

SunsetNews

March - July 2025



Cindy Bennett (left) and her entry at the Resident Art Show (right).

All of our residents deserve the opportunity to participate in activities, regardless of limitations.

Sunset Home resident Cindy Bennett is totally blind and loves getting involved with all of the activities. When it came time for the 10th Annual Resident Art Show, our activities team came up with a modified way to paint so she could participate.

They hot glued all the lines, and worked one-on-one with her to complete it. She was able to feel the lines as they explained what the shapes were. She selected each paint color, put on some gloves, and used her fingers instead of brushes, touching between the lines. She put on a new pair of gloves, changed colors and started the process over again until the painting was finished.

“Even though I’m blind, the activities people always manage to keep activities for me as well, or make exceptions so I can help and join in,” Cindy said. “I love that.”



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

Message from the President

No matter your age, you are in the midst of a special and interesting life. Decisions we make now will impact us and others in ways we never could have predicted — leading us to exactly where we're meant to be. If I were to go around and ask our employees how they came to work at Lutheran Sunset Ministries, I would most likely get a completely different answer from each one. Just like our residents, our team members have each followed a unique path that led them to LSM.

Whether they stay and serve our residents for a few weeks or the next thirty years, God has placed them here when our residents need them. We have a colorful tapestry of staff and residents woven together by God to make LSM the special ministry it is!

For several years now, we have featured different team members in our newsletter section "Sunset Spotlight", celebrating their personal stories and why they chose to serve our seniors. I hope you'll enjoy learning more about Mildred and Angela, two of our incredible team members who have made such an impact in the lives of our residents.

On another note, our census in Sunset Home is now the highest it has been since COVID started in 2020, due to the tireless work and dedication of all our teammates in that program. Our other programs (College Hill Assisted Living, Rainbow Retirement Community, Sunset Companion Services and Hospice) have been doing very well this year. We have a lot to celebrate with these accomplishments, as this is not the case in many senior living communities.

Our independent living expansion is still in the works, but what that may look like is as yet unknown. Construction costs have increased faster than people's income/resources and we are very cognizant of that fact. The challenge that we have is how to build something new and affordable. Pray for us as we try to determine the best solution to this challenge.

Overall, our ministry is doing very well. Thank you for your continued support!

Rodney Rueter, CEO/President



Congratulations to the recipients of our Residents' Fund Scholarship, Lenora Busby (Biology) and Michelle Lozano (Nursing). Each student received \$500 from our Residents Council to help further their education.



Events New and Old



Can you believe it's been 10 years of proving art is ageless with our annual Resident Art Show at the Bosque Arts Center? Time flies when you're creating masterpieces!

Congratulations to our People's Choice Award winner, Amarillis Perry (pictured right)!



We celebrated Father's Day this year with our very first Car Show!

Volunteers brought classic cars and tractors from all over Bosque County to compete for prizes and show off their rides.

And to top it off, we had Big Red and root beer floats!



Our first Golden Glamour pageant was a huge success thanks to our community, who donated gowns, helped our residents get all dolled up and volunteered as judges. Everyone had a ball celebrating the grace, confidence and beauty of our residents.

Congratulations to our queen, Helen!



Sunset Spotlight

Mildred Martinez, Activities Director

Activity Director Mildred Martinez's road to LSM was anything but ordinary!

She was born in Mexico, where she grew up working for her family's floral shop and graduated from college with an accounting degree. But her heart was leaning in a different direction, which led her to pursue a career as a radio announcer. She worked for seven years at a radio station broadcasting various types of musical, educational and entertainment programs.



When she came to America, she got her GED and went back to college so she could get a job here. She then worked in the food industry for eleven years, and that's how she first came to LSM.

Mildred joined our ranks as part of the team running the old Windmill Cafe. When the cafe closed, she took the opportunity to become an activities assistant. "I didn't know anything about this field, but it didn't take long to fall in love with the residents and this type of job," she said.

Mildred was promoted to Activities Director in 2024, and she has taken the Activities Department to a whole new level!

"Her creative ideas and positive energy motivates residents and employees alike to remember to have fun everyday," said Sunset Home Administrator Lance Allen. "Mildred continues to introduce new events and opportunities that greatly enrich the lives of those who call LSM home. I can't say enough great things about Mildred and the life altering work she does."

Just in the last year, our activities team has created several hugely successful events, including several firsts: a haunted house, a beauty pageant and a car show!

"Not a lot of people understand the importance of activities in a nursing home," said Mildred. "The residents need and should have a variety of activities to feel independent and live with a purpose. That's where we come in. It is very rewarding to hear how happy and thankful they are for having us here. That doesn't have a price."

Mildred's eight years at LSM have been game-changing for LSM, our residents and for Mildred. "I like to work here because this is one big family," she said. "I'm grateful for the teamwork - all the departments are involved in one way or another."

In her free time, she enjoys spending time with her family, talking to her mom or her brothers for hours over the phone and listening to music and dancing. Thank you Mildred for all of your hard work!



Sunset Spotlight

Angela Vara, Charge Nurse

Angela Vara, a native of Walnut Springs, has worked in geriatrics since she was 15. “I love working as a nurse and knew I wanted to be one since I was a little girl,” she said.

During high school she worked as a CNA for four years, then worked with physical therapy as restorative aid while going to nursing school. She graduated from Hill College in 2006. During her long nursing career, she has worked as a hospitality aide, CNA, restorative aide and physical therapy aide — she really has done it all!

After hearing about LSM from a friend, Angela joined the team in April of 2020. “The staff was so friendly and welcoming,” she said. “I like the fact that there is teamwork and everyone helps one another. I have an awesome group of staff in my neighborhood.”

The feeling is mutual. “Angela is a true team player, and really shines in her element. She is an encouraging leader and someone you want to work with on the floor,” said Sunset Home Administrator Lance Allen.

Assistant Director of Nursing Natalie Galbreth had this to say about Angela:

“Angela is a valuable team member who understands her role and actively contributes to the team’s success. She is a reliable and responsible individual who takes pride in her work. From administering medications to answering call lights, she always has her residents in mind. Angela consistently goes above and beyond to support her co-workers to aide in the best outcome for her residents. Excellent patient care is always her goal.”

In her free time, Angela likes to read, do puzzles and spend time with her family and friends, including her four children. Thank you Angela for all of your incredible work!



Readers' Choice 2025

#1

Retirement Living
Independent Living
Assisted Living
Skilled Nursing Care
Memory Support
Senior Services
Senior Apartments
Senior Housing

Thanks for voting!

Friends of LSM

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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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