



Southington Care Center
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New Alzheimer's and dementia support group begins this fall

Are you a caregiver and feeling over-burdened? Are you responsible for making financial decisions, managing changes in behavior, or even helping a loved one get dressed in the morning? 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.

Upcoming dates are Oct. 12, Nov. 9 and Dec. 14. 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.

Get the most out of life: Join GoodLife Fitness

Would you or a loved one like to have more energy, be stronger and have a more active lifestyle? GoodLife Fitness, an individualized exercise program geared for the older adult, can help you achieve that goal! Work one-on-one with an exercise physiologist using a personal plan tailored with your abilities and goals in mind. GoodLife Fitness would be a great gift for a loved one!

Learn more about GoodLife Fitness at Southington Care Center by calling 860.378.1234.

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



Southington Care Center News

A newsletter for Southington Care Center residents and family members.

September/October 2016

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Dedication of Donna & Steve McCarty Waterfall set for Sept. 16

The Southington Care Center Healing Garden will soon be enhanced by the soothing sounds of water. On Friday, Sept. 16, the Donna & Steve McCarty Waterfall will be dedicated at 4 p.m. in a special ceremony for residents, families and staff. The funds for the free-flowing waterfall and complimentary landscaping were raised through the memorial golf tournament held this spring.

"We had the opportunity to travel throughout the world and one of our favorite sites was the island of Kauai where we would enjoy exploring the natural waterfalls each time we visited. That was the inspiration for this gift to Southington Care Center, the residents and the families," Donna McCarty said.

Southington Care Center has been a special place for the McCartys since 1997 when they had a brick in their names placed in the Dr. James Mertz Courtyard. Donna McCarty's mother, Mary Raucci, became a resident and the couple became completely committed to the mission of the Care Center. A flowering crabapple tree, dedicated to



Donna and Steve McCarty

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North Star Neighborhood quilt celebrates residents and staff

After more than one year of collaboration, staff and residents recently concluded the North Star Neighborhood Quilt Project. The creative idea began to take shape under the guidance of Dianne

See **Quilt** on page 2



Gathering near the North Star Neighborhood quilt are, front row, from left, Steven Cruz, Mitzi K., Rachel Wallace; back row, from left, Donna Malicki-Gornicz, Lisa Pinter, Dianne Pelletier, Yolanda Wyluda and Dhurata Hyska.

Don't miss our last summer concert featuring "Shine" on Sept. 15 at 6 p.m. Guests, bring your lawn chair!

Southington Care Center Announces New Director of Nursing

Southington Care Center Executive Director William Kowalewski recently announced Marjory Palladino, RN, BS, MSN, CRRN, CSPHP, as the new director of nursing.



A Wallingford resident, Palladino began her nursing career in 1977 as a licensed practical nurse. Since that time, she has achieved higher levels of education, most recently a Master of Science in Nursing from the University of Phoenix. Her credentials include Certification for Rehabilitation Nursing, Certification for Safe Patient Handling Professional and JUST CULTURE, a values-supportive model of shared accountability. She considers herself a lifelong learner.

At Southington Care Center, Palladino provides leadership, direction and administration of operations to ensure appropriate clinical services are delivered. Her administrative authority includes responsibility and accountability for the functions, activities and standards of practice of the nursing staff. Her prior experience includes serving as director of care coordination, director of resource

effectiveness and director of nursing and clinical informatics. She was also on numerous hospital committees and has been the lead for the Department of Public Health, Joint Commission and Commission on Accreditation of Rehabilitation Facilities.

Joining the staff at Southington Care Center has been ideal, she said. "Southington Care Center has so much to offer and I am happy to be in the nursing leadership role. I enjoy the opportunity to connect with patients and staff and feel that I have returned to my roots – patient care and nursing."

Palladino holds professional memberships in organizations and on boards including the Association of Rehabilitation Nurses and American Nurses Association. She has been active in rehabilitation nursing on the local and national level, including serving two terms on the national board and as the local chapter president. She has also presented at many state and national conferences related to healthcare.

Being a certified registered rehabilitation nurse gives her the opportunity to help patients achieve their highest level of function, "focusing on the best that they can be."

She and her husband Rocco have been married 38 years and they have three grown children.

Volunteers spark creative talents and friendships

Tracey Cusano, of Southington Care Center Dining Services, and her mother, Grace, volunteered one afternoon in making homemade greeting cards with the residents. Grace brought in all the supplies and guided the crafters through the steps, ensuring an enjoyable experience.



The mother and daughter have volunteered numerous times in the past and they plan to return.



Pet therapy training is back!

Due to "pup-ular" demand, Southington Care Center is hosting therapy dog classes for dog owners and their pets. Dogs must be licensed, up to date on vaccinations, and non-aggressive. Therapy Dog 1 classes begin Thursday, Sept. 15, from 6 to 7 pm. or 7:15 to 8:15 p.m. Classes run for six weeks. Space is limited and registration is required. A copy of the dog's current rabies certificate must be brought to the first class. Cost is \$150. To register, contact Sally Sizer, instructor, sizer102@yahoo.com.



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Pelletier, CNA, Lisa Pinter, RN and Donna Malicki-Gornicz, director of Social Services. First, residents chose the fabrics they liked. The overall design was created and a pattern made. Then at each neighborhood gathering, they carefully cut the multi-colored material into the required shapes. After the fabric was prepared, Pelletier took the components and meticulously assembled it.

Each ray of the sun represents a resident of the neighborhood. In addition, the four yellow rays signify nursing staff from the North Star neighborhood. The cheery quilt is now displayed in the North Star Neighborhood, attracting many compliments.

Celebrate our 'Timeless Creativity'!



The creativity and artistic talents of our residents and staff will be showcased at the annual Timeless Creativity Exhibit set for Sunday, Oct. 9, from 2 to 4 p.m. This exhibit will feature art, needlepoint, crafts and more as well as showcase original poems written by members of the Southington Care Center Poetry Group. This event has become a favorite element of the Southington Apple Harvest Festival's Harvest the Arts weekend.

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Mrs. Raucci, blooms beautifully each spring in the corner of the Memory Garden. They also started the annual tradition of decorating the outdoor Christmas tree in 2007. In 2013, they had a local nursery bring an 8-foot tree to replace the original, which was failing. Each holiday season, the entire family takes part in the decorating fun while residents watch.

"Throughout the years the McCarty family has been a close 'friend' of the Care Center – and

have had family members placed here in our care. This is their ongoing opportunity to thank the Care Center for the care it has delivered over the years," said William Kowalewski, Southington Care Center executive director. "The new waterfall will be a beautiful reminder of the McCartys' ongoing commitment to Southington Care Center, residents, families and staff."

Those who are planning to attend the dedication on Sept. 16 should stop by the reception desk to make their intent known.