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SUNRISE
Senior Living Choices for You
5501 Gordon Drive East
Sioux City, Iowa 51106

World War II Decorated Veteran Honored



When Sunrise resident Stan Kovarna found his World War II medals missing, a call to Iowa Congressman Steve King brought action.

Congressman King recently presented the following medals to honor Stan for his service: World War II Victory Medal, American Campaign Medal, Asiatic Pacific Campaign Medal, Navy Occupation Service Medal with Europe Clasp, the Discharge Button and Honorable Service Lapel Pin.

Christmas Concert Raises \$12,000

“Christmas is Here,” a benefit concert at the Orpheum Theatre with Jill Miller and Girlfriend, raised more than \$12,000 for Sunrise.



More than 800 guests filled the theatre to raise funds to benefit life enrichment programs and transportation services for Sunrise residents.

“We are so grateful for the support of our sponsors, attendees, volunteers, Rockestra Jr., Siouxland Movement Arts, the Sunnybrook Children’s Choir and especially Jill Miller and Girlfriend,” says Lorrie Stedman, director of fund development.

➔ **Bonus Benefit:** The concert raffle winner of the 47-inch big screen TV donated by Karl’s, then made an anonymous donation back to Sunrise. The TV is located in the west dining room for nursing residents enjoyment.

Info is Just a Mouse Click Away

The Pointe at Sunrise information has been updated on the Sunrise website. Floor plans, services, amenities, area attractions, campus features and more are listed.

“We are pleased that a website is accessible 24 hours a day for prospective residents and their children,” says Char Hesse, marketing director.

Visit www.sunriseretirement.com.



**Happy Birthday
to The Pointe
at Sunrise -**

**ONE
Year Old!**



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MISSION

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

Upcoming Events

Father Son Barbecue
June 13, 5 p.m.

Sunday Brunches
Sundays from 11 a.m. to 1 p.m.

Sunrise Makes a Difference in Al DeWolf’s Life

Al DeWolf was a people-person and a hard worker who sold general medical supplies in a successful second career at Kreisers Inc., in Sioux City before he retired in his mid 70s.

He was a World War II veteran who kept a diary about his service, including battles in Guadalcanal. With his wife of 40 years, Phyllis, who worked alongside him at Kreisers, he was a devoted father to two daughters and a son, Mike Bennett. (See article below).

In 2003, Al and Phyllis moved to an independent Sunrise home on Stone Ave. which borders the north edge of the campus. They loved it.

“Al told everybody about this place,” Phyllis says. “Sunrise had an ambassador in Al.” That feeling grew with the skilled nursing care Sunrise provided him off

and on in recent years after several falls and other medical issues.

“They’re just the most wonderful people. Everyone is so friendly and so helpful,” Phyllis says. “It’s a nursing home but it doesn’t feel like a nursing home. We found a home over there.”

Al died in February at age 90 after a lifetime of experiences, hard work, family love and friendships.

“He was such a joy,” Phyllis says. “I know I was lucky and I so appreciate the care he received at Sunrise.”



Al DeWolf

Mike and Margie Bennett Value Sunrise



Today Al DeWolf’s son, Mike Bennett, and his wife, Margie, are grateful for the role that Sunrise played in their father and father-in-law’s life.

His dad was admitted for short stays with skilled

rehab and physical therapy to heal after falls and receive nursing care, Bennett explains. His dad would mend and return home.

“People at Sunrise were great to him and treated him very well,” Bennett says. “Mom would come have dinner with him and mingle with the other residents. People were always first rate and top notch.”

The Bennetts are honoring their dad with a memorial gift that will help support construction of a new Health Center at Sunrise.

As a local business and community leader and the

son of a mother living on the Sunrise campus, Mike Bennett understands why Sunrise is important to a community.

“Let’s face it. We have an aging population,” Bennett says. “So it’s important in a community like ours that our aging seniors have a facility like the planned Health Center with state-of-the-art options for quality care.

“If we’re lucky we’ll get old, too, and it’s important to have good facilities to go to either permanently or short-term to get the right kind of care. When it’s done, the new project will be really fantastic.

“My dad had a positive outlook on life,” Bennett adds. “He was deeply religious. Always upbeat. Margie and I are proud to honor his life with a gift to Sunrise.”

**SUNRISE
CELEBRATES
50 YEARS OF
HISTORY**

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This Sunrise newsletter edition is special because of its strong messages. It highlights a special resident who left us, the community support we receive today and our rich history connecting us to the community 50 years ago.



We proudly praise a dedicated volunteer and a successful fund-raising event. We also introduce “Back On Your Feet,” our dedicated floor for short-term skilled rehab residents. New equipment will soon further enhance the therapy experience. (See article on the right.)

