

JULY 2023

Sunrise News

Monthly Sunrise Campus Newsletter



**Happy Fourth
of July!
I am so happy
to be able to
celebrate
another
Independence
Day with all of
you!**

In all my time working in Senior Living, I have come to realize that independence is something many of us seem to take for granted. It is so easy to walk around and do the things that we want without even considering the sacrifices that were made for us to be able to do so or thinking that one day we might not be able to.

Independence also has a very different meaning for many of our seniors, and even our team members! As many of us age, we lose the ability to be as independent as we once were. Maybe we are no longer able to bend down to tie our shoes, maybe we no longer have the strength in our arms to clean ourselves, or maybe we need someone to help us get to a meal. Whatever it is, when that time comes, it is never easy to make that transition.

At Sunrise, in ALL areas, our goal is to help you stay as independent as possible, even when moving to a different area of campus to have the amount of support you need to safely maintain that independence. From the way we provide care, our activities, to our therapy services, we want to work with you to maintain that independence. This month, we hope that you will join our therapy team for some education on strength training, and to learn about some extra tips and tools to help you stay active and independent.

Samantha Roth- CEO/ Executive Director

2023 Board of

Directors

Kyle Irvin

President

Kent McCuddin

Vice President

Anne Westra

Secretary

Gina Sitzmann

Treasurer

Ryan Ross,

Legal Advisor

Bill Bradbury

Past President

Jennifer Rose Bass

Dr. Amy Callaghan

Matt Campbell

Kevin Conklin

Dr. Patrick Cross

Dr. Mary Kovarna

Shelly Krohn

Dave Larson

Lynn Wold

Our Mission

Caring Deeply
Connecting Daily
Leading Boldly
Serving Faithfully

Sunrise Retirement

Community

5501 Gordon Drive East, Sioux

City, Iowa 51106

Phone: (712) 276-3821

:www.sunriseretirement.com

One of the passages of scripture that always seems to give me great pause and meaningful contemplation is in John 6:67: “You do not want to leave too, do you?” Jesus proposed this question to his disciples after many crowds of people left him because they were unwilling to commit to the teachings of Christ.

It is hard for me to fathom that his disciples may have been so indecisive in their beliefs that Jesus questioned their loyalty. Yet, Peter stands out as one who is confident that he has found something in Jesus that cannot be found anywhere else: “Lord, to whom shall we go? You have the words of eternal life” (John 6:68). Like the disciples, we might be overwhelmed with situations that cause us to pause and reassess our relationship with Christ, but like Peter, our underlining can be so spiritually grounded in the identity of Christ, so we might easily conclude that there is always hope in our eternal Christ. Jesus is always near to the brokenhearted and is willing and able to strengthen our faith and lead us in divine peace.

Sometimes our circumstances become daunting and may prevent us from clearly seeing the blessings of God. God is faithful when we falter in our faith; God remains steadfast, desiring to give us spiritual clarity. Like Peter, we can confidently stand firm in our faith by affirming what we know to be accurate and letting God redirect our spiritual perceptions.

God bless you, Scott Squires.

Chaplain / Pastor, Scott Squires



Sunday Schedule:

2:00pm—Chapel Services
in Fountain View Dining

Monday Schedule:

8:00am—Crooked Halos, Men’s
Group in Fountain View
9:00am—Coffee and Prayer in
Roth Room
10:30am—Devotions in
Bayberry

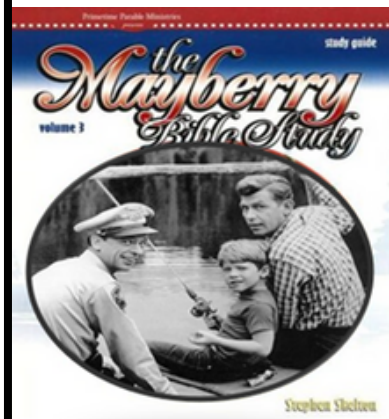
Tuesday Schedule:

9:30am—Devotions for Memory
Care in Sunlight.
10:00am—Devotions for Memory
Care in Bernstein.
1:00pm — Hymn Stories in the Chapel
2:00 pm— Bible Study— “Acts”
in Fountain View Dining Rm

Wednesday Schedule:

9:00am—Pastries & Stories
in the Roth Room.
2:00pm—Church Service
in Health Center’s Chapel
Every First Wednesday is Celebration of Life
Every Second Wednesday is Lamplighters.
3:00pm—Grief Support, Roth Rm
Only the last Wednesday
of each month.

