

Celebrating **50** Years



SUNRISE TIMES

Senior Living Choices for You

Sunrise Retirement Community

5501 Gordon Drive East,

Sioux City, Iowa 51106

Administrative FAX: (712) 202-0410

~ Medical FAX: (712) 279-1158 ~

Phone: (712) 276-3821

WEB-SITE ADDRESS: www.sunriseretirement.com

E-MAIL ADDRESS: info@sunriseretirement.com

Volume 59

~ February 2011 ~

Issue 2

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MISSION

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



Welcome Residents to Sunrise

**Eleanor Darrell
Lawrence Darrell
Lewis Dowson
Jack Farr
Katherine Helland
Kathleen Hickson
Shirley Martens
Barbara Skaff**



Bev Zenor,
Executive Director

Healthcare Legislation and February Hearts

On January 31st, I will be traveling to Des Moines for Iowa Homes and Services for the Aging (IAHSA) legislative forum. This is the opportunity for not-for-profit nursing homes and retirement communities to meet with legislators to share advocacy needs of the people we serve. I will be meeting with our local legislators, all of whom are new to their jobs and knowledge of Iowa's senior needs. It is most important for us to ask them to make good on their promises to call

on us as a resource for questions relating to elderly. There is an amazing amount of legislation proposed every year! All the proposed legislation requires study, investigation and in the end, a call as to whether IAHSA and indeed Sunrise, will support, not support or decide to just monitor the bills. Advocacy for funding for Medicaid is a priority item for Sunrise and most other nursing homes in the state. Nursing homes are funded retroactively. We are currently paid based on our 2007 costs. We certainly are actively offering solutions. Cost cutting is necessary for our state government this year. Taking care of the many older Iowans is an important topic too. It is an important topic for Iowans and the legislature, because this care comes with high cost, through sheer number of Iowans needing services. Please know IAHSA and our leadership at Sunrise is involved in advocating for what is best for our residents each and everyday, whether it is in the state legislature or at an individual level and whether the advocacy relates to our reimbursement or many other issues important to you and those you love.

New Health Center Update: Since just before Christmas, winter has made itself known! As you know, we have closed the first phase of very early site and foundation work. We look forward to the finalization of our financing and commencing as soon as possible this spring. I will indeed keep you posted. Stop in anytime to peek at the plans. I extend my thanks to you and your families for the patience that is needed as we have begun this big project.

It is important, especially in the heart month of February, to encourage all of us to take care of our hearts, physically, emotionally and spiritually. Our community offers many ways to assist you in this pursuit! **Happy Valentine's on the 14th!**

My Best, Bev Zenor, EXECUTIVE DIRECTOR



Alan Bruinsma
*Health Center
Administrator*

God's Box of Chocolates

Everywhere I look near Valentine's Day, there's chocolate: boxes of chocolate in all the stores, chocolate in ads promising to be the only love you need, chocolate girl scout cookies—**CHOCOLATE, CHOCOLATE EVERYWHERE!** I think that's what led me to remember the famous quote from

Forrest Gump: "Life is like a box of chocolates...you never know what you're gonna get."

In reality, that phrase can be true in many ways. We wake up every morning completely unsure of what the day may hold for us. We've made our plans. Sometimes they even happen the way we make them. But we never know for sure, do we?

The days that come with caramel in the middle are my favorite. The ones with the strawberry goo are just so-so--but the ones with coconut--YUCK! I'd rather go back to bed. Then there are the days where tragedy or difficult times come out of nowhere, and the chocolate sits in the drawer untouched...there's no sweetness to be had in those moments, it seems.

God knows that life as it pertains to circumstances is uncertain for us. That's why He comforts us and reminds us so many times that He is our constant companion, our steadfast friend, our consistently loving God and Savior.

You see, no matter what chocolate we are "in the middle of" right now, He is there--with the certainty of His promise today as well as His hope of heaven in the future. Let's binge on His priceless box of chocolates today...the sweetest and most satisfying of them all.

"Taste and see that the Lord is good; blessed is the man who takes refuge in Him." Psalm 34:8

Alan Bruinsma, ADMINISTRATOR



EMPLOYEE FOR THE YEAR 2011



Heather Cunningham Certified Medical Aide

THIS EMPLOYEE HAS CONSISTENTLY DEMONSTRATED THE EXEMPLARY QUALITIES THROUGHOUT THE YEAR 2010 WHICH ARE DETAILED AND DESCRIBED IN SUNRISE RETIREMENTCOMMUNITY'S MISSION STATEMENT:

**Caring Deeply.
Connecting Daily.
Leading Boldly.
Serving Faithfully**

CONGRATULATIONS!

Annie Miller

Registered Nurse

Annie is always smiling and has a wonderful infectious laugh to go with those smiles. Besides her out-going personality and being "so nice" to work with, she does her job thoroughly! Often she goes out of her way to be very helpful to others.

CONGRATULATIONS,
Annie

EMPLOYEE OF
THE MONTH
February 2011



2011 February Resident Birthdays

2-1 Freda MacKlem
2-5 Lorraine Wallman
2/10 Karl Fetterman
2-10 Mildred Peterson
2-10 Alice Rahn
2-24 Leante Stevens
2-25 Tom Brienzo
2-27 Evelyn Plueger

Our Sympathies

Don Crawford
Hazel Friis
Patricia Hostad
Rita Kirchmeier
Grace Olszewski
Edna Sponder
Ethel Stephens



Resident Right of the Month:

CONFIDENTIALITY OF PERSONAL RECORDS:

Your medical, social and financial records will be released only to those staff who need them, to other health care institutions if you require care by those facilities, or when required by law or by the agency that is paying for your care.

LeAnn Fleming & Sue Schultz,
SOCIAL SERVICES



The Pediatricist, Dr. Bergen will be at Sunrise on the following days beginning at approximately 8:45am

to 11:30am. See listing of dates and locations below:

- The Pointe—Feb 2
- Fountainview
- Assisted Living—Feb 4
- Nursing Neighborhoods: including Applewood, Silver Maple, Bayberry & Evergreen—Feb 7 and Feb 11.



Activities Department



The Activity Department
*Sue Farrell, Joylyn Rippke
and Carol Starch*

Events Forecaster

For *Year 2011:

*Be sure to mark your
calendar & watch for
more details to be
posted in the future.
We want you to come!*

- **Annual Easter Egg Hunt**, Sat. April 23rd
- **Mother's Day Brunch**, Sat. May 7th
- **Father/Son Cook-Out**, Thurs, June 16th
- **Annual Fall BBQ**
(Grandparents Day Celebration)
Sun. Sept. 11th
- **Halloween Trick or Treating**,
Mon. Oct. 31th
- **Holiday Brunch**,
Sun, Dec. 4th.

**Please double-check dates &
times as changes may occur*



Helen Kollman's Salad Recipe

1 cucumber

1 bunch of broccoli

1 bunch of cauliflower

A small can of sliced black olives

1 red onion

1 bottle of creamy cucumber dressing

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**Chop-up cucumber, broccoli, cauliflower, and black olives.
Slice red onion and set aside. Toss chopped up ingredients
with creamy cucumber dressing.
Top with onion slices. Chill and serve.**