

# THE GAZETTE

Monthly Newsletter for the Residents of Sunny Hill Nursing  
**MARCH 2021**



## **OPTIMISM IS JUST WHAT THE DOCTOR ORDERED!**

*A pessimist sees the difficulty in every opportunity; an optimist see the opportunity in every difficulty.” Winston Churchill*

In life, there are always obstacles to encounter and deal with. In the past year, the difficult issues seem more overwhelming than most can remember: a world-wide pandemic that has shut down the world for the past year, friends and family members visiting us and caring for us through computer screens and windows, a political landscape that is filled with anger and violence, many of those we love sick or dying from Covid-19, climate change that is threatening the existence of future generations and the sad list goes on and on. But the Greatest Generation—the generation of our Sunny Hill Residents have great experience in dealing with hard times and coping with the difficulty of change.

It takes a strong person to deal with tough times and difficult choices. **OPTIMISTS** react to problems with a sense of confidence, believing that negative events are only temporary, limited in the scope of how much it will affect your life and manageable. On the opposite side of the coin, **PESSIMISTS** view problems as internal, unchangeable and never-ending. And on top of that—**OPTIMISM has been proven as good for one's health!**

**So exactly what is the difference between an OPTIMIST and a PESSIMIST? Let's spell it out!**

**OPTIMISTS have or are:**

- ◆ Believers that the best is yet to come.
- ◆ Constructive thinkers that think about solutions and believe they can find a good solution to a problem.
- ◆ Creative thinkers who are not afraid to look for new ways of doing things.
- ◆ Hope and expect situations to improve and plans to turn out well.
- ◆ Motivated and have the energy and zest to do

things and accomplish goals.

- ◆ Happier and content.
- ◆ They tend to stay calmer, hopeful and persevere in whatever they face.

**PESSIMISTS have or are:**

- ◆ Always expecting the worst. The glass is always “half-empty”, which causes them to never have hopeful expectations that things will work out better than expected. They do seem to continually look for a Plan B, or a contingency plan.
- ◆ Find it difficult to find joy in life.
- ◆ Difficulty with trusting in relationships and accepting the opinions of others.
- ◆ Tendency to feel anxiety due to feeling overwhelmed by the potential of things going wrong.

**Now let's look at how each affects your health:**  
**OPTIMISTS:**

- ◆ Feel few outcomes are more important than staying alive and that helps create life longevity.
- ◆ Experience less distress when faced with potentially life-threatening diseases—they have a “fighting spirit”.

**PESSIMISTS:**

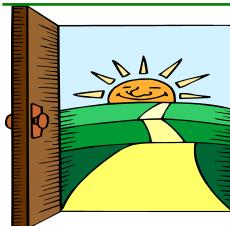
- ◆ Seem to experience more depression, stress and anxiety due to internalizing problems instead of thinking through them and taking a more positive thought route.
- ◆ Negative thinking leads to stress which leads to higher rates of coronary heart disease and earlier death.
- ◆ Healing and recovery from illness and disease is less than optimal due to feelings of distress and disruption.

*So what are you? A Pollyanna or a Downer? It's never too late to change—Happiness, optimism and positive thinking are a choice! Choose to be happy. Smile more! Have faith in yourself and the Universe. Associate yourself with happy people because happiness is contagious.*

***Your life and the lives of others can depend on it!***

**Inside the Gazette:**

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## WELCOME OUR NEW FRIENDS!

*Frances Dudzik    Marlene Marsden  
Judith Kaiser    Evelyn Paskiewicz*

## From the Administrator's Office

Dear Residents,

*"Keep your face to the sunshine and you cannot see a shadow" – Helen Keller*

March 1<sup>st</sup> marks the one-year anniversary of Covid-19 in the Kirkland Nursing Home in Seattle, Washington which later became the epicenter of our global pandemic. It seems like an eternity ago as so much has happened since then but on the other hand feels only like yesterday. Now one year later, I am happy to report Sunny Hill is no longer in outbreak status, as we have not had any positive Covid-19 cases in 28 days. Additionally, Sunny Hill is in Phase 2 of CMS Reopening and will be advancing into Phase 3 next week. Once this occurs new postings and information will be shared.

