



SUNSHINE LINE - THE INSIDE TRACK

The Sunshine Terrace Newsletter

Volume 73, 2/19/19



Amy and her husband Allan moved from Chicago in 2004, bringing their three children and her passion for non-profits and volunteer service to Cache Valley. Always seeking ways to build community, she has dedicated time in leadership positions for many of our local alliances and organizations. Amongst them have been: the Cache Interagency Council, focused on uniting service organizations to produce a spirit of cooperation; Cache Community Connections, which extends an open door to all religions and denominations and civic groups in the belief that spiritual leadership and unity are vital to our community's well-being; the Cache Caregiver Coalition, dedicated to collaboration in supporting caregiving families; Loaves and Fishes Community Meal, which invites our diverse community together to nourish body and spirit through relationship, service, and fellowship; Logan School District Community Councils; the Walk to End Alzheimer's and others.

Amy has served as a Chamber of Commerce Ambassador for four years, helping to foster positive relationships between the Chamber, its members, and the Board. She has been an active member of Women in Business, serving on their board and grateful for the opportunity to help fund scholarships for women. She worked at Holy Trinity Lutheran Church and USU's National Children's Study before joining Sunshine Terrace Foundation five years ago to provide spiritual support to patients and families at the end of life as their hospice Spiritual Counselor, and also as Director of Outreach, helping to establish Sunshine Terrace Foundation as a community partner and leader in healthcare services to the elderly.

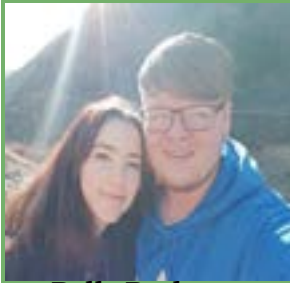
A commitment to supporting the non-profit organizations who are indeed a key business partner in our community has been joined with service as a city councilwoman for the city of Logan in 2018. As a Northwestern University alumna, Amy continues to be an avid Wildcat fan but will admit USU has now garnered a bit of her heart. She is grateful to call Cache Valley home. Congratulations, Amy! Thank you for everything you do for us and our community!



Thumbs up for the 23 tall, lanky basketball players from Green Canyon High School who jumped out of their comfort zone, delivering gift bags and spending the afternoon visiting with our SNF residents. Each bag was packed with fun items and a personal note penned by one of the boys on a cheerful card (image painted by Coach G). After a first tentative 'hello', these boys began having a blast, spending more and more time chatting up the residents and scoring bonus points with smiles and lots of laughter.

Thanks to Coaches Dan McClure and Doyle Geddes for bringing them!

EMPLOYEE RECOGNITION



**Belle Barlow,
Dietary Aide**

Terrace Grove

Employee of the Month!

Belle really enjoys working at Terrace Grove. She has met so many wonderful people and has learned so much from them. Belle appreciates that her job allows her to cook and bake which she enjoys doing. When she is not at work she is usually painting, drawing or out on hikes with her dog or spending her time with her significant other. Belle is a hard worker and always has a

smile on her face. Her co-workers appreciate her positive attitude and willingness to help and the way she "always" goes the extra mile.

Other nominees: Cassidy Veile, Bonnie Perry, Karmon Reese, Kristie Wilkerson, Steff Willis, Beau, Durrant, Gillian Merkley, Laura Kent, Lindsay Anderson, Nora Barlow, and Sydney Sager- Great job, we appreciate all that you do!



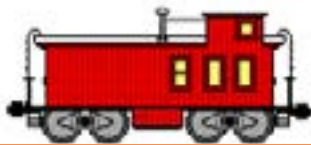
Jessica Riser	1-Feb
Anna Anderson	3-Feb
Krystal James	7-Feb
McKenzie L Bruins	8-Feb
Teniele Richins	8-Feb
Kimberly Valentine	10-Feb
Alexis Schimbeck	10-Feb
Jesse Bradshaw	11-Feb
Kristie Miller	12-Feb
Nicholas Stephens	13-Feb
Ruth Estrada-Martinez	14-Feb
Suzette Rock	17-Feb
Cheyenne Matthew	18-Feb
Cassandra Flitton	21-Feb
Alexis Tueller	22-Feb
Taelyn Stubbs	22-Feb
Kathryn Smith	23-Feb
Makaylie Thompson	26-Feb
Lucinda John	27-Feb
Heather Seegmiller	27-Feb
Brittany Smith	28-Feb
Ashley Wells	28-Feb



AquaWorx Employee of the Quarter!

