

A PUBLICATION OF HEBREW HEALTH CARE, INC.

HIGHLIGHTS

HIGHLIGHTS is sponsored by TD Bank.



FORE! Heads Up About Caregiving

There are so many easy parallels between sports and life. Whether improving your golf game or caring for a family member, reliable information and education are keys to preparation. The Family Support and Consultation in Hebrew Health Care's Dementia Care Services department will work with families to find solutions to today's challenges as well as the worries of tomorrow.

*"When you're prepared, you're more confident.
When you have a strategy, you're more comfortable."*

Fred Couples, PGA Golfer



HEBREW HEALTH CARE
for health, for life

Dear Friends,

Helen Keller is quoted as saying, "Alone we can do so little; together we can do so much." That wisdom holds true for Hebrew Health Care and its founders—the Auxiliary of Hebrew Health Care. While our earliest beginnings were modest and our model of care then not clinical, our vision and mission have remained true as together with the Auxiliary we have become the Hebrew Health Care of today.

Throughout the Auxiliary's history they have enjoyed the benefit of strong, dedicated leaders guiding them in their pursuit of providing for our elders. Today, with Lisa Berman and Pia Rosenberg Toro at the helm of the Auxiliary, that commitment is stronger than ever.

Since their installation in September 2011, Lisa and Pia have worked to focus the Auxiliary on the future, breathing new life into traditional events and challenging Auxilians to develop new vehicles to garner financial support of Hebrew Health Care, and increase Auxiliary membership. Lisa and Pia have been tireless in their efforts to fulfill the Auxiliary's mission. Successful programs like Blingo, Card Parties and Count Your Blessings, developed by Lisa and Pia, have added to the Auxiliary's funds so that they in turn have been able to increase their capacity to give to HHC's elders.

In January, Lisa and Pia again demonstrated their commitment by announcing the Auxiliary's plans to renovate the Café on Main Street. Together with HHC's food service provider, The Morrison Group, the physical space has been beautified and the menu expanded to include 'grab and go' options for those in a hurry.

In May, with significant efforts from veteran Auxilians Sandy Rulnick, Elaine Smith, Lorraine Vogelhut and Ruthan Wein, HHC hosted the 2012 Partners in Senior Life Conference (formerly AJHSA), "The Art of Aging." Partners in Senior Life members represent the finest in senior care facilities in the US and Canada. Education, leadership development, networking, and support to its members, help improve the effectiveness of member organizations and enrich the quality of life for the elderly in their care.

Through open communications, the Auxiliary and HHC's management team and Board work together to respond to long and short term needs of the organization. With the adoption of HHC's Strategic Plan in 2011, the Auxiliary's support is needed more than ever and **we are grateful to them for answering our call now, as they have done for more than 100 years.**

If you have questions about the Auxiliary, please contact Brenda McVerry, Auxiliary Coordinator at 860.523.3829.



Richard Rubenstein
Chairman of the Board



Bonnie B. Gauthier
President & CEO



Hebrew Health Care *A Shared Community Responsibility*



Madelene Francese
Vice President of Development

Recently I celebrated a birthday and without counting the number of candles on top of the cake it was clear to everyone in the room that this dessert was not intended for a youngster. Despite that obvious conclusion when it came to blowing out the candles I immediately reverted to a 4-year old and eagerly embraced the notion of making my birthday wish. Yes, even for a seasoned birthday girl this tradition never grows old. We all want to believe that our wishes can come true and unless we make that wish we will never know.

So in this spirit we have begun to publish an equipment wish list in our donor newsletter. The response has been truly wonderful and for this we are grateful. If you would like to make one of our equipment wishes come true we still need 8 rocking chairs for \$240 each, 13 automatic digital blood pressure

units for \$55 each, and 8 Ox-Boxes that are used to continuously track a person's oxygen saturation and pulse rate for \$685 each. **To fulfill an equipment wish, email me at mfrancese@hebrewhealthcare.org or call me at 860-523-3994. Here's hoping all of your wishes comes true!**



FORE! Heads Up About Caregiving

Continued from Cover... Family Support and Consultation is available by calling 860-920-1810. Our department includes Pamela Atwood, MA and Amina Weiland, both of whom are Certified Dementia Practitioners® through the National Council of Certified Dementia Practitioners. If you simply need information and referrals, they can assist you via phone and send information to you.

Staging assessments can be done at the office or at your home. Usually assessments take about two hours, and include an interview of the person with memory loss, family and sometimes review of the medical record. This is a nonmedical service so the fee is not covered by Medicare or insurance, but families report they feel significantly more prepared with the information from the assessment. Sometimes referrals are made to other services, such as Cognitive STARTS (HHC's new cognitive rehabilitation

program), case management, legal/financial planning or for community based services.

If you are caring for someone with dementia, a staging assessment is a tool to help identify current needs, as well as anticipate the next strategies for care. Research indicates that caregivers "evolve" with a great deal of trial and error. You have a resource available that can help you cut the learning curve substantially. No one can remove the pain families feel when someone gets a disease associated with aging, but being prepared, and developing a strategy improves caregiver comfort and confidence.

Consultations are also available for special situations: traveling with a person with dementia, consults for challenging behaviors, activities, or caregiver education and training. This service is one of several in the Dementia Care Services department. **Call us today for information about this program, dementia training opportunities, and/or free support groups for caregivers or individuals with early-stage memory loss. We are also regular contributors to HHC's blog; you can follow us at www.expertsinaging.com.**

HHC's Homecoming Week

Hebrew Health Care's Homecoming week was a far-out success. The sixties themed week included a mock game show, a traveling musician, and various sing-a-longs.

