

# THE SUNRISER

## Handprint flag carries Sunny Hill residents' devotion to country

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Sunshine Holiday Gift Bazaar & BBQ Lunch. See page 4 for more information.

A handprint flag created by Sunny Hill Nursing Home of Will County residents will fly over a trio of U.S. military facilities.

The 66-by-96 inch flag was created as a tribute to the nation's armed forces and will fly above bases in Iraq, Virginia and Illinois.

It was presented to Ray Vicha, Assistant Director of Environmental Services at the County-owned nursing home, during a ceremony commemorating a trio of events -- the 10<sup>th</sup> anniversary of the Sept. 11 attacks, Grandparents Day, and the dedication of a flagpole donated by The Friends of Sunny Hill, Inc.

The occasion was marked with music, patriotic decorations and refreshments. Attendees at the afternoon event were given pins made by Martha Erickson of Sunny Hill's dietary department using ribbon that said, "Remember 9-11."

"This is the second handprint flag the residents have made. The first was also given to a staff member with a relative in the service," said Will County Executive Larry Walsh, who oversees the facility. "It is appropriate that this one was given to Ray, who has a son and two daughters-in-law serving our country."

Vicha and his wife, Linda, live in Woodridge. He has worked at Sunny Hill for three years. His son, Anthony, is a sergeant with

the Illinois National Guard and stationed at Camp Lincoln in Springfield. Anthony completed a tour as part of Operation Iraqi Freedom in 2007-2008. His daughters-in-law, Rachel Vicha and Tiffany Vicha, are serving in Oceana, Va., and Belag, Iraq, respectively.

Rachel Vicha is an E3 Airman at the Naval Station in Virginia, where she is expected to remain for four years. Staff Sgt. Tiffany Vicha, Anthony's wife, is also in the Illinois National Guard. She began her one-year deployment to Iraq in January.

"Receiving the flag from Sunny Hill -- where I work -- is really an honor," said Ray Vicha. Having spent the last three years getting to know the residents, he has learned the depth of their love for their country.

"For them to ... to show their dedication to our younger generation and our country by making this flag is an awesome feeling," he said. "All of the kids were really enthusiastic to get it."

Tiffany will be the first to fly the handprint flag. It was mailed to her in Iraq on Sept. 12, Ray said.

Activity Director Larry Lindholm orchestrated the flag's creation and the Sept. 11 courtyard ceremony at Sunny Hill, 421 Doris Ave.

He said the Vichas will take pictures of the flag flying over their facilities and send them to Sunny Hill. The photos will be added to the nursing home's Patriot-Hero Corner, joining an American flag flown on the Nautilus, the first nuclear-powered submarine, and a flag flown over a base in Iraq, along with a photo of it flying and plaques from the camp.

Walsh reminded those gathered to remember those who have served and are serving in the nation's military, and thanked Sunny Hill veterans for their service. Joe Babich, a veteran and member of the Will County Board, also was recognized.



Ray Vicha, Assistant Environmental Services Director accepts the "Hand" flag from County Executive Larry Walsh and Larry Lindholm, Activity Director.

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## ADMINISTRATOR'S CORNER

### 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  
**Environmental Services Supervisor** 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 Mathaya, RN  
 Evangeline Ba-ad, RN Imelda Defensor, RN  
 Ferdinand Cantor, RN Jennifer Calma, RN  
 Elizabeth Bailey, RN Emerose Bortarlo, RN  
 Maureen McIntyre, RN Simon Karanja, RN  
 Heather Schoolcraft, RN Erlita Lim, RN  
 Carolina Reyes-Guerrera, RN Lovell Espino, RN

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

The summer has flown by! Hopefully it has been a time of enjoyment and relaxation for everyone! It has been a very busy summer at Sunny Hill with a full calendar for the rest of year about to unfold.

National Grandparents Day was a very special event at Sunny Hill, especially since we also remembered the 10<sup>th</sup> Anniversary of 911. Our Will County Executive Larry Walsh, along with other invited dignitaries, were on hand to help us present a flag to the family of Ray Vicha, our Assistant Environmental Services Supervisor. He has three family members proudly serving in the Armed Forces and who will be carrying our flag to each of their service assignments.

With this change of season also comes the issue of deciding when to turn on the building's heating process and turn off the air conditioning unit. It is not like a furnace/air conditioning situation at your home, where a flip of a switch can change from one system to another. Sunny Hill is heated through a hot water heat process that must be engaged after the air conditioning unit is turned off and drained. Once this is done, it cannot be turned back on. As we all know, temperatures can be tricky at this time of year, cool one day and back into the high 80's and 90's the next, though with cool nighttime temperatures. We will keep a close eye on the weather forecasts and make a decision that is as close to being right as possible. We will keep you updated as to when the heating and cooling decisions are made.

