

# The Update



FEBRUARY, 2020

## AFFILIATION UPDATE

As of this printing, two organizations have been identified as potential affiliation partners with Sunset Communities. Representatives from both organizations have toured the Sunset campuses and we have also sent a delegation of Sunset representatives to tour their campuses and corporate offices.

The next steps are in process and we will continue to provide updated information as it is available. Again, should you have any questions about the affiliation, please feel free to call the affiliation hotline at **419-270-1078**, which is monitored by our CEO, Vicky Bartlett.

## NEW LOOK FOR HARMONY LANE

Harmony Lane in Sunset House is getting an update. Hallways have received a fresh coat of paint and new carpeting has been installed. New lighting was also installed to brighten up the space.

Currently, the common lounge area is being painted, and then the work will move on to the nurses station which will undergo a remodel.

We apologize for any inconvenience this project may cause, but hope you'll appreciate the new appearance, which should be finished by the beginning of March.

## FEBRUARY IS AMERICAN HEART MONTH

Did you know that heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

Sunset will be supporting this month by Wearing Red for Women on Friday, February 7th.

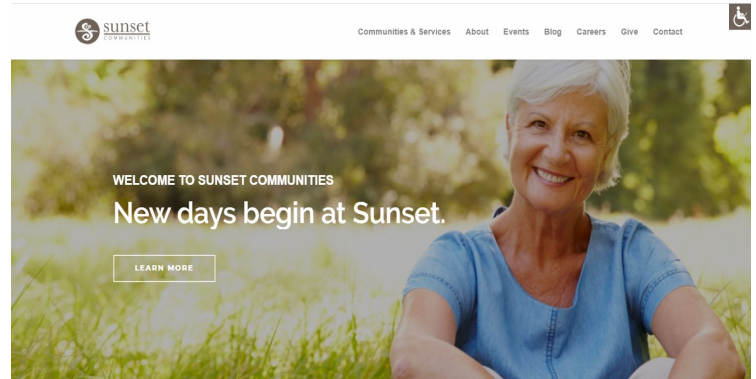
According to the CDC, a few tips to help your heart stay healthy include: Quit smoking, Stay active, make heart healthy eating changes and manage conditions such as high blood pressure and cholesterol.

## DON'T FORGET TO VISIT OUR WEBSITE

If you are wondering about the many engaging and fun events and activities available to Sunset residents, please check out our website: **[www.sunset-communities.org](http://www.sunset-communities.org)**.

Monthly activity calendars for each building are available on our website, as are some of the other special events.

Additionally, our blog often offers insightful articles about senior living, conditions which may affect older adults, staff profiles and other general information which you may find helpful for yourself or your family member.



## VISITING DURING FLU SEASON

We know that your family and friends who live at Sunset Communities, cherish your in-person visits as much as you do. However, during "flu season", which according to the CDC is widespread and expected to last at least 11 weeks, please refrain from visiting if you are experience flu or flu-like symptoms. These can include: cough, sore throat, runny or stuffy nose, and additionally fever, chills, headache, body aches, vomiting, or diarrhea.

Preventative measures such as proper hand washing, using alcohol-based hand sanitizers, practicing proper cough and sneeze etiquette and staying home if you are sick, can help prevent the spread of the flu.

**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](http://www.sunset-communities.org) or through email. You may opt-out at any time.*



SUNSET HOUSE

## WINE AND CHOCOLATE SOCIAL

Join the residents of Sunset House as they celebrate Valentine's Day with an annual Wine and Chocolate Social, **Friday, February 14th at 2:30pm**. Harpist Susan Hedler will be providing music!



THE WOODLANDS

As a fun wintertime craft, the Woodlands residents painted a Snowman box, which can be used to hide a gift or two, or displayed as a winter decoration.



To kick off the new year, residents have begun a Gratitude Journaling creative writing group. A topic is picked each week and residents write

about the topic during the group then share with the group and reminisce.



A "Play Reading" group has also been formed. Residents pick a theatrical play, choose characters and a table reading performance ensues!



FIELDSTONE VILLAS  
AT SUNSET VILLAGE

## WHO DUNNIT?



Upon entering the Fieldstone Clubhouse, residents were shocked to find the chalk outline of a body.

Banning together, residents worked to solve the mystery of Fieldstone Island. There was quite the group of suspicious

characters—all who had a connection to the victim!

Who did it, you wonder?

You'll have to ask one of the residents!



SUNSET VILLAGE

## VALENTINE'S CELEBRATION

Sunset Village will celebrate Valentine's Day with a special dinner. The festivities on **Friday, February 14th** start at **5pm**, guests will enjoy a dinner meal. Reservations are required, and the cost is \$10.00. Singer Mitch Kahl will perform for guests beginning at 6:15 pm.

## STICKERS WANTED

Sunset Village is seeking donations of Military stickers, Army, Navy, Coast Guard, Marines, Air Force and American Flags for the monthly get well cards residents make for the Veteran Hospitals and Nursing Homes.



ASHANTI HOSPICE

## THE ASHANTI MEDICAL TEAM

When a loved one is cared for by Ashanti Hospice, one of the many services they will receive is extra medical care in addition to what they already have.

Clients are seen by a RN for one-on-one visits weekly or every other week. And, in times of need, RN visits are increased to meet the need of the client. A physician is available to our RN team, 24/7, to answer questions and assist with coordination of care for our clients.

Dr. Joseph Peyton is the Medical Director of Ashanti Hospice and attends the Interdisciplinary Team Meetings on a bi-weekly basis. Dr. Peyton personally visits each of the Ashanti clients and is available for telephone or in-person meetings with our clients and their families, as requested.

A Care Partner/STNA will be providing one-on-one ADL (activities of daily living) care to the client 1-4 times per week. Care plan needs for each client is different, and is based on need.

Ashanti clients have the same RN and Care Partner, so that you and your loved one can develop a relationship with them and feel comfortable.

Look in next month's issue to see what Social Services benefits come with Ashanti Hospice. If you have any questions about hospice and its services, please contact the Ashanti Hospice team at 419-724-1047.