Certainly, by all accounts vaccination status in long term care is having an impact on major decreases in positivity rates. The community positivity rate for Region 7, Will/Kankakee Counties is 4.0% which reflects an overall decrease from when rates were as high as 20% in December. Daily averages of positive cases of Covid-19 has decreased substantially from as high as 14,000 in December to 1,200 currently. Overall, there is light at the end of the tunnel and a definite air of optimism that did not exist until recently.

Since there are many different kinds of visits occurring here at Sunny Hill I wanted to share this information in more detail. ***Virtual/teleconference Visits:*** Life Engagement schedules visits. ***Indoor Visits: Compassionate Care/End of Life.*** Social Services schedules and coordinates. ***In-person Visits Phase 2 & 3 CMS Reopening/No mitigation.*** One scheduled visit will occur daily in am and one visit in pm for now. Will reevaluate and expand and introduce slowly. Admissions will schedule and coordinate. Two visitors only allowed. Visit can occur in the Main Street Cafe ***ONLY*** and ***NOT*** in resident's rooms/units or common areas and not during mealtimes. Visit can be for 30-60 minutes in duration.

### ***Essential Care Giver Program: NEW Program being drafted.***

Family member involved will not be considered a "visitor" but someone essential to care delivery. This program will allow family members/other to assist resident directly. Training, coordination, and contract is required. Will assign an Essential Care Giver Coordinator. Further details coming! ***Outdoor Visits:*** Window and tent visits continue, now weather is improving. Life Engagement schedules and coordinates visits.

All Infection Control practices and approaches currently in effect remains. Screening and testing, mask wearing, physical distancing of 6 ft and hand hygiene. ***Vaccination status has not impacted safety approaches still in effect.*** Testing for ***STAFF ONLY*** continues weekly. Despite community positivity rate being under 5% and in the green zone, we are erring on the side of caution. Concern being that if somebody is asymptotically positive a month is too long to wait to determine this. Imagine how many exposures can occur in the interim without initiating the appropriate interventions in a timely manner. However, if there are any positive Covid-19 cases, as ***ONE POSITIVE CASE*** denotes an outbreak whether staff or resident then facility will regress to the most restricted – Phase 1 and start over.

Mark your calendars also for Manicures/Hand Massages on March 10<sup>th</sup>, bingo on the 13<sup>th</sup> and of course St Patrick's Day on the 17<sup>th</sup> the day when we are all Irish. On March 20<sup>th</sup> hails the first Day of Spring. We can't wait! 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*

## Celebrating Their Lives and Memories

*Geraldine Burke    Guy Gruben  
Lillian DiBartolomeo    Barbara Rollheiser  
Roosevelt Dorsey*

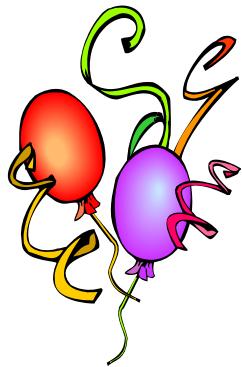


# Celebrations!!

**Sunny Hill wishes all of our Residents and Staff having Birthdays this month a wonderful and blessed Birthday!**

## MARCH RESIDENT BIRTHDAYS!

- 3 Mildred Threewitt
- 13 Nancy Stark
- 14 Bernice Godun
- 17 Patricia Stine
- 18 John O'Keefe
- 18 Valeria Pantoja
- 19 Miriam Hersonsky
- 23 Alan Sons
- 24 Marjorie Beck
- 31 Marianne Crater
- 31 Briana Sims



