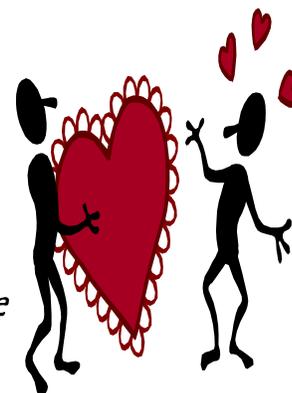


THE GAZETTE

Monthly Newsletter for the Residents of Sunny Hill Nursing Home

FEBRUARY 2021



L-O-V-E MAKES SUNNY HILL GO ROUND!



All you need is... LOVE!
According to the songwriters and crooners over the ages, LOVE is the best emotion any of us could ever hope to experience! Valentine's Day is the one day of the year that the entire world seems to take some time and fall in love!

There are many theories as to the origin of Valentine's Day. One theory is that it originated with the ancient Roman holiday, Lupercalia. This holiday, celebrated on February 15, was dedicated to young lovers. The custom was for young men to place the names of young women in boxes and then draw the names at random. The couples who were matched this way were considered betrothed and expected to stay together until the next Lupercalia. Another theory was that Valentine's Day is believed to have been named after a 3rd century priest who performed secret marriages in defiance of the Roman Emperor Claudius II who thought unmarried soldiers would be more likely to enlist in the army. Legend has it that Valentine was executed for his crimes on February 14. There is a story portraying the love affair between him and the jailer's daughter. He left a farewell note for her, with the closing, "from your Valentine."

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The tradition of sending Valentine's Day cards likely originated in 1415 when Charles, Duke of Orleans, sent several rhymed love letters to his wife in France when he was imprisoned in the Tower of London. In 1537, Valentine's Day was declared an official holiday by England's King Henry VII. Over the years, people began sending Valentine's Day love letters using poems copied from booklets of verse. The first commercial valentine appeared in the early 1800's.

Other trivia facts:

- ♥ More than two million couples tie the knot and say "I do" each year in the U.S.
- ♥ Approximately one billion Valentine's Day cards are exchanged annually. The largest number of Valentine greeting cards are addressed to teachers.
- ♥ Consumers over the past few years have spent nearly \$650 million annually on Valentine's Day gifts of candy, flowers, wine, jewelry and eating out.

Happy Valentine's Day!

WORDS ABOUT L-O-V-E!

"The Eskimos have 52 words for snow because it is so special to them; there ought to be as many for love!" **Margaret Atwood**

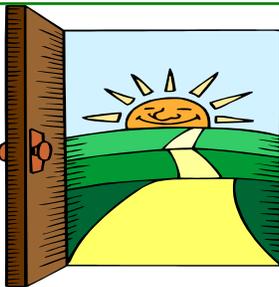
"Love is like playing the piano. First you must learn to play by the rules, then you must forget the rules and play from your heart." **Anonymous**

"Some love lasts a lifetime. True love lasts forever." **Anonymous**

"Better to have loved and lost, than to never loved at all." **St. Augustine**

"Love conquers all things except poverty and a toothache." **Mae West**

"Grow old with me. The best is yet to come." **Robert Browning**



WELCOME OUR NEW FRIENDS!

Roosevelt Dorsey

Thomas Gay

Guy Greben

Thomas Kompare

Ronald Tomczak

Thomas Murphy

Mildred Moore

Joyce Poulos

Baldev Punhani

Administrator's Corner

Dear Residents,

“Choose to be optimistic. It feels better.” – Dalai Lama

Starting off the month on a very optimistic note and sharing that Sunny Hill has completed two of its three scheduled Vaccination Clinics as part of the Pharmacy Partnership Program with Walgreens. The final clinic is scheduled for Tuesday, February 16th starting at 9:00 am in the Main Dining Room area. Preliminary statistics reflect that approximately 96% of residents have received their first dose of the Covid-19 vaccine by Pfizer and 50% of staff have also participated. These statistics are comparable to what the Long Term care sector as a whole has been experiencing. Fortunately, residents or staff do not appear to have experienced any major side effects reported to date, with tenderness at the injection site and general malaise as the predominant issues experienced.

