



Sunset News

January - May 2020

Official Publication of  Lutheran Sunset Ministries

“COVID Can’t Keep Us Apart” Parade

It was an amazing morning on April 29, 2020 at Lutheran Sunset Ministries! Thank you SO much to the family members, community members and local businesses who participated in our “COVID Can’t Keep Us Apart” parade! Thank you to all LSM staff who made this happen in a weeks time! We are truly blessed to have support, love and encouragement from our community.

“The greatness of a community is most accurately measured by the compassionate actions of its members.”

-Coretta Scott King

Sunset Home • College Hill Assisted Living • Rainbow Retirement Community
Hospice Sunset • Sunset Companion Services

Message from the President



Who knew when the year 2020 began we would be faced with the worst pandemic in 100 years? Yet here we are. Not only is it the worst pandemic in 100 years, it's one that is especially deadly to people over the age of 65 and people with compromised health. Virtually all Sunset Home residents are in those categories, as well as many of our Heckmann Assisted Living and Rainbow Retirement Community residents. Needless to say, there is nothing normal about what is going on now within the walls of our ministry.

Once we began getting directives from Centers for Medicare and Medicaid Services (CMS), Health and Human Services (HHSC) and Centers for Disease Control and Prevention (CDC) our days became very hectic as we scrambled to create policies and attempted to put the directives in place. What do we do to screen employees, residents and visitors? What is appropriate? What is not? What are best practices and what are not? How do we screen employees and visitors daily to keep COVID-19 at bay? What questions should we ask?

As we were trying to put a screening tool and a travel policy in place, the guidance from the CDC was changing daily. We had three iterations of a travel policy in one week, and were trying to get it finalized as the guidelines continually changed.

March 10, we put in place a screening tool for visitors and staff that did not include taking temperatures. A week later, on March 17, we began taking temperatures of all staff and were required to ban all visitors, except for hospice care and end-of-life visits by a limited number of family members in Sunset Home and Heckmann Assisted Living. We closed the common areas of Rainbow Retirement Community to all visitors. Those areas were also closed to group activities. We also closed the Pot O' Gold Thrift Store to protect our volunteers.

After two or three weeks, we began getting somewhat comfortable with a "new normal," not knowing that three months later we would still be living and working and adjusting to this new normal as the days go by. We had no idea our residents would still not be able to get close and hug their loved ones, but we are trying to come up with new ideas and adjust to make life more normal. We now have outside visiting times that we can schedule for Sunset Home residents and families. We have socially distanced hallway Bingo and other activities we can broadcast over our Chapel channel. As of now, there really is no end in sight for this new normal. However, we can celebrate in the fact that we have had zero COVID-19 cases and have kept everyone safe from this virus.

Please pray for us as we strive to make life as livable and safe as possible for everyone. If you are a family member, please be patient as we navigate these uncharted waters.

Rodney Rueter, CEO/president

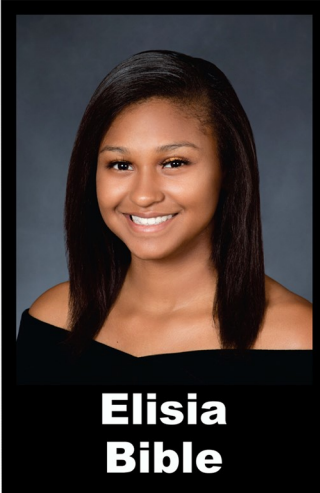


A BIG thank you to everyone who participated in and supported the 6th Annual LSM Resident Art Show! Congratulations Beulah McCartney for receiving the Peoples' Choice Award! Through a partnership with Bosque Arts Center (BAC), who provides art classes by instructor Karen Wise in the various LSM programs, the resident art is displayed for the public at the BAC each year during the month of March.

