

THE SUNRISER



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“If you’re not in the obit, eat breakfast”

“Every morning, I pick up my newspaper, get the obituary section, and see if I’m listed. If I’m not, I’ll have my breakfast.” – Carl Reiner

This documentary opens with comic legend Carl Reiner doing just that - only to find that he *is* in the obits. Reiner reenacts the time he took the surreal turn of finding his own face smiling back at him from the obituary blurb. After a moments panic, he realized that the obituary was for singer and actress Polly Bergen, who had passed away at age 84. Apparently, not able to find a good headshot of the actress, the paper had instead run a picture of her alongside a young Reiner.

If You’re Not in the Obit, Eat Breakfast is an uplifting, charming, insightful and inspirational documentary that aired on HBO earlier this year. The film is a celebration of the vitality of those people who are going strong after age 90. Most people are afraid of getting older. Even though you see it happen to everyone around you, there’s still an air of mystery about the whole thing. But if Carl Reiner’s documentary, *If You’re Not in the Obit, Eat Breakfast*, gives an accurate glimpse of what getting older is going to be like, it seems we’re all going to be just fine.

If You’re Not in the Obit, Eat Breakfast — directed by Danny Gold and hosted by Reiner — asks a simple question: is there such a thing as vitality in your 90s? Why are more and more people who reach 90 not retiring? Together with his nephew Shapiro, they ventured out to find out the secret as to why some people live and thrive. “Was it luck, genes, modern medicine or are we doing something right?,” asks Reiner.

The documentary is a revolving door of some of the greatest show business legends of all time: Carl Reiner, Mel Brooks, Norman Lear, Dick Van Dyke, Betty White, Stan Lee, Tony Bennett, and the now late Kirk Douglas, to name but a few.

With such an enormous cavalcade of talent, you expect this to be a retrospective of the extraordinary lives and careers each one of them has lived and nothing more. But that’s exactly what this film is not. Sure, you may see Mel Brooks, Carl Reiner, and Norman Lear talking about their infamous weekends spent together sometimes, but there’s certainly no pining for the good ol’ days. ***They are living for the present.***

If You’re Not in the Obit, Eat Breakfast producer George Shapiro found himself wondering this over the years as he observed his uncle (who just happens to be Reiner,

On behalf of Sunny Hill’s Administration and Administrative Staff, Will County Executive Larry Walsh and the Will County Board, here’s wishing you and your loved ones a very Happy New Year!



“Enter this new year with a gratitude for this new chance to create your dreams.”

— Avina Celeste

Sunny Hill Administration:

Administrator *Becky Haldorson, LNHA*
Assistant Administrator *Maggie McDowell LNHA*
Director of Nursing *Debbie Stanko, RN*
Assistant Director of Nursing *Maureen McIntyre, RN*
Assistant Director of Nursing *Edita Evans, RN*
Assistant Director of Nursing *Kathie Miner, RN*
Staff Development, Education & Infection Control *Toni Fitch, RN*

Director of Finance *Shelly Felkins*
Director of Social Services *Jackie Palmer-Hosey*
Admissions/Marketing Coordinator *Charlotte Mather*

Director of Food & Nutrition Services *Julie Cherrington, LD/RD*
Director of Environmental Services *Ray Vicha*
Director of Life Engagement *Danette Krieger*
Maintenance Supervisor *Tyler Bargas*
Director of Human Resources *Renee Herbst*

Nursing Department

MDS Coordinator *Marbe Flores, RN*
MDS Nurses:
Joanne Crowder, RN *Lori Chancey, RN*

Nursing Supervisors:

Skin Care *Grace Bambule, RN*
Vivian Bibber, RN

House Nursing Supervisors:

Marizza St. Onge, RN *Maria Lacsamana, RN*
Mardy Mon-Alon, RN *Alicia McLaughlin, RN*
Evangeline Ba-ad, RN *Munawar Gill, RN*
Ferdinand Cantor, RN *Milan Boril, RN*
Ruth Eromosele, RN *Jennifer Calma, RN*

ADMINISTRATOR'S CORNER

Dear Family Members, Volunteers and Community Friends:

Happy New Year to all of you! After a very busy 2018, we are looking forward to a healthy, happy and productive 2019.