Currently, Sunny Hill is in outbreak status as there has been one staff member, asymptomatic, who tested positive during routine weekly testing. Therefore, one positive case denotes the commencement of a new outbreak status. The Call Em All system weekly updates from the Administrator advised resident family members accordingly. Residents received a flier notice update.

Wow! Time is flying by and mother nature has reminded us that it is Wintertime in Chicago with frigid temperatures and arctic like conditions. As a result, all outdoor visitation has been suspended for now due to the biting cold wind chill. However, Sunny Hill is all ready to accommodate renewed outdoor visitation in the tent area or **“Hut Heaven”** as area is named, once the weather warms up. The heaters and new blanket warmer will also help keep everyone cozy and comfortable. Indoor Compassionate Care visits continue as

scheduled with Social Services and video chats as scheduled with Life Engagement.

Thank you to all residents for permitting and accommodating additional cleaning services to be undertaken in each individual room over a period of three weeks. This “boots on the ground” approach was in sync with deep cleaning procedures previously undertaken in December.

February brings one of the most popular days of the year that celebrates all those we love. Valentine’s Day on February 14th, is a perfect day to enjoy some delicious chocolate, a bunch of flowers or perhaps a balloon. More importantly, it is a perfect time to remember those we love and let them know what they mean to us and how they enrich our lives particularly now when family and friends truly mean so much. Remember to wear red on the day also. Residents and staff will be receiving flowers, a carnation for everyone as an uplifting thought and gesture courtesy of the Will County Board. Extending thanks on behalf of residents and staff to all involved and responsible for making this happen.

Mark your calendars also for Manicures/Hand Massages on February 10th, Mardi Gras Cart on the 16th and Ash Wednesday on the 17th. Check out the calendar posted on units for more great events.

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.

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

Maggie McDowell, RN, LNHA
Administrator



Happy Valentine's Day

Celebrating Their Lives and Memories

Lorraine Boseo
Maura Dunn
Florence Holloway
Baldev Punhani

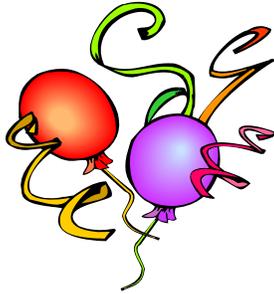


Celebrations!

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

FEBRUARY RESIDENT BIRTHDAYS!

- 1 Beverly Hammond
- 7 William Kettman
- 10 Mary Ann Stricker
- 15 Theresa Gilkerson
- 17 Leonard Pieta
- 21 Vivian Russell
- 28 Angela Hennings



FEBRUARY STAFF BIRTHDAYS

- 2 Taryn Brown (Nursing)
- 4 Grazyna Pasnyska-Jelonek (Nursing)
- 10 Stacy Bargas (Nursing)
- 10 Maria Cisneros (Environmental Services)
- 10 Munsurah McCoy (Nursing)
- 13 Judith Newman (Reception)
- 15 Jessica Gnutek (Nursing)
- 16 Jennifer Holman (Nursing)
- 16 Kristen Lovell (Social Services)
- 19 Kelley Dzukey (Food & Nutrition)
- 20 Angela Chellino (Nursing)
- 20 Alicia McLaughlin (Nursing)
- 23 Tippawan Weaver (Nursing)
- 25 Jennifer Cambron (Nursing)
- 27 Jeniffer Calma (Nursing)
- 27 Christine Miller (Nursing)
- 28 Karen Munday (Nursing)
- 28 Veatrice Warren (Food & Nutrition)
- 29 Ricky McNeil (Nursing)



FEBRUARY SERVICE ANNIVERSARIES!

- 19 Years Tami Starmann (Nursing)
- 15 Years Kathleen Schubert (Life Engagement)
- 11 Years Angela Chellino (Nursing)
- 9 Years Munawar Gill (Nursing)
- 9 Years Cynthia Thacker (Nursing)
- 8 Years Danette Krieger (Life Engagement)
- 5 Years Andres Grizales (Nursing)
- 3 Years Breanna Bishop (Nursing)
- 2 Years MaryEllen Levandowski (Finance)
- 1 Year Kiely Lapaso (Nursing)

Happy Wedding Anniversary!

Resident Rolena Merrick and her Husband Robert are celebrating their Anniversary! They were married on February 16th. Congratulations!



HAVE A CONCERN? SUGGESTION? PROBLEM? Here's What to DO!

