



HAPPY HOLIDAYS!

I believe that 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. One of the Christmas traditions in my family is an alphabet letter. You may ask what an alphabet letter is. Well, it is a statement that represents a letter of the alphabet. My alphabet letter on how I feel about the fulfilling work that we do goes like this:

A = Achieving a sense of fulfillment
B = Brightening the days of others
C = Changing the community for the better
D = Discovering the joys of helping others
E = Earning respect and admiration
F = Feeling good about yourself
G = Giving back to others
H = Hearing "thank you" time and again
I = Inspiring others with thoughtful dedication
J = Joining the community of caring people
K = Knowing you give your best each day
L = Lifting spirits
M = Making great use of your time and talents

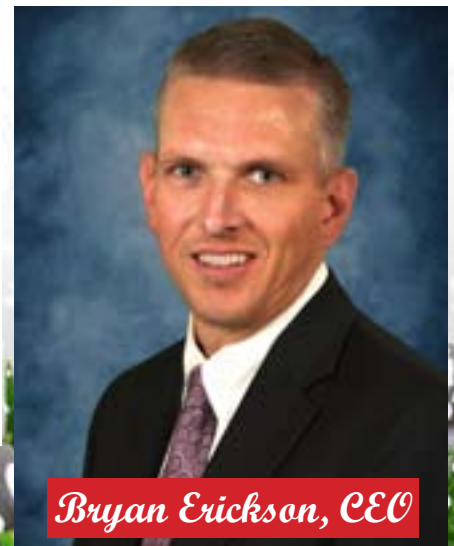
N = Noting the difference your efforts make
O = Opening your heart to others
P = Putting compassion into action
Q = Quietening others' concerns and fears
R = Reaching out to those in need
S = Spreading smiles wherever you go
T = Touching lives
U = Understanding the importance of giving
V = Valuing everyone you meet
W = Warming hearts
X = Expressing your generosity
Y = Year-round appreciation
Z = Zeroing in on what's important

Together, we 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



Bryan Erickson, CEO

NATIONAL HOSPICE MONTH

Rose Ceremony

Cache Valley Hospice Coalition Chair, Dennis Wildman, held a Rose Ceremony at the Logan Senior Center. The event is designed to create and public event to allow those individuals who have lost a loved one to share their loss but more over to seek a solution for healthy healing.



Fall Memorial Event

Our Memorial Events give loved ones and staff a safe place to mourn their losses. Our team helps normalize and validate what each individual is going through.



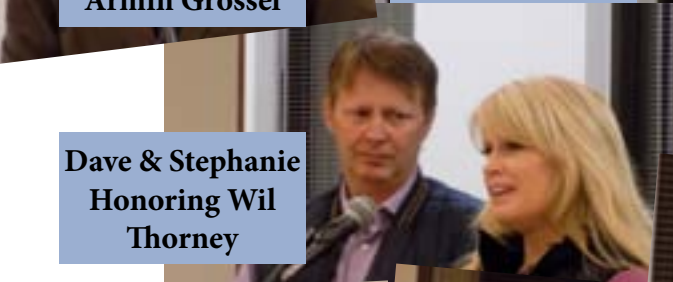
Paul Honoring Armin Grossel



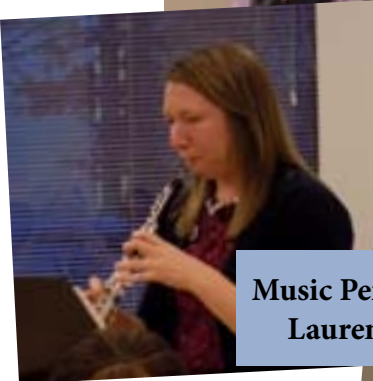
Bryan Erickson



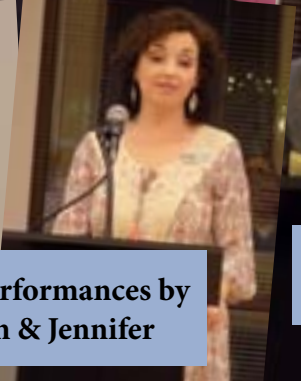
Dennis Wildman



Dave & Stephanie Honoring Wil Thorney



Music Performances by Lauren & Jennifer



Michelle Honoring Pauline Herzog



Talen Trenea	1-Dec
Hailey Bunderson	2-Dec
Roberta Funk	3-Dec
Amanda Whiteley	4-Dec
Jill M Davis	5-Dec
Brenae Douglass	5-Dec
Melissa Arrien	5-Dec
Karmon Reese	6-Dec
Tessa Hafslund	6-Dec
Eric Dutson	6-Dec
Olivia Devitry	6-Dec
Laura Kent	13-Dec
Bonnie Perry	14-Dec
Jessica Larsen	14-Dec
Lacy Cleland	20-Dec
Shawna Parkinson	21-Dec
Ronald Wilcox	21-Dec
Kierra Williams	21-Dec
Jacob Carpenter	21-Dec
Trishelle Schenk	22-Dec
Kris Friedli	23-Dec
Konie Murray	27-Dec
Ashton Stokes	29-Dec
Lezlie Nelson	31-Dec
Wendy Brown	31-Dec

EMPLOYEE RECOGNITION



Brittney Cheney,
CNA

Skilled Nursing & Rehab Employee of the Month!

