

Monthly Review

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

September/October 2019

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Bee's arrival gets Arbor Rose and Jerome Home buzzing

It took more than two years for the newest resident of Arbor Rose and Jerome Home to arrive but the wait was worth it for the community. The six-foot-tall "Welcome Bee" Fiberglass statue positioned outside the front entrance brings smiles to residents, staff and visitors alike, many taking selfies with the colorful character. "Families and residents have been enjoying being 'greeted' by the bee," said Denise Lebrocquy, retirement counselor, Arbor Rose at Jerome Home.

The community decided to sponsor a bee when the City of New Britain and Greater New Britain Arts Alliance announced the "Bees Across New Britain" project in August 2017. The public art display is similar to West Hartford's "Cow Parade" that was popular a decade See **Bee** on page 3



Right: Meeting the "Welcome, Bee" are, from left, Ann D., Carlton R., Kenneth L., Harvey B., Olga M., and Olga P.

Arbor Rose is 'going green'

By Donna Valente, Activities Director, Arbor Rose

As an environmentalist, doing my part to protect our planet has long been a passion of mine. I am an avid recycler, contribute to environmental as well as animal rights causes and often support online petitions. But I wanted to do more.

Approximately 18 billion pounds of plastic waste flows into the oceans every year. That's the equivalent of five grocery bags of plastic trash sitting on every foot of coastline around the world. It's choking our oceans, poisoning our food and water supply, and wreaking havoc on the health and well-being of humans and wildlife worldwide. Plastic takes anywhere from 500 to 1,000 years to

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Left: Arbor Rose resident Olga M. demonstrates that it is easy to do her part in keeping the community "green."

News from Arbor Rose and Jerome Home

Laura Nigro - In late June, Activities Coordinator Laura Nigro attended "Positive Approach to Care" training developed by dementia expert Teepa Snow. The PAC approach enhances the life of our residents by building relationships based on authenticity, empowerment, compassion and curiosity.



Ali Weber - Resident Services Coordinator Ali Weber attended a course to become a Certified Dementia Practitioner provided by the National Council of Certified Dementia Practitioners. Professionals that participate in the course are given the latest resources and tools to better



serve those living with dementia.

Learn more about dementia - A free information session providing an overlook of Alzheimer’s disease and dementia will be held Thursday, Sept. 26, 5:30 to 7:30 p.m., at Arbor Rose. Amy Sanders, MD, MS, FAAN, director of Memory Care Center, Ayer Neuroscience Institute, Hartford HealthCare Medical Group, will present. Seating is limited and registration is required. To RSVP, call 1.855.442.4373.

National Assisted Living Week - National Assisted Living Week is Sept. 8-14 and the theme is "A Spark of Creativity." We are hoping to inspire residents to tap into their creative side and inspire assisted living staff to get creative in order to further person-centered care to residents. Recipes: Please give Mary B. any homemade family recipes you would like us to

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degrade, so one can argue that every piece of it ever produced, except for what has been incinerated, is still in existence. These sobering statistics should be a huge wake-up call to all of us.

I shared what I learned with some of our residents and was amazed at how interested and engaged they were. They all had the same question: “What can we do to help?” The answer was right under our noses. I have been the activities director at Arbor Rose for almost 10 years and like many organizations, we use a tremendous amount of plastic products.

I quickly realized that I couldn’t make changes on my own, so I approached a few colleagues with my concerns and found them to be very receptive to making a positive change. In July, we formed a Green Committee with the goal to eliminate Styrofoam and plastic use.

During our first meeting we discussed the challenges we face and how to begin making changes. Within dining services, we began using china dishes, eliminating plastic for most uses. We have substituted foam coffee cups with cardboard and are using metal and glass

condiment and salad dressing cups instead of plastic.

It’s a good start but we still have a long way to go. Some things we are working on:

- Switching to paper medication cups
- Using paper cups or using washable cups
- Using wooden coffee stirrers
- Supplying reusable shopping bags to residents to be used on our weekly shopping trips
- Staff education: Possibly hosting in-services on the proper use of recycling bins and why it’s vital that we all do our part

