

September 2019

Sunset Park Place

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



Celebrating September

Happy Cat Month

Sewing Month

**International Enthusiasm
Week**

September 1-7

Labor Day (U.S.)

September 2

**National Assisted Living
Week**

September 8-14

World Alzheimer's Day

September 21

**International Day of Sign
Languages**

September 23

World Heart Day

September 29

A SPARK OF CREATIVITY



National Assisted Living Week®
SEPTEMBER 8-14, 2019

September is our annual celebration of National Assisted Living that starts on September 8th until September 14th. This year's theme is "A SPARK OF CREATIVITY". KDTH radio will be broadcasting live Monday, September 9th 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 all the all creative events planned for the week.



Dubuque's Annual Walk to End Alzheimer's is on Saturday September 7th 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.

Have a great month!

Jerry Bell

Activity Highlights

Shopping

Hy-Vee	4 th , 11 th , 18 th , 25 th	1:20 pm
Target	5 th	2:00 pm
Discovery Shop	6 th	1:30 pm
Walmart	16 th	3:00 pm

Outings

Pizza Ranch	5 th	4:00 pm
1 st & Main Restaurant	13 th	11:15 am
Los Aztecas	18 th	4:15 pm
Rhody's Pie Run	20 th	1:30 pm
Party Bus Cruise	23 rd	1:30 pm

Events

New Resident Welcome	3 rd	1:30 pm
Resident Meeting with Jerry	5 th	10:45 am

NATIONAL ASSISTED LIVING WEEK

Sundaes on Sunday	8 th	2:00 pm
KDTH Live Broadcast	9 th	1:00 - 5:00 pm
Collaborative Art Class	9 th	1:30 pm
Sound Healing Demonstration	11 th	9:15 am
Freestyle Building Class	12 th	1:30 pm
8 th Annual Talent Show	12 th	6:00 pm
Music Therapy Seminar	13 th	1:30 pm
Euchre Tournament	19 th	1:00 pm

Music

Janet Lieb	7 th	1:00 pm
Frank Naber	10 th	1:30 pm
Jim Lucy	14 th	2:00 pm
Shelly Gessner	17 th	1:30 pm
Tom Bedtka	27 th	1:00 pm
Dave Poggenklass	30 th	1:30 pm

Dare to Dream



When Geri was asked if she had a dream, a Dare to Dream, she didn't hesitate. Something she has wanted to do for years was to visit with a medium. With a few phone calls, an appointment set, and a van ride to the

Center of I Am, her dream came true. She was thrilled to spend an hour visiting with Melissa about her family members that have gone before her. They enjoyed meeting so much, their one-hour session ran over by 15 minutes. Melissa handed her 7 pages of notes to take home with her. The notes were a wonderful way Geri could reflect on their session and share the details with her family. Geri couldn't wait to call her daughter when she arrived home.

Armchair Vacation to Ireland

Marla is one of our housekeepers. She took a vacation with many of her family members to Ireland this summer. Her cousin did a fantastic job of recording their entire trip.



She brought a slide show and descriptions of all the places they went. They also brought a few of their souvenirs for show and tell. It was a beautiful presentation enjoyed by more than 25 residents! Thank you for sharing your journey with us!



August Adventures

Live2B HEALTHY 6th Anniversary

Celebrating 6 Years of building strength, flexibility, and balance! Thank you Pam Connolly for all you do!



Picnic at Eagle Point Park

Everyone enjoyed another beautiful day at the park, wonderful food with friends, and a surprise mini-concert from Lenny! Thanks for sharing your talents with us.



Thank You



The Walk to End Alzheimer's happens one day a year. Here at Sunset Park Place, the team works on raising funds all year long!

- *Breakfast with Santa
- *Breakfast with the Bunny
- *Bake sales
- *Impact nights at Pizza Ranch
- *Annual Garage Sale

Thank you to everyone who helped us reach our goals. Whether you joined us for great food, shopped our bake sales or garage sale, or volunteered with helping hands at these events your efforts are greatly appreciated!

Garage Sale

Fun time shopping and hunting treasure!

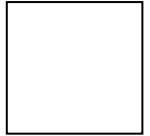


VOLUNTEER OPPORTUNITIES AVAILABLE

- Library – organize large donation of books
- Teach a Euchre class for beginners
- Read short stories to memory care residents

If you are interested in lending a hand with one of these items, or have other talents you would like to share, at Sunset Park Place please give Shelly or Erica a call at 563-583-7939.

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3730 Pennsylvania Ave
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September 5th Pizza Ranch Impact Night

Sunset staff will be volunteering at **Pizza Ranch** for 1 more night earning tips to raise money for the Walk to End Alzheimer's. Come out to enjoy a delicious supper and support a wonderful cause.

Dubuque Walk to End Alzheimer's Saturday, September 7th

Registration 8:00 am
Ceremony 9:00 am
Walk 9:30 am

Medline Industries Inc.
7900 Chavenelle Rd
Dubuque, IA 52002



September Birthdays

Malinda K 8th Mary Lou K 9th
Gladys C 10th Florence W 21st

Those born between September 1–22 are Virgo's Virgins. Virgos love paying attention to details—not to be picky, but to help others. Their industriousness makes them smart problem-solvers and fact-finders. Those born between September 23–30 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities.

Queen Elizabeth I (monarch) – September 7, 1533
Col. Sanders (businessman) – September 9, 1890
Agatha Christie (writer) – September 15, 1890
Lauren Bacall (actress) – September 16, 1924
Greta Garbo (actress) – September 18, 1905
Michael Faraday (scientist) – September 22, 1791
Jim Henson (puppeteer) – September 24, 1936
Shel Silverstein (poet) – September 25, 1930