

Celebrating **50** Years



SUNRISE TIMES

Senior Living Choices for You

Sunrise Retirement Community

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MISSION

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



Bev Zenor,
Executive Director

Harvest Time . . .

Many of you know I have a very rural background. I was born and raised on a farm and worked in our farm business fulltime until I pursued nursing. This may be true for some of you as well as for those you love. Naturally, harvest time is looked forward to on the farm and in the city, as we anticipate reaping the benefits of our fields, vegetable gardens and flower beds. It is rewarding to see the fruits of our labors blessed by God's hand. In not so bountiful times, we step back and hope

for better seasons next year.

As I look at our new health center I cannot help but draw correlations. We had planted seeds and worked hard other seasons, but we had harvest time come and go, yet our new health center was still not a reality. We were guided to step back and hope for a better season for our building project. Then this spring came! The conditions were right for our project's seeds to grow this time. It is truly amazing to see how much construction has been accomplished from August 8th through the end of September. It feels like harvest time, as the

fruits of many gifts and labors working towards "Seeing a New Sunrise" have become a reality. We have been blessed in so many ways from the great weather, to the willingness of all to work and cooperate towards our goal. May we continue on this path.

As I am writing about our beautiful campus, it is harvest time in my heart, both at home on the farm and here at Sunrise . . .

Have a Safe and Happy Autumn,

Bev Zenor, EXECUTIVE DIRECTOR



**Welcome
Residents
to Sunrise**

**Wilma Crabb
Marvin Dominick
Frances Hutmacher
Elaine Johnson
Cecile Krier
Geraldine Lahr
Frieda Lehr
Nancy Mounts
Betty Rich
Frances Rickabaugh
Inez Thomas
Bernard Uhl
August Waderich
Bernice Waderich
Lucille Walker
Leila Wingert**



Alan Bruinsma
Health Center

Clutter . . .

One of the things that I look forward to during the fall is uncluttering around the house. This year’s project was the garage. In three phases, we moved everything and painted the floor section-by-section. There are few things more gratifying than getting rid of “things” that have done little but take up space over the past few years. But, as I have heard about rummage sales, one persons junk is another person’s treasure. Just the other day my wife asked me why an item was in the garage. To me it was not needed anymore, but to her it was something of value. To me it was unnecessary clutter...to her it was something she would use for her “Cake Pops” that she enjoys making. Yes, it did make it’s way out of the garbage unscathed. That was probably good for my well-being!

We are living in a time that sometimes clutters the truth with marketing strategy, media hype, political spin, and information overload. Watch the news...better yet; watch the 24-hour news channels. They have the challenge to fill 24-hours a day with news. Let me know if you are not already tired of the political spins for the 2012 presidential election. Do you have information overload on the economy and the many factors that continue to push it to previous heights only to have it come crashing back on what seems like a daily basis? All of that can become unnecessary clutter for us in our lives.

At this time, with the building project in full swing. It is easy to get caught up in the anticipation of the new building. While that is important, it is our daily caring that brought this organization to where it is today. The clutter of decisions that have to be made on where to have plug-ins and what configuration for switches in the bathroom is important; it is our daily **Caring Deeply** that needs to be our focus. Sunrise will not disappoint, as we move toward the new building. We will continue to **Serve Faithfully** those who need us whether it is on a day-to-day basis, for a month or for years. W will be here to Serve Faithfully . . . trying to get through the other clutter along the way. If you have time, drop by and view the progress of

the new building. It is quite extraordinary to see on a daily or weekly basis.

NOTE: The Walk benefitting the Alzheimer’s Association will be held this year at Bacon Creek Park in Sioux City with Registration at 12:30pm and Walk beginning at 1:30pm on Sunday, October 2, 2011

Alan Bruinsma, ADMINISTRATOR

Valerie Hopkins

Valerie, RN is fun, helpful, thoughtful and communicates well with us, C.N.A's and staff in other departments. It always goes smoothly when working with her. She does such a great job with residents and families.

She is AWESOME !!!



EMPLOYEE OF THE MONTH ~ October 2011

Resident Right of the Month:

RIGHT TO FILE COMPLAINTS ABOUT ABUSE, NEGLECT, OR MISAPPROPRIATION OF PROPERTY. You

have a right to file a complaint with the state agency which inspects this facility if you believe you have been abused or neglected, or if your property has been stolen. That agency is the Department of Inspections and Appeals.

LeAnn Fleming & Sue Schultz
SOCIAL SERVICES DEPARTMENT



2011 October Resident Birthdays



10—7 Helen Nelson
10—7 Remah Candy Camenzend
10—11 Margaret Cadwell
10—13 Irmgard Luksan
10—16 Chris Keuck
10—20 Mylet Morgan
10—22 Hazel Breisch
10—25 Darlene Petitjean

Our Sympathies

Colleen Cook
Gladys Grant
Frances Hutmacher
Elaine "Jennie" Johnson
John "Darrell" Mitchell



If you or your family members are interested in receiving this newsletter via email, please send your email address to: pointerm@sunriseretirement.com

I'll be sure to add you to the list. . Thank You, Mary Pointer, Secretary

Handicraft Show

Busy Hands and Warm Hearts!

Many hand-made items were displayed in the Fountainview Dining Room on September 23rd in the afternoon. Residents and

Staff were encouraged to bring their handiwork for others to see. Some of these artists brought pieces that they had made years ago and some of the artists are still actively working on projects today.

Activities Department



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



Gene Severson still works on crocheted Rag Rugs.



Landscapes & Still Lives painted by Edith Millar.



Charlotte Irish and her faithful companion, Butterscotch.



Irmgard Luksan shows polyester woven rug, machine pieced - hand tied quilt & crocheting.