



Sunset Park Place Retirement Community 3730 Pennsylvania Ave Dubuque, Iowa 52002

563-583-7939

[www.sunsetparkplace.net](http://www.sunsetparkplace.net)



**Celebrating May**  
**Older American's Month**  
**Personal History Month**

**Mother's Day**  
*May 8*

**International Nurses Day**  
*May 12*

**Memorial Day**  
*May 30*



April was a magical month for music performances at Sunset – Here Lenny Wayne Hosey shares his wonderful guitar talents. He is Florence W's son-in-law.

**Marvelous May**

The spring is alive and well here at Sunset Park Place – our patio furniture is out, allowing our residents to enjoy the sights and sounds of the season including the perennials that are in bloom once again. May is also when we celebrate Older American's Month, acknowledging the perennial contributions of older adults to our nation. The 2016 theme for the month is 'Blaze a Trail'. Many of our residents at Sunset have been trail blazers throughout their lives and continue to make fresh contributions to all of our daily lives, and I thank them and consider myself lucky to know them.

I want to make you aware of a couple of meetings on the horizon. If you are a resident or a resident family member taking care of the affairs of a resident, a meeting will be held on May 11 at 3 pm to review changes made by the Iowa Department of Inspections and Appeals to the current assisted living rules and regulations. The changes will require a new occupancy agreement be signed by the resident and/or responsible party. If you are unable to attend the meeting, please schedule a time to review these changes and sign a new occupancy agreement by May 20, 2016.

Also, coming up on June 1, President of Senior Housing Management, Allen Phillips will be at Sunset Park Place to meet with independent and assisted living residents at 10 am and town home residents at 11 am.

***Jerry Bell***  
***Manager***



## MAY ACTIVITY HIGHLIGHTS

### Shopping

Hy-Vee	4 <sup>th</sup> (1:45), 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup>	1:30 pm
Target	2 <sup>nd</sup>	1:15 pm

### Outings

Ice Harbor Galley Restaurant And River Walk	6 <sup>th</sup>	11:15 am
Party Bus Cruise	9 <sup>th</sup>	1:30 pm
Rhody's Pie Run	13 <sup>th</sup>	1:30 pm
Veteran's Freedom Center	19 <sup>th</sup>	1:30 pm
Junction 21 Restaurant	20 <sup>th</sup>	11:15 am
Ichiban Japanese Steak House	25 <sup>th</sup>	4:15 pm

### Events

Resident Meeting with Jerry	4 <sup>th</sup>	1:00 pm
Mary Kay Pampering Day Satin Hands & Satin Lips	5 <sup>th</sup>	1:30 pm
Cinco de Mayo Salsa Tasting Party	5 <sup>th</sup>	2:30 pm
Mothers & Others Tea	6 <sup>th</sup>	1:30 pm
New Resident Welcome	12 <sup>th</sup>	1:30 pm
Show & Tell	16 <sup>th</sup>	1:00 pm
Dog Show with Phyllis & Julie	24 <sup>th</sup>	1:30 pm

### Music

Nancy Hooton	3 <sup>rd</sup>	6:30 pm
Frank Naber	10 <sup>th</sup>	1:45 pm
Jim Lucy	14 <sup>th</sup>	1:30 pm
Old Path Baptist Church	15 <sup>th</sup>	3:00 pm
Shelly Gessner	17 <sup>th</sup>	1:30 pm
Tom Bedtka	27 <sup>th</sup>	1:00 pm
Janet Lieb	29 <sup>th</sup>	3:00 pm
Dave Pogenklass	30 <sup>th</sup>	1:30 pm

### CelebrateMoms!



Join us on Saturday, May 7 for a special celebration for Mom's. We will have desserts. It gets underway at 1:30 pm that day in the Sunset dining room. All are welcome, family and friends.

