



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 64 ~ DECEMBER 2016 ~ Issue 12

2016—2017 BOARD OF DIRECTORS

Dr. Thomas R. Padgett
President

Mary Kovarna
Vice President

Corey Wrenn
Secretary

Larry L. Book
Treasurer

Thomas Grimsley
Past President

Kyle Irvin
Legal Advisor

Dr. Barbara Condon
Ed DenBeste

Michael Gunsch

Dr. Richard Hildebrand

Donald D. Kelsey

Dr. Carolyn J. Leman

Howard M. Logan

Terry Murrell

Lynn Wold

Ron Yockey

Dr. William C. Ziebell

SUNRISE RETIREMENT FOUNDATION BOARD

Hallie Salmen
Foundation President

Donald D. Kelsey
Treasurer

Donald Herbold
Secretary

Kyle Irvin
Legal Advisor

Lorrie Stedman
Fund Development

Jack Bernstein
Larry Delperdang

Pokey Jensen
Deb Smith

Dr. William "Bud" Ziebell

OUR MISSION

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



The end of the year is

near and so I stop to look back over

2016. My first year as Executive Director here has been a busy one to say the least. We have had great new opportunities, as with the eLTC telemedicine project with Avera, and challenges to overcome. I have gotten to know so many of the residents and their families as well as Sunrise team members. I am thankful for this experience and

thankful that each of you have chosen to make Sunrise your home. I also want to thank everyone who took the time to fill out the resident surveys that we sent out last month. I value each of your opinions, and the only way we can be sure we are meeting (and exceeding) your expectations is to hear it from you! After I have the results of the surveys tabulated, I will follow up with our different resident councils.

Welcome Residents

Clem Bisenius
Betty McDougall
Merlin McQuillen
Lloyd Pippett
Ruby Pippett
Allen TerHark

This coming weekend (Dec 3) is the 10th annual Jill Miller Holiday concert. This is our signature fundraising event for the year and this year the funds will be directed to purchasing a new van for transporting our residents around town along with helping to offset the cost of caring for those who don't have the funds to cover the cost of their medical expenses at Sunrise. Bring in the season with beautiful music and hear Jill's

message for the Christmas season. Our bus will be running on Saturday evening, so call the business office if you are interested in a ride the night of the show. Then regarding Sunday, December 4th, due to cases of influenza, our Holiday Brunch & Tea has been cancelled for this date. It has been postponed to January with a date yet to be announced. We will have our campus decorated for the season and will have a lovely brunch meal for our campus members and their families. Hope to see you here & there!

I hope that each of you have a joyous holiday & Happy New Year!

Hallie Salmen, CEO / EXECUTIVE DIRECTOR

A Christmas Meditation

Based on the book *For The Tough Times* by Max Lucado

When tragedy strikes, whether personal, national, or global, people wonder how God could allow such things to happen. What can He be thinking? Is God really in control? Can we trust him to run the universe if He would allow *this*? It is important to recognize that God dwells in a different realm. He occupies another dimension.

“My thoughts are not like your thoughts. Your ways are not like my ways. Just as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts higher than your thoughts”. (Isaiah 55:8-9)

Make special note of the word *like*. God’s thoughts are not our thoughts, nor are they even *like* ours. We aren’t even in the same neighborhood. We’re thinking, *Preserve the body*; he’s thinking, *Save the soul*. We dream of a pay raise. He dreams of raising the dead. We avoid pain and seek peace. God uses pain to bring peace. “I’m going to live before I die,” we resolve. “Die so you can live,” He instructs. We love what rusts. He loves what endures. We rejoice at our successes. He rejoices at our confessions. Our children have successful athletes and popular music stars that they idolize, and we say “you can be like them”. God points to the crucified carpenter with bloody lips and a torn side and says, “Be like Christ.” Our thoughts are not like God’s thoughts. Our ways are not like His ways. He has a different agenda. He dwells in a different dimension. He lives on another plane.

“The heavens tell the glory of God, and the skies announce what His hands have made. Day after day they tell the story; night after night they tell it again. They have no speech or words; they have no voice to be heard. But their message goes out through all the world; their words go everywhere on Earth.” (Psalms 19:1-4) Nature is God’s workshop. The sky is His résumé. The universe is His calling card. You want to know who God is? See what He has done. You want to know His power? Take a look at His creation. Curious about His strength? Pay a visit to His home address: 1 Billion Starry Sky Avenue. Want to know His size? Step out into the night and stare at starlight emitted one million years ago, and then read: **II Chronicles 2:6**: “No one can really build a house for our God. Not even the highest of heavens can hold him.” He is untainted by the atmosphere of sin, unbridled by the time line, unhindered by the weariness of the body. What controls you doesn’t control him. What troubles you doesn’t trouble him. What fatigues you doesn’t fatigue him. Is an eagle disturbed by traffic? No, he rises above it. Is the whale perturbed by a hurricane? Of course not; he plunges beneath it. Is the lion flustered by the mouse standing directly in his way? No, he steps over it. How much more is God able to soar above, plunge beneath, and step over the troubles of the earth! “What is impossible with man is possible with God” (see **Matthew 19:26**).

