

# Connections

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

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Sioux City, IA

## SENIOR OPEN Scores!

Enthusiastic golfers raised \$15,000 at the recent Siouxland Senior Open to help fund charity care for Sunrise memory care residents and help The First Tee, a character-building youth golf program.



The event, held May 18 at Two River's Golf Course, established Mark Hilt as Siouxland's senior golf champion. He received the Gunderson's Cup and Dale Mogren Memorial Plaque.

Tommie Frazier, Nebraska Cornhusker National Champion, featured banquet speaker applauded golfers for their support of area youth and seniors. Mitch Merrill, Sioux City Country Club golf pro, was named honorary chair.

"Senior golfers understand the value of our care and that Sunrise was a leader in Iowa when we opened our first memory care center in 1992," says Lorrie Stedman, Sunrise director of fund development.



Top to Bottom, from left: Volunteer Jean Mogren raises cash from Rick Scott, Steve Krowoski, Mario Melo and Tony Lopez. Bottom: Foursome Mitch Merrill, John Kollman, Mark Condon and Matt Chilton.

Senior Open results are at [www.ssogolf.com](http://www.ssogolf.com)

## Sweet Swinging

Lucille and Jim Harty enjoy the therapeutic motion of the new wheelchair swing at the Health Center, purchased with funds raised in the Sunrise annual appeal campaign.



## Upcoming Events

### Summer Cook-Outs at The Pointe

Wednesdays  
11 a.m. - 12:30 p.m.  
The Pointe's Back Patio  
Proceeds support charity care at Sunrise

### Military Appreciation Day Woodbury County Fair

Sponsored by Sunrise  
Friday, August 5 all day  
7 p.m. Program in Flather's Hall  
• Free admission for all active military & veterans  
• Blood pressure screening

### Grandparents Day

Sunday, September 11  
11 a.m. - 1:30 p.m.  
Sunrise Central Courtyard  
Featuring the Dixie Daddies

## Board of Directors

LARRY BOOK, *President*  
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Ron and Dodie McManamy

## Home Sweet Home at The Pointe

When Dodie McManamy of Dakota Dunes learned The Pointe at Sunrise was offering apartments to area flood evacuees, she knew moving there would be positive because of her parents' experience at Sunrise.

Dodie and her husband, Ron, needed a place to live after leaving their home due to Missouri River flooding.

They found a home indeed, at The Pointe, the new three-story apartment home for seniors on campus. The McManamys are among 28 persons living in apartments at The Pointe, a group that includes physicians, realtors, business owners, teachers, teenagers, dogs, cats and more.

"It's fabulous. It's a warm, cozy place and it's all brand new," she says. "The apartments are really nice and we have a deck patio. The community has been very welcoming."

Dodie is seeing the benefits of The Pointe up close – outings, evening meals, cook-outs, bus transportation, the fitness center and neighbors that become special friends.

"There are activities and a huge library," she adds, "and you don't have to go outside to put your trash out!"

Her temporary home at The Pointe confirms her support for Sunrise.

"My mom and dad were in independent living, and eventually ended up receiving full care in the Health Center. There's a lot of life here, a lot of living at Sunrise."

## Teens Camp Out with Seniors

Teens J.R. and Monica Peacock never dreamed they would spend their summer with folks in a senior living community. The Missouri River flood evacuees – living at The Pointe at Sunrise with their parents Dr. Jon and Angela Peacock – have decided to make the most of it.

In a few short weeks, J.R., 18, and Monica, 16, have taught seniors how to play Wii and helped Health Center residents at their weekly Bingo games. J.R. is also mixing with seniors in the woodworking shop.

"Everyone has made us feel welcome," says J.R., who leaves for college soon.

"Sunrise offers so much. It's a really happy and caring

environment," says Angela Peacock. "There are walking trails, we're using the fitness room and we're close to shopping."

The staff is geared to the needs of people making transitions, she adds.

"They're used to helping people with life adjustments," Peacock adds. "Moving to The Pointe was like pushing the easy button."



Pointe resident Lloyd Pippett gives woodworking tips to new "resident" J.R. Peacock.

## Our Mission

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

# Physician Rx for Caregivers



Carl James visits with Dr. Paul Fee at The Pointe at Sunrise.

Long-time family practice physician Dr. Paul Fee had a key word of advice for caregivers and those receiving their care when he spoke at The Pointe at Sunrise in spring. “Communicate.”

Family members should discuss how to handle serious illnesses with each other, he told the Sunrise audience during the popular Soup and Speakers program.

