

THE GAZETTE

Monthly Newsletter for the Residents of Sunny Hill Nursing Home

DECEMBER 2021



The Meaning of Christmas

"The most vivid memories of Christmases past are usually not of gifts given or received, but of the spirit of love, the special warmth of Christmas worship, the cherished little habits of home." Lois Rand

'Tis the Season. If you asked anyone the question, "What does Christmas mean to you?", you will surely receive a different answer from each person. The celebration of Christmas encompasses so much emotion and tradition for each person, and is as individual as they are and based on childhood memories and cultural practices.

So... "What does Christmas mean to you?"
 Family. A Baby born in a manger. Christmas carols. Candlelight. Mistletoe. Christmas trees covered in beautiful lights and ornaments. Christmas movies. Wreaths hung on the front door welcoming guests. Christmas shopping. Sleigh bells. Snowflakes. Santa Claus. Reindeer. Elves. Baking delicious treats. Turkey and hams in the oven. Sending and receiving Christmas cards with loving words and thoughts. Tables laden with food. Shopping for the perfect gift. Enjoying a table beautifully set with your best china, crystal and linens. People saying, "Merry Christmas"! Seeing the wonder on a child's face. Gathering at community events. Donating to charities to make sure all have food and gifts for the holiday. Christmas pageants at school and church. Choirs singing. Christmas morning breakfast. Church services. Children anxiously waiting to open gifts. Wrapping paper and bows everywhere. Santa hats. Jingle bells. Hope. Compassion. Love. Caring. Sharing. **FAMILY!**

The History of Christmas

Many ancient cultures observed a mid-winter celebration of the solstice or the return of the sun after the dark days of winter. The celebration included the lighting of the Yule log as a way to encourage the sun to grow stronger. The Roman festival Saturnalia, in honor of Saturn, the god of agriculture, was observed as a time of feasting, exchanging gifts, decorating homes with greenery and general merriment. For a time, the social order was turned upside down – slaves and peasants were "in charge" and businesses closed so everyone had the chance to participate.

The early Christian church did not participate in any of these celebrations, choosing instead to focus on Easter, the celebration of Christ's resurrection. There is evidence, however, that some Christians as early as 150 A.D. designated a day during Saturnalia to honor the birth of Jesus. This was not formalized in the church until 354 A.D. when Pope Julius I declared December 25th the feast of the Nativity of Christ.

Still, the custom of celebrating the birth of Jesus on Christmas took a long time to be accepted by the Christian church. Many Christians continued to associate Christmas with pagan celebrations and, accordingly, refused to celebrate the holiday. There are instances throughout the history of Christianity of Christmas being outlawed. Oliver Cromwell succeeded in abolishing Christmas in England by an Act of Parliament, a ban that lasted from 1647 until 1660. The early Puritans in America also considered Christmas a sin in New England from 1659 through 1681. In the U.S., Christmas was declared a holiday for federal employees in 1870, but it was not pronounced a legal American holiday until 1894.

The traditions of decorating, gift giving and being with our loved ones are just a few of the ways people stay connected with loved ones, family and friends. It is a time of caring for others, celebrating the memories and traditions that are important and should be cherished and remembering that others may not be able to celebrate as they wish—especially our men and women serving our country.



Merry Christmas and Happy New Year!

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WELCOME OUR NEW FRIENDS

Dorothy Adduci
David Barnaby
Billy Brangdon

Mary Stone
Manual Torres

From the Administrator's Office

Dear Sunny Hill Residents,

“Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas” Calvin Coolidge

Difficult to believe another year has just flown by! As we advance towards the “most wonderful time of the year” let us pause and contemplate the real meaning of the Christmas season. For some people, the true meaning of Christmas is the warmth and love of our families, a celebration of the home. For others, the real meaning of Christmas is love for other people – “Peace on earth, good will toward men.” And of course, many Christians think the true meaning of Christmas is that it is the birthday of Jesus. So, here’s hoping that whatever makes Christmas special for you it includes continued health and wellness for all.

Currently, visitation at Sunny Hill is open and unrestricted. Centers for Medicare and Medicaid Services (CMS) revised the guidelines recently and “visitation is now allowed for all residents at all times”. This news should certainly help add some extra holiday cheer for residents and families.

Sunny Hill Nursing Home held its clinics for administration of the Pfizer, Moderna and J & J Booster vaccinations recently, with residents and staff availing of the opportunity to obtain this additional vaccine.

