

September 2020

Sunset Park Place

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



Celebrating September

Happy Cat Month

Mushroom Month

Healthy Aging Month

**International Enthusiasm
Week**

September 1-7

Bowling League Day

September 3

Labor Day: U.S.

September 7

Grandparents Day

September 13

**National
Assisted Living Week**

September 13-19

Good Neighbor Day

September 28

Assisted Living is Essential Due to COVID-19, current social distancing rules and the inability of friends and family to enter the buildings has changed much of the day-to-day life of the staff and the residents in assisted living. Despite these hurdles, staff continue to play a critical role in caring for residents in senior living and are proud to serve them. That is why this week, we celebrate National Assisted Living Week® and its theme “Caring is Essential.” It highlights the incredible care provided by essential caregivers in assisted living facilities. It is a way to celebrate the dedication of staff, the individuality of residents, and the deep connections formed in these settings. The staff of Sunset Park Place are honored to help our residents stay connected to their friends and family, while adhering to COVID-19 safety requirements and precautions. At Sunset Park Place, we fight hard to keep our residents not only safe but engaged, active, and happy. While their own families are unable to physically be beside them and visit with them as they usually would, we have happily taken them on as our own family members.



Happy Cat Month

Feline Friends at Sunset Park Place.

Cat's Name: TILLY

Age: 2 ½ years old

I had a black cat that lived to be 20 years old. When he died I got Tilly from the Dubuque Humane Society, she was there for a long time because she didn't like other people or animals, she must have had a rough past. She loves to play with her toys, climb on everything, sleep, and sit on my lap. Conny



Cat's Name: Carter

Age: 4 years old

I found Carter at the Dubuque Humane Society. When I picked him up he just hugged me. I said OK he is mine. He enjoys exploring. I like to take him out later in the evening for a walk. He weighs 25 lbs. and doesn't like it when I put him on a diet. Patti



Cat's Name: Lumpy

Age: 6 years old

He is a rescue cat. When I got him he had lumps by his ears. My friend called him Lumpster from the Dumpster. He likes greenies treats! They are good for the teeth he has left. He is a talker and loves to follow me everywhere, he is my shadow. Joyce



Cat's Name: Tommy

Breed: "Alley Cat"

He was adopted by a Dubuque family when they were wintering in Florida. When they came home, he didn't get along with their 2 dogs and 2 cats. I adopted him from the Dubuque Humane Society. He is



independent, loves attention on his terms. I don't interfere with his life and he doesn't interfere with mine. Irene

Live2B
HEALTHY



**We Welcome
"Visitors"**

**Reduce Falls. Build Immunity.
Combat Isolation.**

During our FREE LIVE Virtual Training classes, we continue to focus on exercises that improve strength, balance & flexibility to **Reduce Falls, Build Participant Immunity and help Combat Social Isolation too.**

Please consider giving **Live 2 B Healthy®** LIVE Virtual Training a try! Give Shelly a call at 563-583-7939 or send her an email: shelly.gessner@sunsetparkplace.net to receive information and your very own personal invitation to join our class!

Kitchen Creativity



September 13, or 9/13, brings 9x13 Day, a day for cooks of all abilities to fill their 9x13 pans with something delicious.

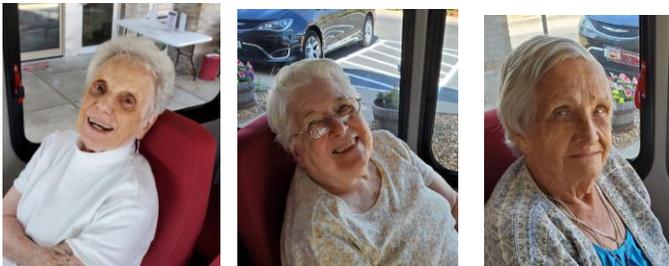
These versatile pans can be used for everything from appetizers to dessert. They can hold baked dips, beans, potatoes, casseroles, baked pasta, savory breads, meats, cakes, bars, cakes, and cobblers. The 9x13 pan is truly a workhorse of the kitchen. If you're looking for another excuse to whip up something special in the kitchen, September is Bake and Decorate Month. With apples and pumpkins begging to be picked, why not make one of these the star of your next cake or pie? And don't forget to decorate your dish with a decorative crust or a delightful icing.

Party Bus Cruises SW Arterial

The South West Arterial, Hwy 52, is now open after many years of planning and construction. The residents were cheering as we took the exit to cross the bridge over Hwy 20! Everyone was delighted to see the beautiful scenery along the 5-mile drive to the bridge that crosses Hwy 151/61. They loved it so much we turned around and enjoyed it again on a return trip to home.



Party Bus #1



Party Bus #2



Welcome

Please welcome Ellen Rath who joined Sunset Park Place as our new Health Care Coordinator. Ellen was born and raised in Virginia. She joined the military in 1993 serving four years in the Army. Ellen started her career as a CNA and then as a LPN. Later went back to school and finished her RN & BSN at Clark University. Ellen has worked as a charge nurse supervisor for over 18 years in hospital and nursing home settings. Ellen is married with two children of her own and raised 4 other children as well. Ellen has compassion and empathy for residents and co-workers as she loves working with people. Ellen is excited about her new position and to continue to provide excellent health care services to all of our residents.

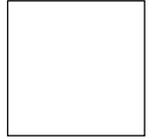


“The Catch”



On September 29, 1954, Willie Mays made one of baseball’s biggest plays on baseball’s biggest stage. It was Game 1 of the World Series between Mays’ New York Giants and the Cleveland Indians. The score was tied 2–2 in the top of the eighth inning when Cleveland batter Vic Wertz hit a line drive to deep center field. With the crack of the bat, Mays sprinted to the deepest part of center and made a spectacular over-the-shoulder catch on the warning track and still had the presence of mind to quickly throw the ball into the infield to keep the runners from advancing. New York went on to win the game and sweep the series for a World Series title, and Mays’ catch, remembered forevermore as simply “The Catch,” has gone down in history as one of the greatest plays ever made.

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National Assisted Living Week

Established by the National Center for Assisted Living (NCAL) in 1995, National Assisted Living Week® provides a unique opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of assisted living in caring for America's seniors and individuals with disabilities. The annual observance encourages assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve, as well as to help educate members of the public about this distinctive aspect of long term care.

September Birthdays

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

In astrology, those born between September 1–22 are Virgo's discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners who can get the job done without complaint. Those born between September 23–30 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues.

Lily Tomlin (comedian) – September 1, 1939
Raquel Welch (actress) – September 5, 1940
Otis Redding (singer) – September 9, 1941
Jesse Owens (athlete) – September 12, 1913
Agatha Christie (author) – September 15, 1890
B.B. King (musician) – September 16, 1925
Frankie Avalon (singer) – September 18, 1940
Jim Henson (puppeteer) – September 24, 1936