

SEPTEMBER 2018

Sunset Park Place

3730 Pennsylvania Ave, Dubuque, IA 52002 • 563-583-7939 • www.sunsetparkplace.net



Celebrating September

World Alzheimer's Month

Classical Music Month

Labor Day: U.S.
September 3

Grandparents Day
September 9

**National Assisted
Living Week**
September 9-15

Online Learning Day
September 15

Museum Day
September 22

Johnny Appleseed Day
September 26

CAPTURE THE MOMENTS!

I just returned from the Iowa Assisted Living Association Annual Conference in Des Moines. We are delighted to announce that Sue Mills was the 2018 Dare to Dream Award winner! Sue took one of our residents to California to see her new grandchild. Thank you Sue for making dreams come true possible!



September is our annual celebration of National Assisted Living that starts on September 9th until September 15th. This year's theme is "Capture the Moment". KDTH radio will be broadcasting live from 1:00 to 5:00 in the dining

room. Here is your opportunity to be a star on the radio waves! Take a look inside the newsletter for the all great events planned for the week.



Dubuque's Annual Walk to End Alzheimer's is on Saturday September 8th at 9:00 AM at Medline near the Bergfeld

Recreation Area on Chavenelle Road. We still have openings to join our Sunset Park Place team. Contact Erica Wall for further information.

*Welcome new residents...Irene R, Grace D, & Marion C
Condolences to families of Doris Selchert and Bob Kaiser.*

Have a great month!
Jerry Bell

Activity Highlights

Shopping

Hy-Vee	5 th , 12 th , 19 th , 26 th	1:15 pm
Target	6 th	2:30 pm

Outings

House of China	6 th	11:15 am
National Mississippi River Museum	10 th	1:00 pm
Picnic Lunch	14 th	11:30 pm
Party Bus Cruise	17 th	1:30 pm
West Dubuque Tap	20 th	11:15 am
3 Mile House	26 th	4:15 pm

Events

Resident Meeting with Jerry	6 th	10:45 am
Grandparents Day Ice Cream Social Music by Chris Ross	9 th	1:30 pm
KDTH Live Broadcast	12 th	1:00 – 5:00 pm
7 th Annual Talent Show	13 th	6:00 pm
Happy Hour	15 th	2:00 pm
New Resident Welcome	20 th	2:00 pm

Music

Jim Lucy	8 th	2:00 pm
Chris Ross	9 th	1:30 pm
Frank Naber	11 th	1:30 pm
Shelly Gessner	18 th	1:30 pm
Janet Lieb	22 nd	1:00 pm
Dave Poggenklass	24 th	1:30 pm
Tom Bedtka	28 th	1:00 pm



National Assisted Living Week September 9 – 15th

Theme Days

- Monday – Tourist Day - Hats & Sunglasses
- Tuesday – Patriotic Day – Red, White, Blue
- Wednesday – 50's day – “Sock Hop” Crazy Socks
- Thursday – Hawaiian Day – Shirts, lei's
- Friday – Picnic Day – Bandanas

New In-House Therapy Available

Sunset Park Place is pleased to announce that Northern Iowa Therapy Associates (NITA) are now available five days a week in our therapy room at Sunset Park Place!

As part of our holistic approach to wellness, rehabilitation, and recovery, NITA's physical, occupational, and speech therapy services are **now available to all residents**.

Our highly trained, certified therapists are 100% focused on you and your goals. We can provide guidance on how you can improve your balance, ease physical pain and discomfort, and help you overcome challenges in going about your normal daily activities – as well as provide therapy if you receive a doctor's order for rehabilitation.

Please feel free to come down and tour the therapy room, and chat with the therapy team to learn more about how Outpatient Rehabilitation Services can improve your quality of life. For specific questions, you are welcome to reach out directly to Holly Little, Clinical Operations Manager at Northern Iowa Therapy Associates at (319)-352-1234.



NITA Core Exercise Class

Throughout the month of September Northern Iowa Therapy Associates will be performing a “Core Exercise” class on Tuesdays at 10:00 am in the Activity Room. The purpose of this class will be to highlight some abdominal exercises that are featured in our incontinence program. This specialized class will provide an additional focus to the current exercise program at Sunset Park Place. It will also give provide an opportunity for NITA to meet more residents in a fun and safe environment.

Celebrating 5 years!!



Sunset Park Place knows how to celebrate in style!

Every participant received a certificate designating their years of membership in the program. After class a healthy lunch was served. Everyone enjoyed spending time together and eating cake for dessert! Thank you Chris Pipkin for coming to Dubuque to hand out certificates and congratulate everyone in person!



Congratulations to the members in this photo that have participated all 5 years!! Keep up the good work!!



Summer Fun!

Party Bus Cruise!



Lunch at Rhody's!



Sing-a-Long on the Patio!



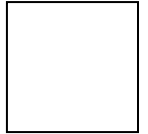
Garage Sale Success!!

Thank you to everyone who made donations of household items, clothes, helped unpack



boxes and bags, and made our garage sale look fantastic!! Thank you to everyone who donated baked goods, worked the day of the sale, and to all of our shoppers! We are proud to say we raised over \$700.00 for our team to contribute to the Walk to End Alzheimer's. As Erica says "This was our 1st Annual Garage Sale!" We look forward to doing it again next year.

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7th Annual SPP Talent Show



National Assisted Living Week is September 9 – 15th. The Talent Show will be held on **Thursday, September 13th** at **6:00 pm** and

has become one of our favorite traditions!! Residents, Staff, Families, and Friends have participated on the stage or in the audience. We look forward to putting on a rilly good shoew again this year. Please contact Shelly or Sue if you would like to sign up to share your talents!

September Birthdays

Gladys C 10th Florence W 21st Lucille B 22nd

In astrology, Virgo's Virgins are those born between September 1–22. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice. Those born from September 23–30 balance the scales of Libra. Libras strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic.

Boxcar Willie (singer) – September 1, 1931
Grandma Moses (painter) – September 7, 1860
Otis Redding (singer) – September 9, 1941
Arnold Palmer (golfer) – September 10, 1929
Agatha Christie (writer) – September 15, 1890
Peter Falk (actor) – September 16, 1927
Jim Henson (puppeteer) – September 24, 1936
Linda Hamilton (actress) – September 26, 1956
Ed Sullivan (TV host) – September 28, 1901
Johnny Mathis (singer) – September 30, 1935