



# SUNRISE TIMES

Senior Living Choices for You

Volume 68

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Issue 8

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**Welcome Residents**  
  
**to Sunrise**

Helen Brower

Marcia Jacobson

### 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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## *In having a conversation*

with a friend recently, we both decided that there are a couple of words that neither of us want to hear any more – “new normal” and “unprecedented” topped the list. Maybe you feel that way too? So at the risk of sounding cliché, I think we all agree that the last few months have been anything but normal even though we are all craving something that just feels...well, normal! In order to do this for myself, I'm trying to indulge in a little bit of self care with my favorite things – things that fit into the socially distanced category. With summer being my favorite time of year I love to spend time outdoors and in the sun. I've been trying to get a little bit more patio time lately, especially if it includes a good book. I find that just a few minutes resets some of the worries I've had during the day and helps me get into the right frame of mind. An evening walk with my family is another good way for me to get this mental reset. On the bright side, I have more time for these things since I don't

fall into the habit of needing to run errands after my day in the office (I'm avoiding too much time out and about like many of you). I hope that each of you have found a way to connect with your family – whether they are near or far, in person or by phone or internet. It is important for us to keep those connections and they sure do help us feel mentally settled in during times that are chaotic.

*Hallie Salmen*, CEO / EXECUTIVE DIRECTOR

**While it is difficult and/or uncomfortable at times** to wear protective equipment like masks when visiting, this is a mandatory part of our visiting policy for the protection of the residents. If there is a health risk for the visitor in wearing the protective equipment, please communicate that with the staff who are checking you in prior to the visit and we will discuss other accommodations that can be made. Otherwise, if visitors are not abiding by the policy, we will not be able to continue to schedule visits as non-compliance is a violation of Sunrise policy and the expectations set forth by our regulatory agencies.

~ PLEASE TURN THE PAGE AND READ OUR "VISITING GUIDELINES"

## 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)

## VISITING GUIDELINES —

You must set up an appointment with Erin Anderson, Activity Director, at 276-3821 ext. 3130.

All visitors must check in and out at the front desk kiosk. Staff will assist you in getting checked in. If you pass the assessment at the front desk, you must: Wear a face mask at all times (If the person you are visiting is hearing impaired or lives in our memory care neighborhoods, there are also face shields available upon request). Stay 6 feet away from your loved one. Outside visits only. Meet with activity staff to determine where your visit will take place. Wash/sanitize hands before and after your visit. Limit the visits to 45 minutes or less. Limit the number of visitors to two people at a time. Currently, we only are allowing weekday visits between 8am and 3pm.

If at anytime it is determined that you are not following the guidelines, you will be asked to leave the property and may not be allowed further visits. Please check our Sunrise website, face book page, and sign up for our email blasts.

Thank you so much for your cooperation!

Hallie Salmen, CEO

Chris Schenkelberg, HEALTHCARE ADMINISTRATOR



**Welcome to the patio!!!**

**Our residents are ecstatic to visit with family and friends!**

We want to continue to keep our residents safe as we open our patios for visits. I know it can be very frustrating and hard not to get close to the residents we love and have missed for months, but it is very important that we follow the guidelines of Iowa Department of Public Health. We feel

very fortunate that we have not had any residents positive with COVID-19, and we want to continue to keep our residents safe and healthy. Many of you like to show pictures on your phones of memories that the residents have missed, but we need to remember to maintain a 6-foot distance and not passing items back and forth. Appointments are also necessary for all window visits as well so we can be sure we have a record of who visited and when and that all visitors are safe to enter. I know this is inconvenient and takes extra steps, but we need to take all steps to ensure our residents safety. Please be sure to bring a mask and wear it when entering the building; visitors who do not have masks will not be allowed to enter to get checked in.

## Resident Valuables:

## Introducing —

**Hi, my name is Lori Williams,**  
ACTIVITY ASSISTANT



I have been employed at Sunrise Retirement Community for six years and recently joined the Activities Department. I am excited to begin my new role.

My husband and I have been married 42 years. We live on a farm near Sioux City. We have four grown children and two grand- children and lots of farm animals.

