

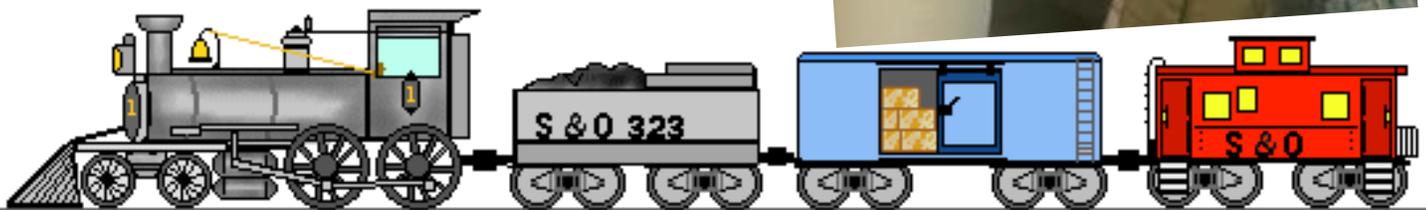


Ribbon-Cutting Ceremony



On June 7th we invited community members, the Board, and our staff, to a ribbon cutting for our new Rock Steady Boxing (RSB) Gym. This gave everyone a chance to tour the facility and see everything that AquaWorx is doing.

RSB enables people with Parkinson's disease to fight their disease by providing non-contact boxing-style fitness programs to improve their quality-of-life and sense of efficacy and self-worth. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. RSB classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier, happier life.



EMPLOYEE RECOGNITION



**Laura Roberts,
Office Manager**

Skilled Nursing & Rehab Employee of the Month!

Laura Roberts recent transferred to the Skilled Nursing facility as the new Business Office Manager. Though greatly missed at Sunshine Home Health & Hospice, she has taken her new duties and ran with it. She has been able to organize and mainstream processes, get to the bottom of some on-going problems, and fix some issues that this position has had in the past. Laura is a hard worker that doesn't shy away from hard discussions with staff or residents, but is still capable of treating everyone with respect and kindness. She has been a great addition to our team. Laura is originally from the Chicago area and has worked in healthcare for over 20 years. She loves to spend time with her family and her passions include CrossFit, running, hiking, sewing and knitting.

Congratulations, Laura!



**McKenzie Bruins,
CNA**

Terrace Grove Employee of the Month!

McKenzie Bruins CNA, has been with Terrace Grove for two years. All of the team members she works with absolutely adore her! They know they can count on her for help when they get in a pinch. McKenzie is dependable, loyal, trustworthy but most of all "a dang hard worker." She can always be counted on to train our new CNA's and show them the ropes and without a doubt, they will be trained really well to the job on their own. She is conscientious and lends a helping hand wherever she is needed. The residents in her care and their needs come before anything else! Terrace Grove couldn't have a better example than McKenzie.

McKenzie has been married almost 4 years and she and her husband are expecting their first child the first of February, so lately she has been glowing as they have been waiting to start a family. In her time away from work she and her husband enjoy cooking together and trying new recipes. They love the outdoors and go camping and hiking when time allows. McKenzie also plays the piano and flute and works with the new Ridgeline High School Marching Band, as their Woodwind Director. She is a native of Cache Valley and loves being in an area where there is so much to do without having to drive a long distance to get there. We are happy McKenzie chose Terrace Grove to work for as she tackles everything with a smile!



**Christina Stacey,
Social Worker**

Home Health & Hospice Employee Spotlight!

Christina Stacey started out at Sunshine Home Health and Hospice as the hospice practicum student from USU. She spent many hours volunteering, while working closely with Dennis Wildman until she graduated. Christina accepted a position with Sunshine Hospice as a part time social worker in May. Social workers are a key role in caring for the emotional, spiritual, and physical needs of the patients, their families, and their caregivers. Christina has expressed how she enjoys getting to know and care about her patients and their family members.

