

Southington Care Center



News

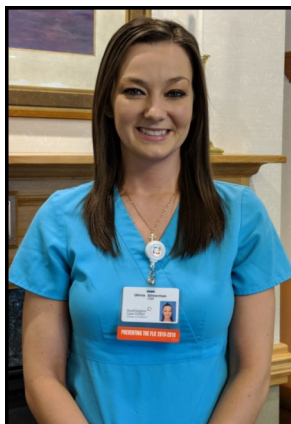
A newsletter for Southington Care Center residents and family members.

May/June 2019

Vol. 5 Issue 3

LeadingAge CT honors certified nursing assistant at Southington Care Center

Olivia Silverman, CNA, who has worked at Southington Care Center for three years, has made a big difference in the lives of residents, patients and staff. On April 8 she was honored with a Caring Hands Award by LeadingAge Connecticut. She and other CNAs from across the region received their awards at a luncheon at the Aqua Turf Club, which was emceed by Scot Haney of WFSB-TV.



Olivia Silverman

“The Caring Hands Award is a recognition of the contribution that nursing aides provide in enhancing the quality of life for older adults. The focus is on honoring those who exemplify the highest standards of compassion, commitment and excellence in caregiving,” according to LeadingAge Connecticut.

Cirie S. Dorosh, RN, BSN, CRRN, Southington Care Center



Photo courtesy of LeadingAge CT

Southington Care Center Caring Hands Award recipient Olivia Silverman, far right, stands with other Hartford HealthCare Senior Services CNAs and Scot Haney, WFSB-TV personality, who emceed.

See **Caring** on page 2

Save the date: May 15

Ribbon-Cutting and Celebration of the
Opening of the New Garden Room
& Outdoor Patio Garden

4:30 p.m. Networking and refreshments

5 p.m. Ribbon-Cutting and Remarks

RSVP to Deana Dubey, 860.378.1219 or
Deana.Dubey@hhchealth.org



Southington Care Center reintroduces pet therapy

Southington Care Center is happy to reintroduce Pet Therapy back to the Recreation Program. We can't deny the relationship between dog and human. But what makes it so strong?

Pet Therapy has many benefits, medical and emotional:

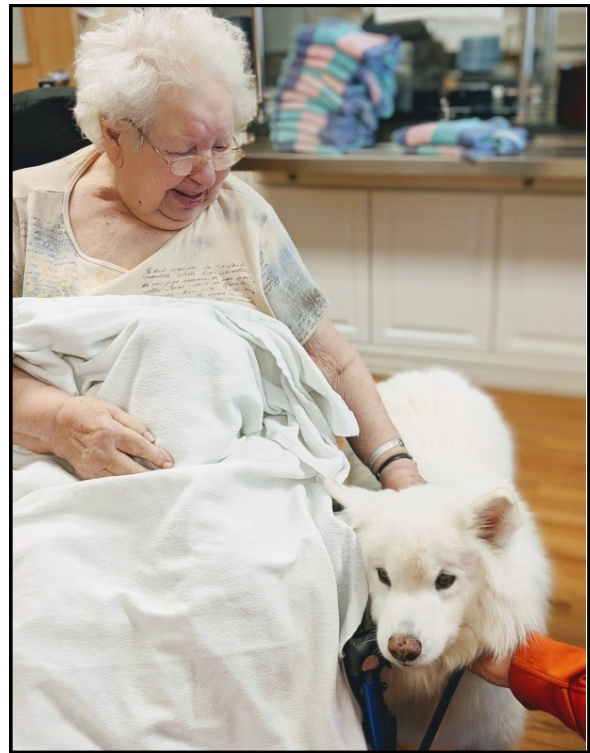
- Lowers blood pressure

- Reduces stress
- Encourages verbalization
- Increases socialization
- Provides comfort
- Inspires confidence

We welcome Snow Cloud and Breeze who are visiting Southington Care Center twice a month, making our smiles a little bit bigger.



Snow Cloud snuggles resident Josephine C.



Resident Emogene O. greets Snow Cloud.

Caring continued from page 1

Director of Nursing, nominated Olivia. "Olivia works very diligently every day and treats her residents with respect and dignity. She gives our residents kind, organized and specific resident-centered caring, knowing and understanding them, anticipating their requests and advocating," the nomination letter read in part. "Her enthusiasm and brightness for life as well as the care she provides are evident every day.

She has the respect and support of not only the residents but her peers and the management team. We are so happy Olivia is our Caring Hands recipient."

Five other CNAs representing Hartford HealthCare Senior Services were also honored.

Congratulations, Olivia! We thank you for the exemplary care you provide to enhance the quality of life at Southington Care Center.



Visit Southington Care Center on Facebook

3 corporation. All donations are tax deductible.

Presenting Sarah Ruggiero, Director of Transitions



Sarah Ruggiero, MSW, LMSW, who joined the Southington Care Center staff as a discharge planner in 2017, was recently named Director of Transitions.

In this role she leads an interdisciplinary team in developing an individualized discharge plan to ensure that short-term rehabilitation patients can safely return and remain home. Discharge education includes information about home care resources, the importance of following up with the personal physician and details about living with congestive heart failure or other conditions. The intensive case management and supportive counseling can result in better outcomes.

“I enjoy working with the rehab patients and families – helping them manage during more acute situations and assisting them with the next steps whether it’s to home with services, transition to an independent and assisted living facility or another appropriate

setting,” she said.

Before coming to Southington Care Center, Sarah was the director of social services at a long-term care facility in New Canaan where she worked for 14 years. She received her Master’s of Social Work from Boston College and her Bachelor of Arts in Social Work from Sacred Heart University in Fairfield. In her spare time she enjoys reading, gardening, making home improvements and spending time with family.

“Sarah’s expertise has made an important contribution to our Transitions Team,” said William Kowalewski, Southington Care Center Executive Director.

Snapshots of life at Southington Care Center



Looking dapper while drinking coffee at Gouveia Vineyards are Sofia V., left, and Rose G., of the Southington Care Center Red Hat Society.



Southington Care Center residents show their youthful spirit in their spring artworks. Beautiful and creative!

Dementia Caregivers Support Group

Does a loved one have dementia? Join our caregivers support group on the second Wednesday of the month (May 14 and June 12), 6:30 to 7:30 p.m. To learn more, call Patty O’Brian, Hartford HealthCare Center for Healthy Aging, 860.378.3830.

Dinner with the Doc: Living with Back Pain

Millions of people experience back pain caused by multiple conditions. 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, 45 Meriden Ave.

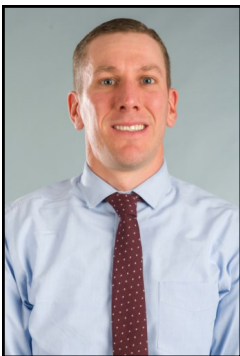
This educational event will include topics such as:

- 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, of Hartford HealthCare.

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.



Jonathan Sylvain



Hussein Alahmadi

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