

"Sunset Matters"

A MONTHLY PUBLICATION
FROM THE HEART OF SUNSET JAN. 2009
SUSAN MARTIN, EDITOR

NEW RESIDENTS

John Sanderl
Doris Kogut
Katherine Owens
Elizabeth Webster
Irene Kapustynsky
Eilene Dellerba
Dolores Fetterman

"Happy New Year 2009"



RESIDENTS BIRTHDAYS

Elizabeth Tyler- 1/03
Marie Flo- 1/11
Lois Usyk- 1/14
Erminie Traxel- 1/25
Elsie Berger- 1/26
Victoria Kingsbury- 1/27

STAFF BIRTHDAYS

Brittney Kirk- 1/1
Jennifer Orona- 1/5
Amber Waldren- 1/5
Teresa Youngs- 1/10
Rose Gydensen- 1/18
Jean Peters- 1/26
Mona Smith- 1/27
Krysta Slawson- 1/29

As 2008 ends and a new year begins, I wish you a happy, healthy, New Year. I hope that new and wonderful things happen to you in this New Year. Follow your dreams, have a lot of faith, some hard work, and a lot of luck. For give and forget, love and cherish, help those in need and let love fill your hearts as you start this new year.

Happy New Year from everyone at Sunset Nursing and Rehab Center!!



A New Years Wish for You ...

*Happiness, deep down within;
Serenity, with each Sunrise;
Success, in each facet of your life;
Close and caring friends,
Love, that never ends.
Special memories of all the yesterdays;
A bright tomorrow
With much to be thankful for;
A path that leads
To beautiful tomorrows;
Dreams that do their best to come true;
And appreciation
Of all the wonderful things about You!
~ Author Unknown ~*

I hope you enjoy this months issue of Sunset Matters. Sit back, put up your feet, relax with a cup of hot cocoa and enjoy this months version of Sunset Matters.”

A lovely poem was submitted again this month by resident Bertha Ferrara. She is quite a poet and enjoys sharing her poems with us.



“ Snowfall”

*There is something magical about
The first snow fall of the year.*

*Old man winter marches in and makes the somber
world disappear.*

He waves his wand and makes snow appear

Frosty and white and crystal clear.

*The green leaves of summer are gone and in their place
the bare trees wave on*

Fall and majestic like sentinels in the night.

Covered with frost and beautifully white.

The winter birds are back flying through the trees.

Fast and swift landing where they please.

Noisy blackbirds and crows showing off their skill.

Swooping and diving whenever they will

Snow is beautiful off in space

But please...go some other place!

Author-Bertha Helen Ferrara- age 90

“ SUNSET NEWS”

Just a few things to tell you about that have been taking place at the nursing home during the month of Dec. We had a busy but exciting month.



It's beginning to look a lot like Christmas everywhere you go" here at Sunset. Each wing has been busy decorating. Christmas trees are up on all three wings, the solarium and the main lobby. A contest was held for the best decorated wing. Residents went throughout the building judging the wing that was decorated the most. A-wing won the contest with the most votes for the nicest decorations according to the residents. However, all three wings looked beautiful and everyone worked hard at it. Staff members went above and beyond to make their wing look beautiful. Lights, snowflakes, stockings and beautiful ornaments and decorations hang throughout the building. Residents enjoyed watching as the decorations went up. Everyone did a wonderful job to make Sunset a beautifully decorative holiday for our residents at Christmas time.

A Christmas raffle was held at the nursing home during the month of Dec. The drawing took place on Dec. 18th.

Three prizes were on display for the raffle.

1st prize-A lighted Snowman family was won by Florence Sassenbury,

2nd prize-A pair of Snowman pillows was won by Susan Nichols.

3rd prize-A Snowman welcome Sleigh was won by Trace Sprowel.

All proceeds went to benefit Sunsets Residents Activity Fund. Thank you all for your participation in the raffle.

A Chinese Auction has recently been held in the main lobby at the nursing home. Each wing, shift and departments put together beautiful baskets of various items to be raffled. Fourteen baskets in all were in the raffle. The drawing was on Dec. 18th. Proceeds of this Auction was also to benefit our Residents Activity Fund. A big soft cuddly Teddy Bear was also raffled off. Everyone had a great time with the raffle. A huge thank you to everyone involved for your hard work, time and expense that benefits our residents. You are all appreciated. A special thank you goes to Yvette Lallier for putting this idea in the makings and setting it all up. Winners were: The Growers, Bev Schindler, Melissa Taylor, Jean Davis, Madison Tittle (who won two baskets), Korlene Cook, Caroline Hance, Mary Lallier, Renee Graves, JoAnne Alger, Sue Rhodes, and Chris Stinebrickner.