Our questions betray our lack of understanding: How can God be everywhere at one time? (Who says God is bound by a body?)

How can God hear all the prayers that come to him? (Perhaps His ears are different from yours.) How can God be the Father, the Son, and the Holy Spirit? (Could it be that Heaven has a different set of physics than earth?) If people down here won’t forgive me, how much more am I guilty before a holy God? (Oh, just the opposite. God is always able to give grace when we humans can’t—He invented it.) How vital that we pray, armed with the knowledge that God is in heaven. Pray with any lesser conviction, and our prayers are timid, shallow, and hollow. Look up and see what God has done, and watch how your prayers are energized.

This knowledge gives us confidence as we face the uncertain future. We know that he is in control of the universe, and so we can rest secure. But also important is the knowledge that this God in Heaven has chosen to bend near toward earth to see our sorrow and hear our prayers. He is not so far above us that He is not touched by our tears. Though we may not be able to see His purpose or His plan, the Lord of Heaven is on His throne and in firm control of the universe and our lives. So we entrust him with our future. We entrust him with our very lives.

Let’s pray: Dear Jesus, As we come to you this time of year, thinking about your birth, and the time you spent among us, we are thankful that you have provided for us the way back to our Heavenly Father. Forgive us as we have wandered far from you, and use all things to bring us back to a relationship with you. Please bless and guide our loved ones, those living and those that have passed into eternity, and may we continue to be instruments of your grace. We are filled with awe and wonder at your love for us, and that you call us your children! Jesus, we love you. In your heavenly and holy name we pray. Amen.

Jon Moravec, CHAPLAINCY PROGRAM



**Beautiful Bells &
Beautiful Belles**
make the sights and sounds of
Christmas season Bright !
Our thanks to the bell choir, The Ring-
masters, from St. John's Lutheran Church
and to Socorra's Performing Arts Studio.
It was exciting and enjoyable for all!



Moments & Memories:

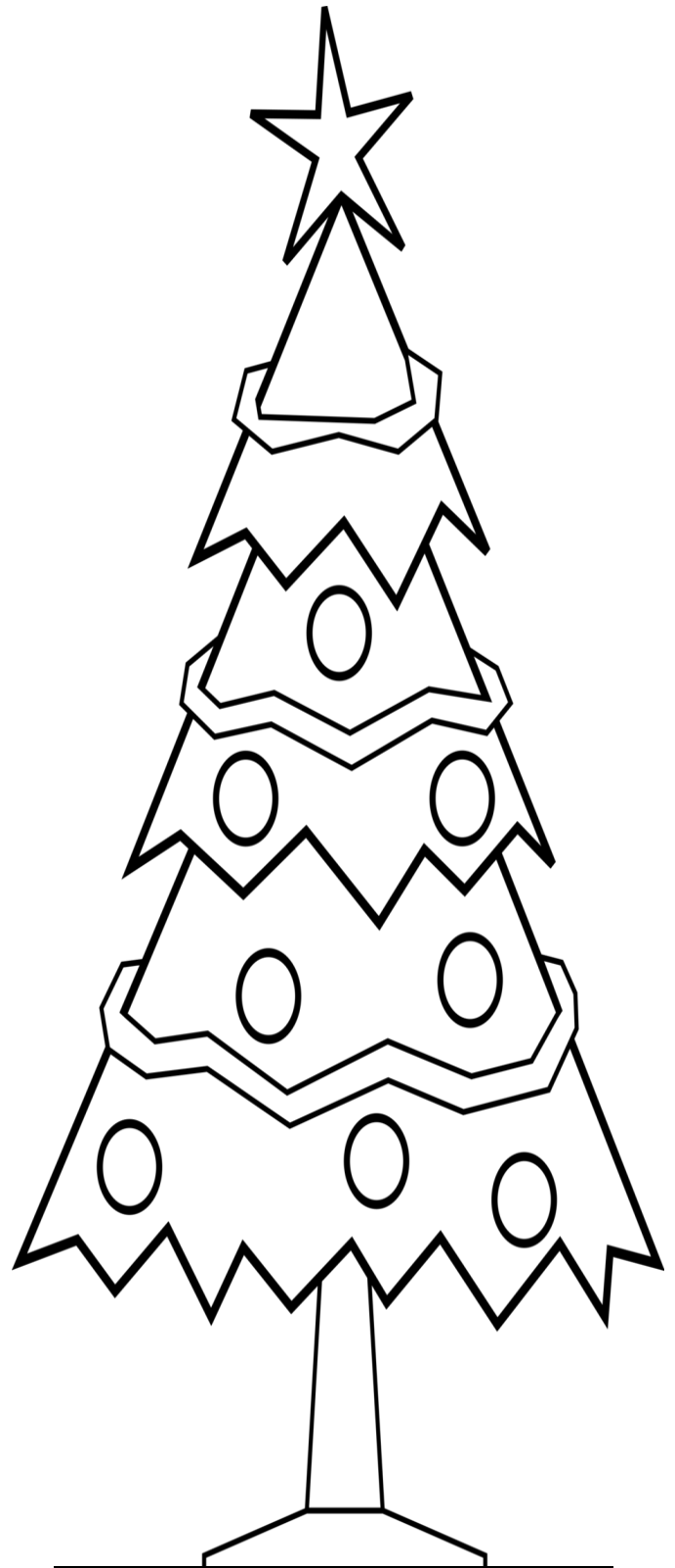
Christmas Memories

Long gone are the days of receiving the JC Penney, Spiegel & Sears catalogues. I remember sitting and studying the Christmas catalogues from one end to the other, picking out just what would be your dream gift. I always thought a Chemistry set or an Erector set would be the ultimate gift. We studied those catalogues much more than we ever did any of our school work.

I came from a family of five children so money was pretty tight. Even though that was the case, I do remember receiving a large activity book one year for Christmas. I was so thankful and excited to get that present and to do the Dot To Dot, Word Search, Crossword puzzles and all the other activities it included — it kept me busy for months. Another year, I remember getting Paint by Number set. I loved painting those pictures. Seems like every year at the Sunday School Christmas Program we got apples, peanuts & a Book of Lifesavers after the program. Probably the Christmas I remember most was the year we drove to Minneapolis to celebrate Christmas with my aunt, uncle and cousins. It was Christmas Eve with the adults were all gathered in the kitchen around the table, pretty soon the doorbell rang and it was Santa coming to visit. Like any curious kid does I inspected Santa from head to toe. When I got to the toe part, I realized Santa had MY snow boots on. I really don't remember what I got for Christmas that year but I did get my boots back.

I am hoping all of you have a Very Merry Christmas & a Happy & Healthy New Year. Make some memories at Christmas this year.

~ *Babby Ludwig*
THE POINTE COORDINATOR



*Above is an
Adult Coloring Project
to help brighten your Holiday Season!*

~
*Merry Christmas &
Happy New Year!*



Jill Miller

Saturday • December 3
Orpheum • 7 pm



FEATURING:
Lamb School of
Theatre & Music
Santa Clause

Holiday Concert for ...

 **SUNRISE**
Senior Living Choices for You
www.sunriseretirement.com

Tickets: 276.3821

Sunrise & door: \$20 • Kids 12 & under: FREE
Group Discounts • 10 or more: \$15

SILOUX CITY
JOURNAL
COMMUNICATIONS



KSCJ
94.9 FM
1360AM

 **SUNRISE**
Senior Living Choices for You

You are invited to join us for Sunday
worship this Christmas Season at
Sunrise Retirement Community.

Worship Services are held at 2:00pm in the Chapel located inside Sunrise's Health Center, and at 3:00pm in the 3rd Floor Prairie Creek Chapel at The Pointe. We will be examining the Christmas Story from a 1st Century viewpoint, and we'll sing together the favorite hymns of the season. Come Worship at Sunrise!

Christmas Scene Investigation:

- November 27 . . . Signs Of Christmas
- December 4 . . . Significance Of Christmas
- December 11 . . . Saints And Sinners
- December 18 . . . Simplicity Of It All
- December 25 . . . Sounds, Symbols, And Great Joy

Jon Moravec, CHAPLAINCY PROGRAM





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.

FREE CHOICE:

This right refers to your choices regarding medical treatment while you are a resident here. (Part II)

Full advance information about changes in your care or treatment which affects your well-being. The right to full information includes your total health status. This also includes your right to refuse treatment. If this facility cannot provide the treatment you desire, we will try to place you in a facility which can provide that treatment. If you require artificial nutrition and hydration during your stay here, and wish to refuse that treatment, the laws of our state will govern the manner in which your desire is implemented.

For transportation by
NON—EMERGENCY
AMBULANCE

1-800-562-3396 .