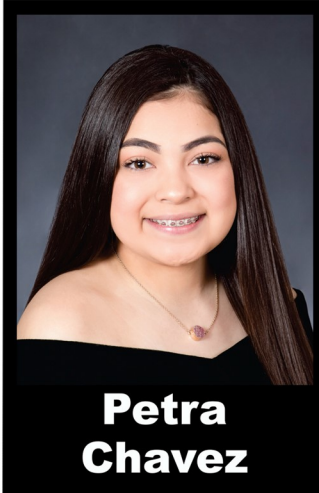
CONGRATULATIONS TO OUR HIGH SCHOOL SENIOR EMPLOYEES,



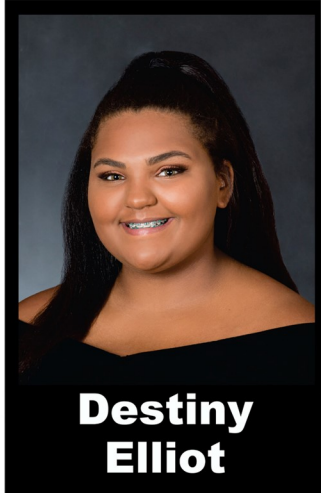
**Kierra
Taylor**



**Elisia
Bible**

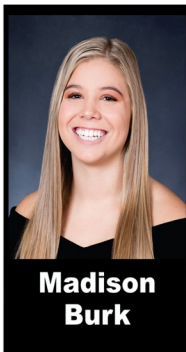


**Petra
Chavez**

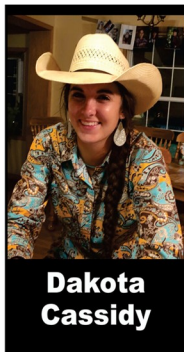


**Destiny
Elliot**

OUR LSM SCHOLARSHIP RECIPIENTS,



**Madison
Burk**



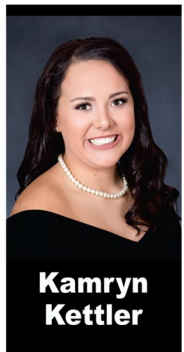
**Dakota
Cassidy**



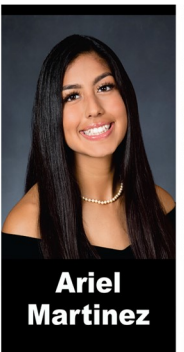
**Marco
Chavez**



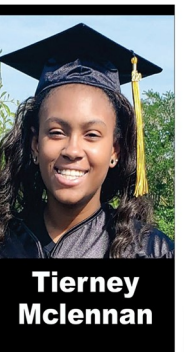
**Sutton
Finney**



**Kamryn
Kettler**

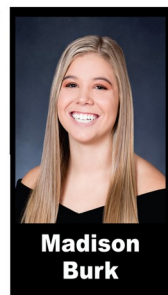


**Ariel
Martinez**



**Tierney
McIennan**

AND OUR SUNSET HOME RESIDENT SCHOLARSHIP FUND RECIPIENTS!



**Madison
Burk**



**Sutton
Finney**

Leadership Institute



In February, Dave Anfenson, LSM Campus Pastor, completed the 2019-2020 LeadingAge Texas Leadership Institute. The Institute is a yearlong program designed for emerging leaders in aging services. Institute Fellows actively explore best practices of leaders, analyze their own leadership, discuss learning and problem-solving styles, and generate a foundation of knowledge that they can draw from throughout their careers. Last year, the program was completed by Andrea Hampe, LSM Marketing Director and Independent Living Manager.

Grant Awarded to Benefit Community's Most At-risk Senior Population

In March, PNM Resources Foundation, the nonprofit foundation of Texas-New Mexico Power's parent company, announced it was offering \$200,000 in grant money for nonprofits with programs working to increase community safety. Funding ranges from \$10,000 to \$50,000 for each nonprofit recipient, with preference given to organizations that implement COVID-19 programs for the community's most at-risk senior population.

Lutheran Sunset Ministries is honored to announce our Companion Services program received a \$10,000 grant for the performance of otherwise-routine tasks, including grocery shopping and post office visits, for residents sheltering in place at Rainbow Retirement Community, Lutheran Sunset Ministries' independent living apartments.

"We are so grateful for this grant, which will benefit the residents of Rainbow Retirement Community," said LSM's Companion Services Manager Michelle Lueck. "In the spirit of giving and community support, we'd also like to use our grant to benefit the residents of Bosque County. If you or someone you know is in need of grocery delivery, post office supplies, or anything else that helps keep you in your home and away from others during this COVID-19 outbreak, our services will be complimentary during this uncertain time."