Everyone is Welcome to Join



Back to Mayberry Bible Study

*This Summer Join us for a
Fun Uplifting, Study of
The Andy Griffith Show*

TUESDAYS

(The Care Center)

1:00 PM

The Chapel

Snacks Provided

Summer Cook Outs

SUMMER COOK OUTS ARE BACK!
DELPERDANG COURTYARD
10AM- 12:30PM
MAY 10TH JUNE 14TH
JULY 12TH AUG. 9TH

\$6-
"THE WORKS"
HOT DOG OR
BURGER,
SALAD, BAKE BEANS,
CHIPS& DESSERT.

\$5-
"THE BASICS"
HOT DOG OR
BURGER,
CHIPS & DESSERT

ALL COOK OUTS ARE
WEATHER PERMITTING



FOOD TRUCK FRIDAYS



MARCH 31ST- CHIX CHICKEN AND WAFFLES
APRIL 28TH- MAMA MOON RAYES EATS AND TREATS
MAY 26TH- EMMA'S LUNCH BOX
JUNE 30TH- MALLI'S ON WHEELS
JULY 28TH- BENNY'S DOGS
AUGUST 25TH- THE CORN DOG COMPANY
SEPTEMBER 29TH- LIVENGOODIES

11AM-2PM
5501 GORDON DRIVE
SIOUX CITY, IA 51106

FOOD + DRINK

Quick Bites

- 79 Degrees (\$5 cap) **NEW**
- 1000 Degrees Pizza (donates 6%)
- Best Day Ever Nutrition (\$5 cap) **NEW**
- Big Red Tacos (\$5 cap) **NEW**
- Burger King (5 locations)
- Fit Bliss Nutrition (\$5 cap) **NEW**

Restaurants + Bars

- Brightside Cafe
- Iowa Barbeque Co (\$5 cap) **NEW**
- The Don'S Sports Bar & Grill **NEW**
- Marto Brewing Co. (\$5 cap)
- P's Pizza House (Dakota Dunes)
- P's Pizza House (Le Mars) **NEW**
- Table 32

Brewery

- Jefferson Beer Supply (\$5 cap)
- Donates 7% when TAGGing for the City of Jefferson Playground Fund.
- Marto Brewing Co. (\$5 cap)

Coffee Stops

- Hawks Coffee Shop
- Jitters
- Stone Bru Coffee Company
- SweetWater Cafe
- The Hideout Coffee & Smoothie Bar

Sweets + Snacks

- Best Day Ever Nutrition **NEW**
- Crumb.
- Fit Bliss Nutrition **NEW**
- Jitters


DELIVERY SERVICE

The Market Delivers (donates \$1 per delivery order)

 = Biz on Market Delivers + TAGG

Upload receipt twice (Market Delivers & other business) for a donation from both!

GROCERY

Hong Kong Supermarket 
 Hy-Vee 28th & Hamilton
 Hy-Vee Gordon Plaza
 Hy-Vee South Sioux City
 Hy-Vee Southern Hills Mall

GASOLINE + C-STORE

Hy-Vee 28th & Hamilton
 Hy-Vee Gordon Plaza
 Hy-Vee South Sioux City
 Hy-Vee Southern Hills Mall
 Pony Express (6 locations)

CATERING

1000 Degrees Pizza (donates 6%)
 Brightside Cafe
 Hy-Vee
 Iowa Barbeque Co **NEW**
 P's Pizza House (Dakota Dunes)
 P's Pizza House (Le Mars) **NEW**
 SweetWater Cafe