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



2016 December Resident Birthdays

- 4—Robert Anderson
- 4—Mary Ely
- 4— Alice Thomas
- 9— Howard Huisenga
- 14—Clem Bisenius
- 14— Norma Thies
- 15— Joyce Tuttle
- 18— Elaine Anderson
- 28—Whelma Kern
- 30— Trinidad Calvillo



Holidays are often Heartfelt times ...

As you are reflecting on memories, please share those thoughts with us through our Sunrise newsletters which are published monthly.

You may submit any writings you like . . . share poems, words to songs, recollections of childhood adventures or trips . . . even wonderful family memories that you have experienced recently or long ago.

Our thanks to you who have contributed in the past—in the future, please continue to **“Just Write”!**

Ways to submit your writings:

Fax: (712)-202-0410 —

Attn. Mary Pointer

Email:

pointerm@sunriseretirement.com

or — Throw it in the basket on my desk or ask the Office Staff.

Happy Writing & Blessed Holidays,
Mary Pointer, SECRETARY
SUNRISE RETIREMENT
(712) 276-3821, Ext. 3114

Coming Events:

- Jill Miller Concert, Sat., Dec. 3rd, 7pm at Orpheum Theatre in Sioux City, IA
- Holiday Brunch, Scheduled for Sunday, Dec. 4. Is cancelled!

*Holiday Brunch
POSTPONED to
JANUARY due to flu!
(Date to be Announced).*

Just A Reminder:

Family members and friends are always welcome to come join residents in the daily activity events planned by Sunrise’s Staff or check with the Activity Department about planning your own kind of fun!.

Our Sympathies

- June Corbin
- Darlene Kamm
- Mary Lou Vaughn



For Residents & Families —

If you would like to receive our Sunrise Times newsletter through email, please just let me know. My email address is:

pointerm@sunriseretirement.com

Thank You! *Mary Pointer,* SECRETARY



Activities Dept.



Carol Starch, Joylyn Rippke and Sue Farrell

Chorus Director, Colleen Mahoney meets with them on Wednesday mornings at the Siouxland Senior Center.

The number of choral participants varies, sometimes there are as many as 30 members. It depends on how many snowbirds are in town and whatever else is going on in their lives. But for the most part these are very dedicated individuals.

Siouxland Senior Chorus Performed For Us!

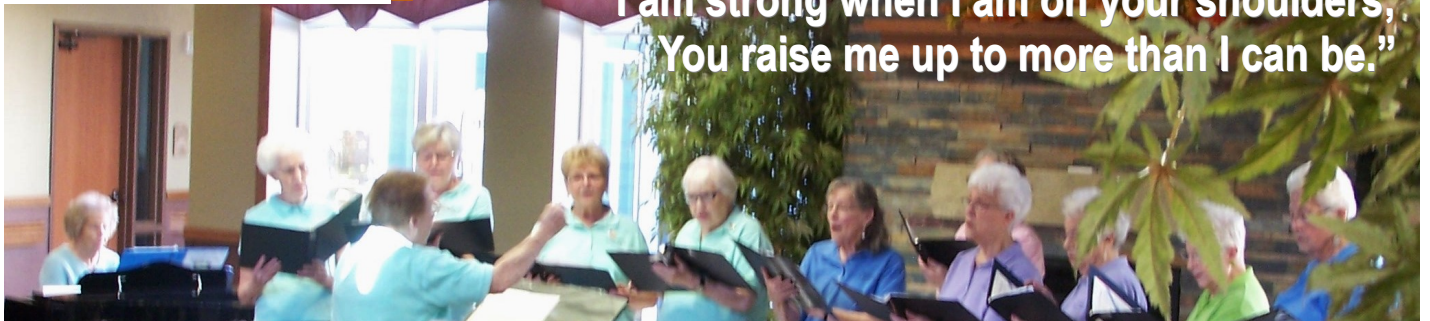
This all volunteer singing group is made up of senior men and women who have a desire to use their vocal talents benefiting others as well as stay active themselves.



"You raise me up . . . to walk on stormy seas;"



"I am strong when I am on your shoulders; You raise me up to more than I can be."



Members strive to learn new music frequently, which is always 4-part harmony . . . "They don't just sing unison", but choral arrangements.

Sandy Call, Keyboardist has accompanied this group for 3 years and **Kerry Rühle**, Activities Director with the Senior Center helps arrange different venues in which they perform.

Sunrise extends hearty congratulations to The Siouxland Chorus with an invitation to come again.

Making Holiday Crafts Together Also Makes Us Merry !

Sunrise Activity Staff along with volunteers assisted residents in making special hand-done decorations for all the upcoming holidays.

