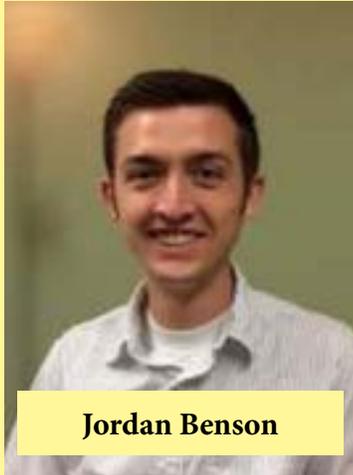


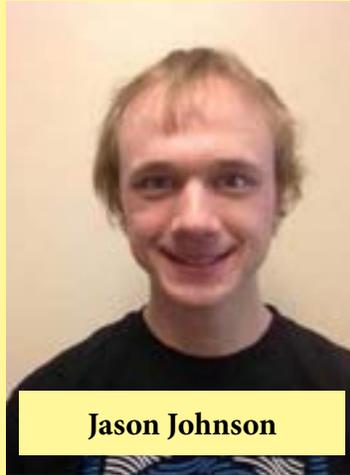


## Congratulations to our Scholarship Recipients!



**Jordan Benson**

Jordan is an OT at AquaWorx. This scholarship is going towards training to become a certified Lymphedema therapist aiding those with impaired circulations.



**Jason Johnson**

Jason works in our dietary department at SNF and interns with our HR department. Jason is pursuing a career in Human Resources.



**Samatha Johnson**

Samantha is a CNA at our SNF. She is attending USU studying Elementary Education and plans to gain a master's in Education Administration.



**Mike Mumford**

Mike is a DPT at AquaWorx. This funding will help to train Mike to become a Certified Dry Needling Specialist to treat acute to chronic pain.



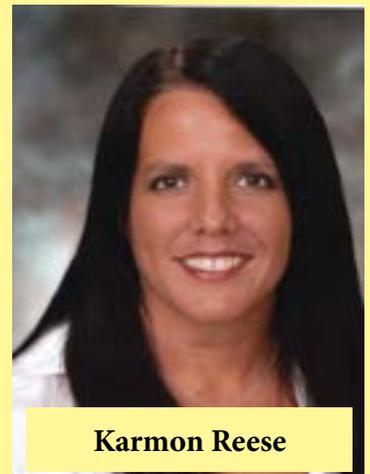
**Edward Overson**

Ed is a CNA on our rehab wings. He is going to become a nurse through the Bridgerland Nursing Program. This scholarship will help with tuition.



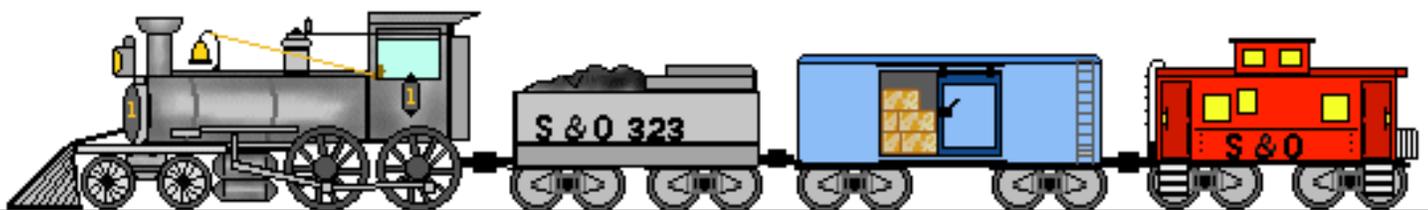
**Elsbeth Palmer**

Elsbeth is a Personal Care Aide with HHH. She is going to get her CNA license with these funds and hopes to continue her education to become a nurse.

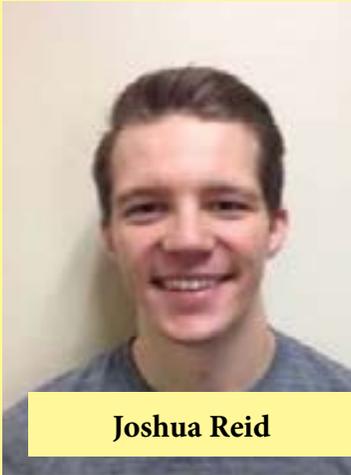


**Karmon Reese**

Karmon is the administrator for Terrace Grove. She will use this funding to obtain state licensing certification for credentials in managing assisted living communities.



