

The Update



Our Mission: *Enriching Individual Life Journeys*

December, 2019

SUNSET AFFILIATION UPDATE

On October 1, 2019, Sunset Retirement Communities announced its intention to voluntarily pursue a partnership arrangement with an affiliating entity. This decision was reached as part of the Sunset Communities' Board annual strategic planning retreat held this past summer.

Since then, a special committee of the SRC Board of Directors has worked with a consultant to research and identify potential affiliation partners with similar values and mission. We hope that a partner will be named sometime in the Spring of 2020. By affiliating with a like-minded senior living provider, we believe the future of Sunset will be even stronger than ever!

Should you have any questions, or require additional information, you are urged to call our Affiliation Call-in number - **419-270-1078**.

Thank you again for your on-going support.

ACKNOWLEDGING SUNSET EMPLOYEES DURING THE HOLIDAY SEASON

We recognize how valuable Sunset employees are and understand why you might want to show your appreciation to them during the holiday season.

Sunset Communities has a company policy which prohibits employees from accepting personal gifts from residents, residents' families and/or friends.

If you'd like to acknowledge or honor an employee, please consider making a donation to our Employee Appreciation fund, (or any of our other funds). It's the best way for you to recognize the terrific staff and their hard work. For your convenience, donations can be made online at www.sunset-communities.org/give.

LIVING HOLIDAY DECORATIONS

Please remember for everyone's safety, residents are not allowed to have live holiday decorations, specifically wreaths and small trees. Candles with a live flame is also not permitted.

We regularly monitor new door hangings and these are treated with flame retardant as noticed.

MEDICARE ANNOUNCES 2020 PART A AND PART B SKILLED NURSING INCREASES

The Centers for Medicare & Medicaid Services announced 2020 premiums, deductibles and coinsurance amounts for the Medicare Part A and Part B programs for seniors in skilled nursing facilities.

Beneficiaries living in skilled nursing facilities will see their daily coinsurance for days 21 through 100 of extended care services during the benefit period rise from \$170.50 to \$176.00.

Medicare Part B premiums also increased. Standard monthly premium will rise from \$135.50 in 2019 to \$144.60. Annual deductibles also will increase from \$185 to \$198.

Medicare Part A covers inpatient hospital, skilled nursing facility, and some home health care services, while Part B covers physician services, outpatient hospital services, certain home health services, durable medical equipment, and certain other medical and health services not covered by Medicare Part A. Additional details are available at www.medicare.gov.

BEWARE! TREASURY SSA CHECK SCAM

We've received notice of individuals being mailed a paper "US Treasury SSA Check" for \$2000, and then receiving a text message asking if they've deposited the money. They're instructed to provide a copy of routing and deposit confirmation. **DO NOT CASH**. Please contact the local Social Security Administration, as paper checks are rare, and this is a scam.

HOLIDAY OPEN HOUSES

Please join Sunset House and Sunset Village on **Sunday, December 8th from 2 pm—4 pm** for our annual Holiday Open Houses.

Staff and residents look forward to sharing this day of festivities and fun with family and friends. Please check with each building for scheduled activities and events.



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

HARMONY LANE UPDATE

Over the next few weeks, Harmony Lane is getting a mini facelift, as new paint and carpeting is being installed. We apologize for any inconvenience this may cause.



THE WOODLANDS

WOODLANDS RESIDENTS GET READY FOR THE HOLIDAYS

Residents at The Woodlands have been prepping for the upcoming holidays. Firstly, The Woodlands hosted its annual Holiday Shopping Extravaganza which included handmade crafts by some residents. Many outside vendors also participated, making shopping easier for the residents.



A guided painting session was recently held. The many Woodlands' artists were able to paint a beautiful holiday scene. Vicky Bartlett, our CEO led the class.



FIELDSTONE VILLAS
AT SUNSET VILLAGE

FUN AT FIELDSTONE

Fun and hilarity ensued as Fieldstone residents played a few Minute-to-Win-It games on Halloween. Residents broke into teams and mummified one



person with a roll of toilet paper. First team to wrap the mummy with the whole roll was the winner!

On
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vember 12th, in honor of national young readers day, award winning poet and children's book author, and Fieldstone resident, Valiska Gregory, shared her books and spoke about her experiences as an author.



SUNSET VILLAGE

SKYPE SESSIONS

Sunset Village residents participated in a Skype session with Mississippi State and Auburn Majorettes. What started as a way for our active Veteran's group to share their stories with ROTC candidates, has blossomed into a great way for our residents to connect with students who have many pursuits.



ASHANTI HOSPICE

TIPS TO MANAGE THE HOLIDAYS, WHEN YOU'VE LOST A LOVED ONE

1. Everyone grieves differently. How you feel about the holidays is as individual as you are. Holidays might not even BE difficult for you. Sometimes ordinary days are hardest.
2. Acknowledge that upcoming days or weeks might be hard. Stating that out loud, even to just yourself, validates it making it more OK to accept your own feelings.
3. Decide what you want to do this year. Do you want to continue traditions or begin new ones? Perhaps a combo of both.
4. Do something specific for your loved one. Light a candle, display a special ornament, make a donation in their name or volunteer someplace they would've chosen or cared about.
5. Share memories and stories. Remembering your loved one honors them and keeps them with you in a very real sense.
6. Set realistic expectations. If you don't feel like doing cards, don't. If you don't feel like baking, don't. If your house isn't the cleanest, so what?
7. Take care of yourself by getting enough sleep and eating properly. Remember grieving is taxing physically, emotionally and spiritually.
8. Try to exercise every day. Exercise relieves stress, helps deter depression and improves your self-esteem.
9. Surround yourself with people who are going to lift you up.
10. Ask for help. If you can't manage daily chores, shopping or whatever it might be, it's alright to ask someone to help you.
11. There's an actual clinical term called "complicated grief." Simply put, it means there's no diminishing of your grief with time. You can't stop mourning or begin to move on. If you're experiencing this, you probably need professional help. To find more information on this topic, visit the Mayo Clinic's website or ask your health professional.
12. Remember, most people eventually enjoy the holidays again. Hang on to that hope. Experiencing nostalgic or sad moments is not necessarily a bad thing; it's part of life after loss.