

SUNRISE TIMES

Senior Living Choices for You

Volume 69

MAY 2021

Issue 5

2021 BOARD OF DIRECTORS

Dr. Richard Hildebrand
President
Bill Bradbury
Vice President
Dr. Mary Kovarna,
Secretary
Gina Sitzmann,
Treasurer
Ryan Ross,
Legal Advisor
Thomas R. Padgett
Past President
Jennifer Rose Bass
Matt Campbell
Dr. Barbara Condon
Dr. Patrick Cross
Kyle Irvin
Dave Larson
Kent McCuddin
Anne Westra
Lynn Wold
Ron Yockey

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 ~

Hallie Salmen
Foundation President
Kyle Irvin
Legal Advisor
Jack Bernstein
Gail Bivens-Rose
Larry Delperdang
Anna Heller
Pokey Jensen
David Layhee
Deb Smith
Bev Zenor



I'm excited to see the leaves beginning to bud on the trees and flowers bloom – the Sunrise campus is so beautiful at this time of year! Spring always reminds me of something new and fresh, so take some time to enjoy a bit of the outdoors or let the spring air inside. We will be re-painting the walking path lines this spring, but no date has been set yet. Please be careful as you are out walking – or if you are

driving – since we don't have sidewalks, we have to share the road. The Sunrise policies for pandemic precautions have always been based on the Center for Disease Control's recommendations (whether for the general public or for senior/congregate living specifically). As more is learned about COVID-19 and more people get vaccinated, the recommendations change, and in fact have changed several times in the last 2 months. Most recently changes were announced yesterday (April 27). Please take a look at that information in this newsletter. We will not be holding a Mother's Day this year, due to the number of people that the event normally draws, but I would still like to let all of the mothers know that we are thinking of you and honor you! We WILL be doing grilling again this spring and plan to get started on May 19. We will only be serving outdoors, but will have the Gerwulf Center open for overflow seating (as we aren't planning to have the common areas of the health center available for seating). We are excited to be able to bring our community together again for a good meal and good conversation!

Happy May Day!

— *Hallie Salmen*, CEO / EXECUTIVE DIRECTOR

Welcome
Residents
to Sunrise

Otto Albrecht
Earl Moore
Joyce Moore
Violet Sly

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



This year we are so incredibly blessed to be able to meet and celebrate Mother's Day. The nurturing care of a mother is inspirational. We look to our mothers for affirmation and love. The encouragement we receive from our mothers lingers with us as we face new challenges and unforeseen hardships. We are truly blessed pay tribute to motherhood. In the book of Isaiah 66:13, the comforting love of mothers is compared to the divine comforting love we receive from God. Further in this book, Isaiah 49:15, infers that mothers have an undaunted love for their children that is virtually unparalleled. In His moment of deep suffering, as Jesus suffered in a state of crucifixion, He did not neglect the needs of his mother, instead, He asked His disciple John to provide for His mother in his absence. Mothers are indeed a beautiful gift from God.



Scott Squires,
CHAPLAIN

JOHN STOTT BIBLE STUDIES
16 Studies with Commentary for Individuals or Groups

Join us for this study!

Acts

Seeing the Spirit at Work

Offered at the Pointe and Sunrise Nursing / Assisted Living

Tuesdays at 12:00 The Pointe Chapel

Tuesdays at 3:00 The Fountain View Dining Room

John STOTT

Health Center & Fountainview Announcement:

Sunday Schedule:
1:30 Memory Care in Bernstein .
2:00 Chapel Services.

Monday Schedule:
8:00 Crooked Halos, Men's Group in Chapel.
9:30 Coffee and Prayer in Indoor Park.
10:30 Devotions in Bayberry.

Tuesday Schedule:
9:00 Devotions for Memory Care in Bernstein.

Wednesday Schedule:
2:00 Mid-Week Church Service in Chapel.

