

THE SUNRISER



THE ESSENTIAL CAREGIVER MOVEMENT



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On behalf of Sunny Hill's Administration and Administrative Staff, Will County Executive Jennifer Bertino-Tarrant and the Will County Board, here's wishing you and your loved ones a very Happy and safe fall season!



ESSENTIAL [ə 'sen(t)SHəl]

Adjective

Absolutely necessary; extremely important



The Essential Caregiver Act, H.R. 3733, spearheaded by U.S. Representative Claudia Tenney, was introduced in Congress in June 2021 requesting amendments to the Social Security Act to require skilled nursing facilities and other areas, to allow essential caregivers, access to long term facilities to provide care and support to a facility resident during a Public Health Emergency. Such access would ensure that civil rights and individual liberties are not violated.

Sunny Hill Nursing Home of Will County acknowledges the critical importance of the Essential Caregiver Program being vital to the wellbeing of our residents and that loneliness and isolation are a major mental health concern.

Definition of Designated Essential Caregiver

An Essential Caregiver is an individual who was previously actively engaged with the resident or is committed to providing psychosocial health support and/or assistance with activities of daily living who is at least 18 years old and has been designated by the resident or legal representative to provide regular care and support to the resident. Essential Caregivers by Illinois Department of Public Health (IDPH) definition are **“not general visitors**. These individuals meet an essential need for the resident by assisting with activities of daily living or positively influencing the behavior of the resident”.

The risk of COVID-19 transmission within nursing homes and other long term care facilities remains high due to congregate living. At the same time, Sunny Hill Nursing Home understands and acknowledges that restricting family and loved one's access to residents creates prolonged physical separation and isolation, which in turn impacts the health and well-being of our residents.

Sunny Hill Nursing Home would like to offer its family members and residents every opportunity to facilitate uninterrupted and ongoing connections. By allowing Essential Caregivers, to provide companionship and assist residents with activities of daily living this will facilitate residents being able to continue to receive individualized person-centered care.

Sunny Hill Administration:

Administrator Maggie McDowell, RN, LNHA
Assistant Administrator Jackie Palmer-Hosey, LNHA
Director of Nursing Debbie Stanko, RN
Assistant Director of Nursing Festus Tetteh, RN
Assistant Director of Nursing Edita Evans, RN
Assistant Director of Nursing Kathie Miner, RN
Staff Development, Education & Infection Control Ana Marie Mendiola, RN

Director of Finance Shelly Felkins
Admissions/Marketing Coordinator Charlotte Mather
Human Resources Manager Suzanne Gonzalez
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
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 Margarita Flores, RN
 Milan Boril, RN Munawar Gill, RN
 Jeniffer Calma, RN Alicia McLaughlin, RN
 Ferdinand Cantor, RN Mardy Mon-Alon, RN
 Ieva Ciccio, RN Marizza St. Onge, RN
 Ruth Eromosole, RN Ray Wertelka, 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,

"Fall is proof that change is beautiful" Anonymous

"Each season has its novelties and delicacies, but the fall months are undeniably a carnival for the senses. Aside from the autumn holidays, there are crisp breezes and even crisper apples, golden light and painted trees" Fall, my favorite time of year!

I am happy to relate that our Sunny Hill family has open and unrestricted visitation despite a very high Covid-19 transmission rate occurring in the community. Sunny Hill has much to be thankful for as regards not having to press the "pause" button and curtail activities. Therefore, please mark your calendars for multiple, fun, upcoming events. On October 4th, John Boda will provide entertainment in the Courtyard, with baking pumpkin bread occurring on October 7th. Enjoy Apple Cider Donut Day on October 12th and the masked Singer Contest on the 22nd. Celebrating Spook-tacular Party with pumpkin decorating contest on October 28th, reverse trick or treating on the 29th and capping the month off with the highlight for October, Halloween on October 31st.