## MARCH STAFF BIRTHDAYS

- 2 Sara Ference (Environmental Services)
- 2 Sabar Gill (Maintenance)
- 4 Peter Wilda (Environmental Services)
- 5 Tyler Bargas (Maintenance)
- 13 Aillyah Carter (Food & Nutrition)
- 13 Arlisha Mabery (Nursing)
- 16 Mattie Jordan (Nursing)
- 16 Pat Wendholt (Administrative Assistant)
- 17 Maria Victoria Cortes (Nursing)
- 21 Jackie Palmer-Hosey (Assistant Administrator)
- 23 Gregoria Arevalo Eguia (Nursing)
- 28 Carol Richards (Food & Nutrition)
- 29 Patricia Davis (Environmental Services)
- 30 Matilde Feril (Food & Nutrition)

## Happy Wedding Anniversary!

Resident Leo Tibbitts and his Wife Anna are celebrating their 46th Anniversary! They were married on March 22, 1975.  
Congratulations!



## MARCH SERVICE ANNIVERSARIES!

- |          |                                     |
|----------|-------------------------------------|
| 15 Years | Mardy Mon-Alon (Nursing)            |
| 14 Years | Carl Conley (Nursing)               |
| 13 Years | Angela Babicki (Nursing)            |
| 10 Years | Rebecca Hurley (Nursing)            |
| 6 Years  | Grazyna Paszynska-Jelonek (Nrsg.)   |
| 6 Years  | Marijess Gonzales (Nursing)         |
| 6 Years  | Sabar Gill (Maintenance)            |
| 4 Years  | Monicka Mister (Nursing)            |
| 3 Years  | Tyler Bargas (Maintenance)          |
| 2 Years  | Christen Young (Food & Nutrition)   |
| 2 Years  | Autumn McCullum (Food & Nutrition)  |
| 2 Years  | Annette Vitale (Food & Nutrition)   |
| 1 Year   | Andrea Pean (Nursing)               |
| 1 Year   | Latonya McMickle (Nursing)          |
| 1 Year   | Elizabeth Holmes (Food & Nutrition) |

## REMINDERS...

*Do what you can, with what you have, where you are.*

### **Life is not FAIR.**

*Don't cry because it is over,  
Smile because it happened.*

*It's the little moments  
that make life BIG.*

*If you don't like where you are, then  
change it! You are not a tree.*

*Small things become great  
when done WITH LOVE.*

**BEGIN ANYWHERE.**

*You are never too old to wish on a falling star.*

*Whatever you are,  
be a good one.*

*Expect Nothing. Appreciate Everything.*

*Don't be afraid to fail  
Be afraid not to try.*

*Be Kind. Everyone is fighting a battle.  
It takes courage to grow up  
and be who you really are.*

*You can do anything,  
but but not everything.*

**Let some stuff GO.**

*Always remember: You are braver than  
you believe, stronger than you seem,  
and smarter than you think.*

### **YOU ARE ENOUGH.**

*If we all threw our problems into  
a pile, when we saw everyone elses,  
we would grab our own back.*

**Live, Laugh, Love.**

*Think of three things you  
are thankful for every night  
before you go to sleep.*

**Love MORE.**

*Someone who is rude to a  
waiter and nice to a King  
is not a nice person.*



## Resident Council Corner

The next meeting of  
Sunny Hill's

### **RESIDENT COUNCIL**

Thursday, March 25th – 10:00am  
Main Dining Room

### **FOOD COUNCIL**

**is now being held as a separate meeting!**  
**Thursday, March 25th—1:15pm**  
**Main Dining Room**

Your Resident Council Officers for 2021 are:

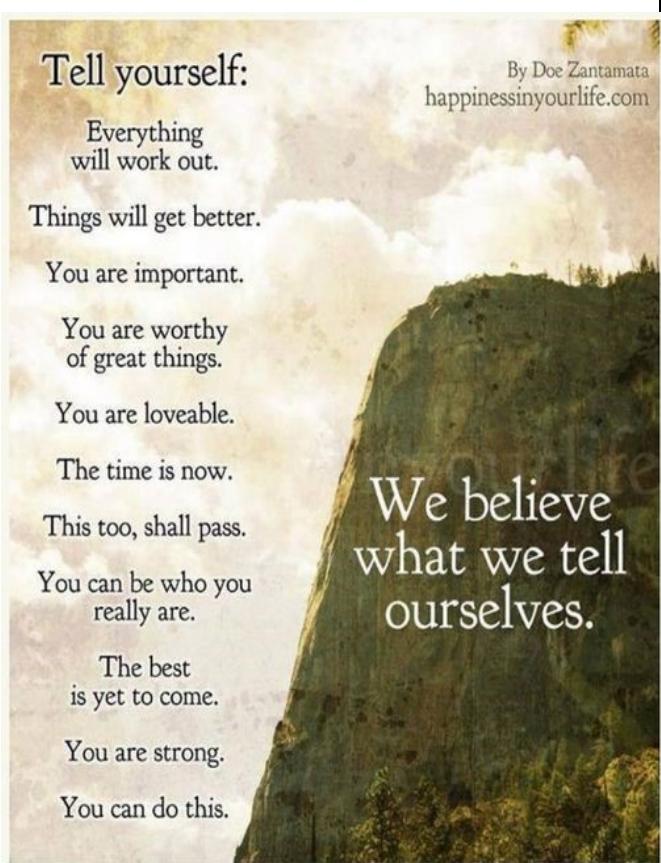
President.... Diana Styka (6th Avenue)

Vice-President....

Bev Vargocko (5th Avenue)

Secretary/Treasurer... To be Determined

Community Representative...  
Janet Park



## MARK YOUR CALENDARS!!!!

Due to the continuing mitigations necessary of Covid-19 virus, the monthly Life Engagement calendar is a continual work in progress and looks very different 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 make their way down your Avenue halls. Stay connected with your Family and friends through iPad, phone calls and/or window visits. Visit the

## **HAPPY NATIONAL SOCIAL WORKER AND REGISTERED DIETITIAN MONTH!**

A big THANK YOU goes out to our Social Workers and our Registered Dietitian for all of their commitment and hard work to make Sunny Hill a better place to call HOME!

**SHERRI VAREK—Social Worker**  
**KRISTEN LOVELL —Social Worker**  
**KAIDY READ —Social Worker**  
**JULIE CERRINGTON —Registered Dietitian**  
**RENEE VANACORA—Registered Dietitian (Consultant)**

**SUNNY HILL TV!**  
**Channel 25**

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

**Daylight Savings Time Starts on Sunday, March 14th.**  
**You need to set your clocks AHEAD One Hour!**

# STAR\*RS!

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

Karry Dotson  
 Jordon Thurmond  
 Peter Wilda

#### Finance

Mary Ellen Levondowski

#### Food & Nutrition Services

Devon Brown

#### Life Engagement Team

Danette Krieger  
 Kathleen Schubert

#### Maintenance

Sabar Gill  
 Dan Willis

#### Receptionist

Karen Jackson

#### Nursing

Mary Adelabu  
 Breanna Bishop  
 Graciela Duarte  
 Rebecca Hurley  
 LaTonya McMickle  
 Monicka Mister  
 Susan Pershey  
 Noemi Rodriguez  
 Kristi Rober  
 Tiffany Wing

#### **FEBRUARY 2021 \$20.00 FRIENDS OF SUNNY HILL - GIFT CARD WINNER IS Peter Wilda—Environmental Services**

*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  
 Ass't Administrator  
 Director of Nursing  
 Director of Finance  
 Admission & Community Liaison

*Maggie McDowell  
 Jackie Palmer-Hosey  
 Debbie Stanko, RN  
 Shelly Felkins  
 Charlotte Mather*

