

January 2020

Sunset Park Place

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



Celebrating January

Get Organized Month

Polka Music Month

First Foot Day

January 1

Bird Day

January 5

Static Electricity Day

January 9

Martin Luther King Jr. Day

January 20

Compliment Day

January 24

Puzzle Day

January 29

New Year

Happy New Year! It is hard to believe that 2019 is gone and the start of a new year is upon us. This past year was a great year and my hope that 2020 is even better!

Thanks to everyone in making our 7th annual Breakfast with Santa a success. Hats off to Sue Mills and her staff for making a delicious breakfast to raise money for the Alzheimer Association. With over 5 million Americans affected with this disease, the more money that can be raised for research the quicker we can find a cure.

Get up, get out and get happy. Experts say that even if you must fake it, you'll be merry – or least a little happier. People can have good reasons to be wistful or even blue during the holiday season. Family members may not be near or physical conditions can limit activities which can lead to seasonal depression. Make sure you take advantage all the wonderful life enrichment activities taking place throughout the month under the direction of Shelly as she inspires all of us!

We had to say farewell to so many of our love ones this past year, but their memories will never fade. Our thoughts are with all our residents that have passed away this past year.

Best wishes for good health and happiness in 2020!

Jerry Bell

Manager



Hi-Yo, Silver!



On January 31, 1933, a Detroit radio station hit broadcasting gold when it aired the first episode of a western series called *The Lone Ranger*. It was an instant hit, and 2,956 radio episodes were produced, followed by a series of books and television shows, a half-dozen movies, and countless games and toys. *The Lone Ranger* phenomenon became a cultural touchstone for an American nation hungry to romanticize its Wild West roots.

Perhaps the greatest appeal of the Lone Ranger was in his strict moral code. He may have hidden behind his signature black mask, but he never hid his desire for truth and justice. The Lone Ranger always used perfect grammar and never swore or used slang. He never drank or smoked. Scenes never took place in rough saloons but in restaurants serving food rather than liquor. The Lone Ranger had a pistol, as any western hero should, but he never shot to kill. He instead used his gun to disarm others and bring them to jail. Criminals were never glamorized with wealth or fame, nor did they enjoy positions of power. These decisions were made deliberately by the show's creators, Fran Striker and George W. Trendle. They intended *The Lone Ranger* to be wholesome family entertainment with a hero destined to become an honorable American icon.

The Lone Ranger hit the American public during a particularly fragile time. Many Americans were suffering during the Great Depression and had lost faith in their government and social institutions. The public needed a working-class hero—an ordinary man with extraordinary abilities—who promised to protect those who couldn't help themselves and bring order to a lawless frontier. Such a hero was easily adaptable to any era or medium. As such, *The Lone Ranger* transitioned easily into books, television, and the big screen over the decades. While *The Lone Ranger* has suffered its critics, especially due to its depiction of Native Americans, the Lone Ranger himself has endured as a symbol of justice and truth.

The Best Way to Spread Christmas Cheer is Singing Loud for All to Hear!!



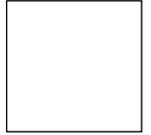
Heartland Harmony kicked off the caroling season with a concert for the residents. Many thanks to everyone that shared their talents at Sunset Park Place including; Hempstead High School, West Dubuque High School, Eisenhower Elementary, Dubuque Youth Symphony Orchestra. Music is one of the best ways to share Christmas Joy!

Creative Arts

Everyone is enjoying holiday projects! In December the residents made a collection of decorative trees. First by sanding the wood then choosing colors and painting. It was an enjoyable afternoon for all.



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Little Libraries

Thank you to everyone who donated to our Sunset Park Place Little Library! We will continue to take collections of winter accessories to keep kids warm through the winter. We will also be collecting books. Picture Books and Chapter Books for kids are very popular. Thank you Janet Walker, Little Library Lady, for your tireless efforts to bring joy to so many people all year long!



Euchre Tournament

Join us on Thursday, January 16th at 1:00 for our monthly tournament. Enjoy a fun afternoon of cards, snacks, coffee, cappuccino, hot chocolate, and prizes! Please R.S.V.P. 563-583-7939.



January Birthdays

Mildred M 3rd Lynn K 5th Conny M 7th
Dorothy B 16th Mike E 21st Vi E 21st
Irene E 23rd Grace C 24th Donna C 26th

In astrology, those born between January 1–19 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and wealth. Those born between January 20–31 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist, compassionate, and visionary, they support giving “power to the people.”

Joan of Arc (heroine) – January 6, 1412
Elvis Presley (musician) – January 8, 1935
Rod Stewart (musician) – January 10, 1945
Martin Luther King Jr. (activist) – Jan. 15, 1929
Muhammad Ali (boxer) – January 17, 1942
George Burns (comedian) – January 20, 1896
Virginia Woolf (writer) – January 25, 1882
Nolan Ryan (ballplayer) – January 31, 1947