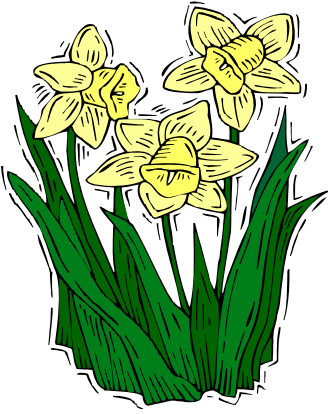


# "Sunset Matters"

A Monthly Publication From the Heart of Sunset

May, 2010  
Susan Martin, Editor



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

Winifred Newman  
Dorothy Spry  
Nancy Martin  
Sophie Sadlowski  
Phyllis Hicks  
Erwin Gillette  
Lawrence Brinkerhoff

## "Bits and Pieces of Residents News"

I hope every one had a nice Easter and are enjoying the new rebirth of Spring. The flowers are in bloom out in our garden and the cold winter is hopefully but a memory.

Mothers Day is in a few days. A time to remember that special woman in all of our lives. A Mothers Day Brunch will be held here at Sunset in our main lobby starting at 9:00a.m. on Mothers Day.

Betsy and Don Kress enjoy frequent visits from Betsy's sister Carol Rivet. Carol is from the Old Forge area. They enjoy visiting over a cup of coffee.

Residents enjoyed Nacho's and cheese on Sat. afternoon April 3rd. Many enjoy this afternoon snack.

On Wed. April 7th, Rosen's Shoppers service came to Sunset to set up their store in our solarium. It was held from 10:00a.m. to 2:00p.m.

Among the stylish spring clothing was shoes, hats and accessories. Residents are also able to purchase televisions and other merchandise. Several residents got some new spring outfits and look lovely in them. Rosen's will return on Oct. 6th for another day of shopping

for some fall clothing.

Our monthly men's nite was held on Fri. evening April 9th. As usual it was held the second Friday night of the month. However next month men's nite will be held on Fr. May 21st the third Fri. evening). Our maintenance men Eric Stempien and David Cataloni hosted the men with a steak dinner cooked out side on the grill.

On Wednesday mornings a good friend, Don Ruppert from Westernville visits the nursing home and rounds up several residents who enjoy a game or two of pitch. Recently Don brought along a friend, Diane Saladine who also enjoyed sitting in on the pitch game. Several residents look forward to Wednesdays for a few hands of pitch.

On Wednesday April 14th several residents enjoyed having breakfast in the solarium. They enjoyed a delicious meal of eggs, bacon, sausage, toast and pancakes. What a great turn out we had. Residents were delighted in this get together and many commented on how delicious it was and what a good time they had.

We appreciate those who helped make this possible. Thank you to Mary Jane Clark for cooking the bacon and sausage, to Toni McIntyre for making the toast, to Pennie Oaster for cooking the eggs and to Dawn DeLeon for making the pancakes. Many thanks to Bernie Bailey, Marlene Doser and Betty Hughes, Rose Ann McIntyre and Margarita McNamara for volunteering their time and for all staff who helped in any way. It was a great success.

Recently Helen Kogut enjoyed making shish kabob using lamb, beef and veggies. Our dietary dept. did her shopping at her req. and purchased everything on her list.

## More Residents News (con't from page one)

Helen enjoyed placing the meat and veggies on the skewers. The shish kabobs were marinated over night and Pennie assisted her in cooking in on the grill the next day. Helen's son Mitchell was visiting from Connecticut and got to share in the fun with his mother. As many of you know Helen was "the supervisor" in our dietary dept. here at Sunset. She likes to get back in the kitchen now and then.

Josephine Potter recently enjoyed a visit from long time friends and neighbors from Poland, Peg and Ted Ossant.

Residents get a chuckle of having "eight Betty's here at sunset. Many times most of them are in our Activity room at the same time. We have a lot of fun with all the Betty's. Betty Gilbert, Betty Gamble, Betty Wilson, Betty Conley, Betty Tyler, Betty Schaller, Betty Barnum, Betty Pfendler. Some times one side of our table is all Betty's. I apologize for no picture. I had recently taken one that unfortunately didn't turn out.

