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OUR MISSION

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

OUR VISION

Forward-thinking and person-centered, Sunrise Retirement Community will be recognized as Siouland's highest quality, most active and comprehensive senior living community of choice.

SUNRISE RETIREMENT FOUNDATION BOARD

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Holiday Sharing:

Your kind words of gratitude are welcome and sufficient. We are most appreciative when someone notices good work performed here at Sunrise Retirement Community. Please note Sunrise staff members are not allowed to accept money or gifts for their services.



I recently heard . . .

my daughter say, "it's the most wonderful time of the year...". She wasn't referring to the holiday season; however, she was referring to basketball season! As a senior in high school, she is anticipating the final season of her most loved sport and she is looking forward to it with joyful anticipation, but there are nerves too. Lots of pressure to make sure she stays healthy, to be a leader on the team and prove that she has overcome the injury that kept her off the court last year.

Her feelings and trepidation are similar to how lots of us feel as the holidays approach – feelings of pressure to be sure everything is just right, worry about things that could go wrong or sadness about a missing loved one. Many things can steal our joy at the holidays, but don't let those things get the best of you. Remember, this truly is the most wonderful time of year; a Savior born to bring hope to the world and who loves us through our imperfections. Enjoy the colorful decorations, twinkling lights that brighten the dark evenings, and festive carolers who entertain. And most of all Rejoice!

*Merry Christmas &
 Happy New Year!*
Hallie Salmen,
 CEO / EXECUTIVE DIRECTOR

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



Chapel Offerings *~with Scott Squires, CHAPLAIN*

May God's blessings be with all of you as you celebrate Christmas and make plans for New Year. Christmas is an amazing time of year that offers us the opportunity to reflect upon the birth of Jesus Christ. As I walk through the advent season and look forward to Christmas Eve, I am always confronted with a deep sense of God's humility and altruistic acts of love. The depth of God's love for us is weaved through the Christmas story in a spectacular majestic way, which can

lend us hope in times of grief, joy in times of morning, and peace in times of doubt.

Come and join us for our Christmas Eve service as we celebrate the birth of Christ.

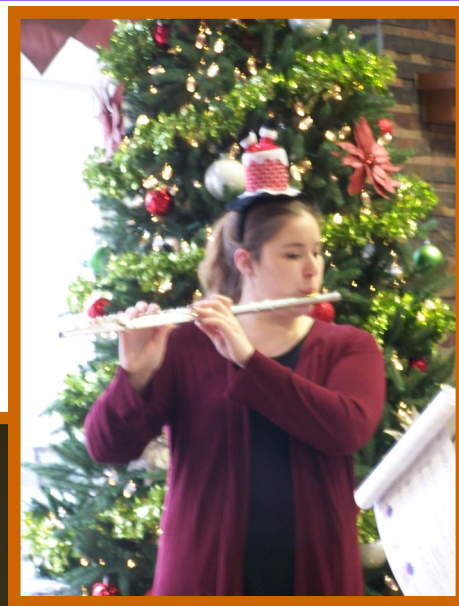


The Lippke Sisters:

“Yes, we are Molly Martin's granddaughters.”

Catherine Lippke (Flute)

I have been playing the flute for about 13 years now! I started playing when I was in 5th grade and I don't plan on stopping anytime soon! I played for the Siouxland Youth Orchestra for about 4 years, which really helped broaden my horizons of music! I am currently an Elementary Education major, graduating in March of 2019! Elizabeth and I perform together, and play music whenever we get the chance! We enjoy working on new music and sharing it with others! We are hoping to come back soon and play again!



Elizabeth Lippke (Piano)

I started playing the piano at the age of 8 and the pipe organ at the age of 13. I have served as a church organist for many years across many different denominations. I was involved with band and choir through high school and college, and I have continued to provide special music in church. I graduated from Morningside College in 2012 with a Bachelor of Arts in Music, and the University of South Dakota in 2014 with a Master of Music in Piano Performance. I am currently working on completing my Master of Divinity degree to become a pastor in the Evangelical Lutheran Church in America.



Some of the great Guests Sunrise has had recently!



