



Southington Care Center's 'Light the World' to honor loved ones

To honor loved ones who have passed away and to uplift those who have a need, Southington Care Center is planning "Light the World." The event will be held Monday, Dec. 2, at 6:30 p.m., outside the front of the building. In addition to the reading of the names, there will be special music, and a presentation to someone who lights the world with their care and compassion.

Luminaries with the names of loved ones will line the driveway and sidewalks. A suggested donation is appreciated with proceeds going to the Pastoral Care Program to provide ongoing spiritual care and needed materials for residents and family.

"We will come together in peace and hope to celebrate those whom we love," said the Rev. Victoria Triano, director of Pastoral Care.



Hundreds of people gathered at the 2018 "Light the World."

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Southington Care Center marches for the first time in Apple Festival Parade

It took a team effort but it was well worth it: Southington Care Center was front and center for its first appearance in the Apple Harvest Festival Parade held Oct. 6. Residents, families and staff were all involved in decorating with many people also marching.

Thank you to all who made it possible!



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

Why getting the flu vaccine is so important

Information provided by the Centers for Disease Control and Prevention

Influenza is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different and influenza infection can affect people differently. However, each year millions of people get the flu, hundreds of thousands of people are hospitalized, and thousands or tens of thousands of people die from flu-related causes. An annual seasonal flu vaccine is the best way to help protect against flu. Vaccination has been shown to have many benefits including reducing the risk of flu illnesses, hospitalizations and even the risk of flu-related death in children.

How do flu vaccines work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection

with the viruses that are in the vaccine.

What are the side effects of flu vaccines?

Flu shots are made using killed flu viruses or without flu virus at all. So, you cannot get flu from a flu shot. Some minor side effects that may occur include soreness, redness and/ or swelling where the shot was given, low grade fever and aches.

Why is it important to get a flu vaccine every year?

Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season. Your protection from a flu vaccine declines over time.

Yearly vaccination is needed for the best protection.

- Beth Samuels, RN, BSN, IP, infection preventionist

News from Southington Care Center

Pie sale benefits Sunshine Committee

Just in time for the holidays, Southington Care Center is presenting its annual Pie Sale. Choices include pumpkin, pecan, fruits of the forest (\$12 each) and apple, banana cream and chocolate cream (\$10 each). Pies are frozen and ready to bake. Instructions are included.

Payment is by cash or checks made out to "SCC Sunshine Committee." Deadline for ordering is Friday, Nov. 15, 2 p.m. Pies will be available for pick up on Tuesday, Nov. 26, 7 a.m. to 8 pm. Order forms are available and payment will be accepted at the front desk. Proceeds benefit the Sunshine Committee, an employee assistance fund. Questions? Call the front desk at 860.621.9559.

Holiday Lunch set for Dec. 8

Families are welcome to sign up now for Southington Care Center's annual Holiday Lunch planned for Sunday, Dec. 8 at 11:30 a.m. A delicious buffet will be served. Guest tickets are \$15 adults; \$8 children; free for children under 2 years old. Reservations are required.

RSVP by Dec. 1 to Southington Care Center at 860.276.1020. Wishing our residents, patients, families, friends and staff a happy holiday!

iPod Shuffles needed

Donations of iPod Shuffles are greatly appreciated. They will be used for the Music & Memory program. Questions? Call Ashley Maratea at 860.378.1286.

Volunteers welcome

Southington Care Center is welcoming volunteers' time and talents – we'd love to add musicians, artist assistants, transporters, out trip escorts, gardeners, morning devotions leaders, office aides, bowling helpers, pet therapy friends and one-on-one visitors. To support the Music & Memory program, individuals are needed to interview family members to select music choices to be compiled on residents' personal listening devices. Hours are arranged around the volunteers' availability.

Questions? Call Ashley Maratea at 860.378.1286.

3 corporation. All donations are tax deductible.

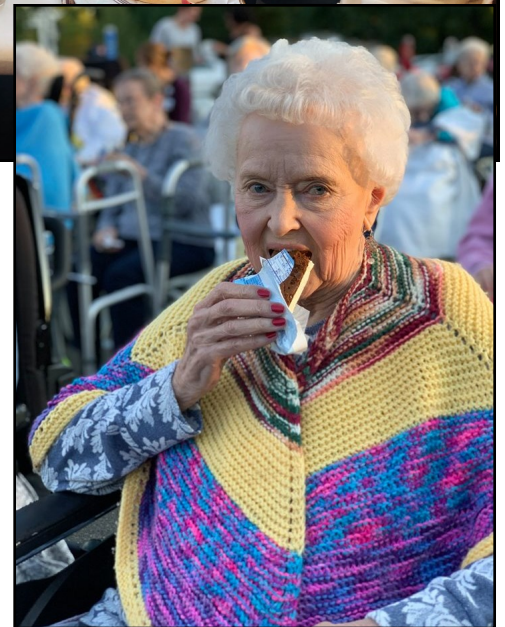
Snapshots of life at Southington Care Center

Southington Care Center said goodbye to summer with the last outdoor concert but hello to autumn with more indoor activities. Residents have been busy making scarecrows, greeting a new dog visitor, baking fall treats, and trying new art projects. Right: Residents sample the personal-size pizzas they made on an out trip. Delicious!



Left: Resident Martha P. helps in making a pumpkin dump cake.

Right: Agnes T. enjoys a summer-time snack at the final outdoor concert held at the Care Center.



Southington Care Center supports 2019 Walk to End Alzheimer's

Southington Care Center employees and friends loyally supported the Walk to End Alzheimer's held Oct. 13 in Hartford. This year, our team raised more than \$2,000 for the cause which supports education and research.

We thank those who have been avid participants and supporters throughout the years.



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Deadline is Nov. 22 to purchase a luminary and have the person's name recorded. Anyone who is mourning a loved one or would like to honor someone special is welcome to purchase a luminary and participate. To receive a form, stop by or call Southington Care Center at 860.621.9559.

Dementia Caregivers Support 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 offers a free Alzheimer's and dementia support group on the second Wednesday of the month (Nov. 13 and Dec. 11), 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. The facilitator is Patty O'Brien, CDP, patient/family engagement coordinator and certified Alzheimer's/dementia specialist, of Hartford HealthCare Center for Healthy Aging.

Seating is limited and registration is required. For more information or to RSVP, call O'Brien at 860.628.3830.



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