

The Update



Our Mission: *Enriching Individual Life Journeys*

September, 2019

“ASSESSING YOUR MOBILITY” SCREENING SCHEDULED FOR SEPTEMBER 25TH!



On **Wednesday, September 25th**, Sunset Communities will present our free and open to the community, Mobility Screening beginning 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! Attendees can meet with vendors and see a demonstration of “A Matter of Balance”, a program to provide strategies to reduce a fear of falling and increase activity levels.

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

FLU VACCINE CONSENT AND UPDATED INFORMATION

We will be mailing out Flu Vaccine Consent forms soon. If you would like for your family member to receive the flu vaccine, please fill out the consent form and return it. Additionally at this time, we ask that you review the information we have for your family member, and provide any necessary updates, including new medicare numbers, if you have not already done so. Updating this information is most helpful should we need to contact you regarding your family member. If you would like to receive The Update via email, please send your email address to gyoung@sunset-communities.org. You will only receive the newsletter and may opt out at any time.

SUNSET CELEBRATES GRANDPARENTS!

To celebrate Grandparent’s Day on **Sunday, September 8th**—we’ve planned a few special activities. Sunset Village will be hosting a Waffle Buffet beginning at 10 am. A strolling magician will also be on hand. Reservations are required. Please **RSVP to 419-724-1200 by Thursday, September 4th**.

At Sunset House, we will be honoring Grandparents on **Tuesday, September 10th** with a special concert featuring the Cake Walkin’ Jass Band and an Old Fashioned Ice Cream Social. The performance will begin at 6:00 pm.

We’d love to see how **YOU** will celebrate Grandparent’s day—by posting a photo of yourself with your grandchild or grandchildren on Facebook with the hashtag [#somethinggrandwithSunset](https://www.facebook.com/hashtag/somethinggrandwithSunset).

Happy Grandparents Day!

JOIN TOGETHER WITH THE SUNSET STRIDERS TO WALK TO END ALZHEIMER’S!

Mark your calendar for **Saturday, October 12th** to join the Sunset Striders as we participate in the 2019 Walk to End Alzheimer’s. Held at Promenade Park in Downtown Toledo, 400 Water Street, registration begins at 9:00 am. The kick-off ceremony and walk will begin around 10:00 am.

Walkers can meet at Sunset House before the event for coffee and doughnuts, then carpool down to the walk.

We’re hoping 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

FINE DINING RETURNS

Sunset House is pleased to announce that Fine Dining has returned. A special dinner menu will be presented on the third Friday of each month. Residents and their guests are invited to attend. The next Fine Dining will be **Friday, September 21st**. Menu will be posted.



THE WOODLANDS

WOODLANDS FUN!



Another busy, fun-filled month for the residents of The Woodlands. The Tea n' Tell group meets once a month and brings a meaningful item to discuss with the

group. Tea and snacks are served by the Ashanti Hospice team.

The annual trip on the Sandpiper Boat had residents enjoying a beautiful day on the water with lunch provided. A few residents went to visit the captain and helped to steer the boat!



SUNSET VILLAGE

BUSINESS RESOURCE OFFICE HOURS

Please be advised, the Business Resource Office at Sunset Village has regularly scheduled hours, Monday—Friday, from 7:30 am—3:30 pm. Should you have any questions, please call 419-724-1200.

UNIVERSITY SKYPING SESSIONS SCHEDULED

Sunset Village residents have skyping sessions with several universities scheduled. This is a great opportunity for both generations to share their stories. University organizations who connect with our residents include ROTC students, Band members and Twirlers and Cheerleaders. A few of the universities participating include: Ohio State, Duke, Norte Dame, Clemson, LSU, Tennessee, Dayton, Cleveland State and Xavier.



ASHANTI HOSPICE

ASHANTI'S 3RD ANNUAL COMMUNITY EVENT SCHEDULED

Please join us on **Tuesday, October 29th** for a very special presentation featuring Dr. Murray Howe. Dr. Howe will share his journey writing his best selling book, *"Nine Lessons I Learned from My Father."*

Dr. Howe, is the son of hockey great, Gordie Howe, and his book is a loving tribute born from the eulogy Dr. Howe delivered following his father's passing in 2016.

The event is free, however an RSVP is requested. The program will be held at Fieldstone Villas Clubhouse and begins at 12 noon, and lunch is provided. Dr. Howe will have books available for purchase following the presentation.

Please RSVP to Rachel at 419-724-1047.

CELEBRATION OF LIFE CEREMONY

The annual Ashanti Celebration of Life Ceremony is scheduled for **Sunday, November 24th at 2 pm**. We will celebrate Sunset residents who passed away from August 1, 2018 to July 31st, 2019. The Celebration will be held at Sunset House and every is welcome to attend.



FIELDSTONE VILLAS
AT SUNSET VILLAGE

THE 55@FIELDSTONE

Fieldstone Villas new series, *"The 55@Fieldstone"* is a 55 minute presentation from start-to-finish on interesting topics and intriguing demonstrations. On **Thursday, September 5th at 12:00 pm**, Sanja Jennings, a landscape designer from Blanchard Tree and Lawn 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.

OPEN HOUSES SCHEDULED FOR FIELDSTONE VILLAS

If you or some one you know would like to see a newly built Villa and learn about what life is like at Fieldstone Villas, please feel free to stop by one of our upcoming Open Houses on **Sunday, September 15th from 12 pm-4pm** and **Sunday, October 13th from 12 pm-4pm**. If you would prefer an personal appointment, please call Heather at 419-386-2686.