

Southington Care Center



News

A newsletter for Southington Care Center residents and family members.

March/April 2019

Vol. 5 Issue 2

Cirie S. Dorosh, RN, BSN, CRRN, who has served as the assistant director of nursing since July 2016, was recently named as the new director of nursing at Southington Care Center.



“Since coming to SCC over two years ago, it has become evident to all that her professionalism, her leadership, her focus on the needs of staff, her drive to do all that is right for the residents placed in our trust and her warmth and approachability are a perfect match for Southington Care Center,” said William Kowalewski, Southington Care Center Executive Director.

She holds an extensive background in the nursing

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Southington Care Center is proud to join in the Red Hat Society

The Red Hat Society is a group for women that believe you can age and have fun.

The Red Hat Society, founded more than 20 years ago, now has chapters throughout the world.



What does the Red Hat symbolize? It is a movement embracing a renewed outlook on life filled with fun and friendship, as well as fulfilling lifelong dreams. We will gather over tea, maybe have one too many treats and plan fun out trips together ... of course wearing our red hats. Stay tuned!

Prepare for long-term care by getting on wait list before it is needed

It is difficult to plan for the future especially with so many unknowns. Will you or your loved one always be able to live at home safely and independently?

In preparation for the day when a skilled nursing community may be the wisest choice, Southington Care Center, located at 45 Meriden Ave. in Southington, maintains a wait list. Because the waiting period for admission depends on numerous factors, it is smart to put your name on the list in preparation for if “maybe someday” becomes “yes, there is a need now.”

Southington Care Center’s wait list is compiled

and managed according to Connecticut State Law. Waiting lists are required by law and the skilled nursing facilities “must admit applicants in the order in which they are received, unless the law allows otherwise.” There are certain exceptions to the waiting list law which can be accessed at www.cga.ct.gov - search “nursing home waiting list.”

Putting your name on a waiting list for Southington Care Center is easy:

- Fill out a long-term care application that can be printed out online (<http://southingtoncare.org>) – select “Departments & **See Wait List** on page 2

Southington Care Center presents:

Dinner with the Doc: Understanding Diabetes



Kaur

A free Dinner with the Doc about diabetes will be held Tuesday, March 26, from 5 to 7 p.m., at Southington Care Center. Discussion during “Understanding Diabetes” will include the types, causes, basic management skills and myths surrounding this disease that affects millions of Americans.

Presenter will be Manmeet Kaur, MD, chief of endocrinology, The Hospital of Central Connecticut. A light complimentary dinner will be served.

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

Dinner with the Doc: Living with Back Pain

The free Dinner with the Doc: Living with Back Pain will be held Tuesday, May 7, from 5 to 7 p.m., at Southington Care Center. During this educational event, learn more about:



Sylvain

In this educational seminar, learn more about:

- Understanding disc herniation, spinal stenosis and common causes of back pain
- Conservative management of lumbar disc disease
- Role of surgery in treating painful back conditions

Presenters will be Hussein Alahmadi, MD, neurosurgery, and Jonathan Sylvain, PT, DPT, OCS, FAAOMPT.

A light complimentary dinner will be served.

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



Alahmadi

Wait List continued from page 1

Services”) or just call and request one from the admissions department.

- Submit the substantially complete form to Southington Care Center. That’s it!

Advantages:

- It is free to be put on the waiting list.
- The application also covers admission to Jerome Home in New Britain and Jefferson House in Newington, two skilled nursing communities under the Hartford HealthCare umbrella, if you indicate you want it shared with them.

- You cannot be removed from the list unless you make that request or if the facility cannot get in touch with you after a certain period of time.
- There is no obligation to ever be admitted to the facility if you don’t need placement.

Southington Care Center also offers short-term rehabilitation; outpatient rehabilitation including physical, occupational, speech, lymphedema, aquatic and naturopathic therapies; the GoodLife Fitness Program; and a holistic end-of-life care program.

To schedule a visit, call the Southington Care Center admissions coordinator at 860.621.9559.



Visit Southington Care Center on Facebook

3 corporation. All donations are tax deductible.