# Congratulations to our Scholarship Recipients!



**Joshua Reid**

Joshua is a Personal Care Aide for Sunshine HHH. He is going to use this scholarship to gain his CNA license from the Utah CNA Training Center.



**Kadi Samassi**

Kadi is a CNA at our SNF. She is going to use these funds to help pay for her LPN program at the Bridgerland Technical College.



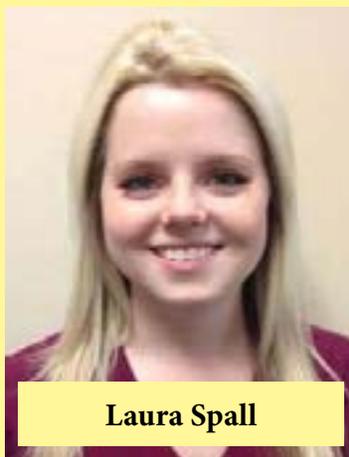
**Olivia Schwab**

Olivia is a CNA at our SNF. She is currently pursuing a degree in Education from USU and these funds will go towards her tuition.



**Kyle Severe**

Kyle is a DPT at AquaWorx. He will use these funds to attend a spinal manipulation course that teaches PTs how to help relieve chronic neck and back pain.



**Laura Spall**

Laura is the Clinical Coordinator at Sunshine HHH. These funds will help pay her tuition at the University of Arizona to become a family and adult Nurse Practitioner.



**Andrew Thompson**

Andrew is a CNA at our SNF. He is currently enrolled in classes at USU and his end goal is to become a doctor.

**A special thanks to everyone that donated to our Scholarship Fund. Because of your generosity, we were able to award almost \$18,000 in scholarships this year! Applications for the 2019 scholarships will be available next May!**

# EMPLOYEE RECOGNITION



Trishelle Schenk,  
CNA

**Terrace Grove  
Employee of the Month!**

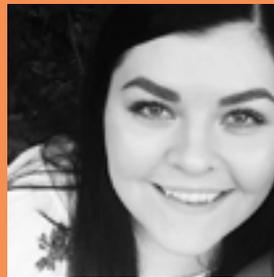
So far Trishelle is living her dream and loving life! Since she was a little girl she has known she wanted a career in the medical field, it has always been exciting to her. She loves being able to care for others, and her compassion and work ethic shows in all she does to make the lives of our residents more comfortable. Trishelle wants to move up the ladder and become an RN in the future, but "being a CNA here at Terrace Grove is amazing" in her own words!

While in High School she was involved in the FFA program and was able to compete internationally in Envirothon. She was also involved in showing livestock at the Cache County Fair, and wholly supports the Agriculture Programs. In her extra spare time she is an avid outdoors person and loves nothing more than to be up Logan Canyon camping, snowmobiling, 4 wheeling or hiking, she finds her purpose in being outdoors!

We love having Trishelle on our staff and making a difference in the lives she comes in contact with.



Derek Ross	1-Sep
Chelsea Wyatt	7-Sep
James Bowen	7-Sep
Samantha Johnson	9-Sep
Ashley Harris	9-Sep
Candace Christensen	12-Sep
Christine Christensen	12-Sep
McCall Valero	15-Sep
Shalise Summers	16-Sep
Jamie Turner	18-Sep
Sierra Hicks	18-Sep
Curtis Hancock	19-Sep
Charlee Allen	21-Sep
Eliza Jorgensen	23-Sep
Karlee Andersen	24-Sep
Samantha Swasey	24-Sep
Maickey Fillerup	26-Sep
Zinnia Newman	26-Sep
Morgan Malechek	29-Sep
Christina Covington-Ricker	29-Sep



Teisha Moeller,  
Housekeeping

## Sunshine Terrace

### Employee of the Month!

Teisha has been nothing but amazing since she started working for Sunshine Terrace. She always has a smile on her face and has such a fun personality, she gets along with everyone she meets. Not

only does she provide great housekeeping, she keeps us all laughing with her funny jokes and quirky sense of humor. It's hard to pin point a time she has gone above and beyond for our department because she does it every day! We are very grateful to have her be a part of our team! Thanks for everything you do!