With the holidays fast approaching, plans are afoot for lots of musical entertainment and Christmas shows, throughout the month of December, please refer to the activity calendar for

all the dates, times, and details. Please join the County Executive, Jennifer Bertino-Tarrant to celebrate Staff Longevity Awards on December 8th, in the Main Dining Room at 1:30 pm. Sixteen staff members will be acknowledged as they celebrate 15 years to 40 years of service. In total, staff will be celebrating 373 years of service and dedication, working here at Sunny Hill. Please join us to help staff celebrate these milestones. Christmas Party with surprise entertainment will occur on Dec 16th, with Christmas Gift deliveries occurring on December 23rd, and a Happy New Year celebration on December 30th.

Please remember not to use extension cords to connect holiday decorations. This is a Life Safety issue. Connections can be made using a power strip ONLY or preferably connect item directly into an outlet if possible. As the facility enters its IDPH Survey window on December 1st, additional safety audits will be undertaken by Maintenance staff.

May we all stay safe and blessed as we continue to navigate our journey and extend grateful thanks for each new day and pray for ongoing resilience, strength, and wellness of our Sunny Hill family.

May you have the spirit of Christmas, which is Peace, the gladness of Christmas, which is Hope, and the Heart of Christmas which is Love

Please know that my door is always open. Let me know if you ever need anything.

Maggie McDowell, RN, LNHA
Administrator



Celebrating Their Lives and Memories

Thomas Crawley
Edita Flatten
Beverly Hammond
Robert Sempert
Briana Sims

Vivian Russell
Victor Wrobel
Eloise Trimby
Elizabeth Zola

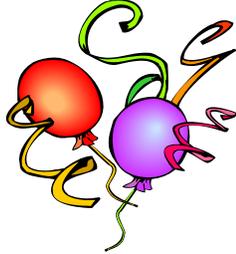


Celebrations!

Sunny Hill wishes all of our residents and staff having Birthdays this month a wonderful and blessed Birthday!

DECEMBER RESIDENT BIRTHDAYS!

- 1 Eine Rimeika
- 2 Carole Gainous
- 14 Eleanor Sabey
- 16 Virginia Klein
- 16 Beverly Vargocko
- 16 Petra Perez
- 20 Susan O'Connor



DECEMBER STAFF BIRTHDAYS

- 1 Annabelle Maranan (Nursing)
- 1 Tami Starmann (Nursing)
- 5 Ruth Eromosele (Nursing)
- 6 Festus Tetteh (Nursing)
- 6 Bernice Trent (Nursing)
- 8 Elizabeth Holmes (Food & Nutrition)
- 11 Evangeline Ba-ad (Nursing)
- 13 Michelle Felkins (Finance)
- 15 Carla Rygula (Nursing)
- 17 Margaret McDowell (Administrator)
- 18 Kathleen Dreesen (Environmental Services)
- 22 Jordan Thurmond (Environmental Svcs.)
- 26 Gladys Madjah (Nursing)
- 26 Deidre Thompson (Nursing)
- 28 Christen Young (Food & Nutrition)
- 29 Danette Krieger (Life Engagement)
- 29 Rhonda Posley (Nursing)
- 30 Devon Brown (Food & Nutrition)
- 30 Kristi Smith (Finance)
- 31 Christina Galvin (Nursing)

DECEMBER SERVICE ANNIVERSARIES!

- 31 Years Rhonda Posley (Nursing)
- 27 Years Stacey Bargas (Nursing)
- 23 Years Amie Gonzales (Nursing)
- 19 Years Veatrice Warren (Environ. Services)
- 15 Years Megan Bernas (Nursing)
- 8 Years Milan Boril (Nursing)
- 8 Years Mary Ann Evans (Food & Nutrition)
- 6 Years Tippawan Weaver (Nursing)
- 2 Years Darren Gresham (Life Engagement)
- 1 Year Jennifer Martinez (Food & Nutrition)

S*T*A*R*S!

The following staff members have joined the ranks of those who are going above and beyond the call of duty, providing the best care possible to our residents and Sunny Hill. "S*T*A*R" stands for *Spontaneous Thanks and Recognition*. These employees are currently starring on our *EMPLOYEE RECOGNITION BOARD*:

Environmental Services

Maria Gabriel

Food & Nutrition Services

Mary Evans

Nursing

| | |
|-----------------------|-------------------|
| Terry Bednarz | Andrea Pena |
| Carl Conley (2) | Sue Pershey |
| Joanne Crowder | Raymond Wertelka |
| Marijess Gonzalez (2) | Eva Bankon-Yawson |
| Rebecca Hurley | |

Congratulations to our November S*T*A*R Award Winner—Marijess Gonzalez, who won a \$20 MasterCard Gift Card in our Resident Council Drawing!

