

Jerome Home / Arbor Rose
 975 Corbin Avenue
 New Britain, Connecticut 06052
 860.229.3707
 www.jeromehome.org



Join the Caregivers Support Group

Being a caregiver is a difficult challenge and it is easy to feel overburdened by making financial decisions, managing changes in behavior or even helping a loved one with daily tasks that once were easy.

A free caregivers' support group is held on the third Wednesday of each month. Upcoming sessions will be Jan. 17 and Feb. 21, from 6:30 to 7:30 p.m., at Arbor Rose at Jerome Home. The support group is facilitated by Kate Rabinoff, MSW, resident services coordinator.

To RSVP, please call Kate Rabinoff at 860-229-3707.



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



Monthly Review

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

January 2018

Vol. 4, Issue 1

Jerome Home, Arbor Rose bid adieu to 2017, welcome 2018

Jerome Home and Arbor Rose celebrated the holiday season with residents, families, friends and staff. The two communities featured more than 10 decorated trees and had many music programs, holiday baking, and neighborhood celebrations to ensure the most festive of seasons.

We enjoyed hosting over 200 family members at Arbor Rose and Jerome Home for a delicious holiday meal. Both dining teams outdid themselves with prime rib, lobster Newburg over salmon, cocktails and an array of desserts. Some residents were lucky enough to enjoy the meals at both parties!

Jerome Home and Arbor Rose are so fortunate to be able to care for more than 200 seniors this year. We cherish the relationships we have with our residents and family members, and the holiday time seems to be the best time to share.

On behalf of all of us – we wish you a Joyous New Year!



Above: Jerome Home resident Carol W., center, and her daughter, offer Christmas greetings to a visitor.

Jerome Home receives national Five Star Quality Rating

Jerome Home and two other health care communities that are Hartford HealthCare Senior Services partners achieved an overall Five Star Quality Rating from the Centers for Medicare and Medicaid Services as reported by U.S. News & World Report on Oct. 31.

Jerome Home, Jefferson House in Newington, and Southington Care Center in Southington all received the highest possible rating on a 1.0 to 5.0 scale for a nursing facility. The overall



rating – from “poor” to “top performing” - is based on health inspections, staffing and quality measures. All three facilities have achieved this status in previous years.

The Five Star Quality Rating was established by CMS to assist consumers, families and caregivers with comparing long-term skilled nursing facilities and identify specific areas of

evaluation. It also allows staff the opportunity to review and improve the overall care they provide. See **Five Star** on page 2

Our caregivers' support group will next meet Jan. 17 and Feb. 21. For more information, call Kate Rabinoff 860.229-3707.

Jerome Home joins Antibiotic Stewardship Program

Antibiotics are among the most commonly prescribed pharmaceuticals in long-term care settings, yet reports indicate that a high proportion of antibiotic prescriptions are unnecessary. The adverse consequences of unnecessary antibiotic use include adverse drug reactions, the development of resistant infections, and cost. The Centers for Disease Control and Prevention (CDC) characterizes antibiotic resistance as "one of the world's most pressing public health threats related to over prescribing antibiotics." In return, the CDC has mandated that all healthcare facilities partake in an Antibiotic Stewardship Program.

Jerome Home and Arbor Rose are working in conjunction with the CDC to eliminate unnecessary antibiotic treatments and will continue to use precautionary measures by monitoring signs and symptoms of infection, while regulating antibiotic use and duration. We have modified our protocol to optimize antibiotic use for all infections using the CDC guidelines.

Antibiotic Stewardship Program is the act of using antibiotics appropriately; to prevent over prescribing, prescribing only for a true infection, while using a suitable antibiotic for each infection. This program includes tools, policies,

and procedures that aim to guide our staff toward more responsible and effective use of antibiotics.

In addition to monitoring antibiotic use, Jerome Home is now offering *Prevnar 13* (PV13) a vaccine that covers additional strains of bacteria that cause pneumonia. PV13 is a vaccine recommended for older adults by the Centers for Disease Control and Prevention (CDC) and the Connecticut Department of Public Health (CT-DPH) that serves as a preventative measure.

Our Medical Director, Dr. Wilfred Elaba, is strongly recommending residents to take advantage of receiving these vaccines as preventative measure toward minimizing disease such as influenza and pneumonia. It is directly correlated with our Antibiotic Stewardship Program.

To achieve our goal, Jerome Home and Arbor Rose needs your help in support of this program. This effort is key to improving outcomes for our residents. Should you have any questions relating to these updates, please feel free to contact Alison Lunde, Jerome Home's Infection Preventionist, at 860-229-3707.

Thank you in advance for your support.
- Lori Toombs, Executive Director, Jerome Home

Holistic nurse guides residents in achieving inner awareness and peace

Residents sat peacefully in their chairs soaking in the afternoon light in the second floor dining area. With feet planted on the ground, they quietly inhaled and exhaled, letting their minds relax, their thoughts floating away with each breath.

Throughout the 50-minute session, the residents followed the gentle voice of Rosalie Tanguay, RN, HN-BC, board-certified holistic registered nurse and certified yoga instructor. They were encouraged to stretch, notice sensations within, feel peace and relaxation. "Think of one thing today for which you are grateful," Tanguay said.

"How do you feel?," she asked afterward. "Very relaxed", "mellow" were some of replies.

Tanguay, who has worked for six years at Jerome Home, now as a weekend charge nurse, has been practicing yoga for 17 years. She was experiencing her own aches and pains but didn't find any relief until she tried the alternative therapy including guided imagery to relieve anxiety, stress and pain. "Yoga is a gift we all need to practice. It's a way of being," she said.

She began her medical career as a certified medical assistant in an OB/GYN office before she became a registered nurse and assisted in births during her clinical studies in nursing school.



Rosalie Tanguay, board-certified holistic registered nurse, leads a class.

Now her practice is at the opposite end of the health care spectrum, caring for older adults. Several years ago, she introduced yoga and meditation at the Arbor Rose and Jerome Home to help individuals attain a relaxed mind and body while realizing their own healing power.

The feedback she has received is the evidence of the positive effects. "People have actually said their pain lightens or goes away and that they are more relaxed. Sometimes people may be upset about something when they come but they feel better afterward," Tanguay noted.

"It's opened my eyes - it stretches my body, mellowed me out. It's healing," said a resident.

Five Star continued from page 1

Only 15 percent of the facilities rated by U.S. News achieve "Top Performing" status, earning a rating of at least 4.5. Last year, U.S. News modified the CMS ratings approach to evaluate a skilled nursing facility's performance over time by averaging data for a year.

Consumers can use these quality measures to choose a nursing facility, find out about the care and quality where a loved one already lives, and/or learn information to discuss with the care staff.

U.S. News & World Report rates nursing homes to assist families in finding caring facilities for their loved ones. Approximately 1.4 million people - or 1 in 10 individuals 85 years and older

- live in long-term care facilities. U.S. News implemented the nursing home report in 2009.

CMS is the federal agency that establishes and enforces the standing.

"This Five Star Quality Rating demonstrates Hartford HealthCare Senior Services' continued commitment to providing optimum care for people who have chosen our communities. This achievement, which we have consistently received, validates our mission and core values in what we do every day," said Lisa Connolly, NHA, MS, vice president, Hartford HealthCare Community Network.

To view the reports, visit <https://www.medicare.gov/nursinghomecompare/search.html>.

Celebrating the holidays

Residents Pauline G. (left photo) and Joyce F. (right photo) and families were among the many who joined in the holiday festivities held at Arbor Rose and Jerome Home.