2018 was our first year in over 13 years that we weren't dealing with building renovations. This has been such a change for the staff and residents that endured the hammering and inconvenience of having large areas of the building behind a construction wall. We are grateful for all of the work that has been done to Sunny Hill, but after so many years, it sure is a relief to be done!

Even though our residents are enjoying their private rooms, there has been many concerns about the personal items brought in. Many rooms are becoming crowded. Family members, please remember to consult with your social worker if you want to bring in additional furniture. There is a **Resident's Room Guide** that also is available for you that focuses on the guidelines of what is allowed. One of the most asked questions is about TVs. Families are welcome to bring a TV for their loved one, but it must fit on the dresser and not hang over the edge. We are not able to mount your TV on the wall. Also be aware that many TVs today have 2 legs spread across the bottom of the TV. These are NOT safe! The pedestal TV will work much better on the dresser. Just remember that we supply a TV for all of our residents and do not take responsibility for one that is brought in.

In 2019, we will see lots of changes next door at the Will County Health Department as they build a new building and begin to tear down the old building. The activity in the neighborhood with their construction crews will be increasing. Sunny Hill's parking should not be a concern, but from time to time we may see their clients in our lots. We are going to be good neighbors and help them out as much as possible, so parking might be a bit tight for us too. Be aware that if you are visiting Sunny Hill and arrive between 1:30 and 3:30 it will be more difficult to find a parking spot. That is the time when our day staff is still here and the afternoon staff is arriving.

Also, in the next few weeks, we will be starting a full house resident survey. The survey was developed by our residents and touches on what is important to them. This survey will be done electronically with the assistance of our social services department.

Once the resident survey is completed, family members will be asked to complete a survey also. Watch for information in the coming weeks on how you can go online and complete the survey there.

As we embark on 2019, I want to thank all of you for being a part of the Sunny Hill family. Our residents are the reason we come here every day and we so enjoy them being a part of our lives.

From all of us here at Sunny Hill, we wish you a healthy and happy New Year!

Sincerely,
Becky Haldorson, Administrator



2019

The Sunriser

Published four times yearly for the
Family Members and Community Friends of
Sunny Hill Nursing Home of Will County
For more information, offer suggestions
or submit materials,

contact Maggie McDowell, Assistant Administrator
815-774-4375

MEMORIAL GIFTS

The following Memorial Gifts have been received by either The Friends of Sunny Hill or Resident Council. The Families and Friends of these Residents are in our thoughts and Prayers.

DAVID HOLLAND

Mary Beth Sorbero
Tom & Karen Sorbero

JAMES LAIDLER

Barbara Greenham-Conway
Geri McGinn

WILLIAM MCFARLAND

Roy & Tammy Sangmeister
Mary Beth Sorbero
Tom & Karen Sorbero

ROSE MARY RONSHAUSEN

David & Kathleen Kovaril

RAYMOND STOIBER (LONG-TIME SUNNY HILL VOLUNTEER)

Jim Ganson
William Greenham & Associates
Tom & Karen Sorbero
Don & Bernice Walker

**“HOME IS WHERE THE HEART IS”
CAMPAIGN DONORS**

Nancy Allen
Lori Anderson
Natalie Bayci
Erik R. Blomstedt
Judith A. Bumbalo
George T. Chubb
James & Janice Columbus
Frank & Pat Desiderio
Paul & Marilyn Dixon
Bonita Dodson
Lou & Darra Glavan
Diane Huston
Charles Imfeld
Martin J. Kopchak

Duane & Dee Krieger
Niamh McDowell
Kathie Miner
Terry Morris
Janet Park
Natalie Radakovich
Leila Chervan Ryab
Karen Schultz
Tom & Karen Sorbero
Sosnoski Exterminating
Joseph & Anna Sues
Maria Trevino
Lawrence M. Walsh
Geraldine K. Wurzbarger