Christina has a wonderful way of making everyone feel special. Whether it's leaving little notes of kindness on your desk, stopping to say hello, or offering up one of her many delicious & fresh homemade cookies, she really has a big heart. Christina loves to cook and the office staff has been very lucky to benefit from this amazing talent. She also loves to dance and enjoys writing. In fact she is in process of writing a trilogy. Christina grew up in the small town of Woodruff Utah. There were only 29 students in her high school graduating class. She is the youngest of 4 children, and enjoys traveling with her family. During the past 7 years since living in Logan, she has graduated from USU, worked for CAPSA, and is currently working two jobs. We are so happy to have Christina as part of the Sunshine family!



**Jean Schenk,
Housekeeping**



**Employee of the Month
Chelsey Post, PTA
Sunshine Terrace Foundations
Logan, UT**

Jean has worked for the Sunshine Terrace Foundation since May of 1973! She started as an aide on the floor and has since moved to housekeeping. Her favorite thing about working for Sunshine Terrace is the people, both staff and residents. When Jean is not at work, she enjoys music and going on walks.

Thank you Jean for your 44+ years of dedicated service to Sunshine Terrace!



- | | |
|--------------------|--------|
| Helen Fokunang | 1-Aug |
| Lydia Eli Call | 1-Aug |
| Thea Call | 1-Aug |
| Jordyn Chandler | 1-Aug |
| Cami Poole | 2-Aug |
| Nathan Fonnesbeck | 2-Aug |
| Chelsi Egbert | 2-Aug |
| Mercedes Henrie | 3-Aug |
| Josiah Mecham | 4-Aug |
| Brittney Moser | 5-Aug |
| Edd R Harris | 6-Aug |
| Joshua Poe | 6-Aug |
| Kelsee Carlsen | 7-Aug |
| Kierra Gibbons | 8-Aug |
| Dallon Schofield | 8-Aug |
| Jacey Jensen | 9-Aug |
| Katie Call | 11-Aug |
| Tess Burrell | 11-Aug |
| Mariah Heil | 12-Aug |
| Kadidiatou Samassi | 12-Aug |
| Allison Newell | 13-Aug |
| Amy Henrie | 14-Aug |
| Lee Sa Em | 14-Aug |
| Collin Liston | 16-Aug |
| Leanne Loscher | 17-Aug |
| Jaden Beau Durrant | 19-Aug |
| Michelle Bennett | 21-Aug |
| Olivia Schwab | 23-Aug |
| Meghan Light | 23-Aug |
| Brittany B Cheney | 24-Aug |
| Jason Johnson | 28-Aug |
| Vivian Gates | 29-Aug |
| Alexis Stephens | 31-Aug |

Our employee of the month Chelsey Lyn Post is definitely a stand out on her team. It's one thing to be good at your job, it's another thing to be passionate about it and actually connect with the people you serve. Her thoughts on working with the elderly people reflects the kind of person she is:

"One of the reasons I like working at a SNF is because I LOVE elderly people. When I was younger (probably 5-6) I would go to all the elderly in my neighborhood and visit them, rather than playing with kids my age. To this day I can remember a lot of their names and have kept in touch with some. I find it easier to talk with the geriatric population than with people my own age. They are so fun and interesting and full of wisdom and great stories."

Born and raised in Idaho Falls, ID, Chelsey decided on a career early in life. While playing softball, she got injured and had to go through physical therapy. Not only did the therapy help her on the road to recovery, she found therapy interesting and knew it would provide the job security she needed in the future. This led her to enroll and graduate with an associate's degree from Provo College where she was consistently on the Dean's List. She has been with Independence Rehab since November of 2014.

Here's her thoughts on the company:

"I like that we are team oriented and there is never a dumb question or comment. Everyone is very supportive of each other. Our little rehab group is like a whole other family. We are pushed to be our very best. I love being a PTA, it is so fulfilling knowing that I am helping others and serving those around me on a daily basis. I am also grateful for my great DOR, Tina Williams. She has always encouraged me to think outside the box and believe in myself as a therapist. She is wonderful and a good friend."

