

# Monthly Review

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

March/April 2020

Vol. 6, Issue 2

## Message from Lori Toombs, executive director

On Jan. 28, the State of Connecticut, Department of Public Health conducted its annual survey for Jerome Home. Life Safety and Emergency Preparedness had an amazing – deficiencies free /zero findings – four years in a row! This is a testament to Norm Aldrich, Building Services director, and his team.

Jerome Home did have four findings in the Health category which is also very good (state average is six). Jerome Home will provide corrective actions to address the measures. We thank the residents and families who spoke to surveyors and supported the weeklong process. Jerome Home remains a 5-star rating, as noted on the Medicare.gov website. We strive to continually identify areas that we can improve upon and ultimately provide the best home for our residents.



## Hartford HealthCare at Home brings Blessing of the Hands to Jerome Home

One by one, Jerome Home staffers entered a quiet sanctuary of peace and healing on Feb. 6 to partake in Blessing of the Hands. In a darkened room filled with soothing music, people stepped up to the table where they immersed their hands in a bowl of water filled with rose petals. “May this blessing give you continued strength and courage to carry out your duties with care, concern, compassion and commitment,” said Nichol Burris, PC, THD, pastoral counselor, as she read a non-denominational prayer.

Karen Lemieux, LCSW, hospice social worker, of Hartford HealthCare at Home, was inspired to organize the first-time event to recognize and thank those who dedicate their work to caring for others. Many of those who participated said it was a time of peace and renewal.

“Our hands are instruments of care, for ourselves and our residents,” said Carmel Bennett, MSW, social worker. Katelin Bouchard, RN, who said she considers herself a spiritual person, described the experience as tranquil. “This is nice for our staff – they work so hard,” said Christine Gagliardi, MSW, LCSW, social services director. “They need to know they are important.”



Nichol Burris, THD, pastoral counselor with Hartford HealthCare at Home, reads the Blessing of the Hands prayer to Paul Bach, RN, right.

See **Hands** on page 2

Do you have any 350-500 large-piece puzzles?

## Latest news from the community



Above: From left, Nichol Burriss, PC, THD, Jenna Sweet, activities director, and Jennifer Johnson, PC, LPC, during the Blessing of the Hands.

**Hands** from page 1

Lemieux said she hopes Blessing of the Hands will be offered in other Hartford HealthCare settings.

### Blessing of the Hands Prayer

Loving and gracious God, source of all life and goodness, hear the prayers we have for those who work to provide care and support especially for the residents and clients of Jerome Home.

May this blessing give you continued strength and courage to carry out your duties with care, concern, compassion and commitment.

May this blessing allow you to reflect upon healing care and love that you offer to the people who you touch physically, emotionally and spiritually.

We offer this blessing of the hands as an appreciation for all the lives you touch with your grace, care and loving ways.

### **Dementia Caregivers Support Group**

Every 65 seconds, someone develops Alzheimer's disease in the United States. In Connecticut, there are 78,000 people living with the disease and 178,000 caregivers, according to the Connecticut Chapter of the Alzheimer's Association. Caregiving takes a huge emotional, physical and financial toll on families. But support groups can offer caregivers a place to share experiences, learn coping skills and feel welcome.

Arbor Rose at Jerome Home offers a free dementia caregivers support group on the second Tuesday of each month (March 10 and April 14), from 5:30 to 7 p.m., at 975 Corbin Ave. Topics may include communication techniques; medical, legal and behavioral issues; caregiver support; and financial problems. Facilitators listen, guide the conversation and provide information about community resources in a confidential setting. This group is facilitated by Ali Weber, MSW, Arbor Rose resident services coordinator, and Susan Grimes, transitional care coordinator, Hartford HealthCare at Home. RSVP to Weber at 860.356.8281.

### **Lunch and Learn: Eating for Healthy Aging**

Thursday, March 26, 12 to 1pm. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. Healthy eating is important at any age but becomes even more so as people reach midlife and beyond. Studies have suggested that as people age, eating a healthy diet may help to improve mental acuteness, boost energy levels and increase resistance to illness. This free program will examine the relationship between healthy eating and aging. A light complimentary healthy meal will be served. Presented by Maquita Sellers, exercise physiologist, Hartford HealthCare GoodLife Fitness, and Greg Sieron, dining director, Jerome Home. Seating is limited and registration is required. RSVP to Arbor Rose/Jerome Home, 860.229.3707.

