

SUNRISE TIMES

Senior Living Choices for You

Volume 68

SEPTEMBER 2020

Issue 9

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The saying "time marches on"

is certainly a true statement. It is hard to believe that we have been in this pandemic situation for nearly 6 months now. While there are some ways that life is getting back to normal in our local community and even at Sunrise, there are many ways that we are still restricted – either by our own choices for what we feel is safe or by what our regulators have determined.

Over the past two weeks our local county has seen a rise in positivity of cases and as of the day I write this (Aug 29) the rolling 14 day average is at 10%. A precarious situation. We all want to get back to normal – going about freely, having entertainment and visitors on our campus, etc. but we also have to acknowledge that on our campus there are some individuals who are most at risk for experiencing a negative outcome if they get this virus. Our staff are required to wear masks at all times when they are in our buildings working and we require guests to wear masks and maintain social distancing when they are visiting. Individuals who don't follow this policy put the health of our residents at risk.

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.

Welcome Residents
to Sunrise

Stan Ahrendt

Darlene Ernst

Arthur Huser

Lois Jacobs

Thomas Prout

One more note:

We will not be having the *Grandparent's Day* celebration as we normally do, but we have planned to hold outdoor entertainment that day which will move to each of the nursing and assisted living areas and have a special BBQ meal planned for the residents lunch that day.

It seems like the guidance we receive and the messages we hear change quite frequently, so please be patient with us as we continually make changes and updates to our operations and policies. Just remember that it is our goal – and your goal – to keep our residents healthy and happy even in the face of adversity. Thank you for your understanding, support and assistance as we continue to put residents first each and every day.

Hallie Salmen, CEO / EXECUTIVE DIRECTOR

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Sunrise Retirement Community

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WEB-SITE ADDRESS: www.sunriseretirement.com

E-MAIL ADDRESS: info@sunriseretirement.com



We count our blessings

everyday that we have continued to keep our residents safe and want to continue to do so. We have very strict guidelines from the Iowa Department of Public Health and Centers for Medicare and Medicaid Services. With the kids all back in school, it only heightens our concerns and potential exposure to our residents as we have visitation here on campus with your loved ones. We need to continue to be diligent in following the guidelines. We do understand that it is a long process to get everyone checked in and out with the kiosk and to sanitize in between visits, but this is a requirement that we must follow. If you would like to share your concerns with myself or the CEO, please feel free to contact either of us at any time. The staff who are assisting you in the visits are only following the instructions and guidelines that were set out for all long-term care facilities and unfortunately, none of us have the ability to bend or change the rules. Please try to be patient with our staff as we are trying to do

what we can to continue visits on our campus and keep our residents, our staff, and all visitors safe as well.

1. All visitors MUST have a facemask on before entering the building and throughout your visit.
2. 6-foot distancing is required at all times. I know we all want to show pictures on phones and i-pads, but the staff are more than happy to hold the phones or devices for you to show the residents the photos.
3. No visitors are allowed to enter without a prior appointment set up through our activity department. Please call (712) 276-3821 ext. 3130 to set those appointments up.
4. Please be respectful and kind to our staff during visits and be sure to follow CDC, IDPH and CMS guidelines as advised. Sunrise does reserve the right to discontinue visits if any of the guidelines are not followed or there are concerns regarding your visits.
5. If you are feeling ill, please refrain from visiting for at least 72 hours after your symptoms resolve.

Thank you in advance for your understanding during this very difficult time.

Chris Schenkelberg, HEALTHCARE ADMINISTRATOR



Introducing — Tina Pike, OUTREACH COORDINATOR

Hello! My name is Tina. I recently joined the Sunrise Team as the Outreach Coordinator. I will assist with streamlining potential admissions to the Sunrise Campus, along with strengthening our relationships in the community, and helping to educate on the services and programs Sunrise Retirement has to offer.

I live in Sgt. Bluff and I have two children. My daughter also lives in Sgt. Bluff with her family. She has blessed me with three beautiful grandchildren. My son is a Junior at SBL High School and is active in football, basketball, and baseball.

I have worked in long term care for the past 20+ years. My passion in life is the elderly and how much they have to offer!

I'm grateful and excited to begin my new chapter in life here at Sunrise. I look forward to meeting and working with all of you!



