

# THE SUNRISER



## The Best is Yet to Come

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On behalf of Sunny Hill's Administration and Administrative Staff, Will County Executive and the Will County Board, here's wishing you and your loved ones a very Happy New Year!



*Ralph Waldo Emerson said, "It's not about the destination, it is about the journey". 2020's journey begun in the same way that every new year starts off...full of hope and promise for the 364 days that laid ahead. Unfortunately, the world watched hopelessly as that optimism swiftly changed to fear and anxiety, as we struggled to navigate the COVID-19 Pandemic and all the challenges that accompanied it. In the end, 2020 forced us to change the way we live and work, and while most people were able to adapt to their new situations, many had difficulty coping. There were several lessons learned from these turbulent and unanticipated times, but one thing we know for sure is that we are responsible for ourselves and for others. Health, family, and self-improvement emerged as prime areas of focus last year. Having connections with others became increasingly vital, as social interaction, visitation and travel became limited. Learning to "be present" with those we love, reveling in the beauty of nature and our surroundings and the simple moments, taught us to be grateful for what we have, rather than focusing on that which we may have lost.*

*During the holidays, I had the pleasure of seeing the movie "Soul" with my family. It is an animated story about the journey of self-discovery, purpose and a life lesson on how to live. Ultimately, the main character learns that when all is said and done, the connections that we make with others over the course of our lives, is what gives us purpose and meaning. Being kind, looking out for those less fortunate, taking a moment to listen is what truly matters. We do not have any control over what we are going to be forced to deal with or face in life. The only thing that we have control over is how we react and respond to what we are presented with.*



*After a year like 2020, apathy has become a mainstay for many, yet we should never lose hope. Zig Ziglar said, " Difficult roads often lead to beautiful destinations. The best is yet to come". No matter what we do, there will always be challenges and distractions. If you can not change the situation, then learn to be flexible. Remember that time is invaluable. It is a great healer as well as a teacher. Last year's events reminded us that our health is a priority and we should all take time to invest in ourselves and our mental and physical health. Additionally, family is important and you should give time to it. Learn to live in the moment and cherish your relationships. I am optimistic that things will work out in the end if we all continue to make a positive effort. After every sunset, there is a sunrise. Never lose hope.*

## Sunny Hill Administration:

**Administrator** Maggie McDowell, RN, LNHA  
**Assistant Administrator** Jackie Palmer-Hosey, LNHA  
**Director of Nursing** Debbie Stanko, RN  
**Assistant Director of Nursing** Maureen McIntyre, RN  
**Assistant Director of Nursing** Edita Evans, RN  
**Assistant Director of Nursing** Kathie Miner, RN  
**Staff Development, Education & Infection Control** Toni Fitch, RN

**Director of Finance** Shelly Felkins  
**Admissions/Marketing Coordinator** Charlotte Mather

**Director of Food & Nutrition Services** Julie Cherrington, LD/RD

**Director of Environmental Services** Ray Vicha  
**Director of Life Engagement** Danette Krieger  
**Maintenance Supervisor** Tyler Bargas  
**Human Resources Manager** Laura Dilallo  
**FNS Manager** Crystal Smith

## Nursing Department

**MDS Nurses:** Marbe Flores, RN

**Joanne Crowder, RN** Lori Chancey, RN

## Nursing Supervisors:

**Skin Care** Grace Bambule, RN  
 Jennifer Grace, RN

## House Nursing Supervisors:

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



## The Sunrizer

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 Jackie Palmer-Hosey, Asst. Administrator  
 815-774-4375

## ADMINISTRATOR'S CORNER

Dear Residents, Family Members and Community Friends,

A year in reflection, and where to begin. 2020 a year that as with every New year started out with so much promise and optimism. Little did anyone know what lay ahead, how events that will forever be studied and imbedded in history, began to unfold in front of our eyes and we were all part of the unfortunate cast.

In March the World Health Organization (WHO) declared a worldwide pandemic and a Public Health Emergency (PHE) and since then life as we knew it changed forever. Kirkland Nursing Home in Washington, DC, heralded the plight of all nursing homes into the spotlight and concurrently it felt like someone flipped a switch and everything was different, Coronavirus, no indoor visitation, wearing masks, screening, social distancing, telemedicine, PUI - Person Under Investigation, isolation precautions and if this myriad of life altering events wasn't enough a whole new vocabulary emerged too.

