

Sunset NEWS

Official Publication of Lutheran Sunset Ministries

May-Aug 2014

SUNSET VOLUNTEERS HONORED AT RETIRED SENIOR VOLUNTEER PROGRAM

Within all the programs of Lutheran Sunset Ministries we know we are blessed with exceptional volunteers who do exceptional work, and now the rest of the world knows too.

At the recent 2014 Heart of Texas RSVP Recognition Event two of LSM's 64 volunteers were presented with awards for their volunteer service at LSM. Recipients of these regional awards were Pam Hubbard and Ron Hubbard. They were selected with two other individuals throughout the Heart of Texas Region.

Pam serves LSM as the Pot O' Gold Coordinator, and Ron serves as an officer of the Sunset Volunteer Auxiliary handling membership duties. Additionally they both serve many, many hours managing the issues of running the POG Thrift Store, as well as serving on the Quilt Auction Committee.

When accepting the awards, Ron expressed their

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Attending the RSVP event representing LSM are (left to right): Pam Hubbard, Barbara Lee, Clara Zuehlke, Joyce Symank, Ron Hubbard, Barbara Anderson, Dorothy Dahmann, and Helon Knudson.

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Message from the President

Redefining life after 60. Purposeful life. What does that mean exactly? After you have lived for 60+ years haven't you already defined your life and found your purpose?

What happens when a health event occurs and what you thought was your definition of life for you and your purpose change? What happens when you retire from a career that has defined your life? Or you are just getting older and cannot do some of the things that used to come so easy.

Do you give up and say I'm getting older or do you redefine what life will be and find another purpose?

There are many answers to these questions. Some people adjust positively and some struggle to make the adjustment, but an adjustment is necessary to live a happy healthy life.



In this edition of Sunset News there are several photographs of people in various settings and various stages of life. We have a group of volunteers who have successfully redefined their lives and are reaping the benefits of staying active and engaged. There is a photo of our new campus minister, Rev. Doug Nemitz and his installation. He is redefining his career as he finds himself in a different state and setting than his previous pastorates.

Then there are the photos of our residents exercising, painting, and enjoying the outdoors on our putting green. And of course the mural that is a joint project of staff and residents that adds so much to our campus. In every instance, people are finding new purpose and meaning to their life. "I didn't think exercise would help but I am stronger now". "I never painted before but this is fun. Look what I did!"

That sense of accomplishment is gratifying. No matter what program of LSM that our residents live in, they are being challenged to do things they thought they couldn't do or had never tried. And that is gratifying!

LSM Launches New Website

If you ever want to look at something that is faced paced and changing frequently (other than healthcare) take a look at what happens on the Internet. Things are forever changing, and to keep up with the flow of information LSM must change also.

Recently LSM launched a new website with expanded information and friendly faces from our campus. We are proud of our attractive models.

The address of the website is:



Sherrod and Sue Fielden who live in Rainbow Retirement Apartments helped us as models on the new website.

A Retirement Community Answering the Call to Serve

LSM Welcomes New Administrator, Lance Allen

LSM recently announced and welcomed Lance Allen to the position of Sunset Home Administrator. He follows Raymond Zuehlke who served LSM in an extended interim position as Sunset Home Administrator.

Lance comes to us from King's Manor Methodist Retirement System in Hereford, Texas, where he served as Administrator of their healthcare facility for the past several years.

He is a native of Bosque County growing up in Meridian. Early in his life he became acquainted with long-term care while visiting his great-grandmother in Meridan Manor. Lance has many friends and family members in the Bosque County area who are happy to see him return to Bosque County.

He attended Tarleton State University earning his undergraduate degree in Business Administration, and his graduate degree in Management and Leadership with an emphasis in Health Care Management. In conjunction with these studies he received his Texas Nursing Facility Administrators license.

Along with Lance, Sunset Home also welcomes his trusty companion, Lucy, a chocolate Labrador retriever who attends work with Lance daily. Lucy is keen to visit with people who would enjoy her company, and seems to be experienced in selecting who wants her company and who doesn't. Glad you are here Lance, and Lucy.



CNI DERMIT OF YORK

LSM Awards Scholarship

President/CEO Rodney Rueter (right) recently presented a scholarship in the amount of \$500 to Araseli Dominguez Martinez (center), daughter of LSM employee, Maria Dominguez (left).

Araseli plans to attend North Texas State University and major in International Studies.

