

# THE SUNRISER

## VOLUNTEER, IT'S GOOD FOR YOU!

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John F. Kennedy once said, "Ask not what your country can do for you, but what you can do for your country." This sentiment is still beating in the heart of America, with thousands of people volunteering to help their favorite charities and organizations every year. Though it may not make sense to some to work without the promise of pay, volunteering can bring a whole host of emotional and community benefits. Essentially, not only are you helping others, you're also helping yourself.

There has been a rapid decline in the number of volunteers nationwide. Some suggest that the decline in volunteering is due in part to the struggling economy; people are focusing on getting and maintaining adequate paid work and don't feel they have time to think about unpaid work. However, volunteering isn't something to put off until you have extra time and money. There are numerous reasons why the returns far outweigh the time you invest, especially during lean times. Following are five reasons you should consider making volunteering a part of your every day life.

**1. Volunteers live longer and are healthier.** Volunteers are happier and healthier than non-volunteers. In fact, during later life, volunteering is even more beneficial for one's health than exercising and eating well. Older people who volunteer remain physically functional longer, have more robust psychological well-being, and live longer. However, older people who volunteer are almost always people who volunteered earlier in life. Health and longevity gains from volunteering come from establishing meaningful volunteer roles before you retire and continuing to volunteer once you arrive in your post-retirement years.

**2. Volunteering establishes strong relationships.** Despite all of the online connections that are available at our fingertips, people are lonelier

now than ever before. Indeed, a 2010 AARP study reported that prevalence of loneliness is at an all time high, with about one in three adults age 45 or older categorized as lonely. Online connections, while useful for maintaining existing relationships, are not very helpful in establishing lasting, new ones. Working alongside people who feel as strongly as you do about supporting a particular cause creates a path to developing strong relationships with others. It isn't just beneficial for making new friendships either. Volunteering alongside other members of your family strengthens family bonds based in "doing" your values. And these benefits have a ripple effect. Children who volunteer with their parents are more likely to become adults who volunteer.

**3. Volunteering is good for your career.** People who volunteer make more money, partially because the relationships people create while volunteering can be leveraged for financial benefit. In 1973, a John's Hopkins Sociologist named Mark Granovetter described the important role of "weak ties." Weak ties are those relationships that are outside of one's close-knit social network. These relationships are important because they provide access to new information and opportunities. People in your close network provide redundant information—they are already participating in the same kinds of activities and know the same people. Volunteering has long been viewed as a way to create new "weak tie" connections that lead to career opportunities. Volunteering in your current career industry—or an area you'd like to transition into—is an especially effective way to leverage social connections for career gain.

**4. Volunteering is good for society.** Many businesses, and almost all mission-driven organizations, are successful only if they maintain a strong volunteer workforce. In fact, places like museums, social service organizations, and faith-based organizations often rely on more



### SAVE THE DATE

**Mother's Day  
Polka Party**

**May 7th**

See page 6 for more details.

## Sunny Hill Administration:

**Administrator** Karen Isberg Sorbero, LNHA  
**Assistant Administrator** Becky Haldorson, 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

**Financial Supervisor** Andrea Dolan  
**Social Services** Tammy Sangmeister, LSW  
**Admissions/Marketing Coordinators**  
 Charlotte Mather Stephanie Cupples

**Dietician** Paula Hall, LD/RD  
**Kitchen Manager** Bonita Dodson  
**Environmental Services Supervisor** Gordy Taylor  
**Activity Director** Danette Krieger  
**Maintenance Supervisor** Rene Munoz  
**Human Resources** Keri Bartlett

## 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 Mardy Mon-Alon, RN  
 Evangeline Ba-ad, RN Imelda Defensor, RN  
 Ferdinand Cantor, RN Jennifer Calma, RN  
 Alicia McLaughlin, RN Denise Richardson, RN  
 Nenita Labay, RN Ruth Eromosele, RN  
 Munawar Gil, 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 **Becky Haldorson, Assistant Administrator**  
 815-774-4375

## ADMINISTRATOR'S CORNER

### Dear Family Members, Sunny Hill Volunteers and Community Friends:

Our Spring weather has been quite confusing, but I know everyone is ready to get outdoors and enjoy the warmer weather. Our patios are opening and the gardening will begin. Enjoy the show Mother Nature provides!