The raffles were a huge success and a generous amount of proceeds were raised for our Residents Activity Fund

Fridays are a day " Casual Blue Jeans day." Staff are allowed to wear blue jeans that day only but must pay \$1.00 to wear them. Proceeds go to benefit our Residents Activity Fund.

“ BITS AND PIECES OF RESIDENTS NEWS”

WEEK OF MON. DEC. 1ST – SAT. DEC. 6TH-

Ed and the gang started of the week with music during coffee hour. Doug Houghton and Dick Satterly along with Donna Mucks joined Ed in a wonder musical program. They started off Dec. with lots of Christmas melodies. They each took turns singing many favorite Christmas Carols and hymns. Along with residents many family members were in and took part in singing along with the group.

In the afternoon on Mon. residents along with Susan Martin made cute little Christmas Mice using felt and a candy cane for a tail. We plan on selling them at our upcoming bazaar on Sat.

Residents on C-wing were happy to welcome back Gilbert Tebo C.N.A. who has been out of work for a few months recovery from an accident involving a four wheeler. Welcome back Gilbert!!

Mass was held on Tues. morning with Father Donald Karlen conducting the service. As usual, Don Satterly did the scripture reading. Many residents and outside visitors attended the service.

Tues. afternoon we held our monthly residents birthday party for Dec. Ten residents celebrate their birthdays this month. Our dietary dept. provided a lovely cake decorated cake with red and green frosting and Christmas trees.

Volunteers included Maggie Addington and Marlene Doser who helped serve cake and ice cream. Thanks ladies for your devoted help when we need you.

Residents enjoyed Cinnamon Toast with their coffee on Wed. morning. Michelle Henry Act. Asst. served this yummy treat which was enjoyed by everyone.

Peg Nuspliger and the Sunrisers were in on Thurs. morning to entertain residents and visitors. A large crowd turned out to enjoy their sing-a-long and uplifting music.

Lillian (Juan Lee) Dietch enjoyed visitors on Fri. morning. Juan' s son David and his daughter Amber Lee from Rochester, NY along with Ambers friend Bobbie spent some time visiting Juan. Amber said they enjoyed their visit and admired the new refurbishing that has been done to the building and enjoyed meeting Juans new friends here at the nursing home.

BINGO was held on Fri. afternoon and the game was called by our new Act. Asst. Maggie Addington. We welcome Maggie (Mary) to our staff and are excited to have her with us. She will be doing some of our evening activities.

On Friday evening a group from the Boonville United Methodist Chruch came to call and filled our halls with their lovely " Christmas Caroling." Also some local Girls Scouts from the community came in and also did some Caroling for our residents in the main lobby. Christmas cookies and punch (provided by our dietary staff) were served to them. We appreciate the time the Carolers gave to us and their lovely voices.

On Sat. our annual Christmas Bazaar was held in the solarium from 10:00a.m. to 3:00p.m. Approx. twenty vendors sat up tables to sell their crafts, jewelry, candles, and other goodies. The bazaar was a big success. We would like to thank all of those who helped make this bazaar possible. Many of our residents helped out. Joe and Nancy Earl helped out in the OT room with coffee and the luncheon sales. Anita Chaisson also helped out with serving at the luncheon.

Many outside visitors were in to shop in our beautifully decorated Nursing home. The Christmas trees are up and it's beginning to look a lot like Christmas!!

WEEK OF SUN. DEC. 7th – SAT. DEC. 13th.

Susan Martin Act. Asst. played her guitar and led residents in a sing-a-long of Christmas hymns on Sunday morning. Resident Nancy Earl (c-wing) also took part in singing harmony. Many residents and family members attended the Christmas sing-a-long.

Sun. afternoon, Pastor Hedeem from the CMA Church Potato Hill, Rd. conducted their monthly church service in the afternoon. Residents enjoyed his message and fellowship after the service.

In the evening residents enjoyed their first night of BINGO with Maggie. Maggie said, that she had a room full of BINGO players and they all had a wonderful time.”

Residents and staff would like to wish our dedicated volunteer, Bernie Bailey a very happy birthday!! His Birthday is Dec. 7th. Bernie is son of resident Margaret Bailey (b-wing.)

Mass was held on Monday morning with Father Orzell officiating during this Holy Day of the Immaculate Conception. Many outside guests and residents attended the service.

