

THE SUNRISER

MAXIMUM COMFORT, MAXIMUM EFFICIENCY

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You are invited to attend!

Please join us on Wednesday, November 9th at 2pm for a presentation from Kathy Pecora, Energy and Conservation Specialist and Samantha Bluemer, Intern from the Will County Land Use Department.

She will be speaking about the changes made at Sunny Hill in the last few years and how you can be involved in the energy saving efforts.

Over the years, we have witnessed the transformation of our Sunny Hill Nursing Home. All the renovations and improvements have incorporated the long term goals of our staff and elected offices, who are dedicated to improving this facility that is home to so many by prioritizing the comfort of our residents and meeting these goals through energy efficient renovations.

Why Energy Efficiency? Because energy is one of the greatest operating costs for facilities next to labor, Sunny Hill Nursing Home has chosen to be proactive in expanding the longevity and efficiency of its equipment that reduces energy demands, contributing to a cleaner environment for residents and more cost-effective operations for Will County. Most currently, Avenue 6 is being improved to include private rooms finished with LED lighting. LED lighting means cost and energy savings both by reducing how frequently light bulbs are replaced because LED lights have a longer life than traditional lighting, such as incandescent bulbs, and by reducing the amount of electricity required to power these lights. Beyond cost and energy savings, LED lights are easy on the eyes and do not create the humming noise common to fluorescent tubes.

Replacing the old air handler with a high energy efficient model equipped with a variable speed drive means that while the air handler works to pull hot air out of the building, the variable speed drive aids the air handler in bringing only the needed amount of cooled air into the building. Because air handlers become less efficient when they work past a certain capacity, a variable speed drive allows the air handler to maximize its most efficient operating percentage, therefore extending the useful life of the equipment and reducing electricity demand.

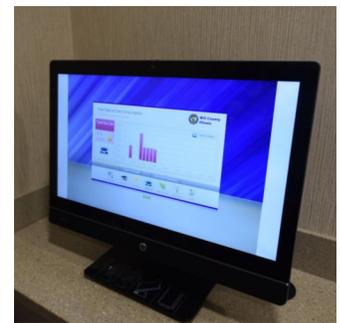
Sunny Hill Nursing Home's reflective roof was expanded to cover Avenue 6. A reflective roof reflects more sunlight and decreases the amount of heat the building absorbs. Typical tar and gravel roofs can create a greater demand for air conditioning in sum-

mer months especially during peak electrical demand hours. Reflective roof coatings also protect the lifespan of the roof itself by making the roof more resilient to deterioration caused by the hot summer sun. The expanded reflective roof in combination with added roof insulation guarantees more comfortable indoor temperatures for our residents all year long.

Did you know that Sunny Hill Nursing Home is about 131,000 square feet? Cooling during summer months is the highest and most expensive use of electricity at Sunny Hill. This fact combined with an inefficiently operating piece of equipment means even greater electrical usage and cost. So when it was time to replace the existing chiller, a high efficiency chiller that uses less electricity than its predecessor was chosen so that Sunny Hill Nursing Home could be comfortable on a hot summer afternoon while using less electricity.

HOW IS ALL THIS EQUIPMENT KEPT RUNNING SMOOTHLY AND EFFICIENTLY? It

required a wonderful staff, knowledgeable in building operations AND machines! Yes, machines. These equipment changes are managed using a new direct digital control (DDC) system.



Lucid Building OS

A DDC allows increased control of the building's temperature by making simpler and more seamless the adjustment of indoor climate. DDC systems allow building maintenance managers to read factors such as humidity and temperature that contribute to building comfort from moment to moment. Based on these readings, DDC systems can be set to automatically adjust for comfort levels, meaning the heating, ventilation, and air conditioning are operating more efficiently. Next time you think, "It is really comfortable in here," remember, the DDC is working to keep the temperature comfortable, equipment is running smoothly, and cost of electricity and gas are *Con't on page 4*

ADMINISTRATOR'S CORNER

Sunny Hill Administration:

<i>Administrator</i>	<i>Karen Isberg Sorbero, LNHA</i>
<i>Assistant Administrator</i>	<i>Becky Haldorson, LNHA</i>
<i>Director of Nursing</i>	<i>Debbie Stanko, RN</i>
<i>Assistant Director of Nursing</i>	<i>Maureen McIntyre, RN</i>
<i>Assistant Director of Nursing</i>	<i>Kathie Miner, RN</i>
<i>Assistant Director of Nursing</i>	<i>Edita Evans, RN</i>

<i>Financial Supervisor</i>	<i>Tim Costigan</i>
<i>Social Services</i>	<i>Tammy Sangmeister, LSW</i>
<i>Admissions/Marketing Coordinators</i>	<i>Charlotte Mather</i>

<i>Dietician</i>	<i>Paula Hall, LD/RD</i>
<i>Food & Beverage Services Manager</i>	<i>Bonita Dodson</i>
<i>Environmental Services Supervisor</i>	<i>Ray Vicha</i>
<i>Activity Director</i>	<i>Danette Krieger</i>
<i>Maintenance Supervisor</i>	<i>Bill McFarland</i>
<i>Human Resources</i>	<i>Keri Bartlett</i>

Nursing Department

<i>MDS Coordinator</i>	<i>Marbe Flores, RN</i>
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<i>MDS Nurses:</i>	
<i>Joanne Crowder, RN</i>	<i>Lori Chancey, RN</i>

Nursing Supervisors:

<i>Skin Care</i>	<i>Grace Bambule, RN</i>
	<i>Vivian Bibber, RN</i>

House Nursing Supervisors:

<i>Marizza St.Onge, RN</i>	<i>Mardy Mon-Alon, RN</i>
<i>Evangeline Ba-ad, RN</i>	<i>Imelda Defensor, RN</i>
<i>Ferdinand Cantor, RN</i>	<i>Jennifer Calma, RN</i>
<i>Alicia McLaughlin, RN</i>	<i>Munawar Gill, RN</i>
<i>Ruth Eromosele, RN</i>	

Dear Family Members, Volunteers and Community Friends:

Summer may be ending, but Sunny Hill residents and staff are still out on the patios enjoying the beautiful seasonal changes. So much work has been done to keep the flowers and grounds in shape – thank you to the Friends of Sunny Hill and our other community volunteers (especially KSKJ and the University of St. Francis Alumni). The patios will be readied for winter with many of the ornamental grasses in the Sunshine Patio thinned out and relocated.

Renovation continues to be center stage at Sunny Hill with the final resident avenue, 6th Avenue, being ready for resident occupation in early 2017. When the unit first opens, the residents of 1st Avenue will move to 6th Avenue while flooring repairs and replacement are completed. After that is completed, the moving of residents into private rooms will begin. We have recently been featured in a national healthcare magazine, McKnights, and the Joliet Herald News regarding our move to provide our residents as much privacy as possible. As always, we are thankful for the partnership of the Will County Executive Larry Walsh, the Will County Board and the Will County Public Building Commission for all of the support during the past 13 years of renovation efforts.

Holiday events are finalized and we look forward to another calendar full of seasonal entertainment and decorating, with visits from Santa himself. The Friends of Sunny Hill are so happy to bring back the Holiday Craft & Gift Bazaar which will be held on Friday, November 4th and also, please mark your calendars to join us at our annual holiday event, “Home for the Holidays” to be held on Saturday, December 10th.

Thank you for all of the get well wishes and prayers as I recovered this past summer from surgery. I am thrilled to be back at Sunny Hill and with our residents and staff. Please let me know if you have any concerns or suggestions that you would like to have addressed - my door is always open! Enjoy the beautiful Autumn season!



Sincerely,
Karen Isberg Sorbero
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 Becky Haldorson, 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.

Robert Arling

Joel R. Martinez
David & Peggy Stoiber

Estelle Bulik

Christine D. Marszalek

Jean DeFries

Jack DeFries & Gayle Carroll
Diane K. Couperus
Casimir & Diane Orłowski

Vira Ibarra

Jose Coronada
George & Julie Hernandez
Juan & Antonia Salazar



OTHER IMPORTANT DONORS:

Estate of Barbara Bush
Church Women United of Joliet
Natalie Bayci
Fran Brandolino
Michael Budzinski
Sharon Cullen
Tom & Andrea Dolan
Ellen Gerard
John & Rhonda Gierich
Sue Ingram
Danette Krieger
Barbara Lewandowski &
Barry Westphal
Geri McGinn
Maureen McIntyre
Kathie Miner
Arlene Packley
James & Valerie Rogers
Roy and Tammy Sangmeister
Debbie Stanko
David & Peggy Stoiber
Donald & Charlene Tomich
Ray & Linda Vicha
Mark & Antoinette Wilson
Casey Wysocki

Thank You!

