

November 2022

# Sunset Park Place

3730 Pennsylvania Ave, Dubuque, IA 52002 | 563-583-7939 | [www.sunsetparkplace.com](http://www.sunsetparkplace.com)



## Celebrating November

**American Indian Heritage Month**

**Inspirational Role Models Month**

**Adoption Month**

**Men Make Dinner Day**  
*November 3*

**Veterans Day (U.S.)**  
*November 11*

**World Kindness Week**  
*November 13–19*

**Apple Cider Day**  
*November 18*

**International Men's Day**  
*November 19*

**Game & Puzzle Week**  
*November 20–26*

**World Television Day**  
*November 21*

**Thanksgiving Day (U.S.)**  
*November 24*

**Giving Tuesday**  
*November 29*



**Live 2B Healthy has a lot to celebrate!**

Chris Pipkin, SE Iowa Regional Owner, was here in October to conduct assessments and will be presenting results in a couple of weeks!

Pam Connolly, Trainer, is a fine example of setting goals and accomplishing them, no matter how small or big the goals are. One of Pam's favorite questions on Fridays is "Do you want to ask me if I'm going to race this weekend?" The answer is usually "Yes." She has so much passion for running and challenging herself. She learned about the Mines 100 and of course, took the challenge! 100 Miles. Five 20-mile loops through the up & down trails at the Mines of Spain in Dubuque. The race started Friday morning at 8:00 am and she finished at 1:57 pm Saturday afternoon. WOW! Friday afternoon we drove the bus to the Mines to cheer her on. She was too fast and made it through the stop 20 min ahead of schedule. We sent her pictures of us cheering her on! Shelly, Life Enrichment Coordinator, was there Saturday afternoon to welcome her to the finish line, along with many friends and family members to support her.

Congratulations Pam! We are proud of you!





## Walk to End Alzheimer's

Thank you to everyone who supported the Sunset Park Place Team in our 2022 Walk to End Alzheimer's.



Dubuque Walk Committee



Shelly & Erica



Helen



Opening Ceremony

## Library Restored

If you have not been to the library on 3<sup>rd</sup> floor in a while, Check It Out!! Barbara B. has taken on the task of sorting & organizing the Sunset Park Place Library. Marilyn R. helped and provided the bright dividers for the shelves. Barbara has been incredibly pleased to see the books being used and placed in the new book return basket. She is finding joy stopping in every week and keeping the library a welcome place for everyone. Thank you, ladies!



## Quilt of Valor

The Mission of Quilts of Valor Foundation is to cover Service Members and Veterans touched by war with comforting and healing Quilts of Valor.

A presentation ceremony was held on Sunday, October 23<sup>rd</sup> at the Tri-state Community Church. Mike E.

was awarded this beautiful quilt. Marilyn R. had the honor of making and presenting it to him. Thank you for your service, Mike and thank you, Marilyn for your work with the local Quilt of Valor organization!



## What is a Quilt of Valor?

A Quilt of Valor® (QOV) is a quality, handmade quilt that is machine or hand quilted. It is awarded to a Service Member or Veteran who has been touched by war. The Quilt says unequivocally, "Thank you for your service and sacrifice in serving our nation."

To use the term Quilt of Valor, Quilts of Valor or QOV, the quilt must be a specific size, must have a label with required information, it must be awarded (it is not a gift) and it must be recorded.



## Hempstead High School Key Club

Students made a visit to Sunset Park Place for a little fall fun! We played Minute-to-Win-It games and enjoyed spending time together!



Standing up Candy Corn



Florence W



Naomi R



Brenda F



Stacking Apples

## Collaborative Art

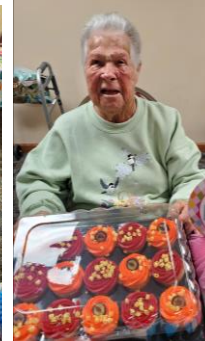
Residents picked three colors, fall colors or winter colors, and painted any design they wanted. Their artwork will be assembled into large frames and added to the ones we did a few years ago. The best part is their creativity will make another fine gallery piece they can enjoy every day!



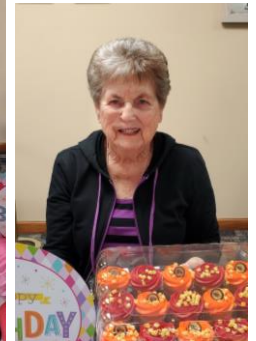
## October Birthday Party



Rich B



Janaan W



Kay S



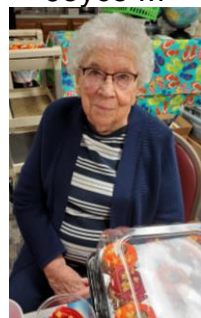
Joyce M



Pat M



Pat T



Adele K

Happy  
Birthday

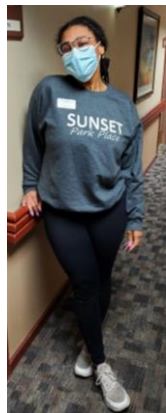
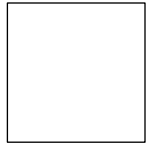


Marion C.



Ruth C. DeLee J.

Sunset Park Place  
3730 Pennsylvania Ave.  
Dubuque, IA 52002



### Sunset Park Place Apparel

T-Shirts, Sweatshirts,  
Fleece Vests,  
Fleece Jackets & Cardigans

See the full collection: Scan QR Code  
or

<https://sunsetparkplace2022.itemorder.com>

Great gift idea for birthdays or holidays!

Orders completed by

Oct. 30<sup>th</sup> - delivered to Sunset 3<sup>rd</sup> week in Nov.

Nov. 30<sup>th</sup> - delivered to Sunset 3<sup>rd</sup> week in Dec.

Online store will then close until Fall 2023.



### November Birthdays

Dorothy La 3<sup>rd</sup>      Les F 9<sup>th</sup>  
Pat K 23<sup>rd</sup>      Dick M 24<sup>th</sup>      Claude W 28<sup>th</sup>

In astrology, those born from November 1–21 are Scorpios. Scorpios cherish the truth and are not afraid to go to extraordinary lengths to uncover mysteries and get what they want. Those born from November 22–30 are Archers of Sagittarius. These Archers are philosophical seekers of knowledge who love traveling to new places to absorb new cultures.

Burt Lancaster (actor) – Nov. 2, 1913  
Walter Cronkite (journalist) – Nov. 4, 1916  
Alfre Woodard (actress) – Nov. 8, 1952  
Anne Hathaway (actress) – Nov. 12, 1982  
Whoopi Goldberg (comedienne) – Nov. 13, 1955  
Gloria Foster (actress) – Nov. 15, 1933  
Michael Strahan (TV host) – Nov. 21, 1971  
Scott Joplin (composer) – Nov. 24, 1868  
Don Cheadle (actor) – Nov. 29, 1964  
Ben Stiller (actor) – Nov. 30, 1965