

THE SUNRISER



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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 4th of July celebration!



AS WE CELEBRATE OUR NATION'S FREEDOM, WE HONOR THE COURAGEOUS MEN AND WOMEN DEDICATED TO PRESERVING IT.

Tribute to a True "Pioneer"



By Maggie McDowell

As many of you are aware Becky Halderson, has announced her retirement as Administrator at Sunny Hill Nursing Home. It has been my honor to serve as her Assistant and I wanted to acknowledge and pay tribute to her tremendous influence and unyielding perseverance as a leader in the field of long term care.

Becky epitomizes the concept of what it is to be a true "pioneer", always blazing her own trail on behalf of residents. Her approach and actions have always placed the needs of residents front and center. She has participated in no small way to advancing insight into focusing on the resident as the driver of their care, treating each resident as a "person" and overall enhancing long term care from a task oriented model to a more individualized, caring, respect oriented model of care.

One of the many resident focused approaches in effect here at Sunny Hill is our Resident Interview Panel. This idea took root and was an inspiration while Becky was President and founding member and involved with the Illinois Pioneer Coalition (I.P.C). Residents are active participants in the interview process and approval of staff being hired to care for them and work in their home.

"The Illinois Pioneer Coalition was organized to provide long term care settings with the education and tools needed to effect deep culture change, thereby transforming long term care settings into real homes and improving the quality of life for individuals and staff in various settings throughout Illinois".

As an Administrator Becky guides and mentors her Leadership Team and continues to foster a

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

ADMINISTRATOR'S CORNER

Dear Friends, Family Members and Residents,

As many of you know, I have announced my retirement from Sunny Hill. My last day will be August 30th. The last 14 years have been exciting and challenging. I have seen the entire renovation of the building, inside and out. We have converted most of our rooms to private rooms, added additional common rooms, and converted an institutional environment into a comfortable home for the elders that we can all be proud of.

I have met so many amazing people during my time here! The staff at Sunny Hill are second to none. The reason we are all here is our elders. Everyone has touched me in their own special way and I will be forever grateful for the people I have come to know and to love.

In my 40 plus years in long term care, I have seen many changes. We have become one of the most regulated industries in the country. These constant changes have been challenging and at times downright frustrating, but we have always worked hard to stay current with all of the changes because we know how important it was to care for our elders in the best way we can.

I am extremely grateful for our County Executive, Larry Walsh for all of his confidence in me to develop and lead one of the best teams around. It has been an honor to serve him and the Will County Board as the Administrator of Sunny Hill.

I leave all of you in good hands. Stepping up to the Administrator's position is Maggie McDowell, our current Assistant Administrator. Maggie will be an amazing leader for the Sunny Hill Team!

Joining her in the Administration Office will be Jackie Palmer-Hosey, our current Director of Social Services. Together these two will continue the legacy of Sunny Hill to provide the BEST care for the elders in our community.

You will continue to see me a couple days a month until the end of the year as we implement our transitional plan. I will do everything I can to assist Maggie and Jackie to be successful. They have an amazing Leadership Team and Staff that I know will support them too.

I will truly miss coming to Sunny Hill every day but I am also excited to start this new chapter in my life. I may be leaving the day to day responsibilities but have no intention of leaving the field of elder care. I will be speaking, teaching and eventually consulting. We have a long way to go to win the battle of ageism, and I intend to continue to do my part.

I just want to let all of you know that I appreciate your friendship and support these past years. You have made a huge impact on my life!

Sincerely,

Becky Haldorson - Administrator



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.

