

Upcoming Events



- 2—Community Visiting Library
- 2—Wii Bowling Awards Party
- 3—Monthly Resident Birthday Party
- 12—Daylight Savings-Spring forward
- 14—Massage Therapy
- 16—Footcare Clinic
- 16—Mass
- 17—**St. Patrick's Day Party**
Celtic Steps Dance School
- 20—First day of Spring
- 20—Devotional & Communion
- 23—Fire Safety Prevention
- 29—Massage Therapy



- 1—April Fool's Day
- 6—Community Visiting Library
- 7—Monthly Resident Birthday Party
- 7—Good Friday
- 9—Easter
- 12—Massage Therapy
- 17—Devotional & Communion
- 20—Footcare Clinic
- 20—Mass
- 21—All Resident Meeting
- 22—Earth Day
- 26—Massage Therapy
- 28—Arbor Day



the Crestline

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Staying Fit at Sunnycrest

Staying fit is easy at Sunnycrest because there are many opportunities to do so! Mon thru Fri at 8 am in the Small Dining Room, residents follow along with an exercise video "Sit and be Fit". Also, daily at 3 pm on our in-house channel, the DVD series "Stretch & Strength" for Seniors is shown; alternating DVDS are shown Stretch exercises one day and Strength building exercises the next day. Another option is the Physiostep bike in the clinic room, available any time.

Sanford Health's Stand Strong-Falls Prevention Program is about half-way through a special program called "BINGOCIZE" where they have combined the fun of bingo with balance exercises for fall prevention. On Valentine's day, local firefighters joined the group session, WHAT GENTLEMEN! Starting in April, Sanford Health will be offering another fall prevention class, "SAIL - Stay Active & Independent for Life". This is a strength, balance & fitness class specifically designed for adults 65+. The class will be 2x/week for 12 weeks. We're hoping to offer these classes again later this year!

In addition, walking, which easily can be accomplished in hallways, strengthens bones & muscles and helps prevent or manage high blood pressure, heart disease, and dementia.



Above: Lidia S on Physiostep

BINGOCIZE!

Below, left: Sara W & Marlyce B
Below, right: Sioux Falls Firefighters & front: Janice P, Alvina H, Bev C; back left: Janet T & Lidia S; back right: Bonnie N & Carolyn S



Administrator Sue Lund writes...

The Sunnycrest Village mission is to provide quality, independent-living apartments which are reasonably-priced in a Christian-based community with life-enriching services. I sincerely support and admire The Board of Director's commitment during the past several years to expand this opportunity to more seniors by developing and constructing the South Tower 60-unit building. A **thank you to all Board members**; each one dedicated extra time and efforts to accomplish this. And a **special thank you** to Board members Ron Dorsman and Elton Byre, who co-chaired overseeing the project.

A warm welcome and thank you are extended to the 103 individuals who joined Sunnycrest since July 2022. As most of you know, during the South Tower construction, challenges were experienced; and like any "growing family" growth pains are encountered; these will soon be behind us. I believe the unique character, life-experiences, and personality each individual has enriches Sunnycrest. And I hope each of you are experiencing meeting kind neighbors, making new friends, perhaps even renewing previous acquaintances and overall enjoy celebrating life here!



The 2022-23 **winter weather has certainly been challenging!** Not only here in South Dakota but pretty much throughout the USA. However, just like growth pains, this season will too soon be behind us! And as we get closer to "**springing into spring**" a few items of interest:

1. Especially during the thawing & freezing as outdoor temperatures fluctuate, caution is warranted. Sunnycrest staff and contractors take a pro-active approach in salting, sanding, and clearing walkways and drives but **the forces of nature are unpredictable and can cause conditions to change minute to minute.**
2. It's also time to develop or review **your own personal plan if inclement spring weather** should occur. Tips from the Weather Bureau on protecting yourself if a severe storm approaches: Listen for warnings and have battery powered radio & flashlight readily available. During storms, stay away from windows. If high winds, go to an interior small room or hallway.
3. And it's not too early to think of **gardening!** Tilled garden plots are available on the north end of the east unattached garages for tenants to use. Sign-up sheets will be available soon.



Before we know it, **April will be here** which brings robins and spring flowers and is **Volunteer Appreciation month**. Sunnycrest Village is blessed with **dedicated, wonderful volunteers**. Volunteers serve as Neighborhood Ambassadors, help by serving the **noon meal**; others share their talents at the **Chapel service** or with **Bingo**; others **entertain and help host social events, or lead programs, such as Bible study groups**. Thank you for sharing your time and talent for the benefit and for the pleasure of others here at Sunnycrest!

This month begins the 40 days of Lent which leads up to Easter. During Lent may each of us experience spiritual growth and increase gratitude for Our Savior's sacrifices.



Welcome to Sunnycrest:

Carmen H—106
Kathy A—374
Deb W—123
Carrie D—A31
Jayne D—9
Bill W—33
Audrey P—133
Sharon W—295
Marilyn V—119

Farewell to these Residents:

Terry Wassenaar
Jerrold Juhnke
Marcella Hauswald
Gladys Schamber
Mary Hubbard
Darlene Thielsen
Dona Remmers
Debby Anderson

Our sympathies go out to those with lost loved ones:

Family Members

Dee J—nephew
Steve Z—brother
Betty G—grandson

Please keep these residents in your prayers

Marlene H
Lenore W
Judy S
Marilyn L
Mary H

Thank you for your donations:

Pastor Jeff-Faith Temple
Jeannie Young
Arlene & George Schroeder
Pat Rensch
Curt & RoseAnn Yahnke
Allen Granum

A special thank you to **Gretchen Pederson** for filling in at the last moment for entertainment at the 3rd Christmas Party, Dec. 14th

On February 13th,
Sunnycrest Residents
celebrated Valentine's
Day with sweet treats
and Love Songs
by Elizabeth.



Above: Joan E, Myra B, LaVonne D, Melvin D

Charitable Giving

1st Quarter of Giving Beneficiary
**Union Gospel Mission of
Sioux Falls.**

The UGM Women's Shelter was severely flooded right after Christmas due to a burst pipe.

The women had to seek emergency shelter at St Francis House. When we called and asked how we could help, they said they need a large number of a variety of sizes of plastic storage totes for women to be able to store their belongings while at the shelter. The office is accepting monetary donations through March 31st.



Did you know....

St. Patrick's Day, on March 17th, in America, has long been commemorated with rollicking festivities, but until recent decades, the holiday, which honors Ireland's patron saint, was traditionally a more solemn occasion in Ireland, and became a holy day of obligation for the nation's Catholics. Back in the old country, where until the 1970s pubs were closed on St. Patrick's Day. Now, the Irish are catching up to their counterparts across the Atlantic ocean when it comes to revelry. Since the mid-1990s, the government, in part to promote tourism and boost the economy, has sponsored a multi-day St. Patrick's Festival in Dublin, featuring a parade and a variety of performances and activities; there are similar events in other sections of the country as well.

-History.com-