So much has been going on at Sunny Hill! The last phase of renovation is continuing with the Main Dining Room and the Family Dining Room to open very soon. Sixth Avenue is scheduled to be completed by the end of 2016, which will allow Administration to reach our goal to provide private rooms (with shared bathrooms) to as many residents as possible, with the exception of three shared rooms on each avenue. The new aquarium, which is being purchased by The Friends of Sunny Hill, will also be installed. We thank the Will County Executive Larry Walsh, the Will County Board, the Will County Public Building Commission and The Friends of Sunny Hill for their continued support of Sunny Hill.

Sunny Hill successfully completed our annual health and life safety licensure survey from the Illinois Department of Public Health. The recommendations cited have already been instituted by Administration. Thank you to all of our residents, family members and staff for their kind participation with the survey team. The state surveyors were very complimentary to Sunny Hill for the care provided by our staff and the beautiful renovations that have helped create a more comfortable home for our residents.

Two of my favorite weeks of the year are National Volunteer Week (April 10th through April 16th) and National Nursing Home Week, beginning on Mother's Day, May 8th and ending on Saturday, May 14th. Our Mothers Day event will be held on Saturday, May 7th and will feature our annual favorite event, Bruce Korosa and his Polkas on Parade radio The NNHW schedule and the Volunteer Recognition event, which will be held on June 8th, are featured in this issue of The Sunriser. Thank you to all of our Resident Sunshine Volunteers and our Community Volunteers for making a difference everyday at Sunny Hill!

On behalf of myself, Sunny Hill's Administrative Staff, Will County Executive Larry Walsh and the Will County Board, have a wonderful Spring, Mothers and Fathers Day!

**Karen Sorbero**  
 Administrator



## 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.

**John Barden**

Delores Barden and Family  
Lorraine Ryan

**Douglas Lutes**

Maureen McIntyre

**Helen Otis**

Helen M. Cutter  
Carol & Wes Haas  
Arlene & Wes Jones

**Dorothy Richards**

Diana Bruesewitz  
Maureen McIntyre  
Karen Sorbero

**Riley Stover**

Mrs. Riley Stover & Family  
Michael & Jerilyn Franciskovich

**Thank You!**

**"A Home is Made With Love"**

**Campaign Donors**

**In Honor of:**

Marilyn McManimen—Doris Sangmeister

**In Memory of:**

Olga Barrett—Nancy Regganie  
Ruth Fastlake—Nancy Dye  
Margaret Gimbel—William J. Gimbel  
LaVelle McCann High—Donna J. Hall  
Leah Kincaid—John Kincaid  
James and Corinne Lavelly—Rosamond Lavelly Flynn  
Ruth Moseley—Ben Liepe  
James Schlegel—Jill M. Dohm

**OTHER IMPORTANT DONORS:**

Roger and Janice Bentley  
John & Eleanor Boza  
Tony and Dawn Butera  
KSKJ  
Anna & Joseph Sues  
Visitation & Aid Society of Joliet

## Special Reminders

Spring is prime time for thunderstorms and tornadoes. Please be aware that Sunny Hill has a policy and procedure on how to prepare for these storms and potential damage to our property. Our #1 concern is for the safety of our residents. We utilize a special weather radio and receive weather alerts from the Will County EMA. Please listen for special instructions over our intercom system in the event of a storm.

For everyone's safety, it is VERY important that all residents and visitors follow the direction of staff during fire drills. When an alarm sounds, it is not immediately known if it is a false alarm or a real fire. Please be patient with us so that we can provide safety to all.

The Illinois Department of Public Health does **NOT** allow us to have any **extension cords, spray cleansers or deodorizers** in the building. Extension cords are a fire hazard and any type of spray will set off our entire fire alarm system including the sprinkler system.

