



SUNRISE TIMES

Senior Living Choices for You

Volume 69

FEBRUARY 2021

Issue 2

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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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Happy Valentine's Month!

January has flown past, and we are ready for our next round of COVID vaccine clinics. The clinics held in January all went very smoothly and I am hopeful that once we get our booster shots we will see even less incidence of COVID infections. I know everyone is tired of wearing masks, but I don't see an end to that just yet, so hang in there. The rate of infections in the county are trending down quickly, and when we see a decrease in infections in our nursing and assisted living, we will be able

to offer more visitation options. Hopefully that will be just in time for Valentine's Day and we can share some love (not germs)!

The last year has been a trying time for all of us – our residents, our families and our staff! I've seen so many situations where extraordinary love was shared through gratitude, thank you's and grace and it has been humbling. I noticed a letter hanging on the wall from a young cadet to the caregivers at Sunrise. This young person was very eloquent in thanking the caregivers for the risks that they have taken throughout the pandemic and the selflessness in their actions. It warmed my heart to think that there are such observant and had taken the time to write such a passionate letter. My thanks go out to our caregivers, too, just as yours do. After all, February is the best month to share love.

— *Hallie Salmen*, CEO / EXECUTIVE DIRECTOR



Welcome Residents to Sunrise

Glenda Ellis
Joyce Lake
Ruth Stephany



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

E-MAIL ADDRESS: info@sunriseretirement.com

VACCINE CLINIC —

Sunrise Healthcenter, Fountainview Assisted Living & Staff

Feb. 4 — beginning at 10:00am

Staff will be coming to Healthcenter & Fountainview Residents' Apartments for a **FOLLOW-UP CLINIC.**

Anyone who has received their 1st Shot should receive their 2nd round of Shots this day.

Those who have not received the 1st Shot may get one this day as well — then they need to get their 2nd Shot on Feb. 25.

Fyi — Follow-up Shots on Monday, Feb. 15th at Maple Heights Community Room

(Use entrance with canvas awning over doorway).

10:30—11:10 MH 1st Floor & Annex
11:10—11:50 MH 2nd Floor & 3rd Flr
11:50—12:30 Stone Ave. & South Maple Residents.
12:30— 2:00 Sunrise Volunteers.

Also —

The Pointe & Eastview Drive residents' Follow-up shots will be Tuesday, Feb. 16 in The Pointe Dining Room:

10:30—11:10 Pointe's 1st Floor
11:10—11:50 Pointe's 2nd Floor
12:30— 1:10 Eastview Dr. #1-#19.
1:10— 1:30 Break
1:30— 2:10 Eastview Dr. #20-#41.
2:10— 3:00 Sunrise Volunteers.

You know, it's not too late to get the Covid-19 Vaccine Shot:

- Wear a mask that covers your nose & mouth to the Vaccine Clinic.
- Keep a Social distance at the Clinic.
- Bring your insurance card (if you didn't already provide a copy).
- Bring the shot authorization form (if you didn't already).
- Wait 15 minutes in the room after you receive the shot.

We will have enough vaccine for everyone. You don't have to come right away, I prefer to spread this out, so not everyone is here at once.

Please call if you have questions!

— Hallie



What is QAPI ???

We all were excited for 2021 to bring us health and good fortune... but so far, we still struggle with COVID positive residents, tenants, and staff. We were so thankful to finally get our first COVID vaccine and cannot wait for the second and pray this will give us some relief from this terrible virus. We long for the days we no longer have to be swabbed two to three times per week, wear masks and isolate ourselves from our loved ones.

We really are trying and need to be focusing on our normal duties and lives, which is difficult, but necessary to continue with life. We continue to have our monthly QAPI meetings. QAPI stands for Quality Assurance Process Improvement. This is a committee that consists of department heads and nurse managers to identify opportunities for improvement based on evaluation of the data. The overall goal is to improve our internal processes and performance. Pre-COVID the committee met in-person, now we meet via-zoom to socially distance. Residents, tenants, and staff from all departments are encouraged to be involved to help us continuously identify opportunities for improvement. Identifying gaps in the system before there is a breakdown helps us achieve our goals of improving the quality of life of quality of care and services provided to both our nursing home residents, assisted living tenants and to our staff.

Quarterly, the committee has the opportunity to compare to see where we are excelling or falling short of our goals. The quarterly committee also includes our medical director and pharmacist for their input as well. This is a continuous agenda as day-to-day challenges arise that we try to be proactive about.