SUNNY HILL'S WISH LIST!

Walker/Wheelchair Bags – pattern available
Music CDs – all variety of music
Movie DVDs- current movies or travelogues
Volunteers to do: craft classes, individual visits, Sweet Shoppe on Mondays
Women's purses, Wal-Mart Gift Cards
Women's Make-Up, Men's Baseball Hats
Knick-Knacks – for prizes or room decorating
Fashion Scarves, Manicure Supplies
Large Piece (Child size) jigsaw puzzles
Party Decorations – all seasons & holidays, Beach Balls/Punch Balls
Large Print Novels – mystery or romance, Large Print Word Search Puzzle Books
Large Button TV remotes, E-readers – Nook or Kindle, iPods
Sweet Shoppe Volunteers



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 August 1, 2016

Activities

Danette Krieger
Kathleen Schubert

Environmental Services

Renee Gant
Deborah Alexander
Kristina Velasquez
Ray Vicha

Finance

Sheri King

Maintenance

Tim Maslan

Nursing

Stacy Bargas
Graciela Duarte
Christina Guzman
Rebecca Hurley
Jasmine Johnson
Bertha McGaughey
Shannon Ortiz
Amber Smith

Benita Smith (2 certificates)

Shatonga Starks
Marijess Gonzales
Shawanda Morrow

Jennifer Holman (2 certificates)

Kristi Rover (2 certificates)

Jacqueline Houston
Munsurah McCoy

Laura Mentzer
Mary Adelabu

Stacy Bargas
Graciela Duarte

Pheyla Fleming
Demetria Grubbs

Jacqueline Houston
Alicia McLaughlin

Cindy Plese

MAXIMUM COMFORT, MAXIMUM EFFECIENCY CONT.



Please join us on Wednesday, November 9th at 2pm for a presentation from Kathy Pecora, Energy and Conservation Specialist and Samantha Bluemer, Intern from the Will County Land Use Department.

She will be speaking about the changes made at Sunny Hill in the last few years and how you can be involved in the energy saving efforts.

being kept as low as possible. When it was time to renovate the kitchen at Sunny Hill, we knew that a large kitchen that creates wonderful meals for residents, staff, and guests demands a large amount of energy and water. Kitchen equipment was replaced with Energy Star equipment and our walk-in refrigerators now have high efficiency fan motors. Automatic dishwashers use less water and all spray nozzles were replaced with low flow nozzles saving hundreds of gallons of water each week.

In an effort to conserve energy, occupancy sensors have been placed in common areas that do not have a lot of foot traffic, like restrooms and storage areas. Similarly, stairwells have been equipped with bi-level lighting controls that ensure lights turn off when the stairwell is empty. The greatest contributor to energy efficient operations is people. In common areas, it is not the standard practice to turn off lights when leaving, therefore, the motion sensors detect when the space is empty and turn off the lights. In the near future, Sunny Hill Nursing Home will also welcome the installation of new energy efficient washers and dryers that, like the kitchen equipment, will use less gas, electric, and water to operate—another opportunity to reduce utility cost while meeting the needs of our residents. Want to see energy usage in action and learn more about all of the energy efficiency projects at Sunny Hill Nursing Home? Visit

the new library and see our wonderful Building OS! Paid for through the State's Mad Dash Program in 2015, the Lucid Technologies Building OS operating system is a user-friendly interface. Using the large touch screen, you can see photos of the energy efficiency upgrades at Sunny Hill, real-time weather information, and electric and natural gas demands updated every fifteen minutes. The system has a lot of other features that teach the user about how much energy is used at Sunny Hill.



