



Connections

Savoring the summer at Sunrise

by Hallie Salmen, executive director



Summer is definitely here, along with everyone's favorite summer activities—barbecues, vacations, family gatherings, golf outings, and more! It's no different at Sunrise. Summer is back and we are enjoying every minute of it!

Last year at this time, our summer fun was postponed. Visits were at a standstill. Activities were shut down. Visits from family members and volunteers weren't allowed.

It wasn't always easy (and it certainly involved greater intentionality) to make and maintain important connections among our staff, residents, families, and volunteers during the pandemic. But we did it, and we did it well. We worked hard to keep our residents in touch with their loved ones, and we made sure to inform all our constituents of the ever-changing pandemic protocols.

This year, we are so excited to be moving forward with summer programming as usual, even if things have been slightly modified.

As we have resumed our weekly Wednesday cookouts (come join us!), these events have received a wonderful response from our residents and volunteers. We've also been celebrating big events and small—everything from Flag Day to the first day of summer—with live music, root beer floats, and so much more. We are also gearing up for our annual Siouxland Senior Open presented by Suter Services in August. Our

summer traditions are back on track!

Being able to have our residents, volunteers, family members, staff, and guests together again for activities, special events, church services, visiting musicians, and even mealtimes is engaging and energizing for all of us. Sure, it's also a little hectic sometimes, but we are grateful and excited to once again be fully living our mission: *Caring deeply. Connecting daily. Leading boldly. Serving faithfully.*

Stop by the Sunrise campus and see what we're up to this summer!



Sunrise residents enjoyed Cardio Drumming exercise utilizing the drums purchased in 2020 through funds received from the Gilchrist Foundation.



Join us for Wednesday cookouts from 10 a.m. to 12:30 p.m.!

Support Sunrise in new ways!

by Anna Heller, director of fund development & volunteers

We love how our donors share their time, talent, and financial gifts with Sunrise. Now we are excited to announce several new ways to support Sunrise online.

Givebutter is our new fundraising platform. Through Givebutter, you can donate to Sunrise online in various ways – by **credit card, Venmo, Paypal, Apple Pay, Google Pay, and Microsoft Pay**. The new platform also allows us to create interactive fundraising pages! For example, you can check out our virtual Sunrise Annual Appeal by heading to our website and exploring current events.



HAVE QUESTIONS?

I'm here to help you navigate these new giving options! Contact me for specific directions or more info: hellera@sunriseretirement.com or 712-276-3821, ext. 3157.

We've created a **QR code** for Sunrise. Using your smartphone, you can simply scan this QR code for an even faster way to donate.

Later this year we will also have a **text-to-pay** giving option. Try it at our annual Holiday Concert featuring Jill Miller and see how easy it can be!

And guess what? You can now help us generate support for Sunrise on social media by creating your very own **Facebook fundraiser**. Simply go to the top of our Facebook page (@SunriseRetirement) and click "DONATE" to give directly or host your own fundraiser in honor of a birthday or other special event.

Lastly, you can support Sunrise when you **shop on AmazonSmile!** For every purchase on AmazonSmile (which works exactly the same as Amazon), Sunrise earns 0.5% of your total—all at no extra cost to you. To get started, log into Amazon Smile and choose "Sunrise Retirement Community Foundation" as your charity of choice.



Sunrise receives United Airlines grant

Sunrise Retirement Community recently learned it is the recipient of the United Airlines Trust Fund Grant—a \$2,500 award from Siouxland Community Foundation! This grant will be used to purchase additional emergency rescue equipment for Sunrise Retirement Community, including an automated external defibrillator plus two emergency crash carts with CPR boards and suction pump vacu-aides.

Thank you to the Siouxland Community Foundation for funds to purchase these lifesaving resources for our campus.

Grant funding at work

Residents learn about diabetes

A grant from the Noon Lions Club Sioux City is funding a three-month diabetic education class for our independent seniors. We kicked off in May with a presentation and lunch provided by IBC's Sarah Rol, who provided a delicious, nutritional lunch from Sweetwater Cafe and taught about making healthy meal choices. She also offered hemoglobin A1C testing so residents could know immediately if they are at risk for diabetes or pre-diabetes.

The series has continued with bi-weekly speakers presenting on various topics related to diabetic education. These include:

- Dr. Beth Bruening discussing diabetic eye care,
- Jim Ewoldt from Peak Performance talking about proper foot care and shoe fit,
- Roxane Patton highlighting the importance of nutrition,
- Dr. Cassady Miller, M.D., from the Siouxland Medical Education Foundation speaking about wellness and exercise,
- Ashlyn Nelson teaching about diabetic dental hygiene, and
- Sarah Sorenson from Drilling Pharmacy covering pharmaceutical options for diabetics.

Each of the classes attracts attendance by about 30 independent living residents from The Pointe, Sunrise Hills, and Maple Heights. They are eager to learn about these topics and receive practical tips and even recipes!

Diabetic education programming concludes Aug. 12 with a lunch celebration provided by Sunrise Retirement Community.



Jim Ewoldt shared foot care tips.



Donations fund ice cream machine



Char Hesse, independent living marketing director, tries out our new ice cream machine.

Summer is here, and it's the perfect time for ice cream! Now, thanks to generous donations and a hugely successful bake sale, there's a new ice cream machine at The Pointe at Sunrise, our largest independent living community.

"We are so excited that we raised the funds to replace this machine just in time for summer," shares Anna Heller, director of fund development and volunteers.

