to the 34 U.S. military veterans on its campus. Volunteers made more than 50 quilts, so the extras will be saved for new residents who are veterans. Church quilters from St. Mark's Lutheran, Redeemer Lutheran, and Immaculate Conception worked on the project along with several women from The Pointe, and independent living cottages, as well as staff and friends.

"These volunteers also made masks during the pandemic, so we are especially grateful for their help!" says Janet Dorale, director of fund development.



Jim Golden holds quilt made by Sunrise receptionist Mary Pointer.

Sunrise honors volunteers

Within the past year, Sunrise has had 170+ volunteers sharing 2,850 hours on campus! We couldn't celebrate in person this spring, but we shared these volunteer awards based on nominations from residents and staff:

UNUNSUNG HERO AWARD: Kyle Irvin, J.D.

OUTSTANDING FUNDRAISING AWARD: Bill Bradbury

OUTSTANDING COMMUNITY VOLUNTEER AWARD: Kim Haggerty

OUTSTANDING EMPLOYEE AWARD: Doug Black, C.N.A.

RESIDENT VOLUNTEER AWARD: Dolores Livengood

OUTSTANDING BUSINESS VOLUNTEER AWARD: Liberty National Bank

Grant funding stretches our resources

Although life has looked a little different at Sunrise in recent months, we continue to provide quality care for our residents and for our staff team, as well.

Intergenerational programs

Sunrise recently received a \$1,000 grant from Junior League of Sioux City to help support the Sunrise community's intergenerational programming partnership with Spalding Park Elementary School. Along with the monetary gift, Junior League will provide helpers when children come from the school to visit Sunrise residents. Monthly activities will resume when it is safe for the children and our residents.

"There's a lot of research that shows the dual benefit of having children involved with seniors," explains Hallie Salmen, executive director at Sunrise.



Musical instruments

Sunrise has received a grant from the Gilchrist Foundation to purchase a variety of musical instruments that will benefit Sunrise residents in all kinds of ways. The grant is for \$2,462.71 and provides for 10 of the following music-makers: djembe drums, fish style guiro, professional maracas, claves, and bamboo rainsticks.

"Music has been shown to have positive effects on mental health, physical health, and social functioning in children and older adults, so the impact will reach within and beyond our community as we will offer mini-concerts featuring our residents and Spalding Park Elementary School students," notes Janet Dorale, director of fund development.



Mental health needs

Great news! Sunrise has been awarded a \$2,000 grant from the Fund for Siouxland! This grant will support our newly formed COVID-19 Employee Assistance Fund and provide for mental health care needs of our staff.

Particularly during the pandemic, there is a growing awareness and need for mental health care as we see increasing anxiety, stress, and depression among front line workers. As Sunrise providers care daily for our residents, this grant will help strengthen their mental health. Assistance will be offered for copays and counseling fees associated with stress reduction, mindfulness, telepsychiatry, and more.

Want to help Sunrise? Shop online!

You can support Sunrise simply by shopping online! When you order from Amazon, purchase through smile.amazon.com instead of the online store's traditional website. Products and prices are all the same, but when you start with smile.amazon.com and choose "Sunrise Manor" as your charity, Sunrise receives .05% of your purchase price! It's that easy! Amazon Smiles donations will help fund our newly established Arbor Fund for campus beautification. Questions? Contact Janet Dorale, director of fund development, at 712-276-3821, ext. 3157.



Sprucing up Sunrise

Thanks to all who have helped spruce up the Sunrise community this spring and summer!

- Employee Mary Ronnfeldt donated patio chairs and enlisted the help of her brother to make a planter for our residents' vegetable garden.
- Employees Holly Choquette and Sue Swanson donated plants.
- Vicki Williams donated a raised planter.
- George & Mary Colt donated patio furniture as well as plants.
- Jerry & Julie Peterson donated plants and shared time doing yard work.
- Mindee Knudson donated potting soil.
- Earl May donated seeds.

We appreciate these gifts which have enhanced the living environment for our residents and staff!



SECURE Act presentation now Sept. 17

As discussed in the last issue of the newsletter, the SECURE (Setting Every Community Up for Retirement Enhancement) Act has led to discussions about changes in retirement planning and how to handle the tax impact of various assets. For many, it's also encouraging charitable giving as a way to reduce overall tax impact. Join us Sept. 17 at the Gerwulf Community Center for a complimentary dinner and presentation by Kyle Irvin, J.D. He'll explore the topic, including hypothetical case studies and other information describing the changes brought by this law.



Kyle Irvin, J.D.

Join us Sept. 17 at the Gerwulf Community Center!

We'll host a complimentary dinner at and a presentation led by Kyle Irvin, J.D., that explores the Secure Act in detail.

RSVP: 712-276-3821

Siouxland Senior Open rescheduled

The Siouxland Senior Open sponsored by Suter Services IS STILL ON! This signature Sunrise fundraiser will be **Aug. 21** at Two Rivers Golf Club with scheduled tee times to ensure safety. Tee times will begin at 9 a.m. and run every 10 minutes until 1 p.m.

This is the region's most highly recognized tournament for golfers age 50+, but this year's "play for fun" option welcomes golfers of all abilities! We are also featuring new individual and team formats including 4-player team low ball AND individual stroke play for men and women. And there is a new hole-in-one opportunity on Hole #8 with a \$25,000 prize!

