



Elevations of the potential new independent living housing

Lutheran Sunset Ministries is looking into building more independent living housing for folks 62+. We have land at 700 South Avenue Q on which to build. This development would be a mix of single-family homes and duplex homes.

We have worked with an architect to develop a site plan and floor plans. Land surveys, Geotech, hydrology studies and civil engineering are complete. We are working closely with the city on this, and the city civil engineer evaluated the civil engineering work and gave feedback to our engineer on some minor changes to the plans to make sure everything meets city and state standards. Rain runoff mitigation is an important issue we have included in our plans so that this development does not add to flooding issues downstream. We are also asking the city for a zoning change to allow the construction of duplex homes as part of this project.

Currently, timing and financial viability of the project are still uncertain, but we will keep you informed as the planning progresses. We are excited about the potential of serving more seniors through independent living!



Sunset Home

College Hill Assisted Living

Rainbow Retirement Community

Hospice Sunset

Sunset Companion Services

Message from the President



Without delving too much into the past, I want to let you know that two of our programs, Sunset Home and Heckmann Assisted Living, have been seriously set back by the pandemic. Although the worst of COVID is over, these programs continue to struggle to recover census and staff. Unfortunately, this is a common theme not just in our ministry, but across the entire senior living industry.

I want to encourage you, as a supporter of our ministry, to recommend us to any friends or family who may need our services. As a reminder, Sunset Home provides long-term care and rehabilitation for a knee or hip replacement, a stroke or any other major health event. Rather than sending patients to a facility for inpatient therapy, doctors and hospitals will often send people home and order outpatient therapy instead. However, going home may not always be the best option. Transportation issues (like getting in and out of a car to go to therapy) after any of these health events can be dangerous — a fall could put you back in the hospital and may also injure the person helping.

But you are always in charge of your health care, and you can request to be discharged to Sunset Home. After a three-midnight stay in the hospital, an added benefit is that Medicare will fully cover these short-stay rehab situations in Sunset Home up to 20 days (a co-pay comes into play on day 21 for which the resident is responsible). However, Medicare still pays most of the bill. And if you do wind up getting that outpatient rehab order, we provide that as well at The Overlook, our newly renovated rehab center that provides both outpatient and inpatient rehab.

If you or someone you know is having difficulty living alone, not taking their medications or eating properly, assisted living may be just what they need. Our Heckmann Assisted Living staff will ensure medications are taken properly. If medications are not taken properly, they will not do what they were prescribed to do, which can lead to confusion or failing health when all that was needed was to take the meds as prescribed. We have seen people come in who were having pretty major issues and once they began taking their meds correctly, they improved considerably. All medications are overseen by a registered nurse who also trains our staff.

Eating properly can also be a challenge for people living alone. Getting groceries and preparing a meal for one person can be difficult. They may lose interest or don't want to go to the trouble of preparing a meal, so they either do not eat or snack on junk food. A lot of times, eating and medication issues go hand in hand. Besides handling medication, our Heckmann staff also provide three meals a day plus snacks.

Laundry and housekeeping services are included at Heckmann, and stand-by bathing assistance is available. A staff member is awake and available 24 hours a day. Call pulls are in each room if something happens and you need assistance. If you can still drive, you may come and go as you please. Even if you can't drive and want to go out, friends or family can take you anywhere any time, just let us know you are leaving and when you get back.

I hope this has been a helpful reminder for you of what we offer at Sunset Home and Heckmann Assisted Living. If you or someone you know may benefit from any of these services I mentioned, please call us at 254-675-8637 to get more information. As always, thank you for your prayers and support!

Rodney Rueter, CEO/President

Mother's Day and Father's Day



Congratulations to our employees who graduated high school, Alondra Martinez and Jasmine Walker.



Sunset Spotlight

Larissa Montes, Hospice Sunset Administrator

Larissa Montes is a Bosque County native who was born at Goodall-Witcher Hospital, grew up in Cranfills Gap and attended Tarleton State University where she earned her Bachelor's of Science in Nursing in 1999. Larissa had been a Certified Nurses Aide since the age of 15 and was an LVN her last year at Tarleton. She planned to move away to the "big city" after graduation but quickly decided Bosque County was where she belonged.



