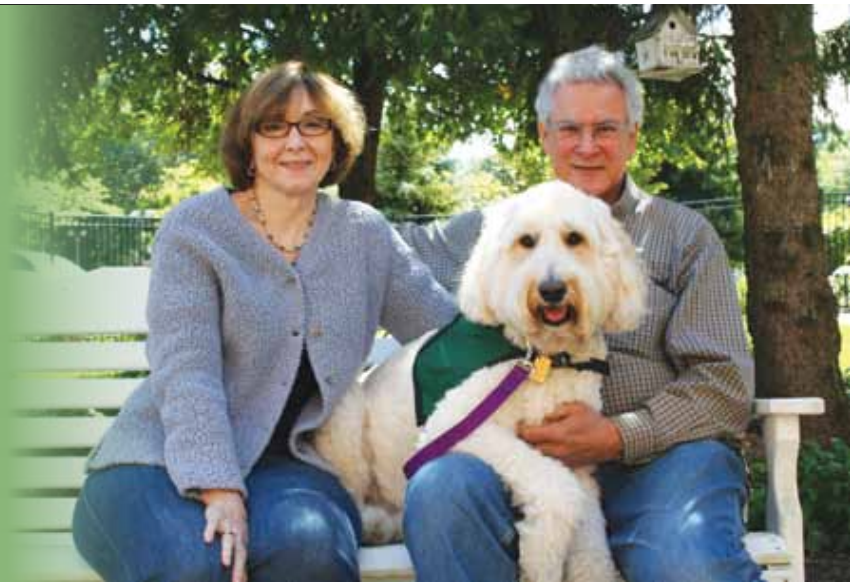


# Southington Care Center

by Beth Davis



**A**t Southington Care Center (SCC)—a 130-bed facility specializing in short-term inpatient rehabilitation and rehab nursing care, long-term care, and outpatient rehab services—the focus is on wellness for mind, body, and spirit.

The center's list of programs and services is quite extensive: physical therapy, occupational therapy, speech therapy, lymphedema management, aqua therapy, neurologic, yoga, and fitness to name a few. SCC features a state-of-the-art 8,300-square-foot rehabilitation pavilion that allows patients to receive rehab services in an environment that has been specially designed to meet the needs of a diverse population. The community comes complete with a full-service gym, a therapeutic pool, and an occupational therapy suite that replicates the home setting for ultimate comfort.

Unlike many communities of its kind, SCC uses complementary therapies alongside its traditional health care practices. These natural, safe, and supportive methods used to complement conventional treatments are managed by holistic care coordinator, Ann Minor, RN. She says the therapies are designed to promote the concept of the mind-body-spirit connection and improve quality of life. Most importantly, it helps give patients a sense of empowerment.

"So much of what our patients are going through is beyond their control," explains Minor. "These therapies help give them back a sense of control and make them feel more connected to that inner resource within themselves."

The use of complementary therapies is up to the patient and his or her physician. If the therapy requires physical touch (massage) or involves a substance touching the body (essential oils), a physician's order is required. "Not everyone wants to use medications, or they want to cut down and find other methods for pain relief, for example, without the side effects," Minor explains. SCC offers a variety of modalities, all designed to help in the healing process and promote maximum well-being.

## *Aromatherapy*

Aromatherapy is the art and science of using essential oils to relax, balance and stimulate the body, mind and spirit. At SCC, aromatherapy is administered in two ways: nasal inhalation and hand massage. With nine different oils offered, the aromatherapy is used for many different purposes including appetite stimulation, restlessness, insomnia, pain, and anxiety. Minor says it is even used in the dying process to help bring peacefulness. Twenty five of the Center's staff members have been trained in aromatherapy, including one that is board certified.

## *Massage Therapy*

Massage therapy is the only modality that has an additional fee, as patients pay the therapist directly. Massages are offered five days a week and help provide physical relief of muscle tension and soreness while increasing circulation and eliciting the relaxation response. Minor says massage is especially helpful to long-term residents that spend a lot of time in bed.