Family members are welcome to have a meal with their loved one here at Sunny Hill. Meals can be purchased by family members and visitors for \$5.00 at the Reception desk.

## 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 January 2016



**Nursing**

Marijess Gonzales  
Rubby Johnson  
Jennifer Holman  
Margarita Laplana  
Rebecca Hurley  
Ricky McNeil  
Stacy Bargas  
Jennifer Cole  
Maria Delost  
Maritess Dobbs  
Mattie Jordan  
Erika Martin  
Bertha McGaughy  
Sharice Westbrook  
Terry Bednarz  
Nancy Lang  
Brenda Climer  
Festina O'Guike  
Lenora Gashi  
Lynette Samuel  
Connie Knight  
Ann Crowley  
Minda Williamson

**Environmental Services**

Kathleen Dreesen  
Theresa Verdone

**Food and Beverage Services**

Charles Peters  
Tameka Thomas  
Sierra Moore

**Social Services**

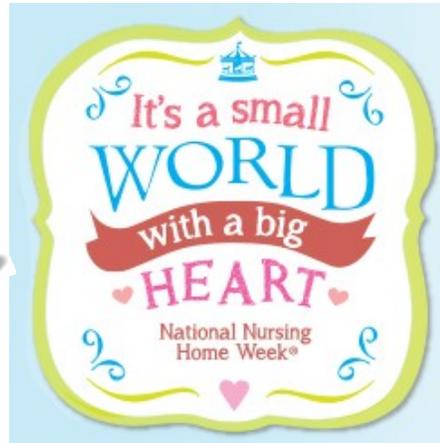
Kristine Smith

**Maintenance**

Steve Brann

# NATIONAL NURSING HOME WEEK

Sunny Hill Nursing Home of Will County



**FUN FAIR**  
games, FREE  
prizes and  
Excitement!

*Celebrity  
Ice Cream Scoopers  
in the Sweet Shoppe  
at Sunny Hill all week long.  
Try some new flavors!*



## National Nursing Home Week May 7-14, 2016

*Sunny Hill Dating Game-**LOVE** matches made in **Heaven!***

### **MINUTE TO WIN IT-**

*Staff and Resident Challenges*

### **Three Legends**

Celebrity Impersonator Michael Jackson,  
James Brown and Jackie Wilson.



Bruce Korosa **Polkas on Tour LIVE** radio  
broadcast on WJOL and Mother's Day Dessert Social.



**HELP** support some worthwhile causes!  
**Colors for a Cause**-show and grow your  
support for these worthwhile organiza-  
tions Alzheimer's Association, American  
Cancer Association, Multiple Sclerosis  
and Heart Disease. All Sunny Hill family  
members, staff and residents invited to  
join in the fast paced **FUN,**



**FELLOWSHIP** and sharing  
**ALL FREE.**  
**Watch for upcoming flyers!**

**SPECIAL EVENT**



*Join us for our annual  
Mother's Day Polka Party*

**Bruce Korosa Polka's  
on Tour & Radio Show**

*Bruce Korosa has been in the entertainment field for the past 50 years providing great music for all of his listening audience throughout the Midwest and entire country. You can find Bruce and his orchestra performing at church dances, retirement centers, nursing and rehabilitation centers, senior citizen centers, festivals and monthly dances in the area.*

**Saturday, May 7th at  
1:30pm  
In the Dining Room**



**How does your  
garden grow?**

*We have a "growing" partnership with the University of Saint Francis and KSKJ who have been assisting us with our raised planter gardens and potting flowers in the garden pot for the past three years.*

*This year's planting days will be May 14 and May 21.*

*Keep your eyes to the courtyards and come on out on those days to assist with our gardening.*



If you want to keep up with what is happening at Sunny Hill, make sure you visit our **facebook** page. We post reminders of special events as well as pictures and videos from our resident and staff activities. This is the best way to get information on what is happening at Sunny Hill.