October is **Residents' Rights Month** an annual event designated by the **"Consumer Voice"** and is celebrated to honor residents living in all long-term care facilities and consumers receiving services in their home or community. The 2021 Residents' Rights Month theme, **"Reclaiming My Rights, My Home, My Life,"** acknowledges the impact of this past year on residents and highlights the need for residents' rights to be recognized, recovered, and reasserted. It emphasizes the recognition of the long-term care facility as the residents' home, and the importance of residents reclaiming their own lives. The theme focuses on raising awareness of federally mandated residents' rights while also underscoring the need for dignity and self-determination of all residents. Since we are reviewing Resident Rights, it is the perfect segue way into announcing a new Ombudsman having been appointed to Sunny Hill Nursing Home. The new representative is Diane Urhausen. She will be making unannounced visits and will be rounding periodically and seeing residents.

Flu and cold season is upon us and flu vaccinations have begun with shots being administered to all residents who have consented accordingly. It is our goal to keep everyone as healthy as possible. Handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. Please refrain from visiting if you are experiencing any signs or symptoms of illness.

The Essential Caregiver Program is still in progress and actively being rolled out. Currently, 20 or so additional family participants will receive education and training regarding infection control practices including hand hygiene and donning/doffing personal protective equipment with return demonstration on October 10, 2021. Participants will be awarded a Certificate of Participation on completion. Please call Kristen Lovell, Social Worker and Essential Caregiver Coordinator at 815-727-8483 with questions or for additional information.

How's Mom app roll out is also actively progressing and went "live" on September 7, 2021. Continuing to work with Sunny Hill families enrolling in and uploading the app to their phones. Overall, this app assists with information sharing and further facilitates and enhances communication. Questions may be directed to Jackie Palmer Hosey, Assistant Administrator at 815-774-4375

Pfizer booster vaccinations have been approved for administration by CDC and Sunny Hill will be scheduling vaccination clinics for residents and staff with the assistance of our contracted pharmacy. More information will be forthcoming regarding specific clinic dates/times!

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.

"And all at once Summer collapsed into Fall"

Oscar Wilde
HAPPY FALL Y'ALL

Maggie McDowell, LNHA,
 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.

MARJORIE BECK

Mr. & Mrs. Peter Berryman
Shirley Frangella
Mr. & Mrs. Ronald Johnson
Patricia Krakar
Linda Lock
Maureen McIntyre
Lori Ryan
Margaret Sherpan
Thomas & Karen Sorbero
Mr. & Mrs. Louis Vetter
Chapel Winds Windwood Quintet—
Cornerstone Lutheran Church—Fishers, Indiana

MARIANNE CRATER

Phyllis Keca

FRANCES SING

Maureen McIntyre

RICHARD RAMOS

Sue Ramos Grant

CLARENCE THOMPSON SR.

Maureen McIntyre

BARBARA ROLLHEISER Rosemary Malarich

Mary M. Forester
Faith K. McNamara

Madonna Gale

SPRING 2021 "HOME IS WHERE THE HEART IS" CAMPAIGN DONORS

Randy & Susan Aneloski
Ronald Anzelmo
Evelyn L. Barbee—In Memory of Kenneth Barbee
Natalie Bayci—In Memory of Veronica Bayci
Ray & Kathy Becker—In Memory of Theresa A. Becker
Mary Lynn Behringer—In Memory of Rose Darguzis
Cynthia A. Bierman-Slavish
Sally Biggs—In Honor of Doris Lain
Brian & Janet Boland
Ramona Branchaw—In Memory of Sophie Hornicak
Kathy Isberg
Michael A. Budzinski—In Memory of Mickey Budzinski
Diane E. Budzinski—In Memory of Mickey Budzinski
James C. Byrne—In Memory of Pat Byrne
Dan & Marilyn Campus—In Memory of Louis & Betty Omotta
Peace Lutheran Church—New Lenox Illinois
Joyce Connor—In Honor of Helen Hucik
Millie DeLong—In Memory of Catherine DeLong
Carol Dillon
Nancy Dye—In Memory of Ruth Fastlake
Madonna Gale—In Memory of Richard Ramos
Lucia Gallup—In Memory of Phyllis & Ann
David Gilkerson
Lou & Darra Glavan—In Memory of Ann Glavan
Claudia Green—In Memory of Bill Lockhart & Bob Bentley
Michael Gregor—In Honor of Rosemarie Gregor
Judith Guzy—In Memory of Jayne Norton
Barbara Haley—In Memory of Russell Hardy
Phyllis H. Holmquist—In Memory of Helen Cutter
Chuck Imfeld—In Memory of Don & Phyllis Imfeld
Helen L. Jachinowski—In Memory of Thomas Boyd
Patricia & William Kettman—In Honor of William Kettman
Duane & Dee Krieger
Danette Krieger

