

Southington Care Center  
45 Meriden Avenue  
Southington, CT 06489  
860.621.9559  
www.southingtoncare.org

Chapel from page 1

which rests a Bible and crystal cross. On the wall hangs a stained glass window depicting a dove with an olive branch. The window, which had originally been installed in the entry door, was given by the Triano family in honor of the pastor's mother, Molly Triano. The stained glass in the door now, crafted by a former employee and dedicated to previous residents, originally was displayed in a different room.

This project was generously supported by individuals and community organizations, Triano noted, many of whom were there. Donors included Linda Warner Mendelsohn, Michael and Tina Riccio, Curtis and Sheila Robinson, Nellie F. Shepard, Robert J. Triano as well as Joe & Kay Calvanese Foundation, Rotary Club of Southington and UNICO Club of Southington.

Rev. Chris Caton, a Southington Care Center chaplain, led a prayer in the chapel during the rededication. "We pray for the residents, family members and staff as each one seeks you, there is a place here where they can come meet you."

### Dementia Support Group

Southington Care Center offers a free Alzheimer's and Dementia support group on the second Wednesday of the month, 6:30 to 7:30 p.m., in the Anna Fanelli Room. Upcoming dates are Nov. 8 and Dec. 13.

To learn more, call Patty O'Brian, dementia specialist, Hartford HealthCare Center for Healthy Aging, at 860.276.5399, ext. 4403.



A newsletter for Southington Care Center residents and family members.

November/December 2017

Vol. 3 Issue 6

## Southington Care Center rededicates interfaith chapel



Rev. Victoria Triano welcomes visitors to the remodeled chapel.

**In** a tumultuous world, a place of respite is always appreciated. Residents, staff and friends of Southington Care Center are finding such an oasis in the first-floor chapel that was rededicated on Sept. 28.

"This chapel is a place of peace, prayer, meditation and a place to grow closer to God," said the Rev. Victoria Triano.

The original chapel was established by Ralph and Vito Riccio, two local businessmen, when Southington Care Center opened in 1990. Then and now, all people are welcome, regardless of faith. In the remodeled chapel, the showpiece is the altar, draped with a colorful weaving upon

See **Chapel** on page 4

## Southington Care Center salutes volunteer James Mihalko

Southington resident James Mihalko has a special place in his heart for birds and animals. For the past seven years, he has volunteered three days a week at Southington Care Center caring for Pretty Girl, our resident pet cockatiel. As Pretty Girl's handler, James feeds her, keeps her cage clean, and provides socialization through resident room visits.

James has taught Pretty Girl to sit patiently on his finger and how to eat hard fruits like apples and pears. He has also worked with staff members instructing them when to cover her at night, wake and uncover her cage in the morning, and open and close her "front door" so she can exercise every day in the Bird Room Lounge, where her cage is located. His special efforts have provided a source of joy for Southington Care Center's residents.

"Pretty Girl loves James. Their bond is amazing. If she had a tail like a dog you would see it wag every time she sees him approach her cage," said William Kowalewski, Southington Care Center Executive Director.

See **Birds** on page 3



James Mihalko, volunteer, nurtures the Care Center's resident birds.

## Happy Thanksgiving to our residents, families and staff!

### Southington Care Center celebrates four centenarians

Woodrow Wilson was president. The U.S. entered World War I. Mary Pickford starred in the movie, "A Poor Little Rich Girl." Such was life in 1917 and Southington Care Center's four centenarians – then infants or toddlers - were there.

In celebration of lives well lived, Southington Care Center threw a party on Sept. 24 for the residents who are more than 100 years old. Honorees were Anna Petrillo – 101, Keveta (Greta) Liczek – 101, Mary Raffenello – 102, and Kathryn Carey – 102.



Centenarians at the birthday party are, from left, Kathryn Carey, Keveta (Greta) Liczek, Anna Petrillo and Mary Raffenello.

Alexis Chiucarello, Director of Therapeutic Recreation, worked with the Rocky Hill Historical Society to obtain items on display including toys and a WWI uniform. Tracy Cusano, chef, created the menu based on her grandmother's cookbook from that era. Families and friends attended to celebrate their loved ones.

