

The Update



JANUARY, 2020



Let's us be among the first to wish you a "Happy New Year!"

Please be reminded that the new year offers a good time to make sure all information for your family member who resides at a Sunset community, is up-to-date. Information that should be current, can include: contact information, insurance providers and medical providers. This could also include any other information such as living wills, DNR's and power of attorney documents.

Any questions, please check with the front office.

THE SUNSET UPDATE

"The Update" is the monthly publication from Sunset Communities, which contains various information on the many activities and happening at our Sunset Communities and Ashanti Hospice.

Limited paper copies are available in the lobby of the buildings. You can also receive a copy directly to your inbox, but sending your email address to:

gyoung@sunset-communities.org.

Current and past issues of "The Update" are also available on the Sunset Communities' website. Visit www.sunset-communities.org.

A MATTER OF BALANCE PROGRAM OFFERED

Beginning **JANUARY 23rd**, Sunset Communities in cooperation with Northwest Ohio's Area Office on Aging, will offer "A Matter of Balance". This program is nationally recognized to reduce the fear of falling and increase activity levels.

Workshops are held weekly for 8 weeks concluding **MARCH 12th**. Participants engage in exercise such as Tai Chi, learn about the side effects of medications which can make falls more likely, have eyes and glasses and/or contacts checked to eliminate poor vision and identify any hazards at home that my contribute to a fall.

A Matter of Balance Training will be held at Fieldstone Villas Clubhouse, on the Sunset Village campus. Check our website for additional information and for how-to's for registration



NEW CLOTHING

Just a reminder, if your family member received a gift of new clothing for either the holidays or a birthday, or you have recently changed out clothing for the season, please make sure all clothing is properly labeled.

If you have any questions about labeling clothing or need assistance, please check with the front desk at Sunset House or Sunset Village.

Thank you for your assistance with this.

SUNSET HOUSE THE WOODLANDS
SUNSET VILLAGE

ASHANTI HOSPICE & PALLIATIVE CARE
FIELDSTONE VILLAS at Sunset Village



The Update is published monthly for family and friends of Sunset Retirement Communities. It is available on-line at www.sunset-communities.org or through email. You may opt-out at any time.



SUNSET HOUSE

HURRY UP, SPRING!

Sunset House residents will be planting their very own succulents in a container for an activity this month. Our hope is that by bringing some green inside, we will help hurry spring along! Check our activity calendar for dates!



THE WOODLANDS

WOODLANDS RESIDENTS PARTY!

Much fun was held at the recent Woodlands Residents' Holiday party, including a visit and gifts from Santa and his helper, Janet!



Residents enjoyed a festive evening filled with laughs, good food and fun!



FIELDSTONE VILLAS
AT SUNSET VILLAGE

HOLIDAY FUN

Residents participated in a decorated gingerbread house contest. They were all too cute— so everyone was declared a winner!



In December, Fieldstone welcomed a new resident, albeit temporarily! Coal, the mischievous Elf, who originates from the North Pole, stopped by the Clubhouse for some holiday shenanigans.



Coal "putt-ed" around, got caught in a snowstorm, and still found time to root for the Buckeyes! We'll see you next year, Coal!



SUNSET VILLAGE

HOLIDAY CARDS FOR THE MILITARY

Sunset Village residents created and signed Holiday Greeting cards for the servicemen and women who are deployed Overseas serving our Country, so that they had a warm message of support from home while they are away. The soldiers appreciated the cards.

PURDUE BOILERMAKER TWIRLER TO PERFORM

On January 8th, a Purdue Boilermaker Twirler will perform for the Sunset Village residents. In addition to a live performance, twirlers from University of Iowa and the University of Nebraska will conduct Skype sessions with the residents.



ASHANTI HOSPICE

THE ASHANTI HOSPICE DIFFERENCE

We deserve to live our lives in comfort, surrounded by those we love and those who love us. This is especially important as we near the end of our journey here on earth.



At Ashanti Hospice, we're committed to providing hospice and palliative care that enables those with life-limiting illnesses or conditions the ability to make their journeys' end their own. We go where home is, we are able to serve Fulton, Lucas and Wood Counties and go into other facilities as well.

While hospice is a way of compassionately caring for a person nearing life's end, Ashanti Hospice is actually about living—living the very end of life with the highest quality possible. Our care focuses on the whole person—not just the illness—and centers on comfort.

Whenever possible, we work to uncover a patient's long-held hopes and dreams, and we seek creative ways to help make those wishes reality. We follow the client's lead to determine what is most appropriate and fulfilling, be it sharing a family meal together or supporting a beloved passion.

Surrounding the entire family with a network of caring individuals is central to the Ashanti program. Our team is comprised of doctors, nurses, home health aides, social workers, a chaplain, counselors, and trained volunteers. We partner with clients' families to deliver the most holistic care possible for those involved.

Please call to set up an info visit for you and/or a loved one at Ashanti Hospice and Palliative Care (419)724-1047