Recently Birdie Owens came in to visit with resident Phyliss Hicks (c-wing). Birdie is mother to Candy Norrs C.N.A. Birdie and Phyliss worked together in the past. They had a great visit talking

over old times.

Regina Rybicky (c-wing) enjoyed the company of Allen and Debbie Rybicky of Stanford, NY and Sharron Cunningham of Schyler, NY along with Ed Rybicky (husband) on Easter Sunday.

Dorothy (Dottie) Pearsall was the honored guest for a special gathering and church service that was recently held at Sunset. Pastor Lawrence H. Bartel of the Nichols Presbyterian Church, Old Forge led the group gathering in worship. Several church friends of Dorothy enjoyed fellowship over coffee and cookies.

---

## Celebrating Easter at Sunset



Viola Walker, Betty Pfender, Gloria Alm, & Betty Schaller

Getting ready for Easter was a lot of fun for many residents. On April 1st, many of our residents enjoyed coloring Easter eggs. We have some very artistic folks who really took pleasure in their work.

When finished everyone was pleased to see the colorful basket of eggs that they adorned.

Betty Pfendler (c-wing) enjoyed decorated our fireplace mantle in the solarium with some Easter rabbits and colored plastic eggs.

Gerry Palaka (b-wing) decorated colored plastic colored eggs that we hung from the ceiling in our solarium.

Our C-wing went all out for decorating for Easter. They left up their Christmas tree and decorated it along with plastic colored eggs.

An Easter raffle was held in our main lobby during the week prior Easter for three cute fluffy stuffed bunnies. The winners were 1st place, Mary Dixon, 2nd place, Maggie Addington and 3rd place, Kathy Post. Proceeds from the raffle went to benefit our Activities fund.

A lovely Ham dinner was served for our residents and their spouses on Easter day. Many residents went home for Easter dinner with their families while many had family come in to visit. Several residents received Easter plants to decorate their rooms from their families and friends.

Betty Pfendler (c-wing) went with her sister Marion and joined several nieces and nephews for dinner and an Easter egg hunt which she enjoyed very much.

Betty Wilson (b-wing) went home with family where she enjoyed her Easter dinner out side with lots of family on a beautiful Easter day. Nancy Dorrity went to her son's house and had a delicious meal with her family on Easter. Nancy said that, "she also enjoyed watching an Easter egg hunt with the little ones.

Don Shue (b-wing) enjoyed staying here at Sunset and enjoying Easter dinner with his wife in our solarium. The couple enjoyed the delicious ham dinner prepared by our dietary staff.

The CMA church with Marie Richards officiating held a service in our solarium at 2:00p.m. on Easter Sunday. Residents took part in Marie's sermon on the Resurrection of Christ. Follow the service residents enjoyed a social hour with jelly filled cookies and punch.

## Residents Birthday Party for April

On Tues. April 6th our residents enjoyed a birthday party in our solarium celebrating eight residents who had birthdays in April.

Among them were Millie Ross, Claude Clark, Elizabeth Conley, Mary Rhone, Beverly Seeley, Florence Oliver, Hazel Thayer, and Edward Nasuta.

A beautifully decorated white cake with vanilla frosting along with vanilla ice cream was served. Paula Genter from our dietary

dept. made and decorated the cake. Punched was also served.

Many helpers volunteered their time in assisting with the party. Bernie Bailey, Margarita Mac Namara, Maggie Addington and resident Gloria Williamson helped to serve and clean up. Thank you all for your help.



Birthdays calendar for May is as follows:

Barbara Hopler- 5/4

Harold Fox- 5/9

Dorothy Spry- 5/9

John Sanderl- 5/11

Agnes Cooke- 5//12

Mary Mosher- 5/13

Karl Marsden- 5/15

Josephine Potter- 5/21

Rosemary O'Leary- 5/22

Ruth Kuchler- 5/23

Janice Vanamee- 5/28

Paul Doser- 5/31

Francis Kirk- 5/31

## Birthdays Celebrations

Hazel Thayer celebrated her 97th birthday on Saturday April 24th when several of her church friends held a birthday party for her in our solarium. (Hazel's birthday was on April 17th. ) Pastor David Heeden and his family were among the guests. Also Delbert and Shirley Ripley. Hazel received many cards, money and flowers. Many residents took part in Hazels party. Hazel was very happy to see her church friends and special guests.