“Talk with your family about what you want,” Fee said.

“If you’re adult children, talk to your parents. It could be a conversation topic an hour before everyone arrives for Thanksgiving dinner or other family events. No one likes to think about getting sick and needing help, but science and medicine are keeping loved ones living longer today.”

If a parent is hospitalized in intensive care after a serious stroke, family members who have communicated will know better how to handle the situation, the long-time physician said, making a difficult time easier for both caregivers and health care workers.

Chronic ongoing diseases like dementia can be more challenging than cancer, Fee added.

“Don’t be afraid to recognize the humor in situations with loved ones with dementia,” he said. “It’s okay to be frustrated and it’s ok to laugh with them. I also want to caution folks about making promises. It doesn’t make sense to promise not to place a parent in a nursing home.”

Caregivers need to avoid burn-out and feelings of guilt and ask for help, Fee stressed.

“Caregivers in fact have been found to suffer more anxiety and depression than patients because they care 24-7. If you’re a caregiver don’t be too proud. Take care of yourself.”

## Sunrise: A Safe Haven A Message from Bev Zenor, Executive Director



The community of Sunrise is proud to help persons affected by the Missouri River flooding. We have been able to provide temporary housing at The Pointe at Sunrise and in our Sunrise Hills homes. Our tranquil campus setting is now bustling as we help our new guests. As a non-profit helping others, Sunrise feels a responsibility to assist in any way we can in flood relief efforts.

The Pointe residents have welcomed evacuees with open arms. In turn, our new guests have provided new energy and spirit to our campus. We are so impressed with their resilience.

We want to express our pride and thanks to our Siouland leaders for their response. Our own board member, Tom Padgett, who also serves as Mayor pro tem, has played a strong role in Sioux City’s activity. Tom and our other board members are true leaders.

We are so grateful to be safe and to provide a safe haven to others in their time of need.

*Bev Zenor*



Roger and Glendy Nichols meet temporary flood residents Ron and Debra Bond at The Pointe.

## Banana Bread Volunteer TREATS TASTEBUDS

Peggy Hopp walks down the halls of Sunrise Retirement Community delivering this day our monthly — banana — bread.

“Have you ever tasted this?” asked resident Lorraine Wallman. “If you haven’t, let me tell you, you’ve never had banana bread like this!”

Having baked the sweet treat herself, Wallman, at age 95, should know her banana bread.

“I don’t know what Peggy does, but it is the moistest bread I’ve ever eaten,” she insisted.

Hopp has been a caregiver at Sunrise for almost 24 years, but it’s been only in the past four years that she has donned her volunteer hat by baking banana bread for the staff and residents.

“I started because the residents weren’t eating their bananas,” she recalled. “It would have been a waste to throw them away, so, what else do you do with ripened bananas? You make banana bread. I think it’s one of those items that is not really sweet but satisfies your sweet tooth.”....

Hopp bakes, slices and packages the bread at her home and then personally delivers it to the residents. Each package has the recipient’s name on the outside in black



Peggy Hopp delivers her baked banana bread every month to Shirley Sails and other residents.

magic marker.

“It’s just great life enrichment/nourishment,” said Lorrie Stedman, director of fund development. “You cannot really put a value on the relationships Peggy cultivates with the residents. They love seeing her, and the cool thing is that it is so mutual.”

It’s no surprise Hopp is skilled in the kitchen. She helped plan, prepare and serve more than 3 million hot lunches during her 34 years as a cook for the Woodbury Central School District ...

With all of that culinary background, has Hopp given any thought to opening her own bakery?

“Friends have suggested,” she said. “I have no interest in that. I prefer sharing my baked goods.”

*(By Joanne Fox...reprinted courtesy of The Sioux City Journal)*



Resident Irene Prince and her son, Wade Magel, enjoy Blue Bunny ice cream in Le Mars.

## Sunrise Honors Volunteers

Sunrise saluted 169 volunteers for 2000 recorded hours of service in 2010 during the annual spring luncheon.

### RECOGNITION AWARDS were presented to these volunteers:

- **Margaret Krause-Lundahl**, Sunrise resident, for playing the piano for church services and resident entertainment
- **Judy Koch**, for monthly organ concerts in the Sunlight Center
- **Dr. Sharon Ocker** for his musical talents and dedicated fund raising work on the capital campaign for Sunrise.
- **Janet Flanagan** of Perry Creek Communications for support of community involvement
- **Sue Swanson** for her volunteer time as an employee