

The Update



Our Mission: *Enriching Individual Life Journeys*

February, 2019

SKILLED REHAB NEEDS

In 2017, Sunset Village expanded and added a 6000 sq. ft. Rehab gym with state-of-art equipment for those who may need a skilled rehabilitation stay after a hospitalization. Over the past couple of years, we have been fortunate to treat many patients from outside a Sunset Community. Occasionally, we may experience a full house, but please be assured every effort will be made to ensure that a skilled rehabilitation bed is available for Sunset residents.

In addition to being able to treat patients who stay in the building, we also offer outpatient therapy services.

Should you have any questions about Sunset Village Rehab and its services, or insurance plans it accepts, please contact Rachael Operacz at Sunset Village 419-724-1200.

FIELDSTONE VILLAS CLUBHOUSE OPEN HOUSE

FEBRUARY 10TH!

Please join us on **Sunday, February 10th from 1-4 pm** for an Open House for the new Fieldstone Villas Clubhouse. We are so thrilled to be able to share with all of our Sunset family and friends the inside of the beautiful clubhouse and all its features.

Tours of the clubhouse will be available and light refreshments will be served.



SPECIAL OPEN ENROLLMENT FOR MEDICARE ADVANTAGE

Individuals who have a Medicare Advantage plan (not traditional Medicare) have a special open enrollment period from January 1-March 31, 2019, so if you would like to switch to a **different Medicare Advantage plan only**, you may do so. Additional details are at www.medicare.gov

SAVE THE DATE - FALL RISK SYMPOSIUM

Sunset Village Rehab will host its 2nd annual Fall Risk Symposium on **Wednesday, September 25th**.



The event will feature a free Fall Risk Screening, an educational session, vendors and tips to keep you safe and help you prevent a fall. This event is open to the public. Stay tuned for additional details as we get closer to the event date.

SUNSET GETS A PET PARK

Due to the thoughtful generosity of Geraldine Brenner's family, there is now a designated area for pets to play!

Geraldine, a former Woodlands resident who, passed away in 2018, was a serious pet lover.



To honor her passion, the Brenner family along with many Woodlands residents, financially supported, built and decorated the area. The Park is equipped with everything—including treats, to make it a true pet's paradise. The Pet Park is located behind the Woodlands.

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

FEBRUARY FINE DINING

Join us on **Friday, February 15th** for our monthly Fine Dining event.

The meal begins at 4:30 pm and includes an appetizer, entrée, dessert and beverage. Entertainment will also be provided.



SUNSET VILLAGE

WEIGHTED BLANKET DONATIONS ACCEPTED

Sunset Village is making an appeal for donations to help purchase Adult Weighted Blankets for our residents to use. Weighted blankets deliver deep pressure to the body, and many who have used the blankets find that the downward weight helps them relax and experience deeper, more restful sleep. The blankets also are reported to help with anxiety and aid in calming.

The Village would like to raise approximately \$500, which should enable the Village to purchase 10 blankets.



FIELDSTONE VILLAS
AT SUNSET VILLAGE

FIELDSTONE VILLAS NEXT PHASE

Now that the Clubhouse is open and being used for daily activities such as exercise classes, individual swimming and dining, it won't be long until the next five villa homes are ready for occupancy.

If you or someone you know, would like to see what life at Fieldstone Villas has to offer, please contact Heather at 419-386-2686 to arrange a personal tour.

THE UPDATE

We hope you enjoy our monthly publication, The Update. If you would like to receive it in your inbox, please send your information to : gyoung@sunset-communities.org.

Limited paper copies are available in all buildings. It's also available on the Sunset website—sunset-communities.org.



THE WOODLANDS

THE WOODLANDS RESIDENTS RING IN THE NEW YEAR!

The Woodlands residents bid 2018 a fond farewell and welcomed 2019 with a fun party! Residents enjoyed a Dessert Bar/ Social Hour, 50/50 Raffle



and Piano music by Martha. The evening ended with a champagne toast to ring in the new year.

A trip to Joanne Fabrics offered the resident's a chance to add a some color and brightness to the chilly winter months. Fleece material was purchased so that the residents could made their own scarves.



ASHANTI HOSPICE

Ashanti Hospice and Palliative Care hosts a bereavement and support group called "**Connections**". Meetings are held alternately between Sunset House and Sunset Village and are open to residents, staff, family and friends of Sunset. Below are times and meeting places for the 2019 Connections meetings.

Sunset House "Connections" meets on the following Wednesdays, at 1:00 pm:

- March 27**
- May 29**
- July 21**
- September 25**
- November 27**

Sunset Village "Connections" meet on the following Thursdays at 10:15 am:

- February 28**
- April 25**
- June 27**
- August 22**
- October 24**
- December 26**

Any questions, please call Ashanti at **419-724-1047**.