Devotions with the Chaplain

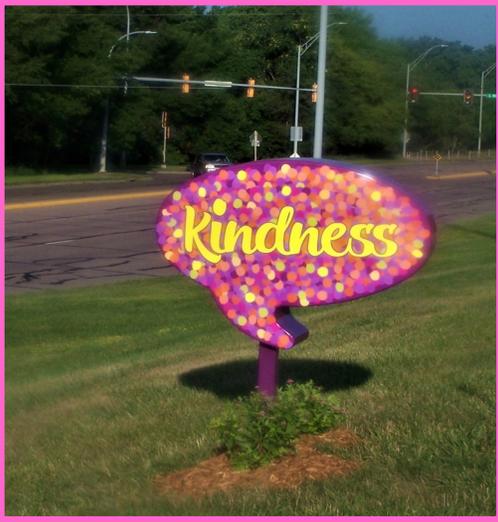
Who do you turn to for strength? We are all experiencing a trying time as we continue to alter our lives so we might prevent the spread of COVID. At times, we all feel spiritually weary and exhausted. When we feel as though our spirits are weak, we can turn to Christ through prayer, personal worship, and/or the reading the scripture for spiritual inspiration and strength. In the book of Nehemiah 8:10, we read these words: “The joy of the Lord is my strength.”

Let us pray, “God we are so often weighed down by the tragedies of this world. We are always in need of Your grace and healing. Only You can mend our broken spirits and give us strength that will enable us to flourish in our faith and affirm Your joy. Please remind us of Your love and awaken us to the depths of Your joy. Amen.”

— *Chaplain Scott Squires*

the joy of the
Lord
is your strength

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



Definition of the word kindness
(by Collins New World Dictionary of The American Language, 2nd College Edition, 1976) is: 1. The state, quality, or habit of being kind. 2. Kind act or treatment. 3. [Archaic] kind feeling; affection; good will.

Sunrise is pleased to receive and welcome the gift and sentiments embodied in the wonderful lighted “kindness” sign now posted along the main driveway into our campus.—which is spectacular at night from Hwy. 20. Our thanks for the gift!

Donation Plaque inscription reads:
“Honoring Dee & Harry Sachau
For Their Kindness — 2020”

Introducing Leah Erdman, ACTIVITY ASSISTANT

Hi! My name is Leah and I am a 21-year-old Sioux City native. You might recognize me from the front desk; I have worked at Sunrise Retirement as a part-time receptionist for six years, and I am super excited to be joining the Activities Department in addition. I graduated from Morningside College last semester with an English degree, and I am loving finally getting to take a backseat to “back-to-school” season.

In my free time, I enjoy reading, coffee dates with friends, and being outdoors. I look forward to spending more time here at Sunrise, getting to know you all better and helping with campus activities. I’m sure I’ll see you all around soon.

Congratulations, Leah...Way To Go!



Squirrels ~

According to the book written by Frans DeWaal, 2016

ARE WE SMART ENOUGH TO KNOW HOW SMART ANIMAL ARE?

“It seems highly unfair to ask if a squirrel can count to ten if counting is not really what a squirrel’s life is about.”

“The squirrel is very good at retrieving hidden nuts, though, and some birds are absolute experts . . . That we can’t compete with squirrels and nutcrackers on this tack — I even forget where I parked my car — is irrelevant, since our species does not need this kind of memory for survival the way forest animals braving a freezing winter do . . . There are lots of wonderful cognitive adaptations out there that we don’t have or need . . . The ecology of each species is key.”

“We all know the squirrels collect nuts in the fall and hide them for retrieval in winter and spring. Their hoarding is triggered by the shortening of day length and the presence of nuts, regardless of whether the animals know what winter is. Young squirrels naïve about the seasons do exactly the same whereas this activity does serve future needs and requires quite a bit of cognition regarding what nuts to store and how to find them again, the seasonal preparations of squirrels are unlikely to reflect actual planning. It is an **evolved tendency** found in all members of their species and limited to only one contest.”

**MY HUMAN TENDENCY IS TO FORGET WHAT I AM WRITING AND
WHERE THIS ARTICLE IS HEADED . . . *Oh, Nuts!***

~ Mary Pointer, SECRETARY

If you would like to submit a Creative Writing item, please turn it in at the Healthcenter Reception Desk to my attention . . . *Thanks!*



**HAPPY HEALTHY
SQUIRREL FRIENDS ENJOYING
BIRD SEED THIS SUMMER
ON MARY POINTER’S PATIO.**



“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

Resident Right Of The Month:

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

RIGHT TO WORK.

You have a right to perform work for this facility, if it is medically appropriate for you to work. You must formally agree to any work arrangement. If the work is for pay, you will be compensated at the prevailing rate for those services.