We were all in a state of disbelief and longed for things to return to "normal" the normal and familiar life we knew pre Covid-19, but the realization quickly revealed itself. Covid-19 or SARS Cov-2, a respiratory type illness is not a transient phenomenon but something that has continued to prevail and claim the lives of 361K Americans and 1.8 M lives globally.

Despite many challenges we have all learned so much in a short span of time. We started to speak a whole new language including Phases of Reopening, Phases of Mitigation, Testing and Response Strategy and a whole host of new processes and procedures came barreling down the pipeline.

In the mean-time Sunny Hill staff continued to care for and support our residents and their families and we have all pulled together to navigate this storm. New focus areas have emerged requiring attention. IDPH has developed and outlined guidance regarding a new program to facilitate "Essential Caregiver" involvement in resident and person centered care. These "Essential Caregivers" are not considered visitors but individuals essential to residents well-being. In light of Covid-19 duration and residents being unable to experience life as they knew it with obvious adverse effects IDPH took a deeper dive into effects and implications and devised some guidelines for facilities. Sunny Hill is in the process of adopting, developing and implementing these guidelines and initiatives. Additional information will be shared at a future date.

Sunny Hill kicks off the New Year on a very positive note with our first Covid-19 Vaccination Clinic for residents and staff occurring on January 5<sup>th</sup>, in the Main Dining Room starting at 9:00am – 6:00pm. Sunny Hill has partnered with Walgreens to administer vaccinations with subsequent follow up clinics occurring on January 26<sup>th</sup> and February 16<sup>th</sup>, 2021. Based on some raw data it appears that approximately 70% or so of residents have consented to receive the Pfizer vaccine.

Sadly, we also remain mindful of the many friends and family members that we have lost this last year, and our deepest sympathies are extended to their loved ones. We were also able to welcome many new friends into our lives, and want to express our gratitude to those that entrust us to care for them. We will continue to celebrate each other and the gifts we bring to our extended family relationships.

Thank you to our family members, visitors, volunteers and community friends for their support and friendship as it has truly meant so much during these difficult times for all. We appreciate the love and care extended and displayed in so many different ways.

May health and wellness be with you and your families throughout 2021. Please stay physically distant but socially connected.

Maggie McDowell. Administrator



## MEMORIAL GIFTS

**The following MEMORIAL GIFTS have been received by THE FRIENDS OF SUNNY HILL.  
The Families and Friends of these Residents and Loved Ones are in our thoughts and prayers.**

