

Understanding Alzheimer's can improve relationships

Caring for someone with dementia or Alzheimer's disease is not an easy task. An upcoming series provides strategies and effective communication tips to better understand and relate to the individual. Hartford HealthCare Center for Healthy Aging is sponsoring a free five-week series, "Dementia and Caregiving: Focusing on the Person while Understanding the Disease Progression," on Mondays, Jan. 29, Feb. 5, 12, 19 and 26, 3 to 4:30 p.m., at Southington Care Center.

To best benefit, participants are asked to attend all sessions. Hartford HealthCare Center for Healthy Aging dementia specialists Patty O'Brian, CDP, and Michelle Wyman, LSW, CDP, will lead the series.

Topics include:

Jan. 29: Overview of Dementia

Feb. 5: Basics of Good Communications and Understanding Behaviors

Feb. 12: Safety in the Environment and How to Structure a Day with Activities

Feb. 19: Taking Care of the Caregiver and Care Options

Feb. 26: Legal and Financial Issues

Registration is required. RSVP to Hartford HealthCare Center for Healthy Aging, 1.877.4AGING1 (1.877.424.4641).

Southington Care Center salutes its long-term staff

On Dec. 7, Southington Care Center paid tribute to 37 SCC staff members who have reached certain "years of service" milestones. The Longevity Celebration, which was held at Spartans II in Plantsville, featured dinner, the awards presentation and words of gratitude by Lisa Connolly, NHA, MS, Vice President, Hartford HealthCare Senior Services.

"At Southington Care Center, 57 percent of the staff have been employed here five years or more," said Executive Director William Kowalewski. "Staff longevity is one the Care Center's most important attributes resulting in increased knowledge of each resident's care needs and greater staff-to-resident relationships."

Those who were honored included:

Celebrating 25 years: Lisa Connolly, NHA, MS, Vice President, HHCSS;

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Photos by Rusty Kimball

Twenty-year employees include, from left, Martha Sadusky, Deborah Klatzko, Susan Pepe, Nancy Wiegand, Lucile Lew and Fern Wildman-Schrier. Absent from this photo is Gualberto Santana.

Southington Care Center receives national Five Star Quality Rating

Southington Care Center is one of three health care communities that are Hartford HealthCare Senior Services partners which achieved an overall Five Star Quality Rating from the Centers for Medicare and Medicaid Services as reported by U.S. News & World Report on Oct. 31.



Southington Care Center, Jefferson House in Newington, and Jerome Home in New Britain all received the highest possible rating on a 1.0 to 5.0 scale for a nursing facility. The overall rating - from "poor" to "top performing" - is based on health inspections, staffing and quality measures. All three facilities See **Five Star** page 3

To view the reports, visit <https://www.medicare.gov/nursinghomecompare/search.html>.

A new year and new beginnings

Welcome to 2018 and Happy New Year. At Southington Care Center, there is excitement regarding the work being done for the new year.

The Planning Committee is working on plans to increase the Alzheimer's and dementia care programs here at SCC. Robin Segal, of our Recreation Department, is chairing a work-group that has taken on this assignment.

Ann Minor, our Holistic Care nurse, is working with her committee on a plan to expand SCC's Palliative Care and End of Life Care programs. SCC's Tranquill Passages enjoys an amazing reputation and this plan will enable the Care

Center to expand the program.

The Care Center's new outdoor patio on the south side of the building is 90 percent done. Residents and their families will have a new location to be outside and enjoy warm days come the spring when the new patio is officially open.

On behalf of the staff and the Residents who live here at the Care Center, a healthy and happy New Year to everyone.

Bill Kowalewski, Executive Director



Honorees from left include, Agnes Petrus, Ideliza Segarra, Antoinette Ouellette, Tammy Michaud, William Kowalewski, Donna Hechler, Kristin Gilbert, Vanessa Stanislawski and Jillian Valentine.

