There is a boxing club in Logan for people 50 and up. There are no sissies in this group. Twice a-week they enter the gym, don their boxing gloves, and go after it. They call themselves the Parky’s. These seniors spend time hitting the heavy bag, speed bag and double-ended bags. They are jumping rope, doing calisthenics and circuit weight training, all in the basement of AquaWorx at 209 W. 300 N. in Logan. Rocksteady Boxing is where people gather to complete a workout, which includes strength training, reaction time, balance workouts, and learning to fall. These folks are serious about what they are doing. With personal trainers at their side, they are battling their fiercest enemy, Parkinson’s disease.

Cassie Webster, a physical therapy assistant who coaches the program, said research from the 1980’s has shown forced exercise, like boxing, increases the fine and gross motor skills, as well as the memory of the participants.

Wester said the group is really good at trash talking each other, as well as group leaders.

The certified Rock Steady National instructor said she sees more progress the boxers are making compared to the people that don’t box, and there is a marked difference in how well the boxers are progressing.

Most of the time we have about 12 men and 2 women at the workouts, but numbers change,” Webster said. “Participants come and go. With Parkinson’s they have good days and bad days.”

She said sometimes they have been two physical therapists and are too tired to come. Weather is also a consideration. If it’s snowing, they see fewer participants.

Jaedon Flake, an exercise specialist, was working the focus mitts, catching punches from participants and having them duck and weave. He also sees a difference in the progress of the participants. When the boxers are done with the session, most are exhausted after hitting every boxing bag in the place. They’re time in the ring program includes exercise, strength training, reaction time and balance. They boxers are also taught how to fall without getting hurt and how to get up after they fall.

Susan Madsen, one of two woman participants, has been there form the first workout and is still an active participant. “It’s work and socializing in the same boat,” she said. “Everyone is very supportive of each other.”

“Boxing gives them hope,” Webster said. “They also become each other’s support group and friend, we become family.”
Megan Rasmussen, SSW Intern

Employee Spotlight!
Isaac Wanberg has been a social work intern with our hospice program for the past 8 months. He will graduate in May 2020 with a Master’s degree in Social Work. Isaac lives in Nibley, is married and he and his wife have 4 children. When he's not working or studying, Isaac enjoys playing soccer and woodworking. Isaac has demonstrated a depth of knowledge in the field and will make a wonderful social worker. We are so grateful to have had the chance to work with Isaac and wish him well in his career.

Sydney Sager, LPN

Terrace Grove Employee of the Month!
Sydney will be getting her RN in April, she is very excited. Her favorite things are camping, hiking, backpacking, fishing, pretty much anything outside either up in the mountains or out in the desert. She is terrified of what might find her in her tent at night, so she takes a melatonin to help her sleep and this has proven to be a *pretty* effective method! Sydney grew up with 3 brothers and no sisters, she is always trying to find horny toads and lizards and keep them as her pets. One of her favorite things to do with her family is to pack a lunch and go ride the four-wheelers all day. Sydney also plays the guitar which is one of her favorite pastimes, she likes to learn challenging songs that make it sound like she is good at it! Her MOST favorite thing is spending time Jackson, her husband. They will celebrate their 3rd anniversary in June AND are super excited to meet their baby girl in the beginning of June!!

Jacey Jensen, LPN

Sunshine Terrace Employee of the Month!
Jaycee Jensen is our head nurse on Wing 4. She is always so willing to do things to improve the lives of her residents. Jacey has such a great attitude about life and that affects the mood if those around he. She is a joy to work with and is an asset to our team. She works hard and gets along with everyone!

Thank you for everything you do, Jacey!

Home Health & Hospice Employee Spotlight!
Megan Rasmussen has also been working as a social work intern in our hospice program. She has been visiting our patients as a volunteer and managing our bereavement tasks since September 2018. She grew up in Logan and enrolled in the bachelor’s social work program at USU. Her hobbies include guitar, piano, and singing. Megan has a passion for social justice and feminism. Thank you, Megan, for working with us, we wish you the best as you pursued a Master’s degree.
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!

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 interested 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.

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.

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

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

This group is always looking for a reason to Party!!!
Happy St. Patrick's Day!

Our Residents enjoyed this fascinating trip to the Art Museum!

Pet Therapy with Roger and Chad
Recent Events (cont)

A wonderful celebration of life for Pat Edwards- we are grateful for the Edward's families generous donation to our scholarship fund!!

Congratulations to Jay for winning the Carpetball Championship!

Our wonderful residents had a great time making and of course eating these Banana Cream Pie Bites!!
Recent Events (cont)

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/

A great demonstration on making fused glass jewelry

Kay got a Strike!!! Way to go!!

Our wonderful residents had a great time making and of course eating these Banana Cream Pie Bites!!!

Marvin knows how to celebrate his Birthday!!

Jennifer always does a great job entertaining our residents during Music Therapy. Our residents have so much fun singing, playing instruments, and moving to the music!
**Future Events**

**Scholarship**

Applications will be at the Front Desks of each business starting Friday, May 3rd!

**Music Week**

May 6-10: All concerts will begin at 2 pm

We are looking for volunteers to come and perform with us during the week of concerts which will include:

- Monday - Academy Awards
- Tuesday - Grand Ole Opry
- Wednesday - Sunshine Idol
- Thursday - Broadway
- Friday - Classical

We would love to have staff or family members or friends/neighbors/countrymen, etc. come and volunteer their talents to share with our residents who do not get a chance to go out to the theater or concert hall to see performances.

Please pass the word around and come and sign up with Jennifer or anyone in Music Therapy or Recreation.

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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