RETAIL

Divine Oil Co by Arielle Kuchel **NEW**
 Gypsy Soul Boutique
 Mod House Interiors (\$100 cap)
 My Jeweler (\$100 cap)
 Scentsy - Paula Brown
 Sit Pretty Barkery **NEW**

BEAUTY

Beautycounter - Katie Kruse
 Belle Salon & Spa (\$5 cap)

THINGS TO DO

Promenade Cinema 14

FITNESS

Thrive Fitness (\$5 cap)

AUTO

Hamilton Touchless Detail (can't TAGG car wash or auto sales)

TRAVEL

KLW Travels (up to \$100 per booking) **NEW**

TAGG

These community-minded businesses will donate a percentage (usually 5%) of each purchase to the nonprofit, school, place of worship or sports team of your choice! Upload your receipts at TAGG.today within 30 days or turn your receipts into the Sunrise front office for us to upload for you!

Wellness

Here are several tips that will help you:

1. Wear light, loose-fitting clothing that allows the body to breathe.
2. Drink plenty of water and avoid alcohol and caffeine.
3. Spend as much time as possible in air-conditioned spaces. If you don't have air-conditioning at home, go to cool public places like libraries.
4. Stay out of middle-of-the-day heat and use sunscreen; sunburn can cause dehydration and a diminished sweating response.
5. As soon as you start feeling tired and short of breath, stop, rest and hydrate.



Compliance Hotline: 855-661-2667

Please Note:

At any time during your stay in Sunrise's Health Center, or Fountain View Assisted Living, if you or your family have questions about your rights, please do not hesitate to contact our Administrator,
Chris Schenkelberg.

July 2023

Lisa Roepke, Wellness Coordinator

Sunda	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 9:00 Tone Zone P 10:00 Wellness IP (AW/EG/BB/FV) 11:00 Tone zone GC 1:00 Brain Power P 2:30 Brain Power GC	4 Independence Day	5 9:00 Flexibility P 10:00 Wellness (IP) (AW/EG/BB/FV) 11:00 Balance GC 1:00 Wellness Exercise (SLC/BC)	6 9:00 Chair Yoga P 10:00 Brain Power IP (AW/EG/BB/FV) 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 (AW/EG/BB/FV) 11:00 Balance GC	8
9	10 9:00 Tone Zone P 10:00 Wellness IP (AW/EG/BB/FV) 11:00 Tone zone GC 1:00 Brain Power P 2:30 Brain Power GC	11 9:00 Balance video 10:00 Brain Power IP(AW/EG/BB/FV) 11:00 Chair Yoga video at The Pointe	12 9:00 Flexibility video 10:00 Wellness IP (AW/EG/BB/FV) 11:00 Balance video at the Pointe	13 9:00 Chair Yoga video P 10:00 Brain Power IP (AW/EG/BB/FV) 11:00 Tone Zone bands video at the Pointe	14 9:00 Tone Zone Video P 10:00 Wellness IP (AW/EG/BB/FV) 11:00 Balance video at the Pointe	15
16	17 9:00 Tone Zone video P 10:00 Wellness IP (AW/EG/BB/FV) 11:00 Tone zone video GC	18 9:00 Balance video 10:00 Brain Power IP(AW/EG/BB/FV) 11:00 Chair Yoga video at The Pointe	19 9:00 Flexibility video 10:00 Wellness IP (AW/EG/BB/FV) 11:00 Balance video at the Pointe	20 9:00 Chair Yoga video P 10:00 Brain Power IP (AW/EG/BB/FV) 11:00 Tone Zone bands video at the Pointe	21 9:00 Tone Zone Video P 10:00 Wellness IP (AW/EG/BB/FV) 11:00 Balance video at the Pointe	22
23	24 9:00 Tone Zone P 10:00 Wellness IP (AW/EG/BB/FV) 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 (AW/EG/BB/FV) 11:00 Chair Yoga GC	26 9:00 Flexibility P 10:00 Wellness (IP) (AW/EG/BB/FV) 11:00 Balance GC 1:00 Wellness Exercise (SLC/BC)	27 9:00 Chair Yoga P 10:00 Brain Power IP (AW/EG/BB/FV) 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 (AW/EG/BB/FV) 11:00 Balance GC	29
30	31 9:00 Tone Zone P 10:00 Wellness IP 11:00 Tone zone GC 1:00 Brain Power P 2:30 Brain Power GC		I (Lisa) will be gone to Tanzania Africa on a mission trip from July 11-21. Assisted Living, Nursing and Memory Care Wellness and Brain Power will continue as usual. Independent Living will continue as usual, with Wellness classes being on video in the 2nd floor Wellness room at The Pointe. Brain Power will be assigned before I leave. Thanks!!!			

