

SUNRISE TIMES

Senior Living Choices for You

Volume 70

JANUARY 2022

Issue 1

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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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**I can't believe that another year
has passed already!**

**Much like 2020, 2021 has proven to be
a year filled with challenges.** We have

continued to deal with challenges from the pandemic. We have dealt with restrictions due to outbreaks and constant changes from CMS, OSHA, or other government entities on what we are or are not allowed to do.

2021 has also seen progress compared to

2020. While none of us are back where we want to be, we have still been able to welcome

visitors back into our communities, we have been able to have meals in our dining rooms again, and we have been able to resume group activities. Staff and residents were able to start receiving doses of the COVID vaccination in January, and while that did not eliminate the risk of getting sick, I am very happy to say that we have seen fewer severe cases since we received the first vaccinations.

**Welcome
Residents
to Sunrise**

Otto Albrecht
Richard Eastop
Norma Jean Eastop
Kathleen Greene
Mayre Hilton
Jeanette Hult
Marguerite Tullis

safe. The true spirit of Sunrise shone through the storm.

Looking forward to 2022, I share the same hopes of a better year that everyone does with the new year. Being a little wiser than I was one year ago, it is a more cautious hope, and I am very thankful that I have a wonderful family here at Sunrise to help overcome any challenges that we might see.

Samantha Roth, CHIEF EXECUTIVE OFFICER



Samantha Roth
CHIEF EXECUTIVE OFFICER

Sunrise Retirement Community

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E-MAIL ADDRESS: info@sunriseretirement.com



Scott Squires,
CHAPLAIN

Health Center & Fountainview Announcement:

Sunday Schedule:

2:00—Chapel Services in Fountainview Dining

Monday Schedule:

- 8:00—Crooked Halos, Men's Group in Fountainview
- 9:00—Coffee and Prayer in Roth Room
- 1:00—Hymn Stories, Chapel.
- 10:30—Devotions in Bayberry.

Tuesday Schedule:

- 9:30—Devotions for Memory Care in Bernstein Center.
- 2:30 — Bible Study—"Acts" in Fountainview Dining Rm

Wednesday Schedule:

- 9:00—Soul Sisters, Pastries & Stories, Roth Rm.
- 2:00—Church Chapel in Healthcenter's Chapel
- Every First Wednesday is Celebration of Life
- Every Second Wednesday is Lamplighters.
- 3rd & 4th Wed. Chapel.

Everyone is Welcome!
Thank you, Chaplain Scott

DEVOTIONS —

I hope you had a pleasant time celebrating Christmas. We are now looking forward to the adventure of a new year. Do you like to make New Year Resolutions? According to a December 2019 article in the Parade Magazine, the **top five most popular New Year's Resolutions** are: **1. To Lose Weight 2. Improve Finances 3. Exercise 4. New Employment 5. Improve Diet.** Which one are you more prone to accept as one of your goals? I have included some of these goals in my own New Years' resolutions for several years. Perhaps we could benefit from a shared goal, a goal that would create unity and foster acceptance and support.

How would you define such a goal? For me, it would be the golden rule; treat others as you would like others to treat you. This idea stems from the scriptures of the Old and New Testament; "So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets." Matthew 7:12. This goal fosters a fundamental concept of goodness that exceeds individual needs to the communal needs of all people. The implications that this rule can have upon our lives and the lives of others are profound. For example, consider the impact this idea had upon the life of one who led a movement that justly transformed his Country and

inspired America to follow suit. "Let everyone regulate his conduct... by the golden rule of doing to others as in similar circumstances we would have them do to us, and the path of duty will be clear before him." - [William Wilberforce](#). Some goals have the potential to rise above mediocrity and become transformational.

God bless you, Chaplain Scott Squires

Join Now... **WinterSports!**
Be sure to check Sunrise's Activity Calendar...See you there.