Funds for LSM's scholarship program have been made possible through an educational endowment established at LSM in the 1990's. This scholarship is available to employee's dependents who are high school seniors or employees who are high school seniors.

Congratulations Araseli and Maria.

Pastor Doug Nemitz Installed as Campus Pastor



On Sunday, August 17th, Pastor Doug Nemitz was installed as Campus Pastor of Lutheran Sunset Ministries. The service took place in the Sunset Home's Thompson Chapel and was well attended by residents, friends, staff, and area clergy. Pastor Doug, as he is called, has extended spiritual and musical opportunities throughout the LSM campus.

Pictured above are some area clergy members: (left to right) Rev. Buck Malone of Zion United Church, Womack; Rev. Alicia Thompson-Summers of Trinity Lutheran, Clifton; Rev. Ruth Hetland and son, Owen of Our Savior's Lutheran, Norse; Rev. Doug Nemitz of LSM, Clifton; Rev. Cal Goerdel, Clifton; Rev. Tom Beers of St. Paul Lutheran, Crawford; Rev. R. Paul Krupicka of St. Matthew Lutheran, Waco; Rev. Herb Lammert, Clifton; Rev. Jane Marr, Bishop Assistant at NT-NL Synod, Dallas; and Deaconess Pat Gorton, Waco.

Fitness Matters At Any Age

The physical fitness program started for the residents of Rainbow Retirement has become a big hit with the Rainbow residents, as well as many of their friends in the community.

Pictured here is Leah Miles who contracts with LSM to provide fitness classes at the 9th Street Place on the LSM campus.

During her sessions she concentrates on balance improvement, strength building, body and brain fitness, and encourages frequent movement and activity.





Lutheran Sunset Ministries 23rd Annual Quilt Auction

Saturday, October 18, 2014 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 programs.

Thrivent Financial for Lutherans & Waco Chapter will provide matching funds.

Auctioneer: Jerry Smith #21901

A Campus Full of Surprises - An Art Wall



You have to see it to believe it. A 300 foot mural in the middle of a vacant lot in the middle of the LSM campus. Who would have imagined, but it does exist. The mural is painted on a wall that was left following the demolition of the previous nursing facility removed from campus in 2010. Because a retaining structure was needed at that location the wall was left in place, but it was somewhat unsightly to say the least. So it was a challenge to solve the dilemma of the ugly concrete wall. But we think we did, and in a most unexpected manner.

Whether it was just dumb luck or divine intervention the idea developed to incorporate the talents of residents, staff, and volunteers to paint murals on the unattractive wall. The idea was not too farfetched since LSM sits in the middle of a state designated cultural district, and is a neighbor to the Bosque Arts Center. Cultural districts are special zones that harness the power of cultural resources to stimulate economic development and community revitalization. These districts can become focal points for generating businesses, attracting tourists, stimulating cultural development and fostering civic pride.

Another aspect of the project is how it incorporates LSM's new initiative of successful aging - keeping people engaged in all aspects of living with an emphasis on their spiritual, social, intellectual, and physical well-being.

After a series of meetings, planning sessions, multiple sketches, and a committed core group of people the project began. Surprisingly, the lack of artistic experience didn't slow the group down. One volunteer, Megan Morris, was experienced in murals after participating in Clifton's Art Alley so her drawing and guidance was instrumental in building confidence for the four residents: Zelma Bollier, Fred Dahmann, Dorothy Dahmann, and Polly Ditto, and four staff members: Lenna Poe, Vicki Bernhardt, Joann Baucom, and Helen Morris doing the painting. She also was extremely good at shading and color selection.

It's now five months later. In that short amount of time almost 230 feet of the wall has been completed. The enthusiasm and drive of both residents and staff to complete each section has been rewarding. The expectation is that the Art Wall will be finished before the end of the year. The participants are excited about the interest that has been expressed throughout the community, and feel quite accomplished in expanding their artistic abilities.

We invite you to visit the campus and take a few minutes looking at the wall. Within it you may find a theme or story that strikes a chord with you, and hopefully you will experience the joy it brought to those who painted it.

Sections of Art Wall

Mid section of the Texas Wall features wildflowers and animals commonly seen in Central Texas such as bluebonnets, white-tailed deer, longhorn, paintbrushes, fire wheels, mockingbird, poppies, yellow rose, barbed wire, Texas flag in the shape of Texas, and scissortail.





This 70 foot section features giant sunflowers. The wall measures 10 feet in height so each lower measures about 5 feet in diameter. It's a striking sight when the morning sun shines on it.