**JOAN BARNES**

Alice K. Scheffler

**ELMER GEISSLER**

Laurie Farkas

Phyllis A. Holmquist

**LAVERNE JUNKROSKI**

Paul Junkroski & Family

Thomas & Karen Sorbero

**VIRGINIA MCCULLOUGH**

Virginia Murphy

**SYLVESTER SCALPELLI**

Thomas & Karen Sorbero

**MARY WENDELL**

Annette Dobbs

Mark & Celeste Turk

**JAMIE WESLEY**

Thomas & Karen Sorbero

## “HOME IS WHERE THE HEART IS” CAMPAIGN DONORS

Lori Anderson—In Memory of the Ambrosini and Anderson Families  
Randy & Sue Aneloski  
Randy Anzelmo  
Deb Austin—In Memory of Arlene Knarr  
David & Peggy Barrows—In Memory of Margaret Dooley Serena  
Ray & Kathy Becker—In Memory of Theresa A. Becker  
Roger & Janice Bentley—In Memory of Bill Lockhart & Robert Bentley  
Cynthia Bierman-Slavish  
Sally Biggs—In Honor of Doris Lain  
Ronald & Beverly Boley  
Paul & Paula Boley  
Ramona Branchaw  
Fran Brandolino  
Jerry Brown—In Honor of Willie Mae Brown  
James Byrne—In Memory of Margarite Sharp  
Diane Budzinski—In Memory of Mickey Budzinski  
Richard & Angeline Burke—In Memory of Joseph Manno  
Dan & Marilyn Campus—In Memory of Louis & Betty Omotta  
Julie & Jerry Cherrington  
John & Debbie Cicero—In Honor of Bill Kettman  
Frank & Pat Desiderio—In Memory of Marion Terlep  
Carol Dillon & James Warmbier  
Dave & Patsy Dolnak—In Memory of Betty Omotta  
Nancy Dye—In Memory of Ruth Fastlake  
Karen & Mike Foster  
Nina M. Frank—In Honor of Louis & Marion Calloni  
Linda Fritz—In Memory of Susan Pearce  
Bernard L. Fuchs—In Memory of Carmen “Florie” Fuchs  
John & Nancy Futterer—In Memory of Evelyn Futterer  
Lou & Darra Glavan—In Memory of Ann Glavan  
Linda E. Goesel—In Honor of Joyce Leas  
Carmella Gonzales—In Memory of Josie Gonzales  
Jan Gould—In Memory of Donald Gould  
Sue Ramos Grant—In Memory of Dorothy Ramos/In Honor of Richard Ramos  
Claudia Green—In Memory of Bill Lockhart & Robert Bentley  
Judith Guzy—In Memory of Jayne Norton  
Dean & Becky Haldorson  
Donna Hall—In Memory of Lavelle High  
Betty Herbst  
Robert & Marianne Hill  
Jeffrey A. & Deborah A. Howell  
Chuck Imfeld—In Memory of Donald & Phyllis Imfeld  
Kathy Isberg

Patricia L. Kettman—In Honor of Bill Kettman  
Jim & Joann Klima—In Memory of Joe Schulok  
Cindy Kluge—In Honor of Alvera Busch & Margaret Cambruzzi  
Danette Krieger  
Duane & Dee Krieger  
Chris & Jan Lask—In Honor of Joe Schulok  
Judith A. Macha—In Memory of Edna Svendsen  
Barbara Madden—In Memory of Glen P. Narducci  
Barbara J. Maher—In Memory of Isabel (Sue) Graf  
Regina Malone  
Jaime & Rachel Manzo—In Honor of Eudelia Asa  
Marcy Mason—In Honor of Elaine Neilis  
David & Peggy Mattea—In Memory of Ann Mattea  
Karen McCullough—In Memory of Charlotte Cossi  
Karen McLaughlin—In Memory of Nancy J. Son /In Honor of Alan H. Sons  
Kathleen Meisinger—In Honor of Marjorie Beck  
Merry Montgomery  
Catherine Morris—In Memory of Geneva Smith/In Honor of Jessica Jobe  
Stephen O’Connor  
Charles & Janice Pacente  
Janet Park  
Greg & Barbara Poole—In Memory of Carmen Fuchs  
Paul Rafac  
Isabel Rodriguez—In Honor of Manuel Diaz  
Barbara Rollheiser  
Lori Ryan—In Memory of Bernice Motta  
Donna Scanlin—In Honor of Doris Lain  
Joanne Scalpelli—In Memory of Sylvester Scalpelli  
James & Margot Sieracki  
Donna Snaidauf—In Memory of Dorothy Snaidauf  
Kathy Sons  
Thomas & Karen Sorbero  
Marcia Stilwell—In Honor of Elna Anderson  
Joseph & Anna Sues—In Memory of Josephine DiNolfo  
Cindy Todd—In Memory of Roy Howland  
Mark & Celeste Turk  
Adele Vaira—In Memory of Sally Johnson  
Paula Waller—In Memory of Mildred Orlovich/In Honor of Joseph Orlovich Jr.,  
Lena Gioannini and Joseph Gioannini  
Thomas & Nancy Weigel  
Katheryn Wiedman—In Memory of Edward & Edith Wiedman  
Mary Beth Wilhelmi—In Memory of Sally Johnson  
John & Joan Wilmot—In Memory of Rosemary Ronshausen

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**In 2021, resolve to:**

*Live life colorfully*

*Start each day with gratitude*

*Chase adventure*

*Choose to be happy*

*Be kind*

*Relax*

*Create meaningful connections*

*Be creative and innovative*

*Surprise yourself*

## A Splash of Inspiration

TAKE THE FIRST STEP IN FAITH.  
YOU DON'T HAVE TO SEE THE  
WHOLE STAIRCASE,  
JUST TAKE  
THE FIRST STEP.

MARTIN LUTHER KING JR.

