

# 'SUNSET MATTERS'

A MONTHLY PUBLICATION  
FROM THE HEART OF SUNSET

SUSAN MARTIN, EDITOR

NOV. 2008

## NEW RESIDENTS

Florence Zacek

Karl Marsden

Donald Green

Phyliss Hicks

## RESIDENTS BIRTHDAYS

- Hazel Walker- 11/06
- Elizabeth Schaller- 11/09
- Estella Michael- 11/15
- Jane Flansburg- 11/27
- Carol Beal- 11/16

## STAFF BIRTHDAYS

- Tina Poore - 11/02
- Nona Webster - 11/07
- Angel Devoe- 11/08
- Trish Okusko- 11/08
- Jessica Berwick- 11/12
- Melissa Hutchins- 11/17
- Jessica Fox- 11/18
- Bonnie Blair- 11/19
- Carrie Lord- 11/20
- April Martin- 11/22
- David Catalani - 11/25
- Joseph Ricci- 11/26
- Kelly Hutchins- 11/27
- Tammy Yelton- 11/29
- Heidi Gabowski- 11/29
- Pennie Oaster- 11/29
- Tricia Bourgeois- 11/30

**HAPPY BIRTHDAY**

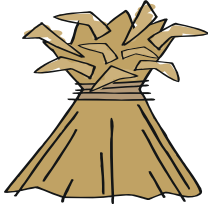
## DATES TO REMEMBER IN NOVEMBER

Nov. 2<sup>nd</sup>- Day light savings time ends

Nov. 4<sup>th</sup>- Election Day

Nov. 11<sup>th</sup>- Veterans Day

Nov. 27<sup>th</sup>- Thanksgiving Day



# Happy Thanksgiving



November comes  
And November goes,  
With the last red berries  
And the first white snows.

With night coming early,  
And dawn coming late,  
And ice in the bucket  
And frost by the gate.

The fires burn  
And the kettles sing,  
And earth sinks to rest  
Until next spring."  
*Author- Clyde Watson*

The following poem was submitted by  
resident Bertha Ferrara:

## "Indian Summer"

What an interesting name for a beautiful  
time of the year.

After the first cold wave of frost Indian  
Summer usually appears.

It is a spell of fine weather in Autumn  
That heralds the winter cold.

It is usually gorgeous weather  
like liquid gold.

When I was a kid I thought Indian  
Summer was named after an Indian princess  
many moons ago.

Instead it is the last hurrah before the  
coming of snow.

It was never named after Chief Rain in the  
Fall

or Hiawatha or Chief Missouri  
In fact it was never named at all.  
Until the late 18<sup>th</sup> century according to  
James Miller

of NY University who wrote about Indian  
Summer.

It is a time of Harvest, apples, pumpkins,  
and corn.

All good things to eat-even popcorn.

A time of October Fest, ump-pa-pa

Weinerschnitzel and good beer

Fun for everyone-loud and clear

This year was exceptionally great

So that young and old  
could celebrate.

Next year may we pray  
that our good fortune

Not only be celebrated but duplicated.

*Author-Bertha Helen Ferrara, age 90*

## "SUNSET NEWS"

Resident Shoppers Service, The Dept. Store  
on Wheels." A day of Shopping with out  
leaving home was held in the solarium on  
Wed. Oct 1<sup>st</sup>, 2008 for 10:00a.m. to 2:00p.m.  
Many residents and families shopped with  
many choices to choose from.

C.N.A. graduation on Monday, Oct. 13<sup>th</sup> at  
1:00p.m. Margaret Beyer, Marcy, NY was  
the instructor of ten students who received  
Certificates presented by Wendi Roberts,  
RN, D.O.N. Students were introduced by  
Dawn De Leon. Congratulations to the group  
of ladies who took the course and will be  
new employees here at Sunset.

Family members of the students attended  
the graduation. Refreshments and punch  
were served prepared by our dietary staff.

Each wing, the main lobby, and the solarium  
display decorations for Halloween or fall.  
Some decorations are silly, some are creepy  
and some are original. Staff and residents

have fun in contributing to a decoration here or their for the appropriate holiday in season.

Our Fall Bazaar was held on Sat. Oct 25<sup>th</sup>. Many vendors rented tables and set up and display and sell their crafts goodies.

Proceeds from renting table space goes to our Activities fund.

