

SOUTHINGTON

CARE CENTER

# Monthly Review

*A monthly newsletter for Southington Care Center's residents and family members*

Issue IX, January/February 2010

*Wishing You a Happy and Healthy New Year*



On behalf of the entire management team and all of the employees of Southington Care Center, I'd like to wish you and your families a very happy and healthy New Year. We look forward to each year with renewed hope and optimism, ready to meet new challenges and maintaining focus on established goals.

The economy, both nationwide and within our state, continues to have a negative effect on the healthcare industry. At the time of this writing, we are again facing the potential for a reduction in our Medicaid funding from the State of Connecticut. This reduction would have devastating effects on all long term healthcare providers and the quality of care that is provided state-wide. Coupled with uncertainties about national healthcare reform and with the potential for reduction in Medicare funding, the nursing home industry is facing economic challenges not before seen. We need your help in these times to challenge our legislators to reverse massive funding cuts to nursing home residents' funding and for other long-term care funding for the elderly. These proposed funding cuts are a threat to jobs, to quality care and to the financial stability of all long-term care providers. We have faced a flat-rate from Medicaid for the past two years and at the completion of the legislative session this August, we were faced with the best-case scenario of an additional flat-rate for the next two years. A reduction at this time, despite escalating wages, utilities, and insurance premiums, will be crippling to our industry.

We know that at Southington Care Center we provide comprehensive care and, while not perfect, find ways to insure that quality is maintained in all we do. We continue to spend wisely to create a more home-like environment and add programming to meet the changing needs of our residents. The nearly twenty-year history of this center has been marked by the ability to adapt and change to our market needs. Now, more than ever, we need your help to continue us on our mission to provide quality care in a healing environment to all entrusted within our care. If I may be of service to you, or if you'd be interested in finding out more ways in which we could use your support, please do not hesitate to contact me at (860) 378-1223.

Sincerely,

A handwritten signature in black ink, appearing to read "David M. Santoro".

David M. Santoro

We would like to take this opportunity to extend thanks to our gene

### *Thank You for Your October & November 2009 Donations*

Viola Belanger  
Thomas Curtis  
Joan Domijan  
Armand Fusco  
Robert J. Kawecki

Catherine Kern  
Judith LeClair  
Katherine McLeod  
Deborah Moss  
Richard Narus

Judith Norton  
Alice-Marie Palluth  
Mario J. Poliferno  
A.C. Santago  
Linda Thibault

Martha Trask  
Edward Tycz  
Margaret Volpe  
Leocadia Wolak Zak

We also thank our employees who contributed to our programs and services.

### *Good Life Fitness Program Announcement*

We are excited to announce that the *Good Life Fitness* program has expanded hours as of December, 2009 to include evening times (4:00 to 6:00 p.m.) on Tuesdays and Thursdays. We are also able to offer scholarships to those in financial need through generous donations from the *Calvanese Foundation* and with the newly-established *Flossie Curtis Good Life Scholarship Fund*. If you are interested in finding out more and to see if your medical insurance would cover the cost of this program, please contact Mark Colello at (860) 378-1281.

*Upcoming Good Life Wellness Classes:*

Instructor: Kate Keefe, RYT, OTR/L. Please R.S.V.P. to 860-621-9559.

*Osteoporosis Safe Yoga, February 9-April 20, 4-5 p.m., \$40*

*Chair Level Yoga, February 8-April 12, 4-5 p.m. (no class March 15 and 22), \$25*

*Tai Chi for Osteoporosis & Falls Prevention, Thursdays, December 31-March 4, 4-5:15 p.m., \$35.*

### *Planetree Update / Organizational Update*

We'd like to take the time to thank two long-term employees who have retired (or semi-retired) in this past two months. Joy White, RN, Case Manager, has been with Southington Care Center for over a decade and has helped to establish us as a center of rehabilitative excellence with her thorough discharge planning. Joy retired on October 16, 2009 and we wish her well in her future and for her ability to spend quality time with her family. Annette Shoop, RN, has been named as the new Case Manager. Doristine Walker, Dementia Leader, has "semi-retired" as of November, 2009. Doris has been a strong presence at Southington Care Center since its opening in 1990 and will be coming back in January working one day per week providing spiritual and meaningful programming for our residents.

