

# THE SUNRISER

## Number of Centenarians' on the rise

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### Sunny Idol Talent Contest

June 15th and June 22nd

The entry fee of \$5.00 will be donated to Morning Star Mission.

The top 5 vote getters from the night of June 15 will advance to the contest to be held June 22.

**First Prize is \$75.00**

**Second Prize \$50.00**

**Third Prize \$25.00**

The contest is open to all residents, staff, families and community members.

Please Call Larry Lindholm at 815-727-8711 to register.

For a growing number of Americans, 100 is the new 80.

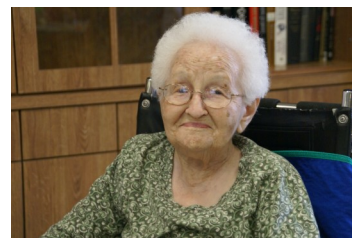
The United States currently has the greatest number of centenarians in the world, estimated at 84,000. This number is expected to increase 10 times by the year 2050, according to the U.S. Census Bureau. This statistic is partly a result of America's large population in 1890-1910, its large farm population a century ago, and its increased emphasis on long-term care facilities.

A **centenarian** is a person who is or lives beyond the age of 100 years. Because current average life expectancies across the world are less than 100, the term is invariably associated with longevity. Much rarer, a super-centenarian is a person who has lived to the age of 110 or more, something only achieved by about one in a thousand centenarians. Even rarer is a person who has lived to 115 years old; only 1 in 50,000 centenarians make it to this age.

The secrets of longevity have been a source of fascination for millenniums. Over the course of human history, numerous diets, lifestyle regimens and supplements have been touted.

Sunny Hill currently has 6 individuals over the age of 100. When these ladies were asked what their secret for living to be 100 years old, the answers were all the same, "Eat good food, work hard and have faith in God."

**Mamie Greer** (below) is Sunny Hill's eldest centenarian at 108 years old. Mamie was born in Mississippi and came to live in the Joliet area in 1935. She spent her life active in her church as usher, Sunday School Teacher, and Superintendent of Sunday School.



**Ruth Shackhow**, 101(at left), was born in and lived her whole life in Chicago. She worked full time as a switchboard operator as well

as raising 4 children. She was famous for her Sunday picnics. "All the family was invited every week," explained her daughter Helen Adkins. "We always had a great time."

**Eusabia Alfaro** (at right), 101 was born in Beracruz, Mexico. She came to the U.S. in 1976 and lived in the Chicago area. She raised 5 children which in turn has given her 21 grandchildren. Her secret to a long life, "Prayer everyday."



## Sunny Hill Administration:

Administrator Karen Isberg Sorbero, LNHA  
 Assistant Administrator Becky Haldorson, LNHA  
 Director of Nursing Debbie Stanko, RN  
 Assistant Director of Nursing Maggie McDowell, RN

Rehab /Restorative Coordinator Tommy Knight, 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  
 Laundry/Housekeeping Manager Gordy Taylor  
 Activity Director Larry Lindholm, CTRS  
 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

Inservice/Quality Assurance Coordinator  
 Maggie McDowell, RN

### Nursing Supervisors:

Skin Care Tricia Jender, RN  
 Vivian Bibber, RN

### House Nursing Supervisors:

Karen Pappas, RN Pheyla Fleming, RN  
 Selena Hammond, RN Ma-Advena Legayada, RN  
 Mardy Mon-Alon, RN Sandi Matthaya, RN  
 Evangeline Ba-ad, RN Imelda Defensor, RN  
 Perlita Shipp, RN Ferdinand Cantor, RN  
 Christine Kelly, RN Jennifer Calma, RN  
 Elizabeth Bailey, RN Emerose Bortarlo, RN  
 Meagan Burke, RN Maureen McIntyre, RN  
 Meagan Burke, RN

## ADMINISTRATOR'S CORNER

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

Warmer temperatures are finally here and I know that everyone is looking forward to getting out to the beautiful patios. Please use the interior doors to access the areas – please do not use the fence gate. We want to keep all of our residents safe and do not want any of our residents seeing visitors using the gate and following them. As always, we thank the generosity of The Friends of Sunny Hill and their many donors for installing these beautiful gardens for all of us to enjoy.