The nurse manager team meets at a minimum, weekly, to discuss the resident's conditions in their neighborhoods and discuss any opportunities we have for improvement on a weekly basis as well. The information the nurse managers measure would be call light response times, pressure sores, falls, hydration and many other quality measures that effects the outcome of each resident's care.

Our goals for 2021 are:

- Maintain current staff, reducing the number of turnovers in all departments.
- Meet the qualifications to be a 5-Star quality rating through CMS.
- Monitor and analyze the UTI infection rates.
- Incorporate new employee skills validations, current employee skills validations and ongoing skill audits into the annual evaluation process.

We encourage you to contact the front office and let them know if you would like to be a part of this team. We meet monthly and quarterly for one hour. **Our next QAPI meeting will be held on February 10th at noon.** Please let us know if you would like to join via-zoom.

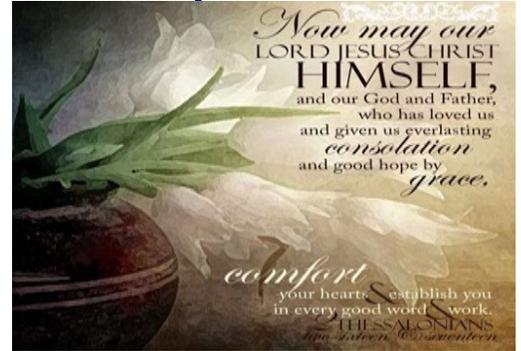
Thank you, *Chris Schenkelberg*,
HEALTHCENTER ADMINISTRATOR



DEVOTIONS — *Chaplain Scott Squires*

2 Thessalonians 2:16-17 ¹⁶

May our LORD Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, ¹⁷encourage your hearts and strengthen you in every good deed and word.



How do you envision God’s Comfort?

When I am distressed or my spirit feels as if I am overwhelmed with sadness, I attempt to envision God’s comfort. This seems to help me identify God as the source of my comfort and it allows to me to visualize God working through my faith. To begin my attempt to envision God’s comfort I like to begin by reading the accounts of Christ as He ministered to the masses. The account that stands out in my mind today, is the story of Peter walking on the Sea of Galilee. The story takes place during a horrendous storm that is frightening to the experienced fishermen. Jesus is not with the disciples as they are attempting to cross the Sea of Galilee in their small boat. A dreadful storm gradually begins to overtake the safety of their vessel, wrenching all hope of life out of their hands, revealing a looming thought of imminent death. They are terrified. Suddenly, Christ appears walking on the water towards them as they desperately attempt to cling to life that seems to be falling away from their grasps. As they recognize Christ, Peter asks Jesus to call to Him so he might walk out to Him on the water. Christ calls for Peter and He begins to walk on the water, amid the raging storm. Peter has a moment of spiritual doubt and he begins to lose faith in God. Peter starts to fall into the ghastly abyss of the turbulent waters when the hand of the Christ grabs him, pulls him out of despairing faith and lends him profound comfort. That moment, when his hand is grasped by the strong conquering mighty hand of God, is the moment that I envision as the “comfort of God.”

Read this account in the Gospel of Matthew 14:22-33.

When I feel as though my mind is slipping and my thoughts of faith are overshadowed with despair, this picture of Christ, brings me comfort and restores my soul.

Let us pray, “Lord, guide us today. Seize our thoughts and allow us to focus upon Your presence. Remind us of Your Love and Grace. May we feel the divine strength of Your comforting presence as we walk through troubling times. All this we ask in the name of the Father, the Son, and the Holy Spirit. Amen.”



Introducing & Welcome: Anna Heller

DIRECTOR OF FUND DEVELOPMENT

I have always loved working with seniors. My mom was a recreational therapist, and I grew up visiting her community every weekend thinking I had a building full of grandmas and grandpas. After graduating from Iowa State University with a degree in theatre, I moved to Sioux City with my husband Jacob and pursued a career in hospitality marketing. After many years, I realized that I truly missed working with the greatest generation and took a position as the Community Relations Manager at a local senior living community. I have always had a passion for volunteering and fundraising and most recently served two years as the Chair for the Walk to End ALZ committee and as a support group facilitator for the Alzheimer’s Association.

In my free time, you can find me spending time with my four-year-old daughter Hazel, my ten-month-old Henry, and looking for “fun finds” at local thrift stores with my husband. I am so excited to be welcomed on to the wonderful team at Sunrise Retirement.



LeAnn Fleming
& *Sue Schultz*
SOCIAL SERVICES DEPARTMENT

Resident Right Of The Month:

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

THE RIGHT TO FREE CHOICE.