She is so good with the residents and always seems to know what they need and is so quick to meet their needs. She works great with the rest of the team and is always willing to lend a hand to her other team members. She is completely dedicated to her residents and has a genuine love for them. She always has a smile and staff love working with her. She is a critical part of the team on Wing 2.

Congratulations, Brittney!

Terrace Grove

Employee of the Month!



Kasidie Wilkinson,
CNA

Kasidie really never wanted to become a CNA, but was poked and prodded by her mom Kristie, to give it a whirl. In Kasidie's case, "Moms Know Better." Kristie knew how kind and compassionate her daughter was, how happy Kasidie is, and her personality spills over to everyone she comes in contact with. Kasidie is a terrific CNA and supports her team mates by always lending a helping hand. Our residents adore her and appreciate the love she shows them and especially that she truly listens to what they have to say. Her role has always been the peacemaker and she wants more than anything to be a mom and have children. Kasidie grew up in Hyrum on a

dairy farm and learned great work ethics; she is a graduate of Mountain Crest High School. After High School, she was a "Nanny" in New York City for a year, and then decided she wanted to serve her church, she served in the Belgium/Netherlands Mission field for the LDS Church. Some of her other hobbies are reading, Lacrosse, movies and hanging out with her friends...her longtime goal is to travel the world! Congratulations Kasidie, you earned this recognition by your good deeds.

AquaWorx Employee Recognition!



Collin Listin, PTA

Collin is an amazing part of the AquaWorx team. He is the coach for the newest program at AquaWorx, Rock Steady Boxing and has done an amazing job coming up with creative, energetic, and challenging workouts for our clients. He is passionate about what he does and truly cares about he's clients. Generally speaking, people don't care how much you know until they know how much you care: Collin exemplifies this trait. He's a great cheerleader for his patients and doesn't like to let them quit when he knows they can do more. One of his RSB clients said, "He is personally a great help to me. He has recognized my needs and has

addressed them very well, beyond what I ever expected. In doing this, he makes things joyous. We are laughing while we are learning. He has made this the most effective program that I have ever taken. I appreciate his discipline. He has made me do the hard things that make a difference." Collin is moving on to further his education and will be greatly missed by all of the staff and clients at AquaWorx. Best of Luck on your future endeavors. We are all sad to see you go!

Home Health & Hospice Employee Spotlight!



Stephanie Short,
BSN, RN

Stephanie was born and raised in Smithfield Utah and graduated from Skyview High School with an Associate's Degree from USU. Though Stephanie has left us for school at WSU and to serve a Spanish speaking mission in Kennewick WA, she does have a full history of working for our foundation starting as a CNA on Wing 2, LPN at Terrace Grove, and several positions of Nurse at Sunshine Terrace. Her path to nursing began in her early teens when she had surgery on her legs and ankles to correct a birth defect. Stephanie loves to serve others and this is represented in her past adventures. She has worked in orphanages in Ecuador and

built homes in Mexico. She has also been involved with the Daughters of the Utah Pioneers and the Days of 47 royalty here she had the opportunity to travel the state of Utah speaking at events, participate in vocal performances, parades, rodeos, and service projects. She currently lives in Smithfield with her Husband, Ryan. In her spare time Stephanie loves the outdoors and enjoys hiking, camping, reading, watching movies, playing games, and spending time at Bear Lake. She is also a fitness coach for Beachbody. Stephanie loves to serve others and teach them good health habits, as a case managing nurse for our home health and hospice patients here at Sunshine, her talent shines in her work and we are very lucky to have her on our team!

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!

Looking for a Service Project?

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

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

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

Sunshine Terrace Christmas Wish List:

- Febreze
- Grippy socks
- Markers
- Crayons
- Colored Pencils
- Paint, watercolor pallets, paint brushes
- Popsicle sticks
- Glue
- Nail Polish and Remover
- Cotton balls
- Games (Board and Cards)
- Puzzles with 100 pieces or less
- Corn Puffs
- Smelly Lotion
- Maracas
- Lightly worn clothing
- Scrapbook or cardstock paper
- Candy
- Blankets or lap quilts
- Large Rubbermaid containers
- Paint canvas
- 2018 Calendars
- Body spray/perfume
- Volleyball net
- Essential Oils for Diffuser
- Birthday Cards
- Artificial Christmas Trees (2nd hand)



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.

