



Southington Care Center nurse receives Nightingale Award

Southington Care Center nurse, Eunice Torres, RN, was recently recognized with one of the top awards in nursing: the Nightingale Award for Excellence in Nursing, presented at a celebration held May 10. This recognition program, which celebrates the nursing profession, was established in 2001. A nurse can only be nominated once in their lifetime for this award.

Torres has worked for 14 years at Southington Care Center. Nursing is a family tradition – her grandmother was a licensed practical nurse, her father was an aide and her teenage daughter recently became a certified nursing assistant. Torres began her own nursing career as a candy striper in high school. Though she could have become a hospital nurse, she preferred to stay in a long-term care facility and works third shift at Southington Care Center.

See **Award**, page 4

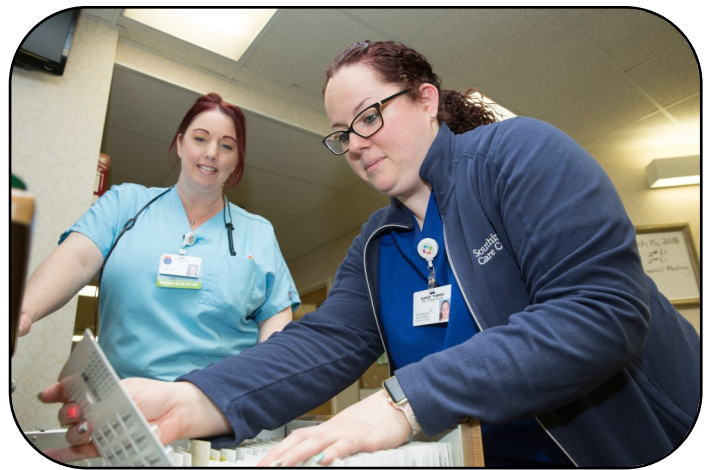


Photo by Rusty Kimball

Eunice Torres, RN, right, discusses a patient with Patty Dion, RN. Both registered nurses received Nightingale Awards, Torres in 2018 and Patty in 2015.



Photo by Rusty Kimball

Students in the first CNA training program display their certificates of completion.

First certified nursing assistants class completes training at Care Center

The first members of the certified nursing assistant training program offered by Hartford HealthCare Senior Services were recently recognized for completing the 140 hours of combined classroom and clinical training. The 10 students were honored at a recognition ceremony held June 8 at Southington Care Center, where some of them had trained.

Many of the individuals had entered the new CNA program because of their desire to help others and make a difference in a health care setting. Dana Eaton said he realized he wanted to work in the medical field after being

See **CNAs**, page 2

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

Southington Care Center welcomes Alexandra Straub

By Alexandra Straub

With my desire to promote positive change and my passion to help others, I have always had a strong desire to work in the healthcare field. I have worked creatively for the past six years as a Therapeutic Recreation Specialist. I graduated from Utica College and hold a Bachelor of Science Degree in Therapeutic Recreation. I held an internship at Mohawk Valley Psychiatric Center where I helped develop mindfulness programming and became a resource for teens struggling with behaviors.

I pursued my career working with adults with developmental disabilities. Their perseverance and courage helped ignite my passion and jumpstarted my career working with the



geriatric population. I was inspired to continue to follow my dream and joined a Skilled Nursing Facility in Naugatuck for short-term and long-term patients working as a therapeutic recreation director. After two years I continued to challenge myself - I wanted to do more. I became the Director of Therapeutic Recreation, Volunteer Coordinator, received training in Dementia/Alzheimer's Care, and obtained a certification as a Phlebotomy Technician.

I am now Southington Care Center's Director of Therapeutic Recreation. I feel like I have found where I am meant to be. The bonds created with the residents and staff are more than I could ask for. I am excited to use my knowledge to grow the Therapeutic Recreation program and will continue to improve and maintain the quality of life for the residents. I truly believe if you do what you love, you will never work a day in your life.

CNAs from page 1

impressed by seeing the care his grandmother received when she had three open heart surgeries.

The CNA program, which was offered during the day, was funded through a grant provided by Jefferson House in Newington. Hartford HealthCare Senior Services, which manages three skilled nursing and four independent and assisted living communities, offered the training to generate qualified and compassionate CNAs.

Mary Ellen "Mell" Hobson, RN, MSN, program coordinator and instructor, said she was impressed by the ambition the students demonstrated. "This class had an age range from 22 to the late 40s with many seeking to change their careers. They all wanted to do more," she said. "It was a great group."

