

The Official Newsletter of Avery Heights

Avery Day

Winter, 2005

Greater Hartford's Premier  Retirement Village

Residents, Community Served

Patient-Centered Approach Sets Short-Term Rehab Apart



Rehabilitation Program Manager Doug Barber, right, works with a patient recovering from a hip fracture at Avery Heights' Rehabilitation Center. The Center offers a comprehensive array of short-term rehabilitation services for both Avery residents and the community at large.

While Avery Heights is recognized as one of the finest retirement and health care communities in the Greater Hartford region, often overlooked are the wide variety of resources Avery Heights offers aside from independent retirement living and long-term nursing care.

A perfect case in point is Avery Heights' comprehensive short-term

rehabilitation program. Avery's Brainard Short-Term Unit and its Rehabilitation Center offer one of the most highly regarded short-term rehab programs in the region - and it serves not only village residents, but the community at large.

"Whether you are a Newington resident requiring rehabilitation following open heart surgery, or an Avery resident who
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"Maintaining a patient's dignity is critical."

- Doug Barber
Rehabilitation Program Manager

Bysiewicz Visits Avery

Secretary of the State Susan Bysiewicz will be the honored guest of Avery Heights on Thursday, March 3, as The Heights at Avery Heights presents a special program celebrating Women's History Month.



Secretary of the State Susan Bysiewicz.

Secretary Bysiewicz, who has served as Connecticut's Secretary of the State since 1998, will present a lecture focusing on the role of women in

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- Dr. Miram Parker
Administrator

government and women as leaders. She will also discuss citizenship, democracy and the importance of strengthening these core American values by exercising the right to vote.

"We are thrilled to have Secretary Bysiewicz join us for this special event," says Dr. Miriam Parker, Avery Heights Administrator. "We strive to present special programs of wide-ranging interest for our residents and this will certainly be a highlight of our year."

The event will take place in the
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Brainard Unit Serves Residents, Community

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may have suffered a hip fracture and requires physical and occupational therapy before returning to your Cottage home, the Brainard Unit offers one of the most comprehensive rehabilitation services in the region," says Avery Director of Admissions and Marketing Mary Miller.

The cornerstone of Avery Heights' short-term rehabilitation program is its interdisciplinary team of internists, geriatricians, advanced practice registered nurses, social workers and dieticians, as well as physical, occupational and speech therapists. Avery's short-term rehab program is available to clients regardless of age, and the Brainard Unit specializes in creating an individualized rehabilitation plan for every patient. Each Brainard professional, regardless of specialty, is particularly adept at meeting the often complex physical and emotional needs of all patients.

"Maintaining a patient's dignity is critical," says Rehabilitation Program Manager and Physical Therapist Doug Barber. "A patient can be turned off to the entire rehabilitation process if we do not demonstrate an understanding of the unique challenges that often come along with trying to remain independent."

Further complicating any rehabilitation

process is the likelihood that the patient is dealing with a variety of physical or emotional conditions - aside from the specific diagnosis requiring rehab - that can affect the rehabilitation process.

"When we are younger, we usually don't have other things going on in our bodies that can make it more difficult to recover," says Doug. "So it's important to understand that with a hip fracture or hip or knee replacement, for example, we might also be dealing with severe arthritis

Avery's Brainard Short-Term Unit and its Rehabilitation Center offer one of the most highly regarded short-term rehab programs in the region – and it serves not only village residents, but the community at large.

that can impact the way that person rehabs."

Avery Heights has more than 30 beds for short-term rehabilitation. The community enjoys productive working relationships with Hartford Hospital, Saint

Francis Hospital and Medical Center, New Britain General Hospital and John Dempsey Hospital at the UConn Health Center, and will also accept referrals from other hospitals.

"When a hospital offers a patient a choice of rehab facilities, it has to have confidence in that facility's quality of care," says Mary. "We have worked hard at building relationships with hospitals in the region and educating them about the high quality of service we provide."

A "patient-centered" approach further distinguishes the Brainard Unit. This focus on the wants and needs of the patient and patient's family in developing a plan of care enhances the likelihood of a successful rehab, says Doug. Team meetings, led by Avery's Medical Director Dr. Joseph Anquillare or Attending Physician Dr. Wieslawa Zablocki - who are intimately and directly involved in patient care - are held twice weekly to review the status of each patient on a case-by-case basis.

In the case of an Avery resident who may be undertaking short-term rehabilitation prior to returning to an Avery Cottage home or an apartment at The Heights, the planning process also involves either Avery's Home Health Agency or Assisted Living Services Agency, which help assess the needs a resident may have upon returning home. This process is a fine example of the full continuum of care available to residents of Avery Heights.

"When a rehab patient comes to Avery, we bring all of the resources at our disposal together to develop a plan of care that accounts for the wide variety of issues - physical, emotional, lifestyle and so on - that can impact that patient's outcome," Doug says. "And a successful outcome is to return that patient to his or her home, whether here at Avery or in the community, to maximum functional ability and the highest degree of independence possible."