"I was quite honored to be a part of the celebration of our four centenarians. Together they represent 400-plus years of life experience and wisdom! It was evident that their families were so proud and had so much love for these amazing women. We are honored that they are part of our Southington Care Center family," Chiucarello said.

### Southington Care Center supports Walk to End Alzheimer's

On Oct. 1, Southington Care Center participated in the 14th Walk to End Alzheimer's event at Rentschler field in East Hartford. Staff members, families and a resident of Southington Care Center came together to walk with many others in the nation's largest event to raise awareness and funds for the Alzheimer's Association's care, support and research programs.

This year was a true reflection of the passionate energy of each person who participated – from the walkers who signed up, the donors who wanted to support the cause, those who donated food for our fundraising events and the Southington Care Center Team who created the momentum to raise not only funds but awareness and hope for a world without Alzheimer's.

Southington Care Center united towards one common goal: their actions raised \$1,792 in donations this year. Through a collaborate effort, various fundraising events were held to raise funds such as Hershey kisses in a jar raffle, apple cider and doughnut sale, cake pops, a board full of donated flowers with names of donors, and loved ones of those with Alzheimer's disease and the Southington Sunshine Committee shared a portion of their total funds from their casual Jean Fridays.



Southington Care Center turns out to Walk to End Alzheimer's.

The Southington Care Center Team sends a sincere thank you to everyone to help us in raising awareness, inspire support and create urgency for action against this disease through this year's generous donations which will make a difference.  
- Tammy Michaud & Robin Segal

### Care Center nurse receives Bachelors of Science in Nursing

Shauna Sirois, RN, BSN, is a determined young woman who sets her mind on a goal and doggedly pursues it. To illustrate, in the last several years she has gotten married, had two boys and committed herself to earning first her RN degree and in May, her Bachelors of Science in Nursing from Goodwin College.

A native of New Hampshire, she was inspired to enter nursing by her mother, a CNA. Sirois first was a CNA, then an LPN, working in a long-term skilled nursing facility. She moved to Connecticut for her husband's work and began working at the Care Center in August 2016 in the rehab unit. She said she particularly enjoys the older patients and feels she can relate well to them. The work can be challenging because of the complex health issues, however, she strives to get to know them individually.

Looking back, she said it wasn't easy juggling family, work and studying, especially when she was taking the courses online with little ones around her. But that did not stop her from achieving her ambitions. Aug. 2 was her first day as a nursing supervisor at the Care Center.

"We're very proud of Shauna's BSN accomplishment. Her energy and enthusiasm for advanced schooling serves as a role model for others involved in forwarding their education. It is a pleasure watching Shauna develop and mature in her profession here at SCG. She continues to provide our residents with kindness, compassion, and quality of care." said Cirie S. Dorosh, RN, BSN, CRRN, Assistant Director of Nursing.



Shauna Sirois, RN, BSN

### Become a volunteer!

Southington Care Center is welcoming individuals to join the volunteer team, bringing a variety of services to our residents and short-term patients. Call Donna Malicki-Gornicz, MS, Director of Social Services, at 860.278.1253 or pick up an application at the front desk.

Book Cart – Volunteer to coordinate our weekly library on wheels.

Cheer Cart – Bringing cart to residents on our short and long term neighborhoods to sell personal items such as stamps, cards etc.

Spa Cart – Volunteers needed to polish

resident's nails and give gentle hand massages.

Red Nose Visitors – Put on a hat and a red nose and spread some good humor along the way.

Music and Memory Technicians – To load i-pods and MP3 Players with personal playlists for residents to listen to.

Student musicians to play during meal times – All levels welcome.

Label clothing – Volunteers needed to label resident clothing.

Resident Clothing – Volunteers needed to deliver resident clothing.

**Birds** continued from page 1

James' love for animals extends to home as well, where he takes care of family pet Apollo, a two-foot long dragon lizard.

Because of James' dedication to Southington Care Center's favorite feathered friend, he was recently nominated for the LeadingAge Volunteer of the Year Award.

- Donna Malicki-Gornicz