

# Sunset News & Views

Sunset Park Place Retirement Community  
[www.sunsetparkplace.net](http://www.sunsetparkplace.net)

3730 Pennsylvania

Dubuque Iowa  
 563-583-7939



## Celebrating November

**Alzheimer's Disease Month**

**Diabetes Month**

**All Saints Day**

*November 1*

**Day Light Savings Time Ends**

*November 6*

**Election Day**

*November 8*

**Veterans Day**

*November 11*

**Thanksgiving Day**

*November 24*

**World Day of Giving**

*November 26*



Sunset resident Martha L with Hempstead High School Students – Story and more photo's inside!

## November Gratitude

*“He who forgets the language of gratitude can never be on speaking terms with happiness.”*

*- C. Neil Strait*

What are you thankful for? The month of November gets the distinction of being the National Month of Gratitude. Among many things, I am thankful for being a part of Sunset Park Place Retirement Community. I am always greeted by a friendly smile, whether that be from a resident or a staff member and I return the favor. I am grateful to be working with such wonderful residents at Sunset Park Place. I consider all of our residents as part of my extended family. As I think about our staff as well, I am thankful for their caring and attention to detail that makes everyone's life at Sunset so wonderful!

We will be extending thanks to all of our veterans as we prepare to celebrate Veterans Day on November 11. Please join us for a special event we have scheduled here at Sunset on that day. The details are listed inside the newsletter.

Our sympathies go out to the families of residents Marion Ryan and Kris Neenan.

*Jerry Bell*  
 Manager



# November Activity Highlights

## Shopping

Hy-Vee 2<sup>nd</sup> (1:45), 9<sup>th</sup>, 16<sup>th</sup>, 21<sup>st</sup>(Monday), 30<sup>th</sup> 1:15 pm  
 Target 3<sup>rd</sup> 2:00 pm

## Outings

Rhody's Lunch & Pie 4<sup>th</sup> 11:15 am  
 Thrift Store Shopping 17<sup>th</sup> 1:30 pm  
 Party Bus Cruise 14<sup>th</sup> 1:00 pm  
 Lunch at Roshek Building 18<sup>th</sup> 11:15 pm  
 Carlos O' Kelly's 30<sup>th</sup> 4:30 pm

## Events

Resident Council 2<sup>nd</sup> 8:30 am  
 Town Home Meeting 2<sup>nd</sup> 11:00 am  
 Resident Meeting with Jerry 2<sup>nd</sup> 1:00 pm  
 Show & Tell/New Resident Welcome 10<sup>th</sup> 2:00 pm  
 Dog Show with Phyllis & Julie 22<sup>nd</sup> 1:30 pm

## Music

Nancy Hooton 1<sup>st</sup> 5:30 pm  
 Janet Lieb 6<sup>th</sup> 3:00 pm  
 Frank Naber 8<sup>th</sup> 1:30 pm  
 Lou Oswald 11<sup>th</sup> 2:00 pm  
 Jim Lucy 12<sup>th</sup> 1:30 pm  
 Shelly Gessner 15<sup>th</sup> & 24<sup>th</sup> 1:30 pm  
 Terry Dillon 19<sup>th</sup> 12:45 pm  
 Tom Bedtka 25<sup>th</sup> 1:00 pm  
 Old Path Baptist Church 27<sup>th</sup> 3:00 pm  
 Dave Pogenklass 28<sup>th</sup> 1:30 pm



## It's That Time Again -What to Buy?!

Now that we're approaching the holiday season and you're wondering what might be a great gift for a resident at Sunset Park Place, you may want to consider a gift



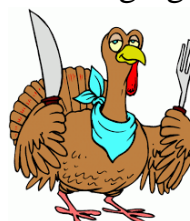
certificate from the Sunset Park Place Hair Salon. To get the gift certificate, contact our Stylist Cindy at 563-599-5131 for more information. What else? Stamps and note cards are also a possibility. There are still plenty of residents who are writing to friends and family. Sunset also takes residents grocery shopping once a week, so maybe gift card to HyVee would be appropriate? Of course sometimes the greatest gift would just be a phone call or a personal visit to that special Sunset Resident on your list!

## Prescription Drug Coverage Assistance

Now through December 7 ALL people with Medicare can change their prescription drug coverage. There is a SHIIP (Senior Health Insurance Information Program) office at Sunset Park Place that can help with that decision. You just need to make an appointment to see a counselor at 563-583-3384. Call today!

## Thanksgiving Reminder For Residents

Are you going out to eat on Thanksgiving or bringing guests into Sunset for the meal at 11:30 am that day? If you would let Sue M know by Monday, November 21 so we can make plans on how many to prepare for here!



## On the Road for Apples

Sunset Park Place Residents hit the road on the 'party bus' to take a trip south of Dubuque to Czipar's Apple Orchard. What a great afternoon – returning will all kinds of apple products!



## Sunset Residents and Hempstead Students



For several sessions in September, Hempstead Students from teacher Kent Coleman's Psychology Classes visited with residents at Sunset and joined in activities. Questions were asked of residents of what their lives were like back in high school; the cars they drove the food they ate the music they listened to. Both residents and students alike found them to be very interesting sessions.



## Alzheimer's Walk Results

The final numbers are coming in for this year's annual Alzheimer's Walk in Dubuque. The Dubuque walk surpassed its goal and raised over \$123-thousand dollars. Team Sunset Park Place raised over 11-hundred dollars with our Breakfast with Santa event (scheduled for December 3<sup>rd</sup> to count in the total. Thanks to all that participated!



## Alzheimer's Upcoming Classes



The Alzheimer's Association is offering free community education at Mercy Medical Center in Dubuque on November 11.

The first class, "The Basics", 1:00-2:30 pm, is a primary introduction to Alzheimer's and related diseases. It explores how dementia differs from normal aging and how memory diseases are diagnosed and treated. The second class that day, 3:00-4:30 pm, "Holiday Tips", will provide suggestions and techniques for caring for people with dementia during the holidays. The association is also sponsoring an education session on December 9<sup>th</sup> from 3 to 4:30 pm called "Research and the Future". It will offer a historical look at research, milestone breakthroughs and offers an optimistic view of effective treatments on the horizon.

**Sunset Park Place  
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Dubuque, IA 52002**

## **Claus For A Cause**

Bring the kids –  
bring the family –  
bring yourself to  
our second annual  
‘Claus For A  
Cause’ as we bring  
Santa to Sunset

Park Place on  
December 3 from 8:30 – 10 am for a breakfast  
fundraiser for the Alzheimers Association.  
Cost will be \$5 per person (\$2 for those 2 and  
under) or \$20 per family. Kids will also get a  
special treat from Santa.



### **Veterans Day Event**

Join us on Veterans Day, Nov. 11.  
We will be hosting the Dubuque  
Marine Corps League who will  
recognize each veteran resident.  
All are welcome to join us and celebrate!

## **Sunset September Birthdays**

Those born between November 1 and 21  
are Scorpios. Scorpios are passionate and  
assertive leaders who value honesty and  
fairness above all. Those born between  
November 22 and 30 are Archers of  
Sagittarius. Archers are both confident and  
lucky and so often find success..



Darlene M	11/10
Grace Z	11/11
Ivy B	11/22
Roger S	11/25
Art W	11/26



## **Celebrities Also Celebrating**

Sally Field (actress)	Nov. 6, 1946
Ed Asner (actor)	Nov. 15, 1929
Demi Moore (actress)	Nov. 11, 1962
Tina Turner (singer)	Nov. 26, 1939