

Sunrise News

Volume 2: Issue 1

July 2010



Mission Statement

Our mission is to enrich the lives of elders, adults with disabilities, and their families, by offering meaningful activities and supportive services in a safe compassionate environment

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Located in the Sedona United Methodist Church

110 Indian Cliffs Road

Sedona, Arizona 86336

Sedona Sunrise Center for Adults (SSCA) is a nonprofit

501(c)(3) organization

Our Mission, Our Families

We are happy to report we have met our mission statement: we ARE enriching the lives of elders, adults with disabilities AND their families.

Peggy Rivera, Activities Director for Sedona Sunrise Center enriches our participants lives every day by “customizing” our activities at the center meeting each participant’s interests and abilities. As Peggy puts it: “by acknowledging and respecting each individual, our program integrates activities such as arts and crafts, animal visits, singers, story tellers, instrumentalists, exercise, games, and much more.”

For the families of our participants, we partnered with Northern Arizona Council on Government, and provided 10 hours of caregiver classes. These classes provided information on caregiver tips and

strategies, home safety, medication and pain management. By attending these classes, caregivers received 15 days of adult day care at our center, or 80 hours of respite care in their homes.

We take every opportunity that comes our way to help support our caregivers, because “according to the National Family Caregivers Association (NFCA), more than 50 million people in this country provide care to a family member or friend needing their assistance”. As Rosalind Carter once said, “there are only four kinds of people in the world; those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers”. The NFCA agrees and says, “Today, caregiving is much more than a personal family

issue. It is the issue of our age because sooner or later caregiving will affect every family in America and we are not prepared either as individuals or as a society to deal with it”.

More opportunities for caregivers: beginning July 1st, families can call 1-877-521-3500 to inquire about qualifying for a NACOG program that if eligible, could pay for day care. And don’t forget, there is a caregiver support group meeting at SSCA every Thursday at 2:30 P.M.

So let your friends and relatives know about us. We are here to serve our participants and our caregivers. Please call 928-282-8969 and check our website: www.sedonasunrisecenter.org



Volunteers Matter!

To our Volunteers!!! What would SSCA do without you?!? Our Adult Center runs on donations of time, money, supplies and personal attributes and gifts. To our participants and staff, the volunteer team represents a significant set of supporting spokes in our wheel of success—a success reflected back to us in the eyes of our participants and the relieved smiles of their loving caregivers each day. Without you, that success would be limited.

To those of you who are thinking of volunteering: the fastest growing age group in our society is 85 years and older! For those of us who are the Baby Boomers: know that one of us every 7.5 seconds enters the over 60 age bracket. Our community needs our adult day care facility more as each second passes. It is a need that will only grow, not diminish. You CAN make a difference. By volunteering in our senior community your life will be indelibly enriched. Each moment spent with our participants, is a blessing. Their spirit, their wisdom, their humor, their joy, their frustrations are all a part of the experience shared. Those experiences leave a sense of satisfaction, hope and contentment. I invite you to join our extended family of participants and volunteers. You matter! Call Martha Ryan, Volunteer Coordinator (928) 282-8969.

WITH APPRECIATION. The following people and organizations have generously donated funds, their time, and items to Sedona Sunrise Center for Adults. These donations have made it possible for us to provide adult day services to our participants and their families.

Donors:

Alan Izzo
 Alice Miller
 Annette and Bryan Hubble
 Barbara Vickers
 Barbara Wheelock
 Bea L. Lang
 Beth and Gregory Lanzoni
 Catherine Baker
 Cliff and Katie Hamilton
 Coleman and Diane Gentry
 Cullen and Karen Hollister
 Dorothy Inman and P.S.Ayers
 Doug and Beverly Howland
 Douglas Hersey
 Eileen Grant
 Gary and Ann Pearson
 Gary Karademos
 Gene and Barbara Chandler
 Genni Genovese
 George and Zelpha Wells
 Gerald and Michelle Snyder
 Gertrude Mayne
 Guy and Cindy Forsythe
 Herbert Saltero
 Jack and Marlene Conklin
 Jeanne Johnson
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 Leroy and Joan Schmidt
 Marilyn Thaden Dexter
 Marty and Kappy Losoff
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 Mary Heyborne
 Mr. and Mrs. Jack Conklin
 Murle Dougherty and Ralph Wilson
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 Ralph Vance
 Robert and Judith Johnston
 Robert and Karoljane Perigo
 Robert Brookshire and Linda Nickolas
 Robert Cleland and Helen Knoll
 Ron and Rae Steinke
 Rosemary Chavez
 Stacy Guthery
 Stan and Sally Gorski
 Steve and Cindy Mattoon
 Steve and Linda Nelson
 Richard and Carol French
 Stuart and Bobbie Cameron