Classroom training included basic human physiology and anatomy and a variety of required nurse aide skills. In the various healthcare settings, they shadowed CNAs to learn more about providing hands-on, personalized care and observing day-to-day changes while learning about bathing, feeding, toileting and organizing tasks. "Even simple gestures can make a huge difference to patients and residents," Hobson said.

The students will be taking the Connecticut Certified Nurses Aide Exam. Upon receiving their certifications, they will be eligible to apply for CNA positions. At the recognition ceremony, human resource representatives were already talking with the students about available opportunities at Hartford HealthCare Senior Services, Hartford HealthCare at Home and Hartford HealthCare Independence at Home. More CNA training classes are being offered.

Summer concert series tradition continues

Join us on: Thursday, July 19 - Diane Anelli; Friday, Aug. 17 - Jerry Limmer; and Thursday, Sept. 13 - Shine. Concerts are held 6 to 7 p.m. in the rear parking lot of Southington Care Center. Concertgoers are asked to bring their own lawn chairs.



3 corporation. All donations are tax deductible.

Two Southington Care Center employees receive Legacy Awards

Two Southington Care Center employees were among 13 Hartford HealthCare Senior Services staffers who were honored with Legacy Awards on May 17. Honorees received either the Trish Walden Legacy Award - Excellence in Resident-Centered Care or the Clarence J. Silvia Legacy Award - Leadership Behaviors in Action.

Southington Care Center recipients Cathy Chattelle, physical therapist assistant, and Richard Poitras, cook, were among those honored for their hard work and dedication.

Chattelle received the Excellence in Resident-Centered Care Legacy Award, named after Trish Walden, former vice president of Hartford HealthCare Senior Services. This honor recognizes HHCSS employees who embody the mission of resident-centered care. Nominees do not need to be direct caregivers, but they routinely do whatever they can to see that residents feel fulfilled physically, spiritually and emotionally.

Poitras received the Leadership Behaviors in Action Award, named in honor of Clarence J. Silvia, former president of The Hospital of Central Connecticut. This honor recognizes HHCSS employees with a strong work ethic and a belief in this mission of serving seniors.



Photo by Jeff Evans

Southington Care Center employees at the Legacy Awards Celebration include, from left, William Kowalewski, Executive Director, Richard Poitras, Jennifer Petrucci, Liz McAdams and Cathy Chattelle.

“Congratulations to all our award winners - you all do remarkable work every day. Never forget why you do this: to provide quality care for our seniors and frail elders,” said Sharon Robinson RN, BSN, MHA, regional director of Skilled Nursing Facilities Operations, Hartford HealthCare Senior Services.

Compassionate professionals provide tips and insights for families of those with Alzheimer’s and 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: July 11 and Aug. 8), 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 Robin Segal, therapeutic recreation director/dementia recreation, 860.378.1278.

Hartford HealthCare Center for Healthy Aging, a not for profit member of Hartford HealthCare Senior Services, is a resource and assessment center designed to enhance access to services and information related to attaining optimal quality of life for seniors and their caregivers. For more information about Hartford HealthCare Center for Healthy Aging, visit <http://hhccenterforhealthyaging.org> or call 1.877.424.4641.

Southington Care Center



Connect to healthier.™

Award continued from page 1

“Eunice is a silent, humble leader who puts her residents and staff ahead of herself. She’s someone we can all count on no matter what the challenge,” according to her nomination by Marjory Palladino, RN, BS, MSN, CRRN, CSPHP, Southington Care Center director of nursing.

Deborah Martinez, RN, of Cedar Mountain Commons, was also designated a Nightingale nurse within the Hartford HealthCare Senior Services continuum.

“Hartford HealthCare Senior Services is truly proud of all our nurses, who consistently demonstrate their expertise and commitment to our residents and outpatients every day. We celebrate our Nightingale Award recipients who have made their careers their life missions as they deliver the highest quality care to achieve an optimum outcome,” said Sharon Robinson RN, BSN, MHA, regional director of Skilled Nursing Facilities Operations, Hartford HealthCare Senior Services.

Understanding dementia

Dementia does NOT take away intelligence; it takes away function.

- Southington Care Center
Dementia Programming &
Planning Committee

Southington
Care Center



Connect to healthier.™

Southington Care Center
45 Meriden Avenue
Southington, CT 06489
860.621.9559
<http://southingtoncare.org>



Visit Southington Care Center on Facebook