Thank you, Chaplain Scott



A Perfect Happy Birthday —

Sunrise resident, **Rennie Batcheller**, has passed a significant milestone in her life by celebrating her **105th birthday**. She was showered with several cards to honor and in celebration of the day of her birthday. Thanks to all who sent happy wishes on that special Saturday. . .

It was definitely a perfect day!

105 . . . That's Absolutely Great !!!

Social Services

Resident Right Of The Month:

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

THE RIGHT OF PRIVACY—Part 2

You have the right to privacy in fulfillment of personal needs as well as during meetings of resident groups, visits by the resident's spouse, family, clergy, attorney and others, but this does not require the facility to provide a private room. If a resident's spouse is also a resident and both spouses consent to the arrangement, they may share a room provided accommodations are available.

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. Thanks.

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,
7 days a week.



Residents Birthdays MAY 2021

4—Darlene Barta

16—Art Huser

16—Inez McCaslen

22—Otto Albrecht

26—Shirley Weideman



RE: OLD Eyeglasses & Hearing Aids

Sunrise still collects Eyeglasses and 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.



Our Sympathies

Gale Avery

Irma Eilers

Clair Larson



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. ~

HOW DO I DECIDE between a DNR (*Do Not Resuscitate*) or having CPR (*Cardio Pulmonary Resuscitation*) given should I stop breathing or my heart stops? What happens when CPR is given?

CPR consists of chest compressions and mouth to mouth breathing to attempt restoring lung function and heartbeat. Once started, CPR will continue until medical help arrives and may progress to —

1. Intubation
2. Mechanical ventilation
3. Medications given through an IV
4. Electrical shock to the heart to attempt it to restart.

What are some of the side effects of CPR?

1. It can cause sore muscles and chest pain.
2. Fractured ribs and other bones.
3. Collapsed lungs.
4. Vomiting with aspiration into the lungs.
5. Liver contusions and laceration.

CPR does not change aspects of other medical conditions. It is not meant for terminally ill patients.

Remember to discuss with family and decide what is important to you and your family. Age is also a big determining factor when deciding. Only 10% who survive CPR will return to their normal function. If you choose not to have CPR applied, it is HIGHLY encouraged to wear a necklace or bracelet stating that you are a DNR or CPR will be performed on you.

—Glenys Behrens,
SUNRISE HILLS NURSE



Welcome To The Team ~

Vicki Hansen

MAPLE HEIGHTS APARTMENTS & ANNEX COORDINATOR

Even though Vicki was born and raised in Sioux City, she is not a stranger to some of you, we will re-introduce her to you. She has worked in the past for the Sunrise Retirement Community in the old Sunrise Manor building. Her duties when hired in 1995 included the Maple Heights position as well as working with Accounts Payable for the Business Office..

After that she owned and operated her own business, The Burrito Hut, for ten years in Okoboji, IA. Vicki reminisces about the many “hats” that she has worn in her years of working. She has experienced working on the highway paint crew with the IDOT, being a lunch lady at Perry Creek Elementary school, “slinging food” out of a food truck, dealing blackjack at the Hard Rock Casino. And now, she has come back to work at Maple Heights.

Vicki very much likes the interaction with Maple Heights tenants and states, “It’s sure to be enjoyable and I am looking forward to meeting everyone”! As a postscript, she added, “The job was meant for me!” . . . We think so too.

Welcome Home, Vicki!



Congratulations To Volunteer Award Winners —

Unsung Hero: Marv Edmunds
We’re proud of you!

—Also—

Outstanding Business Volunteer:

IBC (pictured: Sarah Rol & Chris Ferry)

Outstanding Resident Volunteer: Joyce Meyers

Outstanding Staff Volunteer: Melissa Merrill

Outstanding Fundraising Volunteers:

Bill & Linda Prescott

Outstanding Community Volunteers:

Barb Lewis & Julie Peterson

Family and Friends, **Have you heard —**

If you would like to schedule a **Virtual Visit** with your loved one, please see the information below.

