Sunny Hill Nursing Home of Will County

THE SUNRISER

January 2020

SUNNY HILL
Nursing Home of Will County

Welcome 2020

"Tomorrow is the first blank page of a 365-page book. Write a good one." -Brad Paisley

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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!

The start of the new year is one of the most exciting times of the year. It is a time to reflect on what you are thankful for and the areas in your life that you wish to change in the future. Tony A. Gaskins Jr said, "We all need a fresh start every year. It's important that we go into the New Year with an open mind and a new way of thinking". Whether it is changing some undesired habit or accomplishing a new goal, many of us spend January 1st making resolutions and the other 364 days trying to keep them. As we begin our journey into 2020, let's take a look at the most common resolutions made each year and ways to set about following through on them.

Read More. *Studies show that reading reduces stress by 69% and significantly improves concentration and vocabulary, sharpens mental skills and aids in the learning process. Just as running benefits your body physically, reading is great exercise for the brain. If reading more is on your agenda this year, try joining a book club, take on a reading challenge, or visit your town's library or bookstore. With Starbucks invading most Barnes and Noble stores, don't forget to grab a latte with that best seller!*

Get more quality sleep. *Adequate sleep is a key ingredient of a healthy lifestyle and can benefit your heart, weight, mind and more. Getting enough sleep at night, helps improve your memory, reduces stress, boosts your mood and helps you perform tasks better, including driving, as sleeplessness affects reaction time and decision making. The recommended amount of sleep for adults over the age of 21 is 7 hours. In 2019, 69% of the population was meeting this goal. Make it yours in 2020.*

Eat healthy and become more active. *In addition to getting more rest, eating healthy and moving more should also be your goal this year. Federal exercise guidelines recommend at least 30 minutes of moderate activity each day, five days a week. Before you run out to buy a new gym membership, consider the following—research suggests it does not matter how your 30 minutes are accomplished, just as long as your activity totals that amount by the end of the day. So if you can't fit in 30 continuous minutes of walking, only walk for 10 minutes three times a day. In addition, find an activity partner who will help support your efforts and work alongside of you and/or buy a fitness watch to help you keep track of your activity throughout the day. What you put into your body is equally as important as exercise. Cook at home, instead of eating fast food, Add more vegetables to your diet and prep your meals at the beginning of the week or the day before, to avoid grabbing something at the nearest gas station or vending machine.*

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Sunny Hill Administration:

Administrator	*Maggie McDowell, RN, LNHA*
Assistant Administrator	*Jackie Palmer-Hosey, 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*
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*
Human Resources Manager	*Renee Herbst*
FNS Manager	*Crystal Smith*

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	*Jeniffer Calma, RN*
Margarita Flores, RN	*Raymond Wertelka, RN*

The Sunriser

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Family Members and Community Friends of
Sunny Hill Nursing Home of Will County
For more information, offer suggestions
or submit materials,
contact Jackie Palmer-Hosey , Asst. Administrator
815-774-4375

Administrator's Corner

Dear Friends, Family Members and Residents,

Happy New Year to all of you! After a very busy 2019, we are looking forward to a healthy, happy and productive 2020. Hard to believe that another year has just slipped away!

As usual the holiday season has once again proved to be a memorable one thanks to all our family members, facility staff, Friends of Sunny Hill, volunteers and community friends. The December calendar was filled with many musical delights, parties, special programming and not forgetting many GIFTS. None of this could have happened without the support, love and kindness of many who contributed in various ways. It certainly does take a village approach!

Happy to share that in 2019 we accomplished the completion of our resident, family and staff Satisfaction Surveys and plan to continue to benchmark and create prioritizing opportunities based on the feedback submitted and received. Surveys will be ongoing with resident and family surveys to be completed every other year and staff surveys on an annual basis.

Currently, Sunny Hill is in its Survey window as we await our annual licensure and life safety surveys conducted by the Illinois Department of Public Health. These unannounced surveys generally last approximately 5 days or so and subsequently furnish Sunny Hill with a "report card" reflecting the quality of care and service that we provide to our residents.

Resident Centered Care has and will continue to be the centerpiece of the daily mission at Sunny Hill. As we all look forward to a New Year full of optimism and hope and are setting goals to keep us moving forward through all the everyday challenges that life itself presents we continue to weave, adopt and be mindful of this core concept.

