

Top Rating from page 1

skilled nursing, short-term rehabilitation, residential care, memory care and assisted living at 975 Corbin Ave. in New Britain.

“It is a result of our caring and professional staff that our skilled nursing communities are named among the best in Connecticut. We have continuously been able to provide high quality care and services to hundreds of seniors coming through our doors annually,” said Lisa Connolly, NHA, MS, vice president, Hartford HealthCare Senior Services.

“It is an honor and a privilege that we don’t take lightly, and a recognition that our team has earned,” she said.

Words in a Poem

In a poem, words can be used to
Describe a person’s status:
Insight, patience, and vibrant
A person’s appearance: symmetry
A person’s financial status: destitute
The person may be having
A dialogue with someone and look
Distinguished wearing spectacles.

- Carol Slauenwhite 6/28/2015

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Southington Care Center News

A newsletter for Southington Care Center residents and family members.

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Southington Care Center achieves national rating



Southington Care Center and two other skilled nursing facilities that are Hartford HealthCare Senior Services partners are among the best in the country, according to a U.S. News & World Report article published on Nov. 16.

Southington Care Center, Jefferson House in Newington and Jerome Home in New Britain were included in the Best Nursing Home list. U.S. News & World Report recognized those facilities with overall ratings of 4-1/2 stars or greater from the Centers for Medicare and Medicaid Services. A total of 2,005 nursing homes

nationwide earned this recent recognition. Profiles on usnews.com are marked with a badge indicating the Best Nursing Home designation.

Southington Care Center has 130 beds and offers skilled nursing and rehabilitation services. Jefferson House, a department of Hartford Hospital, has 104 beds and offers short-term/outpatient rehabilitation, skilled nursing and palliative care. It is located at 1 John H. Stewart Drive in Newington. Jerome Home, with 94 beds, offers [See Top Rating on page 4](#)

Southington Care Center celebrates the holidays and welcomes 2017



Southington Care Center was decked out for the holiday season courtesy of residents, families and staff. Among the festivities was a cookie swap in the Crabapple Way neighborhood.

Continuum of care gets dedicated community servant back in the action

A man who generally doesn't enjoy wasting time stressing over events over which he has no control, Dick Fortunato does however lament, partly in jest, that he missed several celebrations this summer including his granddaughter's high school graduation, his own birthday and Father's Day.

The troubles for this Plantsville resident began in May when he fell over a glass table in a business waiting room. With visible cuts, bruises and painful swelling, his wife drove him to the Emergency Department at the Hospital of Central Connecticut, Bradley Memorial campus for treatment. He had escaped fractures, but with a severe leg wound and multiple sub-cutaneous hematomas he needed wound care. Within a few weeks of treatment at a wound center and home nursing care, the wound seemed to be getting worse.

After consultation with a physician at the Wound Care Center at the Hospital of Central Connecticut in New Britain, Fortunato learned that he had five types of bacterial infections and would need surgery. Having surgery on his birthday – June 17 – wasn't his idea of celebrating but he took it in stride, hopeful that he would soon be on the road to recovery. Within six days of surgery, 87-year-old Fortunato was admitted to Southington Care Center for short-term rehabilitation with closely monitored

See **Recovery** on next page



Dick Fortunato, left, works with Irene Stankus, PTA, during his rehabilitation. He also received therapy from Amanda Byrnes, COTA.

Alzheimer's and dementia support group meets at Southington Care Center

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 is offering 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.

The first sessions for 2017 will be Jan. 11 and Feb. 8. This group is an affiliated support group of the Alzheimer's

Association Connecticut Chapter, and is hosted by Southington Care Center and Hartford HealthCare Center for Healthy Aging.

To RSVP, call Stacy Carleton, therapeutic recreation director, 860.378.1286.

Hartford HealthCare Center for Healthy Aging, a not for profit member of Hartford HealthCare Senior Services, is a resource and assessment center designed to enhance access to services and information related to attaining optimal quality of life for seniors and their caregivers. Visit cthealthyaging.org.

Enjoying the Great Outdoors

Southington Care Center resident Adolph S., front center, visits the McLean Nature Preserve, which encompasses more than 3,000 acres in Simsbury and Granby. Accompanying him, from left, are Carol Barno, William Kowalewski, care center executive director, and Steve, a warden who gave them a tour.



Recovery continued from previous page

nursing care for the healing of his wound.

His first step literally was learning how to get out of bed, use a walker, and then a cane, all with a wound-vac strapped to his leg. His focus became working diligently at his twice-daily physical and occupational therapy sessions. "I was there 24 days, always counting the days and weeks since the injury until I was home again on July 25th with continuing daily home nursing visits and weekly visits to the wound center in New Britain until late September," Fortunato said.

Putting his active life on hold was difficult for this community and church volunteer who also pens a blog and newspaper column, "Appleseed," as well as other articles.

However, his faith - coupled with the encouragement of his wife, Grace, family, Southington Care Center staff, many visitors and even the volunteers - kept him focused on regaining his strength and normal abilities.

Looking back, he said he was aware of and impressed with the entire staff. "They all seemed to be in sync – in a seamless harmony of care, each one knowing what I needed."

"At Southington Care Center, they are doing their job and more. They have a visibly strong feeling of compassion, understand your pain, share their stories and listened to mine," Fortunato commented. "The attention was unbelievable. I wasn't with strangers – they were like family and friends."

Fortunato has transitioned into the GoodLife Fitness program at the SCC Rehab Pavilion.

"At Southington Care, I feel like I'm a real person in the community, a neighbor, a friend. There's a continuum of heart-felt care that is so important in healing," he concluded.

Fortunato vows not to miss his next big celebration: his and Grace's 65th anniversary in January.

GoodLife Fitness can help you reach your 2017 health goals! Call 860.378.1234.