



# SUNRISE TIMES

Senior Living Choices for You

Volume 68

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Issue 7

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Welcome Residents  
to Sunrise

Constance Minton

Merlin Olson

## 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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*It's hard to believe ~*

**that today marks 2020 as halfway over** and in just a couple of days the Fourth of July will be here. Not much about this year has been normal, or usual, or expected. I still want to take time to celebrate the 4<sup>th</sup>! If we can't actually experience the things that make a wonderfully hot July day – swimming, picnics with cold watermelon, family, friends and fireworks – we can all conjure the memory or a day that included just these things. I hope you will recall these experiences and fondly think of those days!

**Sunrise traditionally recognizes veterans** on our campus at a Flag Day ceremony in June. This year, however, the pandemic hijacked our plans and we had to postpone that celebration. We will host a small gathering, outdoors and with social distancing, just prior to the 4<sup>th</sup> this year to honor those veterans on

our campus with a few songs and something special. Janet Dorale, fund development director, has been organizing a crew of quilters to create beautifully handmade lap quilts for all of the Sunrise veterans. While we wish we could have a bigger celebration to show these off and thank the veterans for their service to our country, this year we are going to have to settle for something small. I can't be there in person, but please know that I am grateful to each of you who served and I hope you will enjoy your new quilt.

**Happy 4<sup>th</sup>!**

*Hallie Salmen, CEO / EXECUTIVE DIRECTOR*

## 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](http://www.sunriseretirement.com)

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

## Old Glory, Remember Me

Some people call me Old Glory, others call me the Star-Spangled Banner, but whatever they call me, I am your Flag, the Flag of the United States of America....something has been bothering me, so I thought I might talk it over with you.....because it is about you and me.

I remember some time ago people lined up on both sides of the street to watch the parade and naturally I was leading every parade, proudly waving in the breeze, when your daddy saw me coming, he immediately removed his hat and placed it against his left shoulder so that the hand was directly over his heart.....remember?

And you, I remember you. Standing there straight as a soldier. You didn't have a hat, but you were giving the right salute. Remember little sister? Not to be outdone she was saluting the same as you with her right hand over her heart.....remember?

What happened? I'm still the same old flag. Oh, I have a few more stars since you were a boy. A lot more blood has been shed since those parades of long ago.

But now I don't feel as proud as I used to. When I come down your street you just stand there with your hands in your pockets and I may get a small glance and then you look away. Then I see the children running around you shouting...they don't seem to know who I am....I saw one man take his hat off then look around, he didn't see anyone else with theirs off so he quickly put his back on.

Is it a sin to be patriotic anymore? Have you forgotten what I stand for and where I've been?.... Anzio, Guadalcanal, Korea, and Vietnam. Take a look at the Memorial Honor Rolls sometimes, of those who never came back to keep this Republic free.... One Nation Under God ... when you salute me, you are actually saluting them.

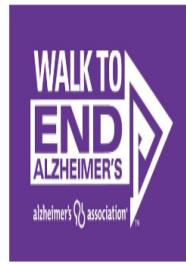
Well, it won't be long until I'll be coming down your street again. So, when you see me, stand straight, place your right hand over your heart ... and I'll salute you, by waving back ... and I'll know that ... **YOU REMEMBERED.**

—AUTHOR UNKNOWN, CONTRIBUTED BY *Norm Breece, U.S.A. VETERAN* This spring while attending

a Covid masked, socially distanced, Flag Day worship service, all in attendance witnessed a heartwarming event. Norm publicly read, with deep emotion and patriotic resolve, the above reading. When asked if he would share it with Sunrise, he readily agreed. Then asked if he would provide his own military background and biography—he, a humble man, had to think about it? In reading his resume, we most likely will agree, after serving in uniform for five decades, every audible word was and is deeply felt by this battle hardened soldier. Thank you, Norm Breece, for your service to our country and to each of us today!

NORMAN BREECE, entered the military May 28, 1968, initial training in Ft. Lewis, WA, deployed to Republic of VietNam (RVN) in Dec. the same year. The next spring was promoted to Squad Leader, then Sergeant. He volunteered/was accepted into a Long Range Recon Patrol unit. Conducted 6-Man Recon patrols. Received orders for Nha Trang, RVN—trained by 5th Special Forces, he graduated 5th in class. Served as a Team Leader until rotated home and out.

However, after a 4 yr. break, he joined the USArmy Reserve to serve 3 years learning diesel mechanics, graduated top of class. 1984, joined Nebraska National Guard, shot on the state championship combat rifle team—his squad won the Eisenhower Award in best competition. Transferred back to USAR to teach infantry classes, promoted to Master Sgt. and in Oct. '96 was assigned to serve in DesMoines, IA. Promoted '97 to Sergeant Major, served 'til retirement in Apr. 2002. With many medals, awards and accommodations, Norm states he couldn't have accomplished all this without the dedication of his beautiful wife and her commitment to family and country.



