



Feeling the Hawaiian groove at Southington Care Center



Southington Care Center residents ready for a summer luau include, from left, Josephine C., Virginia G., Martha P. and Cynthia R. The luau featured food, music and fun.

Phase one of second floor renovations takes shape

To create a more homelike environment and enhance the quality of life for residents, Southington Care Center's second floor is undergoing a three-phase transformation.

The first phase focuses on incorporating the great outdoors into the living experience. An outdoor patio will be converted into a therapeutic garden patio and an adjoining interior room will remodeled to provide greater access and visibility outdoors thanks to a \$150,000 grant recently awarded from the Bradley H. Barnes & Leila U. Barnes Memorial Trust of the Main Street Community Foundation.

The fragrance of flowers, chirping of birds and warmth of the sun can be a welcome respite from a busy world. Spending a moment in a soothing setting can bring peace and comfort as

well as evoke pleasant memories.

Research has shown that connection to nature is vital for physical, mental and emotional well-being. In addition, exposure to natural daylight can not only elevate mood but balance the hormone that regulates sleep, often a problem for people with dementia.

"The best definition of Resident-Centered Care is to 'create home as the resident defines it,'" said Executive Director William Kowalewski. "This project is another step in that direction for Southington Care Center."

The interior lounge and outdoor garden patio will provide a peaceful setting where people can relax, socialize and enjoy nature's beauty. Residents will be encouraged to participate in gardening as well as tend bird

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

Former skier gets back on her feet thanks to rehab at Southington Care Center

Plantsville resident Norma Zygmont remembers well when Mount Southington Ski Area opened up within walking distance from her home - even though no one in her family skied. "I was so excited," she said, thinking back to 1964. Soon she got a job there and she and her family members became avid skiers.



Now 91, Zygmont hung up her skis long ago. However, she still holds the same zest for life and has not been discouraged by health problems. This spring, she fell at home and had surgery to repair her fractured left hip at Hospital of Central Connecticut, New Britain campus. She requested to recuperate at Southington Care Center, where she had received rehabilitation in the past, knowing they would take good care of her. For three weeks she underwent extensive physical and occupational therapy as she mended.

However, at first, she was concerned she might have to miss the annual reunion for the Lewis High School Class of 1946. She had worked hard to organize the event and was still finalizing the details when she had her accident. Southington Care Center worked with Zygmont to ensure that she was able to attend the local reunion in fine style and she was transported to and from the event.

She continued with her therapy twice each day. "They were fantastic. They push you to your limit," she said. "They were so encouraging, so helpful," she recalled.

Zygmont said she felt more than a "patient" because of the care she received including a listening ear from William Kowalewski, Southington Care Center executive director. When she had some suggestions, he addressed her concerns, she recalled.

Her care continued once she was discharged with physical therapy at home from Hartford HealthCare at Home professionals. She continues to do strengthening exercises at home - she doesn't want to have another fall or fracture. "I hope I don't have to go back to Southington Care Center but I sure would if I had to. They've been so good to me."

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: Sept. 12 and Oct. 10), 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 Patty O'Brien, Hartford HealthCare Center for Healthy Aging, 860.378.3830.

3 corporation. All donations are tax deductible.

Southington Care Center Rehab site director earns certification

Liz McAdam, MSPT, site director of Southington Care Center Rehabilitation Services, was recently certified to provide lymphedema therapy following a nine-day lymphedema certification class taught by Linda Hodgkins, OT, Lymphedema Clinical Program manager, Hartford HealthCare Rehabilitation Network. Participants included therapists from across the United States and even internationally.

Southington Care Center has four certified therapists (PT/OT) that provide inpatient and outpatient lymphedema treatment - Complete Decongestive Therapy which includes a combination of manual lymph drainage, pressure bandaging and

measurement for appropriate compression garments to help patients manage their lymphedema and resume normal activities. People who may benefit from this therapy include those who have lymphedema as a result of surgery, lymph node removal, radiation/chemotherapy treatment, cancer, trauma and infection. Contact Southington Care Center at 860.378.1234 to learn more.



Liz McAdam, site director of Southington Care Center Rehabilitation Services, front center, gathers with other lymphedema therapy students.

Walk to End Alzheimer's with Southington Care Center

The Southington Care Center Team is gearing up to participate in the Greater Hartford Area Walk to End Alzheimer's on Sunday, Oct. 14 at Rentschler Field in East Hartford. Lisa Pinter, LPN, has crafted a beautiful afghan with different shades of purple representing the different stages of Alzheimer's. The white squares represent hope for a cure. Tickets to win the afghan can be purchased at the front desk.

Event details:

8:30 a.m. Registration; 10 a.m. Ceremony; 10:30 a.m. Walk

Watch for our future fundraising events on Facebook. To join us in walking, help with fundraising or to place a donation towards our team, call Tammy Michaud or Jessica Stanfanowicz at 860-621-9559.



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feeders and experience the sight, sounds and feelings of outdoors. Other uses may include listening to music and playing outdoor games, all while promoting community wellness.

The indoor and outdoor areas will be connected by a "window wall" for better visibility and increased natural light. Raised planting beds as

well as attractive pavers will be installed. The area will also be redesigned to include comfortable, age-friendly outdoor furniture. The project is slated to be completed in spring 2019.

"We are honored to carry out Bradley Barnes' legacy through these important health initiatives," said Susan Sadecki, president and chief executive officer of the Main Street Community Foundation.

Southington Care Center



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Dinner with the Doc: Understanding Glaucoma


Glaucoma, one of the most common eye diseases, damages the optic nerve, causing vision loss and blindness. Some people are at greater risk including: African Americans older than age 40; all people older than 60, and individuals with a family history of glaucoma. Even though there is no cure, with early treatment and detection people can protect their eyes against serious loss of vision.


A free Dinner with the Doc about glaucoma will be held Tuesday, Sept. 25, 5 p.m., at Southington Care Center, 45 Meriden Ave. Dr. Mary Gina Ratchford, Hartford Hospital Eye Center, will discuss the types of glaucoma, causes and treatments.

A complimentary light dinner will be served. Registration is required. To RSVP, call 1.855.HHC.HERE/ 1.855.442.4373.

Summer concert on Sept. 13

Southington Care Center's 2018 concert series has been a big success. Join us from 6 to 7 p.m. for the last concert of the year Thursday, Sept. 13 featuring "Shine." Guests should bring their own lawn chairs.

 Southington Care Center
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