The anticipated opening of our newly renovated avenue, 4th Avenue, is still on track for early October. Fifth Avenue will be closed for renovations once all residents are relocated. Social Services will be working with those residents and their family members in the next few weeks to make plans for those residents to move. Fourth Avenue will look different than 1st, 2nd or 3rd Avenues, with a more open nursing station layout and a dining area combined with the unit day room. Also, medications will be stored for each resident in a locked med box located right outside the resident door, making the large medication carts unnecessary.

There are staff members that will be retiring or resigning within the next few months due to a voluntary severance package offered by the County of Will. New staff is joining our care-giving team, so you will see many new faces on the avenues.

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

Sincerely,

*Karen Isberg Sorbero*

Administrator

Sunny Hill Nursing Home of Will County

### 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

Robert & Barbara Conway  
Terri Ellinger  
Rodger & Judy McGinn

### Donna Lane

Mr. and Mrs. Donald McCoy  
Robert and Gretchen Uhe

### Bernadetta McAvene

Joseph McAvene & Family  
James and Carol Teiber

### Patsy McKanna

Russell McKanna and Family  
David and Diane Oram  
Scott and Carrie Rubo  
Thomas and Karen Sorbero  
Margaret Ziesmer  
Lenox Capital Management, Inc.

### House is a Home Mailing Campaign

In Memory of Resident Wilbert Alexander  
– Marilyn Harris  
Gier Radio & TV, Inc.  
Jim and Valerie Rogers  
General Electric  
Sosnoski Exterminating

### Special Donors

Mr. and Mrs. John Airola  
John and Eleanor Boza  
Ruby Cassem and Family  
William and Danette McFarland  
Joliet Woman's Club

Your memorial gifts are always welcome.

100% of your gift provides support to the Residents of Sunny Hill.

For more information, contact Karen Sorbero, Administrator at 815-727-8710.

## SUNNY HILL'S WISH LIST!

**MORE SWEET SHOPPE VOLUNTEERS AM/FM RADIOS**

**CD PLAYERS UNIVERSAL REMOTE CONTROLS**

**COSTUME JEWELRY (New or used)**

**PERFUME & MEN'S COLOGNES**

**KNICK KNACKS & ART TO HANG**

**CDs & DVDs**

**DVD PLAYERS AND MOVIES**

**SET OF SILVERWARE FOR FAMILY PARTIES**

We have reached our storage limit of VHS movies at this time,  
your thoughtfulness is appreciated!

### **Special Request:**

**ADULT SIZE HALLOWEEN COSTUMES**  
or Anything we can use to make costumes.

Scarves

Wigs

Hats

Odd clothing

Oversized jewelry

Masks

Anything else that we might be creative with!



## **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 June 2011

### Nursing:

Jackie Casagrande  
Alice Eyong  
Amie Gonzales (2)  
Kristen Heimer  
Laquitta Jones  
LaDonna Lopez  
Judith McGann  
Karen Munday  
Shannan Ortiz (2)  
Maya Overstreet  
Sisie Sabella (2)  
Angie Shaw (2)  
Lucy Singireti  
Shannyn Weigle  
Sonji Williamson (2)  
Monica Carmona  
Carl Conley  
Christina Galvin  
Leonora Gashi  
Lori Hilliard  
Kathleen Lamanuzzi  
Diane Maitland  
Annabelle Maranan  
Amy Crowley  
Kenya Edwards  
Brent Fry  
Dottie Hamilton  
Nancy Lang  
Autumn Matan  
Ricky McNeil  
Festina O'Guike  
Lynette Samuels  
Jenelle Shupe  
Sandra Tarin (2)  
Joy Taylor  
Stacia Younglove (2)  
1st Avenue Staff (all 3 shifts)  
5th Avenue Staff (all 3 shifts)

### Dietary

Crystal Hartley

### Maintenance

Bill McFarland

## UPCOMING EVENT



### *Sunshine Holiday Gift Bazaar & BBQ Luncheon*

**Friday, October 28th**

**Bazaar hours:**

**9am – 4pm**

**Sunshine Room**

*Beautiful Holiday Gifts! Bakery Items!*

*BBQ Luncheon Serving Time: 11am – 2pm  
Activity Room (Lower Level)*

***BBQ Luncheon Menu - \$5.00*** meal includes:

*BBQ Sandwich, Coleslaw, Chips, Dill Pickles, Apple Pie, Coffee  
Individual sandwich also available for \$2.00*

