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Music & Memory expands to short-term rehabilitation

The Music & Memory program, which was launched at Southington Care Center in October 2016 for long-term residents, was recently expanded to our short-term rehabilitation patients.

Initial research indicated that the personalized music therapy has realized benefits such as enhanced engagement and socialization, reduction in anti-psychotic and anti-anxiety medications as well as reduced agitation and sundowning. The music, available through an iPod listening device, usually triggers a positive response. "Music fires up the brain, improving cognition, communication and engagement," said Karen King,



Resident Frayda K. enjoys listening to Frank Sinatra and other crooners.

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Certified Dementia Practitioner training brings insight into care



Karen King, staff development coordinator, left, and Ashley Maratea, director of therapeutic recreation, are Certified Dementia Practitioners

Two Southington Care Center staffers were recently designated as Certified Dementia Practitioners by the National Council of Certified Dementia Practitioners. Ashley Maratea, CDP, director of therapeutic recreation, and Karen King, RN, CDP, staff development coordinator, pursued the training to better relate to and care for residents with dementia and their families.

The goal of the National Council of Certified Dementia Practitioners is to develop and encourage comprehensive standards of excellence in direct-care skills, education and sensitivity in the area of dementia care. Certification indicates that the individual has extensive experience and has pursued continuing education, staying current with trends, regulations and new developments related to dementia.

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News from Southington Care Center

Dinner with the Expert: Medicare 101

Medicare can be totally perplexing. But a Hartford HealthCare Medicare educator can help unravel the mystery and answer your questions. Southington Care Center is hosting the free Dinner with the Expert: Medicare 101 on Tuesday, Oct. 15, 5 to 7 p.m. Presenter Marissa Hiebel will provide information about how Medicare works; when to enroll; how to choose a plan; options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans; and more.



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.

Join the Walk to End Alzheimer's

For more than six months, the Southington Care Center team has been preparing for the 2019 Walk to End Alzheimer's on Oct. 13 in Hartford. Fundraisers have included an ice

cream sale, guessing the number of jelly beans and a casual dress down day on the third Wednesday of every month. Upcoming fundraisers include a bake sale on Feb. 25 and the sale of bracelets, stickers or forget-me-nots. For more information or to join the Walk, see Ashley Maratea, director of therapeutic recreation. Or visit the Alzheimer's Association webpage <https://act.alz.org>, click on "Find a Walk Near You," select "Find a Team" and search "Southington Care Center." Thank you!

Dementia Caregivers Group

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 (Sept. 11 and Oct. 9), 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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Ashley, who began working at Southington Care Center in November 2018, organizes the ongoing activities programs that are designed to meet the interests and the physical, mental and psycho-social well-being of each resident. She also participates in the planning for the services and needs of residents and families as well as develops and implements recreational care plans and assessments.

"Ever since I have been working in healthcare as a recreational therapist, it has been my passion to work with residents who have some type of dementia. Receiving this certification helps me better understand what they need on a daily basis as well as helps the staff understand residents with dementia," Ashley said.

The certification also keeps professionals up to date on the methods and tools on best practices

for dementia care which Southington Care Center follows.

Karen, who has been on staff for three years, had worked in the past with brain-injured patients and more recently at an assisted living community which had memory care. She represents Southington Care Center on the Dementia Committee and is also a trainer for the Habilitation program through the Alzheimer's Association.

Karen said she decided to obtain the Certified Dementia Practitioners credentials because of the value it has to resident care. "My mission is for residents to have a positive emotional experience every day. I enjoy connecting with them where they are in their 'memory journey' and help them feel happy and safe," she explained.

3 corporation. All donations are tax deductible.

Snapshots of life at Southington Care Center

Right: From left, Matt Mazzone, director of food & nutrition, and William Kowalewski, executive director, serve gazpacho at the Southington Farmers Market while Kelsey Lang, admissions director, tells a visitor about services.

Below: Two Southington Care Center residents receive a Connecticut Veterans War-time Service Medal from Wayne Rioux, Hartford HealthCare veterans liaison. The veterans include, below left photo, Dan S.; and below center photo, Don A.

Far right: Resident Rita L. models her red hat for her daughter Sandy Plourde.



Crowds enjoy our summer concerts, including "Simply Swing" in July.

Final summer concert on Sept. 19

The final outdoor concert in the Southington Care Center summer series will be held Thursday, Sept. 19 featuring the contemporary jazz sounds of Airborne. The concert will be held 6 to 7 p.m. in the parking lot at 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.

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RN, CDP, staff development educator, when Music & Memory was introduced. Southington Care Center was one of only six skilled nursing centers selected by the state to work with B & F Consulting to identify the best practices in implementing the program. Following a five-week pilot in 2016, a grant from the State of Connecticut Department of Public Health funded 15 iPod Shuffles, chargers, headphones and iTunes gift cards. Additional devices were funded by B & F Consulting and the Rotary Club of Southington. Each device was loaded with favorite music and genres that had been suggested by families and loved ones.

Resident Frayda K. loves listening to music sung by Frank Sinatra and Michael Buble as well as old favorites, she said, as she hummed to the “Beer Barrel Polka” playing through her headphones.

Acknowledging the success of the program, Southington Care Center is expanding it to others who could benefit. “For the short-term residents we have seven different iPods that they can choose from with genres ranging from easy listening to the classic oldies,” said Ashley Maratea, director of therapeutic recreation. Benefits have included increased upbeat mood, evoking of individual emotional memories and increase in appetite.

Additional iPods are needed. Volunteers can also get involved by interviewing family members to select the music to be compiled on the personal listening devices. For more information or to make a donation toward Music & Memories, call Ashley at 860.378.1286.

Residents’ iPods charge on the central station.



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