

Sunset Nursing and  
Rehabilitation Center

# "SUNSET MATTERS"

July, 2009

A Monthly Publication from the Heart of Sunset

Susan Martin, Editor



Joe Earl (c-wing) has been enjoying his garden out back on the patio. He has been tending it and sharing his radishes, lettuce, and green onions with other residents. You can find him out in the garden area daily pulling weeds and watering his plants.

Anita Chaisson (b-wing) has some nice looking tomato plants, peppers and onions that are doing good as well.

Anita recently had a surprise visit from her daughter Terry who now resides in Mexico. Also her daughter Denise and her husband Tom who live in Texas also visited. Anita spent a couple of days at her Terry's home in Oneida while visiting her family. Anita had not seen Denise in eight years. A great family reunion for sure.

On June 2nd, we held our monthly birthday party in the solarium at Sunset. Ten of our residents celebrated birthdays in June. Our dietary dept. provided us with a delicious cake and ice cream for the occasion.

Men's nite was held on Fri. evening May 5th. The fellows enjoyed pizza and wings with the staff from our maintenance dept. The men had a great evening together.

With June being "Strawberry month, a strawberry shortcake social was held in our solarium on June 16th with many residents and friends attending. A special thank you to residents who helped prepare the berries in the morning getting them ready for a delicious treat.

Resident Don Miller (c-wing) entertained residents on Sat. morning with his singing. Residents enjoyed Don's sing-a-long. Don has a very powerful voice and loves to sing.

## "Bits and Pieces of Residents News"

Josephine Potter (c-wing) attended the retirement party for her daughter Joanne Covey. Joanne retired from teaching (music) at Remsen Central School. After getting all dolled up Jo was off for a fun evening. C.N.A. Cindy Redmond accompanied her. Jo said that "she had a fabulous time."

Residents have enjoyed making Smores with Toni and Rose Ann McIntyre. Rosie is daughter of Don Shue (b-wing.) Thanks for a great time.

A Fathers Day brunch was held on Fathers Day morning in our main lobby at Sunset. Many of our "dads" had visitors. Some dads went out for dinner while some received phone calls and cards. It was a special day here at Sunset. Our dietary dept. prepared a delicious roast turkey breast dinner.

Our ladies afternoon social was held on Tues. June 23rd. Cream cheese and olive on rye bread finger sandwiches along with pumpkin cake with cream cheese filling and lemonade was served. A performance with Mrs. Glenyce Trainor on the piano was our entertainment. Mrs. Trainor played many lovely numbers. Our lady residents enjoyed their special afternoon.

Our residents have enjoyed BINGO on Sunday and Wednesday evenings with Maggie Addington. Also Fri. afternoons. Many residents are out to the solarium for a one of their favorite games.

Activities would like to thank Shiela Mokrzycki for the many stuffed animals that she has donated for BINGO prizes.

Many thanks to Sheila, Bernie Bailey and Sue Kratzenberg (volunteers) who help out with BINGO.

Sunset Cards is another favorite that is enjoyed by many residents a couple of times a week.

A-wing residents enjoyed a fun filled evening at Yvette Lallier's home in Hawkinsville over looking the Black River. Hot dogs and hamburgers, salads and desserts were served. Family members also accompanied them. Everyone had a great time. Thank you to all the helpers who made helped make this trip possible.



**Picnic at Yvettes, (take last year)**

Paul Doser (b-wing) attended the birthday party of his daughter Eilene's 50th birthday which was held at Marlene and Paul's home on Sat. June 27th.

On Tues. June 30th a Presbyterian Church Strawberry social was held in the solarium at Sunset. Unfortunately a rainy day hindered a lawn social at Vivian Bruckers home as planned. Vivian brought the berries and biscuits to the nursing home and it was held inside. Besides Vivian was Phyllis Roseboom and Gary, Janet Bennett, Joyce LeClar, Sandy Conway, Linda Marcy, Evelyn Wagner, Lisa Davies, Bob Hammond, and Virginia Trask. Thank you so much for the generosity and the many helping hands.

Yours truly (Susan Martin) provided some music for the afternoon with singing and guitar. Special guests who helped out were residents Anita Chaisson (b-wing) and Don Miller (c-wing) Also singing a few numbers was Bernie Bailey (volunteer.)

**“Residents Enjoy Visitors”**

Betty Barnum (c-wing) was pleased to have long time friend Betty Walsh visit her this month. Betty Walsh is from the Whitesboro area. Their shared a special time together.

