

*Everyone Deserves
a Great Life*

May 2017



THE RETREAT AT SUNBROOK

359 N DIXIE DR. · SAINT GEORGE, UT 84770 · (435) 272-0202
WWW.FACEBOOK.COM/RETREATATSUNBROOK/

Our Management Staff

Executive Director

- *Garrett Wilkerson*

Resident Care Coordinator

- *Becki Pentz*

Executive Chef

- *Brian Pulsipher*

Director of Nursing

- *Julie Hall*

Business Office Manager

- *Alexis Barnard*

Community Relations Director

- *Megan Williams*

Activity Director

- *Annette Deckard*

Enhanced Care Program Dir

- *Dacy Pulsipher*

Maintenance Director

- *Larry Harris*

Housekeeping Director

- *Amanda Sorenson*



Donna Edmunds

Donna Knowles Edmunds was born Sept. 26, 1927 in Grandeur, UT. She is the oldest of 2 brothers and 5 sisters. She and all of her siblings were born in the same house as her father. She fondly remembers sleeping 3 to a bed.

She also remembers walking 2 ½ miles to school and back, crossing over the train tracks. Often they were late to school because of the train. When it was stopped on the tracks, she and her siblings would find an open car and hop on board and out the other side. One of Donna's first jobs was working for the Porter Watson Seed Co.; she made .25 cents an hour packaging seeds. Donna met her husband through a girlfriend and at 22 yrs., on Oct. 11, 1949, she eloped to Elko, NV to be married. Once she was married, Donna did not work again, neither did she learn to drive and to this day has never driven a car. Donna was married for 62 years. Her husband retired from Hill Air Force Base. When Donna's children were growing up they loved to travel. They traveled to Yellowstone, Flaming Gorge, Idaho, Colorado and Canada.

Mother's Day Brunch

Please join us for a **Mother's Day Brunch!** Sunday, May 14th, from 11am-1pm. The first 2 resident guests are free; all others may join for \$10. We ask those attending to **RSVP** with your total number of guests no later than Wednesday, May 10th. Hope to see you there!



Donna Edmund Continued
After her children left the home, she and her husband went on 8 cruises. She has often said she had a happy and generous life. Donna is kind and patient with all she meets. She adds a richness to our group and we enjoy her tremendously.



Activities

Trivia Whiz

Majestic Mount Everest

In the Himalayas, on the border between Nepal and China, stands Mount Everest, one of the most iconic mountains in the world. Explore these facts about the natural wonder:

Mount Everest is the highest mountain on Earth, towering 29,029 feet above sea level.

In 1865, the Royal Geographical Society named the mountain after British surveyor George Everest, who helped map the region.

At the peak, temperatures average 35 degrees below zero, and winds can top 100 mph.

On May 29, 1953, Edmund Hillary of New Zealand and Tenzing Norgay of Nepal were the first confirmed climbers to reach the summit.

Everest is nicknamed "the roof of the world."

Easter Celebration!

We had so much fun during our Easter party! We hid some eggs for the kids to find, had pet therapy with fuzzy little chicks, ducks and a fluffy bunny, and then enjoyed a refreshing fruit kabob in the amazing spring weather. Thank you to all who joined us!



Memory Care Neighborhood



Happy Birthday

May Birthdays

5th	Sarah Crabtree (Staff)
14th	Laurence Estipona (Staff)
19th	Jay Barton
20th	Kathy Richins
21st	McKenna Jack (Staff)
22nd	Max Berryessa
24th	Audrey Shumway
26th	Helen Ringwood

Welcome New Residents

April Move- Ins!

Anne Brown
Ruthmary Caldwell
Virginia Jones



Wit & Wisdom

"All the great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, hope."
—Winston Churchill

"Honor always comes at a price, else it would be worthless."
—Michelle Griep

"Duty, Honor, Country: Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be."
—Douglas MacArthur

"There is no dishonor in losing the race. There is only dishonor in not racing because you are afraid to lose."
—Garth Stein

"No person was ever honored for what he received. Honor has been the reward for what he gave."
—Calvin Coolidge



Celebrating Moms Everywhere

HAPPY
Mother's Day



The Retreat

At Sunbrook
ASSISTED LIVING

359 N. Dixie Drive

Saint George, Utah 84770