

"SUNSET MATTERS"

Sunset Nursing and Rehabilitation Center

Aug. 2009

Susan Martin, Editor

A MONTHLY PUBLICATION FROM THE HEART OF SUNSET

Residents started off the month of July with refreshing Root Beer Floats. Several residents visitors, and staff enjoyed them. Over 60 floats were served. Volunteers who helped out were Bernie Bailey, Emily Washburn, David Mulvihill and Toni Del-Monico (C.N.A.) Thanks so much for your help.

On July 4th residents enjoyed a special treat of Smores with Pennie and Marlene Doser. They are a fun delicious summer time snack.

Residents celebrated the 4th with Patriotic songs. Residents enjoyed singing along. Thank you Marlene Doser for the CD of the songs and the many happy birthday balloons that you donated. Thank you for thinking of our residents.

Our Independence Day picnic celebration was held on Mon. July 6th with a picnic which was held out side on our deck, patio and garden areas. Dietary prepared a lovely meal for the special event. The menu was hot dogs and hamburgers, macaroni salad, baked beans, chips, relishes with star shaped cookies for dessert. Several family members and friends joined in for the picnic lunch. We thank God for our freedom and the right to celebrate the birth of our

Nation.

A big thank you to our dietary staff for preparing such a lovely meal, to our maintenance staff for setting up tents and tables and chairs out side. Also thank you to nursing, and activities for assisting residents out side and serving residents. A special thank you to volunteers Mary Jane Clark, Betty Hughes and Ed Secor for your help. It's always great to see you. We appreciate your help.

A lemonade social was held in the afternoon on Mon. after the picnic. All enjoyed good conversation and visiting with families. Our little helper Ashley Thorton helped serve refreshments as did volunteer David Mulvihill. Ashley and her mom Amy were in to visit resident Claude Clark (b-wing). Ashley will be going into the 5th grade in Sept. at Adirondack.

A special surprise from Don Miller (c-wing) who so graciously shared his poems with us during a poetry reading. Don has written many poems and read them aloud to residents and visitors. Don had a captive audience. He has a very special talent. Thank you Don for a lovely presentation. The following is one of Don's rather humorous poems:

"The Mouse in the Kitchen"

You'd think this place would be neat as a pin.

No dirt, no dust could be found within.

Yet when we move barrels by the wall,

On great big mouse stroke out into the hall.

Now I'm not squeamish or even alarmed,

But this old mouse must have had a charm.

For he had lived the life of ease,

For he was fat, as fat as you please.

Now I'm for life, even a mouse,

But please dear God, not in the house.

SPLAT!!



Caption

Norma Larrivey would like to welcome her daughter Karen Crolius home from her trip to Washington State. Norma as well as staff missed Karen and are happy for her safe return.

After a stroll out in the garden area resident Bertha Ferra was inspired to write the following poem.

"Sunsets Fairyland"

One beautiful Summer day I went on a tour of Sunsets garden greenery.

The bushes and trees seemed alive adding to the lovely scenery. The trees danced in the breeze. The green grass smelled like sweet peas.

The air was clear and fresh and rode in the sun.

It was good to greet everyone. Suddenly we came upon a lovely rose bush blooming quietly by the wayside.

We enjoyed it's fragrance then gently allowed it to hide.

There were visitors on the gazebo and deck..

We stopped to say "hello: while we rubbernecked.

Then we inspected the vegetable patch.

It was filled with herbs and spices-mix and match.

Green onions, lettuce, tomatoes parsley and beets.

All tasty good food to eat.

My trip was delightful on that summer tour.

I hope I could return some day to enjoy another hour.

Author-Bertha Helen Ferrara age91

"Bits and Pieces" (continued from page one)

On Sun. July 5th, Betty Barnum (c-wing) enjoyed a visit from her niece and nephew Bob and Jane Anderson, Oneonta, NY. Also visiting was cousin Gordon Castor, of Webster, NY.

A birthday party was held on Tues. July 7th in the solarium in honor of our residents who celebrate their birthdays in July. Eight residents celebrated birthdays. A lovely cake was made and decorated by our dietary staff. Ice cream and cake was served.

B-wing resident Millie White's family attended the party to help Millie celebrate her 91st birthday. She shares her birthday on July 7th with resident Viola Walker (c-wing).

