

Southington Care Center



News

A newsletter for Southington Care Center residents and family members.

January/February 2019

Vol. 5 Issue 1

Southington Care Center receives top ratings from U.S. News & World Report

Southington Care Center and two other Hartford HealthCare Senior Services skilled nursing facilities were recognized as Best Nursing Homes by U.S. News & World Report. In the report released Oct. 30, Jerome Home in New Britain and Jefferson House in Newington also received top ratings in the two categories: Overall and Short-Stay Rehabilitation.

“We are proud to be recognized for quality outcomes in our skilled nursing communities. Our staff have made customer experience, clinical capabilities and exceptional environments of care a primary focus. It is gratifying to see our communities acknowledged



in this way,” said Lisa Connolly, vice president, Hartford HealthCare Senior Services.

This was the first year that U.S. News & World Report gave eligible facilities two ratings. Overall ratings had five levels from poor to high performing; Short-Stay Rehabilitation ratings were below average, average or high performing. A total of 2,975 facilities

were recognized as Best Nursing Homes – 1,837 in Overall care and 1,874 in Short-Stay Rehab, according to U.S. News & World Report.

More than 15,000 skilled nursing facilities across the country were rated based on in-depth analysis of data from the federal Centers for

See **U.S. News** on page 2

Southington Care Center’s Light the World brings peace to many

In the chill night air of Dec. 3, a man propped up a framed photo behind a luminary glowing along the driveway of Southington Care Center. The luminary and the hundreds of others, commemorated the memory of loved ones during the first Light the World, a solemn remembrance held at the start of the holidays, often a difficult time of year for families who are mourning.

The event, organized by Southington Care Center, 45 Meriden Ave., and the Rev. Victoria Triano, Director of Pastoral Care, included a welcome by William Kowalewski, Executive Director, an inspirational message,



See **Light** on page 3

Southington Care Center is a non-profit 501(c)3

Dinner with the Doc: Understanding Diabetes



A free Dinner with the Doc about diabetes will be held Tuesday, March 26, from 5 to 7 p.m., at Southington Care Center, 45 Meriden Ave., Southington.

Topics include about the types, causes, basic management skills and myths surrounding diabetes. Presenter will be Manmeet Kaur, MD, chief of Endocrinology, The Hospital of Central Connecticut. A complimentary light dinner will be served. This event is sponsored by Southington Care Center.

Seating is limited and registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

U.S. News continued from page 1

Medicare & Medicaid Services. For the Overall rating, factors included, in part, staffing, health inspections and quality measures. For the Short-Stay Rehabilitation, nine quality measures were evaluated including, in part, staffing, outcomes and resident complaints in care provided to patients who spent 100 days or less at the facility.

The analysis of the quality of care is intended to help families to have a starting point in researching facilities that excel in the care they need whether long-term or for short-term rehabilitation. The U.S. News & World Report nursing home ratings began in 2009.

To view the reports, visit <https://health.usnews.com/best-nursing-homes>.

Southington Care Center supports certified nursing assistant training

The second group of graduates in the grant-funded certified nursing assistant training program offered by Hartford HealthCare Senior Services was recently recognized for completing the 130 hours of combined classroom and clinical training. The 12 students were honored at a recognition ceremony held Nov. 26 at The Hospital of Central Connecticut, Bradley Memorial campus. The final step in the process was taking the Connecticut Certified Nurses Aide Exam.



Photo by Rusty Kimball

Practicing taking blood pressure on a training mannequin are, from left, Mary Ellen "Mell" Hobson, instructor, and students Jennifer Drouin, Gloria Fraser and Holley Ostrander.

Southington Care Center was one of the training sites where the students shadowed certified nursing assistants to learn more about providing hands-on, personalized care and observing day-to-day changes while learning about bathing, feeding, toileting and organizing tasks. Classroom training included basic human physiology and anatomy, and a variety of required nurse aide skills.