2020 will see continued, ongoing work at the Health Department next door. Predications are that construction may be completed early, possibly March, however I am asking all to be patient as further work needs to be done that will cause continued parking issues.

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

Please let me know if you have any concerns or suggestions that you would like to have addressed - my door is always open!

Maggie McDowell
Administrator

MEMORIAL GIFTS

The following MEMORIAL GIFTS have been received by THE FRIENDS OF SUNNY HILL.

The Families and Friends of these Residents and Loved Ones are in our thoughts and prayers.

Charles Bailey
Allison P. Rios

DOROTHY BEE
Janice K. Matay
Maureen Roliardi
Richard & Brenda VanAsdlen

Louis M. Calloni
Nina M. Calloni-Frank

Marion A.. Calloni
Nina M. Calloni-Frank

LUELLA LAXTON
Sue McCrary & Family
Avalon Petroleum Company
Elston H. Fields
Neil & Kathleen Lazarski
Alfred & Caren Longtin
Markham Memorial V.F.W. Aux. 9801
Gregory L. Schultz

LOIS SAINDON
Laura Braden
Laura Vitucci

FRANCES NORDEN
Robert & Bette Beintum
Richard & Rita Beintum
Roy & Amy Brueggemann
James & Suzann DeYoung
Dale & Rita Kingma
Geraldine Reilly
Don & Bonnie Resler
Dolores M. Sell
Gladys Wierenga
Ruth Wierenga

MARY RASA
Jackie & Greg Akin
Lisa Amadio
Sharon & Patrick Asher
Gia Knapp & Family
Audrey Messenger
LeEtta Perry
Greg & Sue Peyla
Evelynn M. Pignotti
Daniel Ward
Jodi Wartenberg & Greg Vershey

2019 "HOME IS WHERE THE HEART IS" CAMPAIGN DONORS

Nancy Allen
Evelyn L. Barbee—IMO Kenneth Barbee
Ray & Kathy Becker
Lynn Behringer
Cynthia Bierman-Slavish
Mr. & Mrs. Brian Boland
Fran Brandolino
David & Deborah Brozman—In Memory of Lorraine Brozman
Diane Budzinski—IMOMichael R. Budzinski
Michael A. Budzinski— IMO Michael R. Budzinski
Richard & Angeline Burke—IMO Joseph Manno
Dan & Marilyn Campus
Jerry & Julie Cherrington
Frank & Pat Desiderio - IMO Marion Terlep
Mildred DeYoung—IMO Catherine DeYoung
Nancy Dye—IMO Ruth Fastlake
Mike & Karen Foster
Lynda Fritz—IMO Susan Pearce
John & Nancy Futterer—IMO Evelyn Futterer
Lucia Gallup—IMO Ann & Phyllis
Elmer Geissler
Lou & Darra Glavan
Linda Goesel—IMO Joyce Leas
Carmella Gonzales—IMO Josephine Gonzales
Jan Gould
Sue Grant—IMO Dorothy Ramos
Claudia Green—IMO Sophie the Therapy Dog
Mrs. Judith Guzy—IMO Jayne Norton
Dean & Becky Haldorson
Donna Hall—IMO LaVelle High
Kathy Henriksen—IMO Ray & Viola Budzinski
Robert & Marianne Hill
Tyna M. Horn—IMO Beatrice Pesavento
Mr. & Mrs. Jeff Howell
Chuck Imfeld—IMO Donald & Phyllis Imfeld
Helen L. Jachinowski—IHO Thomas Boyd
David & Kay Johnson
Kathleen E. Johnson—IMO Gordon Johnson
Phyllis J. Keca—IHO John O'Keefe
Susan Tyree Kline—IHO Shirley Tyree
Paul Kraskiewicz—IMO John Kraskiewicz
Danette Krieger
Duane & Dee Krieger
Karen McCullough—IMO Charlotte Cozzi
Joe Mikan
Catherine Morris—IMO Geneva Smith & Jessica Jobe
Christine D. Marszalen—IMO Estelle Bulik
Stephen O'Connor
Robert Orlovich—IMO Anne Orlovich
Janet Park
Tim Pomykala—IMO Electra M. Pomykala
Greg & Linda Poole
Natalie Radakovich—IMO Helen Radakovich
Isabel Rodriguez
Nat & Kathy Rowell—IMO Donald & Phyllis Imfeld
Lori Ryan—IMO Bernice Motta
Robert & Linda Sanfilippo—IHO Ina Thomason & Lois Bivens
James & Nancy Shostok—IMO Ann Shostok
Donna Snaidauf—IMO Dorothy Snaidauf
Thomas & Karen Sorbero
Sosnoski Exterminating (Paul & Paula Boley) - IMO Ed Sosnoski
Butch Steib—IMO Myrtle Steib
Joseph & Anna Sues—IMO Josephine DiNolfo
Ed & Joanne Tomczuk
Cindy Todd—IMO Roy Howland
Mark & Celeste Turk
Doug & Diane Tweeten
James Warmbier & Carol Dillon—IMO Cindy, Martin & Marion Warmbier