A variety of crafts included leather crafts, silver jewelry, home made pillows, & blankets. Also candles, wood crafts, bootie bags. Also candles, wood crafts, bootie bags, and much more.

Coffee hour with donuts was held in the OT room.

Lunch was available for visitors for a small fee. The menu was Sausage, peppers and onions, and chips. Many visitors showed up to help sponsor our yearly Bazaar.

Items for a Halloween/Fall raffle have been on sale in the main lobby. A drawing for these items was held after the bazaar.

Winners are as follows:

1<sup>st</sup> prize for a Cornucopia center piece was Diane Hughes,

2<sup>nd</sup> prize for a Wall decoration was Beverly Johnson,

3<sup>rd</sup> prize for a Pumpkin pie dish and mix goes to Florence Sasenbury,

4<sup>th</sup> prize for a tea-light Pumpkin candle holder goes to Pat Smith, and 5<sup>th</sup> prize for a Scarecrow goes to Lindsey Cable.

Proceeds of the raffle go to benefit the Sunset Nursing & Rehabilitation's Center's Activity Fund.

### **"BITS AND PIECES OF RESIDENTS NEWS"**

#### **Wed. Oct. 1<sup>st</sup>-**

A cool rain day started off the month. Shoppers Service was in and set up in the solarium for "shopping day." Residents enjoyed shopping for clothing and accessories right here at home.

Arlene Ernst and Florence Sasenbury (volunteers) served coffee and refreshments a little area set up in the main lobby. Thank you ladies for helping out when we need you.

#### **Thurs. Oct 2<sup>nd</sup>-**

Volunteer Florence Sasenbury joined Pennie in the solarium and served coffee during coffee hour in the morning. Thanks so much Florence for your help. Michelle Henry has been on vacation this week and Florence gave her time to help us out.

#### **Fri. Oct 3<sup>rd</sup>-**

Carol Hunkins, Old Forge was in and spent the day visiting with her Aunt Dorothy Pearsall (B-wing).

Hazel Walker had visitors from Henderson, NY. Gene and Pearl McGary who are dear friends of Hazels spent some time with her in the afternoon. The McGary's gave Hazel a ride around the facility in her wheel chair. Pearl said that, "they were impressed with the staffs friendliness and the cleanliness of the facility.

It was a rainy and dreary all day. Kind of a sleepy day. Not many turned out for exercise this morning. I got out our "Chicken Soup For the Soup" books and residents enjoyed listening to stories.

In the afternoon many turned out for a game of BINGO. Marjorie Karram's son Steve was in and joined Marj in a few games of BINGO.

Gilbert Tebo (C.N.A.) was in and called a few games of BINGO while he was here. He did a good job. Residents were happy to see him. He is still recovery from his accident that took place back in the spring. Thanks Gilbert, you did a good job.

#### **Sat. Oct. 4<sup>th</sup>-**

It was another very chilly day today. It definitely feels like fall with that crisp cool air.

In the afternoon we were visited by our little friend Ashley Thorton. She and her Mom, Amy, were in visiting with Claude Clark (B-wing).

**Sun. Oct. 5<sup>th</sup>-**

Residents welcomed Michelle Henry back from vacation. Michelle played Uno with residents in the morning.

The CMA Church service was held in the afternoon with Pastor Heeden. A social hour was held after the service.

**Mon. Oct. 6<sup>th</sup>-**

We had a fun morning with music by Ed Gouger, Dick Satterly, and Eve Breen were in to entertain with some lovely entertainment during coffee hour.

We enjoyed cinnamon toast during coffee hour. This is a favorite treat that we try to do a couple times a month. Cinnamon toast is always a special treat along with some special music.

**Tues. Oct. 7<sup>th</sup>-**

Mass with Father Donald Karlen was held in the morning. Many residents and visitors were in attendants.

After lunch a bus load of resident, Staff and volunteers were off for an adventurous day at the Turning Stone Casino. Many were so excited about going and couldn't wait for this day to come. Some residents had been before but some were first "timers" to the Casino. A couple of residents were lucky winners of a diminutive amount. Congratulations!! They came back very excited. Volunteers were Dick Perkins, Florence Sassenbury, Ed Secor, Maggie Addington and her friend Sandy Conley, Eve Breen, and Marlene Doser. Staff members were Toni Del Monico, Annette Fowler, Michelle Henry (and her mother Sandy) Susan Martin, Pennie Oaster and Yvette Lallier. Thank you Pennie and Yvette for your hard efforts in planning such an awesome trip.