It was nice to see Father Orzell again. It was also nice to see Sandy Deninsky and her little dog Widget. Sandy had a major back surgery a few months ago and is doing quite well.

A Limburger Cheese party was held in the afternoon. We have many residents who enjoy and look forward to this “ smelly” treat. Many pass by with their noses plugged but the rest join in and have a great time.

Music with Ed Gouger and the gang attracted a large audience during coffee hour on Tues. morning. Dick Satterly and Doug Houghton joined Ed with many fun Christmas songs. It was a great morning.

Many residents filled the room and listened to the story of the Nativity read by Susan Martin after coffee hour. Also residents enjoyed listening to many Christmas poems and stories. Bernie Bailey (volunteer) joined us and did some reading.

In the evening we put up our Christmas tree in the solarium and set up the Nativity scene on the fireplace mantle. Many residents joined in helping our just sitting back and watching.

We had the pleasure of being entertained during the tree decorating by Amanda Fallon (daughter of Krystal Fallon, (CNA on c-wing 3-11). Amanda is a very accomplished clarinet player. She did a solo of many classical pieces and then invited residents to sing a long to her Christmas melodies. Amanda has been playing the Clarinet for over 9 years.

We all enjoyed a glass of eggnog and social time and called it a night. It was a fun evening.

On Wed. afternoon residents were entertained by Johnathan Vienneau. Johnathan played the guitar and added his own unique comical flair to the music. The residents enjoyed his performance and commented that they thought he was he was very talented. Johnathan is the son Marlene and step son of Paul Doser (b-wing.)

Breakfast in the solarium was held on Wed. morning. Many residents enjoyed eggs, bacon, sausage, toast and/or pancakes plus coffee and juices. It was a “ come as you are” (robe and slippers are just fine) breakfast. Many staff members and volunteers made it possible for residents to go out for breakfast without leaving home. Everyone enjoyed themselves and are looking forward to doing it again next month.

The Episcopal Communion Service was held with Mother Linda Logan in the morning.

Following the service, was a music program featuring Peg Nuspliger and the Sunrisers group. Resident enjoyed their many sing-a-long tunes. All are welcome to attend this weekly entertainment on Thurs. at 10:30. We look forward to seeing you.

Fri. was a very snowy day. We got several inches of snow. Residents always enjoy watching the snow fall out of the solarium windows and comment on how they are glad they don't have to get out in it.

Men's Nite was held in the evening. Beef Stew was served prepared by our dietary staff. The fellows also enjoyed some fresh Crogan Bologna. The maintenance guys along with Jeremy provided a fun evening for the fellows. Kevin Ernst (a-wing) provided some entertaining jokes and stories.

Root beer and Orange floats were enjoyed by everyone in the afternoon on Sat. A large group gathered in the solarium to enjoy a favorite treat.

The Baptist Church service with Pastor Pete Egnew officiating was held on Sat. afternoon. Many residents attended and enjoy the old time hymns and spiritual message that Pastor Pete offers.

WEEK OF SUN. DEC. 14th – SAT. DEC. 20th

Residents enjoyed a coffee and donuts hour on Sunday morning. Many enjoy Sunday morning to socialize and visit with family and friends who come to visit.

The Karen Choir from the Boonville Baptist Church was in and sang Christmas hymns to our residents in the solarium during the afternoon on Sunday. Residents enjoyed them very much.

Bright and early Monday morning Ed and the gang were here and filled the room with some very special Christmas music during our coffee hour. Doug Houghton and Dick Satterly joined Ed in a Trio of music.

Sue Kratzenberg (volunteer) was in and helped out throughout the day. She enjoys serving coffee and helping out where she is needed.

Sue also held a BINGO game in the afternoon. Many residents joined in and had a great afternoon.

Margaret Bailey enjoyed the visit of her two daughters Virginia Bailey of Barnegat, NJ, and Victoria Paparelli of San Antonio, TX. They are home for the holiday season.

The Forth grade chorus group from Adirondack School was in and entertained residents with singing Christmas Carols in the afternoon. Mrs. Bailey led the students in song while Gail Wood Hale played the piano. It was a lovely program.

Residents along with Susan Martin made “ Never Fail Chocolate Fudge” on Tues. afternoon.

The fudge was served in the evening with eggnog while listening to Amanda Fallon on her clarinet. She played many classical pieces from Mozart and other famous composers. She also played Christmas tunes that we all sang along with.

Following Amanda’ s program the night was still young. Susan Martin got out her guitar and we finished off the evening singing some old Christmas favorites. All had a great time.