Make sure the iPad is available & schedule a time to visit with your loved one utilizing it by contacting our Activities Director: Erin Anderson at 712-276-3821 ext. 3130. She will ensure the iPad is disinfected; privacy is provided, & the iPad is set up & ready to go in your loved one’s room. Currently we have the capability of Facetime & Skype. If there is another app you would prefer to use, please contact Erin during business hours for set up (8a.m.-4:30p.m. Monday-Friday).

Skype ID: live:.cid.f471e5c9f5fdfe9d or search “Sunrise”
Facetime ID: fortheresidentsltc@gmail.com



DIABETIC EDUCATION 3-MONTH COURSE

The Pointe will be hosting a 3-month diabetic education class. If you are interested in better nutrition and a healthier lifestyle, this is the perfect class for you!

We will be kicking off the classes on **May 13th at 11:30am** at The Pointe with a lunch and blood screening provided by IBC insurance. We will have guest speakers every other Thursday and wellness challenges though out the course from Wellness Coordinator Lisa Roepke. We will share the list of speakers so you can choose what topics sound most interesting to you. You can attend some or all of the sessions.

We will finish the course on **August 12th** with a celebration and lunch provided by Sunrise.

Please call Char Hesse by **May 7th** at (712) 212-9370 for more information or to sign up.

Thank you to the Sioux City Noon Lions, IBC Insurance, Aegis Therapies and all of guest speakers for making this education opportunity possible.



Wednesday Cook Outs

Begin May 19th for the 2021 SUMMER
And continue through August 25, 2021.

**Opens at 10:00am
and closes at 12:30pm**

Held at the Sunrise's Health Center

5501 Gordon Drive East, Sioux City, Iowa.

in the Delperdang Outdoor Courtyard only.

Enter through the Outdoor PARK GATE, *please!*

(For Extra Seating please use the Gerwulf Community Center.)

Menus:

\$5— “The Basics”
Hot Dog or Burger
Chips, Dessert & Drink.

~

\$6— “The Works”
Hot Dog or Burger,
Salad, Bake Beans,
Chips, Dessert & Drink.

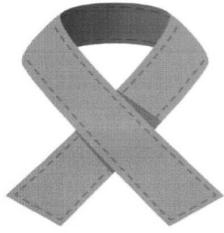
~

**\$3— For EACH
Extra Sandwich.**
(Hamburger or Hot Dog)

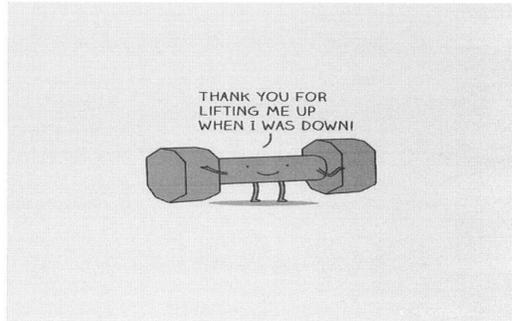
~



**Cook-Outs:
Weather Permitting !**

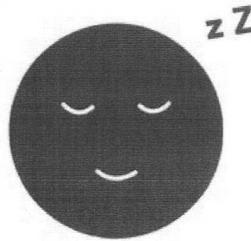


MENTAL HEALTH AWARENESS MONTH

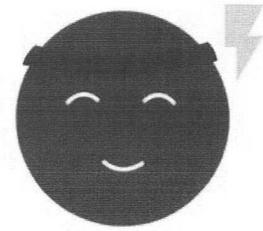


Lisa Roepke, Wellness Coordinator
Aegis Therapies, LLC 712-276-3821

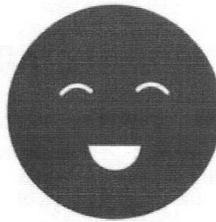
Benefits of Exercise



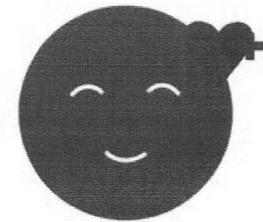
Improved sleep and reduced tiredness that can increase natural alertness



