



SUNSHINE TERRACE FOUNDATION FOUNDERS DAY, CELEBRATING 69 YEARS!



Bringing More to Life Employee Recognition



Mickey Fillerup, LPN
Sunshine Terrace



Mike Mumford, DPT
AquaWorx PT



Shalise Summers, RN
Sunshine HHH

Lifetime Service Award Recipient



Phillip Cowley

As the owner of Cache Valley Pharmacy, Phillip Cowley has been serving the residents of Sunshine Terrace and Terrace Grove for the last seven years. Phillip started the pharmacy in 2003, the same year he graduated from the University of Utah's pharmacy program. In addition to the Sunshine Terrace Foundation, Phillip also supports CAPSA, the Children's Justice Center and the Food Bank. He believes one of the reasons that Cache Valley is such a great place to live is because we support each other.

President's Award Recipients

Allen Mortuaries

Allen Mortuaries has been serving Cache Valley for over 79 years. Loyal Hall established Hall Mortuary in 1938 when he purchased Richards Mortuary in Logan. In 1975 James All and his wife Faye moved from Bountiful and purchased Hall Mortuary, fulfilling their dream to come back to Cache Valley. Jim's legacy still lives on today with each of his three sons Jeff, Jason and Jodi and grandson Jase all working in the business. Allen Mortuaries now has four locations in the valley.



Utah State University

Since its founding in 1888, Utah State University had evolved from a small-town college tucked away in the Northern Utah mountains to a dynamic, thriving and diverse research university respected around the world. In May 2017, USU was highest-ranked public university in the nation with lowest tuition in "America's Best Value Colleges" by Forbes.

The faculty, staff and students of Utah State have generously given their time and talent to the residents of Sunshine Terrace Skilled Nursing and Terrace Grove Assisted Living. Both Terrace Grove and Sunshine Terrace have hosted research studies and we have had numerous internship and practicum students working in our facilities. USU faculty have taught workshops, performed and served on the Sunshine Terrace Foundation Board.



Guest Speaker



Star Coulbrooke

Star Coulbrooke is the Logan Poet Laureate. Her numerous poems and writings have been widely published and she has received many awards and recognitions. Star conducts frequent workshops, and gives presentations at a wide variety of venues including civic gatherings and various arts festivals. She also conducts Poetry Walkabouts throughout Logan.

Star created a powerful poem for the Cache County Walk to End Alzheimer's. The poem reflects on her time as an aide at Sunshine Terrace in our memory wing. We were delighted to have her present that poem.

EMPLOYEE RECOGNITION



Wendy Brown,
Rec. Therapy

Skilled Nursing & Rehab Employee of the Month!

Wendy has taken over our adopt-a-grandparent program, and is doing amazing. She works so hard to make sure the experience will be both good for the resident and volunteer. Every morning Wendy stops by residents' rooms who do not come to activities, and makes sure they are being visited. I have been told by one resident that "Wendy is a special one, and always makes me feel like someone cares." Wendy is nice to everyone, and makes those who she interacts with sheep," and makes all the residents feel important. Several staff outside the

Rec. Therapy department how lucky we are to have Wendy. She is a wonderful part of our team.

Congratulations, Wendy!



Natalie Ballif,
Housekeeping

Terrace Grove

Employee of the Month!

We are so happy to announce and recognize Natalie Ballif, as Terrace Grove's Employee of the Month! Natalie, is a fun staff member and an "unsung hero" in the cleaning of all three levels of Terrace Grove. Natalie, describes her personality as "quirky" and it wasn't until she had graduated from High School, she found out the reason for all her "quirky traits" while growing up, she was diagnosed with Asperger's Syndrome! She said she finally had an explanation for her quirks. Natalie attended USU and graduated in Interdisciplinary Studies, with an emphasis in writing and illustration. Natalie was able to write her own Major and had it approved at USU, so she was able to bypass a lot of regular pre-requisites which were not needed for the Major she wanted. She aspires to become an author of children's books, writing is a competitive career, so she needed a job which would support her while she pursues her dream. Natalie, her sister and mother all love music and sing often as a trio, they make beautiful music together. She loves working at Terrace Grove and keeping the building clean as well as visiting and serving the residents, her job brings her much joy! In turn Natalie, brings much joy to everyone she works with!

Congratulations, Natalie!



Rhett Jorgensen
Alex Perkins
Denise Stuart
Steffany Willis
Jennifer Cloward
ShayAnn Brown
Robert Whittaker
Natasha Cox
Hope Francis
Mary Tullis
Laura Kent
Margaret A Pavithran
Ellen Harris

1-Nov
1-Nov
3-Nov
4-Nov
4-Nov
7-Nov
9-Nov
9-Nov
10-Nov
11-Nov
12-Nov
12-Nov
13-Nov



Jackson Ward
Kelsi Cannon
Hailey Hall
Dylan Ostermiller
Nicole Rogers
Caden Palmer
Ashley McCollum
Charlotte Kondel
Skylar Jones
Rebecca Wright
Samantha Thayn
Andrew Thompson

14-Nov
15-Nov
18-Nov
20-Nov
20-Nov
20-Nov
22-Nov
22-Nov
22-Nov
23-Nov
25-Nov
29-Nov

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!

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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



Terrace Grove "Trick or Treat"
Always a fun evening for our residents!



Terrace Grove's "Annual Halloween Parade with the Ellis Elementary" 1st Graders, we had close to 70 children for the parade this year, plus their teachers! Such great fun for our residents!



It was a beautiful day for our annual outing to the Pumpkin Walk!



The Social Work club helped us paint pumpkins!



RECENT EVENTS (cont)



Annual Halloween Carnival at Terrace Grove, "fishing for whales", "shooting the balloons", "scary happy employees"!



Our Resident/Employee costume contest was such a success; so many fun costumes!



Things were spooky at our Monster Mash birthday party!



8
RECENT EVENTS (cont)



We love it when we have volunteers, especially this fun group of High School students!



“Best Friends” celebrating Betty Andersons 92nd Birthday with their own Pizza Party!



Balloon volleyball is always a favorite!

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/>

GIVING OPPORTUNITIES



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.

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 21st. 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.



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