

SEPTEMBER 2016

Sunset News & Views

Sunset Park Place Retirement Community 3730 Pennsylvania Dubuque Iowa
www.sunsetparkplace.net 563-583-



Celebrating September

Intergeneration Month

World Alzheimer's Month

Labor Day
September 5

Grandparents Day
September 11

Fall Begins
September 22



Those attending the August 25 Lunch & Learn at Sunset on the Retired & Senior Volunteer Program (RSVP) got a chance to work on a 'tie blanket'. Marie Zoromski, RSVP Director gave us information on how to volunteer through the program.

Fabulous Fall – September At Sunset

We are so excited and honored here at Sunset Park Place. As I write this, I am just returning from the Iowa Assisted Living Association's



Annual Conference and Trade Show in Des Moines where Sunset Park Place was named **Retirement Community Property of the Year!** The association takes nominations for its awards given at the annual conference and Sunset Park Place received multiple nominations! I thank our staff for their hard work and efforts and thank you for allowing us to shine!



September is our annual celebration of National Assisted Living Week. The week begins on Sunday, September 11 and continues through Saturday September 17. We will be starting our celebration a day early, on

September 10, as we have a Sunset Park Place team participating in the Dubuque Walk to End Alzheimer's. There is still room for more walkers! Plans for the week also include several events – so be sure to check inside the newsletter for details! I invite everyone from residents and staff, family, and friends to celebrate with us that week – and learn more about what Sunset Park Place is and what we have to offer.

Our sympathies go out to the family of residents Don Hamill and Lorraine Scherf.

Jerry Bell
Manager

SEPTEMBER ACTIVITY HIGHLIGHTS

Shopping

Hy-Vee 7th(1:45), 14th, 21st, 28th 1:15 pm

Outings

Happy Joe's 8th 11:00 am

AMC Theater – Movie "Sully" 9th 2:30 pm

Rhody's Pie Run 16th 1:30 pm

Party Bus Cruise 19th 1:30 pm

Hy-Vee Market Cafe 23rd 11:15 am

Breitbach's Country Dining 28th 4:15 pm

Events

Resident Meeting with Jerry 3rd 1:00 pm

Clarke Students "Into the Streets" 10th 10:00-12:00am

Happy Hour 24th 2:00 pm

Dog Show with Phyllis & Julie 30th 1:30 pm

National Assisted Living Week – Keep Connected

Dessert Bar & Music with Frank 11th 2:00 pm

Computer Class with Michael 12th 1:30 pm

Magic Show 13th 1:45 pm

Live Radio Broadcast & Pie Auction 14th 1:00-5:00 pm

4th Annual Talent Show 5th 6:00 pm

Music

Nancy Hooton 6th 6:30 pm

Adam Tigges 3rd 10:30 am

Jim Lucy 10th 1:30 pm

Terry Dillon 17th 12:45 pm

Skip Clarquist 20th 1:45 pm

Old Path Baptist Church 18th 3:00 pm

Janet Lieb 25th 3:00 pm

Dave Pogenklass 26th 1:30 pm

Tom Bedtka 30th 1:00 pm

Annual Dubuque Alzheimer's Walk



Did you know Alzheimer's Disease is the most expensive disease in America – costing nearly 236-billion dollars a year, while the federal government spends less than 1 billion in funding research? This is why funds raised for the annual walk are so critical to fighting this disease. Have you thought about joining in on Dubuque Alzheimer's Association Annual Walk? It will be held Saturday, September 10 at 9 am at the Medline/Bergfeld Recreation Area on Dubuque's west side. Call the Sunset office for further details. If that doesn't fit into your schedule we'll also hold a pie auction on Wednesday, September 14 during a live radio broadcast from 1-5pm that day – or just stop by for a slice of pie and coffee during that time at Sunset for a donation to the Alzheimer's Association.



Dare to Dream – Potosi Wisconsin Style!



Sunset resident Jon S. (in the red shirt in the photo above) had lived in Potosi for several years before coming to Sunset. He had been suggesting we go to the Potosi Brewery and the National Brewery Museum for quite some time. We put it on the calendar and Jon invited his friends to join us. Everyone enjoyed the scenic drive, wonderful meal and a tour of the museum as well.



Potosi Brewery history- Founded in 1852, the Potosi Brewery became the fifth largest brewery in Wisconsin and distributed coast to coast. The brewery survived prohibition but closed in 1972. Following a \$7.5 million restoration, the Potosi Brewery Foundation, a non-profit organization and sole owner of the Potosi Brewing Company, reopened the brewery in 2008

Live 2B Healthy Celebrates Year Three!

Can you believe it's been three years since we started our **Live 2B Healthy** Exercise Class at Sunset Park Place? Residents are feeling stronger, safer, and getting great reports from their doctors, including some residents who have been able to reduce medications! All of this keeps our residents and members of the community who join in coming back for every session! We have also had a change to the program – we welcome our new personal trainer Pam Connolly. She was a fitness instructor at the University of Wisconsin Platteville for over 20 years and has worked with fitness programs for seniors in Platteville. We also want to extend a **BIG** thanks to our former instructor Maria. Join us Monday, Wednesday and Friday at 10 am!

(Photo below: Pam with Live 2B Healthy Participants)



Baseball Anyone?

It is baseball season! On August 25 the Chicago Cubs had a travel day. So as not to let a great summer day go by without some kind of baseball, we packed the 'stands' at Sunset in our theater room to watch the movie 'Eight Men Out' along with a great hot dog supper!



Sunset Park Place
3730 Pennsylvania
Dubuque, IA 52002

September Lunch & Learn

There are certain things in life we don't like to think about doing, but to do it well, we may want to take it on ourselves – such as writing our own obituary. On Thursday, September 29 at Noon, Sunset Park Place will host a lunch & learn about writing your own obituary. This event is open to residents, family, friends and community members. Lunch is included, but we'd like you to RSVP to the office at 563-583-7939 if you are coming!



Your SHIPP is here!

Mark this on your calendar - October 15 to December 7 will be when ALL people with Medicare can change their prescription drug coverage. There is a SHIPP office at Sunset Park Place that can help. You just need to make an appointment to see a counselor at 563-583-3384. Call today!



Sunset September Birthdays

In astrology, those born between September 1 and 22 are Virgos. Virgos are observant, independent, reliable, and intellectual. Those born between September 23 and 30 balance the scales of Libra. Libras seek equality, justice, and harmony.



Betty St	9/1
Hazel P	9/4
Bob M	9/5
Gladys C	9/10
Florence W	9/21
Lucille B	9/22
Lynn K	9/23



Celebrities Also Celebrating

Bob Newhart (actor) – September 5, 1929
Jane Curtin (actress) – September 6, 1947
Frankie Avalon (singer) – September 18, 1940
Sophia Loren (actress) – September 20, 1934