## Staff Birthday's

Matthew Cummings- 5/7

Jeremy Britton- 5/8

Denise Fitzgerald- 5/9

Gail Campbell- 5/14

Beth Cable- 5/16

Genevieve Post- 5/16

Barbara Deland- 5/19

Joanne Alger- 5/20

Toni Del Monico- 5/23

Julie Taylor- 5/26

Melissa Taylor- 5/28

Amana Gay- 5/30

Congratulations to Gail Campbell (housekeeping), Barbara DeLand (C.N.A), and Joanne Alger (LPN) on their 60th birthdays in May!!

A very happy birthday to Mary Jane Clark former employee and volunteer. Mary Jane celebrated her birthday on Thurs. April 29. Happy Birthday from staff and residents.

## Anniversary's

Sandy Lee (dietary dept.) and husband Bill Lee celebrated their 26th wedding anniversary on April 28th.

Upcoming anniversary wishes go out to Nancy and Joe Earl (c-wing) who will be celebrating their 52nd wedding anniversary on May 24th.

C.N.A. Ashley and Daryl Kloster will be celebrating their 1st wedding anniversary on May 16th.

Volunteer Bernie Bailey will be celebrating his 2nd year at Lowville, Walmart on May 13th. Congratulations Bernie.

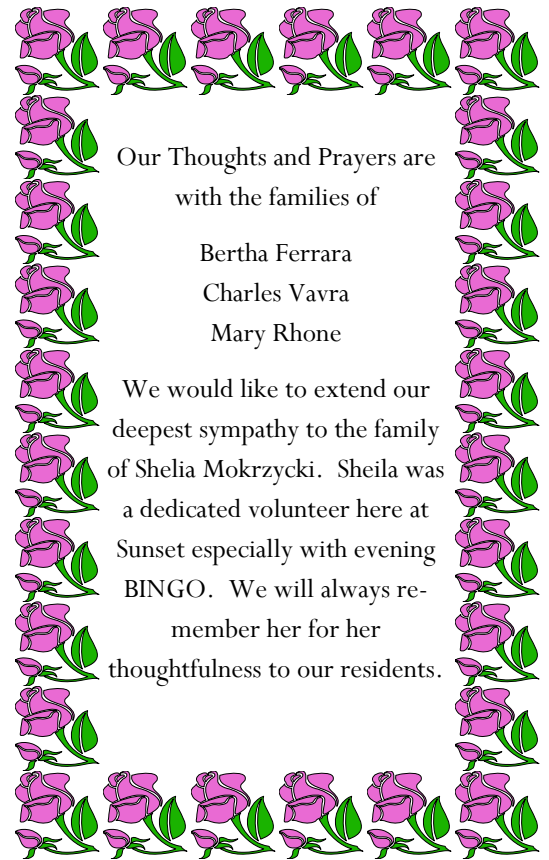
## "In Memoriam"

We are very saddened to have lost a very good friend. A special lady who contributed to our "Sunset Matters" News Letter for many years. Bertha Helen Ferrara, 91 years old (as she always wrote after her poems) who wrote a poem monthly and submitted it to our paper. Bertha loved to write poetry and was so proud to be able to write many poems which usually pertained to whatever month it happened to be. I will always remember Bertha coming to me with poem in hand waiting for me to read it to see if it met my approval. I was so proud of Bertha and praised her for her talent. Bertha had taken a collage course at MVCC in Poetry writing while living at Sunset during the seven years that she was a resident here. Bertha is now with her husband Toni in Heaven where she longed to

be. Bertha enjoyed life but not as much without her sweetheart by her side. It saddens my heart to do a monthly newsletter without a poem from Bertha. I found a poem that I would like to dedicate in Bertha's memory.

