

Celebrating **50** Years



SUNRISE TIMES

Senior Living Choices for You

Sunrise Retirement Community

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Issue 6

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MISSION

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



Bev Zenor,
Executive Director

Happy June!

Summer will soon officially be here.

With that said, many have asked if our construction will start soon. We still believe we will be back at it this summer. Final financing arrangements are still pending and definitely moving in the right direction. I will continue to keep you posted and appreciate your ongoing prayers for our project, your interest in our new health center and your support

through this long and worth while journey we are taking together.

On May 3, we hosted our annual board of directors' meeting at The Pointe. Our theme this year was, **"Everyday Heroes"**. Everyday heroes are the people we see demonstrating outstanding qualities.. qualities we very much admire.. on a regular basis. Their unselfish acts of kindness make all the difference in transforming our care community from ordinary to extraordinary. The exemplary actions by these everyday heroes make up the very fabric of Sunrise. Everyday heroes were the volunteers that

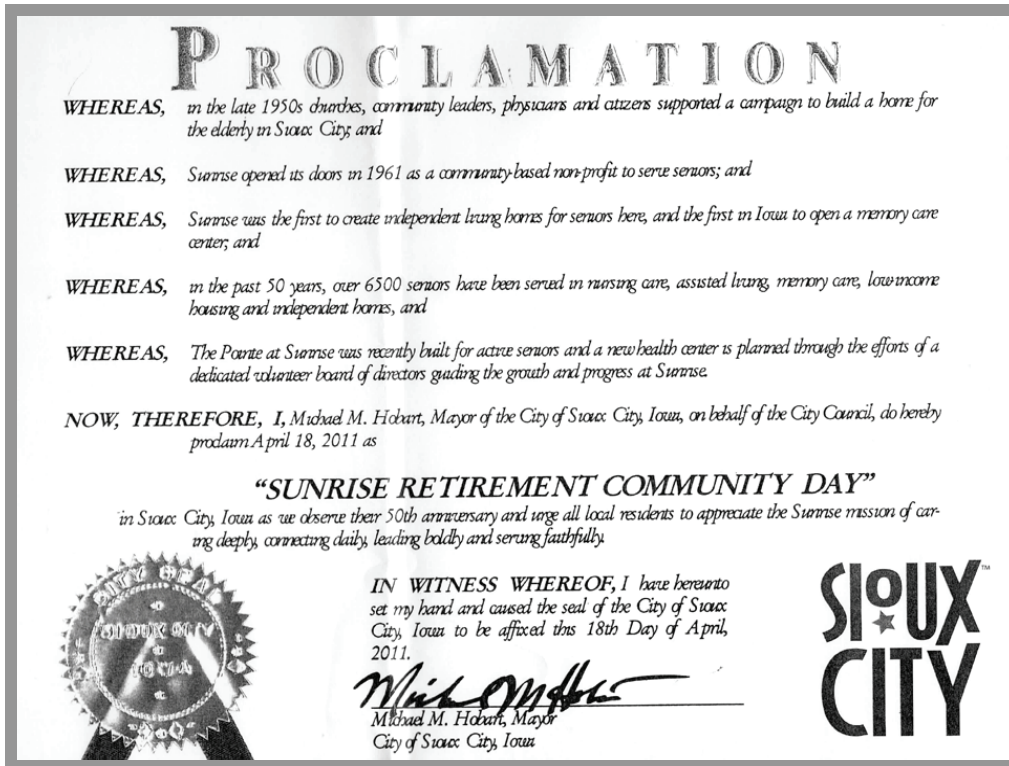
came forward over 50 years ago to raise money to build the Martin Luther Home. Everyday heroes were the founding board members who created the vision, through the current time, leading and guiding our organization in our mission of service. Everyday heroes often are you the residents, having served our country and each other well all these years. Everyday heroes are the volunteers and staff team. Truly, the effort of each individual...each "everyday hero"...makes a tremendous difference each day. This past year we had 70,491 service days in 2010. One can rapidly see the impact of the collective actions of our heroes. The way in which they genuinely care for our residents and families and for one another is humbling to witness.



Welcome Residents to Sunrise

**Mary Abbott
Wayne Dorale
Chris Keuck
Vernon Kahl
Berline Jacobson
Shirley Roupe
Delores "De" Selich
Margaret Small
Vera Stroud
Cheryl Ukins**

Bev Zenor, EXECUTIVE DIRECTOR



This spring, the Mayor of the City of Sioux City, Iowa, Michael M. Hobart in honor of our **50 years of caring** to Siouland's senior residents, had declared a **“Sunrise Retirement Community Day”**.

It's an exciting time to be part of Sunrise !

ALZHEIMER'S NEWS:

Bake Sale was a **BIG** success ~ thanks to all.