S.T.A.R. Spontaneous Thanks and Recognition

The following staff members have joined the ranks of those who are going above and beyond the call of duty and providing the best care possible to our residents and Sunny Hill. Department Heads, Supervisors and Family Members have nominated these employees since July 2018

Life Engagement

Roger Bentley
Kathleen Schubert

Environmental Services

El Baterbonia
Marcus Galvin
Henry Lambert
Peter Wilda

Human Resources

Shelly Hester

Maintenance

Steve Brann
Sabar Joseph

Nursing

Lizbeth Cardenas
Ann Crowley (2)
Graciela Duarte
Sandra Gonzalez
Demetria Grubbs
Jennifer Holman
Marilyn Hopman
Alexis Huffman
Rebecca Hurley
Jasmine Johnson (2)
Vanessa Jones (2)
Simon Karanja
Rey Mercado
Kathie Miner
Monicka Mister (2)
Shannon Ortiz (3)
Cindy Plese
Melissa Rivera
Kristi Rover (2)
Lynette Samuel
Maria Sixtos (2)
Bernice Trent
Minda Williamson
Amber Yniguez

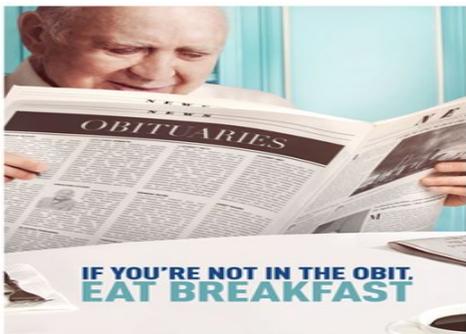
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and whom he also happens to manage) and his friends.

“People like Carl Reiner and Norman Lear — Carl and Norman are both 95 “these guys are so active” marvels Shapiro, when he discussed what inspired the documentary. “Carl is still doing guest appearances with Conan O’Brien, *The Tonight Show with Jimmy Fallon*, he did a rap song on Queen Latifah’s show.”

Additionally, Betty Seinfeld (mother of Jerry Seinfeld) also served as an inspiration. “She was just one of those people who had a joy of life. And she kept working out in the gym, and she lived to be 99. Shapiro had watched just how much fun Reiner, Seinfeld, and their friends were having, and so he decided to start keeping a file labeled “Vitality After 90.” Only he wasn’t quite sure what he wanted to do with it.

As a host, Reiner brings some of the funniest moments to the film, but he also brings a moment of somberness during his discussion with the late Kirk Douglas. Carl Reiner tells a story about how, when his wife was dying, he put on one of her own records — so that the final thing she could hear as she was leaving this mortal coil was herself singing. This shows so much about what Reiner is trying to do: ***this film is about living while you are still here. Why not go out living instead of regretting?***



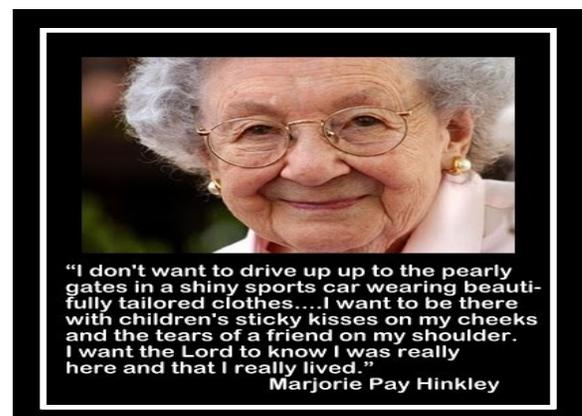
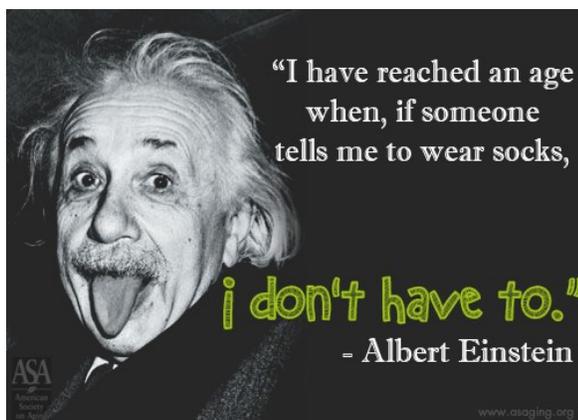
Coincidentally, some of the film’s greatest observations actually come from people who aren’t even in show business. Ida Keeling is 102 years old, and more active than most people who are in their youth. She works out every single day, and is still a competitive runner and states, “I would never consider myself old”. Harriett Thompson is 93 and is the oldest woman to complete a marathon. Pee Wee Martin was a paratrooper at D-Day — to commemorate the anniversary, he jumped out of a plane again at the age of 95 and asserts “To me, vitality is doing whatever you want, no matter what the clock says.”