### "Remember Me"

Remember me when flowers bloom  
early in the spring....  
Remember me on sunny days in the fun  
that summer brings....  
Remember me in the fall as you walk  
Through the leaves of gold.....  
And in the wintertime-remember me  
In the stories that are told....  
But most of all remember  
Each day-right from the start.....  
I will be forever near.  
For I live within your Heart!  
*Author-Unknown*



Our Thoughts and Prayers are  
with the families of

Bertha Ferrara  
Charles Vavra  
Mary Rhone

We would like to extend our  
deepest sympathy to the family  
of Shelia Mokrzycki. Sheila was  
a dedicated volunteer here at  
Sunset especially with evening  
BINGO. We will always re-  
member her for her  
thoughtfulness to our residents.

---

## More residents News

Betty Gamble (b-wing) has enjoyed seeing her daughter Debbie Gamble who has recently been visiting from Houston, Tx. Betty's eldest daughter Colleen and husband Andy Bechard of Port Leyden have returned from their winter home in Fla. Also visiting Betty was her son Harvey from the Albany area. Betty was so happy to have her children in to visit her and enjoyed a family reunion.

A home made Chili Luncheon was held on Thurs. April 29th with proceeds to benefit the upcoming Chinese take our supper. Resident Joe Earl (c-wing) made the chili. He did a great job. It was enjoyed by everyone and was a big success.

Residents would like to thank our local clergy for the weekly services that they offer to our residents.

A special thank you to Father Sean O'Brien for his lovely piano playing prior to Mass on Tues. Everyone enjoyed it and can't wait to hear his fiddle music.

## Upcoming events in May

A Chinese Take-Out Dinner will be held in our solarium on May 14th at 5:00p.m. A sign up sheet is on the door of our Solarium. Please sign up by May 10th if you wish to attend.

We are planning a Vegetable Beef Soup/ It. Bread luncheon for May 13th to aid in raising money for the Chinese dinner for our residents. The luncheon for the soup will be \$2.50 and will be offered to staff and outside guests. A Hot Dog and Macaroni Salad luncheon is also in the planed for June 10th for \$3.00 with proceeds to also benefit the Chinese dinner.

Deb and Fred Snyder of the "Melody of Love" group will be entertaining on Thurs. May 20th @ 1:30p.m.

A Sock Hop is planned for May 22nd from 6:00p.m. to 8:00p.m. with music by the "Happy Hour" Band. The Public is invited as well as our residents to in the fun. There is no cover charge.

Our first picnic of the season will be our Memorial Day picnic on Monday, May 31st at 12:00p.m. with a lemonade social to follow at 2:00p.m..

Mrs. Glenyce Trainor with her lovely piano pieces will entertain our residents on May 10th @ 2:00p.m.

Don't forget our Monday Morning Music with Doug Houghton and Dick Satterly fro 9:00a.m. to 11:00a.m. Also music with Peg Nuspliger and her chorus . The public is always welcome to attend. Hope to see you soon. Come in and pay us a visit.

---

## Entertainment at Sunset

Doug Houghton and Dick Satterly have been doing a great job every Monday a.m. for our residents. They arrive at 9:00a.m. sharp and perform until 11:00a.m. Our residents enjoy a cup of coffee and a cookie or donut while listen to Country/Bluegrass music. Doug sings some great classic country songs that sound better and better each week. Dick's guitar accompaniment and singing are sensational. Thank you fellows for the time that you give to "our residents."

Peg Nuspliger and her chorus entertain every Thurs. morning at 10:30a.m. Our nursing home is so fortunate to have these caring people who give their time and talent to our residents. We love them for it. The public is welcome to attend anytime. We'll save you a chair and the coffee will be ready.

Bernie Lallier with his accordion alon with your truly (Susan Martin) joined together as a duet performing many classic country songs. Residents had a great afternoon.

Deb and Fred Snyder of the "Melody of Love" group performed with their Karaoke on Thurs. April 22nd. Deb and Fred recently returned from their winter home in Fla. Residents enjoyed their music and all had a great time.

Bernie Bailey had his day to shine on Wed. April 26th.