Compliance Hotline:
855-661-2667

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



For Residents & Family Members

The Sunrise Times newsletter may be received through E-Mail, please contact pointerm@sunriseretirement.com

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

Mary Pointer, SECRETARY



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



LeAnn Fleming & Sue Schultz
SOCIAL SERVICES DEPARTMENT

Residents Birthdays September

- 05—Betty Martin
- 09—Faye Ray
- 15—Delores Smith
- 16—Marion Schmidt
- 27—Betty Black
- 30—LaTricia Pranke



Our Sympathies

Bonnie Mathers
Donna Bern
Fern Bryne
Herman Lieber
Dorothy Pithan
Armeline Spain



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

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. ~

Key Facts About Influenza: What is INFLUENZA?

It is a contagious respiratory illness that infects the nose, throat and sometimes the lungs. It can lead to pneumonia, ear infections, sinus infections & worsen other chronic medical conditions. You are most contagious in the first 3-4 days.

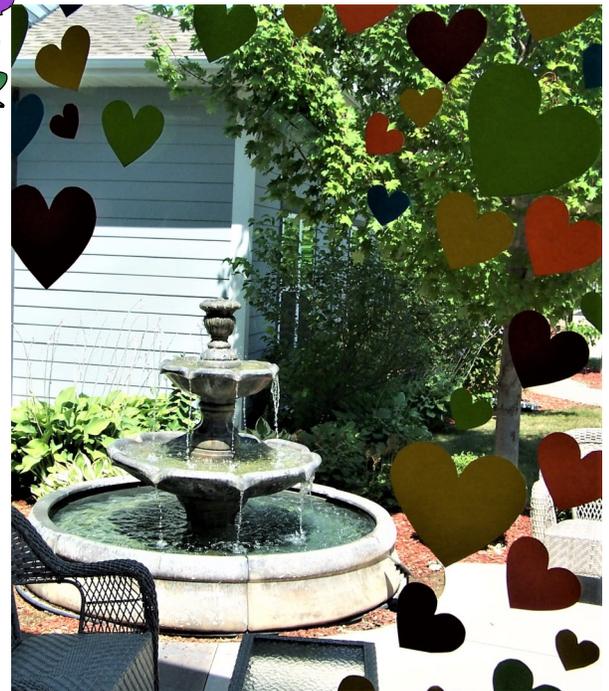
What are some of the symptoms?

- Fever (not everyone will have a fever).
- Cough
 - Sore Throat
 - Runny or Stuffy nose
 - Body Aches
 - Headache
 - Chills
 - Fatigue
- Sometimes diarrhea and vomiting.

What's the best way to prevent getting the flu?

Everyone should get a flu shot and always use good handwashing. Do not go around others if you are experiencing any symptoms. Get to the Doctor as soon as possible for medication that may shorten the cycle.

Glenys Behrens, SUNRISE HILLS NURSE



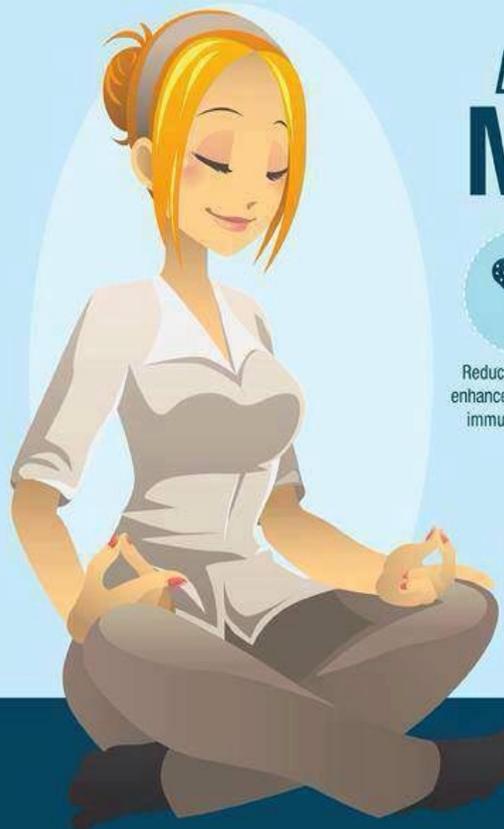
An Adult Coloring Project —



WELLNESS CENTER



Lis a Roepke
WELLNESS COORDINATOR



Benefits Of MEDITATION



Reduces pain and enhances the body's immune system.



Reduces feelings of depression, anxiety, anger and confusion.



Increases blood flow and slows the heart rate.



Provides a sense of calm, peace and balance.



Helps reverse heart disease.



Helps control thoughts.



Increases energy.



Reduces stress.