## Buy Sugar Shack Cookies

**Beautifully Decorated, Scrumptiously Delicious!**

**On Sale 'til July 10th** at 4:00pm.  
Order Now... Pick-up Here\* on July 24th before 4:00pm.

**~ Six Cookies/\$10 ~  
60% of Funds Raised go to Alz. Assoc.**

**A FUND-RAISER for The Alzheimer's Association...**

**Sponsored by** **SUNRISE**  
Senior Living Choices for You

**Call 712-276-3821**

# FAITH TOGETHER

**Subject:** Science and Seniors  
*(A very encouraging and scientific message about Senior Citizens)*

**Brains** of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe. Much like a computer struggles as the hard drive gets full, so, too, do humans take longer to access information when their brains are full. Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age, said Dr. Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more.

**Also**, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise.

**SO THERE.** Now when I reach for a word or a name, I won't excuse myself by saying, "I'm having a senior moment". Now, I'll say, "My disk is full!"

I have more friends I should send this to, but right now I can't remember their names.

WRITTEN BY  
*Lowell & Reta Johnson*

CONTRIBUTED BY  
*Mary Edmunds*  
SUNRISE RESIDENT

## Introducing — **Ashley Waldman, LPN QI / Education Coordinator**

Hello! My name is Ashley, I was born and raised in Sioux City, Iowa and graduated from East High School. I have known from early on in life that I wanted to be a nurse. In 2013, I graduated from Western Iowa Tech as a Licensed Practical Nurse (LPN).



I have worked in long term care for six years loved every minute of it. I am passionate about helping others, especially the elderly. I was recently hired by Sunrise Retirement Community as the Quality Insurance/Education nurse. . . . I am very excited to begin this new journey!

~ *Ashley*



## Chapel Offerings: Scott Squires, CHAPLAIN

*All Healthcenter-Services & Events are still cancelled . . .*

- ◊ In the afternoon on July 2nd we will celebrate 4th of July in each Nursing Neighborhood with music and a presentation.
- ◊ **SIOUXLAND SENIOR OPEN:** rescheduled for August 21st. . . . Details to be announced.

*~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 ~

**When I was a young mom of five**, we purchased a small house with a great yard for the children to play in, and put a five foot fence around it so they'd be safe. I saved as much money as I could and we gradually purchased a big swingset, big slide, a rocking teeter totter, a merry-go-round, even a big stock tank to keep cool in the Summer. My husband built a big sandbox as well. Lots of safe toys got added and soon lots of neighbor kids, too . . . So our two big lots were full of lots of fun! I never even thought of what summer vacation time would be like?

I soon found out most of the children had both parents who worked, so there was no supervision at home. I didn't want them out on the streets or home alone. I decided I could, at least, make PB&J Sandwiches and Kool-Aid for lunch. And anyway, I was always baking and trying to keep cookie jars full.

Soon I started a baking class to teach some of the older girls how to bake everything from scratch, even pizzas. Then I added a sewing class, starting with “sewing on a button”. And then I taught them how to use a treadle sewing machine I had to mend seams and soon they were making doll clothes from patterns I had.

An older neighbor girl's cousin came, too. One day she told me, “I've got a new name I'll call you . . . It's going to be Mama Hen from now on. At first I didn't get it, being a city girl, but I was told a Mama Hen will call her little chicks to come running, then spread her wings over them and protect them from danger.

## Scam Calls, Scam Mail & Email Prevention —

Please be careful regarding scam phone calls, also scam mail & emails. Remember you should **ALWAYS HANG-UP** on these type of phone calls. You can throw mail in the trash and you can delete emails that will cause you problems. **DO NOT give out information about yourself.** Most people or companies already have more than enough information about you—more than you realize—and more than you probably want them to know about you and your families anyway.

When listening to the evening TV news or read local newspapers, we see the “bad guys” are active in our part of the country as well as around the world. If you sense something is wrong or doesn't seem right . . . it's probably not

— Just Hang Up!

*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*



*LaAnn Fleming  
& Sue Schultz*  
SOCIAL SERVICES DEPARTMENT

## Resident Right Of The Month:

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

### RIGHT TO FILE COMPLAINTS ABOUT ABUSE, NEGLECT, OR MISAPPROPRIATION OF PROPERTY.

You have a right to file a complaint with the state agency which inspects this facility if you believe you have been abused or neglected, or if your property has been stolen. That agency is the Department of Inspections and Appeals.

## Residents Birthdays July 2020

- 01—Leona Wolff
- 05—Lageane Petersen
- 08—Sidney Hoover
- 14—Al Kern
- 16—Marlys Haden
- 16—Nina Bender
- 24—Molly Martin
- 25—Helen Petersen
- 26—Shirley Haitz
- 28—Merle Haitz



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

How does sun block work and what's the best to use?

Sun blocks are topical products that protect the skin from UV (*Ultra Violet*) and UVB (*Ultra Violet B*) radiation. Sunblock scatter, absorb or reflect the UV rays before it reaches the skin. Sunblock can also prevent premature aging, skin cancer and sunburn. The US FDA (*United States’ Federal Drug Administration*) says to use a product labeled as broad spectrum with the SPF 15 or higher for both UV & UVB rays. There are many forms out there. Find the one that works best for you. There are many varieties out there to choose from. FDA suggests reapplying it every 1-2 hours, especially if swimming.

