



HAPPY HUMAN RESOURCES MONTH, NATIONAL ACTIVITY PROFESSIONALS WEEK AND MAINTENANCE DAY!

*A big THANK YOU goes out to our Human Resources Department, Life Engagement Department and the Maintenance Department for everything they do to make Sunny Hill a better place to call HOME!
National Maintenance Day is January 18th ; National Activity Professionals Week is January 24th–30th; and January is Human Resources Month.*

HUMAN RESOURCES DEPARTMENT: Laura Dilallo, Kim Kowal. And Neal Querio

LIFE ENGAGEMENT DEPARTMENT: Danette Krieger, Darren Gresham, Betty Iwen, Gwen Konopa, Susan Ruettiger, Kathleen Schubert and Vickey Smith.

MAINTENANCE DEPARTMENT: Tyler Bargas, Jaime Betancourt, David Bibber, Anthony Dedo, Sabar Gill, Dan Willis, and Mike Miglorini (Will County Maintenance Director)



WORDS TO LIVE BY...

"An optimist stays up until midnight to see the New Year in; a pessimist stays up to make sure the old one leaves." Bill Vaughan

"Reach for the stars even if you have to stand on a cactus."

Susan Longacre

"Friends are the sunshine of life."

John Hay

"If you want an accounting of your worth, count your friends."

Merry Browne

"Plant a seed of friendship; reap a bouquet of happiness." Lois Kaufman

"The only way to have a friend is to be one."

Anonymous

"We need 4 hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth."

Virginia Satir

"One resolution I have made and always try to keep, is this: To rise above the little things."

John Burroughs



Preventing Falls!

Anyone can fall, but the risk for falls increases as we age. Even falls that do not lead to injury can affect you. But some simple precautions and a little preparation can help prevent falls.

Who Is at Risk of Falling?

More than one-third of people over the age of 65 have at least one fall each year. Sight, hearing, muscle strength, and coordination may not be what they once were. Balance can be affected by diabetes and heart disease, or by problems with your circulation, thyroid, or nervous system. Other common medical conditions that increase your risk of falling include arthritis, cataracts, or hip surgery.

Why Are Falls So Dangerous?

Injuries sustained in a fall may range from cuts and bruises to life-threatening trauma. Head injuries and broken bones (fractures) lead the list. Even falls that do not lead to injury can have a negative effect on older adults. After a fall, older people often limit their activity because they are afraid they will fall again. When you reduce your exercise and movement, your body becomes weaker, which can, in turn, increase the risk of another fall. Then there is osteoporosis — a disease that makes bones thin and more likely to break. Osteoporosis is a major reason for broken bones in women past menopause, and also affects older men. With more fragile bones, even a minor fall can cause bones to break.

What Else Can I Do?

Here are some other actions you can take to avoid falls:

- ⇒ *Exercise! Come on down to the Sunshine Fitness Club! If that doesn't please you, get help if you can't find a physical activity that you can do safely. Our Sunny Hill Rehab staff and Therapists can get you started.*
- ⇒ *Report to your Avenue nurse/staff if you have dizzy spells or if you fall.*
- ⇒ *See your eye doctor once a year. Have your hearing tested once a year, too. Sunny Hill Nursing Staff can assist you with this since we have in-house vision and hearing services here regularly.*
- ⇒ *Take good care of your feet and have them examined if you have pain or difficulty walking. Sunny Hill has an in-house podiatrist that visits regularly.*
- ⇒ *If your doctor or Therapy and Rehab staff suggests that you use a walker to help you walk, please use it! This will give you extra stability when walking and may help you avoid a bad fall.*
- ⇒ *Use our elevators instead of the stairwells. Do not use stairs without rails on both sides for support. If you must carry something while you are going up or down, hold it in one hand and use the handrail with the other.*
- ⇒ *Do not take chances! Stay away from a freshly washed floor—watch for our Wet Floor signs. Never stand on a chair or table to reach something that is too high.*
- ⇒ *Wear shoes with firm non-skid, non-friction soles. Avoid wearing loose-fitting slippers that could cause you to trip.*
- ⇒ *When you get out of bed in the morning or at night to use the bathroom, sit on the side of the bed for a few minutes before standing up. Moving too quickly can make you dizzy, and you might lose your balance and fall.*
- ⇒ *ASK FOR ASSISTANCE! No Resident should ever feel that they are "bothering the staff" by asking for help! That is what the staff is here for. Your safety is our FIRST concern!*

