



Sunnyside Assisted Living  
108 Wildwood Drive  
Cadillac, MI 49601

Postage  
Information

February 2020

# Sunnyside News

Sunnyside Assisted Living \* 108 Wildwood Drive, Cadillac, MI 49601 \* 231-775-7750



## Living Joyfully – Singing and Gratitude

“...be filled with the Spirit, addressing one another in psalms and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ...”  
Ephesians 5: 18-19

An American Pastor, Quaker, Author and Speaker named Richard Foster wrote a wonderful book on the spiritual life called “Celebration of Discipline” over 40 years ago. In this book, Richard goes into depth about how creating space for God through prayer, fasting, solitude, etc. allows the human heart to be placed before God in order to be transformed by God. I heard Richard speak about his book in Petoskey MI in 2018, and one line he quoted from the book really stood out to me. He said, “Joy is the keynote of all the disciplines.” In other words, creating space for God through the disciplines of prayer, fasting, solitude, etc. leads to experiencing more joy in your life! Since our theme in 2020 is “Living Joyfully,” I want to share two things I do often. It is such a joy for me to have the opportunity to provide spiritual care for our residents in the northern homes, and a few things that I get to experience and do every time I am in the homes with residents are the practices of singing and gratitude. I’ll bring my guitar and sing a variety of songs, some of which the residents know, and so they sing along usually with smiles on their faces. I encourage a lot of our residents to listen to music that brings them joy, because music is a gift that can open our hearts in ways that other means cannot. Coupled with singing, I also practice gratitude with our residents asking them what they are thankful for. Research into positive psychology shows that the practice of gratitude can help make a person happier and more content with their life, which leads to joy. Over the last year, it has been such a blessing to me to see how much singing and gratitude has been and continues to impact the lives of our residents. May we keep singing and giving thanks always in every season with our residents the unending blessings from above!

-Chaplain Clint

## Our Staff

Administrator  
Jackie Kibbe

Resident Care Manager  
Heather Stead

Food Service Director  
Patty Springberg

## February Birthdays

*There are no resident  
birthdays in February*

Staff Birthdays  
2/1 Shiloh Snyder  
2/11 Heather Stead



a program of Baruch Senior Ministries

Located in Cadillac, Michigan, Sunnyside Assisted Living is a community designed to provide choice and convenience for seniors requiring various levels of assistance with daily activities. Our staff works together with you to create a wonderful, family atmosphere for your loved ones. All of our residents enjoy companionship while maintaining cherished independence and dignity.

The Sunnyside Assisted Living community offers assisted living in a homelike environment with specialized care ranging from minimal assistance to care for the frail elderly. Our care programs are designed specifically for the needs of the residents in our community; providing the highest level of service when it's needed the most.

As part of the Baruch family of assisted living communities, it is our mission to provide a home for our residents who have outlived their financial resources. This allows seniors and their families a sense of peace knowing that they do not need to leave their home due to funds. It is because of the support of others that we are able to continue to provide a home for many.

Sunnyside shares in the mission of Baruch Senior Ministries, seeking to honor God by serving people as they age.

**In February there is  
everything to hope  
for and nothing to  
regret.**

*Patience Strong*



### Christmas presents!!!



### Helen Martinson's Birthday



### Valentine's Day Facts:

- Every year, more than 36 million heart shaped boxes of chocolates are sold across the country.
- Don't forget about your pets! Every year, around 9 million people buy their pets a Valentine's Day gift.
- Teachers receive the most Valentine's Day cards, followed by kids, mothers, wives and girlfriends.
- Hallmark was one of the first to mass produce a Valentine's Day card, all the way back in 1913.
- More than one-third of men are comfortable not receiving anything from a lover on Valentine's Day
- Sorry men, it looks like you'll be spending twice as much as women this year on gifts. The average man spends \$130 on Valentine's Day, while women spend about \$70.

happy Valentine's day

Just a couple of gals taking their afternoon nap ☺