Terrace Grove spans the ages...Patsy Maughan, CNA and her granddaughter Lacy Cleland, CNA, both excellent workers, who know their jobs well!



# 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](mailto: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.



## 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](mailto: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.

## 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](mailto: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 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.



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](https://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](https://smile.amazon.com)!

# TREAT YOURSELF

**Treat Yourself to a  
Massage!**



**\$45 for a 1 Hour Massage!**

**(effective 1-15-2018)**

Appointments available Fridays

10:00 am—5:00 pm

Make appointments at the front desk or call

435-716-8535

# 6 RECENT EVENTS



Our Show and Share program.. always fun to see what our residents will bring!



The tabernacle put on a great organ concert that we had the chance to attend, and then we enjoyed a relaxing picnic on the grounds afterward! What a fun afternoon it was!



Aggie Ice Cream is the place to go for an amazing, frozen, summer afternoon snack!



We had a fun picnic at 2nd Dam with our music therapy department and ate lunch next to the river as they serenaded us! Boy are they good at what they do!



Shirley Spence was honored as the oldest resident from Wellsville Utah at this year's Founders Day. Shirley led the parade in this sporty little VW, she laughed at the fact the vehicle following right behind her was an ambulance! She got a big kick out of that!

# RECENT EVENTS

Terrace Grove's Annual Fried Chicken picnic



Wendy, who is an expert salsa maker, helped us all make homemade salsa, and it tasted amazing! Chris joined the festivities by wearing a very large sombrero to enjoy his salsa!



After Katie took us on some breathtakingly beautiful virtual hikes, everyone had a great time making their own variations of trail mix!

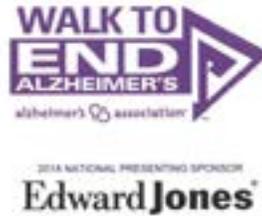


The Fair was an unforgettable experience full of meeting and petting fun animals, seeing blue ribbons hanging from produce and quilts, and watching the ever famous Rodeo.



# FUTURE EVENTS

**JOIN THE FIGHT FOR  
ALZHEIMER'S  
FIRST SURVIVOR**



**ALZHEIMER'S DISEASE IS  
RELENTLESS. SO ARE WE.  
JOIN THE FIGHT TODAY.**

**JOIN US FOR THE  
CACHE COUNTY WALK**

September 22

Logan

Merlin Olson Park

9:00 AM

Each business at the Sunshine Terrace Foundation will have a team for the Alzheimer's Walk. We will be competing against other agencies for the most people involved. Please email Dennis at [dennis.wildman@sunshineterrace.com](mailto:dennis.wildman@sunshineterrace.com) for more information on how to join!!

**1. Start a team.**

Sign up as a Team Captain and form a team. You can also join a team or register as an individual.

**2. Recruit.**

Ask friends, family and co-workers to join your team or start their own.

**3. Raise awareness and funds.**

Our fundraising tools make it easy to spread the word and collect donations. Raise \$100 or more to receive the 2018 Walk to End Alzheimer's T-shirt.

**4. Walk with us.**

Come together with your community to rally around the Alzheimer's cause.

Register today at [alz.org/walk](http://alz.org/walk).

## Dementia Dialogues :<sup>™</sup>

A 5-session basic practical training course designed to educate individuals who care for persons with Alzheimer's disease or related dementias

**5 Wednesdays from 3:30-5:00 pm**  
**November 7th to December 5th**



**SUNSHINE TERRACE FOUNDATION**

**Skilled Nursing Center Great Room**  
**248 West 300 North, Logan**

**Free and open to the public**

Call Arny at 435-754-0233 for information or registration

- TOPIC 1** The Basic Facts: An Introduction to Dementia
- TOPIC 2** Keeping the Dialogue Going: Communication Skills
- TOPIC 3** Preparing the Environment: Safety, ADLs, and QOL
- TOPIC 4** It's Nothing Personal: Addressing Challenging Behavior
- TOPIC 5** Now What Do I Do? Creative Problem Solving

Developed by:



**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