Millie's daughter and son-in-law (Deb and Fred)-aka- "Melody of Love" provided entertainment with their Karaoke for the occasion.

Helping Millie celebrate her birthday was her daughter Charlotte, her daughter Mary Lou Straw from Fla. Mary Lou's daughter Donna and her children Isaac and Jacquelyn of Lowville. Millie's grandson Mophie Bourgeois stopped by along with granddaughter Robin Pritchard and granddaughter-in-law D.J. Martin and children Kyle, Emmalie, and Tyler. Millie's daughter Shirley Gerrard also visited. Mary Lou would like to thank everyone at Sunset who gives her Mom such good care and attention.

We would like to thank Millie's great grandson Tyler Martin for helping serve cake and ice cream during the party.

Viola's Walkers daughter Alice Smith and her husband attended the birthday party along with Viola's son Richard from California. It has been a pleasure having Richard visit here at Sunset for the week.

Hazel Zbytniewski celebrated her birthday with her daughter and son and families on the evening of her birthday July 11th.

On Fri. evening July 10th a special evening for our gentlemen was held in the solarium. For "Men's Nite" the fellows enjoyed BBQ chicken cooked on the grill by Rob Richter from our maintenance dept. Eric Stempien also helped out providing the guys with a fun evening.

A "Watermelon Social" with "Toni" was held on Mon. afternoon June 13th with host Toni (Leo) McIntyre, Port Leyden, son-in-law of Don Shue (b-wing). Toni did a demonstration of his version of cutting up a watermelon for everyone to watch and enjoy. Toni does an extraordinary job. As far as I know Toni still has eight fingers and two thumbs.

On July 14th Yvette Lallier hosted a picnic at her home in Hawkinsville. Many residents, staff, and volunteers transported by Bernie Bus service enjoyed a lovely evening on Yvette's deck over looking the Black River. They enjoyed burgers, hot dogs and salads. A big thank you to Yvette for sharing her hope to give our residents an enjoyable evening and to all the helpers who gave their time to make this evening possible.

Local author Irene Uttendorfski provided our residents with another chapter from her book "Hannah and Her Two Sisters." After reading a chapter of her book, Irene reminisced with our residents going around the table letting each one tell about their past remembrances. We thank Irene for her time and all enjoy her comforting voice and story telling.

On July 21st residents enjoyed a Ladies afternoon "Fruit and Dip Social" with Priscilla Linck, activities aid. Thank you for the volunteers who helped out with the social.

On Sun. July 5th, Betty Barnum (c-wing) enjoyed a visit from niece and nephew Bob and Jane Anderson, Oneonta, NY. Also visiting was cousin Gordon Castor, of Webster, NY.

Carl Kellogg (b-wing) enjoyed visiting with his family, daughter Alison and grandsons Cody and Hunter.

On Monday July 6th Sidney Mahl (a-wing) had a very special family reunion. Sidneys daughter Barb Allen and children Andy and Alexandra from Tennessee, wife Margie, sister-in-law Rosemary Foy, daughter Linda Dixon and Sheila Hall. They enjoyed a little party out on the deck with cake and beverages.

Visiting Carol Beal (a-wing) along with her sister Mary Cooke was Lisa Davies who makes her home in Thailand (which is also Mary's home land.) Lisa has been visiting in the USA for one month.

Christina Peck (c-wing) has enjoyed the company and time spent with her daughter and son-in-law Joyce and Jack Eikenbern of Bonita Springs, Fla. As well as Christina, staff her at Sunset look forward to seeing Joyce and Jack when the visit. We hope they come back really soon.

Don Miller (c-wing) hosted a Chicken BBQ dinner. Don and his friend Larry Snyder cooked the chicken. Our dietary staff prepared salt potatoes, salad, and baked beans. Over 32 friends and residents were guests at Don's dinner. Larry Snyder and his wife Gloria have been cooking chicken with Don for 20 + years. Dick Foot from Vernon Center was a guest at the dinner.

Norma Larrivey (a-wing) celebrated her 75th birthday at Freddy's diner where she enjoyed a luncheon with her brother Robert DeVoe, from Homer, NY and his son Ronnie, sister Jane Sanford and Annette Hammond and families. Norma had a lovely afternoon.

Craig Carnright (c-wing) attended a wedding at his cousins home in Holland Patent. The bride and groom were Andy and Nicole Hoffman, Remsen, NY. The couple were united in marriage on July 4th. Craig saw many family members and friends that he hadn't seen in quite some time. He enjoyed lots of good food, D.J. music and the company of his friends and family.