### **Spring into Fitness**

Wednesdays: April 8, 15, 22, and 29, 12 to 1pm. Arbor Rose & Jerome Home, 975 Corbin Ave., New Britain. Have you already given up on your New Year goals? Would you like to have more energy and be more productive? The four-week Spring into Fitness program is designed to keep people moving and motivated. Goals include: staying on track, having more energy and being more productive. Space is limited, registration See **News** on page 4

uzzles? Call Donna Valente at 860.356.8284.

## 'Living the GoodLife' Member Profile: Joe Porcaro

By Maquita Sellers, *exercise physiologist, GoodLife Fitness, Jerome Home*

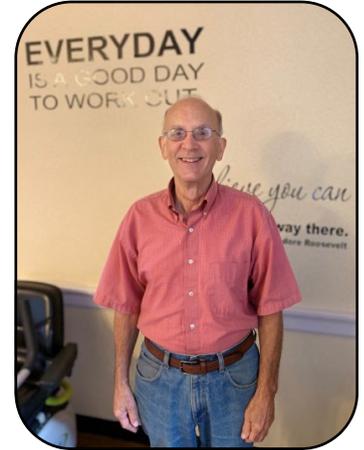
**How long have you been in the program and how did you start?** My participation in the GoodLife Fitness program started about 3-1/2 years ago. Previously, I exercised at the Hospital of Central Connecticut for seven years.

**What has been your biggest accomplishment since starting and what are your future goals?** Self-imposed goals that were established included replacement of muscle mass due to normal aging, and improved posture and balance. Significant accomplishments have been no reduction of daily activities and tasks as I have aged. Continue with the same lifestyle as during your younger years. There is a general feeling of well-being.

**What is your favorite part about the GoodLife Fitness Program?** The program of GoodLife Fitness includes a regimen of exercises that are customized for the individual person by an exercise physiologist. I enjoy the challenges of the new exercises and their continual upgrade.

**How do you define "wellness"?** My definition of "wellness" is the physical and mental ability to enable an active and robust lifestyle. I intuitively believe that the complete range of benefits derived from exercise have yet to be scientifically discovered. Wellness is also coupled with weight as based on body mass index. Consistent nutritious and healthy eating is imperative. "We are what we eat."

**What advice would you give to new or prospective members?** There is a certain level of mental inertia that exists prior to the start of an exercise program. Each prospective participant should attempt to prevail over this inertia. Allow yourself to start. You will accomplish more than you could ever have anticipated. Your body will take control and mental inertia will disappear.



**What is your recipe for healthy aging?**

Healthy aging is the awareness that we are responsible for both our physical and mental well-being. We should continue to maintain our overall health as we age. Attention to body weight and diet is essential.

**What motivates you to "Live the GoodLife"?**

Self-motivation and a sense of responsibility to family and society are strong reasons to live the "GoodLife". Active participation with my children and grandchildren is possible due to over 10 years of physical exercise. Hiking, horseback riding, zip-lining, rope courses, swimming, Segway and other family activities have occurred. Exercise enables wonderful memories with family.



## Happy Valentine's Day

Jerome Home residents model like queens after creating their Valentine's Day crowns. They are, from left, Peggy B., Mary Ann B., Eleanor S., Kelly Ramos, housekeeping, Eva P. and Betty G.

For more photos and news of Jerome Home, visit us on Facebook or the website [www.jeromehome.org](http://www.jeromehome.org).

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

**News** from page 2

required. Facilitated by Maquita Sellers, exercise physiologist, Hartford HealthCare GoodLife Fitness. RSVP to Arbor Rose at Jerome Home, 860.229.3707.

**Walk to End Alzheimer’s fundraiser**

The Jerome Home Walk to End Alzheimer’s Team is presenting a fundraiser on Thursday, April 9 featuring psychic medium Karen Kilmartin. The event will be held from 5:30 to 9 p.m. at Rocky Hill Adult Day Center, 15 Elm St., in Rocky Hill. Light refreshments will be held. To purchase tickets, visit [www.eventbrite.com](http://www.eventbrite.com); search “Memories & Messages, an evening with Karen Kilmartin.”

**Dinner with the Doc: What is CBD Oil?**

Tuesday, April 21, 5 to 7pm. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. This free program will examine non-pharmacological/ opioid treatments for pain including CBD oil – its uses, treatments and sources. Presented by Michael J. Grille, MD, Hartford HealthCare Pain Treatment Center. Sponsored by Hartford HealthCare Pain Treatment Center and Arbor Rose at Jerome Home. A light complimentary dinner will be served. Seating is limited and registration is required. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.



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*