




Sunset News

May - October 2020

Official Publication of  Lutheran Sunset Ministries

On October 6, Sunset Home began allowing visitors for the first time in seven months. Residents may designate up to two visitors. Visitors must provide a negative COVID test before entering and wear full personal protective equipment (PPE) while inside. Their temperatures are taken and a series of questions are answered before entering.

The last seven months have been a long, hard road. And while we are not through the thick of things, we are happy to say we've started a new chapter in our story. There are many guidelines and requirements that must be met in order for this to happen, but it's a huge milestone. We were so excited to see the happiness and excitement on our residents' faces as they saw loved ones whom they've been missing so much.

A HUGE shoutout to our team members who've worked so hard in helping families to meet the requirements to visit and those team members caring for our residents with such compassion. We love our team and we love our residents!



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

Message from the President



The last time I sat down to write this letter, we were three months into the COVID era. Luckily, we had not had any COVID-19 cases in our residents or teammates. We were screening our teammates when they came to work, and they were wearing N-95 masks and face shields during their shift. However, with rising cases in the larger community of Clifton and Bosque County, we were fighting an uphill battle. Unfortunately, on July 1, one of our teammates in our Heckmann Assisted Living tested positive. The good thing is, Sherrie, manager of Heckmann, and her team caught it early and no other teammates or residents were infected. We have not had any additional cases in Heckmann Assisted Living.

Then, in Sunset Home, our first case of COVID was diagnosed a week later, July 8. A teammate tested positive and then a few days later we had our first resident test positive. Lance, Sunset Home administrator, and his team had been planning what to do in case of a positive resident and jumped into action creating a self-contained COVID area at the end of one wing of our Womack Neighborhood. With their hard work and diligence, that outbreak was limited to a few teammates and residents. By the middle of August, everyone had recovered, and we closed the COVID area.

However, COVID was not finished with us. We had more cases among our teammates and residents, beginning the second week of September. This outbreak has affected more people and has been more serious than the previous one. Due to the larger number of residents affected, the Sunset Home team moved the COVID area to an isolated portion of the Norse neighborhood, where most of the COVID positive residents lived, trying to disrupt their lives as little as possible. Everyone has been sicker this time around and we have had one teammate and multiple residents hospitalized. I am also sad to inform you we have had three resident deaths. This is a result none of us wanted but it would have been naïve to think we would go through this pandemic unscathed due to the compromised health of our residents and the contagiousness of COVID.

The good news is the rules banning visitors have been relaxed and we are now able to allow essential caregiver visits for our residents. Families have been notified of this change in the rules. There are many guidelines and requirements that must be met in order for this to happen, but it's a huge milestone.

And finally, I ask that you PLEASE wear a mask and take appropriate precautions when you go out in public. The mask is to keep your germs on you! Our teammates and their families have to go shopping for groceries, etc. and continue living their lives. It has been documented that COVID cases in senior communities follow the trends in the surrounding community. There is only so much we can do to keep it out, but you can help us by taking proper precautions and helping drive down the community infection rate to help protect our teammates and in turn our residents.

Please continue to pray for all of us at LSM as we strive to make the best decisions to keep our residents safe!

Rodney Rueter, CEO/president



We had a little lawn chair bingo at Rainbow independent living in September and October! Thanks to Rainbow Retirement resident Alice Ludwig Pederson and her Thrivent Action Team funds, we had some pretty awesome prizes!

Since August, the Sunset Home Activities Department has been looking for PEN PALS for our beloved residents! And people have not disappointed!

