

Sunset News

Official Publication of  *Lutheran Sunset Ministries*

May-August 2015

Lutheran Sunset Ministries Programs

Sunset Home

Hospice Sunset

College Hill Assisted
Living

Rainbow Retirement
Community

Sunset Companion
Services

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In Memoriam

On, Thursday, August 16, a beautiful cross sculpture in front of the Sunset Home was dedicated in memory of Henry (Hank) Fielder. It was donated by his wife, Rosemary Fielder, and created by artist Bobbe Gentry. It's a gorgeous addition to the Sunset campus!



Bobbe Gentry and Rosemary Fielder

Quotes via Facebook ...

"This a great tribute to Hank. It was a wonderful privilege to have known him."

-Steve Zimmerman

"This tribute will bless everyone who enter the doors at Sunset Home."

-Joyce Symank

Message from the President

As I reviewed the draft of Sunset News this time around, I was struck by the variety of events that have occurred during the past several months. From the dedication of a cross to a cross-dressing volunteer in our Pot O' Gold Style Show, we had just a little bit of everything!

But then that is one of our goals here at Lutheran Sunset Ministries. We want our residents to wonder what is coming next -- breaking the routine of the day is exciting! When your day takes an unexpected change for the good, don't you feel blessed? Now I am making somewhat of an assumption that our residents enjoyed the Pot O' Gold Style Show; that they were excited about the Walk to Wellness campaign and who was going to win the prize as we tracked steps throughout the month of May; that they enjoyed the Community Pet Show; that they enjoyed chuck wagon cooking; that they ... well you get the point. The more variety we can add to their daily routine, the more people enjoy life. The more people enjoy life the happier they are!

Are we perfect? No. But that is what drives us to do more. We had a spontaneous 76th anniversary celebration for one of our resident couples. You can see their photo on the "Around Campus" page. Were they surprised? Yes. Were they grateful? Yes. That is a little thing that added life to their day. We challenge ourselves daily to make life memorable.

Speaking of challenging ourselves, we introduced a new program to Sunset Home in August called SAIDO Learning. It exercises the brain and is something new for those who participate. You can read more about it in our SAIDO Launch article on page 9.

There are many more exciting events and activities coming up in the next several months, and you can be assured they will add life to everyone's day!



Rodney Rueter



A big thank you to our Sunset Auxiliary volunteers for putting on a very entertaining Pot O' Gold Thrift Store Style Show on Wednesday, August 12, 2015. Health Center residents enjoyed the show and it was a great way to celebrate our August birthdays, joined by members of Trinity Lutheran!

2015 Walk to Wellness



CHS cheerleaders joined the celebration.

In partnership with Masterpiece Living, a successful aging initiative, Lutheran Sunset Ministries participated in the walking campaign “Walk to Wellness” during the month of May. Walk to Wellness aims to increase physical activity levels for employees, residents, families and community members. Lutheran Sunset Ministries’ residents and staff logged in more than 1,300 miles during the month-long campaign.

“We are thrilled with the high levels of participation and the total number of miles logged,” explained Lutheran Sunset Ministries’ Marketing Director Andrea Hikel. “Walk to Wellness is a good example of Lutheran Sunset Ministries’ active lifestyle and our commitment to our culture of successful aging.”

Walk to Wellness participants received a variety of incentives to promote increased physical activity. Participants had the option to walk individually or to gain steps by attending scheduled activities. Studies show that brisk walking has been shown to reduce body fat, lower



FOX 44 Reporter Sarah Macias interviewed residents.

blood pressure, increase high-density lipoprotein and even reduce risks of bone fracture.

“Our partnership with Masterpiece Living demonstrates our total commitment to successful aging,” says Rodney Rueter, president/CEO of Lutheran Sunset Ministries. “We offer more than the standard wellness program. We realize the critical importance of creating cultures of growth and potential. Through Masterpiece Living, we provide tools and resources that inspire residents and employees to identify and achieve their successful aging pursuits, thereby improving their quality of life,” Mr. Rueter continued. “Walk to Wellness is a good example of our culture of successful aging.”

Residents and staff enjoyed a Walk to Wellness celebration in June, which produced media coverage in the Clifton Record as well as a news segment on FOX 44.



Walk to Wellness winners with the CHS cheer squad.

