

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



Dinner with the Experts: Strategies for optimum living

Arbor Rose at Jerome Home is hosting a free Dinner with the Experts about maintaining the best quality of life in the least restrictive environment with support strategies and systems. The program will be held Tuesday, Oct. 2, 5 p.m. Lions Low Vision Center will present about how assistive strategies and support systems - including adaptive equipment, home modifications, orthotics, balance and safety strategies, and assistive technology for memory and speech concerns - can enhance life.

A light complimentary dinner will be served. Space is limited and reservations are required. To RSVP, call 1.855.442.4373.

Join our Caregivers Group

A free caregivers' support group is held on the third Tuesday (Sept. 18 & Oct. 16) from 6:30 to 7:30 p.m., at Arbor Rose at Jerome Home. To RSVP or for more information, please call Kate Rabinoff, MSW, resident services coordinator, 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 Lebrocqy 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

September/October 2018

Vol. 4, Issue 5

Arbor Rose to celebrate 10th anniversary in September

By Will Menoche, executive director, Arbor Rose

It's hard to believe that 10 years ago, Arbor Rose opened its doors as the premiere Independent, Assisted Living and Memory Care community in New Britain. In record time, all apartments were rented and we were providing optimal senior living options to new friends and old.

We also created one of the best places to work in New Britain being recognized by the Hartford Courant and the New Britain Herald as a Top Workplace for a number of years.

Today we acknowledge Vi Gustafson, Larry Tilford and Irene Truss – residents who have lived at Arbor Rose for 10 years. A place they proudly call home and are so grateful to enjoy

their retirement life. They have built strong relationships with other residents and staff and have thrived in this community.

We also recognize the following staff for their dedication to Arbor Rose for 10 years: Will Menoche; Pat Eleveld; Virginia Flores; Irena Dabrowski; Violetta Tokarczyk; and Lori Toombs.

We would like to acknowledge the many staff who have joined our family and continue to make Arbor Rose the great place it is today.

Whether it is a bus trip to New York City, social hours, bingo, entertainment, pet visits – there is always **See 10 years** on page 3



Appreciating the Building Services staff leads to great results

By Norman Aldrich, Building Services director, Jerome Home and Arbor Rose

When I first began huddling with my staff and using our visual management board, I made it clear to them that this was their board. It was a place to review the day-to-day work assignments

in our departments **See Building** on page 2

Staffers in the photo include Ramon Santana, Dave Zielinski, Ricky Raspaldo, Dave Brown, Bill Angell, Norm Aldrich, Tor Alston, Alexandra Morales, Martha Bernal, Sarah Sorensen, Kelly Ramos, Grace Mikucki, Matilda Colon, Vanessa Aponte-Ramos, Linda Rios-Cruz, Georgina Martinez, Juana Delgado and Lorenza Garrido. Absent from photo: Stephen Chapman, Frank Desimone, Lyann Ubiles-Guzman, Gloria Martinez, Christie Rodriguez, Bridget Royce and Wilson Sanchez.



Jerome Home's end-of-life passage program garners national award

In recognition of the dignity, sensitivity and respect for a person at the end of life and the families, the Butterfly Passages program at Jerome Home was recognized with a national award. Jerome Home received the Best Practice in Delivery of Activities Services Award from the National Certification Council for Activity Professionals in June.

Jenna Sweet, Jerome Home life enrichment director and volunteer coordinator, accepted the award at the NCCAP annual conference.

Butterfly Passages – Dying with Dignity was implemented at Jerome Home in 2015 to provide a meaningful rite of passage with comfort, care and peace when death is imminent.

“Thoughtful planning is required for a successful, respectful dying with dignity experience,” Sweet said. The process involves nearly every department in addition to nursing and the physician/APRN. “Death is a natural part of life. Butterfly Passages was created by staff that saw an opportunity to provide true resident-centered care, formulating this dignified program to honor our resident population in their final days, minutes and moments,” she said.



Jerome Home staff hold the award from the National Certification Council for Activity Professionals for the Butterfly Passages – Dying with Dignity program.

Building from page 1

and to have open discussions about any issues that came up, and problem solved as a team. It wasn't a platform for me - the manager - to dictate how things should be run.

In the beginning it was difficult for my staff to open up. This was a new process, and people are generally afraid of change. To make it more personal and comforting, I decided to decorate the perimeter of the board with flags that represented the countries of origin of my staff members. I asked that they bring in pictures of things that were special to them, (family, pets, vacation spots, etc.) They did not disappoint! The board is a celebration of my staff's uniqueness.