Anytime you have a problem (including a missing item) or suggestion about how we can do something better, we want to know AS SOON AS POSSIBLE!

Here's what you can do.....

Ask to see a supervisor – let them know you have a problem! They will set the wheels in motion to get your problem or concern solved.

Ask any staff person to help you fill out a CONCERN FORM. Forms are kept at all Avenue nursing stations. The original copy goes to our Administrator with copies sent to all departments. There is a separate form for MISSING ITEMS. All departments are required to provide written follow-up and to contact you and your family (if needed) with the results.

**The most important thing to remember is
let us know about problems IMMEDIATELY!**

**Don't think you are being a problem!
The faster you let us know,
the faster we can fix it!**



Resident Council Corner

The next meeting of Sunny Hill's

RESIDENT COUNCIL

Thursday, February 25th— 10:00am

Main Street Activity Room

FOOD COUNCIL

is now being held as a separate meeting!

Thursday, February 25th—1:15pm

Main Street Activity Room

Your Resident Council Officers for 2021 are:

President.... Diana Styka (6th Avenue)

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

Secretary/Treasurer...

To Be Determined

Community Representative... Janet Park

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

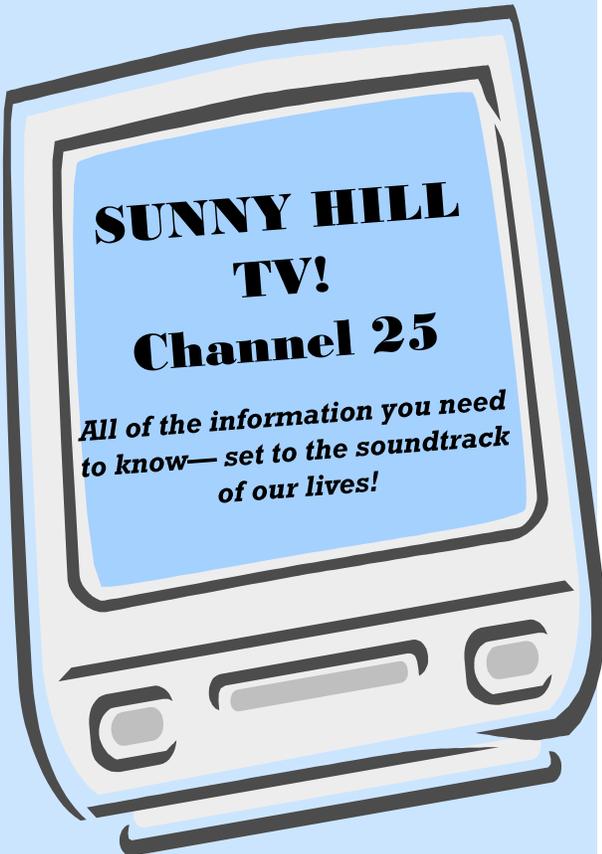
MARK YOUR CALENDARS!!!!



Due to the continuing mitigations necessary of Covid-19 virus, the Life Engagement calendar for this month is a work in progress and looks very different than past Februarys, especially with the inability to host live entertainment and large group worship services, games and other activities. All of us miss our Community Friends and Volunteers and the talents and joy they are able to share with us!

Let your Life Engagement Aide help you stay busy! Let us know what you need and we will do our best to make it happen. Enjoy the specialty carts that are making their way down your Avenue halls. Stay connected with your Family and friends through iPad, phone calls and/or window visits. Visit the Sweet Shoppe. STAY ACTIVE!

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Annual Valentine's Day Balloon Celebration!

Friday, February 14th

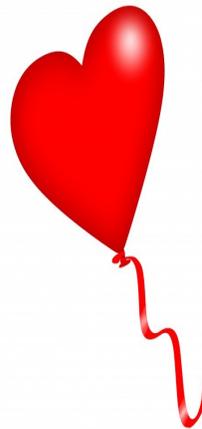
Sweets & Treats Shoppe

8am-3pm

Pre-order your balloons

at 815-727-8711

*Sponsored by the
Friends of Sunny Hill!*



STARS!

