



SUNRISE TIMES

Senior Living Choices for You

Volume 69

MARCH 2021

Issue 3

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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.*

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As we move from February into March,

I can't help but think back on what a year has brought us. It was this time last year that we really went into heightened alert about the COVID-19 virus and, ultimately, upended the way we live our normal lives. Many people have lost their lives or loved ones because of the effects of the

virus, and we mourn with them. But many people are survivors, and what other choice do we have but to keep pressing on? As spring sneaks up on us, I feel not just the new hope that comes with the change of the season but hope that people have to move on and really live again! We are all grateful for the opportunity to have received the vaccine and while there are still many unanswered questions about the vaccine, undoubtedly we are hopeful that this will be a turning point. Through all this, I am thankful to know that my true hope is in the Lord!

Happy Spring!

Hallie Salmen,
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Sunrise Retirement Community

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DEVOTIONS — *Chaplain Scott Squires*

It seems the common sentiment that is universally shared today, is the desire and appreciation for our impending spring. For centuries, spring has been correlated with the Church with the anticipation of Easter. The Church identifies spring with new life, new beginnings, and new future anticipations, which is established through the salvific act of the suffering, death, and resurrection of Jesus Christ. The new life

that is offered through the imagery of spring is transformative and vibrant. N. T. Wright states, “Jesus' resurrection is the beginning of God's new project not to snatch people away from earth to heaven but to colonize earth with the life of heaven. That, after all, is what the Lord's Prayer is about.” Wright, is inferring to the following section of the Lord's Prayer, stating, “Thy kingdom come, thy will be done on earth as it is in heaven.” The image of spring can help us identify with the new life that is offered through Christ. The Apostle Paul noted in Romans 8:11: “The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.” We have cause to be optimistic. We have a bright future that begins today.

May God bless you and remind you of the grace of our Lord.

Chaplain Scott

Health Center & Fountainview Announcement:

Sunday Schedule:

1:45 Fountain View
3:15 Applewood
3:45 Evergreen
4:15 Sunlight
4:30 Bernstein

Monday Schedule:

10:00 Devotions in Applewood
10:30 Devotions in Evergreen

Tuesday Schedule:

10:00 Coffee and Prayer in Fountainview 2nd and Fountainview 3rd Floor

Wednesday Schedule:

1:00 Devotions in Sunlight (15 Minutes)
1:30 Devotions in Bernstein (15 Minutes)

Thank you.

I have heard that people are getting robo-calls from Walgreens that ask to confirm the individual's name and asks for date of birth to continue the call. I never recommend entering a date of birth on a call that you did not initiate. I checked with Walgreens' vaccine clinic coordinator and she was not aware that Walgreens would be making calls like this, but one of the staff members followed the call instructions and it is a vaccine reminder call. I have received emails about reminders, personally. I don't think they are a scam, but most of our people have followed through with their 2nd vaccine, so it's not really important to listen to these messages.

~ Hallie

The last on campus

COVID Clinic

will be on

Tuesday, March 9th,

for Volunteers and residents of Sunrise Hills & The Pointe that still need a 2nd dose.

Vaccine Shots will be given at **The Pointe**

from 10:45am to Noon.

Fyi — Re-Opening to Visitors

- Sunrise’s Healthcenter Nursing and Assisted Living Visitor Policy was recently revised and is subject to change depending on the COVID infection status in the building and the surrounding community.
- We will reopen the Fitness Room at the Gerwulf Center starting March 1, but anyone who uses the room must follow the posted rules, including sanitizing the equipment before and after they use it. We are also going to begin taking reservations for the guest room again. We are going to require a 1 day vacant day between guests and a maximum of 3 night stay. We are also going to place a fee to use the room of \$50 per night, to help offset the cost of keeping the room up.



What are Shamrocks anyway?

Webster defines them as *“any of certain clovers or cloverlike plants with leaflets in groups of three, used as the emblem of Ireland”*, specifically... red Clover or white clover.

Well, whatever the little things are or where-ever they grow...in March of each year Shamrocks bring all of us a tiny bit of joy and happiness if only for one day!

Happy Shamrocks to You Everyday!

Memories Of The Past ~

Please submit your
Creative Writings to

Mary Pointer, SECRETARY

at Sunrise Retirement’s Healthcenter
Reception Desk . . . Thank You.

“Farm Hand”

I was working on the farm!

Dad was gone. Jerel, my brother, was working at the neighbors and Mom was away at work.

A cattle buyer came to look at our fat cattle. So I put my foot on the fence — told the guy what each cow weighed. “This one weighs 1,100, 1,200, 1000 pounds” and so on.

The buyer left and went to town to find Dad. He said, “I talked to your son and he has a good eye on your cattle.”

At home later, Dad was in the house and we were all there. Dad asked, “Jerel, were you here when the cattle buyer stopped by?” Jerel responded, “No.” Dad went on, “The buyer said my son was here. . .” and that’s when we all started laughing. Then Dad looked at me and stated, “It was you, well keep it up, because I don’t want him to know that it’s my daughter!”

