

# SUNRISE TIMES

Senior Living Choices for You

Volume 68

DECEMBER 2020

Issue 12

## 2020 BOARD OF DIRECTORS

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**This is often** a word that we use as we enter the Christmas season, but after the year that we have endured, **HOPE** means even more. We are hoping to put the virus behind us, we are hoping for an effective vaccine, we hope to see our families in person again – very soon, and we hope for a better future! God's got plans for us, plans

to give us **HOPE** and a **FUTURE**, and we can hold on to this promise and believe that He will be faithful in it. Many of you know that for

more than a decade now, Sunrise has hosted a Christmas Concert fundraiser featuring Jill Miller and her band. It is generally our largest fundraiser of the year. This year, the prospects of having the concert were looking dim, but I still had hope that we would be able to do something! Our creative team got really creative, and we figured out a way to make our hopes reality. The Christmas Concert will be filmed on Saturday, Dec 5 and shown live on the Sunrise Facebook page in its entirety. Then on December 12, there will be a 1 hour special on KTIV, Channel 4 (local NBC station). We are excited that we found a way to bring the concert to all those who normally attend – and so many more. My hope is that Jill's message will brighten many homes this holiday season. The concert is, of course, a benefit for charity care at Sunrise. This year has been a hard one for our organization for the nursing and assisted living operations. The cost of supplies for protective equipment and sanitizing supplies has been many times higher than we would normally see, so we are also hoping for a record breaking fundraiser! Be sure to tune in and celebrate along with us.

Lastly, I hope that each of you has a healthy and safe December.

*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.*

## SUNRISE RETIREMENT FOUNDATION ~ BOARD ~

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**Janet Dorale**  
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**Deb Smith**  
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**Dr. William "Bud" Ziebell**

**Welcome Residents to Sunrise**

**JoAnn Fowler**  
**Don Kelsey**  
**Terry McArthur**  
**Richard Wagner**  
**Mary Ann Zenor**

## 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)

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## DEVOTIONS with *Chaplain Scott Squires*



**Luke 2:8-12,  
The Bible  
describes the  
scene:**



**"And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, 'Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Savior has been born to you; he is the Messiah, the Lord. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger'."**

*Hope is the forerunner that provides a path for determination and endurance. Throughout human history, men and women have faced insurmountable odds, struggled against pervasive peril, and endured ominous oppressions when they obtained hope. The proclamation of Christ's birth is initially revealed to an audience of shepherds. The greatest essence of Hope conveyed to this world was conveyed to a group of common shepherds. Upon hearing that this momentous announcement had been declared to common shepherd, some people might have concluded that it should have been shared with a more fitting group of people of nobility and higher social status. Yet, our sovereign God chose this venue for the announcement. God chose the meek and lowly to be the initial heralders of the celestial message. The contrast of this story is enormous. The meek and lowly -who are typically without hope- are endowed with the greatest divine hope the world has ever known. Their admiration of this message of hope is epic.*

*Let us pray, "Wonderful Counselor, Prince of Peace, Emmanuel, remind us of Your presence throughout our celebrations of Christmas. We humbly ask that You would end this pandemic and remind us all Your divine compassion and grace that you provide through the incarnate birth of Your son Jesus Christ. All this we ask in the name of the Father, the Son, and the Holy Spirit. Amen."*

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Hi,  
my  
name  
is  
**Angela  
Kiraly.**

**I am a Registered Nurse** with 20 years of experience. I have worked in Med-Surg and telemetry at the hospital, dialysis, but have spent most of my career in skilled and long-term care as I have a heart for working with the geriatric public. I find nursing a rewarding career and I am grateful to have chosen a vocation that allows me to serve others.

**Me At A Glance:** I come from a big family and family is important to me. I enjoy reading as a hobby. I am currently enrolled in a public speaking and leadership courses to continue my personal growth. I spent many years down South and the snow has grown on me, which is a big deal for an otherwise southern girl. I'm an avid coffee drinker. I'm a proud Army Mom. My favorite color is pink.

**I live by the motto** that we never stop learning and growing as people and I enjoy a challenge. I have found that Assisted Living is different in some ways than working in long-term care. I do feel that my background in nursing has taught me good work habits that have prepared me for this opportunity. The staff and tenants of Fountainview are gracious people that I am appreciative to have met and look forward to continue working with and for each of you. Thanks for welcoming me and thank you everyone for having me here.