JUDITH CARROLL

Patricia Krakar
Anita M. Ogle, D.N.
Neil Ryan

DOROTHY DAVIS

Frank & Maria Markiewicz
Roger and Janice Bentley
Cheryl Biasella
Margaret and Joseph Cassidy
Rachel Doyle
James & Anna Ferro
Michael & Donna Gale
Mary Ann Koerner
Maureen McIntyre
Bob & Rose Ann Moran
Thomas & Karen Sorbero
David & Barbara Stengele
Debra A. Strahanoski
Steve & Cindy Taylor

2019 "HOME IS WHERE THE HEART IS" CAMPAIGN DONORS

Edward & Gloria Dollinger
Sylvia Esquivel—In Memory of Raymond Mirelez
Phyllis A. Holmquist—In Memory of Charles R. Johnson
Christina Jones

JAMES HUTTON

Maureen McIntyre

BERNARD PFIEFFER

Rita & Dennis Beaupre
Kevin J. Bulger
Katherine A. Gliedge
Peter & Francine Martin
Michael & Nancy Rzepka
Thomas & Keli Sawyer
Dennis & Beverly Sigler

FLORENCIA SARMIENTO

Maureen McIntyre

JOHN DUDEK

Thomas & Karen Sorbero

MEMORIAL GIFTS

JUDITH CARROLL

Neil Ryan

ROSE MORRISON

Dianne Davis & Barb Brader
Janet F. Hughes
Marion Pasternak

JAYNE NORTON

Don & Shellie Bricker
Gerald & Patricia Gabrielson
Judith Guzy
Jacqueline L. Hayes
Marlene Kozlowski
Lois M. Laken
Kim Lewid
Scott & Stacey Norton
Beverly & James Schmitz
Ralph & Bonita Shroyer

Darlene B. Wietholder

PATRICIA SCHOFIELD

Nancy Antonelli
Noreen Bormet
Paul Bulow
Joyce R. Foote
Robert & Elizabeth Mae Hill
Hugh & Deborah Sumner



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 April 2019

Administration

Pat Wendholt

Environmental Services

Renee Gant
Jenneice Holman
Karyn Swick

Food & Nutrition Services

Justin Baker
Devon Brown
Tameka Thomas
Kristi Wilkinson

Life Engagement

Kathleen Schubert

Nursing

Milan Boril
Jennifer Cambron (2)
Jennifer Holman
Jackie Houston
Fatimo Ishadimu
Vanessa Jones (2)
Mattie Jordan
Mardy Mon-Alon
Nichole Noel
Cindy Plese
Stacia Purtell (2)
Kristi Rover
Maria Sixtos
Cynthia Thacker
Bernice Trent
Chandra Vidales (2)
Ivory Walton
Ray Wertelka
Minda Williamson (2)
6th Avenue Staff

Receptionist

Christa Harden

Person Centered approach to care delivery on a daily basis. "Person Centered Care" has been adopted into regulation with the origination of the Requirements of Participation in 2017 but Becky and her team have been practicing and incorporating "Culture Change" into daily life at Sunny Hill for more than 14 years. Concurrently, a major facility renovation was also molded around a person centered concept allowing visionary ideas to become a reality.

Currently, as Becky approaches her retirement it is vital to acknowledge her overall contribution to resident focused care and applaud a concept adopted and practiced many years ago come to fruition and also be adopted at a national level.

Some words to describe her inimitable style include...keen and insightful, visionary, professional, trail blazer, practical, direct, perfectionist, passionate, detail oriented, resident advocate and overall a wonderful and exemplary role model to emulate.

Becky is wished a very happy retirement from myself, the Leadership Team, residents whom she sees as family and all the staff at Sunny Hill. Enjoy the next chapter of your life Becky! We will miss you! You have left an indelible mark.

Included are some additional tributes from residents and staff to one of a kind, great Administrator and true pioneer!



William Wasowicz

Becky, congrats on your upcoming retirement. Your leadership and guidance has been a Godsend. Sunny Hill will always remind me of you and what we accomplished under your direction.



Julie Cherrington

B Becky has been **BOUNTIFUL** in getting Sunny Hill what it needs.

E She is always **EAGER** to help

C She is always the **CONSTANT** we can depend on.

K She is the **KEEPER** of our wonderful home.

Y YOU will be missed!



Diana Styka

Becky has been a stand out leader in so many ways. She has been a mentor for me, always willing to take the time to help with concerns or questions. She is an unrelenting advocate for the residents. She is both the voice of the county at Sunny Hill and the voice of Sunny Hill at the county level. Additionally, she is the photographer/artist who represents Sunny Hill to the public. She has set a high standard for future leaders and she will be greatly missed.