We went to the Casino via Bernie Bus from Lowville, NY. We had the pleasure of a lovely young lady bus driver who transported us to and from the Casino. After the trip our bus driver came in to the Nursing home and entertained us by playing piano and singing along with Eve Breen and Marlene Doser. Everyone sat around after our return for sandwiches, chips, soda and cookies (prepared by our dietary staff upon our return for the casino) before calling it a day.

**Wed. Oct. 8<sup>th</sup>-**

Bingo was held in the morning with Michelle. That was certainly a nice treat after coffee hour.

In the afternoon was our residents monthly birthday party. Ten residents celebrated their birthdays in the month of October. Happy Birthday to all of you!! A lovely cake was made by our dietary staff. BINGO was held again in the evening.

(Volunteer and friend) Marie Richards -aka- "Minnie Pearl" celebrated her 80<sup>th</sup> birthday today. A Happy Birthday wish goes out to her from all of us here at Sunset.

**Thurs. Oct. 9<sup>th</sup>-**

Mother Linda Logan held an Episcopal Communion service for in the morning. After the service, Peg Nuspliger along with her Sunrisers entertained. Their music was so inspiring and is always a delightful to hear. Thank you so much for Peg and the gang for your weekly performance. All are welcome to join us on Thurs. morning for their entertainment.

**Fri. Oct. 10<sup>th</sup>-**

Exercise in the morning was lots of fun. Our class of C.N.A.'s have finished up their class and after testing were in to help with our exercise. We started out with the "Chicken Dance" and the "Hokey Pokey." By popular demand residents requested that we have our weekly "Table Top Balloon Bop." Everyone had a super time. The class of

students were a lot of help and really enjoyed exercising with our residents.

Sue Kratzenberg (volunteer) was in and helped out for the entire day. Her help was so much appreciated.

Bernie Bailey (volunteer) was in and called BINGO during the afternoon.

It was a beautiful sunny day today. Many residents got out side in the garden for some fresh air.

**Sat. Oct. 11<sup>th</sup>-**

In the afternoon residents enjoyed music from yours truly, Susan Martin. I played my guitar for an hour or so and sang a variety of many songs.

Pastor Pete Egnew was in for the Baptist Church Service. We have missed him for the past few weeks due to vacations etc. He conducted a lovely service and residents enjoyed singing some old time hymns.

Angeline Lord (A-wing) celebrated her 95<sup>th</sup> birthday with her daughter Anita Adam and other family members and friends. Guests were from Barneveld, Rome, New Hartford and Boonville areas. They had a lovely gathering that was very much enjoyed by Angeline. She was so happy to see her guests and had a lovely afternoon. Angeline's 95<sup>th</sup> birthday was on Oct. 9<sup>th</sup>.

Mary Rowlands (B-wing) had a gathering of family members who shared dinner with her in the solarium. Thirty two family members enjoyed Pizza and wings. Marys daughters and sons-in-law Susanne and Tom Kessler from Wednell, N.C. and Karen and Dave Wagner along with their children Bryce and Ashley visited from Ellicott City, Maryland. Anne Rowlands and Mark also daughter Maggie Addington and their families gathered for a special evening with Mary.

Mary enjoyed having her daughters and their families together for such a lovely evening. They only wish that their brothers who live out of the area could have been home to chare in their family gathering and good time.

**Sun. Oct. 12<sup>th</sup>-**

After our coffee hour we had a hymn sing with yours truly and my guitar. Residents took turns choosing their favorite hymns to sing. Many residents and family members joined in.

In the afternoon Pastor Joan Ripp was in for the Methodist Church Service. The Service was led by resident Lillian (Juan Lee) Dietch. Juan formerly provided the Sunday Methodist Service in Hawkensville, NY. Juan spoke on "love" and had a delightful message. We were all proud of her and enjoyed her sermon. Pastor Joan closed the service. Gazel Carney accompanied our singing on the key board. She did a beautiful job. Later she played some old nostalgic and folk melodies.