Southington Care Center welcomes new director of food & nutrition

Southington Care Center recently announced that Matthew Mazzone, of Wallingford, has joined the staff as the new director of food and nutrition as of November 2018.

Chef Mazzone has many years of food service experience working in the senior healthcare field as a director and executive chef. He holds a Bachelor of Science Degree in Culinary Arts and Food Service Management from Johnson & Wales University in Providence, Rhode Island. While at Johnson & Wales, he was on a team that won the Culinary Management Institute International Career Development Conference. He also has multiple licensures and certificates and is Food Service Management Certified by the American Culinary Federation.



He originally found a passion for food service watching the Food Network with his dad – they were fans of Emeril with his famous “Bam.” He always gravitated towards the kitchen helping his mother with the big Italian family gatherings they used to have when he was a child. He then started his journey at the local high school, H.C. Wilcox Tech in Meriden.

When asking what he loves most about being a chef he stated, “Putting a smile on all of your guests’ faces is what makes every meal you serve the most enjoyable. Especially in this industry, you really try and make it a food memory.”

In his role as the director of dining, Chef Matthew is responsible for ordering, menu planning, keeping inventory, staffing, schedules, policies and procedures, in-services and more. He works closely with Compass, the food management company for Hartford HealthCare Senior Services communities, and oversees a staff of more than 25 people.

When he is not cooking, you can find him on the local softball diamond in the summer, or you may find him in a local pool hall playing for the Connecticut Amateur Pool Association.

From the kitchen of Chef Matthew Mazzone

Lump Crab Cakes

16oz lump crabmeat
1/3 cup mayo
1 package of Ritz crackers, crushed
1/4 cup butter
1/8 cup celery, finely diced
1/4 cup red bell pepper, finely diced
1/4 cup red onion, finely diced (can use white)
1/2 bunch of parsley, finely chopped
Tbs Dijon mustard
tsp Old Bay seasoning
S &P to taste (no raw egg in the batter)

- Cook the celery, bell pepper, and onion in the butter until translucent. Cool until room temperature.
- Mix all of the ingredients above until the crackers do not feel dry.
- Form the crab cakes into 1/4 cup portions (2oz scoop). This should make about a dozen patties.
- Pan fry crab cakes in a sauté pan on medium to medium-high heat until golden brown or in the oven sprayed with cooking spray at 350 degrees for 15-20 minutes.
- Top with your favorite sauce - a lemon aioli is a nice touch!

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profession, serving as clinical nurse manager, nursing supervisor and staff nurse in various healthcare settings.

After graduating from St. Mary's School of Nursing in Waterbury, Dorosh worked on the rehabilitation floor for spinal cord, neurological and orthopedic patients. "It was then that I fell in love with my patients and my career," she said. She continued with her education, earning her bachelor of science in nursing and becoming a Certified Registered Rehabilitation Nurse.

Later she decided it was time for change and developed new interests and expertise in a new field. Working as a clinical nurse manager for a short-term rehabilitation unit, she enjoyed the long-term care residents as well. That is when she joined the staff at Southington Care Center.

Dorosh holds professional affiliations and certifications in CPR, the Association of Rehabilitation Nurses, Spinal Cord Specialist Certification and New England Regional Spinal Cord Injury Center. On a personal level, she has a wonderful, supportive husband, four sons and spouses, and a beautiful granddaughter. She also enjoys workouts at the gym, walking and yoga.

"I am thrilled to be named Director of Nursing at SCC. Being able to achieve this goal is fulfilling to me both personally and professionally. I would like to thank the Senior Services Leadership team for believing in me as a person, a nurse and a leader," Dorosh said. "I am grateful for this wonderful opportunity and foresee a future full of possibility and excitement as I continue to develop and work with the wonderful staff and residents at SCC."

**Southington
Care Center** 
Connect to healthier.™

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

Caregivers Support Group meets

Southington Care Center offers a free Alzheimer's and dementia support group on the second Wednesday of the month (March 13 and April 10), 6:30 to 7:30 p.m.

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.

RSVP to Patty O'Brien, Hartford HealthCare Center for Healthy Aging, 860.378.3830.