***"Not every day is good, but there is something good in every day." Alice Morse Earl***

***"Even if you are on the right track, you'll get run over if you just sit there." Will Rogers***

***"People who wonder if the glass is half empty or half full is missing the point. The point is that the glass is refillable." Simon Sinek***

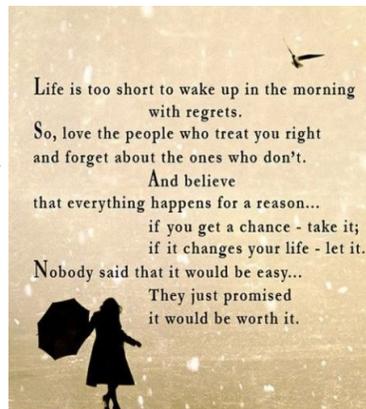
***"If you think you are too small to make a difference, try sleeping with a mosquito." Dalai Lama***

***"There are far, far better things ahead than any we leave behind." C.S. Lewis***

***"We spend January 1st walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year...we ought to walk through the rooms of our lives, not looking for flaws, but for potential." Ellen Goodman***

***"Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending." Carl Bard***

***"Always do your best. What you plant now, you will harvest later." Og Mandino***





**Changes for 2021**  
Depending on how much property your spouse already has you may give your spouse property valued up to **\$109,560 for 2020.**\*

Depending on circumstances, for **2021 you may give up to \$2739.00** of your income per month to your spouse.

When you go into a nursing home, your spouse may keep the house you live in, your car and your household furnishings. The Healthcare and Family Services (HFS) office will then determine the value of your other property also known as 'other assets', such as bank accounts, certificates of deposit or any property you are NOT living in. You may transfer other assets to your spouse or to someone else for the sole benefit of your spouse. Depending on how many assets your spouse already has (not counting things like the house you live in and the car), you may give your spouse assets valued up to \$109,560 for 2021. The amount may increase each year. Your HFS caseworker will tell you the actual amount you may give to your spouse.

### **Protecting Income for Your Spouse and Dependents**

HFS decides the amount of income you have to apply to the cost of your nursing care. Depending on circumstances, for 2021 you may give up to \$2,739.00 of your income per month to your spouse.

### **If You Receive Veterans Benefits**

Your eligibility for veterans benefits may be reduced or discontinued if you give income (from any source) to your family. Your eligibility for veterans benefits is determined by the Department of Veterans Affairs (DVA), based in part on the amount of nursing care expenses you are required to pay. If the amount of income you have to apply to the cost of your nursing care is reduced or eliminated because you are giving income to your family, your veterans benefits may be reduced or discontinued by the DVA.

If you are giving income (from any source) to your family, contact your local DVA field office. A representative from the office will help you determine your continued eligibility for veterans benefits.

### **Transfer of Property to Qualify for Medical Benefits**

Property transfers may affect your eligibility. If you or your spouse have transferred property, other than as described above, you may be subject to a penalty period for nursing care services, supportive living facility services and for in-home care services through the Department of Aging (DOA). If otherwise eligible, you MAY remain entitled to other covered medical services. Transfers that may affect your eligibility are those made within 60 months of the date of your Medicaid application. If HFS decides that you are subject to a penalty period, the penalty begins on the day that the Medicaid application is submitted and continues for as long as the uncompensated value of the transferred property would meet the monthly cost of nursing care at the private rate. However, if a transfer is made during a penalty period and the HFS decides that you are subject to an additional penalty period, the penalty begins with the month following the month the previous penalty period ends. If you receive medical benefits, your local HFS will inform you of the penalty period.

### **Liens and Claims**

The state has the legal right to recover the amount of assistance people receive through the medical benefits program. The state can file a lien on real property you own while a nursing home resident and can claim against your estate. The state will seek to recover money equal to the amount of medical benefits you received. For more information on liens and claims, get the brochure called *Property Liens and Estate Claims* from your local HFS.

