



May/June 2018

Vol. 4 Issue 3

Southington Care Center nursing assistant receives Caring Hands Award

Brittany Cullinan, CNA, of Southington Care Center, recently received the LeadingAge Caring Hands Award - the first year that this recognition was made. LeadingAge Connecticut is a member of LeadingAge, a national association of 6,000 not for profit organizations dedicated to advancing policies, promoting practices and conducting research to support and empower people to live more fully as they age.

Marjory Palladino, DNS, Director of Nursing, submitted the nomination: *Brittany has been nominated by her peers as an outstanding CNA who comes to work each day with a smile on her face. She shows her genuine compassion for her residents, taking the time to learn about their needs, wants and specific requests. She is a resident advocate, speaking to nurses about concerns and issues. She works with all members of her team in a collaborative environment; she is the ray of sunshine who cheers the team on. Brittany, while working at an exceptional level, is attending nursing school to advance her career. There is no doubt that the skills, attitude and dedication, she has will make her a*



Photo courtesy of LeadingAge CT
Brittany Cullinan, CNA, seated front row left, gathers with her fellow Southington Care Center staffers during the LeadingAge Caring Hands awards.

See **Caring**, page 3



Wayne Rioux, Hartford HealthCare at Home veterans' liaison, left, presents Southington Care Center resident Daniel S. with a veterans medal.

Southington Care Center veteran receives honor medal

Hartford HealthCare at Home has a variety of programs, events and recognitions to support residential veterans. Southington Care Center has been part of this program through the Therapeutic Recreation Department for over a year now. Veterans' liaison, Wayne I. Rioux, meets with a group of residential veterans on the second Wednesday of each month sharing their stories and life reviews during the Veterans Coffee Hour.

On March 14, surrounded by other residential veterans, one of Southington Care Center's veterans, Daniel S., who served in the U.S. Air Force, was surprised with a special recognition for his dedicated contribution in restoring and

See **Medal**, page 4

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

Elks Club honors Care Center pastor as Citizen of the Year

The Rev. Victoria Triano, Southington Care Center's Director of Pastoral Care, was honored by Southington Elks 1669 as Citizen of the Year during the annual installation and awards banquet held March 24.

Triano, a lifelong Southington resident, is well-known for her community involvement and dedication. She has held positions of distinction with many organizations including the United Way, Rotary Club, STEPS, Substance Abuse Action Council, Community Foundation of Greater New Britain. A retired senior adult probation officer, she is currently the minority leader of the Southington Town Council. Her previous honors include YMCA Person of the Year, Jaycees Woman of the Year and UNICO Club Gold Medal Award among others.

"I was so surprised at this wonderful honor. The Elks is a tremendous organization that does such amazing work in Southington, so to receive this award is truly humbling," Triano said.



At the Elks Club awards dinner are, from left, Jim Marenzano, Exalted Ruler, state Rep. Rob Sampson, Rev. Victoria Triano, state Rep. Joe Markley and Jim Champagne, Elks Club.

Care Center staff undergoes fire, safety and emergency training

Spring has arrived, according to the calendar, but at Southington Care Center it is also the time that we train all of our staff on Fire and Safety and Emergency Preparedness. This is an annual event required by the Department of Public Health. It is important that all 262 staff know what their role and responsibility is during the event of a fire. We have Fire and Safety /Emergency Preparedness Manuals available in all departments.

We use the RACE system to guide us during a fire, which stands for Rescue, Activate Alarm, Contain and Extinguish/Evacuate. Here at SCC we Defend in Place: all residents are placed behind smoke-rated doors in a safe fire zone and we evacuate residents away from the origin of the fire. Our smoke detectors can tell us exactly where the fire has occurred.

An announcement, "Fire Alarm Activation" along with the location of floor, wing and room, will be repeated three times. Our staff is trained to quickly move residents to a safe fire zone, clear hallways and remain with residents until the all clear is announced. Fire extinguishers are available throughout the building.

The acronym, PASS, is used to help staff know how to use an extinguisher. Pull the pin, aim the nozzle (at the base of the fire), squeeze the handle

and sweep the nozzle from side to side. The type of extinguisher we use is an ABC powder type which is good for wood, paper, grease, oil, gasoline, and electrical. SCC has direct communication with the Southington Fire Department, who responds to any emergency. Fire drills are conducted on a regular basis once per shift per quarter.

