

Painting by resident Clara Dee Bronstad



Sunset News

January - April 2016

Official Publication of  Lutheran Sunset Ministries

Pot O' Gold Record Year

Since Lutheran Sunset Ministries' inception in the mid-1950s, we have enjoyed a strong support network of volunteers, including those from among our residents, as well as from the broader community beyond the Sunset campus. Volunteers often boast intergenerational ties to Sunset, from parents to grandparents having been residents. Serving in many capacities, the Sunset Volunteer Auxiliary makes a significant contribution to the type and quality of services we are able to offer here. Simply put, they are a welcome and crucial part of day-to-day life at Sunset. Their mission is to improve the lives of those served by our programs.

Not only do we have amazing volunteers in our long-term and assisted living communities, but we also have more than 40 volunteers dedicated to our Pot O' Gold Thrift Store. Through the sale of donated items, Pot O' Gold has provided funding for numerous projects and pieces of equipment for the residents of Sunset, significantly adding to their quality of life. Pergolas and gardens lining the new nursing center that opened in 2009, and new exercise equipment for the Wm Martin Rehabilitation Center are just a couple of the improvements made possible over the years.

In 2015, the Pot O' Gold raised a record-breaking \$125,267! Be sure to read the letter from our CEO/President Rodney Rueter on page two of this newsletter for a long list of amazing things the Pot O' Gold money has purchased for Lutheran Sunset Ministries. Thank you to our Pot O' Gold volunteers. We truly appreciate your hard work and dedication.



The new transportation bus purchased by Pot O' Gold funds in 2016.

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

Message from the President

*T*he headline on this edition of Sunset News says “Pot O’ Gold Record Year.” It was indeed a record year! Lutheran Sunset Ministries has a dedicated group of volunteers who operate the Pot O’ Gold. Week in and week out – except for a couple of weeks at Thanksgiving and Christmas – they can be found every Thursday running the Pot O’ Gold Thrift Store (POG). Most of you have no idea what it takes to keep the POG running smoothly. Did you know that Tuesday is a workday and they bring in items that have been dropped off and begin to sort them? That goes on all day Thursday as well, not to mention the daily visits our POG coordinators make! Did you know the clothing that does not make it into the POG for sale is sold by the pound to a distributor and finds its way to all parts of the world where the need for clothing is great? Did you know that the POG provides clothing and others items free of charge to families who have lost everything in a house fire? Did you know that the POG provides clothing free of charge to our neediest residents? Did you know that since 2005, the volunteers have raised more than \$1,000,000 (That’s right, I said one million dollars) through the POG and Annual Quilt Auction to benefit Lutheran Sunset Ministries? Did you know these funds have allowed Lutheran Sunset Ministries to purchase or has funded: wheelchair scales, five vans, gardens, medical equipment, Christmas gifts for the residents, electric beds, mattresses, activities supplies, phone system, vital signs monitor, residents TVs, resident phones, TV system, PA system, a car, three pergola’s, resident gardening, sidewalks, TV system upgrade, nursing equipment, front entrance remodel, Wandergard additions, med carts, recumbent bikes for therapy, a putting green, Masterpiece Living, fitness classes and supplies in all programs, security cameras, exercise equipment, computers, replacing a water-damaged driveway, and the list will continue to grow! Close your eyes and imagine all of that not being here and you can see what a large void the Pot O’ Gold volunteers fill with their hard work and dedication. To them, on behalf of the residents and staff, I say THANK YOU! And for those of you who make the donations, including quilts, another big THANK YOU for choosing to donate your items to Lutheran Sunset Ministries! None of this is possible without your generosity!

Rodney Rueter, CEO/president



*I*n January, Lutheran Sunset Ministries received the Employer of Excellence for Bosque County award at the Workforce Solutions 18th Annual Awards of Excellence Banquet! This award recognizes employers who have created or used innovative approaches to create or retain jobs and foster economic development and community relations.

(Pictured: LSM Human Resources Director Kyle Marlin and President/CEO Rodney Rueter)



Jackie Olsen Day!

Jackie Olsen and her sisters have been going to the Cliftex Movie Theatre in Clifton nearly every week for decades; however, everything changed when doctors diagnosed Jackie with cancer. Now a patient of Hospice Sunset, she hadn't been able to join her sisters for movie night in a while. In order to reunite her and her sisters, Hospice Sunset and the owners of Cliftex Movie Theatre joined forces to set up a private showing for Jackie and her family. Complete with a comfortable recliner in the aisle to provide Jackie a comfortable place to sit, along with dozens of family members, she was able to enjoy a fun afternoon at the movies. It was truly a heart-warming event and we would like to thank Cliftex as well as our Hospice Sunset staff for making this dream a reality.