The renovation process continues on Fourth Avenue, with the current project a little ahead of schedule. If this continues, we look forward to occupying the unit in early October. The next unit to be renovated will be Fifth Avenue. The project is under the direction of the Will County Public Building Commission, the Will County Executive Larry Walsh and the Will County Board.

Sunny Hill recently successfully completed our annual licensure surveys by the Illinois Department of Public Health. Thank you to all of our staff, residents and family members who spoke with the survey team and we are working on implementing their recommendations.

National Volunteer Week Celebration, National Nursing Home Week, the Caring Hearts Employee Recognition Banquet and the Veterans Program (in conjunction with Joliet Area Community Hospice) were wonderful events that highlighted the memorable spring calendar. Congratulations to all of the Sunny Hill staff that were recognized with awards at the annual banquet and thank you to all of the Sunny Hill staff who worked hard to make sure our special events were fun for all – especially the Activity and Dietary Departments.

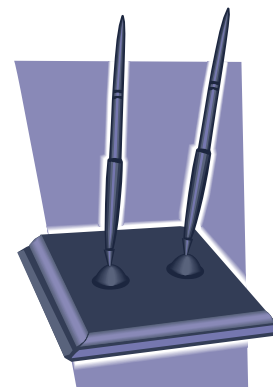
Please let me know if you have any concerns or suggestions that you would like to have addressed - my door is always open! Enjoy the summer!

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.

### Edith Alberico

Gregory and Sandy Kippit  
Tom and Karen Sorbero

### Virginia Galli

Angelo and Dolores DiPietro  
Charlene and Dan Ferrari  
Betty L. Neiswender

### Donald Imfeld

Family of Donald Imfeld  
Arlene Dittman  
Dawn Dowd  
Charles Imfeld  
Sam and Sue Martin  
Frances Naal  
William and Josie Petan  
Nat and Cynthia Rowell  
Dale and Joan Spangler  
George and Isabel Voitik

### Charles Johnson

Family of Charles Johnson  
Ron and Laurie Alberico  
Elna Anderson  
Phyllis Holmquist  
Brian Johnson  
Joan Reeves  
Joanne M. Steriotti  
Winifred Stromberg

### Marion O'Brien

Jim Tierney  
Timothy and Theresa Tierney  
Tim and Terry Traynor

### Marilyn Passas

George Passas and Family

### Edna Svendsen

Judy Macha

### House is a Home

#### Mailing Campaign

J.D. Brown and Company  
In memory of Resident Ida F. Parker -  
Rev. Wanda Lee Onstad  
In Memory of Resident Della Tollefson -  
Ted and Cynthia Chubb

### Special Donors

Knights of Columbus – Father Dick Allen/  
New Lenox Council #10926  
Thomas Losiniecki/Star Printing & Promotions, LTD  
Mr. and Mrs. Gregory Losiniecki  
Nanette Woods



## REMINDERS

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 April 2011:

#### Dietary

Lloyd Patao

#### Nursing

Karen Pappas  
Jennifer Prieboy  
Lori Chancey  
Brenda Climer  
Rebecca Hurley  
Mardy Mal-Alon  
Shannon Ortiz  
Patricia Ray  
Jenelle Shupe  
Ana Trejo  
Christine Wick  
Erma Catchings  
Beth Musser

#### Housekeeping/Laundry

Pam Franklin  
Lenora Williams

#### Black History Month Planning Committee

Kendra Cain  
Jeanette Dooley  
Bonita Dodson  
Kendra Edwards  
Pam Franklin  
Chrystal Hartley  
Jacqueline Houston  
Kimberly Jones  
Wendy Mabry  
Germa Marquette  
Marco Medel  
Cassandra Miller  
Yvonne Motley  
Maya Overstreet  
Carolyn Person  
Shannon Salinas  
Kathleen Schubert  
Crystal Smith  
Chandra Vidales  
Natasha Wallace  
Marissa Woods

#### Program Assistance

Roger Bentley  
Diana Bruesewitz  
Latrice Day  
Shelly Felkins  
Robin Holmberg  
Larry Lindholm  
Joy Loftis