The Dynamic Dual —

*Denny Feauto
(Vocals & Guitar)*

You can tell these two fellows have played and sung together for quite awhile. Denny and Bill are members of the band named “The Huckabees”. They entertained residents and guests with familiar great old heart-felt songs . . . We knew most of the songs and tunes . . . we loved hearing all of the wonderful music.



*Bill
Pelchat,
Also known as
“Chopper”
(Guitar).*

**Thanks &
Come Again!
*Happy Holidays!***

**You, Your Family & Your
Friends *are invited to join us*
Sunday, Dec. 2, 2018
From 11:00am ~
12:30pm for our**

Holiday Brunch

*-serving a light lunch
and refreshments
in the following
locations:*

Serving for Sunrise Health Center
will be in Applewood, Evergreen,
Sunlight & Bernstein neighborhoods.

**Serving for Fountainview’s
Assisted Living** will be in the
Leman Grand Dining Room
and Bayberry neighborhoods.

Serving for The Pointe will
be in Cottonwood Dining
Room at The Pointe.

Serving for Sunrise Hills will
be in Sunrise Health Center’s
Chapel and Indoor Park.

*All residents and guests are invited to enjoy
this Special Holiday time together!*

Carter Nash (An 8 year old pianist)

Mom says, “Carter has been playing piano for about two years now.” He really enjoys playing for his great-grandmas and all others who come to listen. His musical interest spans classical, pop, jazz and more genres.

Please note how proud of this boy is great-grandma, Alice Thomas. Carter and his family came all the way from Papillion, NE to entertain her and all of us.

Wonderful Job, Carter! Come Again!

Merry Christmas To All!





Students from Socorra's Performing Arts Studio danced.

This group is committed to providing high-quality dance classes to enhance the overall development of the child. They provide a safe and child-centered environment to encourage students to explore dance with qualified, nurturing teachers. Socorra, Studio Owner/Instructor, grand-daughter, and name-sake of Socorra Rol, is very passionate about all aspects of dancing. She believes that dance training encourages young people to develop a positive self-image as they increase awareness of their physical being, along with improving coordination skills and developing muscular awareness — dance classes give children the freedom to express themselves through movement. Socorra strives to instill a love for dance in every student that will be a part of their lives forever.



Season's Greetings!



LeAnn Fleming & Sue Schultz
SOCIAL SERVICES

Compliance Hotline:
855-661-2667

Resident Right Of The Month:

*(An explanation of each
of the rights for every
Sunrise resident.)*

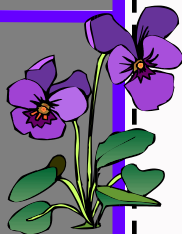
BED-HOLD POLICY:

*(Applicable only in
Nursing Neighborhoods)*

If your care is paid for by Medicaid, the state will pay for holding your bed ten (10) days, should you leave for hospitalization or eighteen (18) days for therapeutic leave. If you exceed that number of days, you will be readmitted to this facility on a priority basis to the first available semi-private bed, if you still require the services of the facility and are eligible for Medicaid to pay for those services. Private pay residents may hold a bed indefinitely, according to the days you choose to pay.

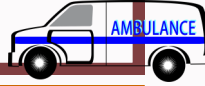
Our Sympathies

Lyall Hansen
Philip Melville
Mardella Wilson



1-800-562-3396
For transportation by
**MIDWEST MEDICAL
NON-EMERGENCY
AMBULANCE**

This service
operates 24 hours daily,
7 days a week.



2018 DECEMBER Residents Birthdays

- 04—Alice Thomas
- 06—Cy Anderson
- 09—Howard Huisenga
- 14—Lorraine Edmunds
- 14—Norma Thies
- 15—Joyce Tuttle
- 16—Kitty Bolles
- 18—Richard Petersen
- 25—Helena Lawrence



For Residents & Family Members —

To receive our Sunrise Times
newsletter through email,
please contact me at:

pointerm@sunriseretirement.com

Or leave a message on my
phone, Ext. 3114.

Thank you,

Mary Pointer,
SECRETARY



You may
donate
OLD

Eyeglasses

thru Sunrise's Business
Office at
5501 Gordon Dr. East
Thanks for your

**"vision" in
helping
others to see.**

If you have
questions,
see Mary Pointer,
Secretary,
712-276-3821,
Ext. 3114.

