



SUNRISE TIMES

Senior Living Choices for You

Volume 68

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Issue 10

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Sunrise office staff recently surprised Hallie Salmen, CEO,

with appreciation gifts of a floral bouquet and inscribed art piece. On the inscription “2020 Leading Boldly” is a statement especially true in this year of unusual challenges. Thank you Hallie for leading the Sunrise Retirement community boldly through your hard work, encouraging words, and great wisdom.



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
Patricia Graham
Kay Huser
Arthur Huser

I’m not sure where the time goes, but here we are with fall upon us once again. The change of seasons makes me think of Ecclesiastes 3:1, “There is a time for everything and a season for every activity under the heavens.” The litany of these activities is familiar to us all, especially since it was popularized by The Byrds in “Turn, Turn, Turn”. A time to tear down, a time to build, a time to search, a time to give up, a time to be silent and a time to speak – to name a few. Solomon is credited with writing this book and he certainly was a wise man as his wisdom is still applicable today. As I

read through these verses again today, I will consider this and think about how it applies to my life today. Maybe this is the time to heal a hurt from the past, a time to search for meaning in a situation that is beyond my control (think COVID), or a time to give up and just rest in knowing that God has this in His control. I hope that you will each enjoy the beauty that surrounds us this time of year and take a minute to reflect on what this season has in store for us. “For I know the plans I have for you”, declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

— *Hallie Salmen*, CEO / EXECUTIVE DIRECTOR

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Devotions with Chaplain, *Scott Squires*

I love this quote by C.S. Lewis. So often we ask God to change circumstances, people, and outcomes without asking God to change our own being. If God desires for us to experience that which would lead to the greatest benefit for our lives, then we should not flinch in asking God to change us according to the ultimate will of the Father. So why do we flinch or hesitate in asking God to change us? The simple answer is that we are prone to let our thoughts wander away from God and we lose sight of the Father's love. An abundant prayer life allows us to regain our spiritual insight into the Father's love. Thus, the more we pray, the greater tendency we will have in ask God to change us according the will of the Father.

"I pray because I can't help myself. I pray because I'm helpless. I pray because the need flows out of me all the time - waking and sleeping. It does not change God -it changes me." ~ C.S. Lewis

Let us pray... Gracious Lord, You desire to bless us and we soften fail to receive your blessings as we ought, because we are prone to let the demands of life prevent us from seeking you in prayer. Create in us new passions for Your will that will remain untarnished and steadfast. Allow us to freely focus upon You today and without reservations, we ask You to change us according to Your will. Thank you for Your mercies and awaken us to Your grace.

In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

Healthcenter Chapel Services ~ Due to Covid—19 Regulations and Procedures, we are still unable to hold Chapel Services or other large group meetings. WATCH for postings in the near future, *hopefully!*

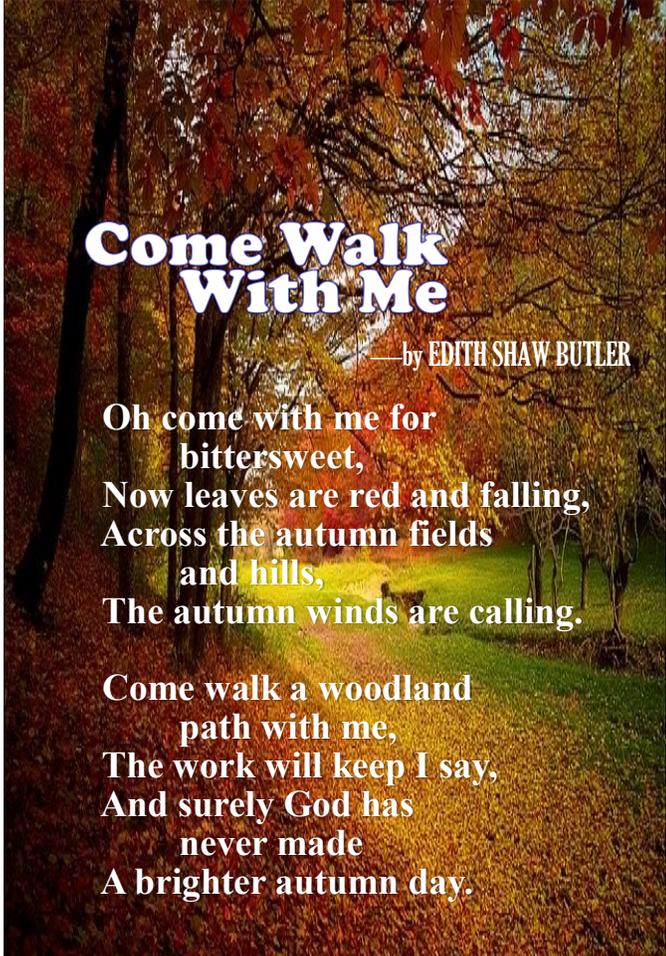
This Pandemic has affected us in numerous ways. Sometimes we just need someone to listen to our concerns and struggles. Someone we can confide in as a trusted friend.