Sources: psychologytoday.com | mayoclinic.com | ineedmotivation.com

Wellness Calendar

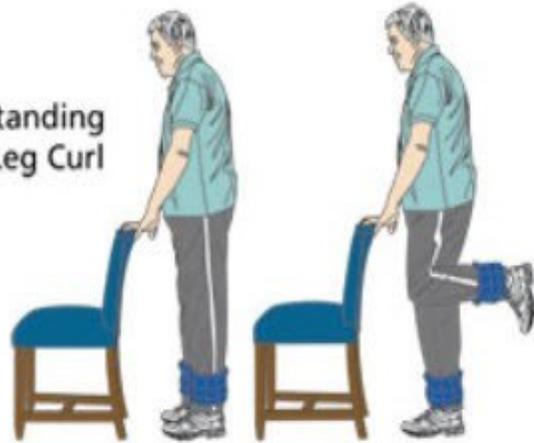
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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9	10 9:00 Tone Zone (P) 9:30 Tone Zone (P) 10:30 Wellness (FVDR) 11:00 Tone Zone (GC) 1:00 Brain Power (P) 1:45 Brain Power (P) 3:00 Brain Power (GC)	11 9:00 Balance (P) 9:30 Balance(P) 11:00 Chair Yoga (GC) 1:30 Wellness (AW)	12 9:00 Tone Zone (P) 9:30 Tone Zone (P) 10:30 Wellness (FVDR) 11:00 Tone Zone(GC) 1:00 Wellness (SLC) 1:15 Wellness (BC) 1:45 Wellness (EG)	13 8:00 Chair Yoga (P) 8:30 Chair Yoga (P) 11:00 Balance (GC) 1:00 Brain Power(P) 1:45 Brain Power(P) 3:00 Brain Power (GC)	14 8:00 Tone Zone (P) 9:30 Tone Zone (P) 10:30 Wellness (FVDR) 11:00 Tone Zone (GC)	15
16	17 9:00 Tone Zone (P) 9:30 Tone Zone (P) 10:30 Wellness (FVDR) 11:00 Tone Zone (GC) 1:00 Brain Power (P) 1:45 Brain Power (P) 3:00 Brain Power (GC)	18 9:00 Balance (P) 9:30 Balance(P) 11:00 Chair Yoga (GC) 1:30 Wellness (AW)	19 9:00 Tone Zone (P) 9:30 Tone Zone (P) 10:30 Wellness (FVDR) 11:00 Tone Zone(GC) 1:00 Wellness (SLC) 1:15 Wellness (BC) 1:45 Wellness (EG)	20 8:00 Chair Yoga (P) 8:30 Chair Yoga (P) 11:00 Balance (GC) 1:00 Brain Power(P) 1:45 Brain Power(P) 3:00 Brain Power (GC)	21 8:00 Tone Zone (P) 9:30 Tone Zone (P) 10:30 Wellness (FVDR) 11:00 Tone Zone (GC)	22
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30	31 9:00 Tone Zone (P) 9:30 Tone Zone (P) 10:30 Wellness (FVDR) 11:00 Tone Zone (GC) 1:00 Brain Power (P) 1:45 Brain Power (P) 3:00 Brain Power (GC)					



Wide Leg Squat



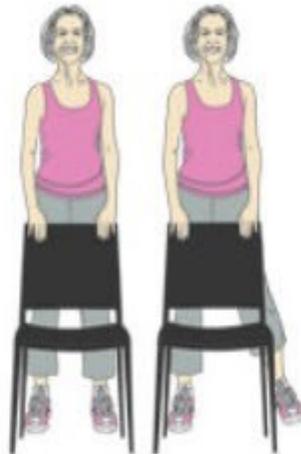
Standing Leg Curl



Knee Extension



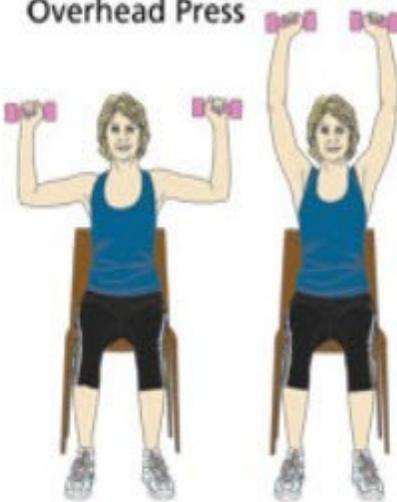
Side Leg Raise



Biceps Curl



Overhead Press



Seated Row



Toe Stand



Stay Strong, Stay Healthy is adapted from The Strong Women Program, A National Fitness Program for Women, John Hancock Center for Physical Activity and Nutrition, Friedman School of Nutrition Science and Policy, © 2008 Tufts University, Boston Massachusetts

Illustrations by J. Bintzer, University of Missouri Extension
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