The Health Center



We would like to congratulate our
OUTSTANDING TEAM!!

CMS 5 Star Overall Rating

Sunrise
Retirement
Community

Overall rating:
★★★★★

Resident Birthdays

Janet Merchant July 3rd
Lageane Petersen July 5th
Helen L Petersen July 25th

This is the **HIGHEST** rating we can receive
judged on health inspections, staffing and
quality measures. We are the **ONLY 5 star**
facility in Siouxland!

Please congratulate our amazing staff!



Welcome Residents

We would like to welcome
our 4 new residents.
Welcome to the Sunrise
Family

We wanted to share this Thank You letter from the
family of one of our Residents.

To all the great employees & staff... Thank you so much for all you did to help Roger & Mary celebrate their 50th wedding anniversary. You all went above & beyond & we thank you for making Mary look so pretty! She was dressed so pretty & her hair was done just like we always remember & she was dressed so pretty! We thank you for adding the personal touch with the pictures of their wedding & then the one from later years. We did awesome. Thank you to all the staff for stopping & congratulating them on their great day. She looked so pretty! We have heard that one of the staff come in to take a picture of Mary when she looked so pretty. We saw how special the residents are for all of you. Thanks Roger's sister!

LIVES FONDLY REMEMBERED

Joseph "Joe" Simon
Lynn Schwier
Kenneth Schumacher
Edythe Frerichs
Carloyn Bowers



The Pointe

Resident Birthdays

Janet Sawyer July 1st

Jerry Witt July 5th

Beverly Bliven July 13th

Bonnie Welch July 14th

Lorraine Reisdorph July 15th

Judy Lilly July 17th

Beverly Hemp July 19th

Dorothy Masters July 22nd

Mary Zook July 26th

Welcome Residents

Dave & Sharon Oretel

Jim & Amelia Wilken

Ron Carlson

Beverly Bliven

2023 Pointe Council Members

Tom DeWitte -President

Carolyn Rants- Secretary

Leone Eidsmoe-Representative, 1st Fl

Dorothy Masters-Representative, 1st Fl

Carolyn Rants- Representative, 2nd Fl

Mary Zook-Representative, 2nd Fl

Janet Sawyer- Representative, 3rd Fl

CRAFTING

Mon. July 10th

@ 11:00am in

The Pointe's Dining Rm.

~

BLUE STONE LUNCH & LEARN

2nd Thursday of Month

Thurs, July 13th

@ 10:00am in

The Pointe's Dining Rm

~

POINTE RESIDENT BRUNCH

Tues, July 25th

@ 10:00am in

The Pointe's Dining Rm

~

THE POINTE

SUPPORT GROUP

Alzheimer's Assoc.

meets 4th Tuesday

of each month.

To register contact the 24/7 helpline at

1-800-272-3900

—or—

Jennifer at Ext. 7004

See you Tues,

July 25th @ 2:00pm 3rd Floor

~

SUNRISE SPEAKER SERIES

Sioux City Public Museum

Thurs, July 27th

11:30am-12:30pm in

The Pointe's Dining Rm.

~

FOOD TRUCK FRIDAY

Benny's Dogs

Fri. July 28th

@ 11:00am-2:00pm in

The Circle

Maple Heights

REMINDER:

IF YOU HAVE NOT HAD YOUR ANNUAL
RECERTIFICATION INTERVIEW, PLEASE CONTACT
JENNIFER AT 276-3821 ex:7004. ALL
INTERVIEWS MUST BE COMPLETED BY
JULY 15TH, 2023.