Adirondack Schools kindergarten class with their teacher Amy Griffin (daughter of Lillian Dietch a-wing) were in on Wed. morning to visit our residents and spend the morning. They entertained with singing and visiting with many residents. The children brought a bag lunch and enjoyed their visit at the nursing home.



Santa Claus, (Al Moreau-b-wing) who makes his home here at Sunset when not at the North Pole visited the kindergarten class while they were here at the nursing home.

On Wed. afternoon Leon Fuduski entertained with his Karaoke. Residents enjoyed his singing and dancing.

A bus load of residents, staff and volunteers ventured off to the Turning Stone Casino in Onieda.



Along with playing the machines we also saw a musical called “ Menopause.” It was a hilarious

musical that we all enjoyed. After dining at the Seasons Harvest Buffet, many residents took in the sights of the beautifully decorated Casino. The decorations absolutely incredible.

Nikki Grant C.N.A. helped out in the Solarium while the group of other residents went to the Casino. Thank you Nikki for your help.

Music with Peg and the Sunrisers was held in the solarium on Thurs. Morning. Residents enjoyed singing along to some Christmas songs.

Residents enjoyed BINGO on Fri. afternoon. It was a snowy blustery day. A good day to stay inside and enjoy an exciting game or two of BINGO. After BINGO we enjoyed some lovely decorated Christmas cookies and eggnog.

A special holiday music program was held Fri. evening at 6:00p.m. Music with Peg, Terry, Charles and Mary Ann plus Michael Ferris was held in the solarium.

A pizza party was held on Sat. afternoon in the solarium. Many residents enjoyed the delicious pizza made by Barb from dietary dept.

WEEK OF SUN. DEC. 21st – SAT. DEC. 27th

Sunday morning was very snowy and blustery. Many churches around the area were closed. It was difficult for some staff to come in to work. A good day to cozy up with a blanket and a cup of hot chocolate.

We made snowflakes to hang up in the solarium.



Many residents enjoyed getting involved while some enjoyed watching. A few residents enjoyed watching special holiday programs on T.V.

Lyle Ernst's (b-wing) family came to visit on Sunday. It was Lyle and Arlene's son-in-law, Ted Von Matt's birthday. Lyle and Arlene's daughter Diana (Ted's wife) made a delicious chocolate cake to share with family members. In attendance was Jason Von Matt, Heidi Sorenson and friend Todd. Also visiting was Lyle and Arlene's son Scott.

Although the weather was stormy the party was a warm friendly gathering. Lyle enjoyed having his family around him to celebrate.

Our residents Christmas Party was held in the afternoon on Mon. Residents gathered in the solarium. Peg and the Sunrisers were in and put on a special Christmas program for our residents to enjoy on this special day. After the music residents were each given Christmas gifts. Cookies and eggnog were served for refreshments. It was a very fun afternoon.

Thank you to everyone who helped out with the Christmas Party. You are appreciated.

On Tuesday morning Father Donald Karlen provided the Catholic Mass Service. Gale Wood Hale played some beautiful Christmas Hymns during and after the Service. Her daughter accompanied her singing many Christmas hymns. The duet was fabulous.

At noontime on Tues. an open house was held in the OT room by Activities and OT, in the OT room. A

variety of food was prepared by staff donated for the luncheon open house.

Thank you to all of those who donated something and made this luncheon possible.

On Tues. afternoon Veterans from the American Love Post 406 put on a small presentation to honor all of our residents who are Veterans. All Veterans were given a Certificate and a pin.

The VFW Post 5538 Ladies Auxiliary were also in and presented a gift to each Veteran.

During the evening on Tues. a local Girl Scout group came in and provided a lovely Christmas program for our residents. A special thank you to them. They did a terrific job.

On Wed. afternoon residents enjoyed music with Susan Martin and Merry Hauver. An afternoon of Christmas music filled the air. Residents enjoyed singing along. Bernie Bailey (volunteer) sang several songs.

Betty Gamble (c-wing) has been enjoying a visit from her daughter Debbie Gamble from Houston, TX. has been home for a few days. Betty is visited daily by daughter Colleen. Betty has a lovely family.



" Merry Christmas" Dec. 25th!!

Many families and friends were in to visit today.

Several residents went home for Christmas dinner to be with their families.

Coffee was served throughout the morning to residents and family who stayed at the Nursing Home.

In the afternoon we served Fancy Christmas Cookies and eggnog to all. Many family members and residents sat around, opened gifts, shared in good conversation. Entertainment was provided by Susan Martin Act. Asst. with her guitar singing Christmas Carols. Later a family group who called themselves " The Christmas Angels" came in and sang some lovely Christmas songs. Residents sang along. Everyone had a fun Christmas day.