Funding for the new ice cream machine came from several sources:

- We raised \$1,427 from our virtual charity bake sale, which featured 75 incredible baked items and was administered and managed completely on Facebook.
- We used \$1,930 in memorial funds.
- We had \$3,190 in direct donations.
- We received a generous \$500 gift from Side by Side Ministries.

Thank you to everyone who made this purchase possible! Our residents have enjoyed having cool sweet ice cream treats on these hot summer days.



Flag Day festivities return

Sunrise Retirement Community hosted a Flag Day celebration in Zenor Park on June 14. The event featured a flag-folding presentation by the 185th Air Refueling Wing, a prayer by Sunrise Chaplain Scott Squires, and live music from Nick Anderson. Residents had a wonderful time singing with Nick and sharing in patriotic festivities organized by Activities Coordinator Erin Anderson.

Presently there are 19 U.S. veterans living on the Sunrise campus; we thank them for their service.



*Pictured from left (top): Marv Edmunds and Alice Senske.
Pictured from left (bottom): Bob Hansen and Pat Herbold.*

Seniors share words of wisdom

Who better to share life advice than those who have lived the longest?

This summer, we've been highlighting words of wisdom from seniors throughout the Sunrise community. Weekly posts on Facebook have featured residents from Fountain View assisted living and our independent living neighborhoods.

Check out our posts at #StraightFromOurSeniors or by following @SunriseRetirement on Facebook.

Students bring parade to Sunrise

Earlier this summer, Sunnyside Elementary students brought a parade to Sunrise to surprise and honor Marvin Fickbohm, who is living at Sunrise as he recovers from an illness.

A crossing guard at Sunnyside, Fickbohm is known for waving at all the students and parents each morning. As the school year ended, students wanted to do something to give back to him after all he's done for them.

"He's always been a wonderful grandfather to me, but I had no idea he was a grandfather figure to so many other little ones!" says Leah Erdmann, who is part of the Sunrise activities team. "It was really incredible that they all came out to support him."





Dear Friend,

We didn't see it coming: The pandemic. The lockdown. Months without activities. Masks, gloves, hand sanitizer, and cleaning supplies. Extra staff needed to check temperatures and conduct testing. Even for seniors whose lifetimes span eight or nine decades, this has been a new experience for all of us.

But as we look to the other side of the pandemic, there is light...hope...the dawn of a new sunrise. We have families visiting, volunteers helping, activities happening. Yes, we have some new procedures and the masks still hide our smiles, but we are moving forward.

But the truth of the matter is, it's not easy.

While our doors were closed to visitors this past year, our essential "behind the scenes" work continued. Unfortunately our costs did, too. In fact, costs skyrocketed thanks to masks, cleaners, COVID tests, added staffing, and more. While expenses were going up, we saw our census numbers declining. And at the same time, we couldn't forget our commitment to benevolent care, which provides for all residents even when their resources run out.

It has been a lot to take on. That's why we're asking for your help.

As you donate to Sunrise, your gift ensures continued COVID compliance... helps grow our census ... funds a full slate of activities (finally!). Your gift gives our residents a safe and supportive community where they will always belong. **Your gift drives our mission: Caring deeply. Leading boldly. Connecting daily. Serving faithfully.** Ultimately, your gift gives Sunrise needed hope. ***Isn't that the best investment of all?***



Thank you for your kindness, your generosity, and your commitment to Sunrise.

With gratitude and hope,

Hallie Salmen

Hallie Salmen, Executive Director

William L. Bradbury

William (Bill) Bradbury, Board President

P.S. Now through Aug. 15, **Friends of Sunrise will match every gift of \$150 and above** (up to \$16,000), so your donation will have even greater impact. What's more, **your gift of up to \$300** is 100% deductible even if you use the standard deduction.



5501 Gordon Drive East
Sioux City, IA 51106



Coming Aug. 20: Siouxland Senior Open!

The 29th annual Siouxland Senior Open sponsored by Suter Services is just around the corner!

Sunrise will host this annual fundraising event on Friday, Aug. 20, at Two Rivers Golf Club in Dakota Dunes. Even if you're not a golfer, maybe you know a golfer or two? Please share the word about this great event!

Featuring team and individuals championships, the Siouxland Senior Open has become Siouxland's premier golf tournament for men and women who are 50 and older. Individual winners receive the prestigious Gunderson's Cup and have their names inscribed on the coveted Dale Mogren plaque.

To register for the Senior Open, contact Rodd Slater at 605-232-3241 or visit www.golftworivers.com. Individual tournament fee is \$90. For sponsorship information, contact Anna Heller, director of fund development and volunteers, at hellera@sunriseretirement.com or 712-276-3851, ext. 3157.



UPCOMING EVENTS

Wednesday Cookouts

Delperdang Courtyard • Now through Aug. 25
10 a.m.–12:30 p.m.

Siouxland Senior Open sponsored by Suter Services

Two Rivers Golf Course • Aug. 20

Holiday Concert featuring Jill Miller

Orpheum Theatre • Dec. 3 • 7 p.m.

GIVE BY SHOPPING

When you order from  Amazon, start at smiles.amazon.com, selecting "Sunrise Retirement Community Foundation" as your charity. Sunrise will receive .05% of your purchase totals!

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OUR MISSION

**Caring deeply. Connecting daily.
Leading boldly. Serving faithfully.**

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