Betty was also visited by special friends Betty and Doug Bennett from Eagle Bay They also brought along their dog, Cameron who they call Betty’s “granddog.” Betty and Doug purchased the Big Moose Inn from Betty and husband Barnie. They had a nice visit.

Buelah Kelsey is pleased to have daughter Nona Webster and family back in the area from their home in Angleton, TX. We are all happy to see Nona. She is a former employee of Sunset. We were all glad to see her back for a while.

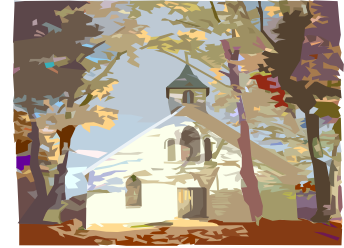
Charlie Vavra was visited by his daughter Cathy Jaworski and her three sons, Jagger, Jarrin, and Roy Jr. on Fathers Day. Cathy and the boys joined Charlie in playing Sunset Cards in the afternoon. Cathy wrote a lovely tribute to her dad Charlie on fathers day as follows:

My Dad, Charlie....Dad was is a brilliant man. He even graduated high school at the age of fifteen. He is gifted in math. He married Margurite and they raised three girls (Margie, Susan and Cathy) on Long Island. He has eight grandchildren. My dad loved boating, golfing, bowling, and traveling. When we were young he and Mom would drive us across the US. We camped in many national parks. My parents ran the 19th Green Motel in Old Forge until they retired. They have a beautiful home near the Thendara Golf Course. I told you...he loved to Golf.

Paul’s Dosers son Brian and family from the Boston area were in the area for the party and also visited Paul at Sunset.

Viola Walker (c-wing) has enjoyed her son from California. He has been visiting for the past few days.

Nancy Wasco (c-wing) had a lovely birthday on Sat. June 27th. Her friend Shirley Ludwikowski and Alice Morin brought her a birthday cake and gifts. The girls had a nice afternoon visiting for over three hours. Nancy is excitedly making plans to make her home at Kortenaer Village Apts.



**“Church Services”**

A big thank you to our local clergy for making church services available to our residents.

Saturdays at 3:00p.m. Pastor Pete Egnew provided the Baptist Church Service. Residents enjoy the old time hymns and the special messages and scripture that Pastor Pete delivers.

On Sundays at 2:00p.m. we alternate services with the different congregations.

C.M.A. church service being the first Sunday of the month with Pastor Hedeen. If our good friend Marie Richards is available she brings the message to our residents.

On the second Thurs. of month Mother Linda Logan held an Episcopal communion Service at 10:00a.m. prior to our music program with Peg Nuspliger.

On the second Sunday the Methodist Church Service with Pastor Joan Ripp officiating was held .

On Tues. mornings a Catholic Mass with Father Donald Karlen and Don Satterly assisting was held. Father Karlen is retiring the end of June. The staff and residents here at Sunset would like to express prayers and wishes for a very happy, healthy retirement.

We would like to welcome Father Sean Patrick O’Brien who will be taking Father Karlens place. We look forward to meeting him in July.

Reverend Linda Logan, Rector held an Episcopal/Presbyterian service on Sun. June 28th. Eve Breen on guitar and Maureen Casamayou on her drum were the accompaniment to the beautiful hymns that they sang.

*Sunsets doors are always open to family and friends who wish to worship with our residents!*

*When Someone you Love  
Becomes a  
Memory....  
The Memory Becomes a  
Treasure*

In  
Memory  
Our thoughts and  
Prayers  
go out to the families  
of  
Eleanor Hyatt  
and  
Marjorie Dougherty

## "Entertainment at Sunset"

Peg Nuspliger with her group of "Sunrisers" made their weekly performance every Thurs. Morning at 10:30a.m. Peg accompanies her group with her guitar or keyboard. Many lovely voices make up the group. Dr. Larry Hoagan of the Old Forge area makes the drive down the "bumpy" Moose River road to join in the group. His baritone voice adds a special touch to the group. Many beautiful voices add to the harmony. It's so nice to have all of the group give their time to



"Peg and the Sunrisers group"

come in and bright our residents day and put a smile on their face.

Please....stop in on Thurs. mornings and sing-a-long. Song lyrics are provided. We'll save you a seat!

A performance by Deb and Fred Snyder -AKA- "Melody of Love" was enjoyed by residents and visitors on Thurs. June 5th. All had a great time. We are looking forward to their next performance on July 7th @ 1:30p.m.

