

May 2019

Sunset Park Place

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



Celebrating May

**Physical Fitness & Sports
Month**

Older Americans Month

Meditation Month

Be Kind to Animals Week
May 5–11

Teacher Day
May 7

Mother's Day
May 12

Nylon Stockings Day
May 15

Memorial Day: U.S.
May 27

Paper Clip Day
May 29

Happy Mother's Day to all our beautiful mothers! All of you have touched our lives in so many special ways. On Saturday May 11th at 2:00 PM we are having a Mother's & Others Party and music in honor of our Mothers. Please join us in this wonderful celebration for all our Mother's.

Spring time is alive and well here at Sunset Park Place - our patio furniture is out, allowing us to the enjoy the sights and sounds of the seasons including the perennials that are in bloom once again.

I want to take this time to thank our residents, family members and members of the community for a successful "Breakfast with the Bunny" event, held to raise awareness and funds for the Alzheimer's Association. We experience the impact of this devastating disease every day. We are all working to a brighter future for of all of those with this disease.

Happy Mother's Day!

Jerry Bell

Manager

Activity Highlights

Shopping

Target	1 st	2:00 pm
Hy-Vee	1 st , 8 th , 15 th , 22 nd , 29 th	1:20 pm
Walmart	9 th	3:00 pm

Outings

Knockout Melts	6 th	11:30 am
Rhody's Pie Run	10 th	1:30 pm
Party Bus Cruise	13 th	1:30 pm
Pizza Ranch	24 th	11:30 am
Marcos	30 th	4:30 pm

Events

Resident Meeting with Jerry	2 nd	10:45 am
New Resident Welcome	2 nd	1:30 pm
Town Home Meeting	8 th	1:00 pm
Euchre Tournament	16 th	1:00 pm
Speech Therapy Seminar	24 th	1:30 pm

Music

Janet Lieb	4 th	1:00 pm
Sweet Adelines	7 th	6:30 pm
Eleanor Roosevelt Middle School Chamber Orchestra	9 th	1:15 pm
Jim Lucy	11 th	2:00 pm
Frank Naber	14 th	1:30 pm
Chris Ross	25 th	2:00 pm
Dave Poggenklass	27 th	1:30 pm
Shelly Gessner	28 th	1:30 pm
Tom Bedtka	31 st	1:00 pm

Spring Planting

It is an exciting time of year. The ladies are smiling with anticipation of beautiful colors and fragrant blossoms all around.



The History of Aprons

The principal use of Grandma's apron was to protect the clothes underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material. But along with that, it served as a potholder for removing hot pans from the oven. It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears. From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven. When company came, those aprons were ideal hiding places for shy kids. And when the weather was cold grandma wrapped it around her arms. Those big old aprons wiped many a perspiring brow, bent over the hot wood stove. Chips and kindling wood were brought into the kitchen in that apron. From the garden, it carried all sorts of vegetables. In the fall, the apron was used to bring in apples that had fallen from the trees. It was surprising how much furniture that old apron could dust in a matter of seconds when company drove up the lane. When dinner was ready, Grandma waved her apron from the porch and the men knew it was time to come in from the fields to dinner. *People would go crazy now trying to figure out how many germs were on that apron. I don't think I ever caught anything from an apron – but love...*



Dare to Dream!

Pat T mentioned that she has always wanted to see the Harlem Globetrotters! She wanted to take her dad to see them but they never did get to see a performance together. She said this meant the world to her and she knew her dad got to see the Globetrotters through her eyes. The evening was full of laughs and Pat said it felt so good have fun night out on the town.



6th Anniversary of Music Speaks

April 2019 marked the six-year anniversary of the music therapy program at Sunset Park Place, which started in 2012 for residents in the memory care to address communication, social interaction, alertness and orientation to environment.

Music therapy uses music as a therapeutic medium to improve areas of need including communication, social interaction, cognition, physical and motor movement, emotions awareness, and spiritual concerns. Similar to a doctor prescribing medicine or a physical therapist providing exercises, a music therapist utilizes music as a tool to improve the resident's quality of life. Board certified music therapists hold a minimum of a bachelor's degree, and are required to complete a supervised internship before passing the national board certification exam. Music Speaks music therapists complete an additional week of training and 1-2 weeks of observations before independently seeing clients in the field.

Music Speaks, LLC was founded in 2009 by Stephanie Johnson, MT-BC to provide high quality music therapy services to clients with the highest needs.

Sunset Park Place was the first Senior Housing community Music Speaks partnered with, which has grown to partnering with 24 communities across the company. Music Speaks provides services in a one-to-one or small group setting, to provide individualized attention to each client. The music therapy program at Sunset Park Place is provided in a small group setting and has grown to a frequency of two times per week due to the positive therapeutic outcomes and positive changes of the residents including increased alertness, elevated mood, increased social engagement, and improved verbal communication.

Quilt Show

For many, the art of quilting was taught from generation to generation. Everyone enjoyed and appreciated seeing many pieces and stylings from Barb Brockett – Thank you for sharing your time and talents with us.

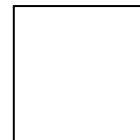


Antique Bunny Show

Bunnies took us down memory lane and the Easter hats gave us all a giggle! Thank you JoAnn Wordehoff for sharing your collection!



Sunset Park Place
3730 Pennsylvania Ave
Dubuque, Iowa 52002



Mother's & Others Party – May 11th

Join us for music and desserts on Saturday, May 11th at 2:00. to honor our Mothers who live at Sunset Park Place. Thank you to Jim Lucy for providing music entertainment.

Euchre Tournament – May 16th

Thursday, May 16th 1:00 pm
R.S.V.P. (563) 583-7939

Speech Therapy Seminar – May 24th

Enjoy this educational opportunity to learn about many treatments and benefits of Speech Therapy.



Save the Date – June 29th ***SPP Annual Festival***

Join us for the biggest party of the year! This year will bring us to a tropical retreat! Grab your Hawaiian Shirt and hula on over for lunch, games, and music provided by Angela Meyers. More details to come in the June newsletter.

May Birthdays

Shirley S – 2nd

Jane S - 8th

Erma S – 13th

Eugene S – 13th

Marian C – 19th

Irene R – 31st

In astrology, those born May 1–20 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded! Those born May 21–31 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party but also a deep and emotional side that needs love and nurturing.

Bing Crosby (singer) – May 3, 1903

Audrey Hepburn (actress) – May 4, 1929

Orson Welles (director) – May 6, 1915

Florence Nightingale (nurse) – May 12, 1820

Liberace (pianist) – May 16, 1919

Lorraine Hansberry (playwright) – May 19, 1930

Peggy Lee (singer) – May 26, 1920

Bob Hope (comedian) – May 29, 1903