**Welcome, Angela !**



## **The Morningside Marching**

**Mustangs** was established again in 2012 after a 25-year absence. Since that time the band has doubled in size and has significantly raised the quality of musicianship. The band performs in the fall at five home football games, plus the payoffs and the last two years at the national football championship game. The band also performs in the community and surrounding area.

**The band is led by Director of Bands, Shane Macklin.** Mr. Macklin is in his 8th year at Morningside and organized, planned, and executed the rebirth of in the instrumental program, including the Marching Mustangs. In addition to the Marching Mustangs, the students also participate in Symphonic Wind Ensemble, Jazz band, pep band, and chamber ensembles. There are several music majors in the ensemble along with students involved in virtually every major on campus.

**The Marching Mustangs** were honored to perform for residents at Sunrise Retirement and thoroughly enjoyed their time. We (Sunrise residents and staff) thoroughly enjoyed their time, patriotic music and the excitement their presence brought to our campus.

### **Salute To Veterans Concert Program**

- Majestic Pom Fanfare
- National Anthem
- America-Let Freedom Ring
- Battle Cry of Freedom
- National Emblem March
- Shenandoah
- America
- May You Never Walk Alone
- Veterans Salute (Medley of Military Service Songs)
- Trooper Salute  
(Shenandoah and Battle Hymn of the Republic).

## Resident Right Of The Month:

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

### RIGHT TO FREE CHOICE.

This right refers to your choices regarding medical treatment while you are a resident here at Sunrise Retirement Healthcenter and Fountainview Assisted Living.

You have the following rights concerning your medical treatment: **(Part I)** The right to choose an attending physician, however, in the nursing facility area, if your attending physician refuses to comply with certain federal regulations regarding your care, the facility may replace your attending physician after notifying you. The facility will provide you with the name, specialty and manner of contacting your physician.

NOTE: Part II will be in next month's Sunrise Times.



*LeAnn Fleming & Sue Schultz*  
SOCIAL SERVICES DEPARTMENT

**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. ~

**Remember to update** or get your Pneumonia and/or Prevnar shots updated along with your flu shots. Due to the flu and Covid-19 virus, it is important to also keep up with your other vaccines. Once vaccinated, protection usually develops within 2-3 weeks. If you are 65 years or older you should receive the pneumovax, then the Prevnar a year later. Pneumonia is a serious disease which is the most common cause of bloodstream infections, meningitis and middle ear infections.

All adults 65 and older should receive the Pneumonia Shot. Also children younger than 5 years old, children 2 years or older who are a high risk and anyone 19 or older with risk factors should receive the Pneumonia Shot.

## Residents Birthdays December 2020

- 09—Howard Huisenga
- 14—Norma Thies
- 14—Lorraine Edmunds
- 16—Kitty Bolles
- 20—Adah Towne
- 25—Helena Lawrence
- 25—Helen Martin



**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

George Colt  
Deanna Daniels  
Robert Niebuhr  
Joyce Tuttle



*Glenys Behrens,*  
SUNRISE HILLS NURSE

## Residents & Families~

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

## 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.

**"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-Thu, 9am—1pm. ~712-276-3452.

# — PHOTO REVUE —



## 3 Amiga/o + 1

Otherwise known as Sunrise's Activity Staff plus Wellness Coordinator. These masked persons are here to help you. *Just ask them!*

## Merry Christmas Catus To You!



Do you know the history of this Christmas Catus? It has been in our Sunrise Library for years & was recently re-potted by Melissa Merrill, Environmental Coordinator. Where did the catus come from? How long has it been here? Let me know, If you know . . . anyway,

*Merry Christmas and Happy New Year To All,  
Mary Pointer*

## More M'side Music



## News & Notes —

(Or also known as a PUBLIC SERVICE ANNOUNCEMENT)

Under the provisions of Iowa Code Section 321.196, any resident of Iowa holding a valid driver's license that is temporarily absent from the state, or incapacitated, may, at the time for renewal for such a license, apply to the department for a temporary license.