Beginning a new role here at Sunrise is very exciting and I truly enjoy visiting with and getting to know all our residents better.

**Welcome To The Team, Lori!**

**Upon admission** and throughout our stay it is very important that the staff have a record of all items of value that are being brought in for your loved ones. There is a “valuables” sheet that families are required to fill out in detail of the items and their descriptions, so we know exactly what the resident has and what the item/items look like. Staff will take pictures of the items when possible, but if families bring items in after the resident/tenants have lived here for a length of time and don’t inform our staff, we will not have a good record of what items are misplaced or potentially lost. We encourage you all to limit the number of items that are being brought in and items that are very expensive or sentimental, so there is no risk of items being misplaced or broken. Some families are dropping off items at the front office for their loved ones as well. If there are any items of value, please be sure to let the staff know so we can be sure it is documented on the valuables list.



## Chapel Offerings: *Scott Squires*, CHAPLAIN

*Now may our*  
LORD JESUS CHRIST  
**HIMSELF,**  
and our God and Father,  
who has loved us  
and given us everlasting  
*consolation*  
and good hope by  
*grace.*

*comfort*  
your hearts & establish you  
in every good word & work.  
2 THESSALONIANS  
*1:11-13*

### Devotions with the Chaplain

"I am only human," might be our response to so many people and or situations that cause us to question our faith.

The truth is we are human and therefore, periodically we will have doubts, fears, and worries. Yet, we are not without hope; we can receive the greatest counsel, comfort, and grace, if we seek consolation from God. God knows our weaknesses; our thoughts are not concealed from Christ. Christ knows everything about us and continues to love us and sustain us through our doubts, fears, and worries. When we seek comfort from God, we can be certain that God will cherish and nurture us in our time of uncertainty.

Gracious Lord, we come before You, seeking comfort and understanding. You are fully aware of our spiritual sorrows and our cherished blessings. Please create within our uncertainties a sense of hope and calm assurance of the faith You provide. Remind us of Your love and mend our brokenness so that we might be stronger and lend comfort to others with the comfort we now receive from You. Amen.

*Healthcenter Chapel Services ~*  
Due to Covid—19  
Regulations and Procedures, we are  
still unable to hold Chapel Services  
or other large group meetings.

## Did You Know?

The **Sioux City Journal** has announced a change in their newspaper printing and delivery schedules. Beginning August 10, 2020, they **will be printing newspapers only five days a week** and subscribers will receive their papers Wednesdays through Sundays. On the other days (Mondays & Tuesdays) local news and breaking news as well as other information is accessible to all Sioux City Journal subscribers through their computer website, which is:

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

There you will find an exact digital replica of that day's Journal.

Chad Pauling, S.C. JOURNAL PUBLISHER, stated the change was a "difficult decision" to make, but they remain committed to their readers.

Subscribers with questions may call,  
712-293-4244

—or—

email: [SCJ-Circulation@lee.net](mailto:SCJ-Circulation@lee.net).

**Birds ~** In glancing through a bird book I recently borrowed from the Sioux City Library, it indicated The Poughkeepsie Journal as saying, "more people are watching" and "taking photos of their winged neighbors (*birds*) than ever before". Please know this is an old bird book — I'm sure the writers never heard of the Covid—19 pandemic or people isolating and staying indoors due to the heat or some other reason we don't quite understand. However, it's a fact bird watching is on the rise!

