

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 Tuesday of each month. Upcoming sessions will be March 20 and April 17, 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

March/April 2018

Vol. 4, Issue 2

Memories and More receives Hartford HealthCare award nomination

The Hartford HealthCare Senior Services Memories and More program was recently a finalist for the Hartford HealthCare Making a Difference Together Team Award, which honors the integrated initiatives that take creative approaches to improving the care of those we serve.

Kate Rabinoff, LCSW, resident services coordinator, Arbor Rose, and Lori Toombs, Jerome Home executive director, are on the Memories and More 17-person Senior Services Dementia Committee that re-integrates people living with dementia into the community. The program strives to



Photo by Rusty Kimball

Residents and staff of several senior services communities, including Arbor Rose and Jerome Home, learn about fine art during a Memories and More program at New Britain Museum of American Art. The program was nominated for a major award.

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Jerome Home welcomes new life enrichment director, Jenna Sweet



Jenna Sweet recently joined the Jerome Home-Arbor Rose family as the new life enrichment director and volunteer coordinator at Jerome Home. She is a seasoned therapeutic recreation director with 12 years of experience in long-term care. She holds three nationally recognized professional licenses in the field of therapeutic recreation. She began her new position on Jan. 15.

In her role she uses her broad-based experience in designing and implementing a wide variety of therapeutic recreational opportunities tailored for the senior population.

“We strive to craft activity programs that capture meaningful moments

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Volunteer credits Jerome Home and GoodLife Fitness for his recovery

An avid volunteer who relishes assisting Connecticut veterans is striving toward getting stronger and steadier at GoodLife Fitness so he can return to active duty at the Veterans Administration healthcare facility in Newington. Before his first debilitating fall while shoveling snow in January 2017, Joseph O'Brien was volunteering four days each week, escorting veterans to and from their appointments and assisting them wherever needed.

"I am not a veteran myself but I really enjoyed interacting with them and helping them out," said O'Brien, a retired postal clerk and motor vehicle inspector.

Even a year after his terrible accident, the incident is vivid in his mind. A series of falls over the course of two days resulted in serious injuries to both his legs. Following surgery at Hartford Hospital, O'Brien recuperated for five months at Jerome Home. An integral component of his treatment plan was inpatient therapy. "They took very good care of me," O'Brien recalled. He also became something of a celebrity with nearly everyone greeting him by name even now.

Upon his discharge, the New Britain resident continued his outpatient rehabilitation at Jerome Home's GoodLife Fitness center, geared to older adults. Under the direction of an exercise professional, O'Brien has been working on building his core strength, balance and stamina through twice-weekly exercise sessions. "He is doing a great job and continuing to improve," said Maquita



Photo by Rusty Kimball
Maquita Parker, exercise specialist, left, works on strength-building exercises with Joseph O'Brien at GoodLife Fitness Center.

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Families and friends:

Dinner with the Doc: What is Lymphedema?

A special Dinner with the Doc will be held Tuesday, May 15, 5 p.m., at Arbor Rose at Jerome Home, 975 Corbin Ave. Lymphedema is swelling that generally occurs in the arms and/or legs, often caused by removal or damage to the lymph nodes during cancer treatment. Blockage prevents lymph fluid from properly draining which leads to swelling. While there is no cure, it can be managed with the proper care.

Presenter will be Brian Byrne, MD, chief of hematology/oncology, The Hospital of Central Connecticut. A complimentary light dinner will be served. Space is limited and reservations are required. RSVP to 1.855.HHC.HERE/1.855.442.4373.



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while artfully maintaining the resident's engagement experience," she said. She also orchestrates community outreach opportunities through local educational institutions by offering student internships. Many of Jerome Home's volunteers have gone on to higher education in education and senior care.

Jenna earned her Bachelor's of Arts in Sociology with a minor in Gerontology from McMaster University in Hamilton, Ontario, Canada. After returning home to Connecticut, she earned her graduate

certificate in long-term healthcare management from the University of Connecticut. She continues her pursuit of lifelong learning with the expansion of languages, as a proficient sign language communicator and French-Canadian speaker.

"I take great pride in the opportunity to work with older adults showcasing therapeutic recreation possibilities," she said. "Quality and diversity of programs correlate with the sheer impact seen with every smile or wink which highlights an elder's face."

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Parker, BS, the exercise specialist who works one-on-one with O'Brien.

"I want to get back to normal and return to the veterans' hospital," he said. Parker has no doubt that with his determination and continued improvement, O'Brien will

accomplish these goals.

GoodLife Fitness, a program of Hartford HealthCare, is geared toward the older adult to build energy, strength and endurance for an active lifestyle. It is open to residents and the community. GoodLife Fitness has eight locations, including Jerome Home. Just stop by to learn more.

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normalize life for people with dementia as well as their families and caregivers by hosting safe community-based programs involving music and the arts. The project, at this time, includes three programs: Movies and More, Museums and More, and Music and More.

Movies and More provided a screening of older movies on the Hartford Hospital campus. The event emcee facilitated discussion after each clip, for example, "The Wizard of Oz," to inspire dialogue and reminiscences. Museums and More brought multiple small groups to docent-guided

tours of the New Britain Museum of American Art. Thirty docents trained by HHC dementia specialists made the tour senior friendly. Music and More included a partnership with the Hartt School of Music so residents could experience orchestra rehearsals without concern for interruptions and enjoy a swing band concert at the New Britain museum.

Residents from Arbor Rose and Jerome Home as well as other Hartford HealthCare independent, assisted and long-term care communities have all been involved in Memories and More and enjoyed the outings.

Congratulations to the entire team!