'Bits and Pieces' (continued from page two)

Norma Larrivey enjoyed seeing friend Marj Burnett from Holland Patent. They had a nice visit.

Betty Gamble (b-wing) enjoyed seeing her son Ernie from German Town, NY. They had a

Mary Rowland (b-wing) enjoyed family from out of town. While here they gathered for a family picnic at Sunset on the patio. Her daughters Susie Kessler and husband Tom from N.C. Her daughter Karen Wagner, Maryland. along with her two children Bryce and Ashley. Mary's sons Dennis from N.C and Tom from were in attendance. Daughters Maggie and Anne and grandchildren and great grandchildren. We enjoyed visiting with Mom and catching up with our siblings. The kids loved playing hide and seek.

The family again shared in a luncheon on the deck with her family. Bryce, Ashley and their Uncle Tom entertained. They all had a great time reminiscing together and Mary was happy to have her family all together again. .

Helen Pfendler (b-wing) has been enjoying a visit from her daughter Joan Rahm from Frisco, Texas. Frisco is just north of Dallas. She visited NY for a week. Her four children and 13 grandchildren also visited. Helen was busy shopping, going out to eat and going to the Turning Stone with her daughter. They had a wonderful time.

We Welcome the following New Residents to

Sunset

- Viola Palmer
- Mildred Lisowski
- Stella Doolen
- Kenneth Hill
- Michael Usyk
- Shirley Marleau
- Stanley Swiss
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On Tues. July 28th Norma Larrivey enjoyed a visit from John Sugar. They had a nice time chatting and John attended Mass with Norma.

Betty Gamble has enjoyed seeing her son Ernie from German Town. They enjoyed the afternoon out on the deck.

Anita Chaisson (B-wing) enjoyed visiting with granddaughter Breanna who visited on Mon. July 20th. Breanna enjoyed listening to her grandmother singing "Look at Us" with Ed Gouger.

Dorothy Pearssol (b-wing) enjoyed visiting with her niece Priscilla Wendover and great-niece Kathy Hochlowski who came to call on Wed. July 22nd.

Naomi Kelly, friend of Paul Doser (b-wing) and Kenneth Hill (c-wing) kept them company for an afternoon visit.

Sally Divens of Boonville who is long time friend of both Norma Larrivey (a-wing) and Bridget Charney (c-wing) visited on Fri. July 17th. The ladies had a nice visit. Bridget enjoyed a stroll around the garden with Sally.

A wedding party visits Sunset! Newly weds Kim Hart and Mark Higby, after their wedding came in to visit family members who reside at Sunset. Mark is step grandson of Paul Doser (b-wing). Kim is step granddaughter to Don Shue (b-wing). Marlene and Paul Dosers great grandsons Andrew and Steven were the ring bearers. They are twins and are very cute little guys.

Virginia Bolesta enjoyed seeing her granddaughter Brenda and her husband David from Charlottesville, Virginia. The love of Virginia's life, her great granddaughters Elise who is five years old and baby Evelyn who is ten mo. They had a very happy reunion.

Helen Kogut (b-wing) has enjoyed the company of her granddaughter Michelle and her husband George Oharian and their two daughters Cecilia and Camille. Cecilia and Camille put on a little performance for everyone on the key board playing pieces that they had memorized They both are sweet little girls and our residents and their great grandma Helen enjoyed the entertainment.

Volunteer Matt O'Rourke visited on Sun. July 26th. Matt has enlisted in the Marine Corps. It was so thoughtful of him to come in and visit the day before he was to leave. Matt visited many residents including Don Miller and Ray Dooley (both vets) who gave him a few words of wisdom before he left. Good Luck Matt, we wish you the best on your new adventure.

A group of residents, staff and volunteers enjoy an outing to Wal-mart (Rome, NY) via Bernie Bus with bus driver Matt Lehman. After shopping residents enjoy dinner at Apple Bee's restaurant. A big thank you to our volunteers who helped make this trip possible.

On Thurs. evening July 23rd the A-wing family picnic was held. Due to in climate weather it was held inside.