Please note: Extension cords and triple adapters are not allowed at SCC. If you are having difficulty getting items plugged into outlets, let the Maintenance Department assist you.

In addition to Fire and Safety, SCC has an Emergency Preparedness Plan. This plan is activated when any disaster occurs, whether manmade or natural. We are part of the Hartford Hospital Incident Command Structure. We are 100 percent generated, have an emergency water hook-up in addition to a three day water supply, back up fuel and a three-day food supply. We are part of the LTC Mutual Aid Plan, which provides us with a network of all nursing home facilities for support.

We take great pride in our training of staff to provide knowledgeable staff to respond to any emergency that could occur. - Karen King, *staff development coordinator*

3 corporation. All donations are tax deductible.

Southington Care pairs with Southern Connecticut State University

The staff at SCC that make up the Neurosciences Planning Subcommittee have been partnering with students from Southern Connecticut State University's Management MIS 439 class to write the plan for expanded neurosciences programs and treatment at SCC.

SCC is moving towards increasing services, treatments and programs for persons afflicted with neuroscience diagnoses – like strokes and neuromuscular illnesses such as Parkinson's disease. The first step in the analysis is gathering data on unmet community need in these areas and understanding the staff and non-staff resources that SCC needs to be able to accommodate patients who have neuroscience diagnoses.

The SCSU students have been wonderful data researchers in these areas. They have performed analyses of health access data, the incidence and prevalence of these diseases in Connecticut and the ability for SCC to provide the necessary talent and resources if these areas. The SCC staff has



Southern Connecticut State University students include, from left, Abdullah Al-salihi, Frank Landolfi, Klyynn Washington, Antonietta Siconolfi, Jason D'Addio and Richard Francois.

been analyzing current staff competencies and proficiencies, taking an inventory of current space and equipment, and measuring capacity opportunities. The goal is to link the two sets of data into an analysis and feasibility planning map and timeline to deliver identified services.

- William Kowalewski, Executive Director

Southington Care Center welcomes Liz McAdam



Liz McAdam, MSPT, joined the SCC Rehab team as Site Rehab Director on March 5.

McAdam is a physical therapist with 20 years of experience across the continuum of healthcare. She graduated from Brandeis University with a Bachelor of Arts and continued on to Washington

University in St. Louis Program in Physical Therapy where she earned her Master's in Physical Therapy. She previously worked at Gaylord Hospital, Masonicare Health Center and with other therapy services. Her focus includes geriatrics and complex medical patients amongst other areas.

Caring from page 1
wonderful nurse.

Also recognized in the Hartford HealthCare Senior Services continuum were Madeline Cintron, CNA, and Martina Haynes-Esnard, CNA, Jerome Home, and Halina Brzoska, CNA, of Jefferson House.

As the Site Rehab Director her responsibilities are to oversee the quality of care and operations of the Physical, Occupational and Speech Therapy Departments across Inpatient and Outpatient at Southington Care Center. We offer treatment to patients 18 and older for many simple and complex needs including specialties in Vestibular Rehab, Aquatic Therapy and Lymphedema. We also have a naturopathic physician on staff. We are a Medicare provider and accept most insurances.

In addition to her work at Southington Care, Liz takes pride in offering her time to the South Kensington Fire Department as a volunteer firefighter and to Cub Scout Pack 41 in Kensington.

“Congratulations to the LeadingAge Caring Hands Award recipients. What a compassionate group of women representing our nursing home communities. They are strong, confident leaders who ensure that our residents get everything they need and deserve,” said Lisa Connolly, NHA, MS, Vice President, Hartford HealthCare Community Network.

Alzheimer's and dementia support group meets

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: May 9 and June 13), 6:30 to 7:30 p.m., in the Anna Fanelli Room.

To register, call Patty O'Brian at Hartford HealthCare Center for Healthy Aging, 860.628.3833.

Medal from page 1

preserving the Republic of Korea
freedom and democracy during his



service. Rioux presented Daniel with a medal and an official proclamation as an "Ambassador for Peace."

Southington Care Center is proud of Daniel S. and all its veterans.

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

Communication tip:

Be aware of your communication style; speak slowly using simple words; use a calm tone of voice; be aware of how loudly or softly you speak. Body language is 80 percent of what and how you communicate. Then, listen carefully - try to understand the person's feelings and emotions.

– Southington Care Center
Dementia Programming and Planning Committee