INFORMATION GLEANED FROM [www.iowadot.gov](http://www.iowadot.gov)  
& CONTRIBUTED BY *Mary Edmunds*,  
SUNRISE RESIDENT



“I stand on a hill, looking downward to the snowy valley below; I see smoke spirals from chimneys and windows with candles' warm glow . . . pick up my little fir tree because twilight is drawing near and wind home down a snowy path for the happiest time of year”

—Author, Elizabeth Swain Lawson

If you would like to submit a Creative Writing item, please turn it in at the Healthcenter Reception Desk, marked attention:

*Mary Pointer, SECRETARY Thanks!*

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



# Home for the Holidays

A Fundraiser For



Featuring Jill Miller and her Awesome Band

**Livestream Facebook  
Christmas Concert**

December 5<sup>th</sup> | 7pm



**Jill Miller Christmas Concert**

Watch on KTIV Channel 4 | December 12<sup>th</sup> | 7pm

Thank You To Our Signature Sponsor:

**Dennis & Lois Kern**



Sioux City Journal

**Hi!**

**I know things have been a bit different these last few months. So, I wanted to come up with a little fun with you.**

**You may or may not know that I REALLY like to play hide-and-seek!! However, I don't really like to be the seeker, I LOVE hiding and getting to watch you try to find me. I will try to find new, fun and wacky places to hide.**

**So, here's the deal: I'm going to hide and I would love it if you would try to find me while you are walking the hall. If you find me please don't touch or move me. Leave me right where you found me so that others can find me too!**

**Also, don't tell any of your friends where I am, let them enjoy the fun of trying to find me too. If you feel like you really need to tell someone you found me, find one of the staff members and quietly tell them.**

**Stay sharp, and keep your eyes peeled, because I'll be finding a new hiding spot every few days.**



# ACTIVITY SCHEDULE:

## December 2020 *Happy Holidays*

*"It is Christmas in the heart that puts Christmas in the air."* E.T. Ellis

**Tuesday, December 1st – National Christmas Lights Day** — Join the holiday decorating excitement as our team begins decorating the Sunrise Campus by wearing a holiday sweater or Christmas colors

**Friday, December 4th – National Cookie Day** — Our activity staff will be delivering Christmas Sugar Cookies to you in your room



**Wednesday, December 9th – National Pastry Day** — Enjoy a tasty pastry delivered to your room

**Saturday, December 12th at 7:00pm**— Turn on KTIV Channel 4 for the Jill Miller Concert

**Monday, December 14th** —In recognition of National Ice Cream Day **December 13th** — Our activity staff will be offering an ice cream sundae delivered to you in your room

**Thursday, December 17th** — Holiday Warm Up — enjoy a cup of hot chocolate delivered to your room

**Wednesday, December 23rd** — Chaplain will be visiting each neighborhood offering scripture and prayer, times to be posted on the activity board in your neighborhood

**Thursday, December 24th** – Santa will be making the rounds bringing Christmas Cheer

**Friday, December 25th** — From home to home and heart to heart — Happy Holidays!

**Thursday, December 31st** — Ring in the New Year with fun foods & treats delivered to you in your room

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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

# WELLNESS CENTER:

*Lisa Roepke*  
WELLNESS COORDINATOR



## How to Stay HEALTHY Over the Holidays!

**Get Your Vaccinations!**  
Like a flu shot

**Stay Active!**

**Fasten Seatbelts!**  
Every time

**Eat Healthy!**

**Bundle up!**  
Stay dry and warm

**Wash Hands Often!**  
Stop the spread of germs

**Be Smoke Free!**  
Also steer clear of secondhand smoke

**TIPS FOR HOLIDAY HEALTH**

**Manage Stress!**  
Get plenty of sleep  
Enjoy time with friends/family

**Focus on FUN! Not Food**

- tree trimming
- playing card or board games
- photo review from year about to end
- holiday traditions
- Reward yourself with only the most special holiday treats

## 5 Ways to Beat the Winter Blues

### VITAMIN D:

Vitamin D3 deficiency is one of the primary causes of seasonal depression, due to our reduced exposure to sunlight. Supplementing with at least 400 IUs of D3 daily may support a healthy mood during the winter.



### OMEGA-3 FATTY ACIDS:

Omega 3 fatty acids derived from oily fish like salmon and mackerel may also help relieve occasional seasonal depression. Omega 3 fatty acids help form cell membranes and keep them soft and flexible, which allows for better passage of serotonin.



