

Sunset SENIOR LIVING

418 Washington Street • Quincy, IL 62301 • (217) 223-2636

REPORT FROM ADMINISTRATION THE GOLDEN YEARS

“Even in old age they will still produce fruit; they will remain vital and green” (Psalm 92:14). Our creator had a plan for us since before we were born. He had our days numbered since the beginning of time and it is up to us to make wise decisions to help our bodies live a more vibrant and full life. “So teach us to number our days, that we may present to you a heart of wisdom.” (Psalm 90:12)

The dictionary defines the Golden Years as “the advanced years in a lifetime; active well into their golden years.” But what is so golden about growing feeble, teeth decaying, not being able to drive or even having bladder control issues. Some of us experiencing the “golden years” may tell you there is nothing golden about them.

As the song goes, “time keeps on slipping, slipping, slipping into the future...” and as the days begin to go by, our youthful bodies begin to feel the wear and tear of life. The eyes begin to go blurry, the hearing begins to fade and the increased loss of mobility becomes a reality. We say “the mind says we are still young, but our bodies tell a different story.” We realize that the once vibrant young body has now become frail and no longer can bounce back like it used to. **“The glory of the young is their strength; the grey hair of experience is the splendor of the old.” (Proverbs 20:29)**

October 2021

REPORT FROM ADMINISTRATION (CONT.)

I’m sure this is the way many of the Seniors we care for in our facility today feels. They are here not of their choosing, but as a result of losing some level of independence that they once had. A recent article I was reading had an interesting statistic: According to the latest projections, a healthy 65 year- old couple has a 75% probability that at least one spouse will need some form of long-term care if they live to their life expectancy; and a 25% probability that both will need this level of care in their lifetime.

Most of us don’t like to talk about end of life planning, whether it be a Living Will, Last Will and Testament, or even funeral arrangements. But as we navigate these “Golden Years”, it is important to begin to plan for these things and to know what our options are. The first step in planning for this is to know the various levels of long-term care available in your community. Receiving care in your own home is the most desirable, but also the most expensive. Other alternatives are Independent Living, Assisted Living, Memory Care for those with some form of dementia, and Skilled Nursing and Rehabilitation.





New 106 bed SNF, converted 18 bed AL, new 24 bed AL, 8 new IL duplex/patio homes, existing 16 villa condominium units and Sunset Apartments at 8th & Broadway

REPORT FROM ADMINISTRATION (CONT.)

Sunset Senior Living is positioning itself to be able to provide all of these levels of care under one umbrella. **Sunset Apartments and Villas** offers an independent life style while providing the necessities of shelter and security. The new **Sunset Assisted Living** building should be available in early 2022, and will provide additional care for those needing assistance in one or more activities of daily living, and the new **Skilled Nursing Facility** will provide both short-term rehabilitation as well as long-term placement for those who cannot return home. This will be a State of the Art facility with many features not found in most other facilities. It will have larger, all private rooms and smaller nursing units for a less institutional feel, and other amenities for safety and comfort.

Sunset Senior Living is striving to make the "Golden Years" for the seniors of Quincy as comfortable and enjoyable as possible, allowing each senior to utilize the least restrictive level of care required to most adequately meet their healthcare needs at the time, while providing a continuum of care options for their future needs as they arise.

REPORT FROM ADMINISTRATION (CONT.)

BUILDING UPDATE:

This month we brought on **RussellHBD** to be our Construction Manager. They will partner with **Grubbs & Associates**, our Architect and Design firm in moving our project forward. We are beginning to get the construction budget in final form to apply for our Certificate of Need as well with the HUD financing. We are starting to look at the overall interior design and also prepare a Furniture and Fixture budget. This will all be helpful as we continue with our **728 Capital Campaign** to help raise funds for many of the soft costs and final furniture and fixture expenses. If you are interested in helping out with this project, please don't hesitate to reach out to me.

Jerry Neal
Administrator
217-223-2636 Ext. 375
jneal@sunsethome.org



728 Project
Revitalizing Sunset Senior Living

REPORT FROM SOCIAL SERVICES

Admits:

Vivian Kackley
Margaret Byers
Patricia Hinton
Sara Rothfuss
Norris Otten
Boyd Hatfield
Gail Mosley
Arleta Dye

Discharged:

Rose Hockgraver
O. "Lee" Viar
Carol Orr
Julia Randall
Vivian Kackley
Charles Morgan
Patricia Schulman
Sara Rothfuss

RESIDENT BIRTHDAYS

10/01: Marilyn Ochs
10/02: Marjorie Sullivan
10/05: Alice Doyle
10/06: Donald Peters
10/14: Marian Thomas
10/15: Gerald Howk
10/19: Doyne Liverett
10/19: Marybeth Woodward
10/20: Mary Thomas
10/23: Donna Hayden-Neece
10/24: Gerald Favre
10/26: Henrietta Wells
10/27: Naydean Nebe
10/28: Marcia Stephens
10/28: Donald Leithoff
10/29: Truman Tournear
10/30: Joyce Clelland
10/30: Loyce Mills

STAFF BIRTHDAYS

Colby Brassfield 10/1
Caitlin Wear 10/5
Gene Fitzpatrick 10/5
Laura Tippett 10/7
Timothy Dennis 10/8
Scott Herman 10/9
Tolanda Hickman 10/10
Samantha Henke 10/12
Denise Bolin 10/16
Meagen Davis 10/16
Shaelyn Smith 10/16
Tana Schutte 10/17
Opal McCafferty 10/20
Katherine Willis 10/20
Phyllis Fletcher 10/22
Susan Anders 10/23
Scott Taylor 10/23

STAFF ANNIVERSARIES

Dashonia Brooks 1 year
10/30/2020 C.N.A.
Karen Cheney 5 years
10/10/2016 RN
Casey Muehring 5 years
10/10/2016 RN Unit
Coordinator
Caitlin Wear 1 year
10/1/2020 Director of Assisted
Living

LAST CALL TO ALL SUNSET HOME FAMILIES

If you would like to take advantage of the special discounted storybook partnership exclusively between Sunset Home and Memoirs by Maureen, please contact Nikki Buehler at Sunset Home for more information:

nbuehler@sunsethome.org. This special offer will expire October 31 of this year. Lock in your story now so you can have a beautiful storybook to gift to your family this holiday season to share your life story, or the story of someone you love.

Nikki Buehler
Outreach Coordinator



Memoirs by Maureen



Word Search

Category: Languages

H S I N A P S M O M U J
 D A N I S H C T U D A H
 S G S N A E R O K P S S
 I R U S S I A N A S W I
 T D D D D W G N P D A K
 A R A B I C E G O F H R
 L R C D S S T D L S I U
 I G A K E E R G I B L T
 A N A M R E G N S S I T
 N N I T A L N S H C H H
 S E N G L I S H C V G A
 D H J E F H C N E R F I

1. Russian _____
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Word Search Solution:

1. Arabic
2. Aramaic
3. Danish
4. Dutch
5. English
6. Finnish
7. French
8. German
9. Greek
10. Italian
11. Japanese
12. Korean
13. Latin
14. Polish
15. Russian
16. Spanish
17. Swahili
18. Swedish
19. Thai
20. Turkish

H S I N A P S M O M U J
 D A N I S H C T U D A H
 S G S N A E R O K P S S
 I R U S S I A N A S W I
 T D D D D W G N P D A K
 A R A B I C E G O F H R
 L R C D S S T D L S I U
 I G A K E E R G I B L T
 A N A M R E G N S S I T
 N N I T A L N S H C H H
 S E N G L I S H C V G A
 D H J E F H C N E R F I



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