



Lutheran Sunset Ministries Receives Top Honor

In the December issue of Waco Today, a publication of the Waco Tribune-Herald, Lutheran Sunset Ministries was recognized as the number one retirement living community in the 2015 H.O.T. Readers' Choice Awards! More than 28,000 votes were cast this year from more than 1,700 registered voters in various categories. Thank you to everyone who voted, to our amazing staff, to the wonderful residents who call LSM home and their families for entrusting us with their loved ones. We love what we do!



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

Message from the President

It's December 24 as I write this message. I usually don't get personal when I write, but this one time I am going to take the liberty to do so. You see, this year I lost two close friends, both too young. One was my cousin/"brother-in-law" (married to my wife's best friend, who she considers her sister) who was my dove hunting companion. With him being Oklahoma State alum and me being Baylor alum, we had our smack talking particularly during football season. My cousin was diagnosed with terminal cancer and lived 11 more months.

The other was one of our younger residents here at Sunset Home. He and I would pick college and pro football games along with the "experts" in the Waco paper each week, from game one through the Super Bowl. Then for basketball, we picked our brackets for March Madness, men and women's teams each year. We spent many hours kidding with each other and again some smack talking was involved (he was partial to TCU and the University of Texas) because we were competing to see who made the most correct picks. It was usually about 50/50. I would win some and he would win some but we had a good time. He had a long, slow acting disease that he dealt with for more than 30 years, and he was in Sunset Home for several years before he died.

I tell you this to tell you that in both cases I never heard either one of them feel sorry for themselves for the hand they had been dealt. I am sure they had those moments but they certainly were not evident. My wife and I spent more time with my cousin those last 11 months because he and his family needed support and we needed to have that time with him as well. It was good for all of us. We got to have some heart-to-heart talks we never would have had otherwise. For that I will always be grateful.

With my friend in Sunset Home, we knew of each other in high school but we weren't what I would consider friends. Since we got to spend so much time visiting and picking games after he came to live here, we became friends. He was always gracious on my visits and when I left he would tell me, "You're a good man." I was always humbled by this because I don't think of myself that way, and he was the one showing courage in the face a debilitating illness. But he appreciated me taking time to visit with him.

I would encourage you as you look through this edition of Sunset News to look at the residents who are living their life here. They are all like the two people I just spoke of, in that they all have their own challenges yet they tend not to dwell on that but on what is happening today. They can use your support and appreciate anyone stopping to talk and taking interest in what they have done and are doing now. If you have never thought of volunteering, give it some thought. You really just need to have a listening ear and a willingness to take little time out of your day. Build a relationship. Trust me, you will be the one receiving the blessing.

For volunteer opportunities contact Andrea Hikel at ahikel@lutheransunset.org or call 254-675-8637 ext. 2224.

Rodney Rueter, CEO/president



In November, we celebrated National Hospice and Palliative Care Month. Thank you to our Sunset Hospice staff and volunteers for making a difference each and every day!

A Bosque County Record Set

To celebrate Active Aging Week, Lutheran Sunset Ministries – Bosque County’s premier retirement community offering a full continuum of care – recently set the Bosque County record for most people in a chair-based exercise. On Saturday, October 3, 2015, 166 participants gathered at the Clifton High School practice field at 10 a.m. and participated in a 30-minute, instructor-led chair exercise class. The record was filed with the Bosque County Historical Commission on October 13, 2015. To the best of their knowledge, no other records for chair-based exercise have been attempted in Bosque County.

“Although we did not break the Guinness World Record of 481 people, we are thrilled with the outcome of this event,” said Andrea Hikel, Lutheran Sunset Ministries’ marketing and community relations director. “I believe we were successful in promoting active aging and wellness in our community, and really that was the ultimate goal.”

Lutheran Sunset Ministries plans to hold this event again in 2016 with the goal of breaking their current Bosque County record, and maybe even surpassing the Guinness World Record.

“We want to thank everyone who volunteered to help with this event,” said Mrs. Hikel. “Without the help of our community, this event wouldn’t have been such a big success. We are truly blessed to live and work in an amazing community.”