The main event was a "Variety Hour": Al Jordan was the guest DJ and Emcee, playing "The Twist" to "Chances Are" to "Downtown". Residents also played the game show "What's My Line?" Game show guests included Marilyn Monroe, Jimmy Hendricks, James Brown and Andy Warhol. Many of the clients researched the life histories of the 60s icons and developed their own questions for the show.

The Adult Day Center and Life Enrichment department put a lot of energy into making the week an enjoyable and memorable experience for residents, guests, family members, and friends. Charmaine Emond, Recreation Therapist in HHC's Adult Day Center created all of the elaborate costumes that residents and staff wore. The Adult Day Center worked to transform the HHC auditorium to a swinging sixties television game show set.



HHC staff doing 60's inspired attire.



STAFF FOCUS

Two Nurses Honored at Nightingale Awards Ceremony



Hebrew Health Care proudly recognizes that two of its nurses were award recipients at the Nightingale Awards hosted on May 12th by the Visiting Nurse Association of South Central Connecticut.

HHC's first award recipient, **Marvel Lindo** is a Nursing Supervisor on weekends and recently graduated with an MS in Advanced Practice Nursing. Marvel is a problem solver who looks at a situation and makes assessments in an instant and puts together her plan of action in the next.

Theresa Aisevbonaye is a nurse on the Behavioral Health Unit at The Hospital at Hebrew Health Care. She is dedicated to the geriatric psychiatric population that she serves on the night shift. Theresa is that unique individual who can see beyond a person's limitations and disabilities and sees them as individuals.



Doreen Beattie, Vice President of Nursing for The Hospital at Hebrew Health Care stated, "We are very proud that our nurses are getting the recognition they so rightly deserve. They put their hearts into the GeriCentric Care they provide. Renata Ogradnik, Vice President of Nursing commented, "These two nurses represent the great team we have at Hebrew Health Care. Our reputation for excellence is due to all our nursing staff. We wouldn't be who we are without them."

Summer Greetings!

We are excited to report that the celebration of the Grand Re-Opening of the Main Street Café took place this past June 6th. The smiling faces of many Auxiliary Members and Families, Café Donors, Coffee Shop Volunteers, Members of the Board of Trustees and Staff filled the newly renovated Café. The Auxiliary is so proud of achieving this amazing milestone for the Hebrew Home! Thank you to everyone who helped to make this possible! It would not have been possible without the tremendous generosity of our Auxiliary Life Members and our dedicated Coffee Shop Volunteers!

With expanded morning and late afternoon hours, the Café is busier than ever. Serving a new variety of hot and cold breakfast, lunch and dinner entrees, salads and pizzas; Seattle's Best Coffee; delicious pastries, desserts and much more, we offer something for everyone! Please come by for a visit and dine in or outside and enjoy the new ambiance of our warm and inviting Café.

Other Auxiliary events and functions recently held: our Annual Spring Card Party in April, and our Resident Mother's Day, Father's Day and Strawberry Festival parties in May, June and July. Thank you to all of you who have supported us and volunteered at our events!

Have a wonderful, safe and fun summer!

Peace and Love,

Lisa and Pia, Co-Presidents



Lisa Snyder Berman
Co-President, Auxiliary



Pia Rosenberg Toro
Co-President, Auxiliary

The Importance of UV Safety

August is one of the hottest summer months, when many people go to the beach, have outdoor parties, lay out at their pools, or host barbeques.

Did you know that skin cancer is the most common type of cancer in the United States? The main cause of skin cancer is ultraviolet (UV) radiation. UV rays can also damage your eyes and cause wrinkles and blotchy skin. Anyone is at risk for skin cancer; however the risks are higher for individuals with white or light skin with freckles, those with blond or red hair, or have blue or green eyes.

There are many ways to prevent skin cancer, such as staying out of the sun between 10:00 am and 4:00 pm and wearing sunscreen with a SPF of 15 or higher. If you are outside make sure you wear long sleeves and a hat to protect exposed skin from UV rays.

For more information on UV safety please visit:
www.cdc.gov/cancer/skin/

What is atrial fibrillation?

Atrial fibrillation is the most common type of arrhythmia. An arrhythmia is a problem with the rate or rhythm of the heartbeat. During an arrhythmia, the heart can beat too fast, too slow, or with an irregular rhythm.

People may not feel symptoms of atrial fibrillation, however, even when it isn't noticed, it can increase the risk of stroke. In some people, it can cause chest pain or heart failure.

For more information about medications that treat atrial fibrillation, please go to www.hebrewhealthcare.org/ to read an article by Dr. Henry Schneiderman, HHC's Physician-in-Chief.

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We're Blogging!

www.expertsinaging.com

Do you keep apprised of the latest trends in aging services? Do you regularly use the internet to learn how to stay healthy as you get older? We are proud to announce a new site where you can get all your questions related to aging answered: Hebrew Health Care's new blog "Geriatrics: Our Mission Is Our Passion." Some of the topics we've posted about include Pharmacy tips, UV Safety, Managing Caregiver Stress, and the Ten Keys to Successful Aging.

If you would like us to write on a particular topic please contact us through the blog; you can find us at www.expertsinaging.com.



Hebrew Health Care

what's news



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