Surely, there must be some sort of secret to maintaining such youthfulness when you’re in your 90s. It’s not as complex as one might think, according to Shapiro.

“Dick Van Dyke wrote a book called [Keep Moving](#), and the whole philosophy in the book is to keep moving, and to love. He goes to a supermarket and people think he’s a little nuts because if he hears music, he’ll start dancing.”

When you have lived to 90 and beyond, you have nothing more to prove. Live well and abide by the simple wisdom of just being yourself, giving, loving, and having purpose in your life. In a world that seems to be increasingly marked by milestones of tragedy and loss, this documentary serves as a joyous reminder of what is really important in life.

If You’re Not in the Obit, Eat Breakfast is a universal tale — you don’t have to be in your 90s to enjoy everything you do. But it also proves there’s no such thing as being “too old” to try something new. It serves as a reminder that life is fleeting and precious...but it’s also not over until it’s over. Every last moment is what you make of it. So why not make it something grand? What better way to approach a brand New Year!





Changes for 2019

Depending on how much property your spouse already has you may give your spouse property valued up to **\$126,420 for 2019.***

Depending on circumstances, for **2019 you may give up to \$3,160.50** of your income per month to your spouse.

When you go into a nursing home, your spouse may keep the house you live in, your car and your household furnishings. The Healthcare and Family Services (HFS) office will then determine the value of your other property also known as 'other assets', such as bank accounts, certificates of deposit or any property you are NOT living in. You may transfer other assets to your spouse or to someone else for the sole benefit of your spouse. Depending on how many assets your spouse already has (not counting things like the house you live in and the car), you may give your spouse assets valued up to \$126,420 for 2019. The amount may increase each year. Your HFS caseworker will tell you the actual amount you may give to your spouse.

Protecting Income for Your Spouse and Dependents

HFS decides the amount of income you have to apply to the cost of your nursing care. Depending on circumstances, for 2019 you may give up to \$3,160.50 of your income per month to your spouse.

If You Receive Veterans Benefits

Your eligibility for veterans benefits may be reduced or discontinued if you give income (from any source) to your family. Your eligibility for veterans benefits is determined by the Department of Veterans Affairs (DVA), based in part on the amount of nursing care expenses you are required to pay. If the amount of income you have to apply to the cost of your nursing care is reduced or eliminated because you are giving income to your family, your veterans benefits may be reduced or discontinued by the DVA.

If you are giving income (from any source) to your family, contact your local DVA field office. A representative from the office will help you determine your continued eligibility for veterans benefits.

Transfer of Property to Qualify for Medical Benefits

Property transfers may affect your eligibility. If you or your spouse have transferred property, other than as described above, you may be subject to a penalty period for nursing care services, supportive living facility services and for in-home care services through the Department of Aging (DoA). If otherwise eligible, you MAY remain entitled to other covered medical services. Transfers that may affect your eligibility are those made within 60 months of the date of your Medicaid application. If HFS decides that you are subject to a penalty period, the penalty begins on the day that the Medicaid application is submitted and continues for as long as the uncompensated value of the transferred property would meet the monthly cost of nursing care at the private rate. However, if a transfer is made during a penalty period and the HFS decides that you are subject to an additional penalty period, the penalty begins with the month following the month the previous penalty period ends. If you receive medical benefits, your local HFS will inform you of the penalty period.