Barbara Rollheiser

In the short time you have been Administrator, I feel you have made many changes to make Sunny Hill residents feel this is our home. Your photography talent has been fun and added much interest to our dining room wall. Besides these things you have put your heart into your job and will be missed. I wish you many years of happiness and good health.



Ray Vicha

Ever since I started working at Sunny Hill Becky has pushed me to be a better Leader in my skills. She has been my guidance. Thank You!! Becky really wants others to succeed in life and she encourages us as managers to work with staff, to be better mentors so that their "best" will shine. Becky, your presence will truly be missed and I wish you the best in your future. "Only we can fulfill our dreams" Enjoy yours! Thanks for believing in me these past 10 years.



Roger Freitag

It is with sad feelings that Becky is retiring. Over the last four years that I have been under the care and compassion of Sunny Hill, I credit a lot of this to the guiding influence of Becky to her faithful and dedicated staff. A true professional with a heart of gold. Thank you so much for your kindness and friendship.



Shelly Felkins

Through the years Becky has supported and challenged many of us to reach our full potential. She brought her love of animals to Sunny Hill, and began our service dog program along with encouraging families to bring their pets to visit. Over the years it has brought so much joy to both residents and employees. Happy Retirement Becky! You've made a difference to Sunny Hill, and you will be missed. Everyone in Finance wishes you the best.



Debbie Stanko

Over the past 14 years, Sunny Hill has enjoyed the creativity, leadership and passion of Becky Haldorson. She continues to be a driving force in educating and helping Sunny Hill adopt and cultivate our mission of providing the highest quality of resident-centered care to our residents who choose to call Sunny Hill their home. I wish Becky well and thank her for sharing her love and spirit with the residents, family members, staff and volunteers of Sunny Hill.

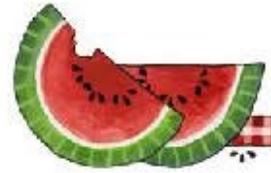


Jamie Wesley

Becky is such a special person to me and many other residents. After admitting to Sunny Hill and my overall health improved, she spiked my interest in participating in the Resident Interview Committee and Resident Council meetings. She empowered me to become actively involved which I have done.

The Resident Interview Committee is where she empowered me the most. I actually feel as if I fully understand the committee and its overall responsibility. The staff like and respect her and she's been such an asset to Sunny Hill Nursing Home. Becky, my special friend, thanks for being an integral part of my stay here. Thanks for my memories. We will miss you! Enjoy your retirement!

1st Avenue Summer Picnic



**Thursday, July 11th
11:00, in the Courtyard**



**All Residents, Family Members and
Avenue Staff invited to attend!**

Sunny Hill Nursing Home of Will County, 421 Doris. 915-727-8710

**Thursday, July 25th
11:00, in the Courtyard**



2nd Avenue Summer Picnic



“And so, my fellow Americans: ask not what your country can do for you – ask what you can do for your country. My fellow citizens of the world: ask not what America will do for you, but what together we can do for the freedom of man.” – John F Kennedy



Summer is a time for enjoying the great outdoors! Unfortunately, the summer sunshine, UV rays and heat also can bring a few dangers, especially for seniors, including sunburn, eye damage, dehydration, heat exhaustion and more.

With some precautionary steps and healthy senior **personal care**, everyone can enjoy the blue skies and warm weather. Below is a list of 8 things seniors can do to improve their safety during the hot summer months.

1. **Drink plenty of fluids:** Aim to drink 6 to 8 glasses of water per day. By the time you are thirsty, your body is already dehydrated. For seniors, the feeling of thirst decreases as we age, so be sure to increase your water intake if you are exercising or doing any type of prolonged physical activity. Of those fluids you are taking in, be sure they are non-alcoholic and decaffeinated. Carbonated sodas and pops may taste good, but they will only further your dehydration.

2. **Pick the right outfit with accessories:** When possible, wear loose, lightweight, and light-colored long sleeves to help protect your skin from sun, while also allowing your skin to breathe. Use wide brimmed hats to keep the sun off of your face and neck, as well as full coverage (wrap around) sunglasses for the best eye protection. Glasses that block UVA and UVB rays can help reduce the cumulative effect of damage linked to cataracts and age-related macular degeneration.

