

The Update



DECEMBER, 2020

HAPPY RETIREMENT, VICKY BARTLETT!

Vicky Bartlett, Sunset Communities' President/CEO will be retiring after 35 years, December 31st. As we bid Vicky a fond farewell, a recap of her time at Sunset and her legacy - a period of change and growth follows ...

In 1985, Vicky began her career as Sunset House was undertaking a renovation and a new nursing center called Sunset Hall was being added. Construction and updates took place over the course of two years with residents moving into their new accommodations in 1987. At this time a larger community room and second dining room were also added. During the 1990's Vicky's focus remained on Sunset House with additional construction projects. This time, adding a second floor to Sunset Hall to provide additional nursing rooms, enlarging the kitchen and laundry areas in order to meet the needs of more residents, applying for Medicare certification, and expanding the population Sunset House served by admitting male residents.

As the decade was closing out, the Sunset Board of Directors and Vicky looked to expand Sunset's services. Plans to add a second campus and build apartments in the wooded area behind Sunset House were developed. Sunset Village opened its doors in 2001, with approximately 50 nursing home residents moving from Sunset House to the new Sunset Village campus in Sylvania. Meanwhile, The Woodlands at Sunset House, also opened and Charter members who had been waiting for construction to be finished, moved in!

After a couple of quiet years and as 2003 began, with fewer than 50 nursing home residents on the Toledo campus, the first floor of Sunset Hallway was converted into assisted living and named Sunflower Lane. Remaining nursing home residents were relocated to the second floor, now known as Harmony Lane. Sunset Court became a secure memory care unit for 17 residents.

Over the next ten years, while keeping an eye on the future, Ashanti Hospice was founded, operating licenses for additional nursing home beds were secured as need for this level of care increased, and in 2013, a decision to add independ-

ent living villas to the Sunset Village campus was made. The first villas, named Fieldstone Villas opened in 2015, and plans to add a Clubhouse and additional villas homes were approved. Sunset Manor also underwent another renovation with full baths and kitchenettes added to many rooms and other rooms combined to make one bedroom apartments. In 2018, the Fieldstone Villas Clubhouse opened and 10 additional villas were under construction.

As 2019 began, the Board began a strategic planning process to prepare Sunset for the ever-changing and challenging healthcare environment. The decision to affiliate with a like-minded senior organization was considered, not only for technological and shared savings, but for mission sustainability of an almost 150 year old organization. In 2020, Otterbein SeniorLife was selected as the preferred partner for Sunset.

"On behalf of the Board of Trustees of Sunset-Otterbein Communities, I would like to congratulate Vicky on her retirement" said Andy Weiner, Board Chair. "Vicky's dedication to the organization, residents, families and staff has been unwavering during her 35 years of service. Vicky's personal touch has fostered a community in which the organization can truly live its mission to Enrich Individual Life Journeys".

Vicky leaves Sunset as an organization continuing to honor its long past, while firmly focused on the future. We gratefully thank her for her years of service and dedication.

HOLIDAY GIFT IDEAS FOR RESIDENTS!

If you're looking for great gift ideas for residents this year, please consider sending to your family member a Picture frame with a USB port. Photos could be updated and sent in. Also flash drive with photos could be sent for those who already have a computer. Also, consider a photo sharing site, but research your choice as there are many out there!

Perhaps a flower of the month? A bright bloom or bouquet can bring sunshine to someone.

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

ROLLIN' OUT THE HOLIDAYS AT SUNSET HOUSE

The Sunset House team is planning lots of fun for the holiday season! The season kicked off with a traditional Thanksgiving feast prepared by the Nicole Thomas, Culinary Director and the House culinary team.

Small Tree Trimming parties for residents and staff, as well as observing Hannukah traditions are scheduled. Outings to see colorful lights, and celebrating The 12 days of Christmas are also planned. Lots of fun to make the holidays Merry and Bright!



THE WOODLANDS

WELCOME, MEGAN!

Sunset Communities is please to announce that **Megan Bodenstedt** has been named the new Director of The Woodlands at Otterbein-Sunset House.

Megan has been with us as the Admissions Counselor at Sunset House, since January, 2020. She is a Licensed Nursing Home Administrator (LNHA) and has a great passion for serving older adults. Welcome, Megan!



FIELDSTONE VILLAS
AT SUNSET VILLAGE

FRIENDSGIVING AND FIELDSTONE FUN!

On Wednesday, November 25th, Fieldstone Villa residents and staff celebrated "National Crazy Hat Day" and "Friendsgiving", to kick off the Thanksgiving holiday! Residents and Staff had a lot of fun wearing crazy hats and enjoying good food.



Interested in joining in the merriment that is a regular feature at Fieldstone Villas? There are two beautiful Villas available for new neighbors! Please call **Heather** at **419-386-2686** for additional details.



A personalized tour following all social distancing precautions can be arranged at your convenience.



SUNSET VILLAGE

SUNSET VILLAGE INTERACTS!

Sunset Village made time in November to honor veterans by decorating a tree in Red, White and Blue. Correspondence with veterans will also be shared with the residents about what it means to be deployed.

The tree was later decorated in a Thanksgiving theme with acorns and fall leaves!

Residents at Sunset Village remain engaged with several university organizations through Skype and Facetime sessions, to learn about life for the students!



ASHANTI HOSPICE

GETTING THROUGH THE HOLIDAYS SAFELY

- 1) **Wash hands often.** Wash your hands with soap and clean running water for at least 20 seconds to prevent germ spread.
 - 2) **Stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.
 - 3) **Manage stress.** Take a break if you feel stressed out, overwhelmed, and out of control. Find support, connect socially, and get plenty of sleep.
 - 4) **Don't drink and drive or let others drink and drive.**
 - 5) **Be smoke-free.**
 - 6) **Fasten seat belts** while driving or riding in a motor vehicle. Buckle up every time, no matter how short the trip and encourage all passengers to do the same.
 - 7) **Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history.
 - 8) **Get Vaccinated.** Vaccinations help prevent diseases and save lives.
 - 9) **Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.
 - 10) **Practice fire safety.** Most residential fires occur during the winter months. Don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.
 - 11) **Prepare food safely.** Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
 - 12) **Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit portion sizes and foods high in fat, salt, and sugar. Be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day. **Per CDC 2020**
- Please call Ashanti Hospice and Palliative Care for any information and if support is needed. 419.724.1047**