Liens and Claims

The state has the legal right to recover the amount of assistance people receive through the medical benefits program. The state can file a lien on real property you own while a nursing home resident and can claim against your estate. The state will seek to recover money equal to the amount of medical benefits you received. For more information on liens and claims, get the brochure called *Property Liens and Estate Claims* from your local HFS.

If you have questions about long term care and nursing home services or any other programs, call or visit your local HFS. For answers to your questions, you may also write:

**Illinois Department of Human Services
Bureau of Customer and Provider Assistance
100 South Grand Avenue East, Springfield, Illinois 62762
or you may contact Sheri King in the Finance Office.**



CDC SAYS “TAKE 3 ACTIONS TO FIGHT FLU”

Period of contagiousness

*You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.*

Take time to get a flu vaccine.

CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

While there are many different flu viruses, the flu vaccine protects against the three viruses that research suggests will be most common.

The 2011-2012 vaccine will protect against an influenza A H3N2 virus, an influenza B virus and the H1N1 virus that emerged in 2009 to cause a pandemic.

Everyone 6 months of age and older should get a flu vaccine. Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.

People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to those people deemed at high risk.

Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. Therefore, people who care for them should be vaccinated instead.

Take everyday preventive actions to stop the spread of germs.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose and mouth. Germs spread this way.

Try to avoid close contact with sick people.

If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)

While sick, limit contact with others as much as possible to keep from infecting them.

Take flu antiviral drugs if your doctor prescribes them.

If you get the flu, antiviral drugs can treat your illness.

Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.

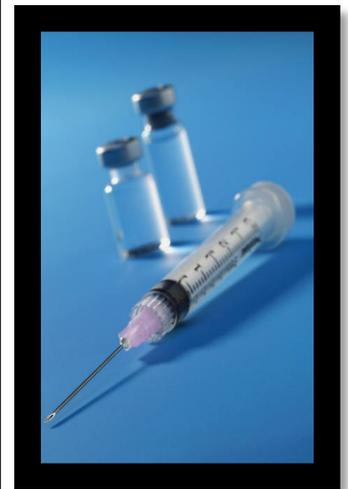
Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.