On behalf of our residents and staff we would all like to wish Fred Snyder a very happy birthday which he celebrated on June 23rd.

On Wednesday afternoon yours truly (Susan Martin) entertained residents with singing accompanied by my guitar. Residents sang along to many old time classic songs. It was a great afternoon.

Every Monday morning residents look forward to Ed Gouger, Doug Houghton, Dick Satterly, Donna Mucks, and on occasion Eve Breen and Joanne Satterly. The room is filled with visitors and residents who come to have a cup of coffee and listen to some good ole toe tappin' music. The musicians are always here at 9:00a.m. with guitars in hand ready to start pickin'. Come in and give them a listen and enjoy a cup of coffee while you are here.

Jeremy Conway entertained on Thurs. Eve. June 25th. He provides resident with Karaoke with the lyrics on the TV screen so that they are able to sing along too. Jeremy is in the Military, stationed at Ft. Drum. He entertains when he can.

A very special thank you goes our to all of those who share with us their talent and time to make our residents day a little brighter.

Mrs. Glynace Trainor entertained on the piano on Tues. afternoon June 23rd playing some lovely pieces. We love to have her

*Join us for Coffee hour  
every morning at 9:00a.m.*



**Hazel Thayer (b-wing) enjoys singing "You Are My Sunshine" with Ed Gouger**

**We welcome the  
following new  
residents to Sunset:**

- Robert Stabb
- Carl Kellogg
- Ken Van Luven
- Ray Joslin
- Carolyn Matula
- Clarence Malone

**Residents who cele-  
brate birthdays in  
July:**

- Craig Carnright- 7/3
- Alfred Williams- 7/4
- Viola Walker-7/7
- Mildred White- 7/7
- Richard Davies- 7/9
- Hazel Zbytniewski- 7/11
- Arlene Roch- 7/29
- Buelah Kelsey- 7/31

*" We appreciate our volunteers and  
all of those who give their time to  
our residents to entertain or in any  
way you have helped out. We  
appreciate you!!!*

## "Staff News"

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Our Activity department would like to welcome former employee Priscilla Linck to our activities department for the summer months. Priscilla is known to us from her many past years as LPN here at Sunset. Priscilla is replacing Sandy Conway who recently retired from her position in activities. We would like to wish Sandy a happy retirement.

Yours truly (Susan Martin) and my husband, Mahlon, recently visited Tenn. where we spent time in Nashville, Pigeon Forge, visiting "DollyWood" and camping in the Smokey Mts. for a couple of days. I was excited to have the opportunity to sing in Nashville, (my dream come true!) I also entered a contest where contestants had to sing an original song of their own. I sang a song that I had written over 30 years ago. Although I didn't win, it was a great experience. I had a wonderful time but was happy to get back home.

Our activities dept. would like to thank Dorae Mikesell for filling in during the time of my (Susan Martins) vacation. Also thank you to her daughter Kryn, a fifth grader (in the fall) at Adirondack, for helping out after school.

We have two new volunteers who have been helping out at Sunset. David Mulvihill, who recently graduated from Adirondack High School and Emily Washburn, a senior in the fall at Adirondack. They have been enjoying helping out at the nursing home and residents love them.

A baby shower was held on Fri. eve. June 5th, for C.N.A. Ashley Kloster. Her C-wing co-workers put on the shower for her which was held in the solarium at Sunset. Many residents and guests attended the shower. All had a great time. Pizza & wings were served along with a beautiful cake made by Donna Roberts. The cake was in the shape of an old fashioned baby stroller. Ashley received many lovely gifts for the expected "baby girl." Ashley wishes to thank everyone for their kindness, their gifts and for attending her shower.

Recently Brandi Dolan C.N.A. visited the Alexandra Bay area with her family. They took the boat ride on Lake Ontario and toured Boldt Castle. They had a very nice time.

Bert Goodhines, (Laundry dept. ) along with her friend Jeanne Marie O'Brien, recently spent the weekend in the Toronto, Niagara Falls area. The ladies saw River Dance in Toronto. They had a great time.

A luncheon was held in our OT dept. on June 5th for Bridgette Hoffman, LPN. Bridgette and her husband Richard recently lost their home in a fire. The luncheon was a big success. Our best wishes and prayers go out to them. Bridgett would like to thank everyone for their thoughtfulness and for all who helped out with donations and participating in luncheon.

*Sunset friends are always there to help one another.*

*Friends helping friends.*

**Congratulations to Stephanie Persons who has recently** taken the Nurse Manager position on B-wing. It's great to see her at her new position.