#### Volunteers

Dashika Brooks  
Kelila Eady  
Keri Mikuska  
Jodi Robinson

#### New Edition Praise Dancers:

Natasha Nelson  
Valencia Sutton



Join Team Sunny Hill 's  
**WALK TO END  
ALZHEIMER'S**  
October 1, 2011  
Rock Run Forest Preserve

For more information, contact  
Team Captain, Charlotte Mather  
at 815-774-4382



**Mark Your Calendar!**  
Special upcoming  
Events to help raise  
money for  
Team Sunny Hill:

June 10th—Bake Sale  
10am-4pm  
July 29th—Garage Sale  
10am-4pm  
August 5th—Luncheon  
10:30am-1:30pm  
September 2nd—Dan's  
Caramel Apple Sale

## Number of Centenarians' on the rise

Continued from page 1

**Edna Dew**, 101, (no picture available) was born and raised in the Plainfield area. Edna worked her entire life as a waitress and a cook at local restaurants. Her first job was at Ownes restaurant in Plainfield and also worked at Crombie's Snack Shop on Raynor Avenue.

**Anne Halik** (below), 101, was born in Chicago and raised in New Lenox. One of 8 children, Anne, the eldest of her siblings and her brother Charles (92) are the only two left from their family. When asked what she contributed her longevity to she commented, "I'm surprised I've lived this long. I just lived a regular life. I guess I just got lucky."



**Pauline Hamilton**, (at left), 100 was born in Pe-kin, IL. A single mother of one daughter, Pauline spent her life in Joliet and worked in Chi-cago at a cloth-ing factory for many years. She eventually got a job at Joliet Fed-

eral Savings and Loan in the mailroom. Her daughter, Elaine Stonich remarked, "It was unusual all of those years ago for a woman to raise a child alone. But my mom was a real hard worker and we had a good life."

## SUNNY HILL'S WISH LIST!

### GREETING CARDS

(BIRTHDAY, GET WELL, SYMPATHY, GRADUATION all HOLIDAYS)

### MORE SWEET SHOPPE VOLUNTEERS!

#### AM/FM RADIOS

CASSETTE & CD PLAYERS

COSTUME JEWELRY (New or used)

PERFUME & MEN'S COLOGNES

KNICK KNACKS & ART TO HANG

MUSIC CD'S, DVD MOVIES

WALKER AND WHEELCHAIR BAGS

MANICURE SUPPLIES

(NAIL POLISH, EMERY BOARDS, ETC.)

WAL MART GIFT CARDS (FOR OUR RESIDENTS'S SHOPPING TRIPS)

PARAKEET TOYS AND SUPPLIES

(FOR OUR RESIDENT'S PET BIRDS)

SOCKS OF ALL COLORS AND SIZES

GARDEN HAND TOOLS (WITH LARGE HANDLES, PLEASE)

GARDEN GLOVES, VEGETABLE SEEDS

WIDE BRIM LADIES SUN HATS

SUNSCREEN AND INSECT REPELLENT (WIPES PREFERRED)

## Sunny Hill Celebrates National Nursing Home Week

Mayor Tom Giarrante joined County Executive Larry Walsh on a list of celebrity scoopers at Sunny Hill Nursing Home of Will County during National Nursing Home Week, May 8-14.

This year residents of the county-owned nursing home celebrated Fulfilling the Dream, One Decade at a Time.

Larry Lindholm, Activity Director and Volunteer Coordinator, said "Our residents have lived through the most interesting and challenging generations that man has seen. We re-visited those times and relived the good, the fun, and the accomplishments that they made possible."

The fun began on Monday, May 9, with the opening of a "time capsule," an overview of the week's festivities and a discussion about the ways residents' efforts have made America better, said Lindholm.

Local folk singer John Boda kicked off the week's special entertainment by singing the folk songs of the 1930s, both those songs at home and those that were sung on the road by Americans traveling the Blue Highways looking for new opportunities. In the afternoon, Joliet resident Sally Johnson brought her collection of antiques and pictures of that bygone era and did a presentation about the decade.

On Tuesday, May 10, a celebration of the 1940s included recognition for the 16 World War II veterans who call Sunny Hill home and their spouses. The time of the "greatest generation" was highlighted by a visit and exposition from the Livingston County War Museum in Pontiac. John Murphy displayed uniforms from that era, along with other memorabilia.