— Janell Sila
MAPLE HEIGHTS RESIDENT

6 exercises for strength and balance

Physios say these simple exercises can help improve co-ordination and balance. Get on your feet and try them daily – or at least twice a week!

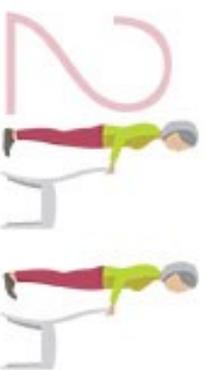


- MAKE SURE THE CHAIR YOU USE IS STURDY
- WEAR SUPPORTIVE SHOES
- IF YOU EXPERIENCE CHEST PAIN, DIZZINESS OR SEVERE SHORTNESS OF BREATH, STOP AND CALL YOUR GP OR CALL 111
- A SLIGHT SORENESS THE DAY AFTER IS QUITE NORMAL



Heel Raises

Stand tall, holding the back of a sturdy kitchen-type chair or kitchen sink, then lift your heels off the floor, taking your weight onto your big toes. Hold for three seconds, then lower with control. Repeat 10 times.



Toe Raises

Stand tall holding the same support, then raise your toes – taking your weight on your heels. Don't stick your bottom out. Hold for three seconds, then lower with control. Repeat 10 times.



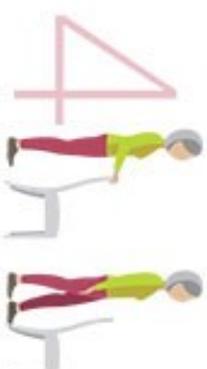
Sit to Stand

Sit tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up (with hands on the chair if needed). Step back until your legs touch the chair then slowly lower yourself back into the chair. Repeat 10 times.



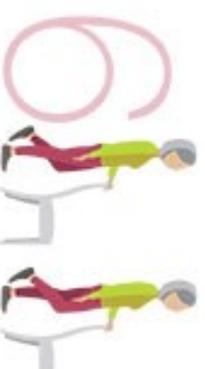
Heel-Toe Walking

Stand tall, with one hand on a support like a kitchen cabinet. Look ahead and walk 10 steps forwards, placing one foot directly in front of the other so that the feet form a straight line. Aim for a steady walking action. Take the feet back to hip width apart, turn around and repeat the steps in the other direction.



Heel-Toe Stand

Stand tall, with one hand on your support. Put one foot directly in front of the other to make a straight line. Look ahead, take your hand off the support and balance for 10 seconds. Take the front foot back to hip width apart. Then place the other foot in front and balance for 10 seconds.



One-Leg Stand

Stand close to your support and hold it with one hand. Balance on one leg, keeping the support knee soft and your posture upright. Hold the position for 10 seconds. Repeat on the other leg.



KEEP THESE EXERCISES SOMEWHERE HANDY LIKE ON THE FRONT OF THE FRIDGE

WELLNESS CENTER CALENDAR —



March 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>National Holiday St. Patrick's Day 17th Palm Sunday 28th</p> <p><u>Subject to Change</u></p>	<p>1 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) 2:30 Brain Power(Gc)</p>	<p>2 9:00 Balance(P) 9:30 Balance(P) 10:30BrainPower(FVDR) 11:00 chair Yoga(Gc)</p>	<p>3 9:00 Strength and Flexibility(P) 9:30 Flexibility(P) 10:30 Wellness(FVDR) 11:00 Balance (Gc) 1:00 Wellness (SLC/BS)</p>	<p>4 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) 2:30 Brain Power(Gc)</p>	<p>5 9:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Tone Zone(FVDR) 11:00 Balance(Gc) 1:00 Wellness (AW)(EG)</p>	<p>6</p>
<p>7</p>	<p>8 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) 2:30 Brain Power(Gc)</p>	<p>9 9:00 Balance(P) 9:30 Balance(P) 10:30BrainPower(FVDR) 11:00 chair Yoga(Gc)</p>	<p>10 9:00 Strength and Flexibility(P) 9:30 Flexibility(P) 10:30 Wellness(FVDR) 11:00 Balance (Gc) 1:00 Wellness (SLC/BS)</p>	<p>11 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) 2:30 Brain Power(Gc)</p>	<p>12 9:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Tone Zone(FVDR) 11:00 Balance(Gc) 1:00 Wellness (AW)(EG)</p>	<p>13</p>
<p>14 Daylight Savings Start</p>	<p>15 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) 2:30 Brain Power(Gc)</p>	<p>16 9:00 Balance(P) 9:30 Balance(P) 10:30BrainPower(FVDR) 11:00 chair Yoga(Gc)</p>	<p>17 Saint Patrick's Day 9:00 Strength and Flexibility(P) 9:30 Flexibility(P) 10:30 Wellness(FVDR) 11:00 Balance (Gc) 1:00 Wellness (SLC/BS)</p>	<p>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) 2:30 Brain Power(Gc)</p>	<p>19 9:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Tone Zone(FVDR) 11:00 Balance(Gc) 1:00 Wellness (AW)(EG)</p>	<p>20 Start of Spring (Spring Equinox)</p>
<p>21</p>	<p>22 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) 2:30 Brain Power(Gc)</p>	<p>23 9:00 Balance(P) 9:30 Balance(P) 10:30BrainPower(FVDR) 11:00 chair Yoga(Gc)</p>	<p>24 9:00 Strength and Flexibility(P) 9:30 Flexibility(P) 10:30 Wellness(FVDR) 11:00 Balance (Gc) 1:00 Wellness (SLC/BS)</p>	<p>25 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) 2:30 Brain Power(Gc)</p>	<p>26 9:00 Tone Zone(P) 9:30 Tone Zone(P) 10:30 Tone Zone(FVDR) 11:00 Balance(Gc) 1:00 Wellness (AW)(EG)</p>	<p>27</p>
<p>28 Palm Sunday</p>	<p>29 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) 2:30 Brain Power(Gc)</p>	<p>30 9:00 Balance(P) 9:30 Balance(P) 10:30BrainPower(FVDR) 11:00 chair Yoga(Gc)</p>	<p>31 9:00 Strength and Flexibility(P) 9:30 Flexibility(P) 10:30 Wellness(FVDR) 11:00 Balance (Gc) 1:00 Wellness (SLC/BS)</p>	<p>Location Key: Fountainview Dining Room (FVDR) The Pointe (P) Gerwulf Center (GC)</p>	<p>Contact: Lisa Roepke Wellness Coordinator 721-276-3821 ext 3143</p>	