Residents, staff, and volunteers enjoyed the Boonville Fair Parade on Mon. eve, July 27. Residents were escorted to Ford St. via the Bernie Bus and were able to see the parade from front row seats at the home of Jeff and Carol Scherz home. Residents enjoyed a bag lunch provided by our dietary staff. A special thank you to our volunteers who helped out. We appreciate you. All had a great time.

A Day at the Fair! On Thurs. July 30th several residents, along with staff and volunteers were taken to the Oneida Co. fair by the Bernie Bus Service. Residents had a great time. Many came back with all sorts of goodies from their exciting day. Thank you to all who helped make this day possible for our residents.



Happy Birthday from residents and staff at Sunset!!

"100th Birthday and 102nd Birthday Celebration's"



Residents August Birthdays

- Charles Vavra 8/5
- Marion Wheeler 8/6
- Estella Kornatowski 8/7
- Howard Fenner 8/8
- Corolea Kaczor 8/9
- Kevin Ernst 8/17
- Christina Peck 8/18
- Albert Stosal 8/18
- Geraldine Palaka 8/25
- Margaret Bailey 8/28

Viola Walker (c-wing) celebrated her 100th birthday on July 7th. Viola visited her daughter (Alice Smith's) home where she along with other family members including Viola's son Richard from California celebrated Viola's 100th Birthday .

Viola had a wonderful time. Viola said that "she can't believe she is 100 years old. She enjoys her daily activities of joining others for coffee hour in the mornings, she loves to visit with other residents and wears a lovely smile everyday. She loves her family and enjoys their visits. Viola is a special lady. When asked what advise she could give on how to reach the age of 100, she said, "be natural and be yourself."



Richard Davies (a-wing) celebrated his 102nd birthday on July 9th. Richard attended a party in his honor at the home of his son Bob and daughter-in-law's Sylvia. He enjoyed seeing many family members. When I asked Mr. Davies what advice he could give on how to reach 102, with a big smile on his face he said, "keep breathing." Richard wears a happy smile everyday. He's out and about everyday taking his daily stroll.



Thank you to all our caring volunteers who have given us your time. You are appreciated more than you know.

We would like to welcome a new volunteer to our nursing home. Flo Heffernan (who makes her home near Orlando, Fla.) while in the Boonville area during the summer months she has been on some outing with us. It's great to have her as part of our group of volunteers.

“Entertainment at Sunset”

A fantastic evening with Kenny LaPlante was a big hit on Thurs. evening June 30th Residents love Ken and his fabulous voice. Ken’s brother Vic and his wife Alice along with their daughter Ashley attended the show. They enjoyed seeing how Ken’s music made everyone smile and said that “their smiles were priceless. Ken’s mother Eilene would be so proud of him.

Every Mon. morning in July residents enjoyed Ed Gouger, Doug Houghton, Dick Satterly and on occasion, Donna Mucks, Eve Breen and/or Joanne Satterly. They put on a lovely program for residents to enjoy during their morning coffee.

Peg Nuspliger along with a large group of Singers sang to a captive audience on Thurs. July 2nd. They sang many Patriotic Songs. Mary Ann Reiley sang a lovely rendition of “Battle Hymn of the Republic.” Every Thurs. morning you can find Peg and her Sunrisers entertaining our residents and filling their hearts with joy. Residents Jo

Potter, Christina Peck, and Nancy Earl (all from c-wing) enjoy being part of the chorus. On Thurs. July 9th, a special song in memory of the late Jane Klossner was sang by Peg and her group. “When the Roll is Called Up Yonder” led by Mary Ann Reiley. Jane will be missed by many.

Stop in on Thurs. mornings at 10:30a.. and enjoy Peg and her chorus. You’ll be glad you did.

Residents enjoyed being entertained by vocalist Jeremy Conway on the evening of July 16th. He provided Karaoke music and lyrics for many residents to enjoy. Jeremy held an attentive audience.

On Thurs. afternoon July 23rd, residents enjoyed a special performance from the Camp Aldersgate band. Their director Tom Pettie led the group with many arrangements with a “blues and big band flair.” The teens from Camp Aldersgate, Brantingham, NY spent the week doing many things at camp among learning about the bible to putting on musical performances. Tom said, “playing at Sunset was the highlight of their week.” Camp Aldersgate has been entertaining once a year in the summer for the past ten years.

A big thank you to Peg Nuspliger and members of her chorus group for providing an evening of music for our A-wing family picnic on July 23rd. They did a great job and helped to make the evening complete.