Rachel started working as the Office Manager for AquaWorx just 6 months ago, and she has done an amazing job. Her job is a tough one and she has caught on to everything quickly. She is great at scheduling, helping with charts,

Rachel Barrus, Office Manager keeping the therapists on track, working with the insurances, communicating with other businesses, and so much more! Rachel is always willing to help out when things get busy and always completes assignments on time and done well. Thank you for all you do, Rachel!



Sunshine Terrace Employee of the Month!

Lovisa Ricks from Laundry is our employee of the month. Staff are impressed by her attitude and work ethic. She is so full of energy and always has a smile on her face. She loves the residents and is always looking for ways to improve their quality

**Lovisa Ricks,
Laundry Aide**

of life. She has been known to perform in our staff talent shows and really enjoys her interaction with those around her. She brings a special feel to sunshine terrace and those around her. We love working with her and are glad that she is part of our team! Congratulations, Lovisa!



**Aarian Bingham,
Admin Assistant**

Home Health & Hospice Employee Spotlight!

Home Health and Hospice would like to welcome Aarian Bingham to our team. She joined our foundation just before Christmas and is working as our Assistant Office Manager. She is great! We are so happy to have her working with us! Aarian is originally from Rupert Idaho. She graduated

from USU with a degree in Sociology and earned a certification in Women and Gender Studies. She also is a certificated Life Coach. Aarian is married and they have two wonderful children. She loves plants and enjoys canning all the foods she is able. She and her family love the desert and especially enjoy visiting Lake Powell. Aarian is a fast learner-she jumped into the home care world and has quickly become a very valuable member of our team. Welcome Aarian!!

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 nancyb@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 Group, School, Church, or for an Eagle Scout project.

We have received help with washing windows, building shelves, planting flowers and other yard work, and so much more. Please contact us if you want to help or have any ideas on how to make Sunshine Terrace even better!



Sunshine Terrace is often in need of new or slightly used medical equipment. Please contact Cindy Jones at cindyj3@sunshineterrace.com for our current needs.



Volunteering Opportunities

Here at Sunshine Terrace we rely on our Volunteers year round to help with activities and day-to-day needs. Please contact Tess 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.



We have several wonderful outdoor spaces for our residents to go to get outside or visit with friends and family. Our current patio furniture is in poor condition and we would love to get some slightly used or new patio furniture to spruce the areas up!



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

RECENT EVENTS



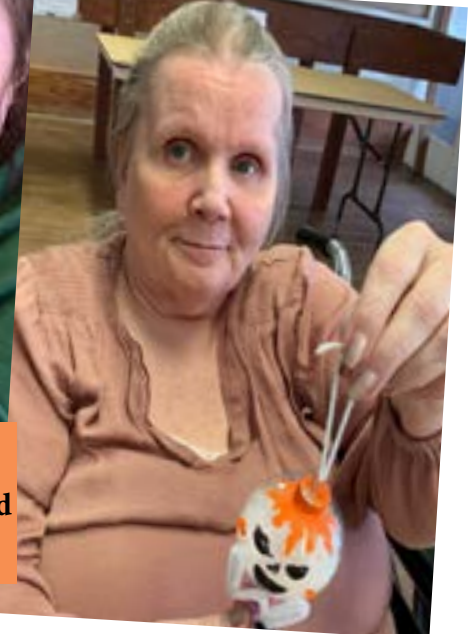
Who is up for a fun/competitive game of "noodleball"?