Our little helper Ashley Thorton (4<sup>th</sup> grader at Adirondack) was in and gave us a hand in the afternoon. She joined us during the church service and later passed cookies to everyone during our social hour. She was a very good helper and we appreciate her so much. Ashley and her mom Amy visited Claude Clark (b-wing). Claude is always happy to see Amy and Ashley.

Mahlon Martin was in to visit residents and friends at the nursing in the afternoon. He visited with Anita Chaisson and Millie White (both in B-wing.)

**Mon. Oct. 13<sup>th</sup>-**

Residents enjoyed the graduation of the new C.N.A.'s that took place on Monday afternoon. After the graduation some family members and students remained for a while and enjoyed Karaoke with Susan Martin.

April Beckwith, from the C.N.A. class sang many country songs with her beautiful voice. Missy Krambuhl (housekeeping) sang a couple of songs also. She has a fabulous voice. Everyone enjoyed the girls taking turns getting up and singing. They did a marvelous job. It was a great afternoon.

#### **Tues. Oct. 14<sup>th</sup>-**

Mass was held in the morning with Father Donald Karlen officiating. Many residents and visitors were present.

It was a gorgeous afternoon. Many residents got outside for a stroll around the garden.

In the afternoon we had "jokes and funny stories." We laughed and had such a super time. Bernie Bailey (volunteer) was in and got in on the fun. He read a few jokes too. Maggie Addington (volunteer) was also in and enjoyed the jokes and fun afternoon.

#### **Wed. Oct. 15<sup>th</sup>-**

Baking with Michelle consisted of making delicious chocolate cookies with frosting. A yummy treat with the most awesome aroma while they baked. Every one enjoyed eating them afterward.

Sue Kratzenberg (volunteer) was in and gave a hand for a while during the day. (Volunteer) Bernie Bailey was also in during the after noon to help out.

Many residents enjoyed decorating pumpkins in the afternoon with Michelle. The pumpkins turned out terrific. Some had curly hair made out of pipe cleaners and silly faces. Everyone enjoyed the fun. The pumpkins add a nice decoration for Halloween in our solarium.

#### **Thurs. Oct. 16<sup>th</sup>-**

Music with Peg in the morning was, as usual very enjoyable. Residents are always anxious to get up and over to the solarium

so they don't miss out on the music. Everyone enjoys singing or humming along.

Gerry Palaka (B-wing) has been enjoying the company of her cousins who are visiting from Connecticut.

They are spending some time in our area and have been in to call on Gerry.

#### **Fri. Oct. 17<sup>th</sup>-**

Exercise with Sue in the morning was with the Hokey Pokey, the Chicken Dance, stretching and bending. After exercising our "bodies" we exercised by singing along with "Mitch Miller" for a while. BINGO was held in the afternoon. Sue Kratzenberg (volunteer) was in and helped out with BINGO.

Anita Chaisson was visited by her granddaughter Jill Levensailor and Fiance' along with Anita's new great-granddaughter baby Hannah Lee Ann White and her big brother.

#### **Sat. Oct. 18<sup>th</sup>-**

Michelle Henry held a Wine and Cheese party in the afternoon. Many residents turned out for this.

Baptist Church Service was held at 3:00p.m. with Pastor Pete Egnew, Port Leyden officiating. Residents always enjoy his sermon and hymn sing.

#### **Sun. Oct. 19<sup>th</sup>-**

The Episcopal Church Service was held at 2:00p.m. with Pat Kazak conducting the service.

Social hour and refreshments with cookies and punch followed the service.

#### **Mon. Oct. 20<sup>th</sup>-**

Florence Sasenbury helped out with coffee hour in the morning. Residents enjoyed having her help out when she was needed. Thanks Florence, we appreciate you.

#### **Tues. Oct. 21<sup>st</sup>-**

Mass was held in the morning with Father Donald Karlen officiating. Many outside visitors and residents attended the service.

In the afternoon Deb and Fred Snyder –aka- “Melody of Love” entertained us with their Karaoke. Guest singers were Leon Fuduski, Lyons Falls, Bernie Bailey, Boonville and Karen Seelman, Remsen. Everyone did a wonderful job. Family members and other visitors joined for the entertainment. Everyone had a great time. Lots of laughter, singing along and whoopin’ and hollerin’ filled the room. Deb and Fred put on a terrific program that everyone enjoys.