Murphy, a Korean War veteran and a former member of the Honor Guard at the Tomb of the Unknown Soldier in Washington, D.C., spoke about how the veterans and those on the home front during the 1940s were able to survive and succeed.

During Wednesday, May 11's celebration of the 1950s, the facility relived the '50s by playing a montage of TV game shows that were popular at that time.

The Thursday, May 12, the celebration was highlighted by a "Love-In," at which residents returned to the '60s to enjoy peace and harmony.

As is customary at Sunny Hill, Friday was a time for worship. Area Lutheran ministers take turns presiding over services. The theme was Worshipping through the Ages.

Each day, a different Celebrity Scooper was dishing up ice cream in the facility's Sweet Shoppe. Monday's scooper de jour was Executive Walsh, who oversees the facility.

On Tuesday, Matt Johnson, Senior Veteran's Service Officer, Will County Veterans Assistance Commission, dished up the goodies, and on Wednesday, Giarrante, who was a celebrity scooper at as City Council member

returned as Joliet Mayor.

State's Attorney Jim Glasgow filled the bowls and cones on Thursday and Will County Board member Laurie McPhillips Weglarz did the honors on Friday.



### Mother's Day Celebration Kicks off National Nursing Home Week



Sunny Hill resident and Resident Council President, Mary Lauterbach with Dietary Manager Bonita Dodson at our annual Mother's Day Celebration.



Human Resource Manager, Keri Bartlett and daughter Mia also came to celebrate Mother's Day.



## *Caring Hearts Employee Recognition Banquet*

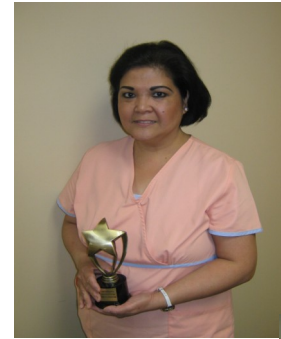
The sixth annual **Caring Hearts Employee Recognition Banquet** was another wonderful evening for 175 attendees on Friday, May 13<sup>th</sup> at the Renaissance Center in Joliet. Thank you to all of our hard-working Caring Hearts Banquet Committee members for their help in making the evening such a success for all of us!

Recognition and performance awards were presented. Every one of our winners and nominees are people to look up to and pattern our daily performance on.



### **SAVE THE DATE**

Mark your calendars  
for our Annual  
**Grandparents Day**  
Celebration!  
Sunday, September 11th.



2010  
*C.N.A. of the Year*  
**Luningning  
Moraga**



2010  
*R.N. of the Year*  
**Sheila Altis**



2010  
*Employee  
of the Year:*  
**Marilyn  
Eartly**

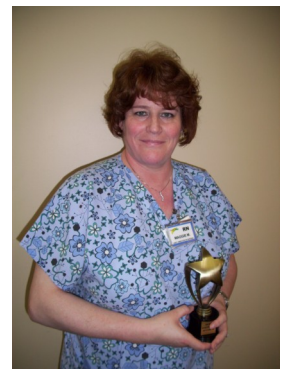


2010  
*L.P.N. of the Year*  
**Tonya Bell**

2010  
*Dietary  
Employee of the Year*  
**Crystal Smith**



2010  
*Department  
Head of the Year*  
**Maggie  
McDowell**



2010  
*Nursing Support  
Employee of the Year*  
**Cindy Plese**



2010  
*Resident Life  
Enhancement  
Employee  
of the Year*  
**Bill McFarland**



2010  
*Housekeeping &  
Laundry  
Employee of the  
Year*  
**Maria Cisneros**



## HEROES IN LONG TERM CARE

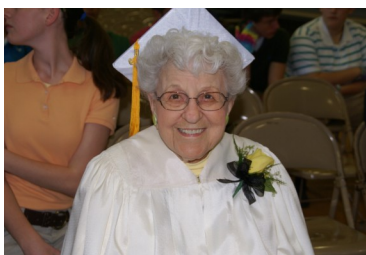
During the month of May, the Illinois Council of Long Term Care recognizes the “hero’s” of nursing homes throughout the state of Illinois. These individuals can be staff or residents who have made an exceptional contribution to the facilities’ quality of life.