Sunset Companion Services provides in-home, non-medical assistance for persons aged 62 and above who need assistance to remain living at home. Services provide families with the peace of mind that comes from knowing their loved one has a broadened support system. Studies show that maintaining healthy relationships and strengthening support networks can reduce stress and improve the overall quality of life. **For more information, contact Michelle Lueck at 254-253-1726.**



Staff Appreciation



COVID-19 Program Manager Updates

Sunset Home- Lance Allen, Nursing Home Administrator

Sunset Home currently has no cases or suspected cases of COVID-19. EVERYONE is required to social distance—residents and staff. Staff are required to wear facemasks at all times, but may take them off during meal times while six feet or greater from others. All new resident admissions and readmissions must be quarantined for 14 days. Staff are required to use additional PPE to care for these residents. Life enrichment opportunities have continued with every offering modified to align with safety precautions. We just concluded our state mandated COVID-19 testing with all Sunset Home staff and residents, which resulted in all tests being negative. The state is working on a phased reopening of nursing homes and we have had an opportunity to provide some input. While each phase of reopening will go a step further to loosen restrictions and allowing residents more freedom, the Governor must declare this pandemic completely over before we will be able to operate as usual. We appreciate everyone's patience as we navigate the safety restrictions and guidelines that have been put in place.

Heckmann Assisted Living- Sherrie Bradley, Manager

As an Assisted Living Community, Heckmann Residence is not required to have testing for COVID-19; however, all staff were compliant in being tested and we have zero cases or suspected cases of COVID-19. ALL staff and residents have been following social distancing, wearing masks, increased use of hand sanitizer and hand washing diligently. All residents have been offered and encouraged to view videos on infection control and COVID-19 prevention with staff. All residents are checked daily in the AM and PM for any signs/symptoms of illness. We have been able to allow some communal dining while practicing the social distancing, as we have been using our activity room as an additional dining area. There are some who prefer to eat in their apartments as added social distancing. All residents are wearing masks unless eating. No visits are being allowed at this time. We have had many take advantage of sitting outside their family member's windows and chatting on the phone, sending videos or video chats. Families have still been able to send care packages and myself and staff have been making purchases at the grocery stores as needed. Every item that comes in is sanitized in one area before giving to the residents. All new residents are required to self-quarantine 14 days. All residents, staff and essential providers are monitored/assessed daily at every shift before allowed to enter into the community. Those who have had to have very essential medical visits have been required to self-quarantine for the 14-day period while being monitored. With social distancing in place, we have been able to offer staggered, modified activities. We deeply appreciate your patience and help during these times. We understand the restrictions imposed are difficult, but the Governor is the deciding entity as to when and how we will be allowed to re-open. Until then, please continue to reach out to your family member and our staff as needed. Thank you for trusting us with the care and safety of your loved one.

Rainbow Retirement Community- Andrea Hampe, Manager

Being independent living, Rainbow Retirement residents have been free to make their own choices regarding quarantining and precautions they take out in the community; however, we have closed the lobbies and asked the residents to only enter the hallways or lobbies when walking to their cars, doing laundry, taking out their trash or checking the mail. No gathering in the lobbies is permitted until further notice. All apartments have an outside entrance. For those residents who have chosen to self-quarantine, myself and Companion Services have been taking out residents' trash, delivering mail to their door, grocery shopping for them and running various errands at no charge to help them reduce their chances of possible exposure. All Rainbow-led activities and exercise classes have been cancelled until further notice. At this time, Rainbow Retirement has zero reported positive cases of COVID-19. Before beginning their workday, employees must take their temperature and answer a series of questions regarding health and travel.

Companion Services- Michelle Lueck, Manager

Companion Services continues to serve our clients in the community while taking all necessary precautions to ensure our clients and employees remain healthy. Before appointments, employees' take their temperature and answer a series of questions regarding health and travel. All clients must send us their temperatures before we enter their home. We were awarded a grant from Texas New Mexico that allows us to extend our grocery shopping services for free to anyone living in Bosque County during COVID-19. We are phoning our clients who we aren't able to see at this time (due to lockdown or personal choice) weekly to check on their mental and physical health during this difficult time.