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 October2019

Environmental Services
Jessica Alexander
Jenneice Holman (3)
Germa Marquette (2)
Peter Wilda

Finance
Eddie Bradley
Shelly Felkins
Mary Ellen Levandowski (2)

Food & Nutrition Services
Kevin McIntyre
Robin Pasdertz
Andrea Quiroz
Crystal Smith
Annette Vitale

Life Engagement
Danette Krieger
Vickey Smith

Maintenance
Jaime Betancourt
Dan Willis (2)

Nursing
Lori Chancey
Ann Crowley
Graciela Duarte (2)
Candice Fregeau
Jessica Gnutek
Andres Grizales
Marilyn Hopman (2)
Laquitta Jones
Nancy Loftis
Christine Miller (2)
Shawanda Morrow
Shannon Ortiz
Grazyna Paszynski-Jelonek (3)
Susan Pershey
Kristi Rover
Maria Sanchez
Tiffany Wing

Receptionist
Karen Jackson (2)
Erika Valadez

Social Services/Admissions
Charlotte Mather
Brandis Smith
Sherri Varek

The Entire Staff of the Dining Room
5TH Avenue Staff: Nursing, EVS, FNS

Continued from Page 1

Learn something new. *Crafting, for example, helps those who suffer from anxiety, depression or chronic pain. Gardening reduces incidence of dementia by 36%. Watching educational videos helps broaden your knowledge in different areas. Learning something new is a great way to stay active, keep your brain engaged and encourages opportunities to meet new people with shared interests. This year, be open to learning a new skill, hobby, craft or even keeping a journal, which are all creative outlets with positive outcomes.*

Spend more time with family and friends. *Does New Year's always remind you that your children (or parents, spouse or friends) are getting older, and that you really should spend more quality time together? Making the decision to focus on the important people in your life, is a resolution that can bring about emotional rewards and happiness. Try blending family time with activities such as taking walks, camping, fishing or even cooking. Take the time to eat meals together and designate a family day or night. The goal should be to keep things simple and allow many opportunities for laughter and conversation.*

Get organized. *It does not matter how much time you have on your hands, if you do not manage it properly, you will find yourself running around aimlessly. Clutter and disorganization can negatively affect your productivity and even your mood. Make a resolution to become more organized this year by keeping a calendar, tackling those unfinished projects, cleaning out your closets and drawers and even donating items to others.*

Volunteer. *Type in "volunteer for health" in the google search engine and you will find more than 85 million results! Devoting your time and energy to helping others has a positive impact on your life and the lives of those around you. According to "Psychology Today ," volunteering and being part of a volunteer group that has social interactions, benefits your brain, health and function, lowers risk for depression and anxiety, helps develop emotional stability, and increases self-esteem. No matter your age, volunteering reaps tremendous rewards. So in this new year, start it off right by sharing your time with someone in need of it.*

No matter what resolution you decide to make, focus on making the resolution about the journey and not the outcome. Set short term goals for long term results, schedule time for your resolution and celebrate small victories. If something is not working, it is ok to go back and make the necessary modifications. The goal for 2020 and every year after should be to become a better version of yourself, not a perfect version, one day at a time.