## *Music Therapy*

Music therapy is used to promote healing and enhance quality of life. It helps ease pain, anxiety, and even loneliness. After assessing the needs of each client, a board certified music therapist provides treatment that may include creating, singing, moving to, and/or listening to music. "Music can communicate, provide pleasure, motivate, soothe, calm, alleviate pain, decrease anxiety, and lift the spirit," states Minor.

## *Pet Therapy*

Researchers have found that human-animal interaction can lower the risk of heart problems, lower blood pressure, and improve levels of relaxation. It's no wonder that pet therapy has become a popular method of cheerful therapy for the older population. At SCC, one-on-one bedside visits are offered by volunteers and their dogs. These pet

therapy dogs are professionally trained through the Delta Society, an organization whose mission is to enhance the human-animal health connection.

Residents are assigned to pet partner teams (the human and their dog) after an assessment that determines their goals, history with pets, and more. The resident and their partner team then work together doing animal assisted activities and therapy, such as working on fine motor skills and gross motor skills.

Minor is particularly fond of pet therapy—she and her dog, Jake, are volunteers. “The best part, I think, is that it helps residents forget their problems for a time and gives them the opportunity to love and nurture another being.”

### *Therapeutic Touch*

According to Minor, Therapeutic Touch (TT) is a “beautiful, gentle way of helping to restore spirit.” The purpose of TT is to restore the balance and flow of the vital energy within the body while stimulating the individual’s own healing response.

Minor, who specializes in TT and is very passionate about its benefits, has trained more than 30 staff members in this energy-based therapy. It is ideal for those residents who may be uncomfortable with physical touch. During a TT treatment the practitioner’s hands are moved gently through the energy field of the patient about 2-3 inches away from their body. This rhythmic hand movement is done for the purpose of assessing the energy pattern, re-establishing healthy energy flow, and stimulating the patient’s natural healing ability.

For Minor, knowing that they are making a difference inspires her each day. “Every single one of these interventions can bring peace,” explains Minor. “They may not be cured of their disease, but if they can feel peaceful inside, then we’ve done our job.”

*Southington Care Center is located at 45 Meriden Avenue, Southington. For more information, call 860-621-9559 or visit SouthingtonCare.org.*



# 5 Intentions for the New Year

by Wayne Dyer

**T**hese daily practices will help you move toward Spirit in your thoughts and actions.

**1 Commit to at least one daily experience** where you share something of yourself with no expectation of being acknowledged or thanked. For example, before I begin my daily routine, I go to my desk and choose my gift for that day. Sometimes it’s just a phone call to a stranger that’s written to me, or perhaps I order flowers or send a book or a present to someone that has helped me in a local store. On one occasion, I wrote to the president of the university I graduated from to start a scholarship fund; on another day, I took a calendar to the yard man; on another, I sent a check to Habitat for Humanity; and on another, I sent three rolls of postage stamps to my son, who had just started his own business. It doesn’t matter if this activity is big or small—it’s a way to begin the day in-Spirit.

**2 Become conscious** of all thoughts that aren’t aligned with your Source. The moment you catch yourself excluding someone or having a judgmental thought, say the words “in-

Spirit” to yourself. Then make a silent effort to shift that thought to match up with Source energy.

**3 In the morning before you’re fully awake**, and again as you’re going to sleep, take one or two minutes of what I call quiet time with God. Be in a state of appreciation and say aloud, “I want to feel good.”

**4 Remind yourself of this statement:** *My life is bigger than I am.* Print it out and post it strategically in your home, car or workplace. The “I” is your ego identification. Your life is Spirit flowing through you unhindered by ego—it’s what you showed up here to actualize—and is infinite. The “I” that identifies you is a fleeting snippet.

**5 Dedicate your life** to something that reflects an awareness of your Divinity. You are greatness personified, a resident genius and a creative master—regardless of anyone’s opinion. Make a silent dedication to encourage and express your Divine nature.

*Excerpted from Inspiration: Your Ultimate Calling, by Wayne Dyer, with permission of Hay House, Inc.*