*Eat In or Take Out... We love takeout orders!*

*Bake Sale donations are also welcome.*

*Need more information? Call us at 815-727-8710.*

### **Save the Date!**

*Our annual  
Home for the  
Holidays  
will be held on Saturday,  
December 10th.  
More information  
available soon!*



## THANK YOU!

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

*St Jude Catholic Church, New Lenox, Caritas group*

*Joanne Weinhold*

*Our Lady of Angels Rosary Club*

*Paul Kreis*

*Deborah Roreiser*

*The family of Linda Klover*

*Selma Irwin*

*Joliet Area Community Hospice*

*Lockport VFW*

*Peotone High School*

*Debbie Morzuch*

## *Report confirms interventions for people with mild dementia*

September, 2011- A new report released by Alzheimer's Disease International (ADI) shows that there are a variety of beneficial treatments and interventions — including drug and non-drug therapies — for people with Alzheimer's and their caregivers, even in the early stages of the disease. In addition, the report's review of economic models suggests a possible financial benefit to countries and healthcare systems with early diagnosis and treatment/intervention.

As a result, ADI recommends that every country develop a national dementia strategy that promotes early diagnosis and intervention. According to ADI, key pillars should include:

1. Raising awareness of the value of early detection and available interventions.
2. Strengthening the medical and service infrastructure.
3. Funding Alzheimer's/dementia research — especially randomized controlled trials to test the efficacy of interventions specifically tailored to those with early-stage dementia.

The report also confirms a grave, worldwide "treatment gap" in Alzheimer's disease and related dementias. Through an extensive, first-time review of the research literature, the report demonstrates the overwhelming difference between the number of people with the disease — more than 35 million worldwide — and those who have a formal diagnosis, with undiagnosed cases ranging from 20 percent in some countries to 90 percent in others.

The report, titled [World Alzheimer Report 2011: The Benefits of Early Diagnosis and Intervention](#), was released during the first World Alzheimer's Month. ADI is the international federation of Alzheimer's associations throughout the world; the Alzheimer's Association (U.S.) is a member of ADI.

"We strongly support ADI's call in the report for every country to have a national Alzheimer's plan that promotes early diagnosis and treatment," said Robert Egge, Alzheimer's Association vice president of public policy.

"As part of the Association's participation in the development and implementation of a national Alzheimer's plan in the United States, key elements of the findings of the new ADI report — such as raising awareness of available options for people with Alzheimer's, expanding services for people with dementia and their families, educating medical professionals about Alzheimer's, strengthening the medical infrastructure and funding more Alzheimer's research — are all part of our vision for an effective and comprehensive Alzheimer's plan that meets the needs of everyone involved," Egge said.

According to the Alzheimer's Association's 2011 Alzheimer's Disease Facts and Figures, as many as half of the estimated 5.4 million Americans with Alzheimer's do not have a diagnosis.

Egge adds, "This compounds the burden of Alzheimer's, making access to appropriate health care, information and support extremely difficult."

A formal and documented diagnosis helps the individual and their family expect and explain behaviors, and opens doors to vital care and support services — including the option of participating in clinical trials. Early detection also allows for prompt evaluation and treatment of reversible or treatable causes of memory and thinking problems. Reflecting the importance of early detection of Alzheimer's, the Alzheimer's Association 2011 Alzheimer's Disease Facts and Figures contained a special report on early detection and diagnosis.



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## DEMENTIA CONT.



**Did you know?**  
*All staff at Sunny Hill are required to complete a 4-hour Dementia training approved by the Alzheimer's Association and the Illinois Department of Public Health.*

Memory loss that disrupts daily life is not a typical part of aging. It may be a symptom of Alzheimer's disease. The Alzheimer's Association has created the 10 Warning Signs of Alzheimer's. More information about the warning signs of Alzheimer's disease is available at [www.alz.org](http://www.alz.org) in English, Spanish, Chinese, and other languages.

### **Actions toward a National Alzheimer's Plan in the United States**

The National Alzheimer's Project Act (NAPA) was passed unanimously by both houses of Congress and signed into law by President Obama on Jan. 4, 2011. The law will create a national strategic plan to address the rapidly escalating Alzheimer's crisis and will coordinate Alzheimer's disease efforts across the federal government.