After noticing that his room was filled with aviation memorabilia and model airplanes, Lutheran Sunset Ministries' Heckmann Assisted Living Manager Timmy Kleine asked resident Clint Gamble if he'd like to visit the Clifton airport one day, to which he replied, "I'd love to!" Through conversation, Mr. Kleine also discovered Mr. Gamble was once a private pilot and built helicopters for the army. In April, Mr. Kleine contacted Tim Talley, owner of Clifton Aero, and organized a plane flight for Mr. Gamble and his daughter, Diane Legott. It was a truly memorable experience that everyone involved will treasure. A big thank you to Tim Talley and Clifton Aero for helping make our resident's dreams a reality. It's kind-hearted people and business owners who make Clifton such a great place to live!

Wish Granted



Living It!

February was Living It! month, a program of Masterpiece Living. Living It was a four-week campaign to inspire and challenge our entire community to try new pursuits in the four components of wellness: physical, social, intellectual and spiritual. The research tells us that challenging ourselves with new and complex activities is not only good for our overall wellness but also stimulates the brain and promotes brain health. Additional benefits include meeting new people, having fun, getting creative and being part of the community-wide campaign. Lutheran Sunset Ministries' campaign was a success, with residents, staff and volunteers trying new things throughout the month.



Sunset Home residents were caught "Living It!" by participating in Wii Bowling.

Playing a game of Beach Ball Q&A helped residents get to know one another, and staff to learn new things about the residents.



Suzi Bottlinger, Sunset Home social worker, stopped in to do some stretches with our therapy team and patients.

LSM board members and committee members were even caught "Living It!"



The Search Is Over.



From successful aging tips to caregiving advice from local experts, we are your resource for senior living information.

www.LutheranSunset.org/News



1800 W. 9th Street, Clifton, TX 76634 | 254.675.8637

LSM is an equal opportunity provider and employer.



Mike Windsor



2016 Resident Art Show



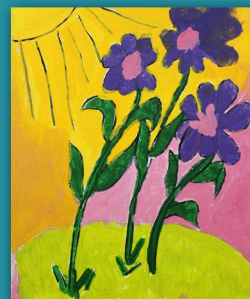
Clara Dee Bronstad



Betsy Cooper

Lutheran Sunset Ministries recently hosted the Second Annual Resident Art Show, March 17-20, 2016. Through an ongoing partnership with Bosque Arts Center (BAC), who provides art classes by instructor Karen Wise in the various LSM programs, the resident art was displayed for the public at the BAC. In addition, on Saturday, March 19, an artist reception took place for families, friends, guests and interested parties. This reception was free to the public and provided a nice way to highlight residents' artistic skills – both recent work and things they've created in the past. A People's Choice and a Residents' Choice award were given along with participation ribbons for all participants at an awards ceremony. Sunset Home resident Mike Windsor was awarded the Peoples' Choice and the Residents' Choice award in the "Other Media" category. In the "Painting" category, Sunset Home resident Clara Dee Bronstad was awarded the Peoples' Choice award in the painting category and Rainbow Village resident Betsy Cooper was awarded the Residents' Choice award.

Encouraging older adults to take up the arts and express themselves is a natural fit for Lutheran Sunset Ministries' focus on individual well-being. Studies show that seniors active in the arts report better health, have more positive attitudes and are more active. A big thank you to those who join us as we celebrated the artistic talents of our residents and encourage successful aging, and thank you to Bosque Arts Center for an incredible partnership!



Around Campus



Around Campus



Volunteer Banquet

In April, Lutheran Sunset Ministries hosted its annual Volunteer Appreciation Banquet. More than 50 dedicated volunteers gathered for a delicious dinner, entertainment by Michael Cote and a service awards presentation. The following service awards were presented for 2015:

50 Hours

Marion Alice Dahmann
Pam Hubbard
Louise Lewis
Glenda Phillips
Betty Smith
Helon Knudson
Larry Thiele

200 Hours

EJ Belvin
Janice Belvin
Lathum Burk
Dorothy Dahmann
Larry Harvey
Judy West
CJ Wilson

350 Hours

Gladys Anz
Ron Hubbard
David Lloyd
Vickie Martin
Sandra Windsor

400 Hours

Nancy Ferguson
Gene Finstad
Jeane Henry
Joyce Symank

100 Hours

Leroy Nabors
Karen Harrison
Therissa Young

250 Hours

Lauri Aars
Mina Bergman
Iris Hodges
Glenda Strickland
Linda Wehmeyer
Rickie Wright

450 Hours

Barbara Anderson

150 Hours

Billy Dunnahoe
Barbara Lee
Clara Zuehlke
Janie Spitzer
Rhonda Patton

300 Hours

Steve Heinley
Virginia Heinley
Evelyn Humphreys
Jane Prague

500 Hours

Marilyn Whitworth

750 Hours

Bob Phillips

900 Hours

John Mounce

Youth Volunteers

Madison Burk
Kamryn Kettler
Karsyn Cosper
Kyndall Hunt
Kenna Williams
Ahliah Vestal
Phoebe Countryman



Adopt-a-Garden at LSM

Recently, two gardens on the Sunset Home campus have been adopted by community members. We would like to send a big thank you to Bosque County 4H Junior Master Gardeners for adopting one of our Hope Center courtyards. The residents and staff have enjoyed the recent makeover. We also want to thank Rebecca Eby for adopting Jill's Garden, located between the Hope Center and the Sunset Home. Volunteers like you help us provide our residents a beautiful place to call home.