(Part III) Right to participate in your assessment and care planning. You may self-administer your medications, however, the interdisciplinary team, including your physician, must determine for each resident that this practice is safe.

(Part IV) Right to refuse treatment and to refuse to participate in experimental research.

Compliance Hotline:
855-661-2667

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



Residents Birthdays FEBRUARY 2021

- 01—Jerri Lynn Johnson
- 18—Jim Golden
- 25—Bob Hansen
- 26—Lennice Carlson
- 26—Pat Herbold
- 28—Rose Hagan
- 29—Ruth Hamilton



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

Our Sympathies

- Margene Aeling
- Helen Brower
- Lois Choquette
- Alyce Ellwanger
- Faye Ray
- Ronald Uhl



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. ~

Can vision and hearing affect my balance?

Yes, vision and hearing loss can affect your balance. Impaired vision can affect your balance and doubles your chance of a fall. Also, people with mild hearing loss are three times more likely to have a history of falling. Your inner ear is what controls your balance. Ear infections can also affect your hearing and balance. That's why it is so important to get regular vision and hearing exams. Enrolling in a balance and strengthening class can also be of benefit.

Glenys Behrens,
SUNRISE HILLS NURSE

"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.

RE: OLD Eyeglasses & Hearing Aids



Sunrise collects Eyeglasses & Hearing Aids that have been replaced or discarded. They are sorted, refurbished and re-distributed to folks in need.

Thank you for the "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.

PHOTO REVIEW —



Puttin' Up or Takin' Down

Staff diligently work to help residents maintain a balance in life — through mechanical repairs, health pandemics, little snows, blinding blizzards — and even our beloved holidays.



“The plant belonged to Lillian Haggblade, formerly of Bronson, Iowa. She was a former longterm resident in the old health center, living to over 100 years old. Lillian was a piano teacher and kept this plant in the south window of her piano room. I know this detail about the plant because Lillian was my piano teacher for many years and the plant was quite old then. My best estimate of the age of the plant would put it at well over 200 years old. . . . When Lillian came in (to Sunrise) she brought the plant and shared it in the West Dining Room bay window until the day we moved (to the new Healthcenter) in 2012.

Looks like it likes its new home too.”

Bev Zener,
RETIRED CEO SUNRISE RETIREMENT (1990—2016)

NOTE: The clay pot this lovely plant was in was literally crumbling and falling apart from wear and tear. It was root bound and needing a bigger pot, but it was also noted that the catus was and is a neat old “unique” plant — well worth saving. Our thanks to those who took an interest and gave it room to grow.



*Happy
Valentine's
to All in 2021!*

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

*Mary Pointer, SECRETARY
Thank You!*

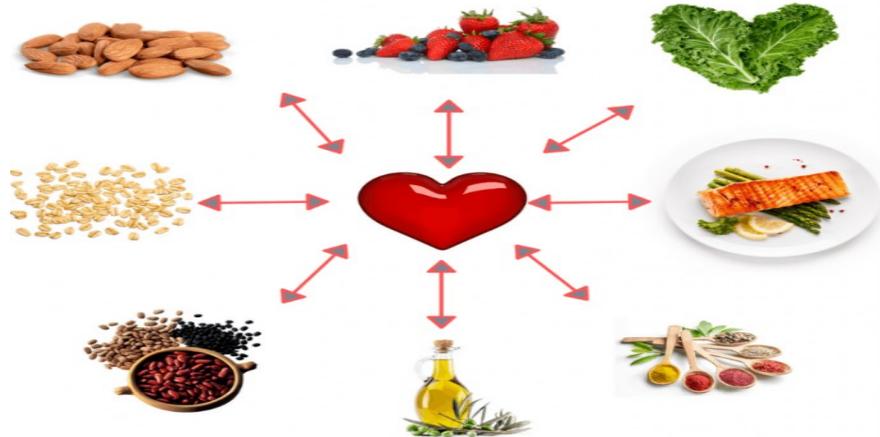
WELLNESS CENTER:



Lisa Roepke,
WELLNESS COORDINATOR

Love Your Heart Through Food

8 Amazing Heart Healthy Foods



TastyBalanceNutrition.com

NUTRITION NOTES

“It feels so sweet to have a healthy heart beat.”



How to keep your Heart Healthy

More Healthy Heart Tips

- Schedule regular check-ups with your doctor.
- Including small portions of nuts in your diet can help lower your risk of cardiovascular disease.
- Do activities that you enjoy. You don't have to be in a gym to get a good workout.
- Make sure you are getting enough nutrients throughout the day.
- Strength training should be included along with aerobic exercise in your schedule.

