

Sunset News & Views

Sunset Park Place Retirement Community
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 2nd (1:45), 9th, 16th, 21st(Monday), 30th 1:15 pm
 Target 3rd 2:00 pm

Outings

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

Events

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

Music

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



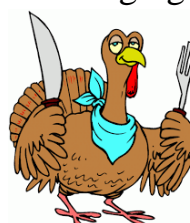
certificate from the Sunset Park Place Hair Salon. To get the gift certificate, contact our Stylist Cindy at 563-599-5131 for more information. What else? Stamps and note cards are also a possibility. There are still plenty of residents who are writing to friends and family. Sunset also takes residents 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 3rd 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 9th 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
3730 Pennsylvania
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