

THE SUNRISER

2016....it's a NEW Year!

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Did you know that we offer Outpatient Therapy Services?



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@willcountyvillinois.com.

As the holidays draw to a close every year, most people begin to contemplate, "What's my New Year's resolution going to be this year?" While you inevitably grow and make changes all throughout the year, there's something refreshing and definitive about resolving to make changes at the beginning of a brand-new year. Many people even have a standing New Year's resolution that they commit to anew every January, only to lose momentum somewhere along the way. Diminished resolve and motivation are common for everyone. Let's take a look at the top New Year's resolutions people make every year, as well as some tips for making this the year you actually follow through.

Get in shape. This is likely the most common New Year's resolution people make. The passing of another year is a reminder that no one is getting any younger. In fact, most people are accelerating their own decline into premature old age, owing to poor diet and lack of physical activity. This New Year's resolution sees the highest rates of failure. The reason for that? Perfectionism and unrealistic expectations.

Make a difference. Making a conscious choice to give of oneself for the benefit of others is a vastly satisfying and potentially life-changing New Year's resolution. Volunteering is one of the most effective ways to feel useful and connected to others. The key to sticking with a volunteer gig is finding something that fills you up spiritually and emotionally. What do you love to do? What are you good at?

Go somewhere. Travel is high on many people's New Year's to-do lists. Some want to set aside more time for recreation and relaxation with family and friends. Others want to see more of the world and the myriad experiences

that traveling offers. Where do you want to go? **Quit smoking.** Lots of folks decide to quit smoking at the first of the year, often beginning with boatloads of momentum and optimism. The key to quitting is preparation and practice. Prepare and educate yourself for quitting. Don't feel pressured to quit on the first of January unless you've developed a realistic quit plan ahead of time.

Focus on important relationships. 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? You can't go wrong making a commitment like this. Like resolving to volunteer or to get healthy, making a decision to focus on the important people in your life is a resolution to be more authentic and involved in your life. After all, this is the only life you have, and the loved ones around you are the greatest gifts of the journey.

It's never too early in the year (or too late, for that matter) to contemplate, plan and initiate positive change. And while an official New Year's resolution brings with it a clear opportunity to look at your life from a broader perspective, the reality is that these opportunities are available at all times. So what are you waiting for? What new life-changing journey will you begin in 2016?



Sunny Hill Resident, Carmen has a great idea for a New Year's resolution!

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:
 Tami Hutchison, RN Joanne Crowder, RN
 Lori Chancey, RN Sheila Altis, 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 Samantha Liebermann, RN



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 Becky Haldorson, Assistant Administrator
 815-774-4375

ADMINISTRATOR'S CORNER

Dear Family Members, Volunteers and Community Friends:



The holiday season is now a memory – but what a wonderful memory, thanks to all of our family members, facility staff, volunteers and community friends! Our residents had a December calendar filled to the brim with parties, music, special programming and gifts. That could have never happened without your support, love and kindness!

Sunny Hill is gearing up for a busy winter season. We are currently awaiting our annual licensure and life safety survey that is conducted by the Illinois Department of Public Health. This unannounced survey will last approximately five days and will provide Sunny Hill with a “report card” on the quality of care and life that we provide to our residents.

A very special thank you to **The Friends of Sunny Hill** and all of our donors who have participated in our holiday fund and friend raising campaign. All proceeds will be dedicated to our ongoing projects to provide all of our residents with special things (including all of our paid musical entertainers) that are not included in our daily operating budget provided by the County of Will. The Board of Directors is working on a 5-year strategy plan to determine the areas of future investments (including the purchase of a new bus in the next few years).

We have entered the last phase of the renovation with the Main Dining Room and private dining room opening in the next few months. The final resident avenue, 6th Avenue is on course to open by the end of this year. The phase will end with flooring replacement on 1st, 2nd and 3rd Avenues. We are eternally grateful to the Will County Board, Will County Executive Larry Walsh and the Will County Public Building Commission for their continued hard work and support in making Sunny Hill a beautiful place for our residents to call their home.

Please remember that my door is always open! The Staff of Sunny Hill is honored to be a part of your family's lives and we look forward to continuing our partnership with each and every one of you to make 2016 the best year ever!

