



New dementia-friendly outdoor space enhances living for everyone at Southington Care Center

Sitting in the late afternoon sunshine on May 15, Rose G. and other Southington Care Center residents were among the first guests enjoying the new outdoor patio. They were gathered there to witness the ribbon-cutting for the new garden room and therapeutic outdoor space that was approximately two years in the making from conception to completion. Whether relaxing outside or by the indoor fireplace, residents and their loved ones have already been enjoying the new area, said Rose, who is the Resident Council President.

The second-floor project was designed to engage patients who have dementia with the outdoors but all residents and staff have been using the room and patio which feature comfortable seating, raised planters, a window wall and custom lighting. In considering the older population and skilled-nursing setting, great attention to detail had been taken by architect Amenta/Emma and building contractor C.E. Floyd.

Among those attending the event were board members and staff of the Main Street Community Foundation, which awarded the \$150,000 grant from the Bradley Henry Barnes & Leila Upson Barnes Memorial Trust.

“This space really expands and illustrates the vision that Bradley Barnes had to better lives in the Southington community. Bringing the



Event photos by Rusty Kimball

Gathering for the ribbon-cutting are, standing from left, William Tracy Jr., Barnes Memorial Trust; Susan Sadecki and Mary Ellen Hobson, Main Street Community Foundation; Susan Ondusko, Barnes Memorial Trust; William Kowalewski, Southington Care Center; Lisa Connolly, Hartford HealthCare Community Network; Kate Kerchaert, Main Street Community Foundation; and seated, Rose G., Southington Care Center resident.

outside in has enhanced the health and well-being of residents and staff. It’s amazing,” said Susan Sadecki, President and CEO of the Main Street Community Foundation.

Studies have shown that connection to nature and natural daylight is vital for physical, mental and emotional well-being. Residents will be able to plant flowers, watch birds and butterflies, and experience the sights, sounds and feelings of outdoors.

“It is hard to convey in See **Ribbon-cutting** on page 3

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

News from Southington Care Center

Dinner with the Doc: Understanding Heart Disease

Someone dies from heart disease, stroke or another cardiovascular disease every 43 seconds in this country, according to the American Heart Disease. Dinner with the Doc: Understanding Heart Disease will focus on cardiovascular health on Tuesday, July 30, 5 to 7 p.m., at Southington Care Center in the Rehabilitation Pavilion. Topics will include signs and symptoms of heart disease, latest treatments and prevention strategies. Presenter will be Andre Elias Ghantous, MD, FACC, chief of cardiology, Hartford HealthCare. Southington Care Center is sponsoring the program.



A light complimentary dinner will be served. Seating is limited and registration is required. To RSVP, call 1.855.HHC.HERE/ 1.855.442.4373.

Southington Care Center presents summer concert series

An outdoor concert series is being held at Southington Care Center featuring a variety of musical talents and genres. The first concert was June 18 featuring Jerry Limmer. The next concerts will be: Tuesday, July 16 with Simply Swing; Tuesday, Aug. 20 with Kevin Scarpati; and Thursday, Sept. 19 with Airborne. Concerts will be held from 6 to 7 p.m. in the front parking area of Southington Care Center. In case of rain, the concerts are held in the Rehabilitation Pavilion at the rear portion of the building.

This is open to the public. Concert-goers are asked to bring their own chairs. For more information, call Southington Care Center, 860.621.9559.

Snapshots of life at Southington Care Center



Above: Mary N., volunteer, gives a manicure to Martha P., at Spa Day during Nursing Home Week.



Above: Recent celebrations include a parade with revelers Georgina C. and Nancy Wiegand, LPN.



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3 corporation. All donations are tax deductible.

Presenting Darcey Ahearn, Assistant Director of Nursing



Southington Care Center welcomes Darcey Ahearn, assistant director of nursing. “Growing up, my mother and aunt were both nurses, and being a nurse was the only thing I ever wanted to be,” she said. She started her career as a nursing assistant while in high school and went straight into nursing school and St. Vincent’s School of Nursing in Bridgeport. She started my nursing career on the medical/ surgical floor at Hospital of Central Connecticut – then Bradley Memorial Hospital. Darcey then worked with Qualidigm, a national healthcare consulting company, on local and national quality improvement projects.

After Qualidigm, she worked as a certified case manager for an insurance company. She continued her education and received a Bachelor of Science in Health Studies, and certifications in Legal Nurse Consulting and Director of Nursing in Long-Term Care. “Throughout my years of nursing, I remained active with long-term care communities, working part time in order to stay connected to the elderly population. I eventually moved full time into the long term care community as I learned this was my true passion,” Darcey said. She has worked as assistant director of nurses and director of nurses in various long-term care facilities over the past several years. Welcome, Darcey!

Ribbon-cutting from page 1

words the way this new environment lifts and brightens the way people feel sitting in the beautiful lounge or outdoor patio. Many thanks to everyone who had a hand in designing, planning and constructing this beautiful space,” said Lisa Connolly, NHA, MS, Vice President, Hartford HealthCare Community Network.

Also on hand were donors of the new fireplace which was dedicated in memory of residents Wallace “Wally” B. and Mary “Mitzi” K. Tracey Eck represented Wallace’s family and a group of women who had known Mitzi since childhood gathered around the fireplace for photos.

William Kowalewski, Southington Care Center Executive Director, thanked the foundation for making the vision a reality. “The Main Street Community Foundation and Southington Care Center have the same goals: to promote the well-being of those in our community,” he said.



Above: William Kowalewski, Southington Care Center Executive Director, listens to the remarks by Rose G., president of the Resident Council.



Left: Friends of two former residents gather around the fireplace that was dedicated in memory of Wallace “Wally” B. and Mary “Mitzi” K.

Southington Care Center to showcase healthy living at farmers market

Visitors to the 2019 Farmers Market held Fridays on the Southington Town Green will be able to pick up not only locally grown produce but valuable information for a healthier lifestyle, courtesy of Hartford HealthCare Senior Services.

On the second Friday during the summer months from 3 to 6 p.m., people will be able to chat with Hartford HealthCare professionals and receive information representing a variety of interests. On July 12, Southington Care Center will be providing information about long-term skilled nursing, short-term and outpatient rehabilitation, and other services. Hartford HealthCare Cancer Center will present on skin cancer awareness and early detection, and Hartford HealthCare Independence at home will provide materials about its homecare services. Hartford HealthCare at Home veterans liaisons will have information on veterans services, benefits and resources. Just stop by!

Dementia Care Group meets monthly

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, 45 Meriden Ave., offers a free Alzheimer's and dementia support group on the second Wednesday of the month (July 10 and Aug. 14), 6:30 to 7:30 p.m., in the Anna Fanelli Room. For information or to register, call Patty O'Brian, facilitator, at 860.628.3830.

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