Energy Star Kitchen Upgrades

We are so pleased to have an opportunity to share our story about the use of energy efficient equipment, lighting, and building operating systems at Sunny Hill Nursing Home. Sunny Hill and Will County Staff all share the same goals: keeping residents comfortable everyday while also working hard to ensure that public dollars are spent most efficiently.

Article submitted from Kathy Pecora, Energy and Conservation Specialist and Samantha Bluemer, intern to the Energy and Conservation Specialist from the Will County Land Use Department.

Special Donors

Thank you to the following individuals and organizations for your generosity to our residents!

Tina Zugel
American Legion Post 1080, Joliet
Marlene Jakel
Carole Beemsterboer
Jan Moue
Roberta Rand
Nora Gashi
Danette Krieger
Mary Ann Bowden
Marge Rautmann
Peace Lutheran Church
Dave Johnson
Bernice Frederick

Arlene Branz
Caroline Fox
Peggy Green
Jessica Jobe
Kathleen Schubert
Anna Marie Sues
Jorja Simonich
Art Hrvatin
Barb Poole
Sharon Graves
American Legion Post 18, Lockport
Peace Quilters, Peace Lutheran Church,
Morris

THIS & THAT

Congratulations to Joyce Shaw, CNA on her retirement!



Joyce has worked at Sunny Hill for 25 years and will retire on October 21st. She plans to spend time helping her parents and taking care of her grandson. Joyce would also like to travel some and wants to focus on her health.

She says she is going to miss her co workers at Sunny Hill but most of all she will miss all her residents.

Best Wishes on your retirement Joyce, we will all miss you!

A COUPLE OF REMINDERS FOR OUR FAMILIES

With the limited closet space we have available in our resident’s rooms, please do not stuff the closets with clothes. We suggest 7 outfits for each resident with a maximum of 10. Our laundry staff are having a very hard time putting clothes away as there is no room. 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 the season changing, would be a great time to take summer clothes home for storage. It is also time to make sure our residents have winter coats, gloves and hats if they participate in outings. 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. It may take a couple of days to receive your clothes back from being marked, but it is VERY important that they are marked.

We could also use your assistance in keeping your loved ones dresser drawers cleaned out. Food can not be stored in the resident’s room unless it is in an airtight container. This is extremely important as we move to colder weather to keep “pests” away.

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.

*Want to see photos from
our special events?
Tune into Channel 25
in resident’s rooms or
“like” us on facebook.
Search
“Sunny Hill Nursing
Home of Will County”.*



OCTOBER IS RESIDENT'S RIGHTS MONTH

Residents' Rights Month is an annual event and is celebrated in October to honor residents living in all long-term care facilities, including nursing homes, sub acute units, assisted living, board and care and retirement communities. It is a time for celebration and recognition offering an opportunity for every facility to focus on and celebrate awareness of dignity, respect and the value of each individual resident.

The 1987 Nursing Home Reform Law protects the following rights of nursing home residents:

The Right to Be Fully Informed of:

- Available services and the charges for each service
- Facility rules and regulations, including a written copy of resident rights
- Address and telephone number of the State Ombudsman and state survey agency
- State survey reports and the nursing home's plan of correction
- Advance plans of a change in rooms or room-mates
- Assistance if a sensory impairment exists
- Residents have a right to receive information in a language they understand (Spanish, Braille, etc.)

Right to Complain

- Present grievances to staff or any other person, without fear of reprisal and with prompt efforts by the facility to resolve those grievances
- To complain to the ombudsman program
- To file a complaint with the state survey and certification agency

Right to Participate in One's Own Care

- Receive adequate and appropriate care
- Be informed of all changes in medical condition
- Participate in their own assessment, care-planning, treatment, and discharge
- Refuse medication and treatment
- Refuse chemical and physical restraints
- Review one's medical record
- Be free from charge for services covered by Medicaid or Medicare

Right to Privacy and Confidentiality

- Private and unrestricted communication with any person of their choice
- During treatment and care of one's personal needs

Regarding medical, personal, or financial affairs Rights During Transfers and Discharges

