

October 2021

# Sunset Park Place

3730 Pennsylvania Ave | (563) 583-7939 | [www.sunsetparkplace.net](http://www.sunsetparkplace.net)



## Celebrating October

**Country Music Month**

**Positive Attitude Month**

**Physical Therapy Month**

**International Coffee Day**  
*October 1*

**World Teachers Day**  
*October 5*

**Columbus Day &  
Indigenous Peoples' Day**  
*October 11*

**Freedom of Speech Week**  
*October 18–24*

**World Origami Days**  
*October 24–November 11*

**All Hallows' Eve or  
Halloween**  
*October 31*

## Dinner and a Show

Food glorious food! Going out to eat is one of our favorite activities each month. We had the pleasure of going to Ichiban in September. They remodel is beautiful and more guests will enjoy the experience of wonderful food and great entertainment. Just ask us, we highly recommend it!



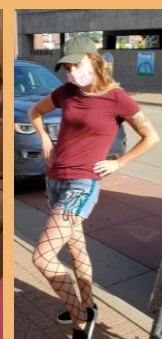




October is Physical Therapy month! This is a great chance for Physical Therapists across the nation to spread the good word and to help everyone understand and appreciate the impact of physical therapy. Physical therapy not only helps improve the quality of lives, but also helps many people maintain their independence. People recover faster from injuries and illness with the help of physical therapy. Going a step further, NIT physical therapists also help prevent injury and illness with their proactive approach to wellness. We particularly support the power of self-awareness. The more you pay attention to your physical habits, the more likely we can help you change it and prevent aches and injuries. NIT Physical therapists offer specialized programs relating to, but not limited to, balance/falls, strength, mobility, pain, pre- and post-op surgical procedures, vestibular, Parkinson, lymphedema, ergonomics, joint protection and personalized fitness/wellness programs.

## Live Theater

Sunday Matinee at the Grand Opera House is a perfect way to spend an afternoon! The play *Disenchanted* was delightful. We applaud the wonderful talent of the actors, musicians, techs, and directors! Dubuque Community Theater never disappoints! Bravo to all in the production.





## Fall Celebrations Have Begun!

National Assisted Living Week is always a party at Sunset Park Place. This year included Color Theme Days, Big Prize Bingo, Fall Crafts and tons of Fun.



Assessment day is coming soon! Mark your calendar and join us in the activity room



**Monday, October 18<sup>th</sup> at 10:00 am.**

Join Chris & Pam to get a baseline or check your progress regarding your Strength, Flexibility, and Balance! Chris will return next month with results and awards! (photo from 2019)



Pam Connolly, Trainer  
Lila H, charter member & award winner  
Chris Pipkin, Regional Owner

# Happy Feet

### Good Balance Begins with Good Posture

**Balanced Posture**

The illustration on the left, with the green dots and line shows the proper alliance of heel, knee, spine and neck, with each component stacked one on top of another. Time often takes its toll on our posture, and we end up out of alignment, similar to the image on the right. We can easily see the difference between the green dots and the red dots in the two images.

**Unbalanced Posture**

**Practice:**  
Work with your Live 2 B Healthy® Trainer and/or presenter to practice a Balanced Posture. Throughout the day, train yourself to notice your posture, while sitting or standing. Consciously adjust your posture if it is Unbalanced to Balanced. The more you do this, the more you will be aware and able to correct Unbalanced Posture.

**Activity:**  
What is my "go-to" posture? Pair up with a partner with a cell phone that takes photos. Take turns taking photos of each other from the side. Take 2 photos.  
**Photo 1** - Natural, relaxed state  
**Photo 2** - Try to replicate the Balanced Posture in the illustration to the left. Compare the photos.

**How Does Exercise Help Improve Posture?**

- Increasing Core Strength
- Increasing Confidence
- Increasing Flexibility

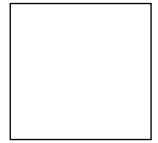
Live 2 B Healthy® helps seniors stay active and independent well into their 90's and beyond! Contact us for more information about how your senior living community can participate in our programs.

[www.Live2BHealthy.com](http://www.Live2BHealthy.com)

**Live2B HEALTHY.**

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Sunset Park Place  
3730 Pennsylvania Ave  
Dubuque, IA 52002



**Saturday, Oct 2nd**  
**\*New location**  
**Heritage Trail near the**  
**Heritage Campground**

Join our Sunset Park Place team today!  
Register online in advance or  
Contact Shelly for more information.  
563-583-7939 or  
[shelly.gessner@sunsetparkplace.net](mailto:shelly.gessner@sunsetparkplace.net)



### **Assessment Day!**

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### **October Birthdays**

**Kay S 3<sup>rd</sup> Joyce M 11<sup>th</sup>**  
**Pat T 17<sup>th</sup> Jim V 22<sup>nd</sup>**

In astrology, those born from October 1–23 balance the scales of Libra. Libras are peaceful and fair, and value balance and symmetry. For this reason, they often champion justice and equality. Those born from October 24–31 are Scorpions of Scorpio. Scorpions are passionate, dedicated, and resourceful. Scorpions may seem intimidating, but they are just no-nonsense people who value honesty and loyalty above all else.

Donna Karan (designer) – Oct. 2, 1948  
Chubby Checker (singer) – Oct. 3, 1941  
Chevy Chase (comedian) – Oct. 8, 1943  
Henry Heinz (food magnate) – Oct. 11, 1844  
Marie Osmond (entertainer) – Oct. 13, 1959  
Penny Marshall (director) – Oct. 15, 1943  
Kamala Harris (vice president) – Oct. 20, 1964  
Jonas Salk (doctor) – Oct. 28, 1914  
John Candy (comedian) – Oct. 31, 1950