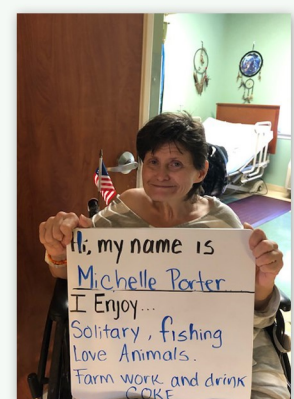
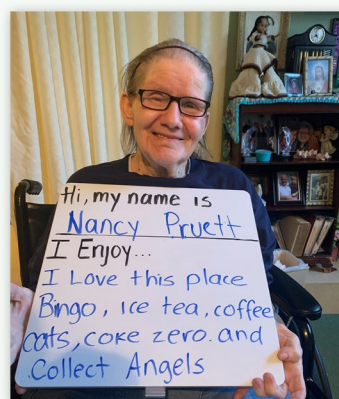
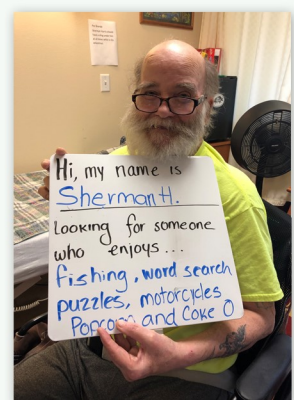
Some of our residents are feeling the isolation and loneliness from being separated from their loved ones. Although it is all in an effort to protect their health, still their hearts and minds long for contact from the outside world. YOU can help make a difference in their lives RIGHT NOW! Join our Sunset Home Sunshine Pen Pal Program!

Simply write letters of encouragement, letters of what your day is like, letters asking how they feel and what their favorite things are, letters about their family, etc. This is YOUR opportunity to bless the lives of those most affected by the Coronavirus pandemic. Join the Clifton Volunteer Fire Department and the Clifton 4H Club!

Here are pictures of just a few of our residents who are anxious to hear from you. We also welcome general letters that can be distributed to all Sunset Home Residents. Letters can be mailed to the following address:

Lutheran Sunset Ministries
Sunset Home
SUNSHINE PEN PAL
PO Box 71
Clifton, TX 76634

You can also drop off your letters at "Tha Washhouse" in Clifton TX. During business hours in the "drop off bin" just inside the front door or after hours in the garage door mail slot.



Grant Awarded to Benefit Community's Most At-risk Senior Population

In March, PNM Resources Foundation, the nonprofit foundation of Texas-New Mexico Power's parent company, announced it was offering \$200,000 in grant money for nonprofits with programs working to increase community safety. Funding ranges from \$10,000 to \$50,000 for each nonprofit recipient, with preference given to organizations that implement COVID-19 programs for the community's most at-risk senior population.

Lutheran Sunset Ministries is honored to announce our Companion Services program received a \$10,000 grant for the performance of otherwise-routine tasks, including grocery shopping and post office visits, for residents sheltering in place at Rainbow Retirement Community, Lutheran Sunset Ministries' independent living apartments.

"We are so grateful for this grant, which will benefit the residents of Rainbow Retirement Community," said LSM's Companion Services Manager Michelle Lueck. "In the spirit of giving and community support, we'd also like to use our grant to benefit the residents of Bosque County. If you or someone you know is in need of grocery delivery, post office supplies, or anything else that helps keep you in your home and away from others during this COVID-19 outbreak, our services will be complimentary during this uncertain time."

Sunset Companion Services provides in-home, non-medical assistance for persons aged 62 and above who need assistance to remain living at home. Services provide families with the peace of mind that comes from knowing their loved one has a broadened support system. Studies show that maintaining healthy relationships and strengthening support networks can reduce stress and improve the overall quality of life. **For more information, contact Michelle Lueck at 254-253-1726.**



CATCH THE REPLAY!



COURTNEY MAYFIELD, LPC-S

HOW TO DETECT AND
MANAGE DEPRESSION &
ANXIETY

A BIG thank you to Goodall-Witcher Healthcare's Courtney Mayfield, LPC-S, a Licensed Professional Counselor at Goodall-Witcher Clinic in Clifton, who discussed the symptoms and signs of depression and anxiety during our webinar that aired live in September entitled "How to Detect and Manage Depression & Anxiety." Topics included how to discuss these

concerns with a loved one or friend, and various methods to manage symptoms and improve outcomes. To watch the replay, visit www.lutheransunset.org/news.

DAR Distinguished Citizen's Award



Congratulations to Sunset Home resident Clara Dee Bronstad for receiving the DAR Distinguished Citizen's Award, presented by DAR Regent Sue Fielden and Clara Dee's daughter Sherry Duke.