Human Resources Manager  
 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        | <i>Maureen McIntyre, RN</i> |
| Ass't Director of Nursing        | <i>Kathie Miner, RN</i>     |
| Ass't Director of Nursing        | <i>Edita Evans, RN</i>      |
| MDS/Patient Care Coordinator     | <i>Marbe Flores, RN</i>     |
| Skin and Wound Care              | <i>Grace Bambule, RN</i>    |
| Staff Educator/Infection Control | <i>Kiely LaPaso, RN</i>     |
| <b>RN House Supervisors</b>      |                             |

|                             |                             |
|-----------------------------|-----------------------------|
| <i>Evangeline Ba-ad, RN</i> | <i>Jeniffer Calma, RN</i>   |
| <i>Mardy Mon-Alon, RN</i>   | <i>Ferdinand Cantor, RN</i> |

|                             |                              |
|-----------------------------|------------------------------|
| <i>Marizza St. Onge, RN</i> | <i>Alicia McLaughlin, RN</i> |
| <i>Munawar Gill, RN</i>     | <i>Ruth Eromosole, RN</i>    |

*Milan Boril, RN*

#### MDS/Care Plan Coordinators

|  |                           |
|--|---------------------------|
| <i>1<sup>st</sup> &amp; 4<sup>th</sup> Avenues</i> | <i>Lori Chancey, RN</i>   |
| <i>2<sup>nd</sup> &amp; 3<sup>rd</sup> Avenues</i> | <i>Joanne Crowder, RN</i> |
| <i>5<sup>th</sup> &amp; 6<sup>th</sup> Avenues</i> | <i>Marbe Flores, RN</i>   |

#### **Don't Forget....**

***The Top Ten Reasons for the Spread of Infection:  
 Your Ten Fingers! WASH YOUR HANDS!!!***

***The Gazette—March 2021***



# In the spotlight

Meet....*Eula Pearl Ragin!*



Born November 16, 1921 in Booneville, Mississippi.  
Eula will be 100 YEARS OLD this November!

She married Thomas Earl Ragin. They moved to Illinois in 1953. She is Mother to her daughter Barbara and has three Grandchildren and 1 Great-Grandchild.

She worked as a waitress for a short time. She loves to eat, cook, listen to music and dance! She also loves to sing and enjoys listening to jazz, blues and gospel, which are her favorites. Her absolute favorite song is "What a Friend We Have in Jesus", she knows all the words.

She came to Sunny Hill in 2011 and has been here 10 years.

Her advice to the next generation? "Don't get into trouble—unless it is good trouble!"

## ***What ADVICE would you pass on to the next Generation?***

**Barb B.**—"Keep an open mind."

**Jackie B.**—"Find a good husband."

**Joyce L.**—"Be honest and kind to people."

**Eileen G.**—"Look at where you are now, then decide where you want to be."

**Eula R.**—"Don't get into trouble unless it is good trouble."

**John O.**—"Stay away from drugs and follow Jesus."

**Roger F.**—"Have a passion for what you want to do and have compassion for your fellow man."

**Marion C.**—"Don't overwork!!"

**Carol R.**—"Learn as much as you can. Reach for the top. Hang out with the right kind of people. Don't lose your standard. Travel a lot, from there you learn everything—how to treat different types of people and how to appreciate what you have."

**Margaret T.**—"Be a nice person and help out others."

**Leslie P.**—"Keep your morals."

**Jimmy R.**—"You need to read more to become smarter."

**Carolyn**—"Stay alert to your surroundings."

**Edith F.**—"Don't be too smart."

**Rolena M.**—"Be sure and study."

**Virginia**—"Follow the rules."

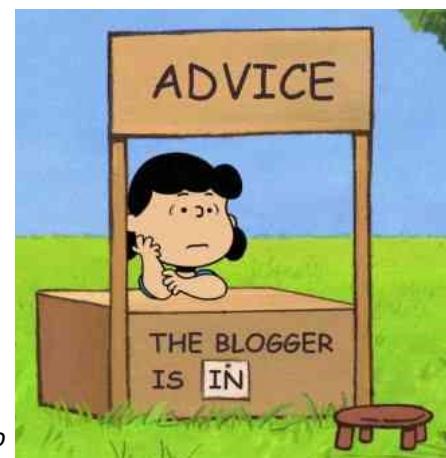
**Mary S.**—"Work hard and watch your savings."