Now it's **Cook-Out Time**, which is going great! **Every Wednesday from 11:00am to 12:30pm on The Pointe's Back Patio**. Thanks for the wonderful help from Sunrise Hills residents: Marty Gubbels, Harley & Darlene Engeldinger, Lorraine Vollers, Dorothy Fiala, Jack & Laura Dam

The **“Great Baking & Making”** event was through the generosity of the Joey & Frannie, Beauty Shop; Marie, Office; Diane, Transporter; Kris W., LPN and Sue S., C.N.A. along with Sue F., our Activity Coordinator. More help came from Darlene, Lorraine, Dorothy and Laura with extra fill-in help from Andrew of Aegis.

From the 1st of May through May 18th we have raised over \$750.00. Our hearty thanks to all who participate in so many ways.

Don't forget Casual Days for \$1.00 is every Friday in the months of May & June.

Memory Walk is Sunday, **October 2, 2011**

At Chris Larsen Park, 12:30pm Register, **1:30 The Walk ~ come join in!**

If we neglected to mention anyone, please let me know. We do appreciate your every effort and help, thank you so much!

Carol Starch, Alzheimer's Memory Walk Fund Raiser

Babby Ludwig

You can ask Babby anything and she will have an answer for you. She is the “pulse” of The Pointe—knowing what is going on at The Pointe with the residents and their activities at The Pointe as well. Babby is pleasant, very organized and very creative. She’s wonderful and easy to work with . . .

Goes above and beyond!

Congratulations, Babby



EMPLOYEE OF THE MONTH June 2011



2011 June Resident Birthdays

- 6/05 Glennis Morse
- 6/14 Helmut Schauland
- 6/15 Vera Stroud
- 6/20 William Jackson
- 6/21 Kathleen Hickson
- 6/23 Anna Packard
- 6/27 Edith Millar
- 6/30 Ruth Bahney



Our Sympathies

- Marilyn Davis
- Margaret Giudice
- Joyce Hiser
- Alex Shumansky



Resident Right of the Month:

ORGANIZATION OF AND PARTICIPATION IN FAMILY AND TENANT/RESIDENT GROUPS. You and/or your Legal Representative may organize Tenant/Resident councils. We will provide space for your meetings. A staff member from the facility will attend if invited. The staff will address written recommendations which come out of those meetings and which concern policy and operational decisions which affect your care and life in the facility.

LeAnn Fleming & Sue Schultz,
SOCIAL SERVICES DEPARTMENT



Activities Department

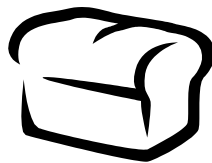


The Activity Department
Sue Farrell, Joylyn Rippe
and Carol Starch

Here's What's Cookin' ~

Rhubarb Bread

- 1 1/2 cup Brown Sugar
- 2/3 cup Oil
- 1 cup Sour Milk (or 1 Tbsp. Vinegar added to milk)
- 1 Egg
- 1 tsp. Salt
- 1 tsp. Soda
- 1 tsp. Vanilla
- 2 1/2 cup Flour
- 1 1/2 cup sliced fresh Rhubarb
- 1/2 cup Nuts—optional



- Stir first 4 ingredients/ add flour, salt, soda alternately with the rhubarb/ add vanilla.
- Put all in 2 well greased and floured bread pans. On top of these sprinkle a combination of 1 Tbsp. Butter and 1/2 cup Sugar.
- Bake 350 degrees for 40 minutes.

Don't over bake—

Bread freezes well! Enjoy!

Joan Guillaume

Sunrise Evening Phone Receptionist
and member of Happy Hoofers.



The *Happy Hoofers* are a group of tap dancers from the Center for Active Generations. We have been around since 1981. They practice on Mondays and Tuesdays, under the leadership of dance instructor, Sandy Keanne. The troupe is comprised of 18 senior members with beginners and experienced dancers ranging in ages from 55 to 91. They are currently working on dances for the upcoming Fall Follies in October 2011 and have the most fun when they can perform for a live audience. On Wednesday afternoon, May 18th, The Happy Hoofers came to Sunrise Retirement Community to delight residents with their lively routines and then following the entertainment portion, residents were served a wonderful treat (*see recipe to left*) from the kitchen of Sunrise staff member, Joan Guillaume.

Peggy's Party

on Friday, May 20th was a real hit with the residents. We all love to see "cute" children, especially talented well-behaved ones. Peggy Hopp, CMA brought her grandchildren to perform for us. Faith (age 13) along with Evelyn (2 1/2) and Harrison (8) sang a happy rendition of "Old McDonald" and topped it off with "Swing Low Sweet Chariot". Everyone laughed at Harrison's funny poem about "the snowman" and enjoyed his singing, "The Battle Hymn of the Republic". We also enjoyed older brother, Julius' (14) outstanding piano accompaniment for the group and for violinist and mother, Megan as well as his solo piece: Charlie Brown's Theme.



Thank You ~ Come Again!



Father / Son Cook-Out
... bring your guests!

**Thursday,
June 16th**

**Beginning at 5:00pm
To recognition of the
Men in our lives.**

**Please join us
for a Cook-Out
held outdoors in the
West Gazebo area
(weather permitting).**

*This event is open to
all male residents,
their guests
and their families.*