We meet three days a week, and start every huddle with "recognition and celebration." There is never a huddle without three or four recognitions within our departments! I encourage team work, and I always try to make our huddles lighthearted and fun. We do raffles, doughnut days and “wear your favorite sports jersey to work” days.

Staff are now regularly engaged in discussions and problem solving. Our huddle always ends with a staff member reading our department's motto ... "Maintenance, Housekeeping and Laundry, make a difference every day!" in their choice of three languages, English, Spanish or Polish. And they absolutely do!

Ready, set, Walk to End Alzheimer's



The Arbor Rose and Jerome Home Team will Walk to

End Alzheimer's on Sunday, Oct. 14 at Rentschler Field in East Hartford. This year the team strives to raise over \$10,000, in comparison to last year's total fundraising of over \$7,000. The next fundraiser will be Paninis for a Purpose on Friday, Sept. 14.

For more information about joining the Walk to End Alzheimer's or fundraising events, please contact Kate Rabinoff at 860.356.8281.

Jerome Home provides continuum of care through healing process

Jean and Wayne Grass still smile at each other when they recall meeting as teenagers on the high school track in the mid-1950s. He remembers the coat she was wearing and she remembers thinking, “He’s cute.” He was impressed by her athleticism when he saw her playing softball.

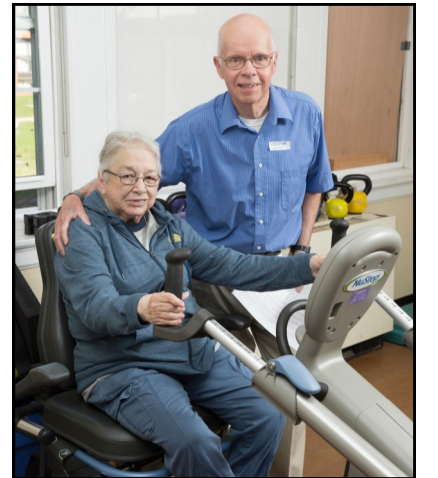
Something must have clicked: this New Britain couple has been married for more than 50 years. However, the last several years have been extremely difficult for the both of them as Jean was incapacitated by a degenerative spine condition. She became totally bedridden. “I had to do a lot for her,” Wayne recalled.

After having a successful complicated back surgery at Hartford Hospital, Jean, a retired paraprofessional, recuperated for seven months at Jerome Home where she first received extensive in-patient physical rehabilitation. Wayne and their daughters were by her side every day.

She credits her recovery, in part, to Jerome Home's in-patient and out-patient physical and occupational therapists, including Lori Lyons. “The therapists are fantastic. They got me started on my recovery,” Jean recalled. Jerome Home offered a continuum of care even after discharge.

She made steady progress and eventually

transitioned to GoodLife Fitness, the individualized exercise program designed to build strength, mobility and flexibility. First in a wheelchair, she progressed to a walker and then a cane. “I am working on getting my balance back,” she said. GoodLife Fitness exercise physiologists, Angela Duval and Maquita Parker, have been by her side.



“It’s a good program, they don’t give you more than what you can do,” she said. “But exercise is good; I have to keep going for it.”

Wayne, who was having problems with his right knee, also joined GoodLife Fitness where on a recent morning he was on the treadmill talking about Jean's progress. “Now she's very independent. She's done very well,” he said. “She's just exceptional coming back from this.”

Their life's journey together is back on track. As a testament, he still wears the watch that Jean gave him before they were married – “Jeannie loves Wayne,” the inscription reads.

10 years from page 1 something to do at Arbor Rose. Or if you prefer a quieter experience, the library and Brain Gyms are great alternatives.

The compassionate care from the nursing team is like no other. The person-centered approach to caring for our residents makes every day a great day for them. Whether a resident needs gentle reminders or assistance with all personal care needs, our staff ensure the most personalized attention.

And the food! Led by Violetta, the dining team prepares homemade meals daily that are always so fresh and delicious, made with our

own garden ingredients. A time that residents look forward to every day!

The moment you enter the doors to Arbor Rose and are greeted by the warm staff, you feel something - something warm and inviting that makes you feel really good about Arbor Rose.

We are so proud of the community (HOME!) we have built here in New Britain. We stand by our Mission and Vision to provide the utmost care and support to the seniors we serve. If you haven't yet experienced a visit to Arbor Rose – we encourage you to. It truly is a special, special place. Here's to another 10 years of memory making!