On July 29th residents were entertained by David Vauhn with Clowning and music. David is from the LaFayette area. He told jokes and sang many funny songs.

“Church Services at Sunset”

Pastor Pete Egnew arrives every Sat. afternoon at 3:00p.m. to give our residents a full hour of hymns and worship. Many enjoy his fellowship and the Baptist Church Service.

Pastor Robert Goodin from the Presbyterian Church delivered Communion to residents on Sundays during July.

On Sun. July 5th, Pastor David Hedeem from the CMA Church provided residents with a church service. Karen Soper played her trombone to many lovely Patriotic hymns.

The second Thurs. of July, Mother Linda Logan provided an Episcopal Communion service at 10:00a.m.

On Tues. mornings a catholic Mass is provided by Father Shawn Patrick O’Brien. Residents and staff would like to welcome Father Shawn to our nursing home. We are happy to have him as part of our group of clergy.

We will miss Father Karlen and wish him a happy retirement.

Pastor Joan Ripp brought us a Methodist church service on the second Sun. In July. Many residents attended and enjoyed the services and hymns.



In Memory

Our thoughts and Prayers go out to the families of :

June Kellogg

Jane Klossner

Helen Liddle

Katherine Owens

“Sunset News”

“Christmas in July” On July 13th and 14th, “A Special Name” by Ed Roberts featuring “Chroma-Crystal,” (glass ornaments and Crystal Gifts)- in Sunset’s Main Lobby.

A big thank you goes out to Kathy Cania of the Snow Country Quilt Guild from Remsen, NY. The group made and donated several bags to hang on the side of wheel chairs or walkers.

The NY State Dept. health conducted their yearly survey during the week of July 27th -July 29.

“Staff News”

C.N.A. Yvonne Roes recently returned from a trip to Haiti (her home land.) She and her husband Denny, sister Ilvre, and her brother from Fla. Together did Missionary work and visited family and friends. Yvonne was happy to see her Mom who is in her 80’s and is doing well in Haiti.

Bo Krop had a good week of camping in the Adirondacks with his family. They put up with a little rain but had a good time.

Bo and his family also spent week with his family camping in PA near Lancaster. He visited Amish country while there.

Congratulations to Sue Nichols on receiving her General Equivalence Diploma. We are proud of her accomplishment.

Carolyn Podkowka LPN Supervisor, and her husband Randy are proud to announce a very special accomplishment of her son Jonathan Podkowka. Jonathan graduated on 7/9/09 from the F.B.I Academy as a special agent. He is working in Washington D.C. at the F.B.I. office.

Carolyn and her husband Randy are also the proud grandparents to a new granddaughter “Kara Lynn Podkowka born at Lewis Co. Gen. hospital on Fri. July 31st. Susan Martin, Act. Asst/LPN and husband Mahlon are also proud to announce Kara as their new grandchild also. Resident Millie White (b-wing) is a great grandmother the baby. Millie’s daughter Deb and husband Fred Snyder are also grandparents to baby Kara.

Congratulations to staff member Mary Ann Karpinski and her husband Mike on the birth of a son Kaden Michael. He weighed 8lbs-14oz. Baby Kaden has two big sisters and a brother at home.

Congratulations to C.N.A. Ashley Kloster and husband Darrell on the birth of a baby daughter, Makayla Lorin. This is their first child.

Our thoughts and prayers are with Joyce Anna of our dietary staff. Joyce was in a motor cycle accident and sustained major injuries. She is in a Syr.. Hospital but is making improvement.. She is going to therapy now and is on the mend. Joyce lost a very dear friend in the accident. Please keep Joyce in your prayers.

We Welcome the Following New Staff Members

to Our Nursing Home

Melissa Reynolds- Unit Helper

Nicholas Morrison- C.N.A.

Brandy Sykes- C.N.A.

Ilvire Tanis- C.N.A.

Branden Golden- Dietary

“Staff Birthdays”

Joan Myres 8/1

Karen Bonney 8/2

Alice Baslow 8/3

Barbara Rogers 8/5

Brandy Sykes 8/5

Nichole Darling 8/12

Stephanie Swanger 8/13

Bohdan Krop 8/13

Anne Rowlands 8/15

Joyce Anna 8/16

Karen Zeigler 8/16

Melissa Krambuhl 8/17

Christine Seelman 8/17

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WWW.SUNSETNRC.COM