PLEASE NOTE:

If you wish to receive a
rent receipt, you must furnish
Sunrise's Business Office with a
self-addressed stamped envelope
— OR —
call Sunrise at
276-3821 to make
other arrangements. Thank You!

For transportation by
MIDWEST MEDICAL
NON-EMERGENCY
AMBULANCE
1-800-562-3396 .

This service operates 24 hours
daily, 7 days a week.



Resident Birthdays

Danne Delair July 8th

Ruth Hoffman July 10th

Eleanor Likes July 11th

Marlene Buel July 16th

Joni Johnson July 19th

Grace Williams July 30th

Please refer all your
maintenance requests to
Sunrise, 712-276-3821 and
any community questions or
concerns to
Jennifer Cooper at
712-276-3821 EX: 7004.

Maple Heights Apartments & Annex

July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Chapel Service 3:30pm in MH Community Room 6:30pm Cards in Community Room	3 2pm Bible Study Exercise room 6:30pm-Cards	4 2 pm Scrabble Community Room	5	6	7 6:30pm Games	8 9:30 Happy Birthday BREAKFAST In Community Room
9 Chapel Service 3:30pm in MH Community Room 6:30pm Cards in Community Room	10 2pm Bible Study Exercise room 6:30pm-Cards	11 2pm Scrabble Community Room	12	13	14 6:30pm Games	15
16 Chapel Service 3:30pm in MH Community Room 6:30pm Cards in Community Room	17 2pm Bible Study Exercise room 6:30pm-Cards	18 2pm Scrabble Community Room	19	20 Pest Control—1st floor	21 6:30pm Games	22
23 Chapel Service 3:30pm in MH Community Room 6:30pm Cards in Community	24 2pm Bible Study Exercise room 6:30pm-Cards	25 2pm Scrabble Community Room	26	27	28 6:30pm Games	29
30 Chapel Service 3:30pm in MH Community Room 6:30pm Cards in Community Room	31 2pm Bible Study Exercise room 6:30pm-Cards					

2023 Officers for Sunrise Hills

Lois Cherin, President
Stan Ahrendt, Vice President
Jan Jandrlich, Secretary
Dolores Livengood, Treasurer

John R. Gerwulf Community Center:

Business Coffee Meeting —
9:00am, 1st Tuesday of the
month.

Catered Dinner —
5:30pm, 3rd Tuesday of each
month.

Wellness & Exercise Classes
— **Please refer to the
attached Wellness Calendar.**

Resident Birthdays

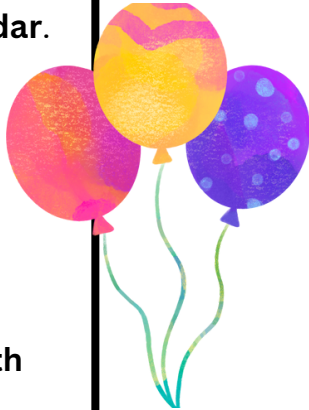
Sally Clausen July 6th

Stanley Ahrendt July 9th

Mike Keegan July 13th

Joyce Denny Meyers July 29th

Ruth Simon July 30th



Sunrise Hills

REMINDERS

Fitness Equipment

Anyone who uses the room
must follow the posted rules,
including sanitizing of
equipment before and after
they use it.

Puzzles

Residents who would like to
“work” puzzles may do so in the
Activity Room or may check-
out a puzzle to take to their
home ... see guidelines posted
on the Puzzle Cupboard.

Guest Room

Reservations for the Guest
Room are currently being
accepted. We are scheduling
ONE required vacant day
before and after each guest’s
stay which is a maximum 3
night stay with a fee of \$50 per
night to use the room. (This
helps offset the cost of room
upkeep.) To make a Reservation
or for questions, call Business
Office: 712-276-3821.

Ladies, You're Invited!



**Sunrise Hills
LADIES
LUNCHEON**

Begins at 11:30am . .
the last Monday of every month
at Perkins Restaurant.

*There's No Meeting — It's just
getting to know each other!*
Any other questions, please call
223-9312 or 204-4054.