

Enriching Individual Life Journeys.

May, 2017

MAY IS OLDER AMERICANS MONTH!

Each May, we celebrate Older Americans and acknowledge the contributions of past and current older persons to our country. Since President John F. Kennedy, every president has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. This year's theme, **Age Out Loud**, gives aging a new voice and reflects what today's older adults have to say!



AGE OUT LOUD: MAY 2017

At Sunset, each of our communities' will host a variety of activities so that Residents, Families and Staff may celebrate together!

ASHANTI HOSPICE PRESENTS "CARING FOR THE CAREGIVER"

Join us Wednesday, May 17, 11a-1p for "Caring for the Caregiver", an informative Community Event for those who are in the caregiver role. This program is presented by Ashanti Hospice.

Gale Clark from Harmony in Life will be the guest speaker on "Taking Care of Yourself." A light lunch will be served.

Seating is limited.

Vendors will be on site including, Massage Therapy, Tai Chi, Aromatherapy and Harmony in Life.

Please contact the Ashanti Office at 419-724-1047 for additional information.



Sunset Retirement Communities

SUNSET VILLAGE REHAB A HUGE SUCCESS!



Thanks to all who attended our Family and Community Rehab Open Houses. Many friends and family member were able to tour the new gym and enjoy wonderful treats. On Sunday,

April 2, a special community reveal was held including a ribbon cutting and proclamation by the Town Crier.

As a special treat, we were



treated to a performance by a Sunset Village resident. Mary Coker, joined the Elxir, for a couple of songs. Mary sang back up for Elvis Presley and she and her band shared the

stage with Loretta Lynn and John Denver!

SUMMER CONCERT SERIES RETURNS!

Once again, through the generous support of the Harry and Elsie Baumker Foundation, Sunset Retirement Communities was awarded a grant to continue our popular summer concert series!

On June 15 at Sunset House will kick off the series with a performance by Extra Stout.

Sunset Village will host the July 20 concert with the sounds of Swingmania.

Our final concert of the season, will be August 17 at Sunset House with the Cake Walkin' Jass Band.

All performances begin at 6:30pm and weather permitting, will be held outside. Seating is limited so please bring your own chairs! Complimentary Lemonade, Popcorn and Ice Cream treats will be available.

SUNSET HOUSE

THE WOODLANDS
SUNSET VILLAGE

ASHANTI HOSPICE & PALLIATIVE CARE
FIELDSTONE VILLAS at Sunset Village



MOTHER'S DAY TEA

To celebrate Mother's Day, we'll be hosting a tea in the Main Living Room on Friday, May 12 at 2 pm. Harpist Sue Hedler, will entertain as we celebrate "Mom" as well as the other special women who have played the role of Mom in our life!

MEMORIAL DAY PICNIC

We're Kicking off the summer by throwing a Memorial Day Picnic at Sunset House! We'll offer a Lunch menu which will include: Chili dog or Italian sausage sandwich, Macaroni salad, Corn on the cob and Watermelon. For our dinner menu we'll be offering BBQ Ribs or Grilled Chicken Breast, Coleslaw, Baked beans and Patriotic pop-sicles.

STORAGE CAGES

Storage cages are available for all residents at Sunset House. If you would like one, please contact **Arnell Mitchell, Director of Environmental Services**. Once you have a storage cage, if you need to access it, please complete a work order, available at Sunflower Lane Nursing Station or at the front desk. Only family members may go to the storage cages. Due to safety issues, please do not take residents up to the cages. To ensure additional safety, all family members must now be escorted by a maintenance staff member while they access their storage cage.



MOTHER'S DAY BRUNCH!

Join us to celebrate Mother's Day on Sunday, May 14th. Our culinary team will prepare a delicious brunch with two dining times: 11 am or 12:30 pm.

Please call the front office during regular business hours to make your reservation!

PRIVATE DINING ROOM

Please be advised, with the addition of Fieldstone Villa Residents dining in the Main Dining Room, we have decided to reserve the Private Dining Room for their use only.

We apologize for any inconvenience this may cause. However, should you require a private dining space, we can accommodate you in another area of Sunset Village, including The Gathering Place or the Multi purpose Center. Thank you for your understanding!



FINE FEATHERED FRIENDS!

Woodlands resident, 104 yr. old **Richard Ehrmin**, proves you're never too old to make new friends! This good time moment captured by Chris Richie.



NEW FACE AT FIELDSTONE!

We're excited to welcome **Heather McGannon**, to the Sunset team! Heather, who has been involved in Senior Living for many years, will serve as our Senior Living Sales Professional for Fieldstone Villas. We've scheduled some exciting events, including Open Houses on May 6 th and May 21st. Please stop by to meet Heather and check out a Villa. Call 419-386-2686 for more information!



SPIRITUAL CARE AND MASSAGE THERAPY— ADDITIONAL ASHANTI HOSPICE SERVICES

A service of Ashanti Hospice is Spiritual care. Our Spiritual Coordinator, **Ann Crowell**, can meet with our clients and families on an as needed basis to discuss spiritual beliefs. Another of the benefits of Ashanti Hospice is massage therapy. **Kathy Pollauf**, a Licensed Massage Therapist, sees our clients either monthly or bi-weekly basis depending on their preference. She does gentle/relaxing massage geared toward our clients who may be experiencing pain and muscle tension.

Next month we'll share what *Hope, Wishes and Dreams* means to Ashanti Hospice.

"COMMUNITY CONNECTIONS" SUPPORT GROUP

Ashanti Hospice has a bereavement support group available to our residents, staff and families. Meetings are held monthly. Join us **May 31st @10:30am-Sunset Village-Multi Purpose Center**.

Please call the Ashanti Office for additional information.