



SUNRISE TIMES

Senior Living Choices for You

Volume 68

NOVEMBER 2020

Issue 11

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November is here already!

While I'm certain the holiday celebrations will look different for many of us, it should not deter us from continuing to focus on the true meaning of these days. In fact, if we allow ourselves to embrace the difference, maybe our experience can be deeper than usual, too? For myself, it seems that there is always

so much to accomplish during the last weeks of the year! Preparing for a Thanksgiving feast, traveling, shopping, wrapping, decorating, family & friends get together, etc. – it can feel more like a chore and a box to check than something enjoyable where I've really taken time to put thought into the process and relish the culmination of my work. Rather than worry about how this year's celebrations will turn out, I am going to commit myself to focusing on the process and finding pleasure in the ordinary. I won't dwell on the fact that my entire extended family is foregoing the annual Christmas Eve celebration and find joy in a quiet evening with my nearly grown kids, talking and laughing around the fireplace. My holiday decorations won't be seen by very many people, but I am going to enjoy them all the same. And as for counting my blessings, the hardships of this year are going to be left unnoticed while I recall that my cup is overflowing...I'm surrounded by wonderful people at home and at work that I truly care about. What more could I want?!

Hallie Salmen, CEO / EXECUTIVE DIRECTOR

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

Bonnie Brown
Robert Niebuhr
Mary Smith

SUNRISE RETIREMENT FOUNDATION ~ BOARD ~

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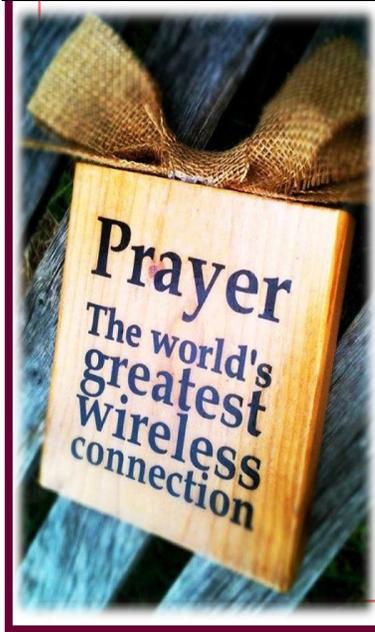


A Thanksgiving Connection

How do you define prayer? Prayer can be difficult to comprehend and as a result some people believe that prayer is elusive and untenable. Sometimes, our sadness and or spiritual doubts prevent us from focusing upon God in prayer. Perhaps these are some of the same feelings and questions that the disciples faced when they asked Christ, “Lord teach us to pray...” Luke 11:1. The scriptures indicate that Christ routinely prayed and often prayed for several hours at a time. The disciples seemed to understand that Christ enjoyed praying. The disciples yearned for the same type of prayer life that was demonstrated by Christ. Through Christ we now have intimate access to the Father. Christ understands our weaknesses and doubts and asks us to address God personally.

Let us pray, “Gracious and Wonderful Lord, we are grateful for Your grace that sustains our lives and guides our paths. You know our thoughts full well and You know when our hearts become weary and restless. Today we are still struggling with the effects of a pandemic and we yearn for healing and restoration to occur in our world. Please remind us of Your divine love and eternal hope. All this we ask in the name of the Father, the Son, and the Holy Spirit.

Amen.



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

NOTE: WORSHIP SERVICES. Chaplain has just recently been cleared to begin holding some services, but only in certain areas/neighborhoods/buildings on campus . . . and only with the wearing of masks and social distancing in strict observance.

One More Important Item~

Woodbury County's positivity rates for COVID-19 are very high right now – meaning there are a lot of people with the virus and spreading it in the community.

The only way to protect oneself is to

- (1) wear a mask – correctly – when out of your home/apartment and
- (2) perform hand hygiene (washing hands or using sanitizer) frequently.

Also, we request that you notify Sunrise management if you are confirmed to have COVID or think you may have it. For their own safety, our staff must be aware of your health status before entering the home/apartment for any reason. Thanks *Hallie*

FOR FOUNTAINVIEW RESIDENTS ONLY **Beginning November 1st, 2020.**

SUNDAYS: At 1:45pm Fountainview Assisted Residents living on Second & Third Floors will be able to meet for WORSHIP SERVICES in the Fountainview Dining Room.– See you there!

MONDAYS: Beginning Nov. 2nd, “COFFEE TALK” for Second Floor Residents only, 10:00am in 2nd Floor Commons.

TUESDAYS: Beginning Nov. 3rd. “COFFEE TALK” for Third Floor Residents only, 10:00am in 3rd Floor Commons.

Come Let Us Worship Together!