On behalf of myself, Sunny Hill's Administrative and Caregiving Staff,
 Will County Executive Larry Walsh and the Will County Board –
HAPPY NEW YEAR!

Sincerely,
Karen Isberg 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.

Emery Gurnic

John and Charlene McDade
Ronald and Marilyn Johnson
Richard and Dorothy Milling

Albina Mengo

William D. Mengo
Denise and Tom Turgliatto and Family
Sandra Cowgill
Jeanne Offerman
Daniel and Janice Staniszewski

Pauline Hamilton

Elaine Stonich and Family
Jeanne L. Durrer
Patricia A. Hagarbome
Maureen McIntyre
Thomas and Joyce Moore
Elaine Smith
Robin Wicevic
Edward and Terri Wrobel

Thomas Staley

C.A. Fox and C.M. Craig
Sandra Werner

Mary Vicich

Natalie Radakovich

Generous Donors

Evelyn Bertolotti
Terri Gallagher-Wood
Gladson Design Group
Homer Tree Service
Lockport Township Park District
Visitation & Aid Society - Joliet



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 November 2015



Activities

Roger Bentley
Betty Iwen
Vickey Smith
Susan Ruettiger
Kathleen Schubert
Diana Bruesewitz

Nursing

Tess Dobbs
Christina Galvin
Jennifer Holman
Alice Metcalf
Cassandra Robinson
Tami Hutchison
Minda Williamson
Munawar Gill
Rubby Johnson
Angela Shaw
Margarita Laplana
Nancy Lang
Narkita Thompson
Marijess Gonzales
Rebecca Hurley
Ricky McNeil

Environmental Services

Christina Guzman
Bridget Johnson
Germa Marquette
Lorenzo Wilson

Social Services

Kristine Smith

SPECIAL CAMPAIGN DONORS

Following is a list of donors that contributed to our annual Holiday Fund and Friend Raising Campaign. We are overwhelmed with your generosity and the residents of Sunny Hill truly appreciate your gifts.

The Friends of Sunny Hill Holiday 2015 Campaign

*Maria and Jesse Barnstable
John and Veronica Blake
James and Janice Columbus
Jeri and Mike Franciskovich
Lucia Gallup
Dean and Becky Haldorson
Ida L. Lomas-Jordan and Family
Duane and Dee Krieger
C.C. Nessinger
Larry Patrick
Greg and Barbara Poole
Anita and Philip Sikora
Thomas and Karen Sorbero
Raymond Stoiber
James M. Tierney
Arabelle Vantrece
Jodi Wartenberg and Gregg Vershay*

In Honor of:

*Rose Ambrosini – Jim and Lori Anderson
Rose Giglietti Pettinato Auten – Virginia Giglietti
Hilda Bellik – Barbara Gannon
Josephine DiNolfo – Mr. and Mrs. Joe Sues
Lottie Dodge – Bobette Dodge
Sylvia Halvorsen – Gregory and Sandy Kipphut
Frank Kluk – Joyce M. Kluk
Erwin Krueger – Erwin Krueger
Mary Martin – Beverly Nolan
Antoinette Meyer – Terry Stewart
Raymond Mirelez – Sylvia Esquivel Connie Nuzzo – Sal Nuzzo
Dorothy Pote – Christine Johnson
Charles Ross – Charles Ross
Riley Stover – Kathy Horkey
Alice Truchan – Alan and Jean Kazminski
Staff of Sunny Hill – Mark and Celeste Turk
Sunny Hill – James & Valerie Rogers*



Our courtyards are a perfect example of what our residents enjoy because of your donations!