She began her career as an RN at Goodall Witcher in 1999, then worked at Providence in the ER and ICU for 11 years, but she always felt the pull to come back to Bosque County. She worked long-term care over a decade as a charge nurse and then director of nursing. She was taking a much-needed break from nursing after all the chaos with COVID when a friend approached her regarding a part-time, weekend position at Hospice Sunset.

"I have also always loved taking care of our aging population, so I quickly agreed and I fell in love with hospice," said Larissa. "I will never forget my first patient I lost and the bond I had/have with her and her family. I felt I was finally where God meant me to be."

Only a few months after she arrived, Hospice Sunset needed an administrator. When asked why she chose LSM, she says "I still like to focus on any and every patient I have as a fellow human that deserves the best care I have to offer. I want to be affiliated with a Christian organization. LSM still feels like small town care that I love. I respect the ministry and am very proud to be a part of it."

In her free time, she loves to spend time with her daughter, Lexi (who is following in her mom's footsteps by attending Tarleton to pursue a career in nursing), and her two cats, Fluffy and Millie. She and her fiancé are planning a November wedding and are starting to build their home in Cranfills Gap around the same time. We are so grateful for Larissa and her work with our hospice patients!



We celebrated Alma Thiele's retirement after 19 years at Rainbow Retirement.

Ron Hubbard retired after leading the Pot O' Gold for fifteen years!



CNA Class



Certified nursing assistants (CNAs) are very important to our ministry. They work closely with our nurses to provide the best quality of care to our residents. Their day-to-day job includes helping a resident perform daily activities such as feeding, dressing, toileting, showering and transferring into and out of bed.

Being a CNA is very rewarding knowing that you can improve a person's quality of life when they require assistance to meet their basic needs, says Director of Nursing Adrienne Potts. "[The residents] appreciate CNAs, who make them feel safe. A CNA can sit with a resident and hold their hand, being present and reassuring them that they are loved, safe and cared for."

No prior experience or education is required to become a CNA — just a will to learn, an open mind to gain knowledge and a big heart to care for seniors.

The CNA class is 3-4 weeks long, including the state-required 60 hours of classroom education and 40 additional hours of clinical work. The cost is about \$600 and the student is paid during the program. After graduation, the tuition is deducted in small increments from their paycheck.

The class is an individualized, interactive course taught by Lea Ann Mathews, LVN, who brings a plethora of nursing experience and a wealth of knowledge to the table.

If you're interested, contact HR Director Amanda Allyn at amanda.allyn@luthersunset.org or call 254-675-8637 to apply and the nursing instructor will interview candidates.



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Thanks to generous donors, Lutheran Sunset Ministries is able to provide person-centered services based on Christian values. The following gifts were given between May 1, 2023 and August 31, 2023.

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All memorials, whether directed or not, go to the care and services provided. The residents served going forward are blessed by your thoughtfulness.

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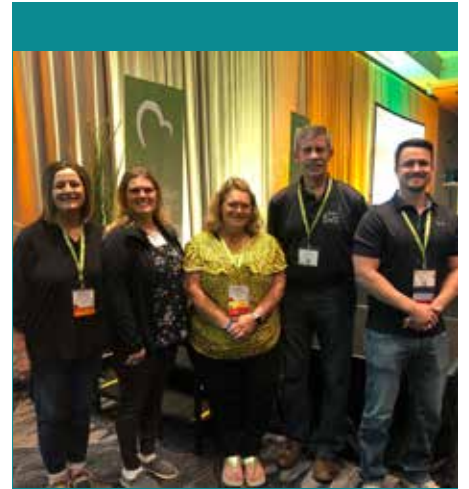
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Our team had a great time at the 2023 LeadingAge Texas conference, collaborating with and learning from our fellow leaders in aging services. Our president, Rodney Rueter, was also recognized for his service as board chair of LeadingAge Texas for the last two years.

Your gift means we can continue to provide the highest standard of care, based on Christian values, for those who need us most.

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