Sunset Lifelong Learning

As a Masterpiece Living community embracing the tenets of successful aging, Lutheran Sunset Ministries strives to be a leader in health and wellness services, social engagement activities, opportunities for spiritual growth, and last but not least, education programming. With this in mind, Lutheran Sunset Ministries has launched a community-wide education series — *Lunch & Learn Speaker Series*. Join us for a free noon meal and a short educational presentation by various expert speakers throughout the year. Information on upcoming events, as well as sign-up sheets will be available at www.lutheransunset.org/sunset-lifelong-learning. For additional information, please call 254.675.8637 ext. 2224.



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



1700 W. 9th Street, Clifton, TX 76634 | 254.675.8637

LSM is an equal opportunity provider and employer.

Welcome Home



RAINBOW RETIREMENT COMMUNITY

- Full-sized kitchen with appliances
- Washer/dryer or on-site laundry facilities
- Monthly housekeeping
- Apartment maintenance
- Attached garage or covered parking
- Programmable emergency call system
- Scheduled transportation
- Social, recreational & educational activities
- Fitness center with scheduled exercise classes
- And much more!



101 S. Avenue Q, Clifton, TX 76634
www.LutheranSunset.org | 254.675.6785



ASK ABOUT OUR EXCITING MOVE IN SPECIALS!

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LSM Community Pet Show

On Saturday, June 13, 2015, Lutheran Sunset Ministries hosted a Community Pet Show in the Health Center. Staff and members of the community brought their furry friends in to show off their talents, including categories such as best trick, cutest dog and most unique animal, just to name a few. A fun time was had by all! A big thank you to BARK (Bosque Animal Rescue Kennel) for attending this fun event.

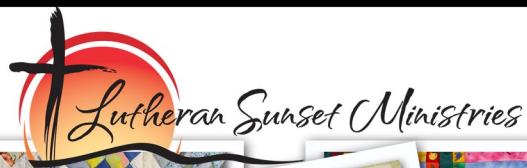


Around Campus



Around Campus





24th Annual Quilt Auction

Saturday, October 17, 2015

Since 1991, approximately 100 quilts have been donated each year by more than 60 church congregations, groups and individuals throughout Texas. All proceeds are used to benefit the residents and patients of LSM.

In conjunction with
Clifton Main Street's FallFest
Clifton City Park Armory
Preview: 10 a.m.
Serving Food: 11 a.m. to Close
Auction: 12 p.m.



For more information
www.LutheranSunset.org | 254.675.8637 xt. 2224 **You Tube**

LSM is an equal opportunity provider & employer

2015 Raffle Quilt Tickets!



"Bear Claws"

As part of our 24th Annual Quilt Auction, raffle quilt tickets are now available for purchase. Tickets can be purchased at the Sunset Home front desk (1800 W. 9th St., Clifton) or from any number of our Sunset Auxiliary volunteers. Tickets will also be available at the Quilt Auction, October 17, at the Clifton Armory. This year's raffle quilt was donated by Betty Smith. It's cotton with polyester batting (70" x 86"). Tickets are \$1 each or six for \$5. Don't miss this opportunity for a beautiful quilt!

LSM Launches SAIDO Learning

Alzheimer's disease and dementia constitute the sixth leading cause of death in the United States today, with an estimated 5.5 million older adults diagnosed. A breakthrough treatment offered at Lutheran Sunset Ministries (LSM) in Clifton, Texas is bringing hope to older adults living with dementia, and their families. Originally developed by the Kumon Institute of Education in Japan, SAIDO Learning™ is a non-pharmacological treatment that has been shown to improve the symptoms of memory loss and dementia among individuals with cognitive impairment. As the first long-term care community in Texas to offer this innovative technique, LSM was very excited to launch the program in August.

Eliza Jennings, a nationally-recognized expert in innovative aging services, was the first organization in the United States to offer SAIDO Learning. Recognizing that approximately 80% of all nursing home residents have some form of dementia, Eliza Jennings has always been in the forefront among aging services organizations in providing dementia care since 1989. Following in their successful footsteps, LSM will now not only continue to provide care for individuals with dementia, but will strive to reverse and slow the progress of the symptoms, thus improving their quality of life and ultimately reducing the cost of their care.



Kera Seritti, SAIDO master (left), presented Sunset Home team members with plaques to commemorate the launch of our SAIDO Learning program.

Older adults participating in SAIDO Learning have been shown to engage more in daily activities, socializing more with family members and caregivers, and eating better. Many are enjoying a renewed optimism for life and daily living.