### Limit the time in the sun . . .

It's hottest from 10am to 4pm. Wear long sleeves, long pants and a hat that shades the face along with sunglasses. It's important to purchase sunglasses that absorb from 99-100% of UV rays.

Remember that certain medications can cause an increased risk of sunburns. Read your medications labels carefully.

### RE: FEEDING OF ANIMALS AND 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

Carol Bahney  
Robert Eidsmoe  
Garneth Oostenink



## 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*

**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. ~

# July 2020

hello  
sunshine

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

**July 4**—Celebrates the adoption of the Declaration of Independence in 1776.

**July 15**—We will be celebrating the July Birthday's (Activities will deliver cake to your rooms )

**July 24**—We will be delivering watermelon to your rooms.

**July 29**—Ice Cream Sundaes —we will deliver to your rooms



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*



**Stay Safe & Healthy this month!**

Your Activity Department,

Erin Anderson, Director

Assistants: Kris & Jordan

Scott Squires, Chaplain

Lisa, Wellness Coordinator



# FACTS ABOUT WATER



composes 75% of your brain



makes up 83% of your blood and carries nutrients and oxygen to your cells



moistens oxygen for breathing and helps carry nutrients and oxygen to your cells



helps convert food to energy and regulates body temperature



removes waste and protects and cushions your vital organs



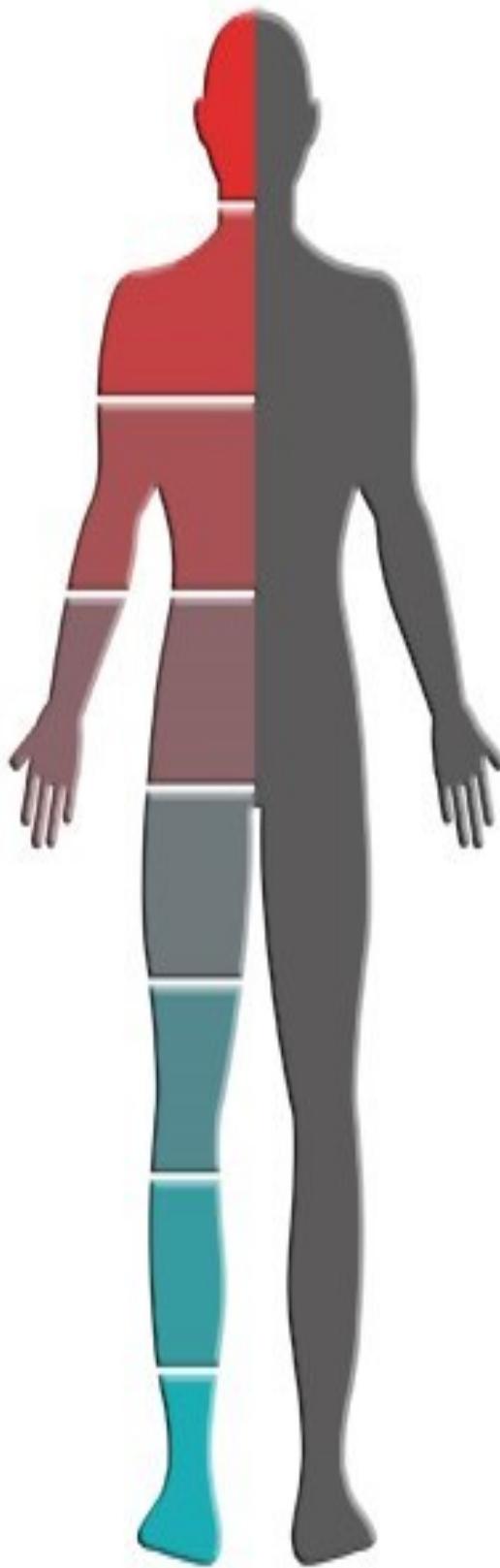
cushions your joints



composes 22% of your bones



makes up 75% of your muscles



## WELLNESS PAGE:



*Lisa Roepeke,*  
WELLNESS COORDINATOR

MEDICAL  
OBSERVER

# HEALTH and MEDICAL FACTS

## 5 BENEFITS OF SLEEPING

### IMPROVES YOUR MEMORY

Your mind is surprisingly busy while you snooze. During sleep you can strengthen memories or "practice" skills learned while you were awake (it's a process called consolidation).

### (+) TO PERSON'S LIFESPAN

In a 2010 study of women ages 50 to 79, more deaths occurred in women who got less than five hours or more than six and a half hours of sleep per night.

### SLEEPING SPURS CREATIVITY

Researchers at Harvard University and Boston College found that people seem to strengthen the emotional components of a memory during sleep, which may help spur the creative process.

### SHARPENS ATTENTION

A 2009 study in the journal Pediatrics found that children ages seven and eight who got less than about eight hours of sleep a night were more likely to be hyperactive, inattentive, and impulsive.

### EFFECT ON WEIGHT LOSS

Researchers at the University of Chicago found that dieters who were well rested lost more fat—56% of their weight loss—than those who were sleep deprived, who lost more muscle mass. (They shed similar amounts of total weight regardless of sleep.)