Ask The Nurse —

*A series of articles based on questions you
have asked. If you have questions, please bring
them to Sunrise's Health Center Reception Desk.*

Key Facts About Influenza:

What is influenza?

It is a contagious

Respiratory illness that infects
the nose, throat and sometimes the
lungs. It can lead to pneumonia,
ear infections, sinus infections and
worsens other chronic medical
conditions. You are most conta-
gious in the first 3—4 days.

**What are some of the
symptoms?**

- Fever —not everyone will have a fever.
- Cough
- Sore throat
- Runny or stuffy nose.
- Body aches.
- Headaches
- Chills.
- Fatigue.
- Sometimes diarrhea and vomiting.

**What is the best way to prevent
getting the flu?** Everyone should
get a flu shot and always use good
handwashing. Do not go around
others, if you are experiencing any
symptoms. Get to the doctor as
soon as possible for medication
that may shorten the cycle.

Glenys Behrens, SUNRISE HILLS NURSE

Coming Events:

- ◆ **Sunday, Dec 2—HOLIDAY BRUNCH**
from 11:00am-12:30pm. Serving a light
lunch in each neighborhoods.
- ◆ **Residents' Christmas Party —Tues.,
Dec 21st., 2:00pm in Healthcenter
Indoor Park.**
- ◆ **Wednesday, Dec 25—A Noon Christ-
mas Meal—If Family & Friends are
planning to eat with you, we need to
know by Wed., Dec 19th! Thanks,**
- ◆ **No 4th-Nite Hand-Quilters 'til January
24th, 2019, about 4:30pm. See You There.**

Bob Lee (piano)

Bob was born and raised in Sioux City. After high school he enrolled at Iowa State University in Ames, Iowa, where he earned a professional degree in Architecture, and was inducted into Tau Sigma Delta honorary architectural design fraternity. He has been a registered Architect for 50 years, and has owned and operated RML Architects LLC in Sioux City since 1982.

In 1958, he married his high school sweetheart Anita Vorel, and they shared 41 great years together until she passed away from cancer in August 1999. Their three children, one foster daughter, and two grandchildren still live in the Siouxland area with their families. In 2017, Bob was married to Joan Worden, a wonderful fun loving lady from Omaha, NE.

Bob got his love of music, especially traditional jazz, from his parents. He started on the piano at about age 6, playing with one finger by ear for recreation. He took piano lessons in grade school briefly, but the piano teacher quit after a couple of months . . . from frustration, Bob thinks! He then studied the trombone a little more seriously as a teenager. He played trombone and piano with various impromptu jazz groups through high school and college, and was a founding member of the **DIXIE DADDYS** in 1985.

Activities Department

*Carol Starch, Erin Andersen
and Aurora Cross*



Gary Lewis (guitar)

Gary plays guitar, banjo, trombone, piano and maybe, still a little violin.

At age of nine years old, he started out with the violin and learned to play some piano. And then, as he says, he “went from there”. He has used his instruments, musical abilities and vocal talents in local dance bands for more than thirty years. It was in 1965 when he started playing the banjo at Shakey’s Pizza — which is now, and has been for many years, known as Bob Roe’s Pizza.

Besides the adventure of making music, Gary is to be commended for spending a good deal of his time — between 46 to 47 years — at Siouxland Mental Health working as a Therapist.

No doubt, music benefits us all in many ways. We at Sunrise thoroughly enjoy the beautiful sounds we are often privileged to hear. Our thanks to Bob and Gary for playing and singing to our hearts’ contentment . . . and we’re guessing, they played to the contentment of their hearts as well.



With our thanks . . . and come again!