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!

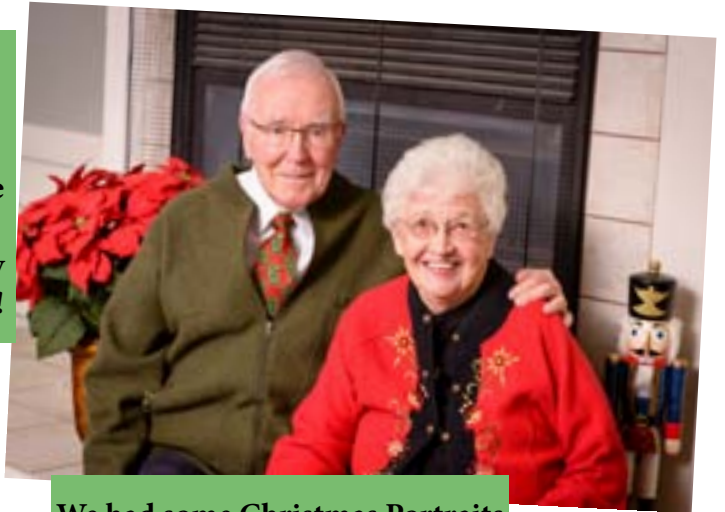
Mary: Wednesdays and Fridays
All Day

\$40 for 1 Hour Massage!

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

6 RECENT EVENTS

A HUGE BIG "THANK YOU" to Kent Dunkley and his team from Century 21 Real Estate. This great group of people come every year to volunteer their service and decorate all three floors of Terrace Grove, plus put up the garlands on our outside fence. Their volunteer service every year is SO APPRECIATED....and that's not all, they come back the first of January and take it all down for us!



We had some Christmas Portraits taken for our company card. This was voted as the best one!



The Annual Thanksgiving Parade was a huge success! Thank you to all the residents and staff and volunteers that participated!

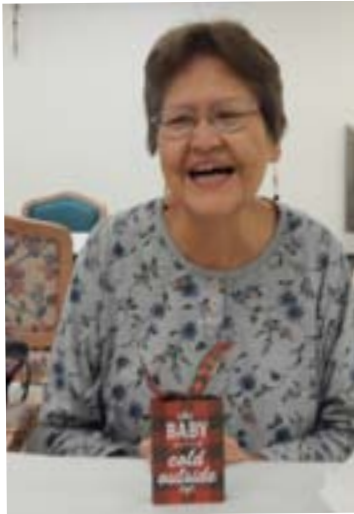


RECENT EVENTS (cont)



Making cookies was so fun!

Gordon was crowned King of the Turkey games!



Our residents made decorated wooden blocks, Ceramic Tile Trivets and painted Christmas ornaments. You got to love the paint & glitter!



We had a visit from 4 cute little kittens! Everyone loved them!



We are grateful to Gary Shafer for coming in and teaching us about the Native American traditions and Thanksgiving!

8 EMPLOYEE TRAINING

Dementia Dialogues

Sunshine Terrace Foundation has made a commitment to improving the lives of those with dementia through training our staff in “Dementia Dialogues”. This five session program is designed to educate the community and individuals who care for persons who exhibit signs and symptoms associated with Alzheimer’s disease or related dementias. Session topics include:

“The Basic Facts” – An overview of Alzheimer’s disease and other dementias.

“Keeping the Dialogue Going” – Strategies for effective communication.

“It’s a Different World” – Understanding the impact of the environment and ways to promote independence in activities of daily living.

“It’s Nothing Personal” – Addresses challenging behaviors.

“Now What Do I Do” – Creative problem solving.

Amy Anderson, Director of Outreach and Dennis Wildman, Alliance Director, have completed a three day program to be certified as trainers, combined with their professional and personal experiences in helping those with dementia. Our first sessions were held in November when 34 employees from RNs to PTs to Social Workers to CNAs to chefs were certified. Care is provided by all of our staff team, not just our Memory Lane nurses. We will be training more staff on December 13th and January 11th. Each of our staff participants will receive a certificate of participation for each session and a Dementia Specialist Certificate upon completing all five sessions.

More importantly, we are able to better meet the needs of the families we serve. We look forward to bringing more to the lives of those impacted by Alzheimer’s and other dementia related diseases

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.

****INSTRUCTIONS: PLEASE ATTACH OR WRITE RESIDENT NUMBER ON EACH WRAPPED PRESENT AND RETURN GIFT TO THE RECREATION THERAPY OFFICE BY NO LATER THAN DECEMBER 15th, 5:00 PM. PLEASE SIGN OUT ALL NAMES TAKEN!!***

Most importantly, thank you for your service to our residents and know you will have made someone’s Christmas special by your participation. We are extremely grateful for your kindness.



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