SPECIAL DONORS CON'T

In Memory of:

Marlene Ancel – Karen Briscoe
Marjorie Anderson – Jim and Lori Anderson
Veronica Bayci – Natalie Bayci
Theresa A. Becker – Ray and Kathy Becker
Helen Brandolino – Sandro Brandolino
Lorraine Brozman – David and Deborah Brozman
Raymond and Viola Budzinski – Kathy Henriksen
Rose Darguzis – Lynn Behringer
Catherine DeLong and Robert Tomlinson – Richard and Mildred DeLong
Evelyn Diedrich – Dorothy Richards
Robert and Ruth Gimpel – Phil and Mary Krall
Don and Phyllis Imfeld – Charles Imfeld
Gordon Johnson – Kathleen Johnson
Viola Jones – Patricia Priniski
Steven Kalinowski – Carol Kalinowski
Leah Kincaid – Dave and Terri Kincaid
George Kipphut- Gregory and Sandy Kipphut
Luella Laxton – Sue McCrary
Narcy Lisowski – Mark Lisowski
William Lockhart and Robert Bentley – Claudia Green
Mary Lukasevich and Michael Affrunti – Rose Lukasevich
Joseph Manno – Angeline and Richard Burke
Frank Markiel – Pam Tessler
Lillie Minarich – Wayne Gustafson
Bernice Motta – Michael and Lorraine Ryan
Betty Omotta – Patsy Dolnak
Betty Omotta – Dan and Marilyn Campus
Anne Orlovich – Robert Orlovich
June Passolano and Ed Bertanoli – Martin Passolano
Joy E. Pelton – Tammy L. Moseley
Dorothy Pinc – Michael and Laura Kingsbury
Electra Pomykala – Timothy J. Pomykala
Helen Radakovich – Natalie Radakovich
Rita Rago – Adele Vaira
Dorothy Ramos – Sue Grant
Carl and Jenny Saccone – Tony and Kathy Saccone
Lena Sallese and Mary Tait – Anthony and JoAnn Sallese
Carol Marie Smith – Virginia Giglietti
Ed Sosnoski – Paul and Paula Boley
Myrtle Steib – Gordon Steib
Edna Svendsen – Judy Macha
Marion Terlep – Frank and Pat Desiderio
Barbara Trolia – Katherine and James Trolia
Duane Wakeman – Eunice Wakeman
Ed and Edith Wiedman – Katheryn Wiedman
Janet Wonnell – Carol Troha
Joan Yandra – Joseph Yandura
Alex Zebrun – Cheryl Murphy



The Sunny Hill bus was purchased from funds donated from donors, and we use it all the time! Our residents so enjoy going on trips to WalMart, area restaurants, sporting events, or even just going for a ride to get out of the house for a while. Having this bus makes it possible for our residents to continue to enjoy their communities.

SPECIAL HOLIDAY DONORS

The following groups and individuals make donations either of their time or of items that can be used to enhance our activity programs. Your generosity is appreciated, especially during the holiday season. Thank you for making the holidays extra special for all of us!

- | | |
|---------------------------------|--|
| Janet Park | Sue Brody |
| Kathy Meisinger | Diane Houston and Dragan Pauljev |
| Jim Chopurak | American Legion Post 1080 and Ladies Auxiliary |
| Paulette Moody | University of Saint Francis Alumni-Caryn Jakielski |
| Beth Hobby | Salvation Army Captain Dan and Youth Group |
| Richard and Rosalie Ward | River Valley Detention Facility |
| Claudia Green | Lockport VFW-Jack Piccolo |
| Lucia Gallup | Stepping Stones |
| Terry Gallagher | Home Instead Senior Care-Courtney Pucel |
| Cindy Bennecke | Joseph Fischer School Organization of SOWIC |
| Saindon Family | Santa's Helpers-Edna Beal |
| Jerry and Kay Whitley | American Legion Auxiliary Unit 18, Lockport |
| Rose Mammosser | Brown Chapel and Brown Chapel Women's League |
| Tony Talley | Mt. Moriah M. B. Church |
| Ray Becker | Cornerstone Church of Lincoln Way |
| Ida Baaske Family/Annette Prisk | Word of Life Church |
| Carolyn White | Trinity Lutheran Church |
| Tom Willabay | Manhattan United Methodist Church |
| Judy Sabotino | Faith Bible Church |
| Our Lady of Mt Carmel | St. Jude's Church New Lenox |
| Southfield Christian Church | Saint Joseph's Church Joliet |
| Saint Paul's Church | Saint Mary's Mokena |
| Florence Gualdoni Family | Saint Ann Church CCW-Channahon |
| Vandora Davis | Peace Lutheran Church New Lenox |
| Timarie Maske | Resurrection Lutheran Church-Channahon |
| Suzanne Holmquist | Saint Sava Serbian Orthodox Church |
| Linda Klier-Fish | Ridgewood Church |
| Mary Ann Bowden | Saint David-Manhattan |
| Delle West | Peace Lutheran Church Quilters, Morris |
| Marge Bessler | Natalie Radakovich |
| Darrell Holmquist | Bruce and Muriel Cozzi |
| Lynn Wartenburg | Sheila Traylor-Zeta Phi Beta Sorority Eta Chi Zeta Chapter |
| Karen Smith | The Herman Family Spirit of Giving 2015 |
| Pastor Schlote | Candy Thuringer-Crest Hill Civic Center |
| Danette Krieger | Sally Johnson-Crest Hill Civic Center |
| Doug Krieger | Brigitte Lynn -Meany |
| | Bruce & Muriel Cozzi |

