On behalf of our residents, clients, and their families, we would like to pass on the messages of thanks that we have received through letters, cards, flowers, and verbally. Times are different right now, but everyone is still so appreciative of us doing everything we are allowed to do to keep residents connected with family and friends and for the care we give every day! Thank you all for everything!
Thank you for all you are doing to prevent COVID-19 from coming into our foundation. Thank you for taking extra care and caution out in the community in order to keep our residents safe. We appreciate you.

This past week I was asked, “What keeps you up at night?” I was quick to reply, “That we get complacent.” We talk about the same things over and over. We’re asked the same questions time and time again. We know the right answers, and because of this we want to make sure we don’t get complacent and let our guard down. Please take time to think about the things we’re asked to do.

- Know the signs and symptoms: Fever, Shortness of Breath, Cough, Loss of taste or smell and Gastrointestinal issues.
- Screen yourself. If you don’t feel right, don’t present to the facility. If you come in, and end up having something, you’ve only put the residents and your co-workers at risk.
- Wear the appropriate PPE. The PPE is our armor and you don’t want to go to battle without being protected. Wearing PPE appropriately will protect the resident and you.
- Hand Hygiene. It was said this week by one of the nation’s top doctors on COVID-19 that wearing masks and hand hygiene are proving effective in transmission of COVID-19.
- Screen the residents when you come onto shift, and every 3 hours throughout.
- Don’t come in the facility if you’re not scheduled. We love to see our friends at work, but we need to decrease our footprint in the building. Please don’t come in the facility unless you’re scheduled to work, or in the event you need to visit with your manager.

The numbers have come down in Cache Valley and in Utah, but the effect it has on those that we serve is still severe. Please don’t become complacent. Continue to be diligent in keeping yourself and our residents safe, screening yourself, wearing PPE appropriately and assessing residents and acting on those assessments. Thanks again for all you do! --Danny Reilly, DON
Service and donation needs

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.

Having new, clean, fitted sheets is so important to help our residents feel comfortable and at home. Please contact Cindy Jones at cindyj3@sunshineterrace.com for our current needs.

Sunshine Terrace is starting a mobile library and we are looking for a variety of books and magazines to add to it. Large Print items are the most helpful, but we are looking to offer our residents a variety of publications. Please contact Wendy at wendy.brown@sunshineterrace.com with any questions.

Rec. Therapy is also looking for sets of colored pencils. We have many craft activities that these come in handy for. You can drop them off at our Front desk or make arrangements with wendy.brown@sunshineterrace.com.

If your interested in donating to Sunshine Terrace Foundation during these unprecedented times, please contact cindyj3@sunshineterrace.com or karon.reese@sunshineterrace.com to find out what needs we currently have. If you wish to make a financial donation, please visit our website at https://www.sunshineterrace.org/donate/
Another Way to Support our Community

- 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

Book your massage today!

$50 for a 1 Hour Massage!

Cash or check (made out to Rachel Nielsen)

Tuesday, Wednesday, Friday

9am—5 pm

Make appointments at the front desk or call

435–716–8535
Recent Events

Birthday celebration in the parking lot it was so fun stopping by for a coke and chips!

An educational program in the Terrace Grove parking lot!

Kay after finishing her paper bead necklace. This activity was thought up by another resident, Teresa!

Maria and so many enjoy the fresh flower bouquets sent in from Brightening Blooms. Some of the flowers were donated to them from USU! Thank you for brightening up our days!

Birthday celebration in the parking lot it was so fun stopping by for a coke and chips!
Recent Events

Our Music Therapy Team has been working hard on a filing project. It should be finished soon! Here are some still frame shots of some of their work. We are excited to see the final product!
Recent Events (cont)

Support Groups

Extraordinary times lead to creativity, collaboration and community. When we focus on what we CAN do, we find ways to continue to meet the needs of our Sunshine Terrace family.

Our education and support groups have gone virtual. Each group meets a specific need from grief and loss to caregiving to support for those with Parkinson’s. Join us on Zoom and let those you know who could benefit in on our contact information.

Peaceful Healing: Mondays at 3:30 Now meeting in person, with distance and over Zoom.

Caregiver Support: Tuesdays at 1:30

Parkinson’s Group: First Thursday at 2:00 pm. Now meeting in person, with distance!

Professionals for Seniors: Third Thursday at noon

Bringing More to Life thanks to technology!

Please call 435-754-0233 for meeting information

Future Events

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

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