In the evening was “Ladies Nite.” We made our own Beef Stew. Anita Chaisson (B-wing) helped cut up vegetables. The stew simmered all day and was a nice aroma. Dietary provided our home made Italian bread and tossed salad. Some of our housekeeping girls provided dessert. Joan Ramsdale made some delicious nicely decorated cupcakes and Gail Campbell made a cherry cheesecake. Also thank you to our helpers who included Beth Cable (Social worker) and her daughter Lindsey. Also Brittany White (office staff) and Becky Millard (caregiver of Carol Beal.) Little Lindsey Cable who’s fifth birthday was the following day was quite entertaining. She told some stories and rhymes over the microphone. I read poems from “Where the Side Walk Ends” by Shel Silverstein. Thirty lady residents attended and all had a lovely time.

#### **Wed. Oct. 21<sup>st</sup>.**

Residents along with Michelle Henry made Carmel Corn in the afternoon. Maggie Addington (volunteer) brought in a good recipe for it. They melted Carmel candies and poured over the air popped corn. Everyone really enjoyed this yummy treat..

Sue Kratzenberg (volunteer) was in and helped out for a while during the day.

Florence Sassenbury has been doing some volunteering lately and helping out with coffee hour. Florence celebrated a birthday this week. Happy Birthday Florence from all of us here at Sunset.

#### **Thurs. Oct. 23<sup>rd</sup>-**

Music with Peg and the Sunrisers in the morning with their traditional music and melodic entertainment was entertaining as usual. They do a great job every Thurs. morning and are greatly appreciated.

#### **Fri. Oct. 24<sup>th</sup>-**

The kindergarten class of twenty students along with their teacher Amy Griffin (daughter of Juan Dietch A-wing) and their teacher’s aid, Betsy Mercer. They came in to visit and spend some time in the morning. When they arrived they joined us with our exercise program of “table top balloon pop.” They had a lot of fun doing this. They sang some songs and danced for us. Their teacher Amy and Betsy put on a little skit. Amy read the story and Betsy was dressed up like an old lady. We had lunch which was hot dogs, rolls, potato chips, lemonade and chocolate chip cookies for dessert. Lunch was prepared by our dietary staff. The children each assisted a resident with a little project of making a pumpkin face out of craft foam. Everyone did a lovely job and enjoyed the children’s company. We welcome the class back again soon.

We have been preparing for our annual fall bazaar that will be taking place tomorrow. We held our weekly game of BINGO in the C-wing dining room while we set up the solarium for the Fall Bazaar.

Resident Josephine Potter was visited by friends Mr. and Mrs. Clarence Ingersol from Minnesota. Also visiting was her son Jim

Potter. Josephine said she really enjoyed their company.

Helen Pfendler was pleased to have the company of her daughter Joan Rahm from Frino, Texas visiting her for a few days. She and her daughter went out to eat, shopped, and went to the Turning Stone Casiono during her daughters three day visit.

**Sat. Oct. 25<sup>th</sup>-**

Today we held our Annual Fall Bazaar here at Sunset.

Resident Anita Chaisson (B-wing) helped out in the selling of the lunch items.

Volunteers were Chick Capron, Florence Sassenbury, and Dick Perkins who helped out with coffee, donuts and the luncheon. Volunteers who also helped out with the bazaar included Carol Sherz, Sheila Mokrzycki, and Geraldine Foley (A-wing). Many others helped by donating items and baked goods for the bake sale. In what ever way you helped out we appreciated you.

Thanks to all of you.

**Sun. Oct. 26<sup>th</sup>-**

In the morning residents were entertained by yours truly. We sang Sunday morning hymns after our coffee hour.

Gregory Beal, grandson of Susan Martin was in and helped out in the morning for a while. He helped serve coffee and had social time with residents. Greg is 11 yrs. old and is a 5<sup>th</sup> grader at Whitesboro Elem. school. He enjoyed helping and visiting with residents.

The Presbyterian Church service was held in the afternoon with Pastor Bob Gooden officiating. Evelyn Wagner did a lovely job on the piano playing some lovely old time hymns.

Later in the afternoon I entertained with Karaoke for a couple of hours while residents enjoyed cookies and punch.

BINGO was held in the evening by Yvette Farr C.N.A. (11-7) who has been helping us out during our evening Activities.

