

Monthly Review

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

November/December 2019

Vol. 5, Issue 6

Jerome Home prepares for holiday celebrations

By Lori Toombs, *Jerome Home executive director*

It is hard to believe we are planning for this year's holiday season. Most of you are thinking like me, "Where did the time go?" The holidays are a wonderful time here at Jerome Home as the halls fill with music, volunteers, decorations and ... lots and lots of food.

We invite you to join us at one of our many wonderful holiday celebrations. This year we have the following planned:

Thanksgiving Dinner, Nov. 28 - served at noon

Christmas Day, Dec. 25 – served at noon

Families, we do ask that you RSVP to the receptionist if you will be joining your loved one for the holiday meal.

Stay tuned for details on our Annual Resident and Family Holiday Event taking place on Sunday, Dec. 15. This event is a festive occasion with delicious food,

See **Celebrate** on page 4



Jerome Home and Arbor Rose Walk to End Alzheimer's



Jerome Home and Arbor Rose staffers were among those representing Hartford HealthCare Senior Services communities at the 2019 Walk to End Alzheimer's held Oct. 13 in Hartford. The Jerome Home and Arbor Rose

See **Walk** on page 4

Latest news from the community

Veterans ceremony set for Nov. 11

Jerome Home and Arbor Rose will be honoring resident veterans on Monday, Nov. 11, beginning at 11 a.m. in the Arbor Rose Function Room. Lori Toombs, Jerome Home executive director, will provide opening remarks for veterans, families and staff. The event will include the New Britain High School ROTC Color Guard and the presentation of American flag pins and honor certificates. Facilitators will include Sherri Vogt, Hartford HealthCare veterans liaison, and Manny Jiminez, an Afghanistan veteran. The event will conclude with a lunch for attendees.

Annual Holiday Boutique

The Holiday Boutique will be held Friday, Nov. 22, from 10 a.m. to 4 p.m., in the lobby. Stop by!

GoodLife Fitness Member Appreciation

GoodLife Fitness held a Member Appreciation reception for former, current and prospective members on Sept. 24. "During Healthy Aging Month, we wanted to celebrate everyone for being motivated and dedicated to their health and wellness goals," said Maquita Sellers, exercise physiologist at GoodLife Fitness, Jerome Home. Guests were treated to food, fun and fitness.

Free Balance Screenings

Falls are the leading cause of injury-related visits to emergency rooms in the US and the

primary source of accidental deaths in persons over the age of 65 years.

Falls account for 70 percent of accidental deaths in persons over 75.

The psychological impact of a fall or near fall often results in an increased fear of falling and increasing self-restriction of activities.

If you would like a balance screening, please see Laurel Whalen in the Jerome Home Outpatient Physical Therapy Department.

Donate returnable cans and bottles

Donations of cans and bottles are being collected at the front desk to be returned for resident fundraising.

Remember to 'go green'

Our "going green" mission is underway in both communities. Donna Valente, Arbor Rose activities director, is organizing the campaign to get residents, families and staff involved. An environmental speaker is being arranged to come present a program.

10 Tips for Healthy Aging in Place

As we segue into autumn, it is the perfect opportunity to evaluate your current health status and create new goals. Some seniors may be worried about their physical limitations, but there are many options for improving your physical, mental and emotional health for safe and optimum aging.

1. Create a safe home environment.
2. Stay as physically active as possible.
3. Eat a well-balanced diet.
4. Give your brain a workout.
5. Allow for some creativity.
6. Visit your doctor.
7. Rest when you need to.
8. Get involved with others.
9. Make getting organized a priority.
10. Think happy thoughts.



Guests and staff celebrate GoodLife Fitness at the Member Appreciation reception on Sept. 24

operations - please see the receptionist!

Jerome Home resident participates in state 'Voices' annual meeting

Jerome Home resident Jo R. and Jenna Sweet, Jerome Home Life Enrichment director and volunteer coordinator, attended the statewide "Voices United" resident council annual meeting held Oct. 10 at the Aqua Turf Club. The conference is a grassroots approach to understanding the best practices of nursing home care.

The event included officials from the state Department of Public Health, Department of Aging and Disability Services, National Elder Justice Coalition and resident representatives from numerous long-term care communities including Jerome Home and Jefferson House in Newington.

"It was an honor to attend that workshop," Jo said.



Jenna Sweet and Jo R. chat at the "Voices United" event.

Snapshots of Life at Jerome Home

Residents and staff ventured to the Berlin Fair on Sept. 13 for a fun-filled opening day. Activities included sampling fair food, meeting farm animals, cheering on tractor pulls and stopping by countless vendors. To finish the outing, several in the group rode the Ferris wheel.

Below: Resident Rhoda D., left, and Sue Kuchman, HR director, take their seats on the Ferris wheel.



Right: Resident Bianca S. models Japanese fashion while celebrating "The Land of the Rising Sun." During their "armchair travel," partygoers sampled Japanese foods while learning about the culture.

Right: During Oktoberfest on Oct. 2, food and polka music were the highlight for residents including Rick L. and Sadie A.



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spirit, music and a special visit from Santa. All are welcome. Invitations will be mailed soon.

For more details on any of the events, please contact the Jerome Home Dining Department at 860.356.8220.

We look forward to seeing you this holiday season!

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team has raised \$2,400 thus far for the 2019 Walk. For the past several years, the community has been one of the top fundraisers and garnered first place corporate team for the 2018 walk. To make a donation to the team, see Denise Lebrocquy.



Members of our Walk team included, from left, Ali Weber, Christine McEachron, Jenna Sweet and Kristen Poulin.



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