Vickielynn Lopez—In Memory of Thomas Boyd
Bethlehem Lutheran Church
Judy Macha—In Memory of Edna Svendsen
Joe & Barb Madden—In Memory of Glen Narducci
Jaime & Rachel Manzo—In Memory of Eudelia Asa
David Mattea—In Memory of Ann Mattea & In Honor of Alan Mattea
Karen McCullough—In Memory of Charlotte Cozzi
Maggie McDowell—In Memory of Veronica Kelly
Joe Mikan
Frances Naal—In Memory of Ethel Bruseth
Michael & Lee Ann Nippert—In Memory of Lillian M. Nippert
Nancy O'Donnell—In Memory of Vernie Cartelli & Carmen Fuchs
Charles & Janice Pacente
Janet Park
Le Etta R. Perry—In Memory of Jerry & Sally Johnson
Lori Pett—In Honor of George Nixon Jr.
Greg & Barb Poole—In Memory of Carmen (Florie) Fuchs
Val & Roberta Rand
Isabel Rodriguez—In Honor of Manuel Diaz
Lori Ryan—In Memory of Bernice Motta
Donna Scanlin—In Memory of Doris Lain
Thomas & Karen Sedlacek—In Honor of Elna Anderson
James & Margot Sieracki—In Memory of Agnes Taylor
Bonnie Simpson—In Memory of Lorraine Boseo
Donna Snidauf
Thomas & Karen Sorbero
Bonnie & Cherie Spittal—In Honor of Joyce Leas
Debra Stanko
Patricia Stenseth—In Memory of Doris Meinhart
Paula Waller—In Memory of Joseph Gioannini, Lena Gioannini & Mildred Orlovich and in Honor of Joseph Orlovich Jr.
Barbara Ward—In Memory of Anne Schauland
James Warmbier
Joan M. Willmot—In Memory of Rose Marie Ronshausen



S.T.A.R. Spontaneous 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 September 2021

Environmental Services

Justin Baker (2) Germa Marquette
Demtrius Bryars (2) Evonne Motley
Marcus Galvin Laundry

Food & Nutrition Services

Terrlyn Jones-Carter Merian Monterola
Jennifer Martinez Tameka Thomas
Autumn McCullum Kristi Wilkinson (2)

Life Engagement

Betty Iwen (3) Sue Ruettiger
Danette Krieger Kathleen Schubert (2)

Maintenance

Jaime Betancourt
Sabar Gill (3)
Dan Willis

Receptionist

Karen Jackson Judy Newman (2)

Nursing

Mary Adelabu Shawanda Morrow (2)
Milan Boril Omobola Ogbiyeye
Lori Chancey Shannon Ortez
Ieva Ciccio Grazyna Paszynska
Jessica Gnutek Sue Pershey
Jennifer Grace Melissa Rivera (3)
Andres Grizales Kristi Rover (3)
Jennifer Holman Danielle Seals
Rebecca Hurley (2) Betsy Sosa
Fatima Ishadimu Cynthia Thacker
LaQuitta Jones Chandra Vidales
Simon Karanja Minda Williamson
LaTonya McMickle



Essential Caregivers Guidance

Sunny Hill Nursing Home has established policies and procedures regarding how to designate and utilize ECs that include visitation parameters and a process for communication with residents and families. We recognize the critical role family members and other outside caregivers, such as friends, volunteers, private personal caregivers have in the care and support of residents.



