

Monthly Review

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

January/February 2019

Vol. 5, Issue 1

Jerome Home receives top marks from U.S. News & World Report

Jerome Home and two other Hartford HealthCare Senior Services skilled nursing facilities were recognized as Best Nursing Homes by U.S. News & World Report. In the report released Oct. 30, Jefferson House in Newington and Southington Care Center also received top ratings in the two categories: Overall and Short-Stay Rehabilitation.

“We are proud to be recognized for quality outcomes in our skilled nursing communities. Our staff have made customer experience, clinical capabilities and exceptional environments of care a primary focus. It is gratifying to see our communities acknowledged in this way,” said Lisa Connolly, vice president, Hartford HealthCare Senior Services.



This was the first year that U.S. News & World Report gave eligible facilities two ratings. Overall ratings had five levels from poor to high performing; Short-Stay

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Arbor Rose and Jerome Home honor resident veterans

Jerome Home resident Geraldine Anderson teared up as she gazed at the bright red U.S. Marine Corps flag she grasped in her left hand. “This is one of the best days of my life,” she said after receiving the flag, a congratulatory letter, an honors certificate and the Connecticut Veterans Wartime Service Medal. The 94-year-old woman was the sole female among the 24 veterans honored by Arbor Rose and Jerome Home on Nov. 1. “This is a day I will never forget,” Anderson remarked.



Thomas J. Saadi, commissioner of the Connecticut Department of Veterans Affairs, told the veterans and families present, “We are so fortunate to honor you. You sacrificed so we can be free.”

Julie Norko, regional director, Assisted Living Operations, represented Hartford HealthCare Senior Services, thanking each person for “your selfless service.” She noted that the mission at Arbor Rose and Jerome Home is to help each resident to realize independence,

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Mother and daughter turn to GoodLife Fitness for improved health

Dynamic duo Donna and Julianne Joseph are no strangers to wanting to look and feel their best. As a former and a current cosmetologist, both ladies have always been committed to maintaining their personal appearance. So it's no surprise that they apply the same principles when it comes to their health and fitness.

After suffering a fall while working that resulted in a broken femur, Donna recuperated for six weeks at Jerome Home where she first received extensive in-patient physical rehabilitation. She was then referred after completing outpatient rehab to the GoodLife Fitness Program, and has been a dedicated member of the program for the last two years.



Since joining GoodLife Fitness at Jerome Home, Donna has made tremendous progress towards achieving her initial goal of increasing her lower body strength and feels that she is able to do activities that she couldn't do prior to her injury due to the increased range of motion she's developed. While on her road to recovery, Donna recruited a familiar face to join her in the program: her daughter Julianne.

Because Julianne owns and operates a successful hair salon and is constantly on her feet, she found it essential to increase her flexibility and cardiovascular endurance in order to do her job well.

Although she isn't the typical senior participant that the GoodLife Fitness Program targets, Julianne says that she prefers "the pressure-free environment and personalized approach offered with this program, unlike other large commercial gyms which can often intimidate their members." Between the constantly challenging workout routines and the supportive staff, Julianne feels as though she has come far in her goals since the start of her fitness journey, and continues to strive for more success.

For more information about GoodLife Fitness at Jerome Home, call 860.356.8247.

- Maquita Parker, exercise specialist, GoodLife Fitness, Jerome Home

U.S. News from page 1 Rehabilitation ratings were below average, average or high performing. A total of 2,975 facilities were recognized as Best Nursing Homes – 1,837 in Overall care and 1,874 in Short-Stay Rehab, according to U.S. News & World Report.

More than 15,000 skilled nursing facilities across the country were rated based on in-depth analysis of data from the federal Centers for Medicare & Medicaid Services. For the Overall rating, factors included, in part, staffing, health inspections and quality measures. For the Short-Stay Rehabilitation, nine quality measures were

evaluated including, in part, staffing, outcomes and resident complaints in care provided to patients who spent 100 days or less at the facility.

The analysis of the quality of care is intended to help families to have a starting point in researching facilities that excel in the care they need whether long-term or for short-term rehabilitation. The U.S. News & World Report annual nursing home ratings were begun in 2009.

To view the reports, visit <https://health.usnews.com/best-nursing-homes>.

so, have puzzles? Call Donna Valente at 860.356.8284.

A note from Alexandria Weber, Arbor Rose's new resident services coordinator

By Alexandria Weber, MSW

In 2013, I first started at Jerome Home for my Senior Field Internship through UConn's Master's Program for Social Work. At Jerome Home, I was able to shadow the different social work roles within the building to include short-term rehab, long-term care and assisted living. After completing my Bachelor's in Social Work at CCSU in 2012, I knew my concentration would be in aging services. I have been drawn to working with the aging population since my first internship at The Atrium.

Fortunately upon graduation, I was given the opportunity to work full-time as the short-term rehab social worker - a position I gladly accepted. As the rehab social worker, it was my job to work closely with the transition nurse and clinical team for discharge planning and case management. Being able to work closely with residents, families and staff was both challenging and rewarding throughout my last five years at Jerome Home - an experience I would never trade.

This past year, I participated as a fellow in the 2018 Leadership Academy through LeadingAge Connecticut. I was able to build relationships with other professionals in the field as well as focus on my leadership growth.

In November 2018, I was offered the position of Resident Services Coordinator at Arbor Rose, another path in my journey of working with the aging population. I assist with the independent residents on ALSA services, coordinating any resources they may need for optimal quality of life. Once trained, I will also continue the caregiver support group for families and residents affected by dementia. Residents and families are always welcome to stop by my office or call me at 860.229.3707. I'd love to chat with you.



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achieve the highest quality of life, and maintain dignity. "We couldn't do our mission if you hadn't sacrificed for us," she said.

Also playing roles in the morning ceremony were Wayne Rioux, Hartford HealthCare veterans liaison, Ryan McKenna, manager of the Office of Advocacy and Assistance at the Connecticut Department of Veterans Affairs, and officers of the American Legion in West Hartford.

Amy Grace Ellison said her father, Bruce Ellison, Arbor Rose resident, never spoke of his military service in Korea with the U.S. Army; she had only heard stories from family members. "To see everyone honored, I'm speechless," she said.

Happy Holidays!



Jerome Home resident Ann Margaret A., and family gather around Santa Claus at the annual holiday party held Dec. 9. Delicious food, special music and the visitor from the North Pole made it an event to remember for residents, families and staff.

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Jerome Home receives grant

Congratulations to Jerome Home on receiving the \$1,000 Dotti Mullen Grant at the Connecticut Association of Therapeutic Recreation Directors conference. The award was presented to Jenna Sweet, Jerome Home life enrichment director and volunteer coordinator, in recognition of the Life Stories program and Butterfly Passages – Dying with Dignity program.



Write a Google review!

Now is your chance to let the world know about your personal experience with Arbor Rose and/or Jerome Home and write a review.

It's easy. Visit www.google.com and enter "Jerome Home." On the right-hand side, you will see a box labeled "Jerome Home" and a blue link to where you can write your review for Arbor Rose and/or Jerome Home. We'd love to hear from you! Your opinion means a lot to us and we thank you for sharing it.



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