

Enriching Individual Life Journeys.

October, 2018

FLU SEASON IS APPROACHING— VACCINATION FORMS TO BE MAILED

According to the Center for Disease Control and Prevention, (CDC), it's not possible to predict what this flu season will be like. While flu spreads every year, the timing, severity, and length of the season varies from one season to another.

While the timing of flu is unpredictable, generally seasonal flu activity can begin as early as October and November and can continue to occur as late as May. Flu activity most commonly peaks in the United States between December and February.

To help prevent and protect our residents from the flu, a consent form for the Flu and Pneumonia Vaccine will be mailed very soon.

Additionally, a contact form with the most current information will also be sent. Please update the information and sign the consent form, and return to us as soon as possible.

MEDICARE CARD

Ohio resident's new Medicare Card should be arriving in the mail shortly. The new cards will no longer be issued with an individual's Social Security number, but rather a personal number which will help protect you from identity theft.



If you need additional information, please visit: Medicare.gov/NewCard.

Please make sure our Business Office has a copy of your new Medicare card.

Beware of people contacting you about your new Medicare card and asking you for your Medicare number, personal information, or to pay a fee for your new card. Medicare will never contact you uninvited to ask for your personal information.

MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment period begins on October 15, 2018 and continues until December 7, 2018. This is the one time of year when ALL people with Medicare can make changes to their health and prescription drug plans for the next year. Coverage will begin January 1, 2019.

Each year, Medicare health and drug plans make changes which can effect things like cost, coverage, and what providers and pharmacies are in their networks. It is during this Open Enrollment period, when people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

Individuals in a Medicare health or prescription drug plan should always review the materials their plans send them, including the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If they're satisfied with the coverage of their current plan, they won't need to do anything.

Remember, during Medicare Open Enrollment, you can decide to stay in Original Medicare or join a Medicare Advantage Plan (like an HMO or PPO). If you're already in a Medicare Advantage Plan, you can use Open Enrollment to switch back to Original Medicare.

Please feel free to check with Sunset about Part C plans we are currently in network with.

Visit Medicare.gov or **1-800-MEDICARE** to get additional information.

WALK TO END ALZHEIMER'S



Join the "Sunset Striders" for the 2018 Walk to End Alzheimer's on **Saturday, October 13th**. The annual walk will be held at Promenade Park in downtown

Toledo. Check-in begins at 9:00 am. The Ceremony/Walk begins at 10:00 am

Please register on-line at www.alz.org/walk to join the Sunset team.

SUNSET HOUSE

THE WOODLANDS

ASHANTI HOSPICE & PALLIATIVE CARE

SUNSET VILLAGE

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

FINE DINING MIX AND MINGLE

Join us on **Friday, October 19th at 4:30 pm** for our Fine Dining Mix and Mingle event. The menu will feature: Fire roasted vegetable soup, Prime Rib au Jus, Garlic Mashed Potatoes, Crumb topped Brussel Sprouts and Italian Cannoli for dessert. The cost of the meal is \$10.00 per person.

TOLEDO CAMPUS SAFE TRICK OR TREAT



Safe Trick or Treat day will be **Saturday, October 20th** from **1:30-3:00pm**. Both the Woodlands and Sunset House will be passing out candy to kids. Families, staff and guests are welcome.

Anyone who would like to volunteer for this and other seasonal events please contact Miriam Wagoner.

LOST LAUNDRY DAY

Stop by on **Sunday, October 28th** in Community Room from 10:00 am -4:00 pm to claim any misplaced laundry.



THE WOODLANDS

SEPTEMBER FUN FOR THE WOODLANDS RESIDENTS!

It was a busy month for Woodlands' residents. A trip to the Toledo Zoo provided residents the chance to tour the Zoo and enjoy lunch at the Carnivore Café!



To get ready for fall, residents participated in a Pumpkin Craft. They glued crayons on the top of craft pumpkins and used a blow dryer to melt the crayons down the sides of the pumpkin to make a fun and original masterpiece!

Another craft residents enjoyed was fused glass. Different pieces of colored glass were arranged and then baked to make a pendant necklace or earrings. Soon we will see the residents wearing an original piece of jewelry!

WOODLANDS SAFE TRICK OR TREAT

The Woodlands, along with Sunset House, will participate in Safe Trick or Treat on **Saturday, October 20th** from **1:30-3:00 pm**. Families, staff and guests are welcome.



SUNSET VILLAGE

SAFE TRICK OR TREAT

Come walk our halls, visit the neighborhoods and see



what fun and scary treats await! Sunset Village will be hosting its annual Safe Trick or Treat on **Sunday, October 28th from 3:00 pm-5:00 pm!** Donations of candy are always welcome.



FIELDSTONE VILLAS
AT SUNSET VILLAGE

NEXT PHASE OF VILLAS AND CLUBHOUSE UPDATE

It won't be long until the new Fieldstone Clubhouse is open. Villa residents will be able to enjoy the beautiful space for gathering, exercise classes and a dinner meal, Monday-Friday. If you or someone you know might like to learn about what the lifestyle at Fieldstone Villas has to offer, please contact Heather at 419-386-2686 for an appointment!



ASHANTI HOSPICE

WHEN IS HOSPICE APPROPRIATE?

It is a myth that Hospice is only appropriate when the client is close to death.

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.

When the physician states there is no longer active curative treatment available and the client has a life-threatening illness, hospice should be called.

We need the gift of time to help the client achieve a self-determined life closure.

Please contact Ashanti at 419-724-1047 to discuss when it is appropriate to involve Hospice.