Better endurance, increased energy and stamina



Stress relief and improvement in mood



Reduced weight, cholesterol and improved cardiovascular fitness

for Mental Health

WELLNESS PAGE:



Lisa Roepke,
WELLNESS COORDINATOR

WELLNESS SCHEDULE



May 2021

Contact:

AL

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Location Key: Fountainview Dining Room (FVDR) The Pointe (P) Gerwulf Center (GC)	Indoor Park(IP) Sunlight Center/Bernstein Center(BC) Bayberry(BB)						
2	3 9:00 Tone Zone(P) 10:00 Wellness(IP) 11:00 Tone Zone(GC) 1:00 Brain Power(P) 2:30 Brain Power(GC)	4 9:00 Balance(P) 10:00 Brain Power(IP) 11:00 chair Yoga(GC) 1:00 Wellness(SLC/Bc) 2:00 Wellness (IP)	5 Cinco De Mayo 9:00 Flexibility(P) 10:00 Wellness(IP) 11:00 Balance (GC) 1:00 Wellness (BB)	6 9:00 chair Yoga(P) 10:00 Active Mind(IP) 11:00 Tone Zone(GC) 1:00 Brain Power(P) 2:30 Brain Power(GC)	7 9:00 Tone Zone(P) 10:00 Wellness (IP) 11:00 Balance(GC) 1:00 Sit and Be Fit(BB)	8	
9 Mother's Day	10 9:00 Tone Zone(P) 10:00 Wellness(IP) 11:00 Tone Zone(GC) 1:00 Brain Power(P) 2:30 Brain Power(GC)	11 9:00 Balance(P) 10:00 Brain Power(IP) 11:00 chair Yoga(GC) 1:00 Wellness(SLC/Bc) 2:00 Wellness (IP)	12 9:00 Flexibility(P) 10:00 Wellness(IP) 11:00 Balance (GC) 1:00 Wellness (BB)	13 10:00 Active Mind(IP)	14 10:00 Wellness(IP)	15 Armed Forces Day	
16	17 10:00 Wellness(IP)	18 10:00 Brain Power(IP)	19 9:00 Flexibility(P) 10:00 Wellness(IP) 11:00 Balance (GC) 1:00 Wellness (BB)	20 9:00 chair Yoga(P) 10:00 Active Mind(IP) 11:00 Tone Zone(GC) 1:00 Brain Power(P) 2:30 Brain Power(GC)	21 9:00 Tone Zone(P) 10:00 Wellness (IP) 11:00 Balance(GC) 1:00 Sit and Be Fit(BB)	22	
23	24 9:00 Tone Zone(P) 10:00 Wellness(IP) 11:00 Tone Zone(GC) 1:00 Brain Power(P) 2:30 Brain Power(GC)	25 9:00 Balance(P) 10:00 Brain Power(IP) 11:00 chair Yoga(GC) 1:00 Wellness(SLC/Bc) 2:00 Wellness (IP)	26 9:00 Flexibility(P) 10:00 Wellness(IP) 11:00 Balance (GC) 1:00 Wellness (BB)	27 9:00 chair Yoga(P) 10:00 Active Mind(IP) 11:00 Tone Zone(GC) 1:00 Brain Power(P) 2:30 Brain Power(GC)	28 9:00 Tone Zone(P) 10:00 Wellness (IP) 11:00 Balance(GC) 1:00 Sit and Be Fit(BB)	29	
30	31 Memorial Day 9:00 Tone Zone(P) 10:00 Wellness(IP) 11:00 Tone Zone(GC) 1:00 Brain Power(P) 2:30 Brain Power(GC)	Fun National Holidays: National Moving Month Older Americans Month Mental Health Awareness Month Wildflower Week – Week 2					