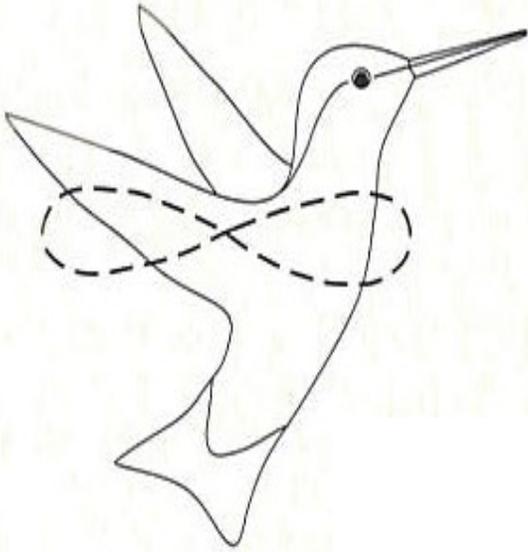
**This summer** for my 76th birthday, one of my sons purchased a birdfeeder as a gift for me. It hangs on a shepherd's hook in our backyard right outside the patio door where my husband sits in a plush easychair, sips coffee and watches whatever goes on or by through the window. And I, on the other hand, have the dubious privilege of trying to keep the birdfeeder filled with a variety of seeds, while squirrels repeatedly dump the seeds on the ground. Rabbits devour the squirrels' leftovers, then the poor starving birds might get a snack or two. Sometimes life just isn't fair . . . but we must

**"Keep On Keeping On!"**

*Mary Pointer*, SECRETARY

If you would like to submit a bird story or other creative writing items, please turn them in at Sunrise's Healthcenter Reception Desk, marked to my attention.

## Bird—ology 101



A hummingbird's wings make a figure-eight pattern while the bird hovers. They can fly forward, backward, and even upside down to escape quickly. Their pectoral muscles account for 25% of its total weight compared to 5% in humans.

—Stokes Backyard Bird Book, 2003

## An Adult Coloring Project —



## Re-Opening of Beauty Shop ~

Appointments may be made for  
**FOUNTAINVIEW RESIDENTS ONLY**

(due to the on-going Covid-19 pandemic regulations).

**HOURS** at this time are limited to:  
**Mondays, Wednesdays & Thursdays**  
from 8:00am to 4:00pm.

The Beautician is currently allowed to make appointments for the following:

- Haircuts
- Shampoo & Sets
- and also, Perms, now.

Please call the Activity Office at  
**Ext. 3130** to make an appointment  
(no walk-ins, sorry).



*Keisha Arndt*, **SUNRISE BEAUTICIAN**

**“Go-fers”**— Volunteers from Grace United Methodist Church 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**

**Woodbury County is rich in wildlife diversity, including birds.**

To see some of the most fabulous local bird photos, use your computer and Google:

**[woodburyparks.org/birdwatching](http://woodburyparks.org/birdwatching)**

## Resident Right Of The Month:

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

### THE RIGHT TO INFORMATION ABOUT ADVOCACY GROUPS.

The following groups serve as advocates for residents:

#### SURVEY AGENCY:

**Iowa Department of Inspections and Appeals**  
Division of Health Facilities  
Lucas State Office Building  
321 East 12th Street  
Des Moines, Iowa 50319-0083

#### Medicare Address:

Office of the Inspector  
P.O. Box 23489  
Washington, DC 20026  
HHS TIPS Hotline  
1-800-447-8477  
FAX: 1-800-223-2164.  
Email:  
[HHSTips@oig.hhs.gov](mailto:HHSTips@oig.hhs.gov).

#### DEPENDENT ADULT ABUSE;

Hotline: 1-877-686-0027

#### Local Law

**Enforcement Agency:**  
Sioux City Police Department  
601 Douglas Street  
Sioux City, Iowa 51102.  
Phone: (712)279-6960.

#### State Long Term Care Ombudsman:

Toll free: 1-866-236-1430.

#### TENANT / RESIDENT ADVOCATE COMMITTEE;

Contact address and phone number are available through Sunrise Retirement's Social Service Coordinator,  
LeAnn Fleming —or—  
Grievance Officer,  
Chris Schenkelberg  
by dialing (712)276-3821.



### Residents Birthdays August 2020

- 02—Rose Lauters
- 05—Joan Kellen
- 08—Margene Aeling
- 11—Jeannette Tierney
- 16—Alice Senske
- 18—Calvin Veach
- 22—Robert Fox
- 23—Jim Gunsch
- 29—Rose Ann Tice
- 31—Norma Beans



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

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



### Our Sympathies

Bonnie Mathers



## 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. ~

### Why should I get a flu vaccine?

Flu is caused by a virus and is spread rapidly by coughing, sneezing and close contact. Anyone can get the flu. It strikes suddenly and can last for several days. The symptoms may vary. They may include: fever, chills, sore throat, muscle aches, fatigue, cough, headache and runny or stuffy nose. Flu can also lead to pneumonia or blood infections. If you have heart or lung disease, the flu can make it worse.