Many of the individuals said they had entered the CNA program because of their desire to help others and make a difference in a health care setting. Mary Ellen "Mell" Hobson, RN, MSN, contracted program coordinator and instructor, said she was impressed by the students' ambition – many worked all day and attended classes at night.

The CNA program was funded through a grant provided by Jefferson House in Newington. Hartford HealthCare Senior Services offered the free training to generate qualified and compassionate CNAs. The first class graduated in June.

Upon receiving their CNA certification, the students will be eligible to apply for positions including available opportunities at Hartford HealthCare Senior Services, Hartford HealthCare at Home and Hartford HealthCare Independence at Home.

3 corporation. All donations are tax deductible.

Southington Care Center welcomes new recreational director

Ashley Maratea, new recreational therapist, feels she has found her niche working with residents at Southington Care Center.

In her role as recreational therapist, she organizes the ongoing activities programs that are designed to meet the interests and the physical, mental and psycho-social well-being of each resident. She also participates in the planning for the services and needs of residents and families as well as develops and implements recreational care plans and assessments.

Ashley had originally considered teaching as a career but changed her concentration to community recreation while studying at Southern Connecticut State University in New Haven. "When I was doing my first internship I fell in love with the work of therapeutic recreation," she said. She earned her Bachelor of Science in Recreation and Leisure with a concentration in Community Recreation and later received her Masters of Science in Therapeutic Recreation, also from SCSU.

She brings extensive experience to her position most recently serving as life enrichment therapeutic director at Elim Park Baptist Home in Cheshire for the past three years. In total, she holds nine years of hands-on and management experience as a recreational therapist. Prior to that, she worked with the youngest population as an assistant teacher at The Education Center for children six weeks to three years of age.

Ashley, who started at Southington Care Center in mid-November, is a resident of North Haven. "What I like the best about being a therapeutic recreation director is to provide and implement creative activities to maintain or increase one's quality of life. Every day all of our residents inspire me," she said.



Ashley Maratea and resident Carol S. make holiday cookies.

Light continued from page 1

and music by the Praise Gospel Choir, bagpiper Chris Caton, assistant pastor, and Christine Caton, vocalist.

Sue Keim, on staff at Southington Care Center, said she came in support of her children whose father had died several years ago. "I thought it was beautiful," she said afterwards as she looked for the luminary inscribed with her honoree's name.

Christopher Palmieri and Michael Riccio, both members of the Southington Town Council, said they came to support Triano who is also a councilor. On a personal level they both have

connections with Southington Care Center.

Palmieri said his beloved grandmother, Anita Palmieri, was a resident first at Mulberry Gardens of Southington, an assisted living community, and later the care center. "It's a phenomenal resource," he said, as he recalled his grandmother's stay. Riccio said his father was a long-time volunteer there and later a resident when he was older. "It's a special place," he said.

Triano said she was pleased with how people embraced Light the World, giving them the opportunity to find peace and closure. Organizers hope the event will become a holiday season tradition.

**Southington
Care Center**

Connect to healthier.™

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**Caregivers group for
families of those
with dementia**

Caring for a loved one can be daunting, presenting a maze of problems to solve including helping a loved one with daily tasks, communicating effectively, making financial decisions, managing changes in behavior, and more. Southington Care Center offers a free Alzheimer's and dementia support group on the second Wednesday of the month (upcoming: Jan. 9 and Feb. 13), 6:30 to 7:30 p.m., in the Anna Fanelli Room.

This group is an affiliated support group of the Alzheimer's Association Connecticut Chapter, and is hosted by Southington Care Center and Hartford HealthCare Center for Healthy Aging.

To register, call Patty O'Brien, Hartford HealthCare Center for Healthy Aging, 860.378.3830.



**Holiday
Celebration**

The Coppola family gathers at the Care Center's annual holiday party held Dec. 9. The traditional event included a delicious menu, entertainment and family time.