

Enriching Individual Life Journeys.

July, 2018

UPCOMING INFORMATION SESSIONS

Sunset Communities is pleased to present two upcoming informational events filled with information that you can use.

ADVANCED DIRECTIVES PRESENTATION

Join us in **September**, as local attorney Dean Horrigan presents an overview on Advance Directives. Even if you have already have these measures in place, it is a good time to review and have any questions answered. Ashanti Hospice is sponsoring this event, which will be held at Epworth Church and a light lunch will be provided. Date and time will be provided in the next Update!

FALL PREVENTION SCREENING

Did you know that every 11 seconds, an older adult is treated in the emergency room for a fall. Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations.

And, the financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020. Sunset Village Rehab will offer a Falls Prevention Screening on **September 26th**. Certified therapists will evaluate your gait and review medications to determine how safe you are. Free and Open to the public, please join us for this screening. Vendors and refreshments will also be available.

FIVE STAR RATING!

We are pleased to announce that both Sunset House and Sunset Village were awarded a Five-Star rating for our Nursing Facility Care from the Center for Medicare and Medicaid. Both locations have earned this honor for many years.

Congratulations to the staff for their hard work and dedication. It is through their efforts that Sunset continues to receive this rating.

If you are interested in reading the report, and the quality measures used to determine 5 star rating please visit the

www.CMS.gov/nursing website.

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 "WALK TO END ALZHEIMER'S" TEAM FORMING

Sunset Communities' is creating a team to 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 our team, "Sunset Striders", for the walk which will be held at Promenade Park in downtown Toledo.



To raise funds for the Sunset Team, each building is hosting a Penny Wars. You can support your favorite building by contributing any loose change in the buckets at the front desk!

Additional opportunities to support the team, including a CEO and Friends Car Wash, will be held.

NEW MEDICARE CARD

The new Medicare Cards have begun being mailed in June. Ohio is considered part of wave 7 and we should expect the new cards to arrive later this summer. Once you receive your new card please provide a copy to our Business Office. Remember cards are no longer issued with your Social Security information, but a personal number to protect you from identity theft! For more info:

www.healthcare.com/info/medicare/new-medicare-card

2018 SUMMER CONCERT SERIES



Our next concert is at **Sunset Village** on **July 19th**. The bluegrass band, **Fossil Creek** will perform, beginning at 6:30 pm.

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.*



SUNSET HOUSE

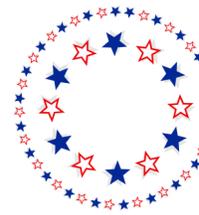
SUNSET HOUSE MIX AND MINGLE FINE DINING EVENT

Residents, families and friends are invited to join us for June's Mix and Mingle Fine Dining Event on **Friday, July 20th** at 4:30pm. Dinner menu will feature: Strawberry Spinach Salad with Mango Chardonnay Dressing, Grilled Beef Kabobs with peppers, onions and mushrooms served over rice pilaf, and Mini Crème Brule for dessert. A complimentary glass of wine or beer is also served. Reservations can be made at the front desk for \$10.00/person by Monday, July 16th.



SUNSET VILLAGE

MILITARY HISTORY BOOKS/DVDS WANTED



Sunset Village's Veterans group welcomes any donations of military history books or DVDs.



ASHANTI HOSPICE

BREAKING DOWN HOSPICE MYTHS

Each month, we're exploring a myth of hospice care. This month, we address "Hope". 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 care means giving up hope.

Fact: Receiving hospice care does not mean giving up hope. When given a terminal diagnosis, patients find that hospice services allow them to live life as fully as possible until the end. Hospice's interdisciplinary team helps patients and families address their concerns and strengthen their connections so previous issues can be resolved and the end of life is peaceful.

ASHANTI COMMUNITY CONNECTIONS

Locations and times for Community Connections, Ashanti's bereavement support group are as follows:

July—Sunset Village at 1:30 pm

August—Sunset House



FIELDSTONE VILLAS AT SUNSET VILLAGE

FIELDSTONE VILLAS UPDATE

The Clubhouse is coming along with opening expected in late fall. Reservations are already in place for the next phase of Villas. If you would like to learn more about this carefree and maintenance free lifestyle, give Heather a call at 419-386-2686 to arrange a personal meeting!



THE WOODLANDS

WOODLANDS RESIDENTS ARE OUT AND ABOUT!

Hey, who's that good lookin' group out and about town?

It's the residents from the Woodlands! During June, the Woodlands folks:

Toured the 577 Foundation in Perrysburg

On this outing to the 577 Foundation, they were given a tour to learn about the history and what the foundation is all about. Residents walked through their Community Gardens, Biodome-used as a year round greenhouse, visited the Dairy Room for fun information on Birds, Rocks, Trees, and saw their indoor honey bee hive, and learned about other areas on their grounds!



Residents enjoyed an outing to Downtown Toledo's Library for their weekly summer concerts on the Lawn! We found good seats by their fountain and listened to a wonderful Blues band play during the lunch hour.

And this group was even able to get the Library to come to them! As part of the Toledo Public Library's "emedia" program, a bus was brought to The Woodlands for residents to go into with their IPADS/Iphones. The residents were given an instructional session on how to run various programs on their devices!