The facility will encourage visits by ECs except during initial outbreak situations while conducting testing to establish prevalence and extent in the facility or when the resident being provided essential care has tested positive or is symptomatic for COVID-19. At such times, the administrator/designee will determine if EC visits are appropriate or can be considered under compassionate care visitation.

The facility has consulted with the resident or Power of Attorney (POA) to determine and designate someone as an EC. This may be family members, outside caregivers, friends, or volunteers who provided regular care and support to the resident prior to the pandemic. Individuals may also be designated if different care needs arise (e.g. significant change in condition resulting from a fall, weightloss, or change in mental or psychosocial status).

The EC will maintain a distance of at least 6 feet from other residents and staff and wear appropriate PPE when they are in the facility. They must perform frequent hand hygiene and maintain physical distancing of at least 6 feet with staff and other residents while in the building. However, while alone in the resident's room or in a designated visitation area, residents and their visitors can choose to have close contact, including touch. Due to variants with increased transmissibility, source control is recommended for residents and visitors.

EC must be screened and provided PPE in accordance with the health care personnel guidance in the facility Covid-19 plan. The facility will document that it has trained the EC on proper infection control, including hand hygiene and use of personal protective equipment (PPE).

*All EC's must complete **program training** provided by Sunny Hill, complete an **Essential Caregiver Application** and sign a **Risk Acknowledgement Form**. Training provided will include specific information regarding various aspects of Infection Control specifically hand hygiene and personal protective equipment. A detailed review and demonstration will be undertaken by the Infection Preventionist as well as return demonstration by the EC. The designated Essential Caregiver Coordinator will also be available to facilitate document completion and to answer any questions or address concerns as presented. In order to participate in the program it is imperative that this step in the process is completed as required.*

Communication:

Sunny Hill Nursing Home continues to respond to the evolving challenges of the pandemic, and will remain in communication with residents, resident representatives, families and neighboring facilities. Our goal is to continue to protect our residents and staff along with reuniting loved ones in support of providing social and emotional support in the safest environment possible.

SHNH will communicate procedure implementation and changes at the facility by means of the following: Letters, Email, Phone Calls, Media Postings

The Essential Caregiver will be informed that the Visitation Policy may change at any time due to variable circumstances. The facility will make every effort to notify the Essential Caregiver as soon as any changes in the policy occur.

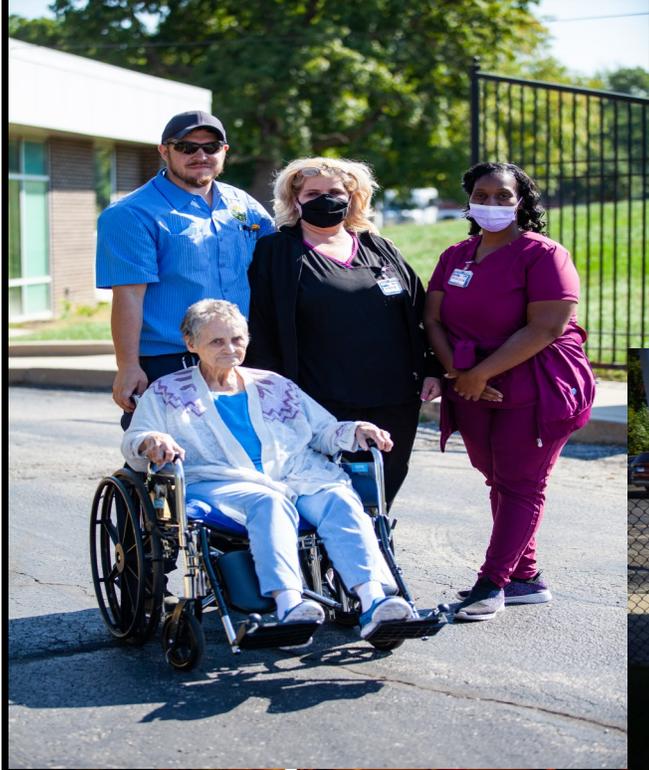
For questions regarding the Essential Caregiver Program, please contact Kristen Lovell, Social Worker, at 815-727-8483.