### Celebrate Yourself

We have scheduled a special time for some



special pampering! Join us on Thursday, May 5 at 1:30 for a session called Satin Hands & Lips in the

Activity Room, presented by Sherry Welter of Mary Kay. This event is open to residents, family members and others interested in the community. Sherry will show us how to give those areas of our body a little extra attention. There will be a sign-up sheet in the mailroom.



Join us for our Sunset celebration of Cinco de Mayo on May 5. We will hold a Salsa tasting party at 2:30 pm. You may be wondering – 'what is Cinco de Mayo?' The date is observed to commemorate the Mexican army's unlikely victory over French forces at the Battle of Puebla on May 5, 1862



## Music – Music – Music At Sunset



We are always so thankful for the many musical performances that we are able to host at Sunset Park Place. April was no exception and a big thanks to all of our regular entertainers as well as for some new additions to our line-up. Lenny Wayne Hosey gave us some wonderful vocals and guitar music. Also, the Eleanor Roosevelt Middle School Chamber Orchestra made a visit to Sunset Park Place on Thursday, April 14 for a concert. The 20 students in the group are under the direction of Tracey Rush (daughter of resident Marion R). We heard a wide variety of music from Baroque to Star Wars. Sunset residents also traveled to Westminster Presbyterian Church on April 17 for a concert that featured the Dubuque Community String Orchestra, the Encore Chorale, and New Horizons Band.

### Residents Take The Parachute Plunge

Exercising is less of a chore when you do it with people you enjoy. Sunset residents recently started a new 'parachute' game.



## Genealogy Lunch & Learn

Would you like to know how a Dubuque man put his family's stories into a book? Stop by our May 26 at noon at Sunset. Our speaker will be Tom Stecher who will talk about how he researched his family history (for over 40 years!) and put a book together called, 'Faith and a Whistle'. He will also discuss a second book he has written called 'From the Mailroom to the Boardroom', about Dubuque Banker William Kruse.



## Alzheimer's Walk Kick-Off



Join team Sunset Park Place for the annual Dubuque Alzheimer's Association Walk

There will be a team kick-off for all teams and those interested in participating in Dubuque on June 23rd at Champps Americana from 5-7 pm that evening with a program at 5:30. The walk will be held this year on Saturday, September 10, at 9 am at the Medline/Bergfeld Recreation Area on Dubuque's Westside. Call the Sunset office for details. You can also register for the walk online at [www.alz.org](http://www.alz.org), and join our team!

## National Alzheimer's Forum

Sunset Community Relations Coordinator Cindy K traveled to Washington DC the first week of April along with 500 other Alzheimer's advocates to work for additional legislative support to increase research dollars for



Alzheimer's and improve care for those that have the disease. (Photo: Cindy with Actor David Hyde Pierce who testified at the Senate's Special Committee on Aging hearing Pierce's father had Alzheimer's)

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3730 Pennsylvania  
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### Sunset Park Place Annual Picnic



It's that time of year – are you ready for the Sunset Park Place Annual Picnic? We're promising another great time!

This year we will have a carnival theme. Join us on Saturday, June 25 from 11:30-1pm. Bring the whole gang. As always – expect fun and a little bit of the unexpected!



### Sunset May Birthdays

In astrology, those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard. Those born between May 21–31 are Gemini's Twins. The Twins represent energetic communication and interaction and are witty and intellectual,



<b>Pat T</b>	<b>5/5</b>
<b>Meta G</b>	<b>5/6</b>
<b>Jane S</b>	<b>5/8</b>
<b>Lillian B</b>	<b>5/10</b>
<b>Martha L</b>	<b>5/14</b>
<b>Ginny Z</b>	<b>5/19</b>
<b>Rita D</b>	<b>5/22</b>
<b>Juliana D</b>	<b>5/23</b>



### Celebrities Also Celebrating

Frankie Valli (singer) – May 3, 1934  
Willie Mays (ballplayer) – May 6, 1931  
Rudy Giuliani (former mayor) – May 28, 1944  
Clint Eastwood (actor) – May 31, 1930