**Mon. Oct. 27<sup>th</sup>-**

During coffee hour, Ed Gouger, Doug Houghton, Dick Satterly and Donna Mucks played some lovely music while everyone enjoyed our coffee hour in the solarium. The group are so dedicated to come most every Monday morning and give themselves in such a special way. Our room was fill with their lovely music and certainly lifted us up and made our day. They are appreciated more than they know.

In the afternoon we made "Brown Bag Carmel Corn." After making air popped corn we put it in a large paper bag. Then mixed corn syrup, butter, and brown sugar and micro waved it till it boiled. Then dumped it over the popped corn. We put bag and all in the micro wave for 1 & ½ min. and taa-daa!! Carmel Corn!! We then spread it on a cookie sheet to cool. Everyone enjoyed it with a glass of cider. Sue Kratzenberg and Maggie Addington (both volunteers) were in and lent a hand for a while. We had a fun afternoon.

**Tues. Oct. 28<sup>th</sup>-**

Mass was held in the morning with Father Donald Karlen officiating. Many visitors and residents attended the service.

We held a poetry reading in the afternoon. Many residents enjoy poems and stories from various authors. Bernie Bailey (volunteer) was in and took his turn at reading a few poems and jokes.

We all enjoyed a fall treat of cider and donuts for a refreshment in the afternoon.

**Wed. Oct. 29<sup>th</sup>-**

We woke up this morning to a white surprise outside. Mother Nature decided to give us an early snow storm. At my home we had about 20" of snow. Here in town a little less

than that. Many people (including myself) were without power for several hours. Even though it was early it was a beautiful site with the snow hanging off the trees and making them droop with the weight of the snow.

The monthly residents council meeting was held in the morning with many residents present. President Anita Chaisson called the meeting to order. Residents along with Michelle Henry made a craft.

In the evening was our residents Halloween



party.

Ed Gouger and his gang of musicians entertained for the occasion. Many outside visitors came in to join our residents for a fun party. Many people were in costume. Prizes were given for the different costumes. Refreshments were served. Everyone had a "spooktacular" good time .

#### **Thurs. Oct. 30<sup>th</sup>-**

Music with Peg Nuspliger was held in the morning. Resident enjoyed singing and humming along. A great program was enjoyed by everyone.

As usual residents enjoyed their weekly game of Sunset Cards. This is a fun game that everyone looks forward to.

In the evening the "The Foothills Saddle Club" (4H) came in to our nursing home for a Halloween party. The children came in costume. They brought cookies and served them with punch for a nice refreshment to celebrate a Happy Halloween with our residents.

**Fri. Oct. 31<sup>st</sup>-** 

"Happy Halloween!!"



This was a fun day for residents and staff. We had a "crazy hat day." Some staff dressed in costume some wore crazy hats. Many residents wore silly hats and some residents also choose to dress up in costume. There were witches, clowns, a baby, a "Cereal" (serial) killer, a cowgirl and many others.

The Presbyterian ladies group was in and shared coffee and fellowship with Carol Beal (B-wing) in the main lobby lounge area. Carol looks forward to their weekly visits.

Clients for the Onieda-Lewis ARC in Turin were in and shared coffee and a donuts during coffee hour and helped out with our exercise program in the morning. Joan Reiger and Robert Foley along with staff member Jenn O'Brien were in for a hour or so. They plan to come in and volunteer for an hour or so on Fri. mornings. We are happy to have them and appreciate their help.

We played BINGO in the afternoon. There were lots of participants who joined in the game.

Kryn Mikesell and Ashley Thorton (both forth graders from Adirondack) were in to help out during BINGO. Kryn was dressed as a Pittsburg Steelers football player and Ashley was a Southern Bell. Both girls like coming in and helping out in Activities when they visit.

Cider and donuts were served in the afternoon for a nice Halloween treat. We also enjoyed beautifully decorated homemade cupcakes that were donated by Holly Griffin from West Leyden. They were delicious.

Trick or Treaters came in during the evening. Residents enjoyed passing out candy to the children. Our resident always enjoy children coming in to visit on Halloween in costume. Several residents passed out candy on all wings and in the main lobby. Katie Conrad, Buelah Kelsy, Gerry Palaka, Anita Chaisson, Bertha, Josephine Potter, Nancy Wasco, Nancy Earl, were among some who had a basket of goodies for the scary little trick or treaters.

