

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 May 15 and June 19, 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

May/June 2018

Vol. 4, Issue 3

Two Jerome Home nursing assistants receive Caring Hands Award

Two certified nursing assistants at Jerome Home recently received LeadingAge Caring Hands awards - the first year that this recognition was made. Madeline Cintron, RNA, and Martina Haynes-Esnard, CNA, were lauded for the exemplary care and dedication that they demonstrate.

LeadingAge Connecticut is a member of LeadingAge, a national association of 6,000 not for profit organizations dedicated to advancing policies, promoting practices and conducting research to support and empower people to live more fully as they age. The Connecticut membership includes 130 not for profit provider organizations, including Hartford

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LeadingAge Caring Hands Award recipients Martina Haynes-Esnard, CNA, and Madeline Cintron, RNA, seated left and right, gather with Jerome Home staffers at the celebration. - Photo courtesy of Leading Age

Jerome Home salutes its volunteers

In recognition of Volunteer Appreciation Month, Jerome Home honored its dedicated volunteers, including students, at a special dinner on April 18. Greg Sieron, director of dining services, and staff provided a lovely dinner and a special PowerPoint showcased the many roles and activities the volunteers provide. As a token of thanks, each person received a gift. Jenna Sweet, therapeutic recreation director and volunteer coordinator, noted that some of the people honored also visit Arbor Rose residents as well. Jerome Home would like to thank these special individuals who bring diversified programs, spiritual enrichment and individualized companionship - as well as joy and friendly faces - to our resident population.

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Jerome Home resident Eleanor S. is thankful.

Living the GoodLife: Resident Ann Margaret A.

By Maquita Parker, exercise specialist, Jerome Home GoodLife Fitness

Jerome Home resident Ann Margaret A. has been active her whole life, and has always felt that it was important to maintain her health and wellness. Even now at the magnificent age of 93, she continues to engage in a regular exercise routine with the help of GoodLife Fitness.

How did you start in the program?

I started in the program 11 years ago when it all first began. I was visiting a dear friend of mine every day who was living at Jerome Home at the time. Upon the passing of my companion, I learned about the new fitness program that was starting and enrolled without hesitation. After I began with GoodLife Fitness, I started to tell all of my friends about the program as well.

What has been your biggest accomplishment since starting & what are your future goals?

My biggest accomplishment has been gaining strength in my legs, which has helped me to maintain my independence and the mobility to keep going. While I use my cane to get around, I know that it is not a necessity for me and it does not limit me to only do certain activities. My future goals are to do as many activities as possible without using the assistance of the cane and to continue to increase the strength in my legs, so that I may maintain as much independence as I can.

What is your favorite part about the GoodLife Fitness Program?

I really enjoy the flexibility and option to select

my own program that is specifically designed for me. I don't feel pressure to do any exercises that I am not comfortable or unfamiliar with. I also enjoy the convenience of being able to simply walk down the hall from my room to go to the gym. I walk around the property a lot during the day, and usually start the morning with a visit to the fitness center.



What advice would you give to prospective or new members of GoodLife Fitness?

I would tell them not to have any anxiety or hesitation about starting. The staff is excellent, the equipment is wonderful, and the environment is very uplifting and welcoming. There is no negative in the situation and you wouldn't regret your decision.

GoodLife Fitness is an individualized exercise program geared toward the older adult to build energy, strength and endurance for an active lifestyle. An exercise physiologist works one-to-one with each person to improve muscular strength, balance, cardiovascular health and self-esteem, while reducing the risk of falls and injuries. Stop by GoodLife Fitness on the main floor or call Parker at 860.356.8247.

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HealthCare Senior Services, of which Jerome Home is a member.

Michelle Daigle, RN, assistant director of nursing, Jerome Home, made the nominations:

Madeline Cintron has been employed at Jerome Home for the past 17 years. She is a restorative certified nursing assistant and resident care assistant. She provides restorative care therapy which includes assisting residents to maintain their highest degree of function and well-being. She is patient, understanding and committed to maintaining a high degree of residents' freedom and functioning for quality of life. She is loved and respected by her residents, peers and family. She is a true gem. We are forever grateful to have her on our team.

Martina has been employed at Jerome Home for the past 14 years. She works as a medication-certified resident care assistant on the resident care housing community and is a certified nursing assistant on the skilled nursing care community. She maintains a high degree of care and compassion for her residents who may need or help with activities of daily living and medication support. She is genuine, tactful and considerate to residents' needs. She really goes above and beyond to ensure that the residents' needs are met and responded to. She is loved dearly by her residents, peers and families. We are so grateful to have her on our team.

Also recognized in the Hartford HealthCare Senior Services continuum were Brittany Cullinan, CNA, Southington Care Center, and Halina Brzoska, CNA, Jefferson House.

"Congratulations to the LeadingAge Caring Hands Award recipients. What a beautiful and compassionate group of women representing our nursing home communities. They are strong, confident leaders who ensure that our residents get everything they need and deserve," said Lisa Connolly, NHA, MS, vice president, Hartford HealthCare Community Network.

Jerome Home is truly proud of all these CNAs who were duly recognized for the selfless care they provide each day.



Well-done!

Violetta Tokarczyk, Arbor Rose dining director, competed in the 2018 Connecticut Assisted Living Association Chef Challenge. She entered the poultry category and won second place. Congratulations, Violetta! We are thrilled you are part of our Arbor Rose family.

Volunteers from page 1

"The heart of a volunteer is not measured in size but by the depth of their commitment to make a difference in the lives of others" – DeAnn Hollis

Volunteers include: Omar Adeu, Bob & Judy Anderson, Mary Bach, Carmel Bennett, Pam Bombrowski, Rose Carlone, Barbara Cass, Louise Cody, Kathleen Day, Pat Dutkiewicz, Christine & Zach Foster, Mary Fournier, Anne Gurr, Elena Herrera, Quan Jennings, Barbara Kirejczyk, Susan McKeown, Phyllis McMahan, Carol Miliski, Jenna Nave, Karen Palmunen, Cindy Pavano, Hilda Perez, Luisa Prado, Nancy Roman, Madeline Romero, Chris Rusack, Erica Rusczyk, Della Russell, Barbara Schultz, Kelly Shea-Gallagher, Destiney Stackhouse, Gail Steele, Betsy Valentine, Sister Barbara Wanat, Jeanne Wischenbart.

Dinner with the Doc: What is Lymphedema?

Lymphedema is swelling that generally occurs in the arms and/or legs, often caused by removal or damage to the lymph nodes. Blockage prevents lymph fluid from properly draining which leads to swelling. While there is no cure, it can be managed with the proper care. The free "Dinner with the Doc: What is Lymphedema?" will be held Tuesday, May 15, 5 p.m., at Arbor Rose at Jerome Home. Presenter will be Brian Byrne, MD, Chief, Hematology/Oncology, The Hospital of Central Connecticut. Arbor Rose is sponsoring the program.

A complimentary light dinner will be served. Seating is limited and registration is required. To RSVP, call 1.855.HHC.HERE/ 1.855.442.4373.

Finished with a 300-350 piece jigsaw puzzle? Consider donating it to Arbor Rose for our residents. Please only donate complete puzzles. Thank you! - Donna Valente