If you have questions about long term care and nursing home services or any other programs, call or visit your local HFS. For answers to your questions, you may also write:

**Illinois Department of Human Services  
Bureau of Customer and Provider Assistance  
100 South Grand Avenue East, Springfield, Illinois 62762  
or you may contact Sheri King in the Finance Office.**

# *We've teamed up with Walgreens to deliver COVID-19 vaccines to our residents and staff.*

*Sunny Hill Nursing Home commenced it's first vaccination clinic on Tuesday, January 5th, 2021. James Ingram, a current resident at the facility, requested to be the first recipient of the vaccine, which also happened to coincide with his 93rd birthday!*



*Vaccination clinics at Sunny Hill will continue on January 26 and February 16, in an effort to ensure that all residents and staff have an opportunity to receive the vaccine.*

*If any Will County resident is interested in receiving the vaccine when it becomes publicly available, please register with the Will County Health Department by completing the online Will County COVID-19 Vaccine Survey, currently located on their website at <https://willcountyhealth.org>.*



## ***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 October 2020*

### **Food & Nutrition Services**

*Mary Evans  
Terrlyn Jones-Carter  
Carol McDonalds-  
Richards  
Veatrice Warren*

### **Life Engagement Team**

*Darren Gresham  
Betty Iwen  
Gwen Konopa  
Kathleen Schubert*

### **Maintenance** *Sabar Gill (2)*

**Receptionist**  
*Karen Jackson  
Liliana Stanek*

**Nursing**  
*Evangeline Ba-ad (2)  
Angela Babicki  
Grace Bambule  
Michelle Budzinski  
Jennifer Calma  
Joanne Crowder  
Ann Crowley  
Marbe Flores  
Jessica Gnutek  
LaQuitta Jones  
Simon Karanja  
Ricky McNeil  
Shannon Ortiz (2)  
Kristy Rover  
Maricar Sturgis*

# ***REMINDERS FOR OUR FAMILIES***

*Several changes have been implemented in response to the COVID-19 Pandemic and guidelines from the Centers for Disease Control and Prevention (CDC) and the Illinois Department of Public Health (IDPH). We continue to communicate these changes through our Emergency Call-Em-All system, our Facebook page and our Sunny Hill webpage. Below is a recap of those changes to our facility.*

## ***DROP BOX***

A drop box was installed to the right of the front door of the facility last year. Any items being delivered **MUST** continue to be dropped out front. Place items in a plastic bag with the resident/recipients name on it. Open the lid from the top, place the item on the lever and drop it into the locked receiving box. Please refrain from placing any food or drinks in this box. Instead, place these items on top of the drop box and call the receptionist at 815-727-8710 or use the intercom system when you arrive, to let them know that you have perishable goods that need to be picked up and delivered to your loved one.

## ***INTERCOM SYSTEM***



An intercom system was installed on the left hand side of the front door in an effort to streamline communication with staff, reception and visitors. Upon arriving to the facility, please press the bell icon button for the door-bell to alert staff or reception. To begin talking, press the talk button and keep it pressed down while you are speaking. Release the button to hear the response from the receptionist/staff member. At the sound of the “click”, you will be able to open the door.

## ***WINDOW VISITS/ VIDEO CHATS/OUTDOOR TENT VISITS***

Sunny Hill continues to offer residents and their families Video Chats by means of FaceTime and Google Duo and the ability to visit Window to Window. Additionally, outdoor tent visits with heating is available. Please call Danette Krieger (815) 727-8711 to schedule an appointment.





THE LEADER IN RESIDENT CENTERED CARE AND ACTIVE LIVING

421 Doris Avenue  
Joliet, IL 60433

Phone: 815-727-8710  
Fax: 815-774-4379  
Email: sunnyhill@willcountyillinois.com  
www.willcountyillinois.com/sunnyhill

**Find us on Facebook !**  
Search *Sunny Hill Nursing Home* and "like" us today.  
You will find the most current information on what's  
happening here at Sunny Hill.

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

### SUNNY HILL'S WISH LIST!

- Magazines
- Small crafts
- Valentine candy
- Valentine decorations
- Walmart Gift Cards
- Bird seed (black oiler sunflowers) for outdoor feeders
- Amazon Echo
- Assorted cookies, candies, potato chips

Call **Danette Krieger, Life Engagement Director** at 815-727-8711 with any questions



### CALENDAR OF UPCOMING EVENTS

**January 2021**

- 1 New Year's Day
- 18 Martin Luther King Jr Day
- 18 National Maintenance Day**
- 20 Inauguration Day
- 24-30 Activity Professionals Week**

**February 2021**

- American Heart Month**
- 2 Groundhog Day
- 14 Valentine's Day
- 15 President's Day
- 16 Mardi Gras

**March 2021**

- National Social Workers Month**
- 8 International Women's Day
- 17 St. Patrick's Day