Music and Civil War discussion with Annette



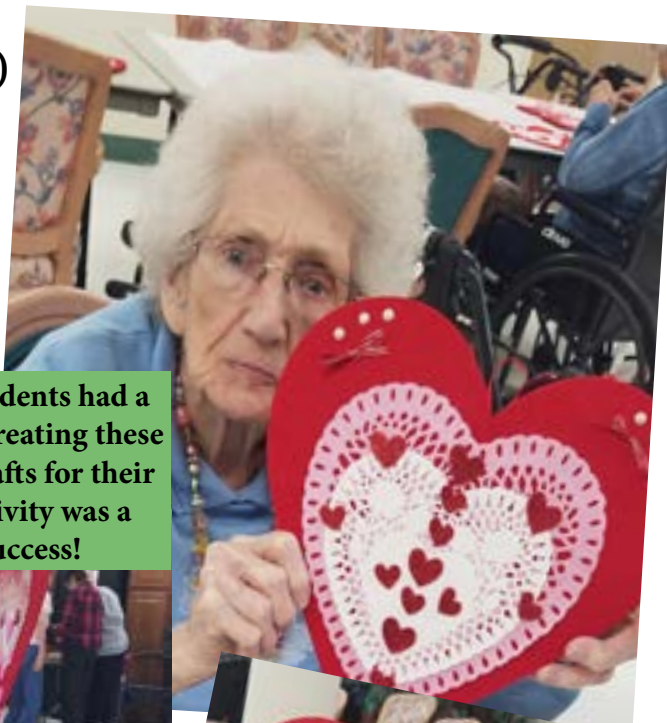
A few of the fantastic music performances!



Our residents had a great time creating these Snowman Ornaments! They turned out great!



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RECENT EVENTS (cont)

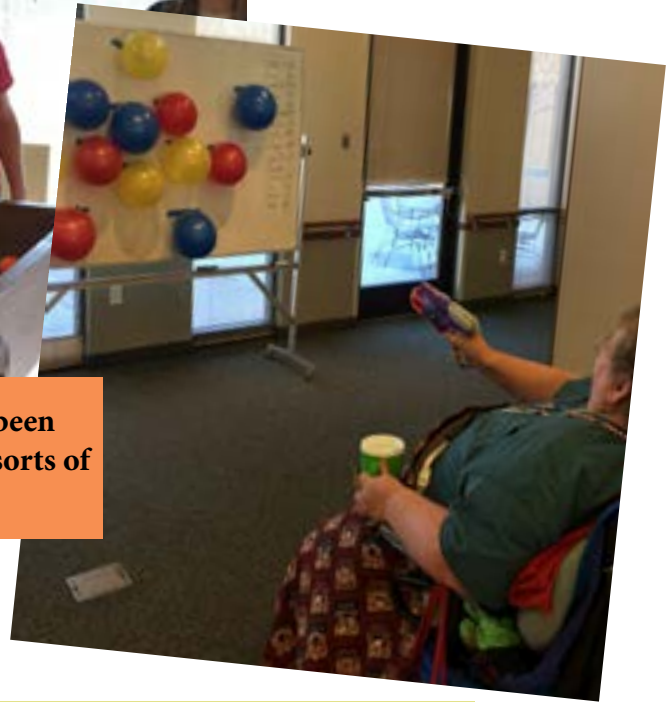


Many of our residents had a wonderful time creating these fun Valentine crafts for their rooms. The activity was a complete success!



Balloon Volleyball is always a favorite!

RECENT EVENTS




With all of this snow, we have been spending time inside playing all sorts of games!!

FUTURE EVENTS

Dementia Dialogues™ :
 A 4-session basic practical training course designed to educate individuals who care for persons with Alzheimer's disease or related dementias

4 Wednesdays from 3:30-5:00 pm
February 20th through March 13th


 **SUNSHINE TERRACE FOUNDATION**

Skilled Nursing Center Great Room **Free and open to the public**
 248 West 300 North, Logan Call Amy 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 Safe Environments and Addressing Challenging Behavior
TOPIC 4 Now What Do I Do? Creative Problem Solving

Future 4 week sessions begin May 1, August 7 and October 30

Led by Amy Anderson and Dennis Wildman, Certified Dementia Dialogue™ instructors through the Utah Department of Health's State Plan on Alzheimer's

Developed by:

 UNIVERSITY OF SOUTH CAROLINA
 Arnold School of Public Health

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 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
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