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Sharon Robinson, Regional Director of Skilled Nursing Operations, HHCSS; and the Rev. Victoria Triano, Director of Pastoral Care;

Celebrating 20 years: Debbie Klatzko, MDS Coordinator; Lucy Lew, Registered Nurse Supervisor; Susan Pepe, Physical Therapy Supervisor; Martha Sadusky, Director of Housekeeping; Gualberto Santana, Maintenance; Nancy Wiegand, Licensed Practical Nurse; and Fern Wildman-Schrier, Registered Nurse;

Celebrating 15 years: Kara Bouteiller, Admissions Coordinator; Diane Dumond, Receptionist; Michael Gould, Maintenance; Brietta Harper, Certified Nursing Assistant; and Evelyn Tirado, Certified Nursing Assistant;

Celebrating 10 years: Debra Blier, Licensed Practical Nurse; Tracey Brown, Licensed Practical Nurse; Natacha Candelaria, Licensed Practical Nurse; Christine Dzierlatka, Office Manager – Rehab; Linda Firmani, Physical Therapy Assistant; Mable Kakwera-Byaruhanga, Licensed Practical Nurse; Kenneth Kirk, Physical Therapist/Naturopathic Physician; Herna Maneja, Certified Nursing Assistant; Dawnna Mongkolsilapa, Medical Billing – Rehab; Evelyn Nogaj, Certified Nursing Assistant; Azemina Selimovic, Dietary Aide; and Michelle Sweeney, Human Resources Business Partner, HHCSS;

Celebrating five years: Sele Gakodi, Registered Nurse; Kristin Gilbert, Occupational Therapy Supervisor; Donna Hechler, Executive Assistant, HHCSS; William Kowalewski, Executive Director; Claudia Krzos, Dietary Aide; Tammy Michaud, Lead Receptionist; Antoinette Ouellette, Marketing Assistant, HHCSS; Agnes Petrus, Certified Nursing Assistant; Ideliza Segarra, Certified Nursing Assistant; Vanessa Stanislawski, Certified Nursing Assistant; and Jillian Valentine, Certified Nursing Assistant.

Southington Care Center congratulates all our staff for their dedication to and delivery of exemplary care to enrich the lives of all we serve.

Making holiday spirits bright

The halls were decked for the holidays at Southington Care Center making them festive and ready for holiday visitors, family and friends. Residents, staff and volunteers worked steadily to bring the magic of the holiday season to every room.

Right: Southington Care Center residents, seated from left, Raymond L., Mitzi K. and Adolph S. join Heather DePaolo, Human Resources Director, Community Network, and Executive Director William Kowalewski for the annual tree decorating party in the front lobby of Southington Care Center.



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have achieved this status in previous years.

The Five Star Quality Rating was established by CMS to assist consumers, families and caregivers with comparing long-term skilled nursing facilities and identify specific areas of evaluation. It also allows staff the opportunity to review and improve the overall care they provide.

Only 15 percent of the facilities rated by U.S. News achieve "Top Performing" status, earning a rating of at least 4.5. Last year, U.S. News modified the CMS ratings approach to evaluate a skilled nursing facility's performance over time by averaging data for a year.

Consumers can use these quality measures to choose a nursing facility, find out about the care and quality where a loved one already lives,

and/or learn information to discuss with the care staff.

U.S. News & World Report rates nursing homes to assist families in finding caring facilities for their loved ones. Approximately 1.4 million people – or 1 in 10 individuals 85 years and older – live in long-term care facilities.

"This Five Star Quality Rating demonstrates Hartford HealthCare Senior Services' continued commitment to providing optimum care for people who have chosen our communities. This achievement, which we have consistently received, validates our mission and core values in what we do every day," said Lisa Connolly, Vice President, Hartford HealthCare Community Network.

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Southington Care Center therapists offer safety tips for the home bathroom

Southington Care Center rehabilitation therapists often treat individuals who have been injured by falling. One of the most common places for accidents at home is the bathroom. A few safety precautions can prevent accidents and injury, including:

- Removing throw rugs to decrease the tripping hazard
- Installing gripper strips or a non-skid mat on the shower floor to decrease slipping
- Using non-skid mats so that you do not walk on the bare bathroom floor with wet feet
- Having adequate lighting
- Installing grab bars (inside/outside of shower and near toilet) - don't hold onto the towel rack!
- Utilizing a shower seat or tub bench to sit while showering; a shower caddy keeps items nearby
- Using an adjustable height shower head/temperature controls
- Keeping a cell phone or life alert pendant close by in case of emergency
- Having a raised toilet seat, versa frame commode, to increase ease on and off the toilet

For more safety tips, call Southington Care Center Rehabilitation Department at 860.378.1234.