This 32 foot section features a red barn with a horse and coral. Looking out toward the sunset are three cowboys, a cowgirl, child, and their trusty dog. Three Herefords are looking your way. To the left the 7 foot section features a large quilt square in honor of LSM's many quilt auctions.





Talent Abounds at Sunset Home



Volunteers (standing center) Megan Morris and Kamryn Kettler are assisting several 'students' at an art session at Sunset Home along with Activity Director (standing far right), Margaret Hrabal. The group painted with acrylics on canvas which had been repurposed from Painting with a Twist.

The favorite subject of many of their efforts included flowers, birds, and butterflies. Plans are being made for ongoing sessions, both in Sunset Home and in Heckmann Residence of College Hill Assisted Living to encourage this type of artistic expression.

The paintings were on exhibit at the entrance of Sunset Home for several weeks. Pictured left to right: Ruth Pick, Wynell Clark, Clara Dee Bronstad, Kettler, Peggy (Buddy) Foster, Mary Reynolds, and Hrabal.

Doing More Than "Puttering" Around

Last year the proceeds of the Annual Quilt Auction were designated for outdoor activity improvement, and one of the projects funded was a 1000 square foot putting green.

The green is located adjacent to the Heckmann Residence of College Hill Assisted Living and Rainbow's WhiteStone Apartments. An 8 foot wide sidewalk along the edge of the green allows residents easy access from the buildings. An outdoor pergola is also within walking distance for onlookers to spend time outside also.

Pictured right is Mary Lou Crawford, an experienced golfer, who has enjoyed spending time 'putting' and coaching newcomers to the green.



Peace Lutheran's Dedicated Workers



Once again energetic members of the Dorcas Community Sewing Group of Peace Lutheran Church in Rosenberg have donated a 'mountain' of items for the Annual Quilt Auction.

Pictured left are a few of the members of the group wearing items that will be available on the Specialty Table on the day of the Auction. In addition the group donated five guilts.



Farewell to Vicki Bernhardt

Earlier this summer employees and residents bid farewell to Vicki Bernhardt, Director of Human Resources. Vicki held that position at LSM for just under ten years.

During her time at LSM she was instrumental in developing programs to motivate employees in their quest for wellness, and she took a special interest in the success of the Masterpiece Living philosophy for both employees and residents.

She most recently worked with residents of Rainbow Retirement Community and other staff members in the development of the 300 foot Art Wall located on campus adjacent to WhiteStone Apartments and Heckmann Residence of College Hill Assisted Living.

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gratitude for all the efforts of the Sunset Volunteer members noting that the honor of the award is shared with many. Auxiliary members serve in various capacities at Sunset Home, College Hill Assisted Living, Rainbow Retirement Community, and Hospice Sunset, as well as operating the Pot O' Gold Thrift Store and hosting the Annual Quilt Auction.

Presenting the award to Pam and Ron was U.S. Congressman, Bill Flores, Texas District 17, and Tammy Lawson, Director of the Scott and White Health Plan, a major sponsor of the event. RSVP's mission is to support people and organizations in using citizen service as a strategy to meet critical national community needs, to foster an ethic of civic responsibility and to strengthen the ties that bind us.

Helen Morris, Director of Community Relations and liaison to the volunteers stated, "LSM is honored to have the support of such dedicated volunteers. LSM is privileged to be located in a community that supports its programs and its ministry. We thank Ron and Pam for the leadership they provide, and we thank all our volunteers for making LSM a priority."

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 May 2014 and August 2014.

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Rev. & Mrs. William B. Johnson, Sherman.

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Mina Bergman, Clifton. Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Mike & Vicki Bernhardt, Clifton; Helen & Jamie Morris, Clifton; Raymond & Delores Zuehlke, Clifton.

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The Pikes Peak Library District IT Dept, Colorado Springs, CO; Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Helen & Jamie Morris, Clifton.

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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 May 2014 and August 2014.

CATHY FINSTAD - CLIFTON

By: Deaconess Pat Gorton, Waco.

GERTRUDE KOUSZ - WACO ON HER 90TH BIRTHDAY

By: Charles & Joyce Symank, Valley Mills.

BETTYE SPEARS - WOODAY ON HER BIRTHDAY

By: Jan Stone, Woodway.



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All gifts help Lutheran Sunset Ministries in its work and mission. The following general undesignated gifts were given between May and August 2014.

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