Would you like to nominate a special staff member? Forms are available at your Avenue nursing stations and in the Front Lobby. If you need assistance filling out the form, just ask one of our Management Staff!





Resident Council Corner

The next meeting of Sunny Hill's

RESIDENT COUNCIL

Thursday, December 30th – 10:00am
Main Street Activity Room

FOOD COUNCIL

is now being held as a separate meeting!
Thursday, December 30th—1:15pm
Main Street Activity Room

Resident Council Officers for 2021 are:

President... Diana Styka (6th Avenue)

Vice-President... Bev Vargocko (5th Avenue)

Secretary/Treasurer...

Joan Unterberg (6th Avenue)

Community Representative... Janet Park

**Don't miss your chance to voice
YOUR opinions!**



DECEMBER SWEETS &
TREATS SHOPPE SPECIAL
ICE CREAM FLAVOR...
PEPPERMINT STICK!

SUNNY HILL

TV!

Channel 25

All of the information you need
to know— set to the
CHRISTMAS soundtrack
of our lives!

MARK YOUR CALENDARS!!!!



Christmas Music Performers!

2 Music by Nikko!

4 Kym Franovelgia

6 John Boda

11 Steve & Trish Lydell

14 Ryan Peterman

16 **Resident Christmas Party!** Special
Desserts! Entertainment by "Those Funny
Little People"!

18 Randy Walker Christmas Show

24 Annual Christmas Eve Orchestra

28 Karen Isberg's Songs of Christmas

31 **New Year Eve Party!** Entertainment
by The Moonshiners!

OTHER HOLIDAY EVENTS!

12 Christmas Cookie Contest

17 Ugly Christmas Sweater Day

21 Tasty Tuesday & Winter Trivia

22 Movie: "It's A Wonderful Life" with Hot
Cocoa Cart!

23 Christmas Gift Delivery by Santa and
His Elves!



SENIOR SCHOLAR HOLIDAY MOVIE FESTIVAL!

DEC. 2ND: *White Christmas*

DEC. 9TH: *Miracle on 34th Street*

DEC. 16TH: *Christmas in Connecticut*

Christmas ...*Blues?*



For most people, Christmas is a fun time of the year, but for many, especially senior citizens who reside in a nursing home, Christmas can be a time of sadness, self-reflection, loneliness and anxiety—caused by stress, fatigue, unrealistic expectations, over-commercialization, financial stress, the inability to be with your family and friends and the reminders of loss and bereavement. Balancing the holiday demands can also contribute to feelings of being overwhelmed and increased tension. People who do not view themselves as depressed may develop stress responses such as headaches, excessive drinking, overeating and insomnia.

Tips for dealing with the Christmas Blues.

1. *Keep your expectations modest*—don't fall into the trap of trying to have a magazine-like Christmas.
2. *Do something different*—have Christmas dinner at a restaurant instead of cooking or donate money to your favorite charity instead of overspending on gifts that people don't need.
3. *Lean on your support system*—family, fellow residents, caregivers, social workers. Call your friends!
4. *Don't assume the worst*—Take each day as it comes and limit your expectations!
5. *Forget the unimportant stuff*—Give yourself a break and try not to overdo it! Worrying about trivial stuff will not add to your festive spirit.
6. *Volunteer*—help the Life Engagement Department out!
7. *Avoid problems*—Think about what people or situations trigger your stress and figure out ways to avoid them. You have more control than you think!
8. *Ask for help—but be specific!* People are more willing to help out than you expect—they just need some guidance on what to do.
9. *Don't worry about things beyond your control*—you only have control over your own reaction to the situation.
10. *Make new traditions*—Let go of traditions that no longer excite you—create new ones that are more meaningful to you.
11. *Find positive ways to remember loved ones*—celebrate the memories of those no longer alive, knowing that they are with you in your memories and spirit.
12. *Don't overbook your calendar!* Pace yourself! And don't feel that you have to stay until the event ends.
13. *Forget about the perfect gift!* Stick to a budget, try shopping online to avoid the crowded stores.
14. *Stay on schedule, sticking to your normal routine.* Disrupting your usual schedule can make your mood deteriorate.
15. *Eat sensibly and exercise.* It will definitely help keep your mood light. Get down to the Fitness Club or hit our Yoga sessions!
16. *Try a light*—As the daylight grows shorter, lots of people find their mood gets gloomier. While some have diagnosed seasonal affective disorder (SAD), even people who don't may still have a seasonal aspect to their depression. Talk to your caregiver or physician about light therapy to improve your mood.
17. *If you take medication, don't miss a dose!*
18. *Give yourself a BREAK!* Christmas and New Year's can be a time to dwell on imperfections, mistakes and things you are not happy with. Be gentle on yourself!