**Joan U.**—"Put money away for a rainy day."

**Joe C.**—"Go to church and talk to God."

**Rosemary M.**—"Tell them to do the opposite of what you want them to do—so they'll do it!"

**Alvera**—"LIVE IT UP!"



## **Wellness Corner... EXERCISE YOUR BRAIN!!**

No matter how old you are, there are some things we need to keep in mind for good health. Here are some important tips for staying as healthy as possible.

Exercise Mentally – Use your mind! Do crossword puzzles, word searches and jigsaw puzzles and play Scrabble, Chinese Checkers, cribbage and Uno. Add numbers in games like dominoes or various card games. Name all 50 states and their capitals. Play trivia games and finish the second halves of proverbs. Read or be read to, read or write poetry and create a journal of your memories to share with your children or grandchildren.

Exercise Physically – Walk, stroll, dance, move your arms, your legs, your body, whatever it takes – but move! Pretend to play the piano or really play. Reach up and touch your hands together or reach up and wave to your neighbor across the street. Exercise in a group setting or exercise with your roommate in your room. Take short strolls or long ones, stopping to rest and drink fluids. Walk around the mall, rose garden and Sunny Hill. If you are sitting, do fine motor movements such as wiggling your toes or fingers and take slow, deep breaths to get clean air into your lungs. No matter how or what, just keep moving your body carefully and gracefully.

Exercise Socially – Get out of your room and people watch, talk to staff and tell a visitor or neighbor hello. Go on activity trips. Befriend the new resident or staff member. Comb your hair, put on your sweater or jacket and a smile, and make it a point to talk to at least one new person everyday. Attend a scheduled activity, sit in the lobby and greet visitors and take part in visits from children. People need people – no matter what age we are.

Exercise Spiritually – Meditate, reflect, pray, share words of encouragement with another person, focus on things that give you hope and peace. Enjoy the solace of a chapel, garden, house of worship, and nearby park and reflect on beautiful things in the world. Listen to the songs of praise, worship music, and reflective songs. Be thankful for friends and food, comforts and care. Read faith-based books, stories of human courage and faith, and fellowship with others who share the same or similar faiths.

Exercise Emotionally – Laugh, cry, ponder and express a personal belief. Watch an old comedy show or listen to a tape of a radio show from years past. Watch a new, popular movie about historical events or funny videos on TV. Express yourself politically and discuss how to solve world problems. Stand up and be heard at residents' meetings. Let the staff know how much you appreciate something they've done for you. Enjoy the soft nuzzle of a visiting puppy or the squeal of a new grandchild. Remember good things in your life and sad ones because both have shaped you through the years. Smile at nothing, laugh at a joke in your head, and feel the pride of a job well done in volunteering or helping another resident.

**Know that you are important to the many people who live and work around you. Exercise every day in each of the above areas and live a good life. The goal is not to be perfect, but to be in the best shape possible for you. To your health!**