Resident Right Of The Month:

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

RIGHT TO TRANSFER AND DISCHARGE—Part 2

We will provide 30 days notice to you or your legal representative prior transfer except where your health is improved, there is an emergency, or there is a danger to the health or safety of individuals in the facility.

You, your legal representative, or family member will be notified of the reasons for the transfer. Your transfer and discharge rights apply to your movement to a residence other than this facility and to transfers from distinct parts within this facility to other parts of the facility.



LeAnn Fleming & Sue Schultz
SOCIAL SERVICES DEPARTMENT

Residents Birthdays November 2020

- 12—Harold Lawrence
- 15—Shirley Carlson
- 15—Willie Sue Olson
- 17—Lois Choquette
- 22—Bev Hinds
- 28—Hilda Faber

Our Sympathies

- Darlene Cardwell
- Patricia Graham
- Lois Hoover
- Catherine Huser
- Delores Smith
- Vera Stoltze
- Alice Thomas
- Virginia Weaver



Flu Vaccines Are Here!

We plan to administer these on
Nov 2nd & Nov 3rd

(For Fountainview & Healthcenter Residents)

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. ~

Is memory loss a natural part of aging?

Some loss happens as we age. The brain stores information in a slightly different way so it's harder to recall events. No need to worry if you forgot a name or where you put the car keys.

What's not normal is if you can't remember simple things like following directions or recipes or forget your way home. That could be signs of a more serious memory loss possibly caused by dementia or Alzheimer's disease which will get worse over time.

The more you can do the better. Exercise the mind and the body. Always work up, with your doctor on a regular basis, a plan to keep your mind as sharp as possible.

—Glenys Behrens, SUNRISE HILLS NURSE

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

"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.

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 Eye-glasses & 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.

PLEASE DON'T BE OFFENDED BY—

The Mirror ~

— BY *John T. West, Jr.*

The other day, I happened
by chance,
As I passed a mirror,
to give it a glance.
And I wondered who
that old man could be,
Who, with his mouth wide
open, was looking at me.

His bald head was sprinkled
with a little gray fuzz,
And he wasn't at all
Handsome (like I always was).
He looked like a sack
of mis-mated parts,
Put together without aid of
Instructions or charts.
And while I know that my
shoulders don't slump,
This person's were mis-shapen
in one odd hump!

Now, if that was my image,
I only can say,
They don't make mirrors like
they did in my day.

—CONTRIBUTED BY *Barb Olson*
SUNRISE HILLS RESIDENT

It was back in 2004, when Katie was working in the Kitchen

at the . . . Nursing home. She had a really dirty pan to clean, so she approached her Kitchen Manager for help. "What can I use to clean this?" "I'd use a rag and some elbow grease", replied her wise manager. About 15 minutes later, the manager found Katie surveying the shelves of a storage closet. "Whatcha doing, Kiddo?", the manager inquired. "I'm looking for elbow grease", said Katie . . . Her manager said, "Well, that's HARD work!

Katie answered, "It sure is . . . I can't find it anywhere!" Embarrassing, sure but how was young Katie to know that elbow grease didn't come in a can?"

— FROM *Our Iowa Magazine*, OCT/NOV 2020 ISSUE

(If you have a creative writings, please submit them to Sunrise's Healthcenter Reception Desk, marked to my attention.)

Thank You, Mary Pointer, SECRETARY

A Poem About Clotheslines ~ Series Continued

A clothesline was a news forecast,
To neighbors passing by,
There were no secrets you could keep,
When clothes were hung to dry.
It also was a friendly lik, for neighbors always knew
If company had stooped on by to spend a night or two.
For then you'd see the "fancy sheets" and towels upon the line'
You'd see the "company tablecloths" with intricate designs.

The line announced a baby's birth,
From folks who lived inside,
As brand new infant clothes were hung,
So carefully with pride!
The ages of the children could,
So readily be known,
By watching how the sizes changed,
You'd know how much they'd grown!

It also told when illness struck,
As extra sheets were hung;
The nightclothes, and a bathrobe too,
Haphazardly were strung.
It also said, "On vacation now",
When lines hung limp and bare.
It told, "We're back!" when full lines sagged,
With not an inch to spare!

New folks in town were scorned upon,
If wash was dingy and gray,
As neighbors carefully raised their brows,
And looked the other way.
But clotheslines now are of the past,
For dryers make work much less.
Now what goes on inside a home
Is anybody's guess!
I really miss that way of life,
It was a friendly sign,
When neighbors knew each other best
By what hung on the line.