These sentiments seem to be consistent with how the team feels about Chelsey:

"It would be great to see our full time PTA Chesley Post recognized for her outstanding commitment to her patients, our company and the facility. She has been with Independence for about 3 years now and has done nothing but excel as a clinician and team-mate." Tina Williams, DOR (Sunshine Terrace Foundation)

Married to her wonderful husband and best friend, Kory for five years, Chelsey and Kory have a little boy named Koa, who brings so much joy into their lives.

Outside of work, Chelsey loves anything outdoors with her little family: hiking, camping, boating, spending time in their cabin. She also loves to travel and explore new places.

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 Katie at katie.stauffer@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.

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!

TREAT YOURSELF

MASSAGE SPECIAL



Excellent Reviews!

Mary: Wednesdays and Fridays
All Day

\$40 for 1 Hour Massage!

Make Appointments at the AquaWorx Front
Desk or Call 435-716-8535

6 RECENT EVENTS



Show & Share Activity, every 4 months Terrace Grove has a “Show & Share Activity, where our residents can bring anything to share with others. It’s always a fun event as our residents are so diversified and love sharing their treasures with others. Norma Merrill, showing her treasure her husband carved of the famous painting “End of the Trail”.

A student choir from BYU paid us a visit this month, they sang beautifully and were so great to our residents! Thank you choir!!

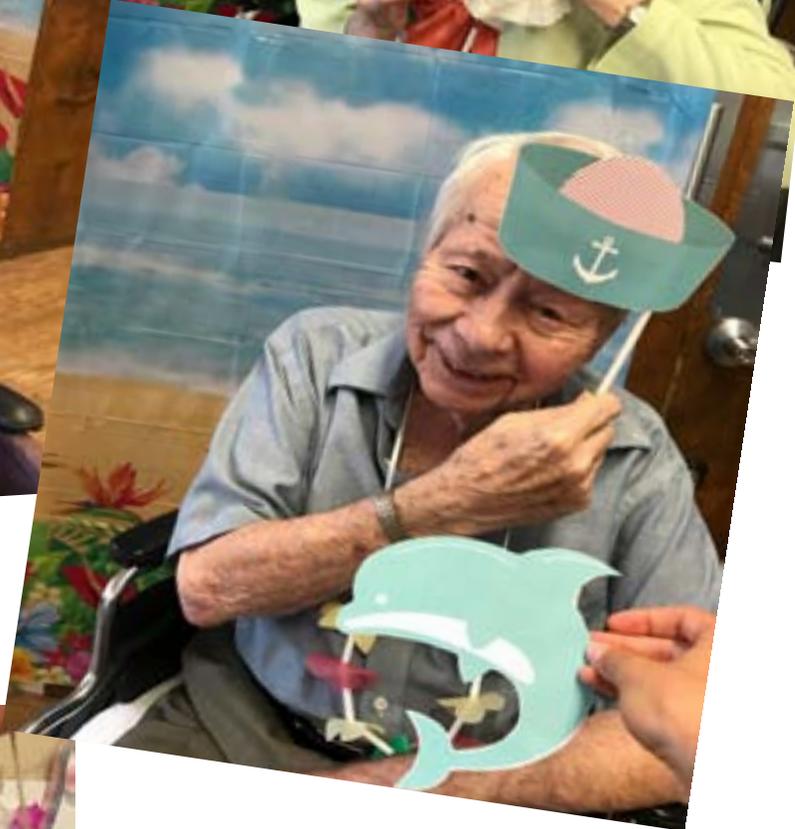
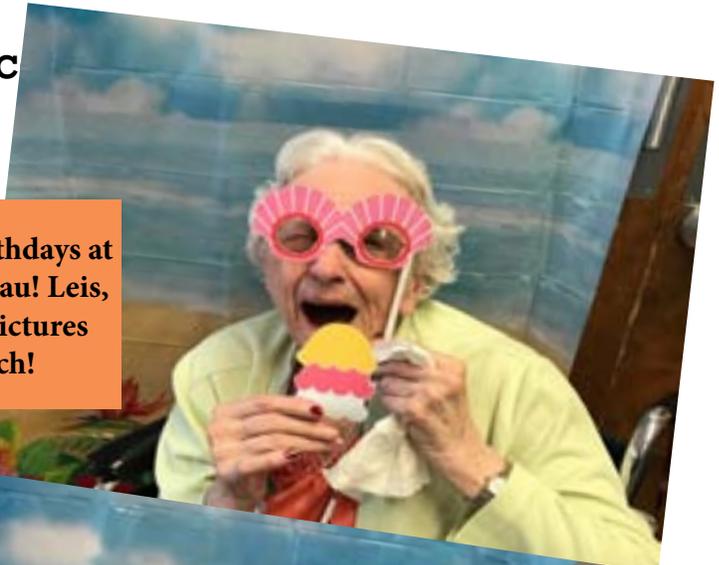