“We are very excited to have introduced this new program to the Sunset Home,” said Lance Allen, Sunset Home administrator. “We’ve only completed a few weeks of sessions and we can already see small improvements in our residents.”

SAIDO Learning has been practiced for more than a decade in more than 1600 nursing homes across Japan, showing stunning results in more than 18,000 older adults. The SAIDO Learning method involves a caregiver (called a “Supporter”) trained to work with two older adults (called “Learners”) by engaging them in a series of precise, yet simple, arithmetic, writing and reading exercises. Learners progress through a planned succession of scientifically developed worksheets suited to their individual needs. The sessions are conducted five times per week and last 30 minutes, in order to stimulate the prefrontal cortex of the brain. Most notably, the result is an improvement in cognitive function.



Through SAIDO Learning, Lutheran Sunset Ministries can do more than just care for older adults with Alzheimer's disease and other dementias – they can now treat the symptoms without the use of drugs and set goals for improvement. If your loved one is a current resident of Lutheran Sunset Ministries' Sunset Home and would like more information, please contact Sunset Home Administrator Lance Allen at 254.675.8637.

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 May 1 and August 31, 2015.

ABBY ABERCROMBIE

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

INA AERL

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

JESSIE ALLEN

Carl J. Lukens, Moody.

ALLIE ANGERMANN

Dr. Stephen Corwin, Waco; Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton.

LJ AUTRY

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

ARTHUR BIRDWELL

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

JOE BIRDWELL

Albrecht's Pharmacy, Clifton.

DIANE BOSWELL

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

ROSELYN BOWDEN

James & Mauritta Bowden, Cranfills Gap.

DAVID BRASWELL

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

DWIGHT BREWER

Albrecht's Pharmacy, Clifton.

DWIGHT BREWER

Albrecht's Pharmacy, Clifton.

ELEANORA CAMPBELL

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

J.B. DARDEN

Mark & Jan Wallace, Meridian.

JEWEL FINSTAD

Mark & Jan Wallace, Meridian.

CALVIN FOSTER

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Clifton Funeral Home, Clifton; Wanda Hines, Clifton; Leo Bradshaw, Waco; Terrell & Sue Miller, Clifton.

ROBERT & RUBY GALLOWAY

Tom & Lucille Gary, Clifton.

DORIS GAST

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

JOANN GIBSON

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

GEORGE GILLIHAN

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

MILDRED GRIESSE

David & Sharon (Koester) Raesener, Riesel; Darlene & Ruth Steinke & Mary Allen, Irving; Charles & Joyce Symank, Valley Mills; Gerald Nelson, Cranfills Gap.

MICHAEL GRIZZLE

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

ESTELLE HILL

Mr. & Mrs. W.F. Key Jr., Clifton.

JOHNNY R. HORN SR.

Albrecht's Pharmacy, Clifton.

EARL HUSE

Mark & Jan Wallace, Meridian.

ORIN JORDET

Tom & Lucille Gary, Clifton.

RUBY JUNGSMANN

William & Shirley Kelm, Cameron.

HELEN KNETEN

Mr. & Mrs. Alan Nagorzanski, Dallas.

MARY KRUEGER

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

ARNOLD LANDGRAF

Albrecht's Pharmacy, Clifton.

OLA LUNSFORD

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

WILLIAM MCLEMORE

Albrecht's Pharmacy, Clifton.

SHIRLEY BARKER MCPHERSON

Mr. & Mrs. Randy Dyer, Lorena; Emil Schwartz, Clifton; Mike & Sara Irvin, Clifton; Cindy Allen & Damon Hoggen, Sachse; Sue Swaner, Waco; Albrecht's Pharmacy, Clifton.

DON D. MORRIS

Mr. & Mrs. Alvin Zuehlke, Meridian.

MINNIE PARHAM

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Juanita Hay.

CARROLL JOE PIERSON — LSM

Beverly Blackman-Mounce (Pastor "B"), Clifton; Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Albrecht's Pharmacy, Clifton.

JEAN PIERSON

Mark & Jan Wallace, Meridian; Albrecht's Pharmacy, Clifton.

RONNY RIGGS

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton;

MEMORIAL GIFTS
(continued)

Garth Dietiker & Family,
Clifton; Marsha Brown,
Clifton; Janice M. Collins,
Clifton; Lindsey & Janet
Wallace, Midland; Mr. &
Mrs. Charles Lindley,
Clifton; Clara Dee Bronstad,
Clifton; Thomas & Sherry
Duke, Clifton; David &
Donna Burden, Clifton;
Samuel & Terri Wells,
Clifton; Albrecht's
Pharmacy, Clifton; Tom
Henderson, Clifton.