LET'S TALK ABOUT IT

**Your Chaplain
Scott Squires**

If you would like to talk and or receive prayer or words of comfort, you can visit with me at my office anytime Monday through Wednesday, from 8:00 to 3:00pm.

You can also call me, leave me a note, or email me and we can arrange to meet according to your schedule.



Come Walk With Me

—by EDITH SHAW BUTLER

Oh come with me for
bittersweet,
Now leaves are red and falling,
Across the autumn fields
and hills,
The autumn winds are calling.

Come walk a woodland
path with me,
The work will keep I say,
And surely God has
never made
A brighter autumn day.

The Basic Rules For Clotheslines~

There's no mention of hanging clothes outdoors in the winter months and bringing them in frozen solid. I remember my mom dancing with Dad's frozen longjohn's. Icy cold fingers were treated by immersing them in icy water or snow. Diapers were placed on a folding clothes rack and put outdoors and after a few hours brought back inside to thaw and dry . . . No pampers in those days but washable diapers were the norm. More work, but far less pollution.

Remembering Mom's Clothesline: (If you don't even know what clotheslines are, better skip this article or better yet, READ ON — You might learn something.)

1. You had to hang the socks by the toes . . .NOT the top.
2. You hung pants by the BOTTOM/cuffs . . .NOT the waistbands.
3. You had to WASH the clothesline(s) before hanging any clothes. Walk the entire length of each line with a damp cloth around the lines.
4. You had to hang the clothes in a certain order, and always hang "whites" with "whites", and hang them first.
5. You NEVER hung a shirt by the shoulders—ALWAYS BY THE TAIL! What would the neighbors think!
6. Wash day was Monday! NEVER hang clothes on the weekend, especially on Sunday, for Heaven's sake!
7. Hang the sheets and towels on the OUTSIDE lines so you could hide your "unmentionables" in the middle (*perverts & busybodies, you know!*)
8. It didn't matter if it was sub-zero weather . . . Clothes would "freeze-dry".
9. ALWAYS gather the clothes pins when taking down dry clothes! Pins left on the lines were seen as "tacky".
10. If you were efficient, you would line the clothes up so that each item did not need two clothespins but shared one of the clothes pins with the next washed item.
11. Clothes off of the line and neatly folded in the clothes basket before supper time, and ready to be ironed ...IRONED???! Well, that's a whole OTHER subject!
12. Long wooden pole (clothes pole) that was used to push the clotheslines up so that longer items (sheets/pants/ etc.) didn't brush the ground and get dirty.

—CONTRIBUTED BY *Mary Edmunds*, FOUNTAINVIEW RESIDENT

If you would like to submit a creative writing, please turn it in at Sunrise's Healthcenter Reception Desk, marked to my attention.)

Thank You, Mary Pointer, SECRETARY

Squirrels, Again? No, this is not another

article in the on-going saga of the "Squirrel" world ... but it is merely a reminder that the Activity Dept. has a supply of books, puzzles, mind games, adult coloring, art projects & other things that you may request from any of the Activity Staff. Think about what you might like to do as these items may help pass the time while waiting for Covid-19 to be over.

HAVE FUN . . . AND PLEASE
SOCIAL DISTANCE & STAY SAFE !