Pot O' Gold Funds Purchase New Van

Since opening its doors in 2001, the Pot O' Gold Thrift Store has served as one of the primary fundraising projects of the Sunset Volunteer Auxiliary. 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. In December, Pot O' Gold funds purchased a 2015 Dodge Minivan for resident transports! A big thank you to our Sunset Auxiliary volunteers for your hard work and dedication to the Pot O' Gold!

Top, right: Pot O' Gold volunteers pose for a photo after checking out the new van; Bottom, right: Resident Clarence Golden tests out the easy access ramp.



Grandparents' Weekend

During our Grandparents' Weekend celebration in September, residents, family and staff enjoyed the Big Fishing Event! Everyone enjoyed a delicious meal, games and other activities as well.



Veterans' Day Program

The 2015 Veterans' Day program, presented by the Bosque River Valley Chapter of DAR and Lutheran Sunset Ministries, honored local veterans at the Bosque Arts Center on November 11. A musical tribute was performed by The Grace Notes and featured speakers included Bosque County Judge Dewey Ratliff Col. Jerry Curtis, retired USAF and Col. Jimmy Hanes, retired US Air Force. The DAR Distinguished Citizen Medal was presented to Paul David Charles, US Army, and Mike Burns, US Army.



5 Years

Paula Eitel
Brenda Tebo
Raquel Castillo
Michael Page
Kyle Phillips
Judy Green

10 Years

Judith Sarinana
Donna Thompson

25 Years

Mary Chenault

15 Years

Maria Murillo

20 Years

Peggy Perez
Sandra Estrada



Employee Service Awards



Peggy Perez



Sandra Estrada



Maria Murillo



Donna Thompson



Brenda Tebo



Judith Sarinana

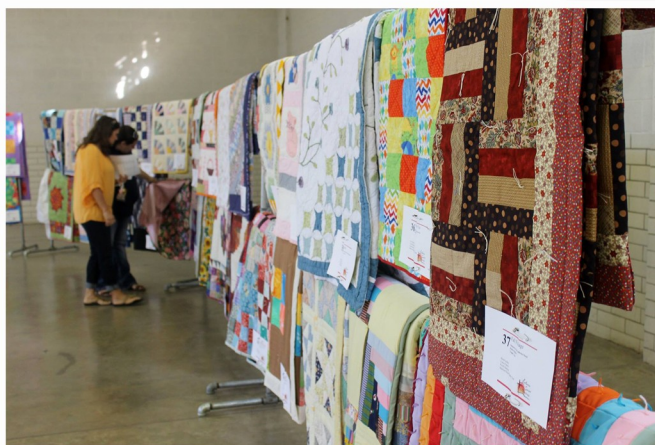


Michael Page

Since 1991, Lutheran Sunset Ministries has hosted the Sunset Auxiliary Quilt Auction. Each year, approximately 100 quilts are donated by more than 60 church congregations, groups and individuals throughout Texas and auctioned off to provide needed equipment and furnishings for our residents. The auction is always held on the third Saturday in October at the Clifton City Park Armory in conjunction with the day-long community event, Fallfest.

The 2015 Quilt Auction was a huge success, bringing in more than \$39,000! A big thank you to everyone who donated quilts and items for our specialty table, as well as everyone who attended the auction. We'd also like to thank our volunteers for their hard work and dedication to this wonderful event each year.