Lisa Roepke
Certified Personal Trainer
Aegis Therapies, LLC
(712) 276-3821

• February is American Heart Month. Unfortunately, heart disease is the leading cause of death for men and women in the United States. The good news is heart disease can be prevented by making healthy choices.

• Aim for 30 minutes a day, 5 days a week of moderate exercise. Pay attention to how much time you spend seated and try to cut that time down. This can be done by standing or taking a walk in between times of long periods of sitting.

• Valentines Day is February 14th but that does not mean it is the only day to enjoy chocolate. Dark chocolate contains heart-healthy ingredients. The compounds can help reduce inflammation and lower your risk of heart disease. Remember to keep dark chocolate intake in moderation.

Dark Chocolate Peppermint Protein Shake

- 2-3 large ice cubes
- 1 cup milk of choice
- 1 scoop chocolate whey protein powder
- 2 tablespoons cocoa powder
- 1 tsp pure peppermint extract
- 1 tablespoon dark chocolate chips

Cinnamon Popcorn
Sprinkle 2 Tsp ground cinnamon on four cups of air-popped popcorn for a low-calorie sweet treat.



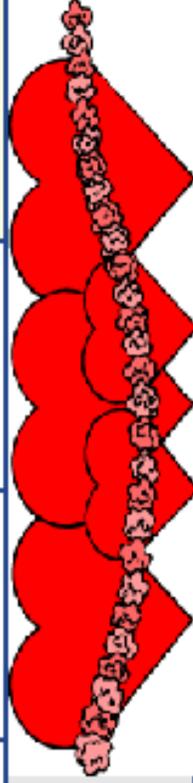
WELLNESS CENTER CALENDAR —



February 2021

Contact: Lisa Roepke
Wellness
712-276-3821 ext 3143

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Location Key: Fountainview Dining Room (FVDR) The Pointe (P) Gerwulf Center (GC)	1 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)	2 Groundhog Day 9:00 Balance(P) 9:30 Balance(P) 10:30 BrainPower(FVDR) 11:00 chair Yoga(GC)	3 9:00 Strength and Flexibility(P) 9:30 Strength and Flexibility(P) 10:30 Wellness(FVDR) 11:00 Balance (GC)	4 No Classes Vaccination Clinics (SLC,BC, FV and memory)	5 National Wear Red Day 8:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Tone Zone(FVDR) 11:00 Balance(GC)	6
7	8 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)	9 9:00 Balance(P) 9:30 Balance(P) 10:30 BrainPower(FVDR) 11:00 chair Yoga(GC)	10 9:00 Strength and Flexibility(P) 9:30 Strength and Flexibility(P) 10:30 Wellness(FVDR) 11:00 Balance (GC)	11 Make a Friend Day 9:00 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)	12 No Classes	13
14 Valentine's Day	15 President's 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)	16 9:00 Balance(P) 9:30 Balance(P) 10:30 BrainPower(FVDR) 11:00 chair Yoga(GC)	17 9:00 Strength and Flexibility(P) 9:30 Strength and Flexibility(P) 10:30 Wellness(FVDR) 11:00 Balance (GC)	18 9:00 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)	19 9:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Tone Zone(FVDR) 11:00 Balance(GC)	20
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28	Fun National Holidays: American Heart Month Library Lovers Month National Bird Feeding Month	Women's Heart Week: 1-7 Celebration of Love Week: 7-14 Random Acts of Kindness Week: 15-21
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February 2021

True Love Never Dies, It Only Gets Stronger With Time.



Tuesday, February 2nd — Ground Hog Day

Sunday, February 7th — Superbowl Sunday — enjoy the football game

Tuesday, February 9th — National Pizza Day — enjoy the taste and smells of delicious pizza for lunch

Sunday, February 14th — Happy Valentine's Day

Tuesday, February 16th — Celebrate Valentine's Day late with heart shaped sugar cookies and a Hershey's Kiss delivered to your room with a cup of hot chocolate to warm your heart

Thursday, February 18th — National Drink Wine Day — Enjoy a glass of wine, if you so choose, as the delivery will come right to you

Tuesday, February 23rd — In recognition of National Margarita Day on the 22nd and National Tortilla Chip Day on the 24th— Enjoy a margarita flavor of your choosing with chips and salsa



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

♥ **HAPPY**
Valentine's
DAY ♥

Stay Safe & Healthy this month!

Your Activity Department,

Erin Anderson, Director

Assistants: Kris, Lori & Leah

Scott Squires, Chaplain

Lisa, Wellness Coordinator