## **Get Your Plate in Shape!**

**Make half of your plate FRUITS & VEGETABLES!**

**Make at least half of your GRAINS whole.**

**Switch to SKIM or 1–2% MILK**

**Vary your PROTEIN choices.**

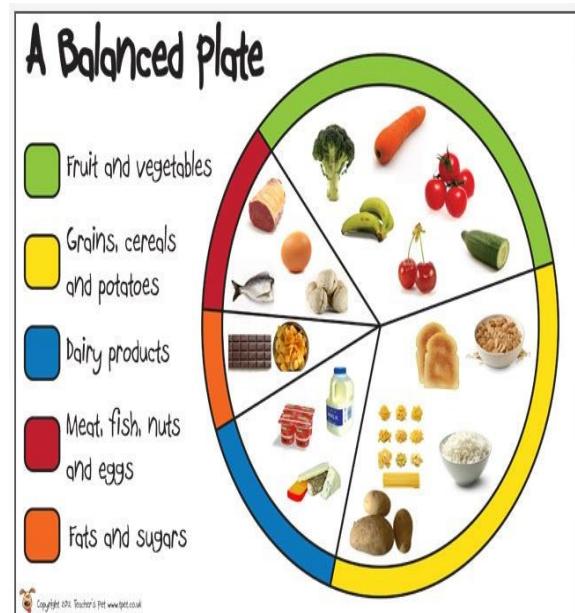
**Cut back on sodium and empty calories from solid fats and added sugars.**

**Drink WATER! Select FRUIT for dessert.**

**Enjoy your PLATE—but eat LESS.**

**Be PHYSICALLY ACTIVE your way—**

**do something that you like!**



## **OPEN UP TO..... OPTIMISM!**

*"Optimism is the faith that leads to achievement; nothing can be done without hope."*

**Helen Keller**

*"There is one thing which gives radiance to everything; it is the idea of something around the corner."*      **G. K. Chesterton**

*"real optimism is aware of the problems but recognizes the solutions, knows about difficulties but believes they can be overcome, sees the negatives but accentuates the positives, is exposed to the worst but expects the best, has reason to complain but chooses to smile."*      **William Arthur Ward**

*"One of the things I learned the hard way was that it doesn't pay to get discouraged. Keep busy ad making optimism a way of life can restore your faith in yourself."*

**Lucille Ball**

*"It's your outlook on life that counts. If you take yourself lightly and don't take yourself too seriously, pretty soon you can find humor in our everyday lives. And sometimes that can be a lifesaver."*      **Betty White**

*"Your attitude is like a box of crayons that color your world. Constantly color your picture gray, and your picture will always be bleak. Try adding some bright colors to the picture by including humor and your picture begins to lighten up."*

**Allen Klein**

### **ANSWER KEY:**

#### **FAMOUS WOMEN: ANSWERS TO COLUMN B:**

DR. SALLY RIDE (1983), OPHA MAY JOHNSON (1918), AMELIA EARHART (1937), ELIZABETH BLACKWELL (1849), CLARA BARTON (1881), BETSY ROSS (1775), LUCY BREWER (1812), DIANA CRUMP (1970), LUCY HOBBS (1866), JEANNETTE RANKIN (1880), FRANCES PERKINS (1933), ARETHA FRANKLIN (1987), MADELINE ALBRIGHT (1997), HILLARY CLINTON (2016), EDITH WHARTON (1921), KAMALA HARRIS (2021) AND HATTIE MCDANIEL (1939)

**BASKETBALL STARS:** KAREEM ABDUL-JABBAR, LARRY BIRD, JULIUS ERVING, MAGIC JOHNSON, BILL RUSSELL, JAMES WORTHY, WILT CHAMBERLIN, KARL MALONE, NATE ARCHIBALD, MICHAEL JORDAN, ISIAH THOMAS, JERRY WEST, BILL WALTON, LEBRON JAMES, PATRICK EWING, STEPHEN CURRY, WALT FRAZIER, KOBE BRYANT, DENNIS RODMAN, SCOTTIE PIPPEN AND SHAQUILLE O'NEAL

### ***St. Patrick's Day Toast:***

*May the road rise up to meet you,  
May the wind be always at your back,  
May the sun shine warm upon your face,  
The rains fall soft upon your fields,  
Until we meet again, may God hold you in the  
palm of his hand.*