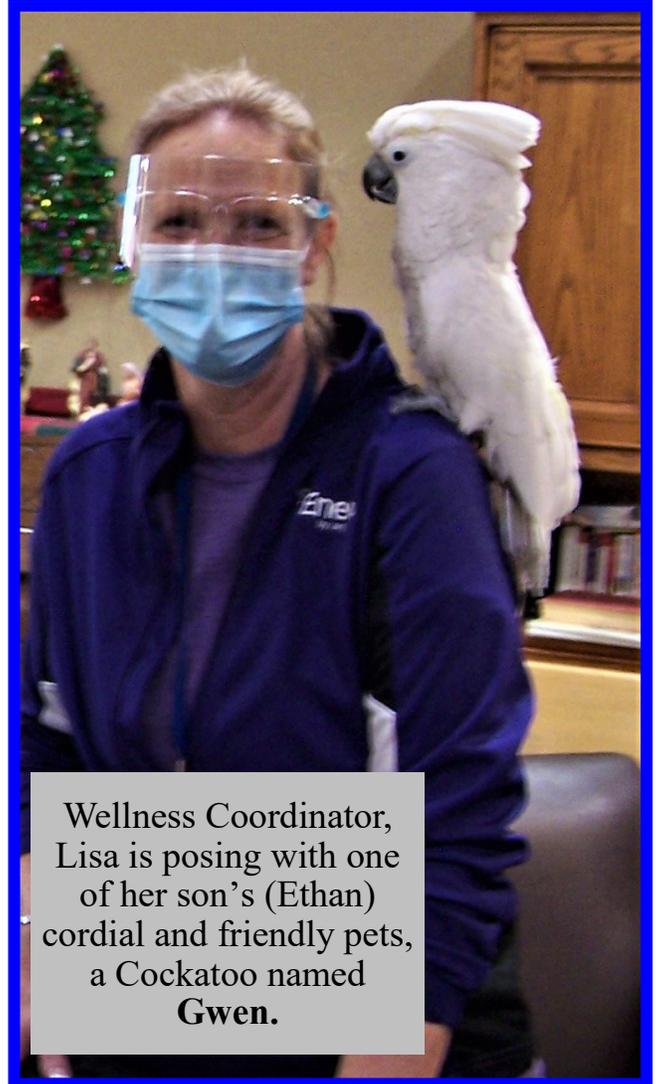


The Sunrise TV Channel is **89**

This channel includes our daily activities, movies, concerts and any daily updates and appointments so you know what is happening day to day here in the building.

Thank you! Chris Schenkelberg

There's no denying, ... some things in life are adorable & just plain lovable!



Wellness Coordinator, Lisa is posing with one of her son's (Ethan) cordial and friendly pets, a Cockatoo named Gwen.



Axel has grown since he last spent time with residents. He is now 1 year and 3 months old and has gained a little weight . . . **35 lbs.** This baby is growing!



Looking forward to **2022** with you!

WITCC Police Science Students donated TV to Sunrise Memory Care

Sunrise Retirement Community received a new big screen television donated by the Western Iowa

Tech's Police Science Club on Tuesday, December 21, 2021 at 1:00pm for our Bernstein Memory Care Neighborhood. We had only a small TV which made it hard for our residents in this neighborhood to hear and see when watching it. This fall, members of Western Iowa Tech's Police Science Club reached out to Sunrise with a generous offer to benefit our campus and residents. "One of the students has a personal connection to Sunrise and learned the TV in our Bernstein neighborhood was pretty small," shares

Mindee Knudson, Director of Nursing. "The club does charitable work for a local nonprofit—and we are thrilled Sunrise is the recipient of their efforts this year." The students sold Police Science T-shirts to raise funds for the new TV.



Resident Birthdays January 2022

- 5—JoAnn Fowler
- 8—Ruth Price
- 9—Betty Jo Brunken
- 17—Louise McGrail
- 29—Lois Jacobs



Right Of The Month:

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

RESIDENT FUNDS.

You have the right to manage your own funds. You may request that the facility manage your personal funds for you. We will need written authorization to do that. If you choose to have the facility manage your funds, we must deposit amounts exceeding \$50 in an interest-bearing account, and you will receive that interest. Amounts of \$50 or less must be deposited by Sunrise in a non-interest bearing or petty cash fund.

**Compliance Hotline:
855-661-2667**

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. ~

MENTAL HEALTH OF OLDER ADULTS:

Aging can bring unique health issues. Seniors account for 12% of the population. 92% have chronic issues. 15% suffer from mental disorders, and they account for 18% of suicides. Depression can be a side effect of a chronic health condition or medication. Mental health impacts adults physical health. Depression can cause great suffering. It is underdiagnosed and undertreated. It is important to focus on Long Term care adults with mental disorders and education for their caregivers. Talk to your doctor and family, if you are having any symptoms of depression.

*—Glenys Behrens,
SUNRISE HILLS NURSE*

Our Sympathies

Lowell Chellew
Ruth Stephany—Taylor
Francie Jones
Avis Hefner
Robert Rice
Rolland Strong
Calvin Veach



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



4 Tips for Healthy Winter Feet



Don't let sore, achy feet ruin your winter season. The American College of Foot and Ankle Surgeons offers four tips for healthy winter feet.



IF THE SHOE FITS, WEAR IT

When hitting the winter trails, shopping malls or ski slopes, don't compromise comfort and safety. Protect your feet from blisters, calluses and ankle injuries with the right shoes for the situation.

WATCH FOR ICE & SNOW

Winter wonderlands can be beautiful but also dangerous for ankles. Use caution when traveling outdoors and watch for ice or snow patches along your trail.