Search for Sunny Hill Nursing Home of Will County and "like" us today!

**A Special Thank You!**

- Will County Farm Bureau
- Darrell & Suzanne Holmquist
- LaVillita Party & Flowers
- Peace Lutheran Church Women's Club
- Mary Ann Bowden
- Beth Hobby
- Nick Kozak
- Brigitte Lynn Meany
- Delta Kappa Gamma society of Teacher, Joliet
- Santa's Helpers/Lockport
- KSKJ members Jodi and Gregg Wartenberg

*SPECIAL EVENT*

*SAVE THE DATE!*

*Wednesday, June 8th  
Volunteer Recognition  
Ceremony*



Sunny Hill Nursing Home of Will County joins communities across the nation in celebrating National Volunteer Week. The highlight of volunteer week will be an outdoor recognition ceremony on June 8, 2016 from 5:00-7:00pm in the Sunny Hill Courtyard. This year's theme is Volunteers Giving Time and Touching Hearts. This will be an Al Fresco event with a magician and roving entertainers with volunteers and their family members invited.

During this event we will show appreciation for all our volunteers who touch the lives of our residents with their gifts of their time, talents and spreading cheer to our residents. Sunny Hill has such a dedicated group of volunteers. They spend valuable time visiting, running the Sweets and Treats Shoppe, telling stories and reading to our residents, gardening and keeping up the grounds, assisting with the Friends of Sunny Hill board, playing card games and Bridge Club and assisting with special events and celebrations throughout the year.

To learn more about becoming a Sunny Hill volunteer contact Danette Krieger at [dkrieger@willcountyvillinois.com](mailto:dkrieger@willcountyvillinois.com).

*"Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give".*

volunteers than paid workers to meet their goals and fulfill their mission. These businesses are committed to doing good things for society. They pick up the pieces where government programs leave off, and by volunteering for these organizations, you participate in helping our society meet the needs of people from all walks of life.

**5. Volunteering gives you a sense of purpose.**

Although it is not well-understood why volunteering provides such a profound health benefit, a key factor is assumed to be that volunteering serves to express and facilitate opportunities to carry out one's sense of purpose. The very nature of volunteering means choosing to work without being paid for it. As a result, people choose to spend their time

on issues they feel strongly about. If you are greatly concerned about the treatment and well-being of animals, for example, volunteering at an animal shelter will help you address a social problem that is meaningful to you.

If you aren't currently volunteering, and three in four of us aren't, there are plenty of opportunities available to you especially here at Sunny Hill.

National Volunteer Week is celebrated April 10-16. This is a great opportunity to get involved in helping others.

For opportunities at Sunny Hill, please contact Danette Krieger, Activity Director and Volunteer Coordinator at 815-727-8711.

When you volunteer in a nursing home you're almost guaranteed to make a few new friends. They may not be your usual crowd, but at one time -- believe it or not -- they were your age, and they can probably teach you a thing or two about life.

## OUT PATIENT THERAPY SERVICES

### ***Sunny Hill Outpatient Therapy Services is now open!***

Outpatient therapy hours vary so call our Therapy Manager to find out our current schedule. Conveniently located just a half a block off of Richards Street on Doris Avenue, on the beautiful grounds of Sunny Hill Nursing Home of Will County.

Our Outpatient Therapy Department has its own entrance behind the nursing home's visitor parking lot. This entrance has designated parking for outpatient clients only. Follow the signs from Doris Avenue.

***Call our Outpatient Therapy Manager at 815-727-8710 Ext. 8776 to schedule an appointment for your evaluation. You may also contact us with your questions at [shtherapy@willcountylvillinois.com](mailto:shtherapy@willcountylvillinois.com).***



Rehabilitation Services are designed to help elderly patients with strength and mobility issues, regain stamina, strength and physical independence. Whether for a senior who has been injured in an accident or fall, has undergone a procedure such as a hip replacement or has experienced a stroke, Sunny Hill Outpatient Therapy's geriatric rehabilitation specialists are experienced in helping elderly patients regain physical independence.