Resident Right Of The Month:

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

RIGHT TO TRANSFER AND DISCHARGE—Part 1

You have the right to remain in this facility, unless —

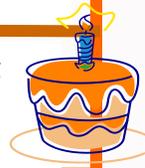
- ◇ You no longer need our care.
- ◇ Your welfare requires transfer
- ◇ We cannot meet your needs.
- ◇ The health or safety of others in the facility is endangered.
- ◇ You fail to pay for services.
- ◇ The facility ceased to operate.



Residents Birthdays October 2020

04—Patricia Barrett

31—Rolland Strong



Residents & Families

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

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

Fern Bryne
Myrtle Dodd
Marlys Haden
Ruth Hantla
Joan Kellen
Herman Lieber



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 is a Coronavirus Vaccine Important?

This virus can spread quickly and all the population is at risk. The vaccine will provide some protection by training the immune system to fight the virus.

What sort of progress is being made?

Approximately 80 groups around the world are working on a vaccine. A vaccine normally can take years or decades to develop. They are expecting a vaccine to be available by

early 2021. The first trial appears positive but there are no guarantees it will work. There are many steps to go through before it will be ready for the public.

A lot needs to occur before it is available to the public. Trials need to show it is safe and not causing more problems or side effects. It also needs to provoke the body into making antibodies to fight off the disease.

Billions of doses need to be developed. Then there is a huge challenge of inoculating the world population.

Millions have already lost their lives to this virus. The largest drug companies in the world are all working to get a safe vaccine developed.

Getting it done by next year will be a miracle.

—Glenys Behrens, SUNRISE HILLS NURSE

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.

"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.



FALL PREVENTION



Exercise: Get regular exercise. Exercise makes you stronger. It also helps you feel better. The most helpful exercises are those that improve balance and coordination. Tai Chi is one of these kinds of exercises.

Medicines: Ask your doctor to review your medicines. The side effects of some medicines can make you sleepy or dizzy. This can cause you to fall.

Vision: Get your eyes checked by your eye doctor. Your chances of falling are increased if you have poor vision.

Your Home:

Bedroom: Make sure the room is not cluttered.
Keep objects, clothes included, off the floor.
Keep a lamp near the bed.
Use nightlights from the bedroom to the bathroom.

Stairs: Make sure your rugs are fastened well.
Don't put objects on the stairs.
Make sure the handrails are sturdy.
Put lights in the stairways so you can see easily.

Living Room: Use carpet tape to secure area rugs so they do not slide.
Do not run electrical cords across the floor.
Secure the cords to baseboards or put them behind furniture.
Arrange the furniture so there are clear paths through the room.
Keep objects off the floor.

Bathroom: Put floor strips in the shower for traction.
Install grab bars so you can get in and out of the tub safely.
Wipe up any water that splashes onto the floor.

Kitchen: Clean up any water that drips or spills.
Use a sturdy step stool to reach items on high shelves.

Other Tips:

Wear shoes inside and outside.
Stand up slowly after you have been sitting or lying down.

References:
CDC. (n.d.). *What YOU can do to prevent falls.* CDC Foundation, MetLife Foundation. www.cdc.gov/injury
CDC. (n.d.). *Check for safety: A home fall prevention checklist for older adults.* CDC Foundation, MetLife Foundation. www.cdc.gov/injury

