

The Update



Our Mission: *Enriching Individual Life Journeys*

August, 2019

KEEP YOUR KEYS: EMPOWERING YOUR INDEPENDENCE

Sunset Communities is pleased to partner with the Lucas County Traffic Safety Program to present a four-part series, **Keep Your Keys: Empowering Your Independence**. Beginning **Thursday, August 8th and continuing**



through August 29th, attendees will participate in a four week workshop, where experts will present information to help older adults improve their driving skills and keep them driving safely, longer. The final session features a CarFit check-up, as trained technicians assess how well your car fits you.

Beginning at 1:00 pm, each session is 90 minutes long and will be held at The Woodlands. Seating is limited. Please RSVP to 419-724-1220.

"ASSESSING YOUR MOBILITY" SCREENING SCHEDULED FOR SEPTEMBER 25TH!



Step right up to Sunset Village on **Wednesday, September 25th**, as we present our free and open to the community, Mobility Screening starting at **1 pm**. Attendees will be able to meet with a physician for a health review, discuss medicines/prescriptions with pharmacy students from Ohio Northern University and of course, have gait, balance and strength tested to help keep them safe and independent!

Screenings will be held in the Rehab gym at Sunset Village. Please park behind the building and use the Rehab gym entrance. Local vendors will be available for you to gather information about mobility safety. Additional details on our website, www.sunset-communities.org



SUNSET WELCOMES THE TOLEDO JAZZ ALL-STARS FOR FINAL 2019 SUMMER CONCERT

Our final Summer Concert, made possible by the generous support of the Harry and Elsie Baumker Foundation, will be held on **Thursday, August 15th** at Sunset House/The Woodlands on Indian Road.

Beginning at **6:30 pm** and held outside, weathering permitting, we're pleased to welcome **The Toledo Jazz All Stars**. As a special treat, we'll celebrate the end of the season with our crowd-pleasing, famous 10ft. Banana Split! Seating is limited, so please bring your own chair or blanket.

Thank you for making this summer's concert series one of our best ever. It was so nice to see many familiar and some new-to-Sunset faces enjoying the concerts!

SUNSET STRIDERS JOIN TOGETHER TO WALK TO END ALZHEIMER'S

The Sunset Striders will be out in force on **Saturday, October 12th** to participate in the Walk to End Alzheimer's. Held at Promenade Park in Downtown Toledo, 400 Water Street, registration begins at 9:00 am, with a kick-off ceremony and walk to begin around 10:00 am.

Walkers will have an option to meet at Sunset House before the event to carpool down to the walk.

This year, we are looking to have a strong turnout of staff, residents, family and friends to represent Sunset! If you are interested in joining our team, Sunset Striders, please register on-line at <http://act.alz.org> or contact Erin Hensel.

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

SIZZLING SUMMER HAPPY HOUR

Mix and mingle with the Sunset House staff, residents and family for a Sizzling Summer Happy Hour on **Wednesday, August 21st at 2:30pm**. Entertainer Jason Quick will perform, and there's lots of fun planned!



THE WOODLANDS

WOODLANDS RESIDENTS GET BACK TO NATURE

The Woodlands folks have been exploring and supporting nature! Residents painted birdhouses and built an aviary that was placed along the walking path behind the building. Residents also went to the eco-



logically sensitive, 577 Foundation, in Perrysburg, which seeks to preserve Virginia Stranahan's historic property.



SUNSET VILLAGE

GRANDPARENTS DAY CELEBRATION!

Please join us as we celebrate Grandparents Day on **Sunday, September 8th at 10 am**, with a delicious pancake breakfast! A strolling magician will also be on hand. Reservations required. RSVP to 419-724-1200 by **Thursday, September 4th**.

STICKER DONATIONS NEEDED

Any donation of military stickers would be greatly appreciated for the residents of Sunset Village who hand make cards for Veterans and children presently hospitalized.

THANK YOU FOR HANDMADE CARDS

Sunset Village received a Thank You Certificate from Arnold Air Force Base in Tullahoma, TN for the handmade cards, thanking them for their service, showing support and enhancing their morale.



ASHANTI HOSPICE

ABOUT ADVANCE DIRECTIVES

Advance Directives serve as a way to make your wishes heard when you're no longer able to do so. An Advance Directives allows you to appoint someone to make your health care decisions for you when you are no longer able to manage or withhold treatment or procedures. Advance Directives are not just for the elderly. In fact, all individuals 18 years or older who wish to direct their medical care in the future should complete an Advance Directive.

There are several types of Advance Directives, one type is:

LIVING WILL:

The written statement which tells health care providers what type of life-prolonging treatments and/or procedures to perform if you have a life-limiting condition or are in a permanent vegetative state. Living Wills should not be confused with a regular will. Living will addresses issues regarding your medical care while you are still living.

Should you have questions about Advance Directives or hospice services, please call Ashanti Hospice at 419-724-1047.



FIELDSTONE VILLAS
AT SUNSET VILLAGE

THE 55@FIELDSTONE

Fieldstone Villas is pleased to announce its new series, **"The 55@Fieldstone"** a 55 minute presentation from start-to-finish on interesting topics and intriguing demonstrations.

The first session was held **Wednesday, July 31st at 2pm**. Erin Thompson, Public Affairs Specialist from the Toledo area Social Security Office presented a fun and educational session on Social Security benefits and everything you should know.

Mark your calendar for **Tuesday, August 20th at 1 pm** as Fieldstone Villas' very own chef Rodney will demonstrate cooking for one.

On **Thursday, September 5th at 12:00 pm** we welcome Sanja Jennings, a landscape designer from Blanchard Tree and Lawn who will answer all your gardening questions.

The sessions are free and open to the public. If you have any questions, please feel free to contact Heather at 419-386-2686.