WALK TO END ALZHEIMER'S

alzheimer's association

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease. On September 17, Sunny Hill Nursing Home staff and residents participated in this important event to raise awareness and critical funds that allow the Alzheimer's Association to provide 24/7 care and support and advance research toward methods of prevention, treatment and, ultimately, a cure.





GRATITUDE REFLECTION



While it is admirable to want to share our gratitude and good feelings with others, we rarely stop to think about what giving others our gratitude does for us. As it turns out, it does quite a lot for our brains and mental wellbeing.

Research shows that gratitude can:

- Help you make friends. One study found that thanking a new acquaintance makes them more likely to seek a more lasting relationship with you.
- Improve your physical health. People who exhibit gratitude report fewer aches and pains, a general feeling of health, more regular exercise, and more frequent checkups with their doctor than those who don't.
- Improve your psychological health. Grateful people enjoy higher wellbeing and happiness and suffer from reduced symptoms of depression.
- Enhance empathy and reduces aggression. Those who show their gratitude are less likely to seek revenge against others and more likely to behave in a prosocial manner, with sensitivity and empathy.
- Improve your sleep. Practicing gratitude regularly can help you sleep longer and better.
- Enhance your self-esteem. People who are grateful have increased self-esteem, partly due to their ability to appreciate other peoples' accomplishments.
- Increase in mental strength. Grateful people have an advantage in overcoming trauma and enhanced resilience, helping them to bounce back from highly stressful situations. (Morin, 2014).

Reflection is an important part of mindfulness meditation and the cultivation of a sense of self-awareness. These practices can lead to an enhanced sense of wellbeing, among other benefits, although enhanced wellbeing is enough of a benefit for most of us.

To practice gratitude reflection, follow these steps:

1. Settle yourself in a relaxed posture. Take a few deep, calming breaths to relax and center. Let your awareness move to your immediate environment: all the things you can smell, taste, touch, see, hear. Say to yourself: "For this, I am grateful."
2. Next, bring to mind those people in your life to whom you are close: your friends, family, partner.... Say to yourself, "For this, I am grateful."
3. Next, turn your attention onto yourself: you are a unique individual, blessed with imagination, the ability to communicate, to learn from the past and plan for the future, to overcome any pain you may be experiencing. Say to yourself: "For this, I am grateful."
4. Finally, rest in the realization that life is a precious gift. That you have been born into a period of immense prosperity, that you have the gift of health, culture, and access to spiritual teachings. Say to yourself: "For this, I am grateful." (Still Mind, 2014)



*November 7th
Daylight Savings Time Ends
Set your clocks back
1 hour*



THE LEADER IN RESIDENT CENTERED CARE AND ACTIVE LIVING

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Joliet, IL 60433

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Email: sunnyhill@willcountyillinois.com
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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!



- Watercolor Markers Wide Tip*
- Non-breakable pots for indoor planting with drainage tray attached (8 inch-12 inch sizes)*
- Maracas-egg shakers for exercise classes (Amazon)*
- Birthday Crowns*
- Halloween Candies*
- One Foot Plain Artificial Christmas Trees*
- Assorted Hostess Treats*
- Over the Head Headphones*



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

CALENDAR OF UPCOMING EVENTS



- Breast Cancer Awareness Month**
- October 3-9 *Healthcare Food Service Week*
 - October 4 *John Boda Entertains*
 - October 11 *Columbus Day*
 - October 28 *Spook-tacular Halloween Party*



- November 1 *John Boda Entertains*
- November 11 *Veteran's Day*
- November 18 *Turkey Day Favorites Created*
- November 25 *Thanksgiving Day Brunch*



- December 11 *Home for the Holidays Event*
- December 13 *John Boda Entertains*
- December 24 *Christmas Concert*
- December 25 *Christmas Day*

