



THE SUNSET OBSERVER

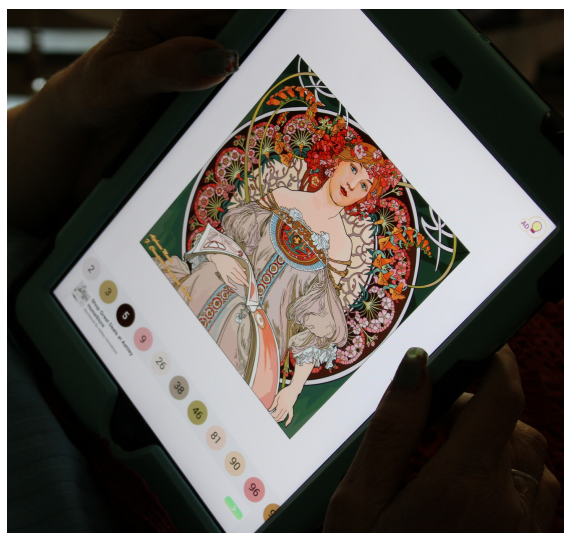


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Joy in creativity



At age 64, Lana Lanik has always been a caring, stubborn, and creative person. She cared for her parents for a time and then her grandchildren. She is tenacious and completed a degree in human services and was a case manager for the chronically homeless. Lana is also artistic and continues to find daily joy in her creativity.

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Lana was born and raised in Bryan, Texas. That's the sister town to College Station where Texas A&M is located. Lana had three older sisters, with the one closest to her in age being nine years older. "I felt like the only child" Lana says.



Lana went to Bryan High School and later Houston Community College and Texas A&M. "I was in a group and they said you should write down the things you want to do" says Lana. Most of it came true, including going to college and completing her degree. She is proud of her educational accomplishments, including graduating with honors from college.



Lana shares drawings from her sketchbook.

At Texas A&M, Lana worked in an area that did research and testing on feed and fertilizer. She also delivered mail in Bryan and was a secretary. After college, Lana was a case manager with the homeless in Houston, including those with mental handicaps and drug addictions.

Lana has always been artistic and enjoys a variety of mediums. She is usually busy coloring a piece of digital art or drawing animals in her sketchbooks.

To Lana, a life well-lived is "one where you can look back and have no regrets."

Quilt Show

Quilts expressing creativity and history were showcased at the Sunset Home Quilt Show on July 22.

Some quilts were over a century old including one made before 1920 and another that was finished by a granddaughter over 100 years after her grandmother started it. One quilt commemorated the 2011 Kansas statehood sesquicentennial. The blocks showcased the trials and successes of early pioneers in Cloud County.

Larry McLaughlin was awarded a Quilt of Valor and Jo Cook made a quilt with her daughter. It has embroidered teapots that sit upon real handkerchiefs.



Larry and Jo show their quilts.



Sunset Home
— Senior Living Community —

- Assisted, residential healthcare, and skilled nursing options
- Restaurant-style dining
- Daily activities and events
- Therapies and exercise
- Transportation to local appointments

Schedule your visit today!
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Happening at Sunset...

September 1

Make T-Shirt Bags

September 7

Lunchtime BBQ

September 10

The Price is Right

September 16

Boat Races

September 20

Ukulele with Yancey



HAPPY BIRTHDAY



September
James Ramsey
Gene Hammer
Cressa Hansen
Gail Mendenhall
Loretta Griffith

September 21

Gratitude Wreaths

September 30

Coffee Bar



WE WANT YOU!

To participate in your local senior center activities.

Like Sunset Home, Senior Centers are here to support you. We are partnering with area senior centers to offer some special activities. Please join us soon at a senior center near you!

Sept. 9 - Bennington Senior Center

1:00 pm - Root Beer Floats and Bingo!

Sept. 14 - Concordia Senior Center

9:00 am - Game On! Cards, board games and more!

Sept. 16 - Golden Wheel Senior Center, Minneapolis

1:00 pm - Root Beer Floats and Reminiscing

Sept. 28 - Concordia Senior Center

9:00 am - Game On! Cards, board games and more!



Spotlight on Joel Williams

Physical Therapist at Sunset Home



If you could have one superpower, what would it be and how would you use it?

Teleportation. I would visit a different city every weekend.

If you could have dinner with any one person, living or dead, who would they be and why?

My paternal grandparents. They died when I was super young and I never got to meet them.

What is your favorite quote?

YOLO - You only live once!

What are your hobbies?

Gym, NBA, playing piano, traveling, listening to podcasts, reading, learning new life skills.



What was the most memorable concert you ever went to?

There was a concert with three RnB artists on New Year's Eve featuring Tank, Trey Songz, and Ginuwine. The music was phenomenal!

If money were not a consideration, how would you spend your days?

Traveling and helping people improve their quality of life.



Joel works with a resident during a therapy session.



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WHO LOVES MAIL?!?!

SEPTEMBER 2021

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FULL NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

EMAIL IT INSTEAD _____

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