### AMINO ACIDS:

Choose foods that contain tryptophan (like turkey, fish, whole grains and spinach) which the body converts into serotonin, the neurotransmitter responsible for mood and sleep.



### EXERCISE:

Exercise releases endorphins which help memory and brain function, and make you feel happy and satisfied!



### IMMUNE SUPPORT:

Select medicinal mushrooms can effectively support immune function. MycoPhyto® Complex contains six potent medicinal mushrooms and additional beta-glucans to enhance immunity all winter long!



Visit [www.econugenics.com](http://www.econugenics.com) to learn more!

# WELLNESS CENTER CALENDAR —

 		<h1>DECEMBER 2020</h1>					Contact: Lisa Roepke Wellness Coordinator AL 7112-276-3821 Ext 3143	
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
<b>Location Key:</b> Fountainview Dining Room (FVDR) The Pointe (P) Gerwulf Center (GC)	<b>First day of Winter</b> December 21 <b>Christmas Eve</b> December 24 <b>Christmas</b> December 25	<b>1</b> 8:00 Balance(P) 9:30 Balance(P) 10:30 BrainPower(FVDR) 11:00 Chair Yoga(GC)	<b>2</b> 8:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Wellness(FVDR) 11:00 Balance (GC)	<b>3</b> 8:00 chair Yoga(P) 9:30 chair Yoga(P) 10:15 Wellness(FVDR) 11:00 Tone Zone(GC) 1:00 Brain Power(P) 1:45 Brain Power(P) 3:00 Brain Power(GC)	<b>4</b> 8:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Tone Zone(FVDR) 11:00 Balance(GC)	<b>5</b>		
<b>6</b>	<b>7</b> 8:00 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)	<b>8</b> 8:00 Balance(P) 9:30 Balance(P) 10:30 BrainPower(FVDR) 11:00 Chair Yoga(GC)	<b>9</b> 8:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Wellness(FVDR) 11:00 Balance (GC)	<b>10</b> 8:00 chair Yoga(P) 9:30 chair Yoga(P) 10:15 Wellness(FVDR) 11:00 Tone Zone(GC) 1:00 Brain Power(P) 1:45 Brain Power(P) 3:00 Brain Power(GC)	<b>11</b> 8:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Tone Zone(FVDR) 11:00 Balance(GC)	<b>12</b>		
<b>13</b>	<b>14</b> 8:00 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)	<b>15</b> 8:00 Balance(P) 9:30 Balance(P) 10:30 BrainPower(FVDR) 11:00 Chair Yoga(GC)	<b>16</b> 8:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Wellness(FVDR) 11:00 Balance (GC)	<b>17</b> 8:00 chair Yoga(P) 9:30 chair Yoga(P) 10:15 Wellness(FVDR) 11:00 Tone Zone(GC) 1:00 Brain Power(P) 1:45 Brain Power(P) 3:00 Brain Power(GC)	<b>18</b> 8:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Tone Zone(FVDR) 11:00 Balance(GC)	<b>19</b>		
<b>20</b>	<b>21</b> 8:00 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)	<b>22</b> 8:00 Balance(P) 9:30 Balance(P) 10:30 BrainPower(FVDR) 11:00 Chair Yoga(GC)	<b>23</b> 8:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Wellness(FVDR) 11:00 Balance (GC)	<b>24</b> Christmas Eve 8:00 chair Yoga(P) 9:30 chair Yoga(P) 10:15 Wellness(FVDR) 11:00 Tone Zone(GC)	<b>25</b> Christmas Merry Christmas to all!!	<b>26</b>		
<b>27</b>	<b>28</b> 8:00 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)	<b>29</b> 8:00 Balance(P) 9:30 Balance(P) 10:30 BrainPower(FVDR) 11:00 Chair Yoga(GC)	<b>30</b> 8:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Wellness(FVDR) 11:00 Balance (GC)	<b>31</b> New Year's Eve 8:00 chair Yoga(P) 9:30 chair Yoga(P) 10:15 Wellness(FVDR) 11:00 Tone Zone(GC) 1:00 Brain Power(P) 1:45 Brain Power(P) 3:00 Brain Power(GC)	<h1>NEW YEAR'S DAY</h1> 			