Residents mourn the passing of:  
Myra Broadbent  
Bernard Kristoff

Since you'll never be forgotten  
We pledge to you today  
A hallowed place within our hearts  
Is where you'll always stay

#### **“Serenity Prayer”**

God grant me the **Serenity** to accept the things I cannot change....

**Courage** to change the things I can...

And **Wisdom** to know the difference....

#### **STAFF NEWS”**

We are pleased to welcome the following as new staff to our nursing home:

Savannah Simpson (C.N.A.)

Amy Kirk (C.N.A.)

Brandy Sykes (C.N.A.)

April Beckwith (C.N.A.)

Katherine Prashaw (C.N.A.)

Mona Smith (C.N.A.)

Brittney Kirk (C.N.A.)

Melissa Hutchins (C.N.A.)

Krysta Slawson (C.N.A.)

Sierra Baslow (C.N.A.)

Karen Cady (U.H.)

I was very surprised when I received a phone call from former resident Jim Smith. Jim is now at Betsy Ross Nursing home in Rome, NY. Jim said that he talks with his mother everyday (who is at St. Luke's Nursing Home, Utica.) Both Jim and his mother are doing well. Jim also said that “he plays BINGO with former Sunset resident Sarah Politano.” He said he really misses every one at Sunset and said to say, “hello.”

Bambi Steria (office) and her husband Rob recently attended the graduation of her son Robbie from Basic Training at Paris Island, SC. Bambi visited family in N.C then went on to S.C. for the graduation. She had a great time and is very proud of her son.

Cindy Redmond, C.N.A. (C-wing) shot a spike horn buck during muzzle loading hunting. She and her husband both enjoy hunting together. Cindy's husband Glenn recently went on a hunting trip in upper Canada.

We are happy to have current employees Nona Webster, LPN, Bridget Hoffman, LPN and C.N.A. Shereen La Comb joining our 7-3 shift. Also Barb Kohl has taken the position as 3-11 supervisor. Good luck ladies in your new positions.

#### **From the editor**

If you have news that you would like in our paper regarding our nursing home and residents visits etc. please see me, Susan Martin, in Activities or e-mail me at [susieq9753@yahoo.com](mailto:susieq9753@yahoo.com) with Sunset News in the subject box. I will gladly add appropriate news to our paper. There are times that I might miss someone's special

visits that you would like included. My apologies for things that I may have missed.

### “THANKS”

**T**hanks for time to be together, turkey, talk, and tangy weather.

**H** for harvest stored away, home, and hearth, and holiday.

**A** for autumn's frosty art, and abundance in the heart.

**N** for neighbors, and November, nice things, new things to remember.

**K** for kitchen, kettles' croon, kith and kin expected soon.

**S** for sizzles, sights, and sounds, and something special that about.

That spells THANKS for joy in living and a jolly good Thanksgiving.

- Aileen Fisher, *All in a Word*

"Over the river and through the wood,  
To grandfather's house we go;  
The horse knows the way  
To carry the sleigh,  
Through the white and drifted snow."  
Over the river and through the wood  
Oh, how the wind does blow!  
It stings the toes  
And bites the nose,  
As over the ground we go.  
Over the river and through the wood  
To have a first-rate play.  
Hear the bells ring,  
Ting-a-ling-ling!  
Hurrah for Thanksgiving Day!"  
- Lydia Maria Child, *Thanksgiving Day*, 1845

### **A bit of history:**

In 1863, Abraham Lincoln, declared the last Thursday of November to be a National Day of Thanksgiving.

### “I Ate Too Much”

I ate too much turkey,  
I ate too much corn,  
I ate too much pudding and pie,  
I'm stuffed up with muffins  
and much too much stuffin',  
I'm probably going to die.

I piled up my plate  
and I ate and I ate,  
but I wish I had known when to stop,  
for I'm so crammed with yams,  
sauces, gravies, and jams  
that my buttons are starting to pop.

I'm full of tomatoes  
and french fried potatoes,  
my stomach is swollen and sore,  
but there's still some dessert,  
so I guess it won't hurt  
if I eat just a little bit more."

- Jack Prelutsky, *I Ate Too Much*

Thanksgiving is a time for family and friends to gather and share time together. It is a good time to reflect on the past and create memories for the future. Please share your favorite Thanksgiving memory or a story that captures the spirit of Thanksgiving. Have a great Thanksgiving from all of us here at Sunset Nursing Home!!