Deb Brown, our Director of Resident Programming has also requested to reduce her time and role in the center and will now be the Team Leader for the department while reducing her hours and focusing on continuing her education. Deb will still continue to provide support for Donna Malicki-Gornicz for managing our exceptional volunteers. We've promoted Kate Keefe, Renaissance Coordinator, to the Director of Resident Programming position and have hired Robin Segal, former volunteer and student intern, as a recreation therapist for afternoon and evening programming on our second floor. We are excited about our new direction and look forward to incorporating more family involvement into the resident programming for our center.

We are seeking volunteers... If you have a special talent

*Christmas Memories... Holiday*



*Memories from Our Residents*

*Marion G.:* Marion told a story of purchasing a ceramic mother and child when she was a nurse surveyor. She had to get special permission to buy it because it was made by a resident of a nursing home. She still has the statue today and brought it in to show us. Marion also read a prayer about preparation for the coming season.

*Sophie S.:* "I took in foster children and cared for them. My husband was ailing, but could still work. We didn't have our own children. He was the best husband to me. I used to get six dollars each week to take care of the children. They would call me mother. Rosemarie was nine months old when she came to me. She was such a sweet baby! She sent me a card yesterday and still comes to see me from Massachusetts."

*Phyllis K.:* Phyllis brought some of her favorite Christmas items that she had on display at her home over the years. She followed Swedish traditions growing up and then with her family as well. On St. Lucia's day, they went to church and a blond Swedish girl would wear a wreath of candles on her head. They would always have Swedish cookies and bread.

*Holistic Care Practice for Community Members*

Ann Minor, RN, holistic care nurse, is now seeing community members who would like to have therapeutic touch sessions provided on an outpatient basis. While this program is fee-for-service and an hourly charge, we are seeking

funding sources to support and expand this initiative for aromatherapy and osteoporosis treatment and management. For more information or to make an appointment, please contact Ann at (860)378-1259.

*Volunteer Needs*

**Laundry Labeler:** Using our labeling machine, help to mark resident laundry. Training provided. Hours flexible.

**Piano Player:** Piano player needed for Tuesday evening and/or Thursday morning church services. Also, sing-alongs as available.

**Bistro Volunteers:** Help is needed in our dining room at all meals. Assist with set up, serving, and clean up. Help transport residents to and from dining room before and after meals.

Southington Care Center  
45 Meriden Avenue, Southington, CT 06489  
[www.southingtoncare.org](http://www.southingtoncare.org)

## *Upcoming Events*

**January 18-22:** Celebrate Art Week! Resident Art Display in the lobby.

**January 25 - February 12:** Valentine Balloon Sale. Say I love you with a balloon! Place your order with the receptionist any time between January 25<sup>th</sup> and February 12<sup>th</sup>. Balloons will be delivered to residents on or before Valentine's Day.

## *Rehabilitation Department Update*

*Did you know.....?*

- Southington Care Center provides rehabilitation services 7 days per week.
- We have a 16 foot therapeutic, warm-water pool with certified aqua therapy providers.
- We have evening and weekend outpatient therapy hours.
- We treat adults in the community with many diagnoses in our outpatient center.
- We have a Low Vision Rehabilitation program to meet the needs of community members with eye diseases.
- We have a physiatrist (rehab physician) on staff who is able to provide consultation for anyone we serve.
- We've upgraded furniture, flat screen televisions, cable service and fully air conditioned all of our rooms in the short-term rehabilitation units.

*Call us today at (860)378-1234 to find out how rehabilitation services at Southington Care Center can put you..... A Step Ahead.*

Bring in  
this ad and  
we'll give you 1 Free  
Month of Good Life  
or Cognitive Fitness!

## **Plan Ahead.**



**It's never  
too early to  
visit and let  
us help you  
plan for your  
long term  
care needs.**

Call **860-621-9559**.

*Most insurances accepted.*

**SOUTHINGTON**



**CARE CENTER**

45 Meriden Avenue, Southington  
[www.southingtoncare.org](http://www.southingtoncare.org)

**Southington Care Center offers:**

- 5 Star Medicare Quality Rating
- Superior Staff Ratios
- Holistic Nursing
- End of Life Care Certified Nursing Staff
- Memory Care with Secure Care®
- Good Life and Cognitive Fitness/Wellness Programs
- Certified Aromatherapy Practitioners and Registered Pet Therapists
- Fully Air Conditioned Private Rooms Available
- Lovely Outdoor Areas
- Bistro Style Dining

*Southington Care Center is a Planetree affiliate,  
demonstrating a "Patient-Centered Philosophy of Care."*

Southington Care Center is a not for profit member of Central Connecticut Health Alliance.