



Like Us On Facebook

Southington Care Center  
45 Meriden Avenue  
Southington, Connecticut 06479  
860.621.9559  
www.southingtoncare.org

### Summer concerts continue at Southington Care Center

The second concert in the Southington Care Center Summer Concert Series is set for Thursday, July 28, from 6 to 7 p.m., featuring the "Musical Stylings of Paul Milliard." This free performance will be held outside at the Southington Care Center. Visitors are asked to bring a lawn chair.

Future performances will be Thursday, Aug. 25, "Evening of Music with Don Sziemer" and Sept. 15, "Shine."



Music continued from page 1

**Southington  
Care Center**  
Connect to healthier.™



reduced agitation and sun  
downing as well as enhanced  
engagement and socialization  
with family, friends, staff and  
peers.

"We are very excited to have  
become a certified Music &  
Memory community and for  
the opportunity to partner  
with Brown University,"  
Carleton said.



# Southington Care Center News

A newsletter for Southington Care Center residents and family members.

July/August 2016

Vol. 2 Issue 4

## Southington Care Center celebrates four centenarians

**F**our centenarians living at Southington Care Center were celebrated at an event held in their honor on June 12. The honorees were, Caroline Smedick, who was turning 101 on June 29, Mary Raffonello, 101, Alice Tew, 100, and Kathryn Carey, 101. Staff worked closely to ensure that all aspects of the party were perfect.

Raffonello was born March 29, 1915 in New Britain. She had three children followed by eight

grandchildren, 14

great-grandchildren and

two great-great-grandchildren.

She worked at Landers Frary & Clark and the former New Britain General Hospital, now Hospital of Central Connecticut. She enjoyed expressing her creativity through painting and quilting, all sewed by hand, and still likes nurturing flowers.

Tew was born March 19, 1916 and lived in Unionville with her husband, Freddie. She came to the Care Center



Congratulations to Kathryn Carey, left. in June 2010.



Congratulations to Mary Raffonello, seated, far right.

See **100** on page 3

## Southington Care Center launches Music & Memory program



Southington Care Center has been awarded a grant from the State of Connecticut Department of Public Health for a Music & Memory program. According to Stacy Carleton, director of therapeutic recreation at Southington Care Center, the grant will provide 15 iPod Shuffles, chargers and headphones, as well as a \$150 iTunes gift card to get started.

The grant also provides initial and ongoing training for staff. The goal is that with future donations, every resident living at Southington Care Center will be provided their own iPod, if they choose. People are welcome to donate iPods and can contact Carleton to learn more.

Brown University researchers will be working closely with the Care Center to track the impact of the program regarding the anticipated benefits including, but not limited to, the reduction in the reliance of anti-psychotic and anti-anxiety medications,

See **Music** on page 4

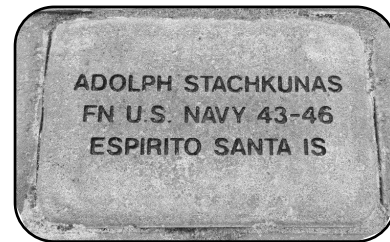
## To see the latest news and photos, visit Southington Care Center on Facebook!

### Southington Care Center observes Memorial Day



On Memorial Day, veterans and families gathered at Southington Care Center for a flag-raising ceremony and moment of silence to honor those who lost their lives fighting for our country and its freedoms. As is tradition, American Legionnaires presented the colors and also raised the flag outside the Care Center.

Following the ceremony, resident and U.S. Navy veteran Adolph Stachakunas with Recreation Director and American Legion Post 72 Junior Vice Commander Stacy Carleton attended the town of Southington's Memorial Day ceremony and luncheon at Kiltonic Post 72.



Stachakunas had the opportunity to see his own brick which was added along with many other pavers in front of the Post.

### Resident Council discusses issues with state Rep. Joe Aresimowicz

Marion Gifford, Southington Care Center resident and president of the Resident Council, invited state Rep. Joe Aresimowicz, House Majority leader, to address the council on May 19. Discussion included Medicaid and concerns about recent budget cuts that impacted the state's Personal Needs Allowance.

Aresimowicz also shared some stories from when Gifford was his former boss at American Red Cross. "It was great to get to know the residents and hear about the issues that concern them the most," he said.



### There's always something exciting going on at the Care Center



Residents and staff join in activities including a carnival, a petting zoo, magic show and more.



100 continued from page 1



Congratulations to Caroline Smedick, seated, center.

Carey, born March 24, 1915, lived in the same home in Waterbury for more than 80 years and says walking twice daily kept her healthy. She had heavy responsibilities when her mother died at an early age so at age 20 she was in charge of her brother and sister. She worked at Southington New England Ice and Oil in Waterbury and her husband worked at W.T. Grants and Scovill Manufacturing in Waterbury. They were married 52 years.

Smedick was born June 30, 1915 and has always been active even after developing several health issues. Born in Canton, where she raised a family, she worked as a clerk for a shoe store, which she eventually owned. She was married for more than 65 years, and has three children, six grandchildren, nine great-grandchildren and one great-great-grandson. She credits her independent nature and sense of humor for keeping her young.

Stacy Carleton, director of therapeutic recreation, created a table display of items reminiscent of the era in which the residents were born. Food Service Director and Chef Jack Hodes recreated a menu from New York City restaurant Delmonico's that reflected items and pricing from 1916. Executive Director Bill Kowalewski, Director of Social Services Donna Malicki-Gornicz, Director of Plant Operations Vinnie DeSanti and Carleton were wait staff.

It is planned that the centenarian luncheon will become an annual event. Happy birthday and congratulations to everyone!

owned. She was married for more than 65 years, and has three children, six grandchildren, nine great-grandchildren and one great-great-grandson. She credits her independent nature and sense of humor for keeping her young.



Congratulations to Alice Tew.