Hospice Sunset- Jennifer Speer, Hospice Administrator

Like our other programs, COVID-19 has greatly impacted Hospice Sunset. We have temporarily moved out of our office at the GW clinic into Windmill Café to help decrease potential staff exposure. The safety of our patients and staff is of utmost importance, screening our staff every day prior to starting work. Before making any visits to our patients' **(continued on page 6)**

Hospice Sunset- Jennifer Speer, Hospice Administrator (Continued from page 5)

homes, patients/household members are screened over the phone for any potential symptoms/exposure/temperature so our staff can be prepared and implement any additional safety measures prior to making a visit. All of our staff wear masks prior to entering a patient's home and before any in-person contact with a patient and have other personal protective equipment readily available if needed. We have decreased the number of staff that see home patients and enter the nursing facilities. We have even utilized telehealth for some patients instead of weekly visits. We are contacting our patients' families by phone on a weekly basis to give updates on their loved one's condition. Our Nurse aides are not providing care at nursing facilities at this time but continue to see our home patients throughout the week and have been helping in our office as needed. Our Social Worker and Chaplain are making frequent phone calls to our home patients and nursing facility families to keep them informed of patient conditions and provide emotional support during this difficult time of being away from their loved ones. Our hospice volunteers are not making face-to-face visits at this time but are continuing to provide emotional support and companionship to patients via phone. While these changes have been an adjustment for our patients, their families and our staff, we are pleased that measures we have put in place to protect everyone have been effective, because we have had zero positive cases of COVID-19 in our patients or staff.

MEMORIAL GIFTS

The services provided by LSM are enhanced by the generous and appreciative memorials given. All memorials, whether directed or not, go to the care and services provided. The residents served going forward are blessed by your thoughtfulness. The following gifts were given between January 1 and April 30, 2020.

THELMA KATHERINE ALLEN
Benny & Alta Powers, Valley Mills.

CLAUDIA ARCHER
Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

NORMA BOYLE
Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

JEANIE BRADLEY
Mildred Van Winkle, Dallas.

FRANCES BREWER
Albrecht's Pharmacy, Clifton.

BARBARA BROWNSWORTH
Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson, Woodway; Clara Dee Bronstad, Clifton; Andrea Hampe, Clifton.

CHARLOTTE BRUINGTON
John Bruington, Valley Mills.

PEGGY BRUNET
Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

MAURINE CATHCART
Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

JACK GORDON CLARK
Mildred Van Winkle, Dallas.

EDWIN CONRAD
Joe & Mary Sue Crawson, Valley Mills.

ERA COX
Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

MARK DANIEL
Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

EDITH LOU DAVIS
Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

KENNETH DUNN
Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

RON ECCLESTON
Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson, Woodway; Andrea Hampe, Clifton.

HUBERT "JACK" DAVIS
Carol Rowsey, Hurricane WV; Hurricane High School Class of 1951, Hurricane WV.

BETSY (JANET) FERGUSON
Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Mary Walter, Kirkwood MO; Jennifer Muncey, Stephenville; Andrea Hampe, Clifton.

SHERROD FIELDEN
Therissa Young, Clifton.

JOYCE GARNER
Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

CARLOS GUERRERO
Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

REV. PAUL HALVORSON
Christabel Jorgenson, San Marcos.

LEOLA JINKENS
Ann & Paul Hollingsworth, Clifton.

ONIE JOHNSON
Albrecht's Pharmacy, Clifton; Therissa Young, Clifton.

JOHN JONES
Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson, Woodway; Andrea Hampe, Clifton.

LOIS KRAUSE
Judith Baker, Clifton.

BARBARA LAMMERT
Joyce Symank, Valley Mills; Timothy & Sylvia Van Antwerp, Fredericksburg; Cal & Donna Goerdel, Clifton; Charles & Anna Marie Lindley, Clifton.

BETTY MEINKOWSKY

Emma Conrad & Patricia Moore, Round Rock; Albrecht's Pharmacy, Clifton; Grace Sielaff; Hewitt; Alice Pederson, Clifton; Janet & Pat Railsback, Nema; John & Anita Hoff, Clifton; Thomas & Sherry Duke, Clifton; Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Joe & Mary Sue Crawson, Valley Mills; Andrea Hampe, Clifton.