Winter S Words

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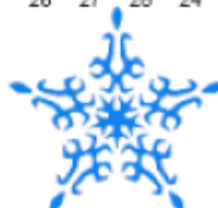
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December 2018 Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 9am – Tone Zone (P) 10am – Balance Fitness (IP) FV/AW/EG 11am – Tone Zone (GC) 115pm – Brain Power (P) 3pm – Brain Power (GC)	4 9am – Balance (P) 10am – Brain Power (IP) FV/AW/EG 11am – Chair Yoga (GC) 1pm – Wellness (BC) 145pm – Wellness (SLC) 3pm – Bat Ball (FVDR)	5 9am – Tone Zone (P) 10am – Stretch & Flex (IP) FV/AW/EG 11am – Tone Zone (GC) 1pm – Wellness (BB) 3pm – Brain Power (GC) <u>Assisted Living Reminder:</u> Dr. McCarthy, Podiatrist 3 rd Floor. 8:30am	6 9am – Chair Yoga (P) 10am – Active Mind (IP) FV/AW/EG 11am – Balance (GC) 115pm – Brain Power (P) <u>3pm Continence Training</u> Assisted Living 3 rd Floor	7 9am – Tone Zone (P) 10am – Balance Fitness (C) FV/AW/EG 11am – Tone Zone (GC)
10 9am – Tone Zone (P) 10am – Balance Fitness (IP) FV/AW/EG 11am – Tone Zone (GC) 115pm – Brain Power (P) 3pm – Brain Power (GC)	11 9am – Balance (P) 10am – Brain Power (IP) FV/AW/EG 11am – Chair Yoga (GC) 1pm – Wellness (BC) 145pm – Wellness (SLC) *No 3pm Wellness Class*	12 9am – Tone Zone (P) 10am – Stretch & Flex (IP) FV/AW/EG 11am – Tone Zone (GC) 1pm – Wellness (BB) 3pm – Brain Power (GC)	13 9am – Chair Yoga (P) 10am – Active Mind (IP) FV/AW/EG 11am – Balance (GC) 115pm – Brain Power (P) 3pm – Stretch & Strengthen (FVDR)	14 9am – Tone Zone (P) 10am – Balance Fitness (C) FV/AW/EG 11am – Tone Zone (GC)
17 9am – Tone Zone (P) 10am – Balance Fitness (IP) FV/AW/EG 11am – Tone Zone (GC) 115pm – Brain Power (P) 3pm – Brain Power (GC)	18 9am – Balance (P) 10am – Brain Power (IP) FV/AW/EG 11am – Chair Yoga (GC) 1pm – Wellness (BC) 145pm – Wellness (SLC) 3pm – Better Balance (FVDR)	19 9am – Tone Zone (P) 10am – Stretch & Flex (IP) FV/AW/EG 11am – Tone Zone (GC) 1pm – Wellness (BB) 3pm – Brain Power (GC)	20 9am – Chair Yoga (P) 10am – Active Mind (IP) FV/AW/EG 11am – Balance (GC) 115pm – Brain Power (P) 3pm – Imagination Vacation (FVDR)	21 9am – Tone Zone (P) 10am – Balance Fitness (C) FV/AW/EG 11am – Tone Zone (GC)
24 9am – Tone Zone (P) 10am – Balance Fitness (IP) FV/AW/EG 11am – Tone Zone (GC)	25 <u>No Classes Today</u> 	26 9am – Tone Zone (P) 10am – Stretch & Flex (IP) FV/AW/EG 11am – Tone Zone (GC) 12:00 – 4:00 pm Annual Testing	27 9am – Chair Yoga (P) 10am – Active Mind (IP) FV/AW/EG 11am – Balance (GC) 12:00 – 4:00 pm Annual Testing	28 9am – Tone Zone (P) 10am – Balance Fitness (C) FV/AW/EG 11am – Tone Zone (GC) 12:00 – 4:00 pm Annual Testing
***No Afternoon Classes Monday December 24 th through Friday January 4 th . Afternoon Classes will resume Monday, January 7 th ***				
31 9am – Tone Zone (P) 10am – Balance Fitness (IP) FV/AW/EG 11am – Tone Zone (GC)	 <p>It's not what's under the tree that matters, it's who is gathered around it</p> 			

Brooke Robinson
 Sunrise Ener-G Wellness Coordinator
 276-3821 Ext. 3143
I look forward to seeing you in class!

P= The Pointe EG= Evergreen
 IP= Indoor Park AW= Applewood
 GC= Gerwulf Center FV= Fountain View
 FVDR= Fountain View Dining Room
 C= Chapel BB= Bayberry
 BC= Bernstein Center SLC= Sunlight Center