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:

Life Engagement Team

Betty Iwen

Maintenance

Sabar Gill

Receptionist

Jennifer Rodriguez

Nursing

Gregoria Arevalo

Margarita Flores

Nora Gashi

Celine George

Munawar Gill

Maureen McIntyre

LaTanya McMickle (2)

Andrea Pena

Stacia Purtell

JANUARY 2021 \$20.00 FRIENDS OF SUNNY HILL

GIFT CARD WINNER IS

Munawar Gill—NURSING

Do YOU have someone you want to nominate? STAR forms are available at Reception and on your Avenues! Need help? Let Administration know!



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

Laura Dilallo

Social Workers

Kristen Lovell, Kaidy Read, and Sherri Varek

Director of Food & Nutrition Services

Julie Cherrington, RD

Food & Nutrition Services Manager

Crystal Smith

Food & Nutrition Services Ass't Manager

Annette Vitale

Director of Environmental Services

Ray Vicha

Director of Life Engagement

Danette Krieger

Maintenance Supervisor

Tyler Bargas

NURSING DEPARTMENT SUPERVISORS

Ass't Director of Nursing Maureen McIntyre, 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 Toni Fitch, 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

Kiely Lapaso, RN

Margarita Flores, RN

Ray Wertelka, RN

MDS/Care Plan Coordinators

1st & 4th Avenues

Lori Chancey, RN

2nd & 3rd Avenues

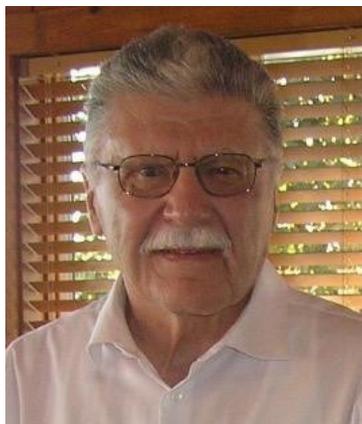
Joanne Crowder, RN

5th & 6th Avenues

Marbe Flores, RN

In the Spotlight

Meet...Joseph Orlovich, Jr.



Sunny Hill Resident, Joseph (Joe) Orlovich , 87 was born and raised in Rockdale/Joliet. He attended the Joliet Public Grade Schools and was a graduate of Joliet Catholic High School and Lewis and DePaul Universities earning a Master's in Education in 1966 from DePaul.

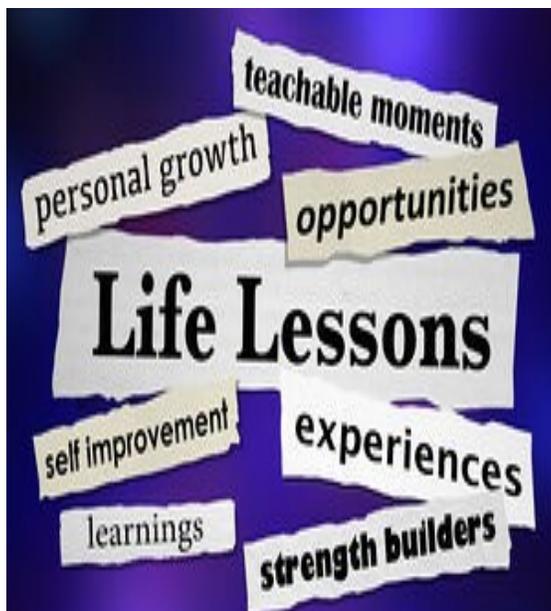
Joe served in the United States Marine Corps and as a drummer and marched in the 1954 Rose Bowl Parade in Pasadena, California.

He worked as a teacher and then principal in various schools in District 86 until his retirement from Pershing Elementary School. He was an avid reader of Philosophy, especially the Chicagoan, Mortimer J. Adler.

In 1961, he married Josephine (Gioannini) Orlovich. He has 3 children, Marlo (Bartley) Perry, Joel, and Paula (Jon) Waller and the apple of Joe's eye, his grandson Brice all of who live in the Joliet/Plainfield communities.

He continued to be a strong believer in the power of education and through many sacrifices, he and his wife provided college educations for their children: Marlo (University of Chicago), Joel (Marquette University) and Paula (University of Minnesota).

Joe's mother, Mildred Orlovich was a resident at Sunny Hill Nursing Home as well as his in-laws Joseph & Lena Gioannini.



What does the word "LOVE" mean to you?

