



Sunset Home
— Senior Living Community —

AUGUST 2021

THE SUNSET OBSERVER



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Leaning on each other



Jo and Alvin Cook have lived through struggles and successes during their 70 years together. They firmly believe their lives are well lived because they raised a family and had goals they accomplished, despite some setbacks. They did their best to overcome the risks of life and to be positive. "In whatever we were doing, we tried to have Christ first in our life, in our relationship," says Jo. One thing they continue to enjoy most in life right now is the ability to lean on each other.

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Jo grew up on 16th Street in Concordia with three sisters and one brother. Several generations of her family have been Concordians. Her first job was babysitting for fifty cents an hour. Alvin, of course, grew up working on the farm.



Jo and Alvin enjoy participating in activities at Sunset Home.

When Alvin was thirty, the Cooks were busy operating a dairy when blood clots were discovered in his lungs. “Nobody ever figured it out,” says Alvin. “The doctors gave up and finally sent me to KU Med Center.” Alvin’s setback caused the dairy to fall apart after ten years, but they got up and running again with a large sheep farm.

They sold 250 head of fat lambs a year for ten years, until Alvin’s dad retired at 70. “And at that point in time, 250 head of breeding ewes was more than I could possibly take care of. So, I shifted from sheep to cattle,” Alvin says.

In 2016, Alvin planted his last crop of wheat. “We still have our ground,” Jo says, “Now we just do milo and soybeans.”

The Cooks have visited many states over the years. “Our intent was to see as much of the continental United States as possible” says Alvin.



“We didn’t quite make every state,” adds Jo. They did manage to see both oceans and Lake Michigan. “I got little bottles of water from the oceans. But we didn’t get to the Gulf. Now, I always wanted to get to the Gulf.”

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Alvin and Jo are most proud of their family and their two wonderful daughters. They also proud of their survival through difficulties, especially in recent years. Jo says, “Everybody always said you know it's just one day at a time and it is, but you're planning on other things. Because you do plan ahead.”

Jo acknowledges it's hard to give advice to younger people. “It's hard to give advice based on the situations that we had to deal with, compared to what our great grandson is going to have to deal with in his lifetime. But I still believe that you're here for a reason.”

Through it all they have been Christians, believing in the hereafter. It's something they look forward to, “I think probably we know we are close to that—waking up in our heavenly home instead of here. Today I'm still here, tomorrow I might not be” says Jo.

Happening at Sunset...

MONDAYS - 10:00 AM

Veterans Meet

AUGUST 4

Donuts & Coffee with
Pastor Al

AUGUST 6

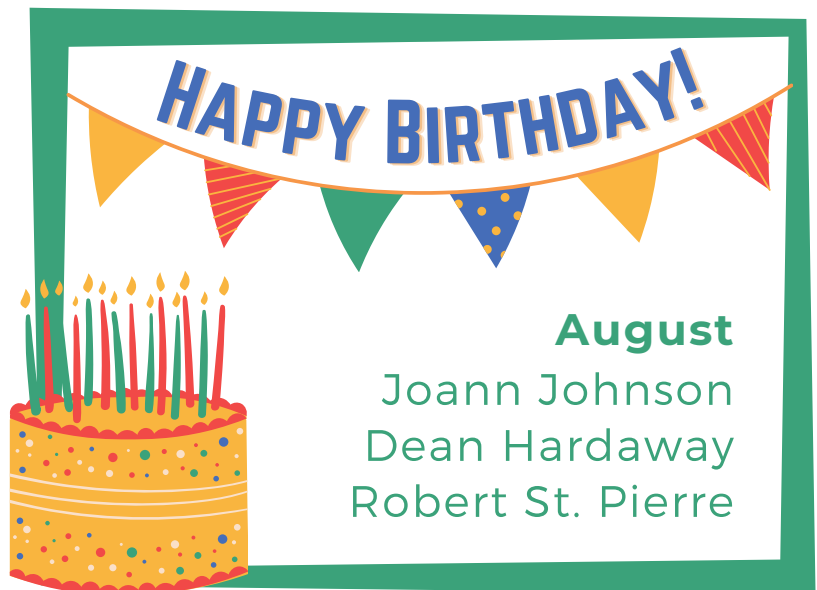
August Birthday Party!

August 13

International Lefthanders Day

August 24

Waffle Bar



August 27

Root Beer Floats

August 30

Summer Luau



Summer Lovin'

Take a dive into these photos and find out what Sunset Home residents have been up to this summer.





Spotlight on Shaw Eakins

Housekeeper at Sunset Home



What is one of your favorite places and why?

Concordia--because it is where my husband and life is.

What's your favorite family tradition?

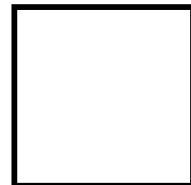
Tribal traditions. I like other people's traditions and cultures, especially American.

Do you have a secret talent?

I am good at dancing and cooking. My specialty is eggrolls.

What's your favorite thing to do in the summer?

Enjoy BBQ in the backyard!



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WHO LOVES MAIL?!?!

AUGUST 2021

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FULL NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

EMAIL IT INSTEAD _____

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