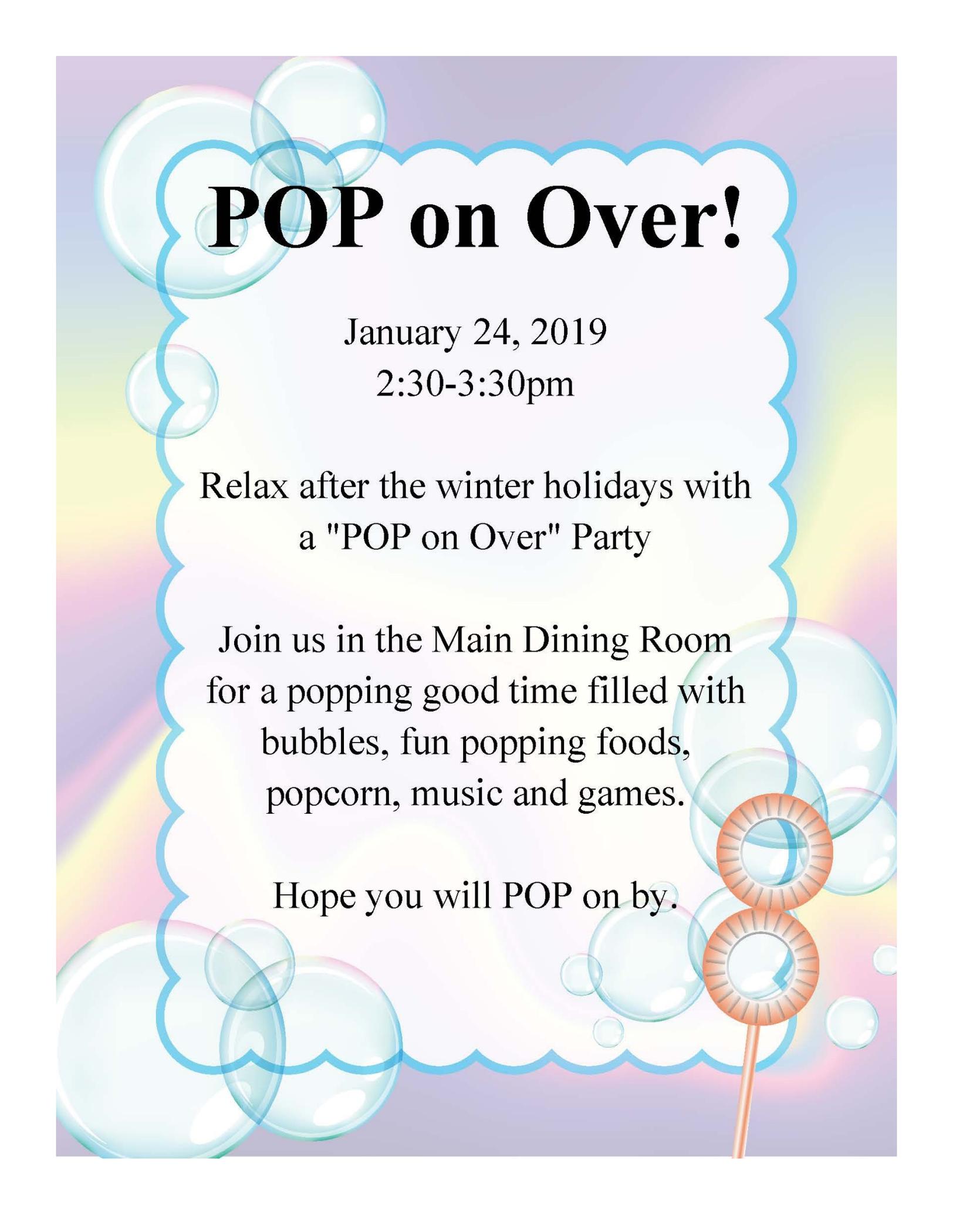
It's very important that antiviral drugs be used early (within the first 2 days of symptoms) to treat people who are very sick (such as those who are hospitalized) or people who are sick with flu symptoms and who are at increased risk of severe flu illness, such as pregnant women, young children, people 65 and older and people with certain chronic health conditions.

Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.



It is not too late to get a flu shot!





POP on Over!

January 24, 2019

2:30-3:30pm

Relax after the winter holidays with
a "POP on Over" Party

Join us in the Main Dining Room
for a popping good time filled with
bubbles, fun popping foods,
popcorn, music and games.

Hope you will POP on by.

421 Doris Avenue
Joliet, IL 60433

Phone: 815-727-8710
Fax: 815-774-4379
Email: sunnyhill@willcountyillinois.com
www.willcountyillinois.com/sunnyhill

Find us on facebook !
Search Sunny Hill Nursing Home and "like" us today.
You will find the most current information on what's
happening here at Sunny Hill.

We need your e-mail address! Please stop by reception or call
us at 815-727-8710 with your information.

SUNNY HILL'S WISH LIST!

100-300 Large Piece Puzzles
Yahtzee Games
UNO Card Games
Decks of cards



CALENDAR OF UPCOMING EVENTS

Please join us for any or all of the following events. You are **ALWAYS** welcome!

January 2019

Winter Blues party
Activity Professionals Week
John Boda Plays Guitar and Sings
Educational Traveling the Underground Railroad
Pop on Over Party
Bob Kalal Entertains
Lockport American Legion Donut Day
Ryan Peterman Folk Songs
Martin Luther King Day
Community Giving Back to the Hopeful Tails Animal Rescue
Cat and Dog Food Donations Collected

February 2019

Valentine's Day Balloon Sale with proceeds for the Friends of Sunny Hill
Kim Entertains with Love Songs
Valentines Day Celebration with Frank Rossi
Dallas Stamberger Country Music Fest
Chinese New Year
Famous Couples
Chocolate Social
Black History Month
American Heart Month

March 2019

Mardi Gras Celebration
John Boda plays guitar and sings
Bob Kalal Entertains
Saint Patrick's Day Celebration
Ryan Peterman Entertains with Folk Songs
Mindfulness one day retreat for residents and families