**The vaccine can:** Keep you from getting the flu, make the flu less severe if you do get it or keep you from spreading it to your family. The vaccine can take about 2 weeks for protection to develop.

**DO NOT** get the vaccine, if you ever had a life threatening allergic reaction after a dose of the vaccine. Some of the vaccines contain a small amount of egg protein. Do not take if you ever had Guillain Barr'e syndrome. There is always a chance for reactions to the vaccine. There is always a chance of minor symptoms from the vaccine but they should only last 1-2 days.

**FYI:** There is no live virus in the vaccine. They cannot cause the flu. It is usually okay to get the vaccine when you have a mild illness, but may wait until you feel better. The flu is more dangerous for infants, young children, and people over 65 years.

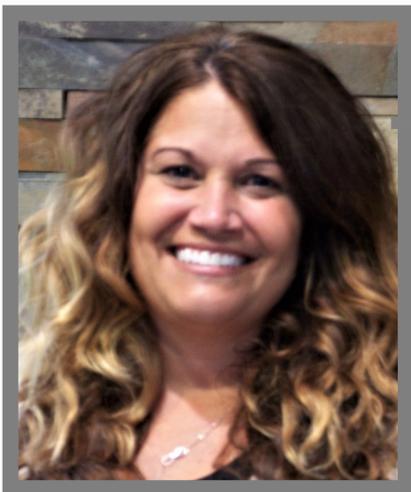
*Glenys Behrens, SUNRISE HILLS NURSE*

## For Residents & Family Members —

The Sunrise Times newsletter may be received 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*



**ACTIVITIES DEPARTMENT:** *Erin Anderson,* **ACTIVITY DIRECTOR**

# August 2020



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



**August 3rd- National Watermelon Day**  
*We will serve watermelon to your room.*

**August 7th - Friendship Day**  
*What would we do without them?*

**August 28th—**  
**celebrating August Birthdays**  
*Cupcakes will be delivered to your room.*



**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.

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

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

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

**Friday**— Request an ice cream treat

**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**

Kris O'Neil & Lori Williams, **ASSISTANTS**

Scott Squires, **CHAPLAIN**

Lisa Roepke, **WELLNESS COORDINATOR**



# HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

VEGETABLES

WHOLE GRAINS

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Eat plenty of fruits of all colors.

FRUITS

HEALTHY PROTEIN

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



**STAY ACTIVE!**

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Harvard T.H. Chan School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)



**RE: Scams** — "Someone is calling people saying they are with the local Public Health office and telling that person they have been exposed to a positive case. The caller then says the office wants to send a COVID—19 test kit and all they need is a \$50 processing fee. **Public Health will NEVER ask for your banking or credit card information**" and they do not charge for a COVID test to be done.

—From *Jessica Erdman*, AGENCY ADMINISTRATOR/FINANCE DIRECTOR of Page County Public Health, Clarinda, Iowa—7-22-2020

# FASCINATING HUMAN BODY FACTS

THE AVERAGE HUMAN HEAD WEIGHS ABOUT 10 POUNDS



WE DRINK ABOUT 16,000 GALLONS OF WATER IN A LIFETIME



A RED BLOOD CELL CAN TRAVEL AROUND YOUR BODY IN UNDER 20 SECONDS

When you blink one eye, you move over 200 muscles



WE CONSUME AROUND 7,000 TIMES OUR OWN WEIGHT IN FOOD OVER A LIFETIME



OUR HEART BEATS AROUND 100,000 TIMES EVERY DAY OR ABOUT 30 MILLION TIMES IN A YEAR



The human body has 230 movable and semi-movable joints



TASTE BUDS LAST ONLY 10 DAYS



10% OF HUMAN DRY WEIGHT COMES FROM BACTERIA



THE DNA HELIX MEASURES 80 BILLIONTHS OF AN INCH WIDE