SAVE THE DATE

Mardi Gras!



*Tuesday,
February 9th*

with Mo Beat Blues



THIS & THAT

Annual Valentine's Day Balloon Sale



Thursday, February 11th
7am-3pm
Pre-order your balloons at
815-727-8711
Or 815-727-7810

SUNNY HILL'S WISH LIST!

APRONS

WOMENS SOCKS: WHITE AND PASTEL

Special Occasion Cards: Get Well, Sympathy, Graduation, Holiday (Easter & Mother's Day)
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

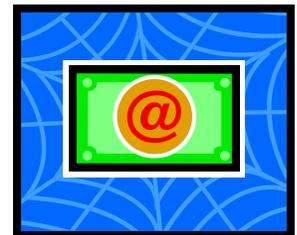
COMPLIMENT/CONCERN FORMS—Reporting forms are located in our information rack in our front lobby and from any department head or unit nurse. Please feel free to fill out these forms or ask for assistance. We are committed to making the stay of each of our residents as comfortable and wonderful as possible.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



If you want to keep up with what is happening at Sunny Hill, see photos from our latest event? Make sure you visit our **facebook** page. Search for Sunny Hill Nursing Home of Will County and "like" us today!



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 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

www.willcountyillinois.com/sunnyhill

CALENDAR OF UPCOMING EVENTS

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

January 2016

New Year Traditions from Around the World

Jan. 6 Accordion Music with Ray Becker

Jan. 7 New Year Traditions from Around the World

Jan. 8 Elvis Presley Movie

Jan. 11 Music by John Boda

Jan. 12 Lunch outing to Merichka's Restaurant and Auction

Wal Mart Trips every Wednesday

Jan. 14 Martin Luther King Program

Jan. 15 Red Hat Club

Jan. 19 McDonalds Dine In

Jan. 21 Bird Tales

Jan. 22 Winter Games

Jan. 26 Tribute to Frank Sinatra and his 100th birthday

Jan. 28 Resident and Food Councils

February 2016

Exercise should be regarded as a tribute to the HEART.

Celebrating Black History Month and President's Day

Women's Heart Week February 1-7, 2016

Pride in Food Service Workers Week February 1-7, 2016

Feb. 5 Gilbert Plays

Feb. 8 John Boda Entertains

Feb. 9 Mardi Gras Celebration with Mo Beat Blues

Feb. 11 Valentine's Balloon Sale (balloons can be purchased from receptionist or in the Sweet Shoppe)

Feb. 13 Valentine's Day songs and crafts with Awana Club

Feb. 14 Valentine's Day Dance with Sandi Haynes and Del Bergeson

Tuesday lunch outings

Feb. 25 Resident and Food Council

March 2016

Spring Fling Month

Breakfast with the Easter Bunny

Women's History Month

Social Worker Month

Employee Appreciation Day March 11

National Doctor's Day March 30

March 2 Nobody Does it Better-James Bond Movie Themes Performance Lincoln Way North

March 6 Daughter's of the American Revolution host ice cream social and provide history presentation

March 4 Gilbert plays

March 14 John Boda Performs

March 16 The New Lenox Dulcimers Saint Patrick's Program

March 17 Saint Patrick's Day Party with Irish Dancers

March 24 Chris Colletti Performs