Adopt a Garden
at Lutheran Sunset Ministries

Do you have a green thumb?
Ask us how you or your organization
can adopt a garden at Lutheran Sunset
Ministries. All supplies will be provided!

Lutheran Sunset Ministries

Call 254.675.8637 xt. 2224 or
email ahikel@lutheransunset.org

LSM is an equal opportunity provider and employer.



Resident Spotlight: Stella Nazimek

Resident of Rainbow Village since May 2014

What is your favorite hobby? I enjoy different craft projects involving plastic canvas, knitting and crocheting. I have made Barbie doll furniture for all rooms – kitchen with a table and chairs, cabinets, refrigerator, stove, bathroom with a sink, shower and tub, living room with sofa, pillows and coffee table. I've made more than 100 baby hats that I've donated to several hospitals in NJ, CA and TX.

What was your occupation? I was a full-time bookkeeper for more than 30 years in my home state of NJ. I retired 28 years ago. Fun fact: I was born in Clifton – New Jersey!

Are you a veteran? No, but I was an active member of the Clifton, NJ Veterans Post Auxiliary as my husband was a WWII Veteran who flew 66 combat missions in the Pacific Theatre. The VFW Post was a large part of our social life in my hometown.

Tell me about your family. I was married to my husband, Frank, for 40 years before he passed away at a young age. I have two wonderful, loving children. My daughter, Cindy, lives nearby and my son, Ken, lives in NJ and visits often. I have three grandchildren. My grandsons live in CA and my granddaughter lives in NJ.

Where did you go to school and/or college? I attended schools in Clifton, NJ.

What is your favorite thing about living at Lutheran Sunset Ministries? I appreciate the quietness of the community, compared to the hustle and bustle of Newport Beach, CA.

Fun Facts about Stella

Favorite Flower: Gardenias

Pet Peeve: People who don't smile

Favorite Smell: Roses

Favorite Past Time: Going to the Metropolitan Opera House in NYC

Favorite Food: Fresh fruit and vegetables



Doll furniture made by Stella Nazimek.

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 Jan. 1 and April. 30, 2016.

BILLY BATES

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Lance Allen, Clifton.

FRANK BORDEN

George & Jenny Walker, Clifton.

DOROTHY JEAN BRADLEY

Mildred Van Winkle, Dallas.

DR. TED BRONSTAD

Rev. & Mrs. J. Weldon Smith, Clifton;
Garland & Dorothy Kneten, Bartlett; Mr. & Mrs. Michael D. Irvin, Clifton.

JAMES CARPENTER

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Lance Allen, Clifton.

BETTY CARVER

Charles & Joyce Symank, Valley Mills.

RICHARD DICKEY

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Lance Allen, Clifton.

CAL FOSTER

Northwest Waco Rotary Club, Waco.

TOM GARY

Gerald Nelson, Cranfills Gap.

DOROTHY GASTON

Rev. & Mrs. J. Weldon Smith, Clifton;
Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Lance Allen, Clifton.

CLARENCE GOLDEN

Mr. John Bruington, Valley Mills; Clara Dee Bronstad, Clifton; Mr. & Mrs. Teddy Ware, Valley Mills; Charles & Joyce Symank, Valley Mills; Catherine Bearden, Valley Mills; Linda Dykstra; Austin; Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Lance Allen, Clifton; Gardys Johnson & Family, Uvalde; Lanell Julian & Family, Plainview; Mr. & Mrs. Jerry D. White, Clifton; Susan & Marc Michie, Valley Mills.

RUTH E. GREATHOUSE

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Lance Allen, Clifton.

IMOGENE GREENE

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Lance Allen, Clifton.

SAM HAYNES

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Lance Allen, Clifton.

DANIEL HINESLY

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Lance Allen, Clifton.

FRANCES HOMERSTAD

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Lance Allen, Clifton; Virginia & Aubrey Richards, Clifton; Charles & Joyce Symank, Valley Mills; Albrecht's Pharmacy, Clifton.

MIRRIAM HOWARD

Dorothy Brown, Clifton; Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Lance Allen, Clifton.