3. **Turn on your air conditioning:** Air conditioning is important when it is hot and humid outside. During a heat wave, if you don't have central air or a room air conditioner, spend part or most of each day at locations with air condition, including a friend's house, shopping mall, senior center, or movie theater.

4. **Be an early bird or night owl:** The sun is strongest between 10 am and 4 pm. If you must be outside during a summer heat wave, limit your outdoor activity to the morning and the evening, when the temperature is lower and the sun is less intense.

5. **Watch for heat stroke:** It is extremely important to watch for signs of heat **stroke**, especially for seniors. Some signs to look for include confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, and a rapid pulse. If you or someone you know experiences these symptoms, seek medical attention immediately.

6. **Check on friends and family:** Use the rising temperatures as an opportunity to catch up with your neighbors and relatives, especially the elderly and those who do not have air conditioning. Plan outings together in places that have air conditioning.

7. **Review your medications:** Many seniors use medications daily. Some medications can cause side effects, like increased sensitivity to ultraviolet (UV) rays. Review all medications and check with a doctor or pharmacist for any questions.

8. **Wear sunscreen:** Sunscreen is a major component to preventing sunburns. Look for a sunscreen that blocks both UVA and UVB rays, and also have a sun protection factor (SPF) of 15 or more. Be sure to apply it about 15-30 minutes before exposure. If you're enjoying water activities, be sure to reapply your sunscreen frequently. For more information on the benefits and facts on sunscreen, check out an article published by the EPA.

It only takes about 15 minutes for the sun to damage unprotected skin. You may not notice it immediately, but the damage is there. With these 8 tips, everyone can enjoy the warm weather. If you'd like to challenge your sun smarts, try the American Cancer Society's Sun Safety IQ test.

If you do get sunburned, your skin may become warm, red, and blistered (in extreme cases). The area may be painful and feel itchy at times. If the pain is too much, the CDC recommends aspirin, acetaminophen, or ibuprofen. A cool shower or bath may also relieve the pain. Aloe cream can soothe and moisturize the skin after the bath. Since sunburns can dehydrate your body, increase your fluid intake for the next two to three days.

Be safe and enjoy your summer!



SUNNY HILL

Nursing Home of Will County

THE LEADER IN RESIDENT CENTERED CARE AND ACTIVE LIVING

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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!



Sunflower bird seeds
Tall shepherd hooks
Wide brimmed floppy sun hats
Hummingbird feeders



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

CALENDAR OF UPCOMING EVENTS

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

July 2019

July 1 John Boda Entertains
July 2 Halfway Point of 2019
July 4 Independence Day Bingo
July 5 Cracker Jack Day
July 8 MLB All Star Game
July 11 1st Avenue Picnic
July 18 Ryan Peterman Entertains and Concert on the Hill
American Legion Band
July 20 50th Anniversary of Landing on Moon
July 25 Resident Council and Food Council and 2nd Avenue Picnic and Larry Levin Sings

August 2019

August 3 Tony Bennett Day
August 5 John Boda Entertains
August 6 Wiggle Your Toes Day
August 8 Happiness Happens Day
August 9 Elvis Week Begins
August 12 Melon Monday
August 13 Wilderness Survival Tips and Awesome Camping Inventions

August 15 Full Moon and Concert on the Hill Polka Night with Eddie Korosa and Frank Rossi
August 16 Little League World Series
August 18 Women Can Vote Day-19th Amendment
August 19 Drumming Circle
August 22 Resident Council and Food Council
August 26 Veteran's Recognized with special lunch
August 29 Nico Entertains
Tuesdays lunch outing and Thursdays Walmart trips

September 2019

September 2 John Boda Entertains/Labor Day
September 7 Grandparent's Day Celebrated
September 12 Bob Kalal Entertains
September 16 Drumming Circle
September 17 Trip to Brookfield Zoo
September 19 Ryan Peterman Entertains
September 20 Walk to END Alzheimer's on grounds of

Happy Grandparents Day