

Enriching Individual Life Journeys.

August, 2018

TAKE DIRECTION! NAVIGATING THE MAZE OF ADVANCE DIRECTIVES

Ashanti Hospice joins local attorney Dean Horrigan on **Tuesday, September 25th**, at 11:00 am, at Epworth United Methodist Church, 4855 Central Avenue, to present an informative session on Advance Directives. Even if you have already prepared these critical documents, join us for an interesting and fact filled presentation. Dean has been practicing law since 1992. An advocate for the older population, Dean was awarded the Area Office on Aging Community Service Award. Lunch will be provided. **RSVP to Ashanti Hospice by September 16th—419-536-4645, ext. 2004**

FREE FALL RISK SCREENING

You won't want to miss this! Sunset Village Rehab is hosting a Fall Risk Screening on **Wednesday, September 26th** from 11 am —2pm. Certified therapists will evaluate your gait, balance and strength. An overview of your general health and medication review will also be conducted. Vendors and refreshments will be available.



Falls, with or without injury, can impact quality of life. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

2018 SUMMER CONCERT SERIES - FINAL PERFORMANCE

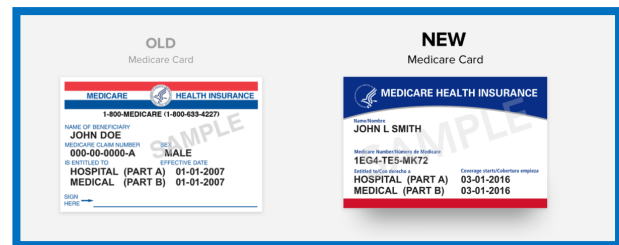
We hope you'll join us on **August 16th at 6:30 pm** at Sunset House/The Woodlands on Indian Road for our final performance of the 2018 Summer concert series. The Toledo School of the Arts Pop Combo will perform. Concerts are held outdoors, weather permitting. Seating is limited so please bring a chair or blanket to sit on!

The Sunset Summer Concerts are made possible by the generous support of the Baumker Foundation.

SOMETHING'S COMING IN YOUR MAILBOX

Please be advised the new Medicare Cards should be arriving in your mail box shortly. Once you receive your new card please provide a copy to our Business Office.

The new cards are no longer issued with your Social Security information, but a personal number to protect you from identity theft!



CAR WASH FUNDRAISER

Sunset Communities' team, "Sunset Striders" will participate in the 2018 Walk to End Alzheimer's on **Saturday, October 13th**. Check in begins at 9:00 am. Family, friends and residents are welcome to join us for the annual walk which will be held at Promenade Park in downtown Toledo.



"Penny Wars" between buildings has been extended through the month of August. Your loose change is appreciated.

On **Friday, August 24 between 2pm -4pm**, stop by to have your car washed. Vicky Bartlett, CEO, has gathered a group of friends to help wash your car. We'll be on the Indian Road Campus. Donations accepted.

SUNSET HOUSE

SUNSET VILLAGE

THE WOODLANDS

ASHANTI HOSPICE & PALLIATIVE CARE
FIELDSTONE VILLAS at Sunset Village



The Update is published monthly for family and friends of Sunset Retirement Communities. It is available on-line at www.sunset-communities.org or through email. You may opt-out at any time.



SUNSET HOUSE

LOST AND FOUND DAY!

Mark your calendars for **Sunday, August 12th**, for Lost and Found Day at Sunset House from 10 am -4pm. All Residents and families are welcome to come and claim any of the unmarked items that belong to them!

FINE DINING AT SUNSET HOUSE

Please join us for our monthly Mix and Mingle Fine Dining event on **Friday, August 17th**. An appetizer of Heritage Cole Slaw will be served with a complimentary glass of wine or beer beginning at 4:30pm in the Community Room. Dinner will feature Memphis Style Slow Roasted Beef Brisket, Artisan Macaroni and Cheese, Southern Style Green Beans and Roasted Red Pepper Corn Muffins. Maple Bourbon Bread Pudding will be served for dessert. Reservations are \$10.00 per person and can be made by contacting the front desk by **Monday, August 13th**.



ASHANTI HOSPICE

WHEN IS HOSPICE APPROPRIATE?

Should you have any questions about Ashanti Hospice or hospice in general, please feel free to contact the Ashanti team at 419-724-1047.

MYTH: *Hospice is only appropriate when the client is close to death.*

Fact: We will certainly admit any client who is close to death, but the care provided and the benefit to the family is greater when we are given the time to help prepare the client and family. Once the physician states there is no longer active, curative treatment available and the client has a life-threatening illness, hospice should be called.

By having the gift of time, we can help the client achieve a self-determined life closure.

ASHANTI VOLUNTEER OPPORTUNITIES

Did you know that volunteering does more than help out a worthy organization? It's a great way to make friends and acquaintances, learn new skills and gain valuable experience should you need it!

Ashanti Hospice has many opportunities to help you fulfill your desire to volunteer. Please contact Ashanti's Volunteer Coordinator, Danielle, at 419-724-1047, to learn more!



SUNSET VILLAGE

NATURE BULLETIN BOARD

In the hallway right after the main dining room, there is a Nature Bulletin Board. Stop by and look at original artwork of a resident's favorite flower, haiku's written about summer and pictures of some of the beautiful planters around the Village campus. New information is added almost weekly!

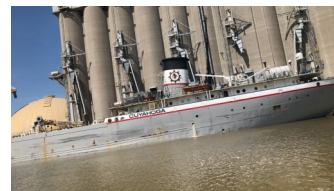


THE WOODLANDS

BY LAND AND BY SEA, WOODLANDS RESIDENTS TAKE ON TOLEDO

Enjoying Toledo by Land and Sea, the Woodlands residents were able to take part in many of the area's activities.

Several residents enjoyed an outing to the Real Seafood Company. Lunch was enjoyed on the patio!



On a beautiful July day, a trip on The Sandpiper boat downtown to tour the Maumee River was scheduled. The two hour tour showcased stately homes along the banks of the river, Toledo's busy port, and much more .

Residents went out to the Toledo Express Airport to visit the 180th Fighter Base. An educational tour was given on the equipment used when flying, information on the aircrafts, and the 9/11 Memorial.



FIELDSTONE VILLAS AT SUNSET VILLAGE

FIELDSTONE VILLAS OPEN HOUSES

Curious about what the inside of a Villa looks like? Here's your chance to get a look. Two Open Houses are scheduled - **Friday, August 3rd from 11 am—2 pm** and **Saturday, August 18th from 10 am—12 pm**. Call Heather at 419-386-2686 to RSVP.