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



Sunrise Annual Appeal: Match extended to July 31

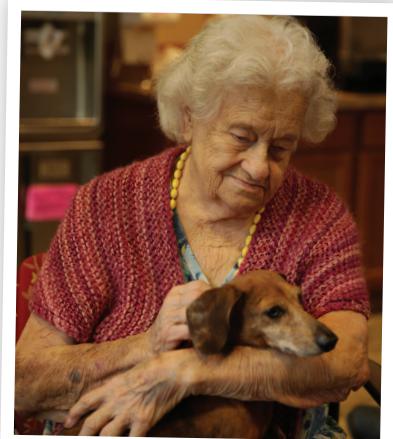
**Our doors are closed. Our hearts are open.
Our mission continues:**

Caring deeply. Connecting daily. Leading boldly. Serving faithfully.

In the midst of unprecedented times, we are seeing things we never could have imagined: “No visitors, please” signs posted. Dining rooms closed. Chapel services and activities cancelled. Masks on one and all.

This isn’t what Sunrise is supposed to be like, we think to ourselves. Yet as we align our mission with the world’s circumstances, we realize this truth: It is exactly what Sunrise needs to be like.

Caring deeply. Connecting daily. The well-being of our residents is our number one priority. It isn’t easy to restrict visitors and ramp up safety measures, but it’s necessary because we care. We know residents miss family visits and group activities, and we’ve developed safe solutions to connect them with each other and the people they love.



Leading boldly. Serving faithfully. We will make it through these challenging times together. All across campus, the Sunrise team is working harder than ever to be there for the residents we serve. Our hearts have never loved them more.

Sunrise has been quarantined since March 11. COVID-19 precautions have stretched our staff and supplies, yet we remain in full compliance with every regulation. There is no alternative. Government leaders and medical advisors have urged people to stay at home—but for approximately 300 residents and 200 employees who live and work on our campus, Sunrise is “home.” We carry on. We give our best.

We’re asking you to help. And though it’s bold, we’re asking you to stretch beyond what you’ve given in the past. Here’s why: **Friends of Sunrise have stepped up with an Annual Fund matching gift **THROUGH JULY 31!** In their generosity, they will match donations exceeding your gift from last year.** Didn’t contribute to last year’s Annual Fund? Your new gift amount will be matched.

We will once again open up this place we love. We will welcome visitors, serve meals in our dining halls, and be blessed by a chapel filled with song. We will see Sunrise continue to shine.

Thank you for supporting the Sunrise mission! We truly appreciate your generosity.

With gratitude,

Hallie Salmen

Hallie Salmen, Executive Director

A handwritten signature in black ink, appearing to read "Richard Hildebrand".

Dr. Richard Hildebrand, Board President

P.S. To meet unexpected COVID-19 expenses, Friends of Sunrise want to help raise more than our usual Annual Fund goal. They’ll match your best gift (above last year’s donation) **THROUGH JULY 31**.



5501 Gordon Drive East
Sioux City, IA 51106

Sunrise phases in visitor policies

As Sunrise is allowed to phase in new visiting policies in light of COVID-19, there will likely be differences among visiting policies of various Sunrise living centers. For example, the visitor's policies in our skilled nursing community are more restrictive than those of assisted living or independent living due to regulations by governmental agencies. **These general policies apply to visitors in all areas of the Sunrise campus:**

- Visiting hours will be posted at www.sunriseretirement.com
- Guests must sign up for a visiting time slot prior to their visit.
- Guests will be limited to two at a time AND must wear face masks.
- Guests must be over age 13.
- Whether visiting outdoors or indoors, guests must go through the screening process in the main lobby prior to visiting.
- Guests who do not pass the screening criteria will not be allowed to visit.
- Visiting policies are contingent on the status of COVID-19 activity among residents/staff and may be restricted on short notice.

To limit the potential introduction of infection to our residents and staff, it is important that guests support Sunrise in this policy. Thank you for your cooperation.

SUNRISE VIEWS

"My lifelong history with Sunrise began in the 1970s when my aunt moved here. Soon after I joined the board of directors and have served now for 35+ years, as I've found it to be very rewarding. I have always supported the philosophy of Sunrise leadership, which truly values taking great care of the residents, and I appreciate the dedication of other board members and their foresight for continually improving the campus and resident experience. I couldn't have imagined, but now I'm living at Sunrise, benefiting from the community experience, and getting to know people here...and call them friends."

— Don Kelsey, whose aunt, mother, sister-in-law, and wife, Barbara, have also lived at Sunrise



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UPCOMING EVENTS

Annual Fund "Matching Gift" Deadline
July 31

Siouxland Senior Open presented by Suter Services
Two Rivers Golf Club • Aug. 21 • 9 a.m.

Grandparent's Day
Sept. 13 (PLANS TO BE ANNOUNCED)

SECURE Act Presentation
Gerwulf Community Center • Sept. 17 • 5:30–7 p.m.
(dinner & presentation)

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OUR MISSION

Caring deeply. Connecting daily.
Leading boldly. Serving faithfully.

CHECK US OUT!

@sunriseretirementsc
"Sunrise Retirement Community"