

Sunset NEWS

Official Publication of Lutheran Sunset Ministries

Jan-April 2013

"Life Is A Ball"



When Lutheran Sunset Ministries donor, Rosemary Fielder contacted Clifton sculptor, Jack Walker to create a bronze, "Life Is a Ball" was his immediate response. Ms. Fielder, along with her sisters, Miriam Hussey and Virginia Beaver, placed several artists under consideration but ultimately chose Walker to produce a unique and compelling tribute to their parents, William (Bill) and Oriet Thompson. The Thompsons had been lifelong participants, donors and, eventually, residents of Lutheran Sunset Ministries.

As an artist Walker is an anomaly, since most artists begin their work and have aspirations from an early age. He did not know he had the talent to sculpt until he was a grandfather. Prior to discovering his artistic ability, Jack spent his days training horses and managing a cattle

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Lutheran Sunset Ministries Programs

Sunset Home

Hospice Sunset

College Hill Assisted Living

Rainbow Retirement Community

Sunset Companion Services

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Message from the President

When you think about Lutheran Sunset Ministries, what comes to mind? Is it assisted living services or independent living apartments? Or could it be our Hospice services? Or do you immediately think nursing home? Well, we now have a new service to add to the list, Sunset Companion Services.

These services are non-medical and make it easier for someone to live in their own home. These services include but are not limited to: meal preparation, light housekeeping, transportation to various destinations, assist with evening tuck-in or morning wake-up, playing games, laundry including ironing and dropping off clothing at dry cleaners, medication reminders, change linens, and many more.



If you or someone you know could benefit from these services please call 254-253-1726 and we will be happy to talk to you to customize your service plan.

One more item we are working on is helping people age successfully so they remain healthy as long as possible. Much study has been done on why some people age very well and others don't. The key to aging well is living a balanced life. Four key areas of your life to balance are social, intellectual, physical and spiritual. We are learning more about this and how we can implement different activities to challenge our staff and residents as we all strive to live well.

In the meantime, if you need a speaker for a program, we can present information on how to live successfully and have programs from 30-50 minutes in length. Call 254-675-8637 ext. 2223 for more information.

Thank you for your continued support of Lutheran Sunset Ministries.

LFSW Presents Annual Distribution



Lutheran Sunset Ministries is a founding member of the Lutheran Foundation of the Southwest (LFSW) and has benefited greatly from the endowments and estate planning that it offers. LFSW offers comprehensive estate planning and management services, and through careful gift and estate planning you can make a long-term impact on the current and future ministry of LSM.

Pictured left is Evan Moilan, Executive Director, with President/CEO, Rodney Rueter, presenting the annual distribution from the endowment managed by the Foundation. Information about the services offered is available at www.lfsw.org or by calling 512-272-8538.

No Grass Growing Under Their Feet

According to four residents of Rainbow Retirement Community's Martin Residence let it not be said that retirement is a time when you may let 'grass grow under your feet.' They don't stand still for that, but they do stand for growing a multitude of vegetables, along with the occasional marigold to chase away the pesky insects.

In response to the request of Rainbow Manager, Lenna Poe, the maintenance department of Lutheran Sunset Ministries constructed six large raised bed planters and located them across the Rainbow campus. The planters were partially made of recycled materials from a local manufacturing company, Gearench. There was a lot of interest surrounding the placement and fill of the beds, and some concern if they would actually make for a successful garden.

By mid April, it became obvious that, at least, one group of gardeners would soon be enjoying tomatoes, lettuce, beets, onions, beans, chard, and peppers. The raised beds were very successful and looked as if they would supply a bumper crop. According to one of the gardeners, "A little fertilizer does some good also."



Pictured left to right: G.R. Murphy, Robert Rachuig, Therrisa Young, Rainbow Manager Lenna Poe, and Waymond Altenburg are all smiles at the success of their spring garden project.

To view the Sunset News online visit www.lutheransunset.org.

Contact spack@lutheransunset.org to receive your Sunset News notifications via e-mail

Volunteers Receive Annual Awards

Each year volunteers contribute thousands of hours serving the residents on the LSM campus. Their involvement ensures that LSM provides for a more enriched lifestyle to each and every person served. The following persons served LSM in 2012:



50 hours

Mina Bergman Nancy Bratcher Fay Cearley Caroline Homerstad Barbara Lee Jean Roberts Therissa Young

100 hours

Ruth Ann Anderson Emma Conrad Elizabeth Dahl Eleanor Fudge Evelyn Humphreys John Mounce Alice Willmann

150 hours

Billye Dunnahoe Rosemarie Hudson Orin Jordet Leroy Nabors Robert Phillips Jane Prague Joyce Rachuig Preshie Wiese

200 hours

Gladys Anz
Sylvia Conner
Karen Harrison
Wanda Hines
Iris Hodges
Pat Gorton
Joyce Symank
Linda Wehmeyer

250 hours

Jeane Henry

300 hours

Dave Lloyd

400 hours

350 hours

Nancy Ferguson Gene Finstad Sandra Windsor Clara Zuehlke

Carolyn Wilson

Barbara Anderson Mary Ann Jordet Helon Knudson

500 hours

650 hoursPam Hubbard
Ron Hubbard

450 hours

Betty Smith Marilyn Whitworth



Musical Entertainment at the Volunteer 'Shindig' were (left to right) Rodney Rueter, John Erickson, Darral Terrel, and Jimmy Schmidt.

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ranch in New Mexico. The remote ranch where Jack was living in the 1990s had no TV reception, so he was accustomed to playing guitar or reading in the evenings. At the urging of an artist friend who was visiting the ranch, he picked up a lump of sculpting clay, used a neighboring cowboy as a model, and created his first bronze, "A Good Hand".

The success of this piece became Walker's key to a new, challenging, and much less physically demanding, lifestyle. Having discovered the talent late in life, he and wife, Fran, embarked on a

new adventure taking them first to Scottsdale, Arizona. After three years, Jack sought a quieter, slower pace thus leading them to Sedona, Arizona where he became the 'resident artist' in a well positioned gallery in the Tlaquepaque Art Village.

In early 2008, Jack and Fran were drawn to Texas to be near four grandchildren living in San Antonio, and Clifton was to become home. As an artist Jack is fortunate in being able to practice his craft and produce an income from any location, so Clifton is his choice of residence, and each summer Jack is the 'resident artist' for a remote, Montana resort.

Jack's attention to detail separates him from many artists and is evident in the piece that now resides at the entrance of Heckmann Residence of College Hill Assisted Living.



Rodney Rueter and Jack Walker stand with Joyce Heckmann. Heckmann Residence is named in honor of Joyce and her husband, Fred, who are long-time supporters of Lutheran Sunset Ministries.

Lutheran Church Charities Visits LSM Campus

Representatives of Lutheran Church Charities of Addison, Illinois visited the LSM campus after spending a number of days in West, Texas.

The group sponsors comfort dogs and travels throughout the country spending time with people affected by disasters or tragedy. Following a tragedy in the community of West, several people moved into the Sunset Home.

The group brought five golden retrievers who were extremely interested in the bronze dog statue located at the entrance of Heckmann Residence of College Hill Assisted Living.



MEMORIAL GIFTS

The services provided by Lutheran Sunset Ministries 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 Jan 2013 and April 2013.

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Ted & Kitty Ware, Valley Mills.

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Official Publication of

Lutheran Sunset Ministries

Clifton, Texas 76634

www.lutheransunset.org

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