SUNNY HILL ADMINISTRATION

Administrator *Maggie McDowell*
 Ass't Administrator *Jackie Palmer-Hosey*
 Director of Nursing *Debbie Stanko, RN*
 Director of Finance *Shelly Felkins*
 Admission & Community Liaison
Charlotte Mather
 Human Resources Manager *Suzanne Gonzalez*
 Social Services *Danielle Honings,*
Kristen Lovell and Kaidy Read
 Director of Food & Nutrition Services
Julie Cherrington
 Food & Nutrition Services Manager
Crystal Smith
 Food & Nutrition Services Ass't Manager
 Director of Environmental Services *Ray Vicha*
 Life Engagement Director *Danette Krieger*
 Maintenance Supervisor *Tyler Bargas*

NURSING DEPARTMENT SUPERVISORS

Ass't Director of Nursing *F estus Tetteh, RN*
 Ass't Director of Nursing *Kathie Miner, RN*
 Ass't Director of Nursing *Edita Evans, RN*
 MDS/Patient Care Coordinator *Marbe Flores, RN*
 Skin and Wound Care *Grace Bambule, RN*
 Staff Educator/Infection Control
Ana Marie Mendiola, RN

RN House Supervisors

Evangeline Ba-ad, RN *Jeniffer Calma, RN*
Mardy Mon-Alon, RN *Ferdinand Cantor, RN*
Marizza St. Onge, RN *Alicia McLaughlin, RN*
Munawar Gill, RN *Ruth Eromosole, RN*
Milan Boril, RN *Ieva Ciccio, RN*
Margarita Flores, RN *Ray Wertelka, RN*
Maria Victoria Cortes, RN

MDS/Care Plan Coordinators

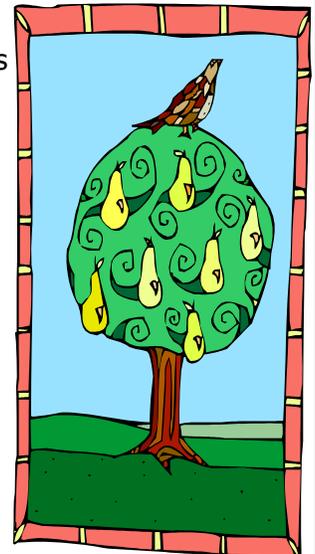
1st & 4th Avenues *Lori Chancey, RN*
 2nd & 3rd Avenues *Joanne Crowder, RN*
 5th & 6th Avenues *Marbe Flores, RN*



The Twelve Days of Christmas

This fun set of trivia facts always gets everyone talking! The song was originally written to help Catholic children in England memorize different articles of faith during the persecution by Protestant Monarchs. What do each of the twelve days represent?

My "**True Love**" represented God's gifts
 The **Partridge in a Pear Tree** was Christ.
 Two **Turtle Doves** represented the Old and New Testaments.
 Three **French Hens** signified "Faith, Hope and Charity,"
 the Theological Virtues.
 Four **Calling Birds** symbolized the four gospels.
 Five **Golden Rings** referred to the first five books of the Old Testament.
 Six **Geese-a-laying** symbolized the six days of Creation.
 Seven **Swans a-swimming** were the seven gifts of the Holy Spirit, the seven sacraments.
 Eight **Maids-a-milking** signified the eight beatitudes.
 Nine **Ladies Dancing** represented the nine fruits of the Holy Spirit.
 Ten **Lords-a-leaping** represented the Ten Commandments.
 Eleven **Pipers Piping** corresponded to the eleven faithful apostles.
 Twelve **Drummers drumming** indicated the twelve points of doctrine in the Apostles' Creed.



The going price of all of the above items? OVER \$170,298.03. The highest priced items are those involving labor – the nine ladies dancing and ten lords a-leaping costs a whopping \$10,000 EACH!