The rehabilitation specialists and physical therapists at Sunny Hill are also experts in helping patients improve from general loss of physical strength. In addition to physical therapists and a physician rehabilitation team, occupational and speech therapists are also available to provide treatment for seniors at Sunny Hill.

## SUNNY HILL'S WISH LIST!

### ***Jewelry making supplies (elastic cord and assorted beads)***

*Special Occasion Cards: Get Well, Sympathy, Graduation, Seasonal Holiday*  
*CD players*

*CD's and DVD (current movies and Oldies)*

*LARGE PRINT Books: Mystery and Romance*

*LARGE PRINT Word Search Books*

*Sunglasses (Men and Women)*

*DVD/VCR Combo Players*

*Walker and Wheelchair Bags*

*Wal-Mart Gift Cards (resident shopping trips)*

## THINGS YOU SHOULD KNOW

**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.

**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. 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.

**WEEKEND SUPERVISOR AVAILABLE** - There is an additional supervisor on weekend duty. Department Heads such as our Administrator, Director and Assistant Director of Nursing, and Social Service Director are available on assigned weekends to help with any needed tours, concerns, meals, etc.



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



*Watch Channel 25 for the day's special events and announcements.*

*You can also go to [www.willcountylvillinois.com/sunnyhill](http://www.willcountylvillinois.com/sunnyhill) to see what is playing on channel 25!*

421 Doris Avenue  
Joliet, IL 60433

Phone: 815-727-8710

Fax: 815-774-4379

Email: [sunnyhill@willcountyillinois.com](mailto:sunnyhill@willcountyillinois.com)

[www.willcountyillinois.com/sunnyhill](http://www.willcountyillinois.com/sunnyhill)

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## *CALENDAR OF UPCOMING EVENTS*

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

### **April Highlights:**

April 7 Baseball Celebration Happy Hour 2:30pm  
April 9 Chicago White Sox Home Opener 3:05pm  
April 11 Chicago Cubs Home Opening Day 7:05pm  
April 11 Grand Canyon Presentation 9:30am  
April 13 Thomas Jefferson Movie 2:00pm  
April 14 Happy Hour with Karen Isberg Sorbero, 2:00pm  
April 15 Red Hat Club Box Social  
April 19 Chair Yoga with Megan 6:00pm  
April 21 Happy Hour Celebration of Greece with Nicko

### **May Highlights:**

May 9 John Boda Entertains  
May 7 Kick off of National Nursing Home Week-It's A small world with a BIG heart is our Theme. Polkas on Tour with Bruce Korosa and his LIVE radio broadcast. Mothers Day Desert Social 1:30-3:30pm  
May 12 Three Legends Celebrity Impersonator 10-11am  
May 14 KSKJ Planting Day in Courtyard and Jim Chuporak Entertains 9:00am  
May 18 Pride of Prairie Quilting Program, Red Hat Club 2pm  
May 20 John Mullenfeld entertains  
May 21 University of Saint Francis Alumni planting day in the courtyard 9:30am

May 22 Good Ole' Fashioned Rock and Roll with Joe 1:30pm  
May 26 Country Fun Fest with Dallas  
May 28 Cloggin Craze' 10am

### **June Highlights:**

June 2 Bob Kalal Entertains  
June 3 Gilbert on the Piano  
June 6 Farewell Party for Father Lescher after Mass  
June 8 Volunteer Recognition Ceremony  
June 9 Outdoor Concert Series with  
Dallas and a Country Jamboree, TCBY yogurt for all  
June 10<sup>th</sup> 1<sup>st</sup> Avenue picnic  
June 13 John Boda Entertains  
June 14 YMCA Summer Campers  
Second Wind Ministries Entertain 5pm  
June 18 Father's Day Breakfast  
June 21 Vern and Vern three generations play guitar together  
June 24 2<sup>nd</sup> Avenue picnic  
June 25 Old Time Hymns of the Church 2pm  
June 27 Larry Levin Entertains