Norma M.—"Love means family together."

Helen H.—"Love means home cooked meals."

Mary S.—"Love means giving a helping hand to those in need."

Joe C.—"Love means making time for each other."

Rose Mary M.—"Love means a hug when your sad, and a smile to spread happiness."

Ann T.—"Love means being everything to someone."

Eleanor—"Love means champagne of existence...the world would be empty without it."

Barb R.—"Love means wanting to make the other person happy."

Carol R.—"Love means secure in another's affection and happy family."

Joyce L.—"Love means everything and if you are lucky, you will find a cute guy!"

Dorothy B.—"Love means looked at the staff asking and said **YOU!!!!**"

*10 Ways to Love ...Listen without interrupting... Enjoy without complaint
Speak without accusing... Trust without wavering... Give without sparing
Forgive without punishing... Pray without ceasing... Promise without forgetting
Share without pretending AND... Answer without arguing!*

TRAINING YOUR ...BRAIN!



The only way to keep your health is to eat what you don't want, drink what you don't like and do what you'd rather not." Mark Twain

Eating right, nutrition experts say, can boost our brains' performance as well as our bodies. When we start to forget things, we usually blame it on age – but what if it's because of something we are eating? Long before we notice any physical symptoms of poor nutrition, our thinking, memory, personality and intelligence can be affected. So, feeling well doesn't necessarily mean your brain is working at its best. That means that choosing nutritious meals and laying off the junk food can do the brain a lot of good.

Here are some more tips:

- ⇒ **Eat a low-fat diet.** *The brain is composed of flesh and blood and blood does not circulate when it is full of fat.*
- ⇒ **Eat a nutrient-dense diet.** *Your brain needs a wide assortment of nutrients which you can't get from empty calories. Make every bite count when choosing what to eat.*
- ⇒ **Avoid hypoglycemia.** *Glucose is your brain's fuel. When your blood sugar is low, your brain functions poorly. When it is extremely low, brain neurons (nerve centers in our brains) die. If you're trying to lose weight, it does more harm than good to starve your body, because when you do, you're starving your brain as well. Choose many small meals over a few large ones.*
- ⇒ **Eat a relatively low-calorie diet.** *Don't go hungry – go light. Try to eat low-fat and nutrient-dense foods, and you will naturally eat low-cal.*
- ⇒ **Eat a balanced diet.** *This doesn't mean eating equal amounts of the four basic food groups. Choose a diet that is a balance of whole grains, vegetables, fruits and non-animal-based protein (like soy) along with low-fat dairy and some low-fat meat.*
- ⇒ **Feed your neurotransmitters.** *Balanced brain functioning relies on the healthy production of chemicals called neurotransmitters such as serotonin, dopamine and norepinephrine which enable the brain's nerve cells to communicate and control our emotions and thoughts.*
- ⇒ **Eat real food.** *Cut back on the processed foods. Eat as many fresh foods as you can. It's important that you review your diet and inventory how, when and what you eat. You won't know what you're lacking until you figure out what you're feeding your brain.*

Healthy Brain Foods

Feeling glum? Go for a plum. Indeed, fruits, vegetables and whole grains which are rich in complex carbohydrates supply the brain with a steady dose of glucose for both a calming and energetic effect. For a truly smart meal, combine complex carbohydrates with proteins like those in meat and eggs, along with antioxidants, which have the ability to foster clear thinking. **Here are some antioxidants to power your brain:**

Vitamin C: *Found in foods like broccoli, legumes, oranges, potatoes and strawberries.*

Vitamin E: *Found in almonds, corn oil, sunflower oil, walnuts and whole grain flour.*

Beta-carotene: *Found in apricots, carrots, cantaloupe, pumpkin, spinach and sweet potatoes.*

Folic Acid: *Found in beans, fruits, leafy vegetables, lentils and whole wheat cereals.*

Zinc: *Found in bran, Brazil nuts, oats, peanuts, sunflower seeds and whole wheat grains.*

B Vitamins: *(especially B-1, B-2, B-3, B-6 and B-12) Found in avocados, bananas, beets, brewer's yeast, brown rice, chicken, dairy products, fish and turkey.*

Selenium: *Found in cabbage, celery, cucumbers, garlic, mushrooms and onions.*

Magnesium: *Found in almonds, avocados, brown rice, carrots, citrus fruits and sesame seeds.*

Your goal should be to eat well enough and regularly to avoid mood swings, which means to avoid foods called "**anti-nutrients**", which throw the brain off balance creating mood swings, depression and fatigue.