CHARLES KELLEY

Albrecht's Pharmacy, Clifton; Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Lance Allen, Clifton.

ALMA KEY

George & Jenny Walker, Clifton.

HAROLD KETTLER

Clara Dee Bronstad, Clifton.

LYDIA KNUST

J.C. & Louise Oswald, San Sabo; Oscar Hampe, Clifton.

RUTH LJUNGDAHL

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Lance Allen, Clifton.

VELMA LEE MEYER

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Lance Allen, Clifton.

EMMIE MITCHELL

Rev. C.A. & Gloria Mangham, Cranfills Gap.

NETTIE RAY MOORE

Ray Moore & Tena Ward, Waco; Jerry & Lois Peebles, Arlington.

LINDA NICHOLS

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Lance Allen, Clifton.

SALLY PACKARD

Don & Christy Halliday, Meridian.

WENDELL S. PEDERSON

Wendy & Todd Braff, Cincinnati OH.

BETTY ANN REAVIS

Albrecht's Pharmacy, Clifton.

RALPH ROBINSON

Ronny & Kay Owens, Clifton.

DAVID RUETER

Charles & Joyce Symank, Valley Mills.

BODO & HERTHA SCHROEDER

Mildred Van Winkle, Dallas.

MOLLIE SMITH

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Lance Allen, Clifton; Harold & Carol Henthorne, Albuquerque, NM.

LIZ TEMPLETON

Don & Christy Halliday, Meridian.

ESTHER THIELE

Clara Dee Bronstad, Clifton; Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Lance Allen, Clifton; Emma Louise Conrad, Clifton; Albrecht's Pharmacy, Clifton; Joe & Mary Sue Crawson, Valley Mills.

KATHERINE TINDALL

Rev. Cynthia Lee, Meridian.

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Dr. & Mrs. Ed Williamson, Clifton.

FERN WIGGINS

Mr. & Mrs. Trent Knudson, Clifton; Mr. & Mrs. Robert B. Lane, Clifton; Jane McRae, Henderson; Charles & Joyce Symank, Valley Mills.

HONOR GIFTS

These gifts are given to honor & appreciate special people, events, celebrations and/or achievements. All gifts help provide care to those served by LSM. The following gifts were given between Jan. 1 and April. 30, 2016.

REV. PATRICIA (PAT) DIETRICH

On Her Retirement
By: Charles & Joyce Symank, Valley Mills.

JEROME HARDWICK

By: Mr. & Mrs. James M. Davis, Fort Worth.

MICHELLE LLOYD

By: Robert & Glenda Phillips, Clifton.

JAMES MANTOOTH

By: Velma Mantoath, Whitney.

EDDIE & HILDA MIHLHOUSE

By: Alton Muhlouse, Fairfax VA.

JACKIE OLSEN

By: Shirley Reed, Jonesboro.

JOYCE SYMANK

On Her Birthday
By: Carol Kolb, Waco.

MRS. ANNA "PINKIE" WHITE

On her 90th Birthday
By: Charles & Joyce Symank, Valley Mills

GENERAL GIFTS

All gifts help LSM in its work and mission. The following general gifts were given between Jan. 1 and April. 30, 2016.

Mrs. Nancy Bratcher, Meridian
Bosque County Properties, Clifton
Calvary Lutheran Church, Richland Hills
Capital Group Companies, Los Angeles CA
Ms. Maria Castillo, Clifton
Central Lutheran Church, Dallas
Christ Lutheran Church, Dallas
Frieda Chyn, Allen
First Presbyterian Church, Clifton
Good Shepherd LCW, Marshall
Pastor & Mrs. Paul Krupicka, Waco
Memorial Lutheran Church Women, Texas City
NTNL Mission Area, Argyle
Our Savior's Lutheran Church, Clifton
Preston Meadow Lutheran Church, Plano
St. Matthew Lutheran Church, Waco
St. Paul Lutheran Church, Baton Rouge LA
Mr. & Mrs. Charles Symank, Valley Mills
Thrivent Financial for Lutherans, Appleton WI
Trinity Lutheran Church, Wichita Falls
Ms. Jo Ann Wendt, Fort Walton Beach, FL
Zion Lutheran Church, McGregor

Now Accepting Quilt Donations!



Lutheran Sunset Ministries

25th

Annual Quilt Auction

Saturday, October 15, 2016

Clifton City Park Armory

Clifton, Texas

Preview: 10:00 a.m.

Food Serving: 11:00 a.m. to closing

Auction: 12:00 p.m.

**Proceeds are used to benefit residents & patients of
Lutheran Sunset Ministries**

Auctioneer: Jerry Smith #21901

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P.O. Box 71
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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.

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Saturday, October 15, 2016, 10 a.m.
Fallfest in Downtown Clifton

More information coming soon!