—CONTRIBUTED BY *Mary Edmunds*, FOUNTAINVIEW RESIDENT

ACTIVITIES SCHEDULE —

November 2020

Showing gratitude is one of the simplest yet most powerful things humans can do for each other. ~ Randy Pausch



Friday, November 6th – National Nacho Day — Our activity staff will be making the rounds offering a small bowl of chips and cheese

Wednesday, November 11th marks Veteran's Day — to all our veteran's we say
"Thank You"

Friday, November 13th is World Kindness Day — Our activity staff will give back to your kindness shown to others with a hot chocolate bar delivered to you in your room

Tuesday, November 17th — Homemade bread day — enjoy a slice of homemade bread and warm apple cider delivered to your room

Tuesday, November 24th — enjoy a slice of pie with a cup of coffee or glass of water delivered to your room

Thursday, November 26th — From home to home and heart to heart — **Happy Thanksgiving!**



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— Church FVDR at 1:45pm for Fountain View Assisted Living Tenants

****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,

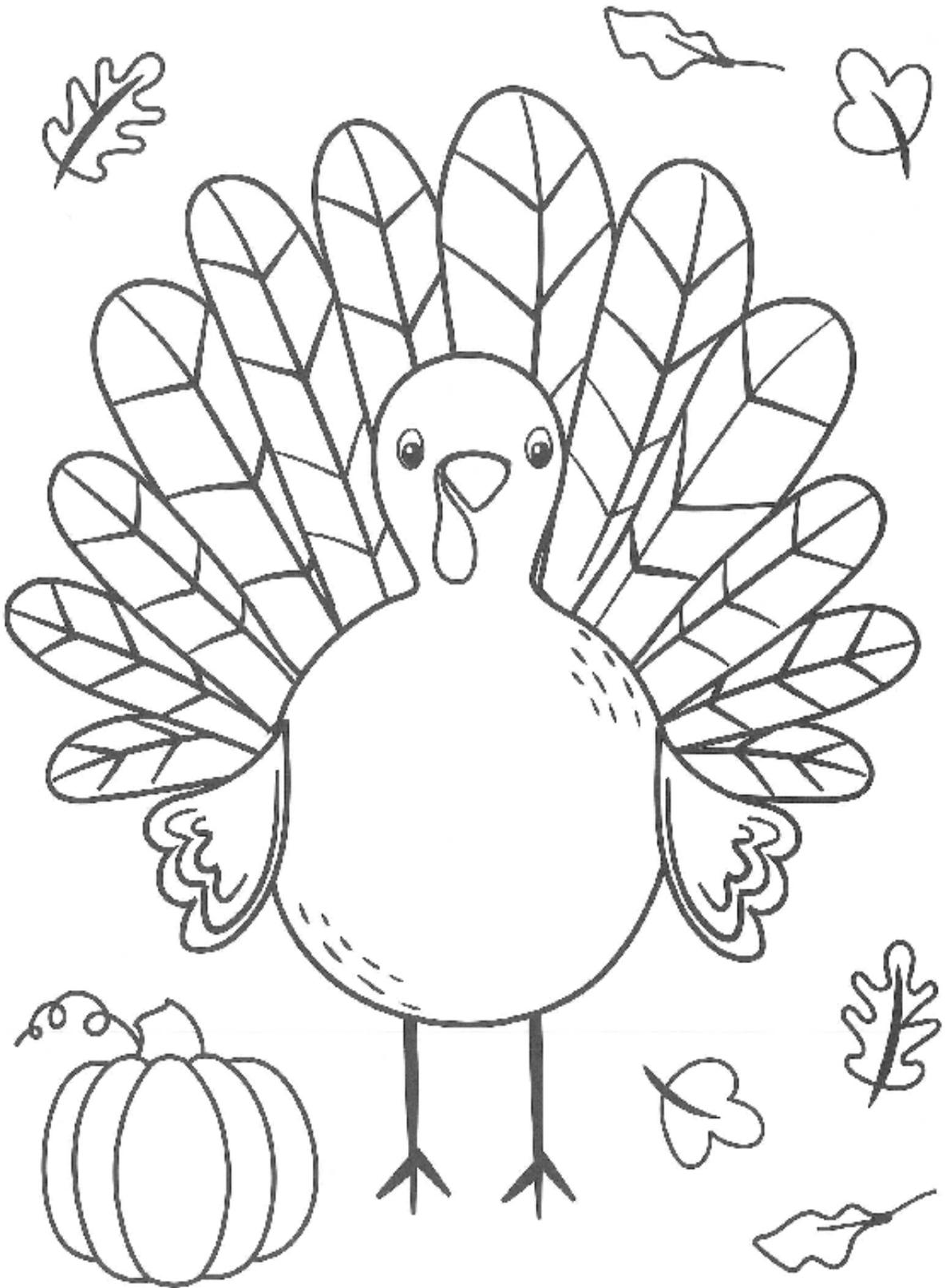
Erin Anderson, Director

Assistants: Kris, Lori & Leah

Scott Squires, Chaplain

Lisa, Wellness Coordinator

ACTIVITY PAGE — Adult Coloring — *Happy Thanksgiving!*



JILL MILLER CONCERT — December 12th on KTV from 7-8pm — *Happy Holidays!*



Be Careful!

