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’Brien, 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, 1.877.4AGING (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;

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

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

Sharon Robinson, Regional Director of Skilled Nursing Operations, HHCS; 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 Sudusky, Director of Housekeeping; Gualberto Santana, Maintenance; Nancy Wiegand, Licensed Practical Nurse; and Fern Wildman-Schirer, 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 Dzierlata, Office Manager – Rehab; Linda Firmani, Physical Therapy Assistant; Mable Kakwera-Byaruhanga, Licensed Practical Nurse; Kenneth Kirk, Physical Therapist/Naturapathic Physician; Herna Maneja, Certified Nursing Assistant; Dawnya Mokngolsilapa, Medical Billing – Rehab; Evelyn Nogai, 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, HHCS; William Kowalewski, Executive Director; Claudia Krzos, Dietary Aide; Tammy Michaud, Lead Receptionist; Antoinette Ouellette, Marketing Assistant, HHCS; Agnes Petrus, Certified Nursing Assistant; Ideilha Segarra, Certified Nursing Assistant; Vanessa Stanislawski, Certified Nursing Assistant; and Jillian Valentine, Certified Nursing Assistant.

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-slip mat on the shower floor to decrease slipping
- Using non-slip 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 tips, call Southington Care Center Rehabilitation Department at 860.378.1234.