"Write it on your heart that every day is the best day in the year"
-Ralph Waldo Emerson

A COUPLE OF REMINDERS FOR OUR FAMILIES

ACCOMPANYING RESIDENTS TO OUTSIDE APPOINTMENTS*—Many of our residents leave the facility to go to physician's offices to receive services. Family members should make arrangements to accompany their loved one to outside appointments, including riding with your loved one in the med-car if this your preference. This allows you, as a family member, to provide your input to the physician, improves the communication process and allows you to receive any information first-hand.*

CLOTHING—*With the limited closet space we have available in our resident's rooms, please do not stuff the closets with clothes. When the closet is that full, the clothes are all smashed together and become very wrinkled. We would appreciate family members cleaning out the closets of any unnecessary items. Especially now, with winter upon us, would be the time to make sure our residents have winter coats, gloves and hats for any outings or appointments. Sunny Hill does not have access to these items and we rely on our families to provide what their loved one needs.*

Also, please make sure any new clothes brought to the residents are marked. We have a procedure for marking clothes in our laundry department. Drop off your items at reception and complete the checklist. You will receive a receipt for the clothes you bring in. It is VERY important that ALL clothing items are marked to prevent anything going missing.

COMPLIMENT/CONCERN FORMS*—Reporting forms are located in our information rack in our front lobby and from any department head or unit nurse. Please feel free to fill out these forms or ask for assistance. We are committed to making the stay of each of our residents as comfortable and wonderful as possible. All forms are sent to our Administrator and investigated.*

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 2020. 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 2020 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.

Changes for 2020

*Depending on how much property your spouse already has you may give your spouse property valued up to **$126,420 for 2020.****

*Depending on circumstances, for **2020 you may give up to $3,160.50** of your income per month to your spouse.*

TO THE FRIENDS OF SUNNY HILL

THANK YOU FOR YOUR CONTINUED SUPPORT, DEDICATION AND COMMITMENT TO OUR RESIDENTS.

YOUR GENEROUS DONATION THIS YEAR GENERATED A CHRISTMAS TREE FOR EVERY AVENUE, THE FRONT LOBBY AND MAIN DINING ROOM, AS WELL AS SUPPLIED THE CHRISTMAS DECORATIONS THAT WERE USED TO CREATE A MAGNIFICANT BACKDROP FOR THE MUSIC AND ENTERTAINMENT YOU PROVIDED AT OUR ANNUAL HOME FOR THE HOLIDAYS PARTY.

YOUR KINDNESS CERTAINLY CONTRIBUTED TO MAKING THIS HOLIDAY SEASON AN UNFORGETTABLE ONE!

ON BEHALF OF THE RESIDENTS, STAFF AND ADMINISTRATION OF SUNNY HILL NURSING HOME, WE WANT TO TAKE THIS OPPORTUNITY TO SAY "THANK YOU" FOR YOUR MANY CONTRIBUTIONS THROUGHOUT THE YEAR AND TO WISH YOU ALL A HAPPY, HEALTHY AND WONDERFUL 2020. MAY IT DELIVER ALL YOU WISH AND MORE!

THANK YOU!

Activity Professionals

Lighting the Way

JANUARY 19-25, 2020

National Activity Professional Week

naap.info

#napwk2020

SUNNY HILL
Nursing Home of Will County

The Leader in Resident Centered Care and Active Living

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Joliet, IL 60433

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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!

Hard Candies
Small foam craft kits
Fingernail polishes, polish remover
Assorted cookies (Oreos, Vanilla Wafers)
Twinkies/cupcakes
Bird seed (black oiler sunflowers) for outdoor feeders
Alexa

Call Danette Krieger, Life Engagement Director at 815-727-8711 with any questions

CALENDAR OF UPCOMING EVENTS

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

January 2020
January 1 New Years Day Bingo
January 2 Yoga
January 6 John Boda Entertains
January 7 Travelogue Deep in the Heart of Texas
January 8 Gardening Club and Book Club
January 9 Gold Rush Game
January 14 Baking Class
January 16 Penguin Games and Yoga
January 19-25 ACTIVITY PROFESSIONALS WEEK
January 22 Martin Luther King Program for Senior Scholars
January 23 Karen Sorbero Entertains
January 28 7-11 Party
January 30 A Souper Celebration

February 2020
February 2 Groundhog Day and John Boda Entertains
February 14 Friends of Sunny Hill Valentine's Day Balloon Sale
February 15 Zeta Phi Beta Host Bingo
February 17 President's Day
February 18 Drumming Circle
February 25 Fat Tuesday Celebration

March 2020
March 2 John Boda Entertains
March 8 Daughters of the American Revolution
March 16 Shamrock Shakes
March 17 Irish Dancers and Celebrating the Irish
March 26 Movie: The Quiet Man
March 27 Resident Council Chili Dog Sale