



*Merry Christmas &
Happy New Year*



The greatest asset the Sunshine Terrace Foundation has is our dedicated staff. I'd like to start by telling you how much I appreciate each member of the Sunshine Terrace Foundation team. I would like to extend a sincere thank you to our loyal employees for helping to make our progress and success possible this year. This year the team continued to provide the exceptional quality of service our residents, family members, and our community has come to expect from us. I recognize we wouldn't be where we are without the contributions made each day by each and every one of our employees. Again, Thank You.



Bryan Erickson, CEO

This year marked the Sunshine Terrace Foundation 68th anniversary. We have earned a great reputation as a trusted provider in Cache Valley and surrounding communities. As I reflect upon this, we have grown and adapted to the needs of the community. I am so grateful for the opportunity we have to provide long term care, short term post-acute care, assisted living, outpatient therapy, home health, hospice and private duty nursing in this wonderful community. On any given day, we care for over 300 residents or community members. When you consider the families of those individuals, support groups and other health related agencies, we are touching over 600 lives. Together, we are making an impact on some of the most important issues facing society. We really are making strides in achieving our vision of Bringing More to Life. I am privileged to be a part of such a magnificent organization and work with amazing people.



As you go throughout the holidays, I hope you enjoy this time with your loved ones and friend. Thanks again for your dedication. I really value all of your contributions to the success of the Foundation. I could not be more excited about what's in store for next year, and for the opportunity to work with all of you to make it happen.

Warmly,

Bryan Erickson

NATIONAL HOSPICE MONTH



**10th Annual Cache Valley Hospice Coalition
Community Balloon Release**
This event helps us promote and strengthen the Hospice industry in Cache Valley, Open lines of communication with allied agencies, utilize on-going Hospice education materials and resources, and create collective strategies for Hospice issues and efforts.



**Hospice Banner Placement
and Rose Event**
We all gathered at the Cache Senior Citizen Center. This event also increases community awareness and gives our community a chance to reflect on their lives and loved ones.



Fall Memorial Event
Our Memorial Events help to give loved ones and staff a safe place to mourn their loss(es). We help normalize and validate what each individual is going through.





Desiree Zollinger	1-Dec
Roberta Funk	3-Dec
Jill M Davis	5-Dec
Karmon Reese	6-Dec
Tessa Hafslund	6-Dec
Dillon Ellis	6-Dec
Cory Funk	8-Dec
Mallory Manley	10-Dec
Leah Hansen	11-Dec
Bonnie Perry	14-Dec
Samuel Force	15-Dec
Sarah Winters	15-Dec
Alexis Smith	16-Dec
Norton Thurgood	17-Dec
Candice Hall	17-Dec
Heather Maughan	19-Dec
Mackenzie Butler	20-Dec
Lacy Cleland	20-Dec
Kaylee Bushman	20-Dec
Shawna Parkinson	21-Dec
Ronald Wilcox	21-Dec
Kris Friedli	23-Dec
Merin Cook	24-Dec
Konie Murray	27-Dec
Jordan Winberg	27-Dec
My Nguyen	29-Dec
Marianne Olsen	30-Dec
Lezlie Nelson	31-Dec



Erin Hyde, LPN

Home Health & Hospice Employee of the Month!

Erin has displayed compassion and continuous hard work within the Home Health and Hospice team. Erin is always willing to pitch in whenever and wherever she is needed. She is very patient and understanding and a strong patient advocate. Erin has taken extra time to understand her clients and the rules and regulations of the business. It has been noticed that Erin treats every client based on their needs and is very understanding when situations arise that require extra care and attention. We have a motto: "Treat them like they are family". As we observe Erin interacting with and making decision for each of her patient and families, she does this. We had a patient who was experiencing perhaps his last birthday while on hospice, Erin went above and beyond to find out what kind of cookies and ice cream he preferred and she assured that this was available for his Birthday. Her kind and professional demeanor makes her a perfect employee of the month.



Josh Allen, CNA

Terrace Grove Employee of the Month!

The employee of the month for Dec. is Josh Allen, what an asset to our Terrace Grove Team. Josh is very good at what he does. He makes everyone feel special, helping where and whenever he can. Residents and staff nominated him because he is always willing to help, he is very kind, constantly has a smile and has an amazing attitude. We really appreciate Josh and his efforts in helping to create a great work and living environment for our staff and residents!!

Others nominated: Polly Windley- Dietary, Natalie- House-keeping, Megan- Administrative Assistant. Patsy- CNA, Mallory- Dietary, Mackenzie- CNA, Laura- CNA, and Cristal- CNA, a big thanks to all of you and everything you do!!



Recreational Therapy Team

Top Row: Kailey Young, Kate Schmicker,
Jennifer Birtchell, Cory Funk
Bottom Row: Katie Stauffer, Chelsey Hansen

Skilled Nursing & Rehab Employee of the Month!

Recreation Therapy has been chosen as our December Employees of the month. They have really stepped up their activities and are always willing to go above what is expected to improve the quality of life of our residents. The entire team spends countless hours preparing and planning things that will be meaningful to all of our residents. They embrace requests from our residents and bend over backwards to try to accommodate out of the box requests. The team works very well together as well as with other departments. This recognition is very well deserved. Congratulations!

OTHER WAYS TO SUPPORT



You Shop. Amazon Gives.

- Amazon will donate 0.5% of the price of your eligible AmazonSmile purchase to Sunshine Terrace Foundation, Inc. if you choose us as your charity at smile.amazon.com.
- AmazonSmile is the same Amazon you know. Same products, same prices, same service, same login.
- Support us by starting your shopping at smile.amazon.com!



