

SUNSET WELCOMES NEW CFO

Sunset Retirement Communities is happy to welcome Mark Minard, CFO & Vice President of Finance to our team.

Mark began transitioning in December from his former position with Mercy Health Partners to his new role with Sunset. His first official day was January 16th. Welcome Aboard Mark!

IMPORTANT TAX INFORMATION

Due to recent changes in our accounting department, some tax information will not be ready until later in the year.

We ask for your patience and apologize for any inconvenience this may cause.

Families and/or residents needing information from SRC for tax purposes are asked to contact Business Office Manager, Charlotte Wimmers, 419/536-4645.

Charlotte will keep a list of all requests and will contact you when the information is available—no later than March 31st.

Thank you in advance for your understanding.

HOSPICE: HOW IT BEGAN

Before the 20th century, the concept of hospice was not widely known. It wasn't until Cicely Saunders, a British physician developed many of the basic principles of modern hospice care during the 1950's and opened St. Christopher's Hospice in a residential area outside London in 1967.

Over the next twenty years, the American hospice concept evolved from a grassroots effort into a moral imperative. The Connecticut Hospice was the official first hospice program in the US, started in 1974. Since then, the growth has been exponential. In 2009 over 3,400 hospice programs provided medical care, psychosocial and spiritual support to more than a million and half dying persons, and those who love them.

In 2010, Sunset began Ashanti Hospice & Palliative Care to serve our residents as well others within the community. Please call Ashanti Director Sandra Bondelier 419/724-1047, for more information on Ashanti Hospice.

BLOOD DRIVE

Sunset Retirement Communities is partnering with the American Red Cross to sponsor a week at the Toledo Donor Center February 13th through the 18th. February is American Heart Month so make a heartfelt difference by donating blood through the American Red Cross.

It's easy to schedule an appointment! Just call 1-800-RED CROSS or log onto redcrossblood.org.

The Red Cross Donor Center is located at 3510 Executive Parkway, Toledo. Donation Times are: Monday 8am-4pm; Tuesday through Thursday 10:30am - 6:30pm; Friday 7am - 4pm; and Saturday 7am-2pm

Unable to donate? There are still ways that you can help! Volunteer at the Donor Center to greet donors as they walk in or help donors in the canteen, after their donation.

FEBRUARY ACTIVITIES

We invite you to visit our website for a listing of activities, outings & events @ www.sunset-communities.org. Click on any event for details.

IT'S A "GUY" THING...!

New at Sunset House is a "gents" only group. Twice a month (2nd and 4th Thursday) the fellas get together in the community center for cards, conversation, beer, snacks — guy stuff! All males are invited and heartily welcome. Contact Tim Polakowski at 419/536-4645 if you'd like more information.

HEALING ARTS

Ashanti Hospice staff will present Healing Art Sunday, February 26th, 2 to 4 pm at Sunset House. Friends, family, and children are welcome to explore the healing power of art.



Local art therapist, Bob Davis will show how to create uniquely special keepsakes in memory of loved ones. You are encouraged to bring small mementos and/or photos to incorporate into the art. The end result will be a special commemorative of your loved one to take with you that day.

You need not be an artist to participate, and there is no charge. All materials will be provided (except the mementos you wish to bring) and refreshments will be served.

Contact Tiffany Duraney 419/724.1225 ext. 2305, or tduraney@sunsetcommunities.org by Friday, 2/17/12 to reserve your spot. Please let us know how many individuals will be attending. In the event of inclement winter weather, check your local television news.

CHECK OUT OUR NEW DIGS

You are invited to stop by the Community Room/ Activity Center to see our recent improvements. Residents, staff and visitors say they love the new look and warmer feel. Let us know what you think.

BREAKFAST BUZZ IS BACK

Enlightening and entertaining, the Breakfast Buzz returns! Breakfast is offered at a cost of \$3.00, payable at the door. Scheduled topics are:

- 2/9/12 Get Organized: Get Happy
- 3/1/12 Manage Stress & Pain—With Music!
- 4/12/12 Prescription for A Healthy Brain
- 5/3/12 Functional Fitness

Please contact Tiffany Duraney to RSVP: 419/724-1225, ext. 2305, or Tduraney@sunsetcommunities.org

THE CONNECTING POINT

You are invited to The Connecting Point, a supportive gathering of residents and families, sharing thoughts and feelings about some of life's common challenges.

We meet the first Tuesday of every month, 10:30 am, in the Library (in Sunflower Lane.) Our next meeting is February 7th, 10:30 am. Please call 419/724-1047 if you have questions or would like more information.

RESIDENTS' PERSONAL ITEMS

While we take every effort to keep residents' belongings safe, they can occasionally become misplaced. To help guard against this, we ask that your loved one's valuable personal items be kept secured, either in a locked box or off premises.

Resident Trust Funds are also an excellent way to keep cash safe, yet easily accessible for your loved one. Please contact Charlotte Wimmers for more information.