

3730 Pennsylvania Ave  
Dubuque, IA 52002



(563) 583-7939

3730 Pennsylvania Ave  
Dubuque, IA 52002



(563) 583-7939

Contact Information

**Director:**  
NAME: Erica Wall  
EMAIL: Director@sunsetparkplace.com  
**Community Relations Coordinator:**  
NAME: Shelly Gessner  
EMAIL: Welcome@sunsetparkplace.com  
**Health Care Coordinator:**  
NAME: Angela Stark, RN  
EMAIL: Nurse@sunsetparkplace.com  
**Culinary Coordinator:**  
EMAIL: Culinary@sunsetparkplace.com  
**Life Engagement Coordinator:**  
EMAIL: Lifeengagement@sunsetparkplace.com  
**Maintenance Coordinator:**  
NAME: Jim Herrig

Sunset Park Place  
3730 Pennsylvania Ave  
Dubuque, IA 52002

Resident Birthdays

18th - Angela D.  
21st - Florence W

SEPTEMBER  
Birthday Party  
Thursday, September 14th  
2:15 pm



Join us for the  
Dubuque Walk  
Saturday, October 7th



SUNSET GAZETTE



In this Issue:

- Page 1:**  
- Notable Events  
**Page 2:**  
- Words from Director  
- FALL prevention month  
**Page 3:**  
- Welcome Angela  
- Resident Activity Photos  
**Page 4:**  
- Contact Information  
- Resident Birthdays

Notable Events

- Friday, September 1st 1:30**  
Music with Sue Goodrich  
**Thursday, September 7th 4:15**  
Catfish Charlie's  
**Tuesday, September 12th 1:30**  
Music with Terry Dillon  
**Thursday, September 15th 11:15**  
Papa Ozz  
**Tuesday, September 18th 1:30**  
Music with Lou Oswald  
**Thursday, September 21st 1:00**  
Happy Hour  
Music by Dave Poggenklass  
**Tuesday, September 26th 4:15**  
Music with Lou Oswald  
**Friday, September 29th 11:15**  
Happy's Place



## And now, a few words from our Director...

Great things are happening at Sunset Park Place. First of all, I would like to introduce Angela Stark, RN, Health Care Coordinator. She is a wonderful asset to our teams at Sunset Park Place and Clover Ridge. Welcome Angela!

“Fall-ow the Yellow Brick Road” with us all month. Shannan has a lot of wonderful things planned for everyone, including the celebration of National Assisted Living Week Sept 10th—16th. Join us for the Annual Talent Show Friday, Sept. 15th at 6:00 pm . - hope to see you there!

We are currently updating our Sunset Family email list. If you would like to receive announcements, updates, and reminders of events, please send your email address to me at [director@sunsetparkplace.com](mailto:director@sunsetparkplace.com) - ERICA WALL, DIRECTOR

## September is Fall Prevention Awareness Month

Risk of falling increases with age and also is known to be greater for women than for men. The greater number of risk factors to which an individual is exposed and the greater the probability of a fall are more likely the results will threaten the person's independence. You can reduce the likelihood of falls. Some risk factors include:

**Osteoporosis or bones that are more prone to fractures.** Prevention tips include eating and drinking calcium or taking calcium, exposing yourself to sunlight or taking Vita-min D. Supplements should be taken with your physician's approval.

**Lack of physical activity.** Participating in regular exercise, like the classes at 10:00 am or walking independently, is a great way to increase activity. In doing so you will increase your strength and balance.

**Impaired vision.** Cataracts, glaucoma, and macular degeneration can impair vision and make us more susceptible to falls. Please see your eye doctor for regular checkups and for proper eye wear.

**Medications.** Although medications are some-times needed, they can also increase our risk for falling. Working with your physician to remain on the lowest dose that is effective for what is being treated is helpful. An assistive device like a walker or cane may also be needed for balance.

**Environmental hazards.** Poor lighting, loose throw rugs, lack of grab bars, unsteady furniture, not using your walker, poorly fitting footwear, or clutter on the floor can al contribute to falls. Rushing may also contribute to falls.

- ANGELA STARK, RN, HEALTH CARE COORDINATOR

## Welcome Angela Stark, RN, Health Care Coord.



Hello, my name is Angela Stark and I've been a Registered Nurse since 1987. I received my bachelor's degree in health care administration from the University of Dubuque and earned my Masters Degree in health education from Purdue University in 2017. I am married and live with my husband John in Dyersville. Between us we have seven children and 6 grandchildren. I am so excited to get to know everyone at Sunset Park Place and thrilled to be working with the great team that we already have in place. We are working on bringing additional team members on and have a huge two day training event planned for everyone in September. Please feel free to stop down in the nursing office anytime if you have questions or there is anything that you need help with.

Sincerely, Angela Stark

## Resident Activity Photos

Wild West Bingo—Yell “YEE HAW!”



Thank you Shelly & Steve for the Live Entertainment at the “Welcome Aboard” Cruise Ship Dinner.

