

The Update



Our Mission: *Enriching Individual Life Journeys*

October, 2019

OPEN ENROLLMENT PERIOD FOR MEDICARE

The Open Enrollment period for Medicare begins October 15, 2019 and continues through December 7, 2019. This is the one time of year when ALL individuals, who live in the community, and have Medicare can make changes to their health and prescription drug plans for the upcoming year. Coverage begins January 1, 2020. Those residents who are in our skilled nursing areas are allowed to make insurance changes monthly.

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's during this Open Enrollment period, when people with Medicare can change their health plans and prescription drug coverage for the following year to better meet their health care 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 you're satisfied with the coverage of your current plan, you needn't 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 the Open Enrollment period to switch back to original Medicare.

Currently, Sunset Communities is in network with the following insurances: Aetna, Anthem, Medical Mutual. Sunset accepts Paramount for those residents currently residing in a Sunset Community.

The Ohio Department of Insurance (ODI) has arranged for assistance with Medicare enrollment in every county.

Check for an event in your county here: <http://insurance.ohio.gov/Consumer/OSHIP/Pages/Medicare-Calendar.aspx>

Additional information is also available at Medicare.gov or by calling 1-800-MEDICARE.

If you have questions, you can also reach out to our business office at either Sunset Campus. Sunset cannot do enrollment for you, but can answer any questions you have.

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.

This year, Sunset Striders team members are welcome to meet at Sunset House before the event for coffee and doughnuts. We'll then carpool to the walk downtown. Or if you prefer, meet us at the walk.

This is a fun event for family, residents and staff. We're looking forward representing the Sunset community! Please register to join our team, Sunset Striders, at <http://act.alz.org>, or contact Erin Hensel at ehensel@sunset-communities.org for additional information.

FLU VACCINE CONSENT AND UPDATED INFORMATION

Flu Vaccine consent forms have been mailed. If you did not receive one, please check with the staff.

This is also a good time to review the information we have for your family member, and provide any necessary updates, including new Medicare numbers.

Updating this information is most helpful should we need to contact you about your family member.

REST WELL, GOOD AND FAITHFUL FRIEND

Lily began her career with Sunset as a therapy dog at Sunset House. When Manor renovations started, Lily sought quieter surroundings and relocated to The Woodlands, where she endeared herself as a loyal friend to residents and staff, and remained until her passing in September.



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

SAFE TRICK OR TREAT FOR HALLOWEEN

Sunset House and The Woodlands will present its Annual Safe Trick or Treat on **Monday, October 28th from 6:00-7:00pm** or till candy runs out. This is for children 0-12 years old.



Candy donations are appreciated.



THE WOODLANDS

OUT AND ABOUT AND SITTING 'ROUND THE FIRE

Woodlands residents kept active throughout September! Fun activities included creating fused glass suncatchers and a trip to the Antique Popcorn Museum, to see over 30 popcorn machines –each with a story behind it. Residents received bags of popcorn at the end.



An outing to the Art & American Culture Exhibit at the Toledo Art Museum, followed by lunch in the museum café was a big hit!



The month ended with some good ol' fashioned fun 'round the fire with songs, games and of course, s'mores!



SUNSET VILLAGE

UT PEP RALLY

Calling all University of Toledo fans!



Stop by Sunset Village on **Sunday, October 6th at 3 pm** for a UT Pep Rally. The UT Marching Band and dance team will kick off things off. Rocky and Roxy, the mascots of the University of Toledo, will be there, too. Members of the UT Men's Basketball team and other university sports teams are scheduled to make an appearance, as well! **Go Rockets!**

HALLOWEEN FUN—SAFE TRICK OR TREAT



Sunset Village will host its annual Safe Trick or Treat event on **Sunday, October 27th from 3-5 pm**.

As always, Sunset Village welcomes any donations of candy for this special event.



ASHANTI HOSPICE

RE-SCHEDULED

ASHANTI'S 3RD ANNUAL COMMUNITY EVENT

Please join us on **Tuesday, October 22nd** 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. Books will be available for purchase following the presentation.

Please RSVP to Rachel at 419-724-1047.

CELEBRATION OF LIFE PROGRAM

The annual Ashanti Celebration of Life memorial program is scheduled for **Sunday, November 24th at 2 pm**. We will honor and remember Sunset residents who passed away from August 1st, 2018 to July 31st, 2019.

This program will be held at Sunset House, light refreshments will be served following the ceremony, and every is welcome to attend.



FIELDSTONE VILLAS
AT SUNSET VILLAGE

PARKING LOT PARTY

On a beautiful night in September, Villa residents, their families and special guests enjoyed an evening of fun at the first-ever Fieldstone Parking Lot party!



Hamburgers and hot dogs fresh off the grill were served and guests enjoyed ice cream and home-made funnel cake for dessert.

Live musical entertainment, cornhole, face painting, balloon art and hopscotch added to the merriment.

