

Monthly Review

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

January/February 2020

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Jerome Home receives national Best Nursing Home Rating

Jerome Home, which offers skilled nursing, inpatient/outpatient rehabilitation, residential care, memory care and assisted living, recently received the highest Best Nursing Homes Rating from U.S. News & World Report.

Jerome Home, managed by Hartford HealthCare Senior Services, received the top “high performing” rating for Short-Term Rehabilitation and Long-Term Care, meriting the highest Overall Rating.

Of the more than 15,000 nursing homes evaluated nationwide by U.S. News, only 2,969 facilities met the top criteria. A total of 420 nursing homes were deemed “high performing” for both Short-Term Rehabilitation and Long-Term Care. The Overall Rating, based on a five-point scale, evaluates the wide range of care for long-term residents and short-term patients. Ratings are categorized as “below average,” “average” or “high performing.”



“To receive this designation from U.S. News & World Report is such a privilege,” said Lori Toombs, executive director of Jerome Home. “Jerome Home remains committed to continuous quality that promotes improvements for all our residents/patients. We

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Veterans at Jerome Home and Arbor Rose receive recognition on Nov. 11

More than 20 veterans who reside at Jerome Home and Arbor Rose senior living communities received commemorative pins and certificates in recognition of their military service. The event, held on Nov. 11 at Arbor Rose at Jerome Home, recognized those who had served in the U.S. Air Force, Army, Army Reserve, Navy, Coast Guard and Marines.

Cpl. Manuel Jimenez, a Marine Corps veteran and a Junior Vice Commandant of the Peter P. Monaco Jr. Detachment 40, Marine Corps League in Glastonbury, made the presentations

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Presenting the certificates of honor to veterans are, standing from left, Cpl. Manuel Jimenez, Sherry Vogt, Hartford HealthCare veterans liaison, and Lori Toombs, Jerome Home executive director. Jenna Sweet, Jerome Home activities director, stands at podium.

Latest news from the community

'They Say I Have Dementia - What Does That Mean?'

A diagnosis of dementia can be frightening for those affected by the condition, their family members and caregivers. A free Dinner with the Expert: "They Say I Have Dementia - What Does That Mean?" will be held Tuesday, Jan. 14, 5 to 7 p.m., at Arbor Rose. Topics will include signs and symptoms of dementia, different types of dementia and risk factors. Presenter will be Patty O'Brian, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsors are Hartford HealthCare Center for Healthy Aging and Arbor Rose at Jerome Home.

A light complimentary dinner will be served. Seating is limited and registration is required.

To RSVP, call Arbor Rose at Jerome Home, 860.229.3707.

Dinner with the Doc: Understanding Heart Disease

A free Dinner with the Doc on Thursday, Feb. 20 will provide insights into the signs and symptoms of heart disease, latest treatments and prevention methods. Presenter will be Andre Elias Ghantous, MD, FACC, chief of cardiology, Hartford HealthCare Heart & Vascular Institute. The event will be held 5 to 7 p.m. at Arbor Rose, which is sponsoring the program. A light complimentary dinner will be served.

Seating is limited and registration is required. To RSVP, call 1.855.HHC.HERE/ 1.855.442.4373.

Lymphedema Management Program may provide positive outcomes

Got swelling?

Does your clothing feel tighter? Does your limb feel heavier? Do you experience limitations in joint mobility? If so, you may have edema/lymphedema.

Edema can be a result of an acute injury/surgery or a more chronic condition such as lymphedema (primary or secondary) or peripheral vascular disease, for example. Lymphedema is a dysfunction of the lymphatic system which transports protein-rich fluid throughout our body. A build-up of this fluid causes mild to severe limb girth, increasing risk of infection or cellulitis, changes to skin texture, wounds and overall decline in functional mobility.

A lymphedema management program can be effective in managing this condition. The first step is a comprehensive evaluation obtained through medical history. The individual will then undergo sensory evaluation and pain assessment, range of motion and strength testing, girth measurements of the affected

limb, and assessing any mobility limitations that may affect normal activity. Treatment may include manual lymph drainage, skin care, gradient compression bandaging, measuring/fitting compression garments, and patient education in self-maintenance.

The goal of a lymphedema management program is to decrease the swelling of the affected limb, improve skin integrity to reduce risk of infection, properly fit compression garments to prevent swelling from recurring, and provide self-maintenance education to maintain the highest level of independence with mobility and activities of daily living.

For more information about the Lymphedema Management Program at Jerome Home, contact Laurel Whalen, RPT/ CLT, Jerome Home Outpatient Rehabilitation, 860.356.8266.



sidents, families and staff!

Snapshots of Life at Jerome Home

Jerome Home and Arbor Rose residents and families were treated to a wonderful holiday luncheon on Dec. 15. Staff including Greg Sieron, Jerome Home director of dining services, front row far right, presented a meal and festivities to create a memorable celebration for the 300 guests.



Left: Jerome Home resident Carol W., seated, and family gather at the Holiday Luncheon.



Right: Sadie A. shares her Christmas wishes with Santa Claus.

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with Sherry Vogt, Hartford HealthCare veterans' liaison. The New Britain High School ROTC Color Guard also assisted.

In his volunteer role with the Marine Corps League, Jimenez, a marketing analyst for The Travelers insurance company, assists with reintegrating veterans into society when they return from active duty. He knows the challenges of adjusting firsthand: while serving in Afghanistan in 2010 he lost his left arm, hearing in his left ear and partial sight in his left eye from a roadside bomb. Recipient of a Purple Heart and Combat Action Ribbon, he was able to mainstream thanks to, in part, after a handicap-accessible home was built for him and by "paying it forward" as an active community

volunteer. "Protecting our brothers never ends," he said.

Vogt, who is also an Army veteran, said that the oath of military enlistment continues to bind all veterans, including those attending the ceremony. "From George Washington until today, we are a long chain of those who said 'yes' to serving our country," she said.

Honorees included Richard A., Robert A., Lucien A., Richard B., Edward B., Charles D., Paul D., Bruce E., Kenneth L., Donald E., Bernard G., Graham H., Gerald K., Alexander P., Carlton R., Joseph R., Thomas S., Edward S., Romeo S. and Lawrence T. The oldest veteran was 103.

To continually recognize those who served, a Wall of Honor has been established which includes photos and the names of the residents.

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do this by empowering our employees to be engaged in quality and continuous strides to make the patient experience excellent.”

In the Short-Term Rehabilitation category, Jerome Home exceeded the state and national averages in nurse staffing; physical therapist staffing; patient-centered rehabilitation therapy; patients’ ability to return home; prevention of falls; and other factors. The new Long-Term Care rating was based on nurse staffing, hospitalizations, ability to self-care and additional areas.

“We look forward to many additional years of being recognized as high performing,” Toombs said.

U.S. News & World Report rates nursing homes to assist families in finding the best facilities for their loved ones. 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.

To view the U.S. News & World Report summary about Jerome Home, visit <https://health.usnews.com/best-nursing-homes/area/ct/jerome-home-075343>.



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