FRANCES ROPER
Rodney & Melanie Rueter,
Clifton; Joann Baucom,
Clifton; Albrecht's
Pharmacy, Clifton.

**DOROTHY JEAN
SCHROEDER**
Mildred Van Winkle, Dallas.

MARY SELLERS
Rodney & Melanie Rueter,
Clifton; Joann Baucom,
Clifton.

CONNIE O. SMITH
Gerald & Cindy M. Thies,
Clifton.

MAXINE SMITH
Rev. & Mrs. J. Weldon
Smith, Clifton; Mr. & Mrs.
John Swenson, Dallas.

VIRGINIA TIDWELL
Rodney & Melanie Rueter,
Clifton; Joann Baucom,
Clifton.

BEN TROTTER
Mark & Jan Wallace,
Meridian.

PAULINE WALSLEBEN
Alvin & Annie Zuehlke,
Meridian.

CAROLINE WILSON
Marie L. Wilson, Waupaca WI;
Rodney & Melanie Rueter,
Clifton; Joann Baucom, Clifton;
Albrecht's Pharmacy, Clifton.

BONNIE WINDHAM
Rodney & Melanie Rueter,
Clifton; Joann Baucom, Clifton;
Albrecht's Pharmacy, Clifton.

**MEMBERS OF OUR
ARMED FORCES WHO
GAVE THEIR LIVES FOR
OUR COUNTRY**
Donald C. & Maxine Smith,
Dallas.

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 May 1 and August
31, 2015.

ROSEMARY FIELDER
In honor of her donation of a
bronze cross to LSM.
By: Charles & Joyce Symank,
Valley Mills.

DAVID & TERRI GIBSON
In honor of their Wedding on
5-30-2015.
By: Mr. & Mrs. Alvin Zuehlke,
Meridian.

DR. REV. RUTH HETLAND
For her five years as Pastor at
Our Savior's Lutheran Church,
Norse
By: Charles & Joyce Symank,
Valley Mills.

MRS. JEFF (CAROL) KOLB
For her 80th birthday
By: Charles & Joyce Symank,
Valley Mills.

BETTYE SPEARS
For her Birthday
By: Bryan & Janet Stone,
Woodway.

BILL WILLIAMS
(Meridian TX)
By: Laura Bay-Williams &
Michael Williams, College
Station.

GENERAL GIFTS
All gifts help LSM in its
work and mission. The
following general gifts
were given between May
1 and August 31, 2015.

Nancy Bratcher, Meridian
Calvary Lutheran Church,
Richland Hills
Central Lutheran Church,
Dallas
Christ Lutheran Church, Dallas
Emmanuel Lutheran Church
Women, Granbury
Faith Lutheran Church for
Women, Beeville
First Presbyterian Church,
Clifton
Immanuel Lutheran Church,
Killeen
Pastor & Mrs. Paul Krupicka,
Waco
Lutheran Women's Missionary
League, Victoria
Mr. & Mrs. Kenneth G.
Nelson, Clifton
NTNL, Argyle
Our Savior's Lutheran Church,
Clifton
Chester Posey, Clifton
St. Matthew Lutheran Church,
Waco
St. Olaf Lutheran Church,
Cranfills Gap
Mr. & Mrs. Charles Symank,
Valley Mills
Thrivent Financial- Waco
Chapter, Waco
Thrivent Financial for
Lutherans, Appleton WI
Ms. Jo Ann Wendt, Fort
Walton Beach FL

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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

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Clifton, Texas 76634
Permit No. 27



HELP US BREAK A GUINNESS WORLD RECORD!

To celebrate "Active Aging Week," Lutheran Sunset Ministries invites you to help us break the Guinness World Record for most people doing chair-based exercise! Bring a group of people, a folding chair and canned food to use as hand weights to participate. All canned food will be donated to local food banks after the event. Help us make history with this fun family event!

**SATURDAY, OCT. 3, 2015 • 10 A.M. • 1101 N. AVENUE Q
PRACTICE FIELD ON THE NW SIDE OF CLIFTON HIGH SCHOOL
ALL AGES WELCOME • RECORD TO BEAT: 481 PEOPLE**



254.675.8637 ext. 2224
www.LutheranSunset.org/News
Visit our Facebook page to "Join" the event
and receive updates!

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