Susan Palmieri
 Veronica Wilding White
 Vivian Hilker

Volunteers:

Adrienne Gambucci
 Bonnie Hartenstein
 Carol Cain
 Cindy Holcombe
 Coleman Gentry
 David Barron
 George Stupski and visitation dog, Sassie
 Jane McGraw
 Janine Swent
 Jim Miyakawa
 Joanne Barron
 Karen DalCerro and visitation dog, Paddi
 Larry Dreyfuss
 Linda Nelson
 Linda Yee
 Marge Fallon
 Mary Ann Feltner
 Mary Flaisig
 Michelle Snyder
 Phyllis Lindberg
 Roene Cammack
 Shermane Frei
 Sue Loft
 Waynette Tresner

Grants/

Foundations:

Denver - In Jesus' Name
 J. W. Kieckhefer Foundation
 Margaret T. Morris Foundation
 NACOG Area Agency on Aging
 Sweeney Family Fund
 Anonymous gift from a Family Fund

Professional Services Donated:

Barbara Litrell
 Clear Air Audio Greg and Janis Crosman
 Donald J. Curran D.O. P.L.L.C.
 Elaine Barry
 Jean Day PT
 Jeanie Carroll
 Jeff Dunn
 Jim Buchanan
 Jim Nosan
 Len Barron
 Mitchell L. Gelber Ed.D., P.C.
 Norm LaDuke
 Pam Hashimoto
 Patrick Schweiss

Sammy Davis
 Shondra Jepperson
 Skip Larson
 Steve DeVol and Leslie
 Tanya S. Ferguson PhD
 Toby A. Ferguson MD PhD

Organizations/ Businesses:

APS
 Arizona Helicopter
 Arroyo Robles Hotel
 Bashas'
 Biddles
 Boy Scout Troop #48
 Church of the Red Rocks
 Christ Lutheran Church
 City of Sedona
 Desert Hills Bank
 Eclectic Image Gallery
 El Rincon
 Goldenstein Gallery
 Hilton Resort and Spa
 Marchesa's Fine Shoes
 QHM Labs
 Red Agave Resort
 Red Rock Barbeque
 Red's Restaurant
 Rycus Corners
 Sedona Creative Life Center
 Sedona Golf Resort
 Sedona Racquet Club
 Sedona United Methodist Church
 Sedona Women
 Studio Live – Susan Shomaker
 True Wealth Financial Eileen and Bob Redwanc
 Wyndham Resort

In Kind Donors:

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 Carol Cain
 Carol Synder
 Caroline Peterson
 Deama Bowles Estate
 Ellen Simon
 Genni Genovese
 George Markwardt
 Gerald and Michelle Snyder
 Helen Black
 Jan and Doris Montgomery
 Janine Swent
 Jerry Lemons
 Jo Krieger
 Joy Kauer
 Kathy Huffstetler

Ken and Jane McGraw
 Larry and Carol Dreyfuss
 Linda Nelson
 Michelle Snyder
 Peggy Rivera
 Peter Gassner MD
 Phyllis Lindberg
 Renee Shiffman
 Rowene Cammack
 Stu Cameron
 Waynette and Phil Tresner

The names in this list are those who have given through June 2010. Those people who have donated after that time will be listed in the next newsletter. We apologize for anyone inadvertently left off this list.

Wish List

We are in need of the following items (new or good condition):

Art Supplies
 Blank cards and envelopes
 File folders, hanging
 File folders, manilla
 Flags, USA, military
 Flag poles
 Lace, narrow/thin
 Lace cord
 Laminating machine
 Lined paper
 Locking supply cabinet
 Manicure items (disposable)
 Needlepoint kits
 Origami paper
 Paint Brushes
 Picture books-nature, sports
 Planters, terracotta small/med
 Poster board
 Scrapbooking supplies
 Seasonal decorations
 Shelving, 16-18" deep
 Small shelves for games
 Short story books for adults
 Speakers and microphone
 Storage boxes
 Talking book machine
 Talking books
 Toaster
 Vases, silk flowers
 Water color paper
 Wire snippers
 Yarn
 Ziploc bags, all sizes

Call us at 282-8969, if you would like to give any of these items .

