

**LUTHERAN SUNSET MINISTRIES**

*Report to the Northern Texas-Northern Louisiana Synod Assembly*

Lutheran Sunset Ministries (LSM) continues to provide services to more than 200 people on a daily basis within our seven comprehensive programs: Sunset Home, a 96-bed skilled nursing facility; Hope Center, a secure 32-bed skilled nursing secured neighborhood for memory loss/dementia residents; Heckmann Residence, a 24-apartment licensed assisted living facility; Rainbow Retirement Community, 54 independent living apartment; and Hospice Sunset; Sunset Companion Services serving Bosque County and a 25-mile radius of Clifton and Windmill Café, a community outreach program.

LSM's website ([www.luthersunset.org](http://www.luthersunset.org)), which was renovated in 2014, has been attracting users to pages such as the Sunset Senior Guide Blog, Sunset Lifelong Learning and information on our various programs. The Sunset Senior Guide Blog went live in November 2014. Since then, we've posted more than 150 blog articles covering senior living, lifestyle, helpful tips and decisions that individuals and families face as their loved ones grow older. It has been our third most viewed page on the website, behind "Our Residences" and "Contact Us." We encourage you to check it out at [www.luthersunset.org/news](http://www.luthersunset.org/news).

Social media has been a fantastic way for us to give people a glimpse into our culture here at LSM. On a daily basis, we are posting and sharing engaging photos, articles, links and videos to capture the attention of our target audience. Through Facebook and YouTube, we've been able to connect with people on a personal level, showing all that LSM has to offer in real time. Links to both are located at the bottom of the homepage of our website.

As a Masterpiece Living community embracing the tenets of successful aging, LSM strives to be a leader in health and wellness services, social engagement activities, opportunities for spiritual growth, and last but not least, education programming. With this in mind, LSM has launched a community-wide education series — *Lunch & Learn Speaker Series*. Throughout the year, residents, staff and members of the community can gather for a noon meal and a short educational presentation by various expert speakers throughout the year. These events will be listed at <http://luthersunset.org/sunset-lifelong-learning/> as they are scheduled.

This Masterpiece Living philosophy spills over into everything we do at LSM. From more engaging and diverse activities to empowering our residents to take on projects that fill them with meaning and purpose, we are constantly looking for ways to maintain and improve our successes.

The Sunset Home recently implemented *It's Never 2 Late (iN2L)*, a computer system that empowers residents to connect, engage and enjoy life. iN2L integrates the hardware, software, media and various components necessary to allow virtually any person with any interest in using a computer — regardless of background, physical or intellectual abilities — to do so pleasurably, engagingly, and without frustration. The system is built on a picture-based, touch-screen interface that allows users to simply "touch" their way to find engaging, educational, spiritual and personalized content that is appropriate to their own level of ability. From using e-mail and web cams to connect with family and friends, to enjoying mind-stimulating activities, to improving hand-eye coordination as part of a rehabilitation program, elders with a wide range of physical and cognitive abilities, most of whom have never used a computer, are now enjoying technology using systems adapted especially for them.

In partnership with the Bosque Arts Center, our Resident Art Show has been a huge success. Resident art is displayed and an artist reception takes place, honoring our residents for their creativity. This year's event will take place on March 17.

In 2017, LSM was also voted "Best Retirement Living" and "Best Assisted Living" for the third year in a row in Waco Tribune-Herald's 2016 Readers' Choice Awards.

Lutheran Sunset Ministries appreciates the ongoing support of congregations and individuals of the Synod. Special mention and appreciation to the people in congregations who send quilts for the annual quilt auction in October. The 2017 Volunteer Auxiliary Quilt Auction was a success, bringing in more than \$25,000. We'd like to thank our talented quilt donors, auction bidders, and hardworking Volunteer Auxiliary for another amazing year. The funds raised will fund numerous projects and equipment for the residents of Sunset, significantly adding to their quality of life. Due to the diminishing art of hand quilting and the increased success of the Pot O' Gold Thrift Store, our volunteers have voted to forgo this event. On behalf of the Volunteer Auxiliary, we thank everyone for their participation in this event. In the last 26 years, you've helped our ministry raise thousands of dollars, which were invested back into Lutheran Sunset Ministries. We cannot thank you enough for your support throughout the years. We ask that our donors find other worthy causes to donate their beautiful quilts to in the future.

The health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day and 51 percent of people who are 75 or older live alone (*AARP*). If a strong

support system isn't available, these older adults could run the risk of experiencing dire physical, mental and emotional consequences that are commonly associated with isolation and loneliness. Whether it's due to the inability to drive, lack of assistance or low income, these older adults need a helping hand and access to the right resources. With these stats in mind, LSM decided it was time to offer the same enriching opportunities they provide their residents to the community at large. After brainstorming, some research, and visiting café's with similar models, it was approved in 2016 by the Board of Directors to pursue the idea of Windmill Café.

More than a café, Windmill not only offers lunch to the Clifton Community, but offers programming for those who are 55 or better. This programming includes opportunities such as educational speakers, art classes, exercise classes, computer basics, health fairs and more. For more information, visit

[www.lutheransunset.org/windmill-cafe](http://www.lutheransunset.org/windmill-cafe).

Clifton is a great place to retire. LSM has all the services needed with the continuum of care available on our campus, which is particularly beneficial to couples who may require different services in the future as they age, plus the local clinic and hospital across the street. Clifton has been designated by the State of Texas to be a Certified Retirement Community and a Texas Cultural Arts District. To learn more about Clifton, visit [www.cityofclifton.org](http://www.cityofclifton.org). To learn more about LSM, visit [www.lutheransunset.org](http://www.lutheransunset.org) or our Facebook page, Lutheran Sunset Ministries. To set up a visit for your church group call Andrea Hikel at 254.675.8637 ext. 2224. Come and visit!