

Monthly Review

A monthly newsletter for residents and family members of Jerome Home and Arbor Rose

March/April 2019

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Arbor Rose resident 'cha-chas' his way to his 103rd birthday

Arbor Rose resident Al Pierro, more commonly known as the "Cha-Cha Man," celebrated his 103rd birthday on Jan. 7. When he looked at his birthday sign at his luncheon party, he immediately put his thumbs up in the air and said "I cha-cha'd all the way!" with a big laugh and an even bigger smile.

Al's great sense of humor, smile, love of dancing, family and friends seem to be the secret to his longevity. Staff, peers, Jenny, his wife of 75 years, and their son, Thomas, gathered around to sing "Happy Birthday." Jenny, who is 97 years young, and Al wed on her birthday on May 31, 1943. They had known each other for years but it was when he asked her to play cards one Saturday night that their love story began.

Al's 103rd birthday celebration actually started Jan. 6 when he visited with his daughter, Barbara,



Arbor Rose resident Al Pierro, center, celebrates his 103rd birthday with his son, Thomas, left, and wife, Jenny, right.

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Jerome Home GoodLife Fitness motivates 90-year-old to pursue an active life



Manny Becker, 90 years young, chatted easily as he held his plank position for nearly two minutes. Beside him, 51-year-old Jim Altman, Fox 61 news reporter, was having a harder time doing the abdominal exercise and ultimately gave up at 90 seconds.

The two had the impromptu competition when the newsman and a film crew stopped by the GoodLife Fitness Center at Jerome Home on Feb. 26 to interview the nonagenarian.

Manny and his wife, Margaret, have been members of the GoodLife Fitness program since it opened in 2007. He joined the

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Manny Becker, 90, left, challenges Fox 61 news reporter Jim Altman to a plank during a recent workout at GoodLife Fitness.

Learn more about energy conservation and work simplification

Plan, Prioritize and Pace- the three Ps of conserving energy and working smarter not harder. **Planning** out your daily or weekly schedule ahead will help you avoid rushing and becoming too tired during the day. **Prioritizing** your tasks so that you are getting the most important things done first, ask yourself what things must get done today. **Pace** yourself throughout the day so that you can be more efficient.

Pace

- Before you start to feel the effects of fatigue, rest for about 15-20 minutes. Attempting to work when fatigued opens you up to a higher risk of errors in your tasks and places you at a higher risk for accidents.
- Do not rush to complete a task; allow yourself enough time for each activity. Spreading activities out over the course of the day and/or week can allow you sufficient time to complete each activity safely.
- Accept situations you cannot change and save your energy for things you can. Make sure to ask for help when you need it!

Planning

- Keep your work areas organized. Keeping the most used materials within reach and store seldom-used equipment out of the way.
- By keeping frequently used items within

arm's reach you can avoid bending and stretching.

- Plan your day incorporating extra time for needed rest breaks to optimize productivity.

Prioritizing

- Make a list of tasks that need to be done for the week and/ or day and prioritize each day with tasks that are most important.
- Some other energy saving tips are:
- Sit when possible versus standing as standing expends more energy than sitting.
- Use a cart with wheels to transport items such as laundry, groceries, and use a shopping cart versus a basket. If you are unable to use a cart with wheels, practice proper body mechanics by holding items close to the body. Make a shopping list and shop when the store is not busy.
- Utilize adaptive equipment when needed such as a long-handled reacher, a shower chair when bathing or a bed rail to assist with the ease of getting in and out of bed.

Energy conservation and work simplification principles are simple; pace yourself, avoid fatigue, plan ahead and be organized, and simplify your tasks and set realistic goals.

- By Caitlin Connolly, MS, OTR/L,
rehabilitation coordinator, Jerome Home

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and friends which gave him another opportunity to reminisce and laugh over some of his favorite memories. He recalled the time his father made a bathtub-sized wooden box for grape stomping in the making of wine. "I had to take off my socks and shoes and stomp the grapes," Al said. In between great peals of laughter he recalled, "It was Prohibition but my father was from Italy – he didn't know," followed by, "Oh, I have to laugh; I can hardly tell it."

After World War II, Al sold windows and worked in home improvement. "I sold windows, tons of

windows, door to door. Everybody knew me!" In winter months when business was slow, the couple vacationed in Florida. He always says, "Oh, I love Florida," as he recalls the many hours of teaching line dancing on the boardwalk.

Back home in Bristol where he lived his whole life until moving to Arbor Rose eight years ago, he and his wife belonged to all the dance clubs – line dancing, ballroom and square dancing. He continues to teach cha-cha to his peers and staff at Arbor Rose. He reminds us daily to live, laugh and love.

- Laura Nigro, Arbor Rose recreation coordinator

welcome! Call Donna Valente at 860.356.8284.

Residents celebrate Chinese New Year

Jerome Home celebrated Chinese New Year on Feb. 5, acknowledging the “Year of the Pig.” The event featured Chinese food, fortune cookies and lucky envelopes with decorated fans.

The residents learned about the importance of the Chinese horoscopes and much more about traditional celebrations.



Photos by Jenna Sweet

Resident Eleanor P. models in front of the decorative backdrop.



Resident Betty S. gets in the Chinese New Year spirit during the celebration.

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program following hip replacement and now they both exercise twice weekly under the individualized instruction of Maquita Sellers, exercise physiologist.

Benefits are evident from the moment he wakes up, Manny said, because it motivates him to get out of bed – and makes it easier for him to rise. The regular exercise has helped him maintain his strength, balance and endurance while increasing his activity level as compared with fellow retirees. Their specialized routines, including pedaling more than one mile on an exercise bike, are modified monthly to build strengths and keep the exercise interesting. As his wife walked toe-to-toe along a line on the

floor, he lay on his back bouncing – and catching – a ball off the wall. “You’ve got to keep that blood moving,” he said.

With more than 60 years of marriage, three children, three grandchildren and a long career as an engineer at Fafnir Bearing, Manny said he enjoys participating in the fitness program with his wife. “We both reinforce each other.”

Exercising at GoodLife Fitness, a program of Hartford HealthCare, “keeps me physically mobile and able to do the things I like to do,” Manny said.

Maquita said the couple continues to impress him with their abilities. “The objective is to live a good life, whatever their individual goals are, even at age 90. That’s what we’re continually working toward,” she said.



We would love donations of any large-size 300 to 350-piece puzzles! Thank you! Call Donna Valente at 860.356.8284.

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Thank you to one and all for our Savers FUNDrive

We held our second Savers
FUNDrive in
February. We
packed the
private dining
room with
gently used clothing,
household items, home décor
and books. Thank you to
everyone who brought in
items to donate! We raised
\$160 towards the North
Courtyard Project.



We will plan another Savers
FUNDrive in the fall, so start
cleaning out your closets and
set those items aside for us.

Every little bit helps us reach
our goal of a new courtyard
outside of the North
neighborhood.



For a free lunch & tour of Jerome Home, contact:
Nicole Archambault-Benson, *Admissions Director*
at:



For a free lunch & tour of Arbor Rose, contact:
Denise Lebrocquy, *Retirement Counselor*
at:

860.229.3707

Rehabilitation & Health Center, Skilled Nursing Care

Independent & Assisted Living with Memory Care