My Health. My Life.

older adults

1 out of 3 will fall each year

falls leading cause of both fatal and nonfatal INJURIES

20-30% who fall suffer moderate to severe injuries

PREVENT SERIOUS FALLS

- Wear shoes or boots with rubber soles.
- Always use handrails; turn lights on.
- Keep your porch, deck, walkways, and driveway clear of snow and ice.
- Limit walking to areas that have been cleared.
- Take shorter steps; keep hands free.
- Slow down.
- Be careful when getting into the car.
- Use your cane, walker or other assist device; walk with someone.
- If there is carpet, stay on it whenever you can.

10 tips
Nutrition
Education Series

healthy eating for an active lifestyle



10 tips for combining good nutrition and physical activity

For youth and adults engaging in physical activity and sports, healthy eating is essential for optimizing performance. Combining good nutrition with physical activity can lead to a healthier lifestyle.

1 maximize with nutrient-packed foods
Give your body the nutrients it needs by eating a variety of nutrient-packed food, including whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat less food high in solid fats, added sugars, and sodium (salt).

2 energize with grains
Your body's quickest energy source comes from foods such as bread, pasta, oatmeal, cereals, and tortillas. Be sure to make at least half of your grain food choices whole-grain foods like whole-wheat bread or pasta and brown rice.

3 power up with protein
Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef or pork, and skinless chicken or turkey. Get your protein from seafood twice a week. Quality protein sources come from plant-based foods, too.

4 mix it up with plant protein foods
Variety is great! Choose beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), and unsalted nuts and seeds.

5 vary your fruits and vegetables
Get the nutrients your body needs by eating a variety of colors, in various ways. Try blue, red, or black berries; red and yellow peppers; and dark greens like spinach and kale. Choose fresh, frozen, low-sodium canned, dried, or 100 percent juice options.



6 don't forget dairy
Foods like fat-free and low-fat milk, cheese, yogurt, and fortified soy beverages (soymilk) help to build and maintain strong bones needed for everyday activities.

7 balance your meals
Use MyPlate as a reminder to include all food groups each day. Learn more at www.ChooseMyPlate.gov.

8 drink water
Stay hydrated by drinking water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.

9 know how much to eat
Get personalized nutrition information based on your age, gender, height, weight, current physical activity level, and other factors. Use SuperTracker to determine your calorie needs, plan a diet that's right for you, and track progress toward your goals. Learn more at www.SuperTracker.usda.gov.

10 reach your goals
Earn Presidential recognition for reaching your healthy eating and physical activity goals. Log on to www.presidentschallenge.org to sign up for the Presidential Active Lifestyle Award (PALA+).



Go to www.ChooseMyPlate.gov and www.Fitness.gov for more information.

DG TipSheet No. 25
March 2013
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

WELLNESS CENTER CALENDAR —

Contact:

NOVEMBER 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Daylight Saving Time Ends	2 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)	3 Election Day 9:00 Balance(P) 9:30 Balance(P) 10:15 Brain Power(FVDR) 11:00 Chair Yoga(GC)	4 9:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Wellness(FVDR) 11:00 Balance (GC)	5 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)	6 9:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Tone Zone(FVDR) 11:00 Balance(GC)	7
8 Subject to change	9 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)	10 9:00 Balance(P) 9:30 Balance(P) 10:15 Brain Power(FVDR) 11:00 Chair Yoga(GC)	11 Veterans Day 9:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Wellness(FVDR) 11:00 Balance (GC)	12 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)	13 9:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Tone Zone(FVDR) 11:00 Balance(GC)	14
15	16 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)	17 9:00 Balance(P) 9:30 Balance(P) 10:15 Brain Power(FVDR) 11:00 Chair Yoga(GC)	18 9:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Wellness(FVDR) 11:00 Balance (GC)	19 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)	20 9:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Tone Zone(FVDR) 11:00 Balance(GC)	21
22	23 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)	24 9:00 Balance(P) 9:30 Balance(P) 10:15 Brain Power(FVDR) 11:00 Chair Yoga(GC)	25 9:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Wellness(FVDR) 11:00 Balance (GC)	26 Thanksgiving Day	27 9:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Tone Zone(FVDR) 11:00 Balance(GC)	28
29	30 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)	Location Key: Fountainview Dining Room (FVDR) The Pointe (P) Gerwulf Carter (GC)	Fun National Holidays: Veterans Day November 11 Thanksgiving November 26			