BE PEDICURE SAFETY CONSCIOUS

Reduce your risk of bacterial infections, including MRSA, during your winter getaway pedicure by choosing a salon that follows proper sanitation practices and is licensed by the state.

LISTEN TO YOUR FEET

Don't let foot pain ruin your winter fun; inspect your feet regularly for any evidence of ingrown toenails, bruising, swelling, blisters or calluses. If you have any issues, contact your foot and ankle surgeon.



For more health information and tips, visit FootHealthFacts.org—the patient education website of the American College of Foot and Ankle Surgeons.



American College of
Foot and Ankle Surgeons®

Proven leaders. Lifelong learners. Changing lives.



HAPPY NEW YEAR!



**WELLNESS
PAGE:**



Lisa Roepke
WELLNESS COORDINATOR



WELLNESS SCHEDULE

January 2022

Contact: Lisa Roepke

At: 712-276-3821 Ext 3143

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Happy New Year!!

New Year's Day

9

Location Key:
The Pointe (P)
Gerwulf Center (GC)
Indoor Park (IP)
Bayberry(BB)
SLC/BC (SLC)

3 9:00 Tone Zone(P)
10:00 Wellness Exercise (IP)
FV/BB/AW/EG
11:00 Tone Zone(GC)
1:00 Brain Power(P)
2:30 Brain Power(GC)

4 9:00 Balance(P)
10:00Brain Power(IP)AW/EG/FV/BB
11:00 Chair Yoga(GC)
1:00 Wellness(SLC/BC)

5 9:00 Flexibility(P)
10:00 Wellness Exercise (IP)
FV/BB/AW/EG
11:00 Balance (GC)

6 9:00 chair Yoga(P)
11:00 Tone Zone(GC)
1:00 Brain Power(P)
2:30 Brain Power(GC)

7 9:00 Tone Zone(P)
10:00 Wellness Exercise (IP)
FV/BB/AW/EG
11:00 Balance(GC)

8

8

10

10 9:00 Tone Zone(P)
10:00 Wellness Exercise (IP)
FV/BB/AW/EG
11:00 Tone Zone(GC)
1:00 Brain Power(P)
2:30 Brain Power(GC)

11 9:00 Balance(P)
10:00Brain Power(IP)AW/EG/FV/BB
11:00 Chair Yoga(GC)
1:00 Wellness(SLC/BC)

12 9:00 Flexibility(P)
10:00 Wellness Exercise (IP)
FV/BB/AW/EG
11:00 Balance (GC)

13 9:00 chair Yoga(P)
11:00 Tone Zone(GC)
1:00 Brain Power(P)
2:30 Brain Power(GC)

14 9:00 Tone Zone(P)
10:00 Wellness Exercise (IP)
FV/BB/AW/EG
11:00 Balance(GC)

15

15

16

17 **M L King Day**
9:00 Tone Zone(P)
10:00 Wellness Exercise (IP)
FV/BB/AW/EG
11:00 Tone Zone(GC)
1:00 Brain Power(P)
2:30 Brain Power(GC)

18 9:00 Balance(P)
10:00Brain Power(IP)AW/EG/FV/BB
11:00 chair Yoga(GC)
1:00 Wellness(SLC/BC)

19 National Popcorn Day
9:00 Flexibility(P)
10:00 Wellness Exercise (IP)
FV/BB/AW/EG
11:00 Balance (GC)

20 9:00 chair Yoga(P)
11:00 Tone Zone(GC)
1:00 Brain Power(P)
2:30 Brain Power(GC)

21 9:00 Tone Zone(P)
10:00 Wellness Exercise (IP)
FV/BB/AW/EG
11:00 Balance(GC)

22

22

23

24 9:00 Tone Zone(P)
10:00 Wellness Exercise (IP)
FV/BB/AW/EG
11:00 Tone Zone(GC)
1:00 Brain Power(P)
2:30 Brain Power(GC)

25 9:00 Balance(P)
10:00Brain Power(IP)AW/EG/FV/BB
11:00 chair Yoga(GC)
1:00 Wellness(SLC/BC)

26 9:00 Flexibility(P)
10:00 Wellness Exercise (IP)
FV/BB/AW/EG
11:00 Balance (GC)

27 9:00 chair Yoga(P)
11:00 Tone Zone(GC)
1:00 Brain Power(P)
2:30 Brain Power(GC)

28 9:00 Tone Zone(P)
10:00 Wellness Exercise (IP)
FV/BB/AW/EG
11:00 Balance(GC)

29

29

Location Key:

31 9:00 Tone Zone(P)
10:00 Wellness Exercise (IP)
FV/BB/AW/EG
11:00 Tone Zone(GC)
1:00 Brain Power(P)
2:30 Brain Power(GC)

30

Activities are subject to change