## Staff News

A luncheon was held for Cherrie Smith (housekeeping dept.) on Thurs. April 1st. Cherrie recently lost her husband Dennis who had suffered with cancer. Many staff members and friends donated food items for the luncheon. There was a nice variety of delicious food dishes. Over three hundred dollars was raised and presented to Cherrie. Cherrie would like to thank those of you who donated and helped out in any way. Sunset staff are proud of being a group of people who help each other when there is a need. Friends helping friends.

*A friend is one of the nicest things you can have and one of the best things you can be!*

*There are big ships and small ships, but the best ship is friendship!*

We welcome a new volunteer to Sunset in Activities. Richard (Richie) Bruce from the Brantingham area. Richie is a very talented young man who is very clever in working with wood. He makes bird houses, rustic benches, lamps and many beautiful items from tree branches, limbs and lumber. You can find many of his items soon at the Dolans green house.

We extend get well wishes to Brandy Dolan's brother Tom who is undergoing tests and treatments at Upstate Medical center in Syr. Tom is 31 years old. Our thoughts and prayers are with him.

We welcome back Cindy Redmond (C.N.A.) from her winter home in Florida. Cindy and her husband Glenn are among the many snow birds who go south for the winter. Our residents and staff missed her and are glad to have her home.

Our D.O.N. Wendi Roberts and Stephanie Persons L.P.N. recently had a nice vacation in Orlando Fla. where among their activities they visited Universal Studios. They had a great time and enjoyed the warm sunny climate. Stephanie came back with a nice tan.

Congratulations go out to Yvette Lallier (OT dept.) who recently earned her certification for Certified Occupational Therapy Assistant (COTA). This was an online course that Yvette did which has to be done every three years. Yvette is currently a LPN/COTA/L and continues that title.

Yvette is also looking "great" these days. She has done wonderful at her weight loss since her surgery. She had a very rough road for a while but is doing fine now. She has a glow about her now. Great job Yvette!! You go girl!!!

Get well wishes go out to C-wing C.N.A. Missy Taylor who has recovery at home after having gallbladder surgery. She has been in to visit and is doing well.

A new C.N.A. class will be starting on May 3rd. Carol Clough RN and Sue Schweinsberg RN will be instructors for the class. Our C.N.A.'s are special and work hard for our residents. Following is a poem that was given to me to submit to our paper.

### "A C.N.A."

A nursing home is a life tree.  
The trunk is the building  
The branch the Administration  
The leaves are the clients that fall away  
only to be replaced by new ones.  
C.N.A.'s are the roots, the most vital part of the tree  
Without roots the tree will die.  
Never let anyone tell you that you're  
"Just a C.N.A."

Sunset would like to welcome a new volunteer Amanda Hauf from the Boonville area. Amanda attends OSTM and is majoring in Message Therapy.

We would like to welcome the following new staff members to Sunset:

William (A.J.) Pritchard Jr.- Maintenance  
Jennifer Hurley- Laundry  
Kayla Jordan- Nursing

## Recipe corner

### Chinese Cabbage Salad

1 head cabbage or Chinese cabbage shred or cut up or package of shredded cabbage

6 green scallin onions cut up even the green stems

2 packages of raman noodles (DO NOT USE THE SEASONING PACKET) best to cook the noodles

You can add raisin, almond slivers, roasted sunflower seeds about 1/4 cup of each or all you can add to the cabbage

Mix all of the above together

#### DRESSING

1/2 cup salad oil

1/2 cup sugar

1/4 cup white or wine vinegar

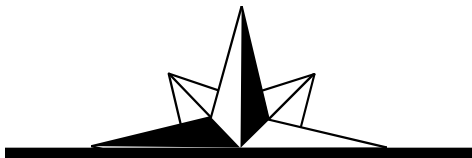
1 tablespoon soy sauce

1 pinch garlic powder

1 pinch cinnamon

Pour dressing over the mixture and toss together, Refrigerate and enjoy.

*Submitted by-* Roseanne McIntyre



## ***Thank you Volunteers***

*Thank you to all of our volunteers who so graciously have given their time to help in any way. We appreciate all you have done and thank you very much.*

*I apologize for any misspellings of names etc. Many names have more than one spelling and I try my best to use the correct spellings. Please do not take offence if you or a family member's name has been misspelled.*