Part of Sunshine Terrace's mission of bringing "wellness, dignity, and quality of life to those we serve" is found in our annual angel tree. Each year we decorate a tree with ornaments describing the needs and wants of each resident. You take an ornament, buy the items listed, wrap them and bring them back before the 23rd. Our angel tree is found in our front entrance on 248 W 300 N. You can help ensure that each one of our residents has a good Christmas. Thank you for your service to our residents and know that you will have made someone's Christmas special this year by your participation.



For those looking for other ways to help our community, AquaWorx is hosting a Toys for Tots donation drop-off by their front desk. Please bring unwrapped toys or cash donations by December 23rd.

Get Your Massage At



**Physical Therapy
& Fitness**

209 W 300 N, Logan UT



*Pamper yourself on any Monday,
Wednesday or Friday*

MEGA DEAL at: \$40.00 for an Hour Massage

*Call now for your appointment
435-716-8535*

SERVICE AND DONATION NEEDS

Volunteering Opportunities

Terrace Grove Assisted Living is in need of volunteers. Please contact Nancy Bennett at 435-716-0504 or email her at nancy.b@sunshineterrace.com for more information.

We have summer picnics, bus rides, and other summer adventures that we need your help with!



Possible Eagle Scout Project:

One of our Storage areas is in need of some new shelving. This would be a great basic building project for anyone looking to get their Eagle Scout.

Please contact Cindy Jones at cindyj3@sunshineterrace.com or 435-754-0244 if you are interested or have any questions.

Terrace Grove is wondering if anyone has an extra piano lying around, or if you would like to buy us a new one. The piano would be put in our Rec. Therapy room and used for activities.



We would love to have a Flat Screen TV in every room. They not only help us look up-to-date, but they usually have better picture quality and are lighter than traditional TVs.



Volunteering Opportunities

Here at Sunshine Terrace we rely on our Volunteers year round to help with activities and day-to-day needs. Please contact Cory at cory.funk@sunshineterrace.com if you are interesting in participating in any other following:

- Adopt a Grandparent Program
- Assist with an Activity
- Plan and Implement Your Own Activity
- Practicum/Internships



Sunshine Terrace is in need of some Electric Recliner Lift Chairs for some of our rooms. Any clean chair in good working order would be greatly appreciated.

Looking for a Service Project?

We are always open to volunteer service projects from any Community Groups, Schools or Churches.

Go to <http://www.sunshineterrace.net/volunteers/> for more information.

RECENT EVENTS



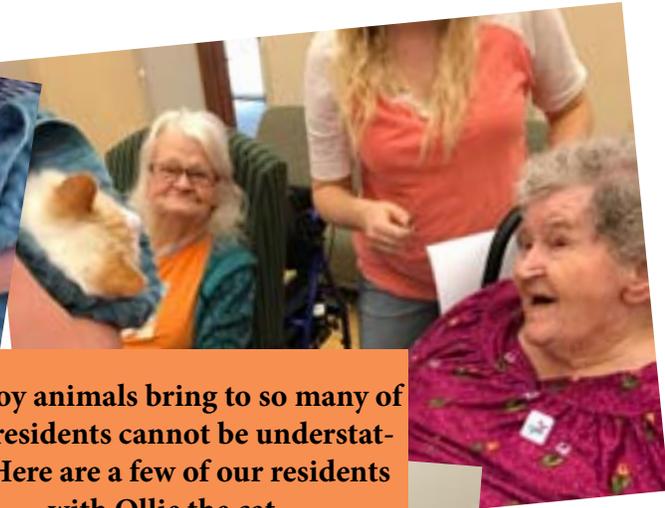
Jean Pugmire, Bonnie Miller, Sadie Richins and Karmon Reese went to the Adopt an Elder Navaho Rug Sale in Park City. We were Joined by 2 of Jeans former students and their families. Wonderful day with amazing people!



Our Thanksgiving Parade was a big hit. All of the Wings and Departments dressed up and many of our residents joined in on the fun!



RECENT EVENTS (cont)



The joy animals bring to so many of our residents cannot be understated. Here are a few of our residents with Ollie the cat.



Dancing with Paula Watkins: Paula had several residents toe tapping, singing and had Cal Watts dancing with her energetic personality and delightful music!!



Indoor Volleyball: We have to use balloons though; we don't need any broken windows!



FUTURE EVENTS



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Christmas Eve

Michael Ballam and Family will perform Saturday, Dec. 24, 2016 @ 10:00 a.m. in the Great Room. All are welcome!



The Sunshine Singers will perform their annual Christmas Concert on Dec. 20th at 2:00 p.m. in the Great Room.

For Rec. Therapy's Calendar please go to: <http://www.sunshineterrace.net/sunshine-skilled-nursing-rehab/>
For Terrace Grove's Calendar please go to: <http://www.sunshineterrace.net/terrace-grove-assisted-living/>



the **SUNSHINE GROUP**

<http://www.sunshineterrace.com>

Please Email Pictures, Announcements, and Ideas for Future Newsletters to julie.stockdale@sunshineterrace.com

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Nursing and Rehab
248 West 300 North
Logan, Utah 84321
435-752-0411

Terrace Grove Assisted
Living
345 North 200 West
Logan, Utah 84321
435-787-2855

Sunshine Home Health &
Hospice
225 North 200 West
Logan, Utah 84321
435-716-8541

AquaWorx Physical
Therapy & Fitness
209 West 300 North
Logan, Utah 84321
435-716-8535