Clara Dee is a founding member of the Clifton VFW Post #8553 Robert E. Binford Auxiliary. Clara Dee believes in giving back to her community and country and has not only participated in but led a number of service projects to benefit other organizations and individuals. As a Sunset Home resident, Clara

Dee continues to promote patriotism throughout the campus. She exemplified being a United States citizen and takes pride in, supports, and promotes patriotism to all she encounters.

The DAR Distinguished Citizen Medal is presented to an individual, 18 years of age and older, or to groups that exemplify honor, service, courage, leadership and patriotism. This medal may be awarded to emergency first responders, emergency health responders, active duty military and veterans of the United States Armed Forces and citizens who have contributed to the defense, security, or freedom of the community, state, or nation in an exceptional manner. For a group award, every person in the group will be given a medal. Each National Defense state chair administers the medal program for her state. The DAR Distinguished Citizen Medal should be worn on the right (non-Insignia) side when worn by an NSDAR member. (information source: NSDAR Committees)



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, 2020.

HUGO ANZ

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton; Albrecht's Pharmacy, Clifton.

MELVIN BERGMAN

Rodney & Melanie Rueter, Clifton.

MIKE BURNS

Rodney & Melanie Rueter, Clifton.

BETTY BRONSTAD

Albrecht's Pharmacy, Clifton; Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

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Albrecht's Pharmacy, Clifton.

JAMES CAMERON

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

CLARA CHANDLER

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

NOBLE DEE CHASTAIN

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

JACK GORDON CLARK

Mildred Van Winkle, Dallas.

NADINE CONRAD

Rodney & Melanie Rueter, Clifton.

DARLENE DELANO

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

NELLIE JUNE DENNIS

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

ERNEST ERICKSON

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton; Albrecht's Pharmacy, Clifton.

BETSY JANET FERGUSON

Mary & Rueben Walter, Saint Louis MO.

BRENDA FRITZ

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

ROBERT FROST

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

JEROME HARDWICK

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LARRY HARVEY

Rodney & Melanie Rueter, Clifton.

RAY HENRICHS

Pastor Paul & JoAnn Krupicka, Waco.

ARL HIGHTOWER

Joyce Symank, Valley Mills; Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton; Joe & Mary Sue Crawson, Valley Mills.

ROGER HOLIMAN

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton; Jay Bond & Jo Frazer, Oklahoma City OK; Barbara Bonner, Oklahoma City OK.

HERSCHEL HORTON

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

CLIFF JENSON

Niels & Karen Bentsen, Meridian; Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

ANN JESPERSON

Mildred Van Winkle, Dallas.

FLOSSIE JOHNSON

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

AMIE LAURENCE

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

CHARLOTTE LIVELY

Mr. & Mrs. Jerry D. White, Clifton.

DORIS MANCIL

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

BETTY MEINKOWSKY

Joe & Mary Sue Crawson, Valley Mills.

SHERRY MURPHY

Evelyn Humphreys, Clifton.

MARY NELSON

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DORMA NICKELS

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ELSIE PIETZSCH

Pastor Paul & JoAnn Krupicka, Waco.

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CHESTER POSEY

Rodney & Melanie Rueter, Clifton.

WILLIAM PRICE

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NADINE RUETER

Pastor Paul & JoAnn Krupicka, Waco; Joyce Symank, Valley Mills; Stuart & Emily Pickell, Fort Worth; Albrecht's Pharmacy, Clifton; Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton; James & Judy Prescher, Clifton; Clinton & Greta Albrecht, Clifton; Helen Robinson, Clifton; Evelyn Humphreys, Clifton; Gladys Anz, Clifton; H. Edgar & Elaine Bell, Clifton; Karen & Mark Flanagan, Austin; Judith Baker, Clifton; Joe & Mary Sue Crawson, Valley Mills; Craig & Dayna Robinson, Clifton; Leslie & B.C. Bennett, Clifton; Patricia Ferguson, China Spring; Michael & Kathleen Plemons, Crawford; Joyce Davis, Clifton; Mildred Van Winkle, Dallas; Dr. & Mrs. James A. Bowden, Cranfills Gap; Robert & Ollie Evinger, Clifton; The James & Rita Bowden Sunday School Class at the First Baptist Church, Clifton; Kaye Robinson Callaway, Clifton; Phyllis Gamble & Mechelle Slaughter, Clifton; Rev. & Mrs. Calvin Goerdel, Clifton; Calvin Rueter, Clifton; Mr. & Mrs. Jerry D. White, Clifton; Robert Lane, Clifton; Robert & Susan Phillips, Clifton; Barbara & Rallin Aars, Desoto.