Doris Bourgeois enjoyed of the company of her daughter Nancy Malachowski from Braclenton, Fla along with her granddaughter Roliyn Edinger from Schaghticako, NY. Doris was so happy to see them and very much enjoyed their visit.

Exercise was held on Friday morning. Residents requested to exercise with " Table Top Balloon Bop" New Act. Ast. Sandy Conway assisted with the exercise program along with Sue Martin. Sandy was surprised about the resident participation and how much they enjoyed this invigorating workout.

BINGO was held in the afternoon with many residents joining in for a fun Fri. afternoon.

Pastor Pete Egnew conducted the Baptist Church Service on Sat. afternoon. Many attended the service and enjoyed singing hymns.

Coffee and Donuts was enjoyed on Sunday morning. Many family members were in and shared coffee hour with residents.

The Presbyterian Church Service was held in the afternoon. Rick Bellinger led the Service.

On Monday morning Ed Gouger and the gang were in and did a lovely musical program. Dick Satterly along with his wife Joanne and Doug Houghton sang many lovely County/Blue Grass Songs.

During Coffee hour Sandy Conway Act. Asst. made Cinnamon Toast and served coffee to residents. Residents enjoyed having Sandy working with us and we welcome her to our staff. Unfortunately we will be loosing our Michelle Henry in Activities after the 1st of January. She will be returning back to the Dietary Dept. full time. Michelle has done a great job in Act. for the past year and we will miss her.

On Monday afternoon residents were entertained by Deb and Fred Snyder – aka- " Melody of Love," The couple put on a lovely performance of Country Music plus a variety of songs. Guest singers were Deb' s sister Mary Lou and her husband Daniel Straw from Lakeland Fla. Also Mary Lou' s granddaughter Jacquelyn. They did a terrific job. Mary Lou and Deb are both daughters of Millie White (b-wing.) Unfortunately Deb and Fred with be leaving soon to their Fla. home for the winter. We look forward to having them back in the spring.

Millie White has been very happy to have many family members in during the holiday season and to have them visit often during the past few days.

Don Satterly gave the Rosary Recital and held a Holy communion service with residents on Tuesday morning. Communion was also taken to residents in their rooms who were not able to attend the service.

Tues. afternoon residents enjoyed reminiscing about 2008. Sandy Conway Act. Asst. went around the room with a microphone and asked each resident if they would like to share something special about 2008. Some had new great grandchildren. Many reminisced about fun picnics that they enjoyed during the summer. Some enjoyed the Casino, or time spent with families. All had positive and happy things to remember.

Tues. evening was our monthly “ Ladies Nite.” Our ladies enjoyed home made Potato Soup, egg salad or turkey salad sandwiches prepared by our dietary staff. We had chocolate. pudding for dessert. Thirty four ladies enjoyed a fun evening. Sierra Baslow, Heidi Gabowski, and Maggie Addington along with Susan Martin helped in making this a fun and special evening for our ladies.

Wed. morning residents held their monthly Residents Council Meeting. Residents were able to speak out and voice their opinions and concerns and have them addressed.



Our Yearly New Years Eve Party was held in the Evening. Ed Gouger and the gang provided the entertainment for a fun evening of country music. Snacks, noise makers and a fun time was provided. Many residents and family members were in and enjoyed the evening. Residents bid the old year goodbye and welcomed the New “ 2009” Year in.

Residents mourn the passing of the following residents:

- Estella Micheals
- Mildred Champion
- Mary Jo O’ Brien
- Daniel Ryan
- Margaret Hart
- Bernice Hoffman
- Stella Politylo

Our thoughts and prayers are with the family members of those who lost their loved ones during this Holiday season.

Residents and staff wish to express our condolences to the Britton family on the loss of a very special person in their lives, Bernice Hoffman. May time ease your pain on the loss of Bernice and the memory of her remain within your hearts forever.

STAFF NEWS

We welcome the following new employees to our Sunset staff:

- Amber Lomber- Laundry
- Jill O’ Conner- U.H.
- Angela Braity- U.H.
- Genevieve Post- L.P.N. (11-7)
- Mary Addington- Activities (Eve.)
- Lisa Smith- LPN
- Melissa Compo- LPN
- Diana Finnerty- RN (Day Supervisor)
- Sandra Conway- Activities

A very special thank you goes to all of our volunteers who so willingly helped us in many ways throughout the month of Dec.

Have a very Happy New Year!!