Throughout August and September, the Alzheimer's Association held more than 100 public input sessions for the national Alzheimer's plan. All the input gathered from these sessions and the Association's website will be developed into a report and presented to Administration officials, the Department of Health and Human Services (HHS), and the NAPA Advisory Council this fall. For more information and to voice an opinion, visit [www.alz.org/napa](http://www.alz.org/napa).

"By making Alzheimer's a national priority, we have the potential to create the same success that has been demonstrated in the fights against other diseases. Leadership from the federal government has helped lower the number of deaths from other major diseases such as HIV/AIDS, heart disease, prostate cancer, breast cancer and stroke," said Egge.

## 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.

**SPECIAL CLOTHING AVAILABLE** -Are special clothing needs making it difficult to shop for your loved one, especially clothing with back or side openings and socks, shoes and slippers for those with swollen feet? Contact your unit nurse or our Activity Department at 815-727-8711.

# THIS & THAT



## Annual Halloween Costume Party

Monday, October 31st  
2:30PM

Come dressed in your favorite costume and enjoy the party!

Don't forget to watch Channel 25 to learn about upcoming events, the day's menus, the daily Bingo numbers, resident and staff birthdays as well as other staff celebrations, and much, much more!

There is currently a large selection of music that also plays, so if a resident is looking for some background music while they relax or read a book they can turn to Channel 25.

Sunny Hill will continue to build the offerings on Channel 25. Stay Tuned!



Sunny Hill is on **facebook!**

If you want to keep up with what is happening at Sunny Hill, make sure you visit our **facebook** page. Just sign up for a **facebook** account, search for Sunny Hill Nursing Home and click on "Like" when you visit our page. You will then receive notices from Sunny Hill anytime we add information to our page automatically.

## Handprint flag

*continued from front page*

Lindholm directed attention to the replacement flagpole in the back courtyard, thanking The Friends of Sunny Hill for the donation.

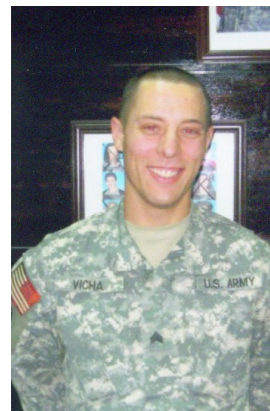
"It was most appropriate to dedicate the new flagpole and present the flag from Sunny Hill residents to Ray and his family on Sept. 11," said Walsh. "It was a day on which we honored all those who died 10 years ago, those who have served and are serving, and the grandparents whose loyalty to country is still awe inspiring."

The "hand flag" made by the residents of Sunny Hill will be sent to:



Staff Sgt. Tiffany Vicha - Army National Guard, 709th Medical "Quick Care" Battalion stationed in Balad, Iraq

E-3 Rachel Vicha, United States Navy, stationed at Oceana Naval Air Station Virginia Beach, VA.



Sgt. Anthony Vicha - Army National Guard stationed at Camp Lincoln, Springfield, IL.



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

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!

### October

- 1st 9:00 am Walk to End Alzheimer's  
2nd 9:00 am Mass and Fellowship at Sacred Heart  
6th 2:00 pm Trip to the Pumpkin Farm  
13th 10:00 am Trip to SEASPAR Eagle Club in Darien  
20th 10:30 Music with the Travelling Troubadour  
23rd 2:30pm Sonshine Ministry  
28th 9:00am Sunshine Holiday Bazaar and BBQ Luncheon  
31st 2:30pm Halloween party with entertainment  
by Jerry Vernon

### November

- 6th 4:00 pm Spaghetti Dinner at the  
Joliet Jewish Congregation  
10th 10:30am Music with Ryan Peterman  
2:30pm Annual Veterans Day Program  
14th 10:30am Music with John Boda  
17th 2:00pm Annual Memorial Service  
22nd 7:00pm Indoor Night time concert with  
"Mr. Rakowski"  
23rd Look for the Resident "Bell" Tree in the Lobby  
25th 4:00pm Bus Trip in the Joliet Christmas Parade  
26th 2:00pm Live Raptor show, "Birds of Prey"

### December

- 10th 2:00pm Annual Home for the Holidays Family  
Christmas Party with Chris Colletti entertaining  
with songs of the season.  
14th 2:00pm Red Hat/Men's Club Christmas Party  
with Special Entertainment by Frank Rossi  
17th 2:00pm Seasonal Fellowship Social with the  
Shekinah Church  
24th 9:00am Special Visit from the North Pole.  
30th 7:00pm New Year's Eve party with entertain-  
ment and party favors....bring in the new year  
with your family and friends

### 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