Our message throughout this newsletter is this – that Sunrise is enriched by the vital support of community leaders, donors, residents, volunteers and staff. It’s part of our history. Our legacy. And it will brighten our horizons in the years to come.

Bev

Back on Your Feet with Rehab

“Sunrise Back on Your Feet,” a dedicated Medicare skilled nursing rehabilitation wing of 10 private suites, has opened at Sunrise for seniors who need short-term care to heal after an illness, injury or surgery.

The unit features private rooms and baths, therapy rooms and a lounge in the health center. Persons can receive 24-hour nursing care, help with daily activities, wound care and physical, speech and occupational therapy.

“Placing seniors with rehabilitation needs together further nurtures their progress,” says Alan Bruinsma, health center administrator.

Learn more at 276-3821 x3105.

Community Support Opens Sunrise 50 Years Ago

Fifty years ago today, dedicated business and church leaders worked together on a grassroots campaign to open a caring living community for aging seniors. Strong support came from area Lutheran churches along with other denominations.

Hundreds of volunteers helped educate area residents – led by Bill Nutt, general campaign chair, Art Salsness and Frances Coy, co-chairmen and Clyde Roe, first board president. Their efforts raised more than \$300,000 in donations.

Sunrise made exciting news when new legislation let it secure a \$2.5 million loan from the Federal Housing Administration for the project. Land was purchased in Morningside on a sprawling hill. A formal cornerstone ceremony was held in fall of 1960 and a handsome, four-story building opened that spring to provide “specialized housing” to seniors and physically challenged individuals. After opening as Martin Luther Home, the facility was renamed Sunrise Manor.

“People from all faiths and businesses came together to establish Sunrise,” says Bev Zenor, executive director today. “More than 2,000 people donated to our building campaign, which is both humbling and powerful. I came here as a registered nurse many years ago and have seen so much progress. I’ll always be grateful for the leadership of our previous longtime administrator John Gerwulf who directed much of the expansion of Sunrise.”

Expanding Its Horizons

Sunrise is now a residential, nonprofit community offering the entire continuum of senior living, from nursing to independent living. Nearly a dozen building projects over the years have created a campus that 270 residents call home today.

More development is underway, Zenor says. Planning is underway for a new health center with an indoor park, community space and smaller living settings for skilled nursing and assisted memory care residents. As it celebrates its roots and 50th anniversary, Sunrise looks forward to further expanding its horizons and seeing a new Sunrise.

Top photo: Clyde Roe, left, and Bill Nutt stand outside Sunrise fundraising campaign headquarters in downtown Sioux City in 1957.

Middle: Sunrise opened its doors to residents in 1961 and once showcased the name Sunrise Manor in a neon sign.

Bottom: Sunrise volunteers paint china.



concerts. There is always an abundance of toes tapping and singing and some even get up to dance.

“Music is important for our residents,” Farrell adds. So Sunrise also offers guitar concerts, piano music and other programs. It soothes restlessness and provides therapeutic benefits.

“We all enjoy it and so appreciate our volunteers,” she says. “They enrich our activities.”



When Sunrise Memory Care volunteer Judy Kock of Sergeant Bluff plays favorite songs, residents gain therapeutic value as well as enjoyment.

Interested in presenting a music program at Sunrise? Call Lorrie Stedman at 276-3821, ext. 3144 or email stedmanl@sunriseretirement.com.

Music to Our Ears

You can hear the music before you open the door. Enter and you immediately hear voices singing with the organ in the Sunlight Memory Care Center. Hands wave, heads bob and faces smile.

Judy Kock of Sergeant Bluff is playing old favorites on the organ again in this spacious gathering area at Sunrise, and a crowd of residents are attending from all areas -- assisted living, nursing, memory care and independent homes.

When Judy stops, turns and bows to her audience she is immediately hugged.

“I always receive hugs after playing,” she says smiling. “If I can put some joy in their life, it warms my heart.”

One of the first times she played at Sunrise, Judy recalls that a lady began to cry. She was alarmed until a Sunrise aide told her that was good, because it showed how her music stirred memories.

Judy has been volunteering her organ music skills at Sunrise the first Friday of every month for nearly four years. She also once played accordion for 17 years in the band, “We Three,” entertaining at wedding dances, anniversary parties and parties.

“I still play popular songs from long ago for the Sunrise residents today,” she says. “It’s nice to know the music makes them feel good.”

“Judy exemplifies the true meaning of volunteerism,” says Sue Farrell, activities coordinator. “She is wonderful. Residents and family members look so forward to her