This year’s Sunny Hill Hero is Anne Halik. Anne has a long history of volunteer service. When Anne lived in the community, before she came to live at Sunny Hill, she volunteered at the homes clothes closet, sorting donated clothes and getting them ready for residents to wear. After she came to Sunny Hill she became involved in the Resident’s Council and currently server as Treasurer. Anne has always been ready to help when asked and has spent many hours folding and labeling

newsletters and volunteers for any kind of special mailing project.

Anne’s largest commitment to Sunny Hill has been her dedication to the Resident’s Interview Committee. She has been involved in this group for over 3 years and has interviewed nearly 100 potential employees. She takes this commitment very serious and rarely misses the group interview that approves all potential employees at Sunny Hill.

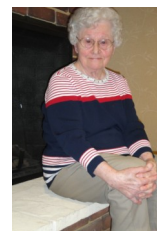
Thanks, Anne for all you do. You are truly our Hero!



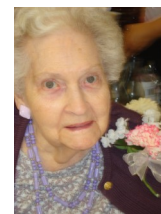
Anne in 2009 at her honorary graduation from JCA.

*Sunny Hill has made a tradition in celebrating our “Heroes” in long Term Care. Those we have honored in the past are:*

**2010– Diane Brozman**



**2009—Marcella Swanson**



**2008– Mary Lauterbach**



### Thank You!

*To the following community groups and families for your generous donations to our Residents.*



Mary Ann Sternisha  
 American Legion Post 1977  
 American Legion Post 210  
 American Legion Post 1080  
 Joliet Area Community Hospice  
 Livingston County War Museum  
 Mr. Jack Murphy  
 Mrs. Mary Ann Sternisha  
 St. Joseph Catholic Church-Rockdale Religious Education Program  
 St. Patrick Catholic School, First & Second Grade  
 Joyce Korst  
 Nat Rowell  
 Daisy Girl Scout Troop 51277  
 Nannette Woods

Thomas Losiniecki  
 Mr. and Mrs. Losiniecki  
 Claudia Green  
 Jerry Schwera  
 Our Celebrity Scoopers  
 Mr. Larry Walsh  
 Mr. Matt Johnson  
 Mr. Tom Giarrante  
 Mr. James Glasgow  
 Ms. Laurie McPhillips-Weglarz  
 Maya Overstreet,  
 and her Praise Dance Group

*And, to all the Staff who participated during National Nursing Home Week.*

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# SUNNY HILL

Nursing Home of Will County

421 DORIS AVENUE JOLIET, IL 60433

THE LEADER IN RESIDENT CENTERED CARE AND ACTIVE LIVING

PHONE: 815-727-8710

EMAIL: SUNNYHILL@WILLCOUNTYILLINOIS.COM

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!



### June

June 14, Veterans Picnic with American Legion Post 1080

June 18, 8am Father's Day Breakfast Cookout

June 21, Outdoor evening concert with the Traveling Troubadour

Jun 22, Bingo for Veterans with Lockport American Legion Post 18

June 30, 5:30pm Concert on the Hill at Bicentennial Park

June 15, and June 22

**SUNNY IDOL**— The entry fee of \$5.00 will be donated to Morning Star Mission. The top 5 vote getters from the night of June 15 will advance to the contest to be held June 22.

First Prize is \$75.00; Second Prize \$50.00; Third Prize \$25.00. The contest is open to all residents, staff, families and community members.

### July

July 11<sup>th</sup> 10:30am Outdoor Entertainment with John Boda

July 19<sup>th</sup>, Day Camp, Joliet Park District-

Teen Camp from Inwood Recreation Center

July 20<sup>th</sup>, Day Camp, Joliet Park District-

Hartman Recreation Center

July 26<sup>th</sup> Day Camp-Southeast Association

for Special Parks and Recreation, Downer's Grove

Volunteers for all 3 Day Camps are needed!

July 28<sup>th</sup> Concert on the Hill at Bicentennial Park.

\* Trips to Silver Cross Field to see the Joliet Slammers are being planned. Watch for more information!

### Weekly Events

**Juke Joint** - Thursdays at 3:00 pm

**"Sweets & Treats" Shoppe**—Daily 2-3:30 pm

**Senior Scholars** - Monday, Wednesday & Friday at 9:30 am