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.

This year marked the Sunshine Terrace Foundation 70th anniversary. It is rewarding to ponder about the vision our founding fathers had in Bringing More to Life to the residents of Cache Valley. 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. We have earned a great reputation as a trusted provider in Cache Valley and surrounding communities. As I reflect upon these 70 years, we have grown and adapted to the growing healthcare needs of the community. 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.

One of my favorite holiday movies is titled, “The Ultimate Gift”. This film invites viewer to:
- Understand the gifts we have received,
- Deepen our gratitude for the blessings we do have,
- Strengthen our soul, and
- Motivate us to impart life changing gifts to those for whom we care about.

I express my heart felt gratitude to you during this holiday season for the many gifts and blessing we have. I am grateful for the opportunity we have each day to influence, for good, another person’s life, be that a resident, family member, a friend, or a co-worker.

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.

Happy Holidays!
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 a 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.
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!

On top of the individual needs and wants of our residents, many people like to donate items for the Foundation as a whole. Below are a list of items that we always need for residents and activities. Please drop off donations at the Sunshine Terrace Foundation front desk.

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 tess.kelson@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.

Every Christmas Season we have an Angel Tree for each of our residents at Sunshine Terrace. A hug thank you to everyone that bringing a gift for our residents. All of the requests have been chosen. Please return all wrapped gifts to Rec. Therapy by Friday, Dec. 21st.

Service and Donation Needs

Every Christmas Season we have an Angel Tree for each of our residents at Sunshine Terrace. A hug thank you to everyone that bringing a gift for our residents. All of the requests have been chosen. Please return all wrapped gifts to Rec. Therapy by Friday, Dec. 21st.

On top of the individual needs and wants of our residents, many people like to donate items for the Foundation as a whole. Below are a list of items that we always need for residents and activities. Please drop off donations at the Sunshine Terrace Foundation front desk.

Sunshine Terrace Christmas Wish List:

- Febreeze
- Small portable Bluetooth speaker
- Grippysocks
- Markers
- Small Craft Scissors
- Crayons
- Colored Pencils
- Paint, watercolor pallets, paint brushes, canvas
- Popsicle sticks
- Glue
- Nail Polish and Remover
- Cotton balls
- Games (Board and Cards)
- Puzzles with 100 pieces or less
- Corn Puffs
- Smelly Lotion
- Maracas
- Scrapbook or cardstock paper
- Candy
- Blankets or lap quilts
- Large Rubbermaid containers
- 2019 Calendars
- Body spray/perfume
- Essential Oils for Diffuser
- Fabric for Crafts
- Artificial Christmas Trees (2nd hand)
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

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
Eliza Jorgensen, CNA

Eliza loves her job at Terrace Grove because of the amazing people that live here and her coworker. She was born and raised here in Cache Valley and is currently living in Logan with her husband Tucker. Eliza is excited to be starting the LPN program at Bridgerland next semester and is looking forward to fulfilling a dream that she had since she was young. Some things Eliza likes to do in her spare time are sing, play the piano, go for a run, and be in musicals! She enjoys eating food, loves anything chocolate, and adores puppies. She hopes to one day be able to travel the world with her husband and future family, experience new places, meet new people, and make a difference in other’s lives. Her favorite quote is “Wake up every morning with the thought that something wonderful is going to happen”. Congrats, Eliza!

Bobbie Funk, Medical Records

Bobbie is rarely seen by her co-workers due to the location of her office but she is so dedicated to her job. Working with our medical records requires an amazing attention to details and great organizational skills. Bobbie has it all! She is also always willing to do whatever is asked of her and does it with a smile. Bobbie is an asset to this company and has worked here for over 30 years. Thank you Bobbie for your continued dedication to the Sunshine Terrace Foundation.

Robin Downs, CNA

Robin Downs is one of our most patient requested aides. Going above and beyond her job requirements is the norm for Robin. She is much beloved by all her patients and coworkers because she never hesitates to go the extra mile, or help someone out of a tight spot. She can always be relied upon to pick up shifts, even when it’s inconvenient for her. It’s easy to see that Robin loves caring for her patients. She is a special friend to all of them, and to those with whom she works. A big Thank You goes out to Robin for being one of our dynamite home health and hospice aides! Congratulations, Robin!
Recent Events

A competitive game of balloon volleyball - a good time had by all.

Our annual Thanksgiving Parade was complete with treats, costumes, friends, and all things Thanksgiving & Christmas!
Some fantastic Navajo dancers came and shared their amazing skills and culture with us by giving us a bright colored, music filled evening that was so enjoyable to watch. Huge thanks to them!

It’s beginning to look a lot like Christmas- a big thanks to Century 21 for your help!

A fun day crafting- door hangers and glass ball ornaments!

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/
Recent Events (cont)

In addition to our Angel Tree, we are also collecting donations for our community. AquaWorx is hosting a Toys for Tots donation drop-off by their front desk. Please drop off unwrapped toys or cash donations by December 21st.

We put our chef hats on while making some delicious, mini, thanksgiving pies that turned out great!

Our monthly favorite of Balloon Volleyball was a blast with some wonderful visitors that were great competition and fun to play with.

Future Events

Attention Employees!!!
Starting January 4th, we will be switching to bi-weekly paychecks. We will be getting paid every other Friday!
Please make sure to review any automatic payments you may have set up with your bank to ensure that funds will be there to cover the payments.

Sunshine Terrace Skilled Nursing & 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