Celebration of Kwanzaa: December 26th – January 1st 2022

"We give thanks and reverence to the Creator for the whole creation. We honor the memory of our ancestors and the past. We reaffirm the values that have kept us strong. We celebrate our heritage, our accomplishments, and the good in life." Dr. Maulana Karenga



Perhaps these words were resonating in Dr. Karenga's mind when he created the Kwanzaa holiday in 1996. Kwanzaa's foundation comes from Africa where a great celebration called Kwanzaa was held when the first crops of the season were harvested. They feasted, sang and danced. Dr. Karenga added an extra "a" for the African-American holiday.

Kwanzaa is based on seven daily principles, which serve as guides to help African-Americans gain more understanding of who they are as a people and how proud they should be for their contributions to the world. The seven principles are called Nguza Saba and serve as guidelines on how to live. One principle is celebrated each day of Kwanzaa.

Day 1: "Umoja" for Unity - This principle stresses building stronger bonds of togetherness within the family, community and race.

Day 2: "Kujichagulia" for Self-determination - This principle reminds people that without self-determination, desires for making decisions that benefit the family and the community cannot be realized.

Day 3: "Ujima" for Collective Work and Responsibility - This principle reminds people that when a community works together with a common goal, much is accomplished. Supporting community endeavors, whatever they may be, not only strengthens individuals and families, but the entire community, as well.

Day 4: "Ujamaa" for Cooperative Economics - This principle brings to mind the African proverb that says, "I am because we are." When the "village" pulls together, everyone benefits.

Day 5: "Nia" for Purpose - This principle reminds people that by evaluating their lives and goals, they can stay on target, and the results of what they do benefit others and the places where people live.

Day 6: "Kuumba" for Creativity - This principle reminds people that when they use their creative energies the entire community benefits.

Day 7: "Imani" for Faith - This principle challenges people to focus on the best of their traditional heritage and to never lose sight of their ancestors. People are also reminded to use their inner faith to grow and affirm to strive and work for a better self, stronger family, and more committed community.

WORDS TO REMEMBER!

"When we recall Christmas past, we usually find that the simplest things—not the great occasions—give off the greatest glow of happiness." Bob Hope

"May you have the gladness of Christmas which is hope. The spirit of Christmas, which is peace. The heart of Christmas, which is love." Ada V. Hendricks

"It is not how much we give, but how much love we put into giving." Mother Teresa

"I stopped believing in Santa Claus when my mother took me to see him in a department store, and he asked for my autograph." Shirley Temple

"There's nothing sadder in this world to awake Christmas morning and not be a child." Erma Bombeck

S-T-R-E-S-S AND THE OLDER PERSON

What is stress? It's the tension is an automatic reaction you feel when faced with a situation that's new, unpleasant or threatening. Your body prepares to fight off a threat or flees from it and you feel adrenaline rushing through your body, heart pounding, "butterflies" fill your stomach, your muscles tense and your breathing gets faster.

Thousands of years ago, the "fight or flight" response may have been necessary for survival, but not today. Fighting or fleeing won't take away worry or get you through a crisis.

Why should I learn about stress? So you can manage it effectively! Some stress is okay – as long as it's managed properly, most people tolerate stress fairly well. Some stress may even help you meet life's challenges.

Too much stress hurts - uncontrolled stress can be unpleasant and unhealthy. It can lead to illness, depression and other serious problems.

Change may cause stress. Change is a fact of life for everyone and older people are no exception. Examples include retirement, change in income, death of a spouse, family member or friend, change in the health of a family member or friend, change in living conditions, change in personal habits, a change in residence and a loss of independence. Stress can't be avoided completely, but it's a good idea to limit sources of stress in your life, whenever possible.

Stress affects your emotions. Stress can make you tense and cause you to worry. Over time, stress can make you feel irritable, angry, helpless, less able to enjoy life, listless, fearful, confused and depressed. Of course, these feelings may have causes other than stress. Consult your unit charge nurse if any of these signs persist.

Stress also affects your body. Physical signs can be cold hands and feet, headache, backache and/or stiff neck, fatigue, nervousness and change in sleeping and/or eating habits. Stress can contribute to illnesses such as to high blood pressure, heart disease, headaches, digestive problems and asthma.

It may lower your resistance to some illnesses, such as the flu.

What can I do to manage stress? Positive thinking is one of the most powerful and effective weapons people of any age can use against stress. **Here are a few more!**