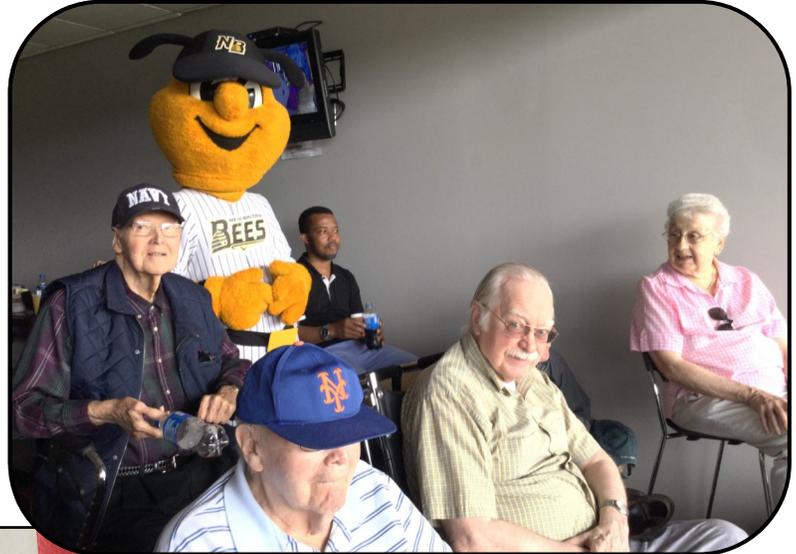
But clearly, we all need to do more. The United States recycles just 9 percent of its plastic trash. Plastic has become such a normal part of our everyday lives that we often don’t realize how much we use or how unnecessary it is. It is up to each and every one of us to be mindful and make the positive changes necessary to save our planet. What will you do?

For more information, contact Donna Valente at valented@jeromehome.org or stop by her office. (Read the complete article at www.jeromehome.org - click on “news.”)

n”? Call Donna Valente at 860.356.8284.

Snapshots of life at Arbor Rose and Jerome Home

It's been an exciting summer with special indoor events such as Armchair Travel to Switzerland, concerts and celebrating the Fourth of July, summer camping, and the Lunar Landing. Then there are always the out trips such as visits to Lavender Pond Farm and local restaurants as well as a cruise on the Connecticut River. Check out our activities calendars to learn more - online and at the front desk.



Above: Jerome Home residents have the opportunity to meet another bee: The New Britain Bees mascot at a baseball game.

Far left: Jerome Home residents, including Eleanor P., are "happy campers" during Summer Camp Day.

Near left: Jerome Home resident Bill S. gets in the Fourth of July spirit during Independence Day festivities.

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The statues, which were designed by sculptor Craig Frederick, tie in with New Britain's ongoing bee theme including the City of New Britain seal which features a beehive, seven bees representing local industries, and the Latin phrase, "Industry fills the hive and enjoys the honey." Bee vignettes have been popping up throughout the city including a beehive pattern across a bridge that spans Route 72.

Each statue has been decorated differently to represent the sponsor or setting. Artist Pedro Valentin Jr. - who met with Arbor Rose and Jerome Home staff to learn more about the community - was inspired by Augustus Jerome,

the founder of Jerome Home, which he represented with half-frame glasses and spats.

Our bee was one of the first eight that were unveiled in a public ceremony in May. Other apian insects that have been spotted include a Tourist Bee outside a travel agency and the "A Bee C D" sculpture for the school system.

"Jerome Home and Arbor Rose always wants to support the initiatives of the city and we thought the bee project was fun," said Lori Toombs, Jerome Home executive director. "We also support local sports teams and the Annual Lions Club Golf Outing - just to name a few good causes!"

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Did you know?

- Congratulations, Fayna B., for being voted by her peers as Resident Council president on July 16.
- Save the date: Sept. 3 - Courtyard Concert with Airborne Trio at 6:30 p.m.
- Wellness Clinic is offered every Wednesday, 10 to 11 a.m., in the Arbor Rose Hair Salon.

Dementia Caregivers Support Group - Arbor Rose offers a free dementia caregivers support group on the second Tuesday of each month (next meetings: Sept. 12 and Oct. 8), from 5:30 to 7 p.m., at 975 Corbin Ave. Facilitators are Ali Weber, Arbor resident services coordinator, and Susan Grimes, Hartford HealthCare at Home. For more information, contact Ali Weber at 860.356.8281.

Walk to End Alzheimer's - Arbor Rose and Jerome Home have a Designer Handbag Bingo fundraiser planned for Oct. 24 at the Elks Lodge in Southington from 6-9 p.m. For more information or to join our Walk to End Alzheimer's team, see Denise Lebrocquy or Ali Weber. We would love for you to join us at the Walk on Oct 13!

National Clean-up Day, Sept. 21 - Celebrate by cleaning up and cleaning out your closets. Let's fill the private dining room with your unwanted, gently used household and clothing items Sept. 21-26. More information, including a list of accepted items, is available at the front desk, including garbage bags for you to fill. Thank you for supporting this fundraiser! Questions? Please see Denise Lebrocquy.



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