

Jerome Home / Arbor Rose  
 975 Corbin Avenue  
 New Britain, Connecticut 06052  
 860.229.3707  
[www.jeromehome.org](http://www.jeromehome.org)



## Rehabilitation services open to the public

Outpatient rehabilitation services at Jerome Home are now available to the public, including physical, occupational and speech therapies. Laurel Whalen, RPT, MLD/CDT, is a physical therapist with 12 years of outpatient therapy experience and was integral in developing the successful outpatient therapy program at Southington Care Center before transitioning to Jerome Home. Residents and short-term rehabilitation patients have benefited for years from such services. Outpatient therapy is offered weekdays in the private rehabilitation center that has a designated entrance and convenient parking.



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*

July/August 2016

Vol. 2, Issue 4

## Delivering care your way in our 'home'

**H**ave you ever visited someone in the hospital or a long-term skilled nursing facility and thought to yourself, "Wow, I'd never be able to survive without my coffee at 5 a.m." or "They better reschedule my pills; because I'll be a bear if they wake me up at 6 a.m.!"

We've all had those thoughts and ideas about how we would want things to be if it were us, wondering: Would it be possible? Could it be possible?

The good news is "yes." It is possible and the effort to make the change is happening now. Jerome Home, recognizing that each individual is unique with years of individual preferences, will be transforming the way we provide care. Described as "culture change" in many communities, Jerome Home is choosing a simpler approach in moving to create an atmosphere which reflects a "My Way Day."

This is not a process that will happen overnight but it will be a way of supporting our residents and providing care which will reflect not just the basics of good caregiving but will also enable the best quality of life.

What is a day "your way"? Have you thought about it? Do you like to get up for breakfast or do you like to sleep in? Would you like to quietly drink your coffee in the morning by a sunny window? Do you enjoy sitting in a quiet spot? Would you like to go outside?

Jerome Home is beginning a journey to break out of the "medical model" mold and move



Residents enjoy the summer weather at an outdoor get-together.

towards person-centered care. Our goal is to provide opportunities and possibilities instead of adjustments and compromises.

We are beginning a process to transform schedules and tasks and replace our days with memorable moments; so that together with our residents, our focus will be "sharing while caring" according to each resident's schedule and preference.

As a resident or family member, we will be asking for your feedback throughout this process. We hope to have meetings to discuss the steps we'll be taking and the exciting ideas that we hope will be well under way by the fall.

We want you to be involved in this process because we don't want to do it without you. We hope you will join us.



Celebrating summer at Jerome Home and Arbor Rose



Music, celebrations, out trips and more make for a wonderful summer.



Jerome Home and Arbor Rose: here, there and everywhere



**Puzzles needed**

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



**Caregivers' Support Group available at Arbor Rose at Jerome Home**

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. The next gathering will be held Wednesday, July 20, from 6:30 to 7:30 p.m., at Arbor Rose at Jerome Home.

This support group is facilitated by Kate Rabinoff, MSW, LCSW, resident services coordinator. To RSVP, call Kate at 860-229-3707.

**Grandma's Treasure Chest**

The Recreation Department is looking for donations of the following to fill Grandma's Treasure Chest:

- Magazines (no older than 60 days)
- Decks of cards
- CDs (Big Band, instrumental, jazz)
- MP3 players, CD players
- DVDs (especially musicals)
- Small unused bottles of scented lotions.

Please see Rita, Maura or Laura in Recreation if you have any of these items. Thank you!