BILL SALMANS

Sandra Walters, Meridian; Keith & Elizabeth Salmans, Marysville KS; Tammy & Jack Cameron, Iredell; Fred Dimick & the Dimick Boys, Berryton KS; David & Marsha Hammock, Prosper; Michael Kyser, Tulsa OK; Tena & Ronald Ward, Arlington; Mark Nonken, Augusta KS.

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Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

SALLY SANTOS

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

WALLACE SEDBERRY

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

WILBURN & MARALEE SHANKS

Don & Beverly Bearden, Valley Mills.

CLINTON SINDERUD

Mike Pierson, Granbury; Albrecht's Pharmacy, Clifton; Mr. & Mrs. Charles & Anna Lindley, Clifton; Aubrey & Virginia Richards, Clifton

CONNIE O. SMITH

Gerald & Cindy Thies, Clifton.

DEBORAH SMITH

Rodney & Melanie Rueter, Clifton.

WILBURN SMITH

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FELICIA SPANABEL

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton; Albrecht's Pharmacy, Clifton.

BETTY THOMAS

Rodney & Melanie Rueter, Clifton; Lance Allen, Clifton; Dave Anfenson; Andrea Hampe, Clifton.

ORIET & WILLIAM THOMPSON

Miriam Hussey, Georgetown.

JUDY TUBBS

Rodney & Melanie Rueter, Clifton.

JAMES ZENNER

Aubrey & Virginia Richards, Clifton; Paul & Jaydean Urban, Harper; Jerry & Joyce Manning, Lufkin; Diane Solarczyk, Boerne; Eugen Zenner, Katy; Shannon Athey, Dallas; Richard & Patricia Golomb, Frisco; Albrecht's Pharmacy, Clifton; Punky & Walter Penberthy, Clifton; Ingrid & Richard Kopf, Dallas; Keith & Judith Devault, Yardley PA; Action Meat Distributors, Houston; John & Vickie Mitchell, Clifton; Jeanette & George Vacek, New Braunfels; Theresa Varnado, San Antonio; Kathy & Al Ramsey, San Antonio.

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 1 and August 31, 2020.

DIANA JENSON

By: Niels & Karen Bentsen, Meridian.

ALLEN JOHANNES

By: WH Watson, Meridian.

STAFF DURING THE TIME OF COVID-19

By: John Bruington, Valley Mills.

BILL WILLIAMS (FATHERS DAY)

By: Adam Williams, Grapevine.

GENERAL GIFTS

All gifts help LSM in its work and mission. The following gifts were given between May 1 and August 31, 2020.

Abiding Savior Lutheran Church, Cameron

Ms. Shannon Athey, Dallas

Dr. & Mrs. James Bowden, Cranfills Gap

Mrs. Nancy Bratcher, Meridian

Calvary Lutheran Church, Richland Hills

Central Lutheran Church, Dallas

Christ Lutheran Church, Dallas

Ms. Marcile Dunn, Mesquite

First Lutheran Church, Temple

First Presbyterian Church, Clifton

Rev. & Mrs. Calvin Goerdel, Clifton

Richard & Patricia Golomb, Frisco

Pastor & Mrs. Paul Krupicka, Waco

Mr. & Mrs. Steven Kucera, West

Lutheran Women's Missionary League, Victoria

NTNL Mission Area, Argyle

Our Savior's Lutheran Church, Clifton

Preston Meadows Lutheran Church, Plano

Ms. Deborah Price

St. John Lutheran Church – Coryell, Gatesville

St. Olaf Lutheran Church, Cranfills Gap

St. Olaf WELCA, Cranfills Gap

Mrs. Joyce Symank, Valley Mills

Mrs. Charlene Tergerson, Meridian

Thrivent Financial for Lutherans, Appleton WI

Mr. & Mrs. Adam Williams, Grapevine



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Clifton, TX 76634
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www.LutheranSunset.org

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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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Around Campus