These foods include:

Simple Carbohydrates: *Refined sugar and flour. Glucose fuels the brain into a short-lived sugar high, but it is followed by a fatigue-defined "crash".*

Processed and Saturated Fats: *Butter, hydrogenated margarine and oils. Instead, eat more fish, flaxseed oil, green leafy vegetables, walnuts, olive oil or safflower oil.*

Caffeine: *Too much caffeine overstimulates nerves, creating a rush of nervous energy that can be followed by a dive into depression or irritability.*

Continued on Page

TRAINING YOUR ...BRAIN! *(Continued from Page 7)*

Alcohol: Alcohol depletes the body of tryptophan, an amino acid that converts to mood-lifting serotonin. By lowering serotonin levels, alcohol can lead to depression.

Brain-Boosting Tips

Eat Breakfast. Breakfast eaters remember more, react quicker, are more creative throughout the day, make fewer mistakes and are more alert than those who skip breakfast. The brain is a very active tissue and uses 20 – 30% of the calories consumed each day. Breakfast is essential for providing the fuel the brain needs after fasting all night. A high-carbohydrate breakfast is the best way to supply energy to the brain because it uses glucose (a simple carbohydrate) for energy. A high-fat breakfast can leave you feeling tired and less imaginative. Include fiber and a small amount of protein to help you stay full longer.

Keep Lunch Light. A high-fat or high-calorie lunch (more than 1,000 calories) can make you less alert. Although carbohydrates can help jump-start your day at breakfast, a lunch high in carbohydrates may make you sleepy and less able to focus, especially if you choose foods high in sugar. Eat whole grain carbohydrates such as whole wheat bread, along with a little protein, a piece of fruit and vegetables to keep you going.

Avoid low-calorie diets. These diets affect memory, attention and reaction time. The best way to lose weight is to lose it gradually (no more than two pounds a week).

Include fish in your diet. Fish is low in saturated fat and a good source of omega-3 fatty acids, which is important for the membranes of the nerve cells and transports nutrients to the cells.

Eat five to nine servings of fruits and vegetables every day. Antioxidants in fruits and vegetables neutralize or inactivate free radicals – molecules that can damage brain cells. Vitamin C, beta-carotene and vitamin E are a few of the antioxidants that keep the brain healthy.

Choose plenty of iron-rich foods. Iron deficiency is the most common nutrient deficiency in the United States. Iron deficiency can contribute to shortened attention span, lowered intelligence, poor coordination and inability to concentrate. Iron transports oxygen to the brain cells. A lack of oxygen can cause cell functions to slow down and stop. Good iron sources include lean meats, beans and iron-fortified cereals. To boost iron absorption, eat a high-vitamin C food along with your meal.

May You Always Feel Loved....

May you find serenity and tranquility in a world you may not always understand. May the pain you have known and the conflict you have experienced give you the strength to walk through life facing each new situation with courage and optimism. Always know that there are those whose love and understanding will always be there, even when you feel most alone. May you discover enough goodness in others to believe in a world of peace. May a kind word, a reassuring touch, and a warm smile be yours every day of your life, and may you give these gifts as well as receive them. Remember the sunshine when the storms seem unending. Teach love to those who know hate, and let that love embrace you as you go into the world. May the teachings of those you admire become a part of you, so that you may call upon them. Remember, those whose lives you have touched and who have touched yours are always a part of you, even if the encounters were less than you would have wished. It is the content of this encounter that is more important than its form. May you not become too concerned with material matters, but instead place immeasurable value on the goodness in your heart. Find time each day to see beauty and love in the world around you. Realize that each person has limitless abilities, but each of us is different in our own way. What you may feel you lack in one regard may be more than compensated for in another. What you feel you lack in the present may become one of your strengths in the future. May you see your future as one filled with promise and possibility. Learn to view everything as a worthwhile experience. May you find enough inner strength to determine your own worth by yourself, and not be dependent on another's judgment of your accomplishments. May you always feel loved.

Sandra Sturtz Hauss