Melissa Compo L.P.N. has recently taken a 7-3 position in nursing. It is nice to have her on our team on the day shift.

A student from Utica Collage, Brenda Shepard has been doing her three month field work in our OT dept. Brenda is working for her Masters in OT. It is nice to have Brenda among our staff at Sunset.

Our thoughts and prayers go out to Priscilla Linck and her family on the loss of Priscilla's brother Duane Ossant of Lyons Falls.

Thank you Nikki Grant for filling in when we needed you in Activities during Priscilla's absence. We appreciate your help and residents enjoyed having you.

Get well wishes go out to Bambi Steria, (receptionist) on a speeding recovery after undergoing surgery.

### Staff Birthdays

Pamela Vail 7/1

Kristal Fallon 7/17

Yvonne Roes 7/1

Karen Martin 7/22

Patricia Reynolds 7/2

Marilyn Wood 7/24

Sheila Stefhon 7/3

Shelia Williams 7/25

Michelle Henry 7/5

Candice Norrs 7/28

Kristina Soper 7/6

Christy Baslow 7/29

Jacquelyn Gamache 7/13

Ashley Kloster 7/30





Submitted by Sandra Egelston  
(housekeeping)

### Ruburb Chrunch

1 cup flour  
3/4 cup of oats  
1 cup light brown  
1 tsp. ground cinnamon  
1/2 cup melted butter  
4 cups chopped rhubarb  
1 cup sugar  
2 tablespoons corn starch  
1 cup water  
1 teaspoon vanilla

#### Preparation

Combine flour, oats, brown sugar, cinnamon, and melted butter. Blend well. Put half of crumb mixture in lightly buttered 9x9 dish. Top crust with chopped rhubarb. In saucepan, combine sugar, cornstarch. Slowly add water. Stir until smooth and well blended. Cook over low heat until thickened. Stir in vanilla. Pour sauce over rhubarb and sprinkle remaining crumbs. Serve with vanilla ice cream or cool whip.

Bake 350 degrees for 40 mins. Or until tender

Submitted by Rose McIntyre (daughter of Don Shue (b-wing))

#### "Kielbasa Dish"

1 pkg. kielbasa  
1 green pepper, 1 red pepper, 1 yellow pepper  
1 pkg. linguine  
1 bottle zesty Italian dressing  
1 small can mushrooms  
Cook the kielbasa in a little bit of water. Drain and slice.  
Clean and wash the peppers and cut into chunks.  
Cook the peppers till soft (you can microwave them)  
Cook and drain linguine then add the kielbasa, peppers and mushrooms to the linguine  
Pour the It. Dressing over the top and mix  
Dish can be eaten hot or cold

Resident Bertha Ferrara (b-wing) has submitted another poem this month. She has written a poem every month especially for our paper for over a year. She does a lovely job and I am proud to include her poems in our Sunset Matters and share the m with everyone.

#### "July"

July is a beautiful summer month  
filled with hundreds of things to do  
Swimming, fishing, picnicking, boating  
just to name a few  
Listening to band concerts in the park  
Going to country Fairs as a lark  
Wearing jazzy shorts to keep cool  
Having fun in your backyard pool  
Time to remember the meaning of July 4th  
Time to remember Independence Day.  
"Land of the Free" and so forth  
Time to remember that we live  
in the greatest country on earth  
And that millions of people have come  
to our shores to enjoy its worth  
Yes...July is a beautiful month.  
Let's enjoy it while it's here  
Soon it will be gone for another year  
Author-Bertha Helen Ferrara age 91  
Sunset Nrsg. & Rehab Center

*Thanks to those of you who donated recipes.*

**To the graduates of our Sunset family of South  
Lewis and Adirondack Schools Class of 2009**

On behalf of everyone at Sunset we would like to congratulate the 2009 graduates.

Among the graduates are:

Jessica Fox, dietary dept,

Ashley Galarno, dietary dept. ,

Katie Zeigler daughter of Karen Zeigler, RN (supervisor 3-11),

Amanda Fallon, daughter of Krystal Fallon , C.N.A., (who will be attending SUNY Oneonta in the fall.

Jon Thompson, son of Wendi Thompson, C.N.A. ( who will be attending MVCC in the fall studying dentistry.

To all of those I have not mentioned or do not know Collages chosen for the fall, best wishes and congratulations on a job well done.



***‘GOD BLESS AMERICA’  
‘HAPPY INDEPENDENCE DAY  
JULY 4TH ’***