Brainard Short-Term Unit & Rehabilitation Center

- Rehabilitation available 6 days per week
- 24-hour/7-day a week admissions
- Private rooms available
- On-site case management
- Post-surgical care
- Cardiac recovery
- Intravenous therapy
- Physical, occupational and speech therapy
- Advanced practice registered nurses
- Respiratory care
- Hospice
- CAPD support
- Nutritional counseling
- Pastoral care, counseling and crisis intervention

For more information about Avery Heights' short-term rehabilitation program, please contact Mary Miller, Director of Admissions & Marketing, at (860) 527-9126, ext. 462.

High School Intern Program Pairs Residents, Students

For the fourth consecutive year, students from the Conard (West Hartford) High School Allied Health Program are completing a semester-long internship at Avery Heights, planting the seeds for possible careers in health care.

Some 18 Conard seniors have been matched one-on-one with Avery residents. Internships began February 7 and run through May. Students spend two hours per week with their assigned residents, observing their care, providing companionship, participating in therapeutic recreational activities and brightening their days.

“This is a groundbreaking program that offers tremendous benefit for both student and resident,” says Avery Director of Therapeutic Recreation and Volunteer Services Judy Skilton.

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**- Judy Skilton
Director of Therapeutic
Recreation and Volunteer
Services**

Approximately 50 Conard students have completed the program in four years. Careers of interest include nursing, occupational therapy, social work and more. One student this year, says Judy, is interested in becoming a pediatrician.

This semester’s program will conclude with a reception on May 23, at which students will display a “memory” book they have worked on throughout the term.

Liz Anderson 1942-2005

Avery Mourns Loss of Beloved Friend

Elizabeth B. Anderson, known to all of her long-time co-workers at Avery Heights and Church Homes, Inc. as simply “Liz,” died unexpectedly on Friday, February 4, in Ludlow, Vermont.

Liz served faithfully as the Executive Assistant to Church Homes, Inc., President and Chief Executive Officer Patrick Gilland and his predecessor, Norman Harper, for the past 12 years. She also worked for Church Homes Vice President and Chief Financial Officer Ray Gasperini and was the long-time corporate secretary for the Church Homes board of directors.

Liz was known to all she touched at Church Homes for her fun-loving personality, infectious smile, unwavering optimism and devoted

commitment to the Church Homes mission. In addition to her day-to-day duties on behalf of the company, many Avery Heights/Church Homes friends and supporters will remember Liz for her enthusiastic work on behalf of Avery Heights during its annual fall golf tournament.



“I believe that we meet certain people that leave an impression on our lives forever. Liz is one of those people,” says Mr. Gilland. “We are all fortunate to have known her, and we will all miss her terribly. Our deepest sympathies are with the entire Anderson family.”

Memorial donations in Liz’s memory may be made to Church Homes/Avery Heights, 217 Avery Heights, Hartford, CT 06106-4200.

Calendar of Events

March 3

Women’s History Month lecture featuring Secretary of the State Susan Bysiewicz, 3 p.m., Adams Room, The Heights.

March 4

Musical program featuring the Yale Spizzwinks, 3 p.m., Clark Memorial Chapel.

March 6

Musical program featuring the Pratt & Whitney Chorus, 3 p.m., Clark Memorial Chapel.

March 13

Irish music program featuring P.V. O’Donnell, internationally known Irish fiddler, 4 p.m., Adams Room, The Heights. Sponsored by Mark Honiberg.

March 14

Humorous Irish music program featuring guitarist Pierce Campbell, 7:30 p.m., Adams Room, The Heights.

March 15

Centenarian Day honoring all Avery Heights residents 100 years young, 2 p.m., Avery House Great Lounge.

April 29

Arbor Day Celebration and Tree Planting honoring long-time Avery Heights resident, the late Thomas Kelley, 2:30 p.m., Avery House Courtyard.



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Secretary of the State Visits Avery Heights

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Adams Room at The Heights at 3 p.m.

Secretary Bysiewicz served as a state legislator from Middletown, Durham and Middlefield for three terms prior to seeking the office of Secretary of the State. During her tenure, Bysiewicz has worked to provide the public with greater access to information; has encouraged the expansion and growth of Connecticut-based companies through a streamlined registration process and support to small and minority-owned businesses; made a priority of protecting individual privacy

and advocating for consumer rights; and has worked to promote voter registration and turnout.

Bysiewicz will present a lecture focusing on the role of women in government and women as leaders.

A graduate of Yale University and Duke University School of Law, Secretary Bysiewicz is also the author of

“Ella: A Biography of Governor Ella Grasso” which chronicles the life of the first woman elected governor in her own right in the United States. Secretary Bysiewicz authored the book in 1984.

Secretary Bysiewicz resides in Middletown with her husband, David Donaldson, and their three children.

For more information on this special program, please contact Sonya Mathis, Activities Coordinator, at (860) 953-1201.