Spring Cleaning For Your Brain

5 EASY WAYS TO PROTECT BRAIN HEALTH



1) EVALUATE YOUR DIET

Choosing healthy foods with a high amount of antioxidants could help to prevent damage and inflammation in the brain.

2) MEDICATION CHECK

Many common medications can have adverse effects on the brain. Have your doctor evaluate all of your medications at least once a year.



3) LIFESTYLE AND HABITS

Bad habits and unhealthy lifestyles can wreak havoc on the brain. Do your best to be active and eliminate health threats like smoking and excessive drinking.

4) HEART HEALTH

Like all body tissues, the brain relies on the heart to survive. An unhealthy heart can deprive the brain of oxygen and nutrient-rich blood, leading to damage.



5) DETECT THE EARLY SIGNS OF DEMENTIA

All adults should be checked for signs of dementia twice per year. Use an early screening tool like BrainTest® at home, or visit your doctor.

Learn More at BrainTest.com

Brought to you by



“If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.” — Anne Bradstreet

WELLNESS CENTER



Lisa Roepke,
WELLNESS COORDINATOR



LeAnn Fleming & Sue Schultz
SOCIAL SERVICES DEPARTMENT

Residents Birthdays MARCH 2021

- 11—Lucile Luhr
- 14—Norma Jean Burrus
- 14—Ruth Stephany Taylor
- 18—Cathy Podwysocki
- 18—Patti Sales
- 20—Elaine Seubert
- 23—Mary Smith



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 Osteoarthritis a part of aging? Can I do anything to avoid it?

Getting older definitely makes it more likely that you'll get osteoarthritis. This occurs when the cartilage breaks down between your joints. It usually starts after age 40 and becomes more and more noticeable the older you get. Almost everyone gets it to some degree. It can cause pain and stiffness in the hips, knees, hands and neck.

How bad it gets depends on how much pounding and injury your joints got when you were younger. Genes from your parents and nutrition can also play a role.

If you suspect you may have osteoarthritis, consult with your physician to develop the best plan for you. Some cases may be more serious than others and may require a different plan of care.

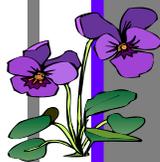
— Glenys Behrens,
SUNRISE HILLS NURSE

Resident Right Of The Month:

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

THE RIGHT OF FREEDOM FROM ABUSE AND RESTRAINTS.

You will be free from physical, sexual, or mental abuse, corporal punishment and involuntary seclusion. Physical and chemical restraints will be used only to ensure your safety or that of other residents. The facility will consult you, your legal representative or family members before restraints are used. Your physician must sign an order for that type of treatment, as well as other kinds of treatment. Other residents have the same rights to be free of restraints.



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

- Virginia Carnes
- Lois Choquette
- Robert Fox
- Ruth Hamilton
- Joan Madsen
- John Okonoski

"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,
7 days a week.



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,





Virtual Charity Bake Sale

Join us for a
Facebook Bake Sale to raise funds to
replace our ice cream machine at our
independent senior living complex, The
Pointe at Sunrise.
Bid on delicious treats donated by local
bakeries.

Thursday, March 18
Online bidding 12:00pm-8:00pm
Check out our event at
www.facebook.com/SunriseRetirement/



This bake sale will directly benefit the Sunrise Retirement Community,
a non-profit organization that provides charity care for seniors