| aegis therapies | | EnerG by aegis | | OCTOBER 2020 | | | Wellness Coordinator Lisa Roepke 712-276-3821 ext 3143 |
|--|--|--|--|---|---|---|--|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
| Urinary Incontinence class at the Pointe starting 10/6/20 will do 2 classes if necessary | Fun National Holidays: Columbus Day Halloween |  | | 1 9:00 Chair Yoga(P) 9:30 Chair Yoga(P) 11:00 Tone Zone(GC) 1:00 Brain Power(P) 1:45 Brain Power(P) 3:00 Brain Power(GC) | 2 8:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Tone Zone(FVDR) 11:00 Balance(GC) | 3 | |
| 4 | 5 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) | 6 9:00 Balance(P) 9:30 Balance(P) 10:15BrainPower(FVDR) 11:00 Chair Yoga(GC) 1:00 Urinary Incontinence (P) | 7 9:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Wellness(FVDR) 11:00 Balance (GC) | 8 9:00 Chair Yoga(P) 9:30 Chair Yoga(P) 11:00 Tone Zone(GC) 1:00 Brain Power(P) 1:45 Brain Power(P) 3:00 Brain Power(GC) | 9 8:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Tone Zone(FVDR) 11:00 Balance(GC) 1:00 Urinary Incontinence (P) | 10 | |
| 11 | 12 Columbus Day 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) | 13 9:00 Balance(P) 9:30 Balance(P) 10:15BrainPower(FVDR) 11:00 Chair Yoga(GC) 1:00 Urinary Incontinence (P) | 14 9:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Wellness(FVDR) 11:00 Balance (GC) | 15 9:00 Chair Yoga(P) 9:30 Chair Yoga(P) 11:00 Tone Zone(GC) 1:00 Brain Power(P) 1:45 Brain Power(P) 3:00 Brain Power(GC) | 16 8:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Tone Zone(FVDR) 11:00 Balance(GC) 1:00 Urinary Incontinence (P) | 17 | |
| 18 | 19 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) | 20 9:00 Balance(P) 9:30 Balance(P) 10:15BrainPower(FVDR) 11:00 Chair Yoga(GC) 1:00 Urinary Incontinence (P) | 21 9:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Wellness(FVDR) 11:00 Balance (GC) | 22 9:00 Chair Yoga(P) 9:30 Chair Yoga(P) 11:00 Tone Zone(GC) 1:00 Brain Power(P) 1:45 Brain Power(P) 3:00 Brain Power(GC) | 23 8:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Tone Zone(FVDR) 11:00 Balance(GC) 1:00 Urinary Incontinence (P) | 24 | |
| 25 | 26 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) | 27 9:00 Balance(P) 9:30 Balance(P) 10:15BrainPower(FVDR) 11:00 Chair Yoga(GC) 1:00 Urinary Incontinence (P) | 28 9:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Wellness(FVDR) 11:00 Balance (GC) | 29 9:00 Chair Yoga(P) 9:30 Chair Yoga(P) 11:00 Tone Zone(GC) 1:00 Brain Power(P) 1:45 Brain Power(P) 3:00 Brain Power(GC) | 30 8:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Tone Zone(FVDR) 11:00 Balance(GC) 1:00 Urinary Incontinence (P) | 31 Halloween  | |

Too Much Sitting

A DANGEROUS TREND



NATIONAL
GET FIT
DON'T SIT DAY.
GET UP & MOVE!
MAY 4, 2016

The average American sits
more than **7** hours
a day



wellnessliveshere.org

Sources: American Diabetes Association. (2016). Foundations of care and comprehensive medical evaluation. Sec. 3 in Standards of Medical Care in Diabetes 2016. *Diabetes Care*, 39(Suppl. 1), S23-S35. | Biswas, A., Oh, P.I., Faulkner, G.E., Bajaj, R.R., Silver, M.A., Mitchell, M.S., & Alter D.A. (2015). Sedentary time and its association with risk for disease incidence, mortality, and hospitalization in adults: a systematic review and meta-analysis. *Ann Intern Med*, 162, 123-132. | Hu, F.B. et al. (2003). Television watching and other sedentary behaviors in relation to risk of obesity and type 2 diabetes mellitus in women. *JAMA*, 289(14), 1785-91. | Katzmarzyk, P.T., Church, T.S., Craig, C.L., & Bouchard, C. (2009). Sitting time and mortality from all causes, cardiovascular disease, and cancer. *Med Sci Sports Exerc*, 41, 998-1005. | Katzmarzyk, P.T., & Lee, I-M. (2012). Sedentary behaviour and life expectancy in the USA: a cause-deleted life table analysis. *BMJ Open*, 2:e000828. doi:10.1136/bmjopen-2012-000828. | Matthews, C.E. et al. (2008). A amount of time spent in sedentary behaviors in the United States, 2003-2004. *Am J Epidemiol*, 167(7), 875-881.