Terrace Grove celebrated the 24th of July with an “Old Fashioned Pie & Ice Cream Social”, Connie & Richard Wakefield were invited to provide the sing along of old pioneer songs and several of our residents told their pioneer heritage stories. Sharing stories were Sherman Lindhardt and Hope Price. A big “thank you” to Laurie Kitchen for sewing and donating our ladies pioneer bonnets.



RECENT EVENTS (c

We celebrated July birthdays at our Birthday Party Luau! Leis, Coconuts, and our pictures taken by the beach!



July is the best time to celebrate patriotism! What better way than with a fun patriotic craft!



Ralph Binns, DDS, presented an educational program to our residents on "Oral Care & Changes In Teeth Due To Ageing", Shirley Spence is shown as his stand in patient for the program.

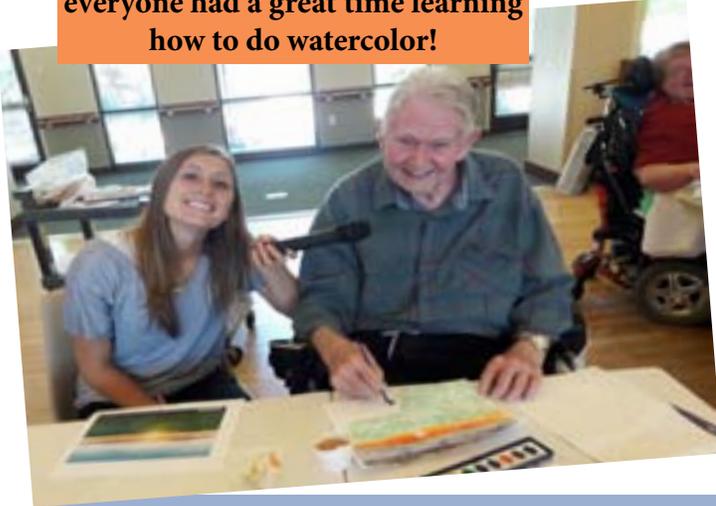


RECENT EVENTS (cont)



We had our very own SST fireworks show!

One of our residents taught a sunset painting class this month, everyone had a great time learning how to do watercolor!



We had a great time going to the Cruise-in parade on Main Street to celebrate the 4th of July! We even discovered a few car-experts among us!

We always have great community support during the Holidays and we really appreciate it, but please remember that we need volunteers year round. For ways to help the Sunshine Group, please go to our website at

<http://www.sunshineterrace.com/how-you-can-help>



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/>



SUNSHINE TERRACE FOUNDATION

*Bringing More to Life
That's the Sunshine Way*

<http://www.sunshineterrace.com>

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

**Sunshine Terrace Skilled
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