2015 Quilt Auction



Around Campus



Around Campus



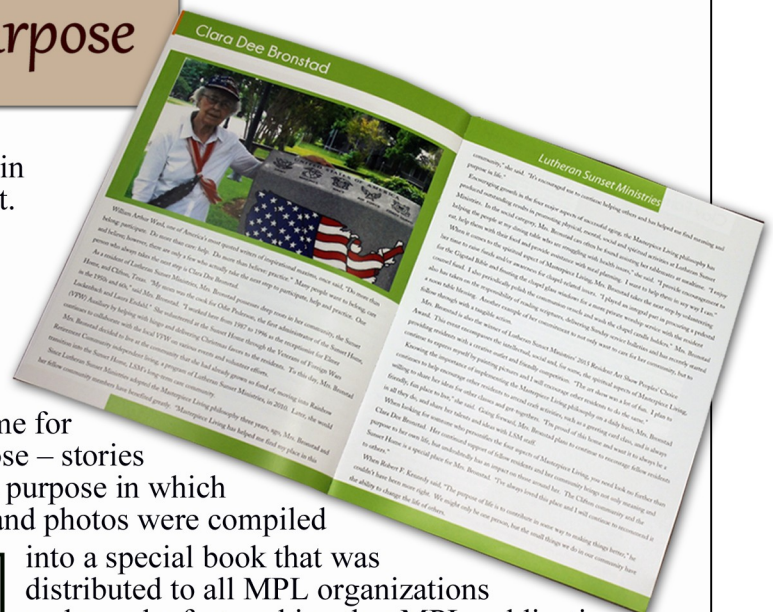
Burgers, Blues and Brews

Congratulations to our LSM cooking team who represented us very well at the 2015 Burgers, Blues and Brews event in Clifton! They secured 8th place in the top 10 burgers with their jalapeno stuffed, glazed peach jalapeno sliders. They were delicious!! Also, LSM residents entered in the painted cow contest, with the Heckmann community cow receiving a 2nd Place ribbon and our Norse community cow receiving a 3rd Place ribbon!!



Stories of Meaning & Purpose

In August, Lutheran Sunset Ministries participated in Masterpiece Living's 2015 Story and Photo Contest. Masterpiece Living is a philosophy that LSM has adopted that offers tools and techniques to inspire successful aging in our community, continuously offering our residents ways to grow physically, intellectually, spiritually and socially. Residents of Masterpiece Living communities were invited to submit stories with accompanying photos. The theme for this year's contest was Stories of Meaning & Purpose – stories that demonstrate engagement through meaning and purpose in which Masterpiece Living played a role. Selected stories and photos were compiled



into a special book that was distributed to all MPL organizations and may be featured in other MPL publications.

Lutheran Sunset Ministries is excited to announce that Clara Dee Bronstad, a Sunset Home resident, had her story and photo selected for this publication!

Please enjoy Mrs. Bronstad's story by visiting the Sunset Senior Guide Blog at www.LutheranSunset.org/News. Congrats, Clara Dee!!



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.



Photo Contest Winner

Congratulations to Gay Myers, winner of the Lutheran Sunset Ministries Thanksgiving Facebook Photo Contest! Mrs. Myers' photo received the most "Likes" of all photos that were entered. Thank you to everyone who participated!



Resident Choir

A big thank you to LSM volunteer Larry Thiele for organizing our resident choir this year! They caroled around the Sunset Home throughout December, spreading Christmas cheer!

*In loving
memory of
Lucy Allen*



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 Sept. 1 and Dec. 31, 2015.

TITIA ALLEN
 Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Cynthia Beaty, Richardson; Susi Robbins, Lake Dallas.

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 Martha & David Anz, Clifton.

EDWARD ANZ
 Martha & David Anz, Clifton.

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DANA BAILEY
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BOBBIE SANDERS
 Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton.

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SADIE & EVERETT WALLACE

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JO WATKINS

May Wood, Clifton.

JERRIE WHITE

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Joann Baucom, Clifton; Lance Allen,
Clifton.

GROVER WILDE

Leamon & Donna Hall, Whitney.

JUNE WILDE

Leamon & Donna Hall, Whitney.

JOHN WILLIAMS

Peggy Williams, Waco.

RITA FAYE WILLMANN

Albrecht's Pharmacy, Clifton.

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 Sept. 1 and December 31, 2015.

ALL VETERANS OF U.S. ARMED FORCES

By: Donald & Maxine Smith, Dallas.

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By: Steve Bruington, Seguin.

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By: Nancy Bailey, Hewitt.

GEORGE W. LARSON PH.D

By: Judge & Mrs. Derwood Johnson,
Waco.

THE ENTIRE STAFF AT LSM

By: Trent & Helon Knudson, Clifton.

JAMES MANTOOTH

By: Lamerle Mantoorth, Whitney.

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All gifts help LSM in its work and mission. The following general gifts were given between Sept. 1 and Dec. 31, 2015.

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Calvary Lutheran Church, Richland Hills
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Sunset News

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254.675.8637

www.LutheranSunset.org

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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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Sat., 10 a.m. - 5p.m.

Art Reception
Sat., March 19, 2 - 4 p.m.
Awards, 3:30 p.m.



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www.LutheranSunset.org