DEAR FRIENDS: We have been in operation for seven months now, and everything has happened that we dreamed about when we started working to open the first adult day health care program in the area. None of this would have been possible without the generosity of folks just like you who have donated dollars to help us open our doors and keep them open for seniors, disabled adults and their families who need our services.

As with many new businesses, we are finding that our expenses are higher than our income, primarily because we need to increase our census to 15 or 20 participants per day. Currently we have from 5 to 7 a day. There are several causes for this. First of all, we are a new service and folks in the community have not heard about us and if they have heard, they may not understand that the benefits of our program could apply to them and their circumstances.

Therefore, we have an active marketing program in place and are planning exciting fund raisers some of which are described in this newsletter.

However, we still need your help and are appealing to you for donations that will go to-

wards our activities program, our transportation program, and our scholarship program for participants who need help with their fees.

Our participants and their families are so wonderful and every day we laugh, reminisce, play "brain games", eat good food, have parties, paint, work with clay, sing, and have visits from pets, storytellers, and volunteers. It is a happy, cheerful place and we need your continued help in keeping it this way. **THANK YOU!** Linda Yee, Founder and President, Board of Directors.

Please cut and send in with your donation to: Sedona Sunrise Center for Adults, P.O. Box 1301, Sedona, Arizona 86339

Name _____

Address _____

Phone _____

Email address _____

\$50 _____ \$100 _____ \$250 _____ Other _____

_____ Check here if you would rather receive this newsletter on line instead of by regular mail.

Thank you.

Sedona Sunrise Center Second Annual Golf Tournament



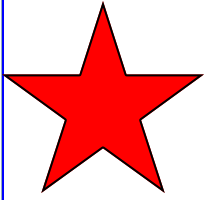
WHEN: Saturday, October 9, 2010

WHERE: Oak Creek Country Club Golf Course

Join us again for 18 holes of fun golf, prizes for closest to pin, longest drive, and a chance to win a brand new golf cart with a hole-in-one! Plus prizes for winning men's, women's, and mixed teams will be awarded.

There will be a **SILENT AUCTION** and **RAFFLE**, with drawings taking place after lunch at Mulligans, with all proceeds to benefit the Sedona Sunrise Center for Adults, the only adult day care service in Sedona and the Verde Valley. Last year, over 80 golfers participated and nearly \$7000 was raised for the Sunrise Center.

Watch for registration information in our next newsletter. Questions? Call Event Chair, David Barron: 284-9623.



**THE FIRST ANNUAL
SEDONA SUNRISE SUPERSTAR
REUNION CONCERT!**



WEDNESDAY, JULY 28, 2010 AT 7 PM

CANYON MOON THEATER IN VOC

You won't want to miss this very exciting event! If you enjoyed the Sedona Sunrise Superstar vocal competition last January, you will want to hear members of the Top Ten and the Judges once again, all to raise funds for the Sedona Sunrise Center for Adults. Superstar events played to full houses, so get your tickets NOW!

FEATURED PERFORMERS

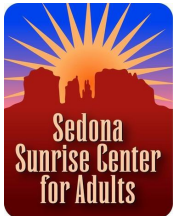
Courtney Grieco Brittany Smith Ed Tortorello Toni Munoz

Levi Chambers David Hoover

Special Guest performances by:

Sammy Davis, Jeanie Carrol and Shondra Jepperson

Advance tickets \$15 at Bashas, Rycus Corners in VOC, and the Sunrise Center. Tickets at the door for \$20. For information, call the Sedona Sunrise Center: 282-8969



Sedona Sunrise Center for Adults

P.O. Box 1301

Sedona, AZ 86339

www.sedonasunrisecenter.org

**NON PROFIT ORG
U.S. POSTAGE PAID
SEDONA, AZ
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Caregiver Support Group

Meet new friends who are caregivers, just like you. Facilitated by Executive Director, Nancy Ryba, who is a licensed social worker, you can share ideas and experiences and learn from others.

EVERY THURSDAY

2:30pm

**SEDONA UNITED METH-
ODIST CHURCH**

Even though you don't feel like you need to be there, your presence will help others who do.

928-282-8969