JOAN MEYER

Alan & Maren Nagorzanski, Dallas.

BERNIE OGDEN

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

MARION MOUNT

Therissa Young, Clifton.

PATRICIA PATE

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

VERNA PAVELKA

Therissa Young, Clifton.

VERNA PRESCHER

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

PAT RABE

Therissa Young, Clifton.

RUBY ROBERTS

Therissa Young, Clifton.

GLENDA ROGERS

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

EDNA ROSENQUIST

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

VERNON ROUNTREE

Albrecht's Pharmacy, Clifton.

BARBARA KELLER

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

MELVA KETTLER

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

BILLY SALMANS

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; David & Marsha Hammock, Prosper; Elizabeth & Robert Shaw, Jeffersonville IN; Michael & Janice Kyser, Tulsa OK; Jack & Tammy Cameron, Iredell; The Dimick Boys (Fred, Glen, Steve, & Lee), Berryton KS; Andrea Hampe, Clifton.

JUANITA SARGENT

Joyce Symank, Valley Mills.

BODO & HERTHA SCHROEDER

Mildred Van Winkle, Dallas.

MR. & MRS. ERNEST SCHWETTMANN

Gene Miller, McGregor.

CLINTON SINDERUD

Charles & Anna Lindley, Clifton; Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Aubrey & Virginia Richards, Clifton; Debbie Rollins CHS Class of 1977, Clifton; Darlene Hall, Clifton; Andrea Hampe, Clifton.

CONNIE O. SMITH

Elsie Phillips, Cranfills Gap; Gerry & Cindy Thies, Clifton.

CAROLYN SMITH

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

MARY SMITH

Dorothy A. Brown, Clifton.

BETTY SOWDER

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

JAMES STARNATER

Albrecht's Pharmacy, Clifton.

ANN THOMAS

Rainbow Village Building B Residents, Clifton; Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

DAVID TYSSSEN

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

JOAN VICK

Albrecht's Pharmacy, Clifton; Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

BETTY JO WATSON

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

LELA FRANCIS WEBB

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

ELIZABETH WICKINS

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

EDWARD WILLIAMSON

Albrecht's Pharmacy, Clifton; Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

NANCY WOOD

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

HONOR GIFTS

These gifts are given to honor and appreciate special people, events, celebrations and/or achievements. All gifts help provide care to those served by Lutheran Sunset Ministries. The following gifts were given between January 1 and April 30, 2020.

VALERIE BURNS

By: Judith Baker, Clifton.

MARGARET SCHAFFER

By: Robert Schaffer, Clifton.

GENERAL GIFTS

All gifts help LSM in its work and mission. The following gifts were given between January 1 and April 30, 2020.

Abiding Savior Lutheran Church,
Cameron

Dr. & Mrs. James Bowden, Cranfills Gap
Mrs. Nancy Bratcher, Meridian
Mr. John Bruington, Valley Mills
Calvary Lutheran Church, Richland Hills
Capital Group Companies, Los Angeles CA
Central Lutheran Church, Dallas
Christ Lutheran Church, Dallas
First Lutheran Church, Temple
First Presbyterian Church, Clifton
Pastor & Mrs. Paul Krupicka, Waco
Mr. & Mrs. Larry Kunkel, Comanche
Lammert Family, Belton
NTNL Mission Area, Argyle
St. Matthew Lutheran Church, Waco
St. Paul Lutheran Church, Crawford
Mrs. Joyce Symank, Valley Mills
Thrivent Financial for Lutherans,
Appleton WI
Trinity Lutheran Church, Clifton
Zion United Church, Clifton

Sunset News

Official Publication of
Lutheran Sunset Ministries

P.O. Box 71
Clifton, TX 76634
254.675.8637

www.LutheranSunset.org

**RETURN SERVICE
REQUESTED**

Lutheran Sunset Ministries is a not-for-profit organization sponsoring programs of skilled nursing care, assisted living, retirement living, hospice services and companion services.

Sunset provides services to qualified individuals without regard to race, color, religion, sex, disability, familial status, national origin or other protected statuses according to applicable federal and state law.

Non-Profit Organization
U.S. Postage
PAID
Clifton, Texas 76634
Permit No. 27

Around Campus