- Remain in the nursing facility unless a transfer or discharge:
 - (a) is necessary to meet the resident's welfare;
 - (b) is appropriate because the resident's health has improved and s/he no longer requires nursing home care;
 - (c) is needed to protect the health and safety of other residents or staff;
 - (d) is required because the resident has failed, after reasonable notice, to pay the facility charge for an item or service provided at the resident's request
- Receive thirty-day notice of transfer or discharge which includes the reason, effective date, location to which the resident is transferred or discharged, the right to appeal, and the name, address, and telephone number of the state long-term care ombudsman
- Safe transfer or discharge through sufficient preparation by the nursing home

Right to Dignity, Respect, and Freedom

- To be treated with consideration, respect, and dignity
- To be free from mental and physical abuse, corporal punishment, involuntary seclusion, and physical and chemical restraints
- To self-determination
- Security of possessions



Right to Visits

- By a resident's personal physician and representatives from the state survey agency and ombudsman programs
- By relatives, friends, and others of the residents' choosing
- By organizations or individuals providing health, social, legal, or other services
- Residents have the right to refuse visitors

Right to Make Independent Choices

- Make personal decisions, such as what to wear and how to spend free time
- Reasonable accommodation of one's needs and preferences
- Choose a physician
- Participate in community activities, both inside and outside the nursing home
- Organize and participate in a Resident Council
- Manage one's own financial affairs

We want your e-mail address!

In order to reduce the cost of mailings and to simplify communications, we would like to add you to our e-mail list. Please contact reception with your e-mail address at 815-727-8710.



SPECIAL EVENT NEWS



BBQ Lunch

Sandwich, Chips, coleslaw
and a slice of pie

Only \$5.00

Phone ahead for large order pick up to
815-727-8710



Get your shopping done and
support Friends of Sunny Hill!
Great selection of gifts and
baked goods!

Mark Your Calendars!

Home for the Holidays



Saturday,
December 10th
2:00-4:00pm

*Entertainment, Dessert Bar
and Santa!*

Each avenue will be hosting their
own resident's families and friends
for the afternoon.



Happy Halloween!

Please join us on October
31st for our annual
Halloween Costume Party.



New Year's Eve Celebration

Entertainment by:

The Moonshiners



Join us on Friday, December 30th at 2pm
for a Rockin New Year's Eve Party

SUNNY HILL

Nursing Home of Will County

The Leader in Resident Centered Care and Active Living

421 DORIS AVENUE JOLIET, IL 60433

Phone: 815-727-8710

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!

This is only a partial listing of activities for the upcoming months. Check each month's activity calendar for additional events and for time changes.



October

Rehab Month /Food Service Workers Week

Oct 8 Walk to End Alzheimer's Trip

Oct. 10 John Boda Performs

Oct 13 Largo Vista Chorus Performs

Oct 18 Yoga

Oct 19 Accordion Music with Joe

Oct 20 Auction

Oct 21 Fall Fest with Bob Kalal

Oct 23 Pumpkin Painting with Saint Rays Services Day Group

Oct 26 Baking Apple Cinnamon Cupcakes

Oct 27 Resident and Food Councils

Oct 31 Halloween Party and Halloween Bingo with Saint Dennis Church

Nov 17 Resident and Food Councils

Nov 18 Down on the Farm Experience

Nov 20 Piano Recital

Nov 24 Thanksgiving Day

Nov 25 Joliet Christmas Parade Trip

Nov 28 Larry Levin Performs

December

Dec 3 University of Saint Francis Carols and Joliet Junior College Choral Entertains

Dec 6 Peace Lutheran Ladies Ensemble Perform

Dec 10 Home for the Holidays-Family Christmas Party with entertainment and appetizers on all avenues

Dec 25 Christmas Day

Dec 30 New Years Eve Celebration 2017

November

National Hospice Month

Nov 1 Yoga

Nov 3 Autumn Scenic Ride

Nov 4 Piano Music with Gilbert

Nov 6 Sacred Heart Mass Trip and Ice Cream Social Hosted by Saint Dennis Church

Nov 10 Music with Ryan Peterman

Nov 14 John Boda Performs



Weekly Events

Juke Joint - Thursdays at 3:00 pm - **"Sweets & Treats" Shoppe**—Daily 2-3:30 pm
- **Senior Scholars** - Wednesdays at 9:30 am