

The Silver Panther Newsletter

WINTER EDITION

2016



Statewide Coalition of Presidents of Resident Councils

Executive Board Members

*Grace Bligé-Curry, Karen Hawley, Mary
DePasquale, Ronnie Martin, Helen Fitch,
Charlene Paquin, Jeanette Sullivan-Martinez*

Remembering Brian

Residents of Connecticut nursing homes lost a valuable voice this past December.

Brian Capshaw passed away on December 5th, 2015. Brian was a tireless advocate for residents' rights and quality long-term care. He was born in Connecticut and graduated from Newington High School in 1980. Throughout college, he played for the tennis team and in 1984 earned a degree in Accounting from Nichols College. In 1994, he earned a Master's Degree in Accounting from Indiana University.

In September of 1994, Brian was injured in a car accident and was paralyzed from the chest down. Health complications required him to move back to Connecticut in 2007, where he became a full time resident of a nursing home. During his stay he began devoting his energies to the cause of advocacy for nursing home residents.

Brian was President of the Greensprings Health Care Center Resident Council, initiating a variety of programs to enhance the quality of life for residents. He served on the Executive Board of CT's Presidents of Resident Councils. Brian spent many hours lobbying and testifying at legislative public hearings on a wide variety of issues related to improving the lives of residents in nursing homes. Some of the issues he focused on were nursing home staffing levels, video monitoring and the Personal Needs Allowance.

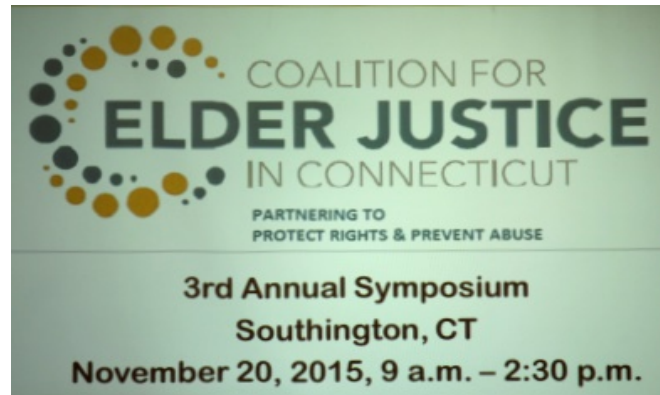
Brian was the Chairperson of the Consumer Voice Leadership Council. In July 2015, Brian was the only nursing home resident invited to the 2015 White House Conference on Aging. He was frequently interviewed and quoted by the media.

He was a tireless and articulate voice for residents of Connecticut nursing homes and residents of nursing homes nationwide. He aimed high and expected the same of others. Brian's obituary notes that he: "was doggedly determined, un-phased by his physical limitations, stubborn, generous and good-humored about life's challenges, a valuable lesson for all of us." Let's pick up where Brian left off and continue advocating for the rights of nursing home residents and quality long-term care with the passion and energy that exemplified Brian's life.

Brian will be deeply missed.



**Brian forever our 'Rock Star' at the
2015 VOICES Forum**



The Coalition for Elder Justice in Connecticut hosted their 3rd annual symposium on November 20th. The coalition is a growing group of entities that serve victims of elder abuse and includes law enforcement, financial institutions, and state and consumer support agencies. Elder abuse and neglect can be physical or verbal, financial exploitation by those known to the victim or creative scams perpetuated on the elderly. The coalition was pleased to have Robert Blancato speak about his experiences as National coordinator of the bipartisan 3000 member Elder Justice Coalition. Candace Heisler who served as Assistant District Attorney in San Francisco for 25 years provided a terrific presentation using a case example that provoked vigorous discussions around the room about how to better serve and protect a victim of elder abuse. Senator Richard Blumenthal kindly stopped in and made some inspiring comments to the coalition and attendees.



Nancy Shaffer, Mimi Peck-Llewellyn, Senator Richard Blumenthal & Commission Elizabeth Ritter

VOICES 2015

Action = Change

The annual VOICES forum was held on October 7th. The theme for this year's forum, our 19th, was ACTION=CHANGE. The VOICES forum is an opportunity for resident council members from skilled nursing facilities across the state to meet and discuss their concerns. The Long Term Care Ombudsman program was pleased to have the Commissioner of the State Department on Aging, Betsy Ritter speak about her experiences as a legislator. Materials that were provided at the conference supplied valuable information about methods to communicate with elected officials with specific contact information. Participants received a "legislative" calendar with cues and tips to "get your voices heard" included for each month. The Carol Rosenwald award is presented each year at the conference to an individual or group that has demonstrated a commitment to working on issues important to the elderly and disabled population. The award for 2015 was presented to Representative Catherine Abercrombie for her extensive efforts and support to nursing home residents. (Pictured below State Representative Abercrombie recipient of 2015 Carol Rosenwald Award)



JAVA Music Club Update

As you may be aware, the Long Term Care Ombudsman program purchased five additional Java Music Club programs after receiving such positive feedback from the first three homes that were awarded the program in January 2015. The LTCOP received 26 proposals from across the state and five were selected and announced at the 19th Annual VOICES Forum held on October 7, 2015. Homes receiving the Java Music Club are: Alzheimer's Resource Center, Glastonbury Health Care Center, Hughes Health Care, Sharon Healthcare and Trinity Hill. The training will be held on March 1, 2016 at Glastonbury Health Care. Again, the creators of Java will be traveling from Canada to personally train staff from each of the chosen homes. The trainers have asked that each home send one or two CNAs as Java Music Club is a program that can be facilitated by all members of staff, not just recreation! We are hoping to see the Java Music Club listed on the recreation calendars at each of these five homes come mid-March 2016!

BEST PRACTICES

CYCLING WITHOUT AGE

Cycling without Age, a program founded in Denmark that provides outdoor rickshaw rides for the elderly, was introduced in Connecticut at Hughes Health & Rehabilitation in West Hartford this summer. A rickshaw attached to a bicycle in the back for power, benefits the health and social interaction of the elderly and builds strong communities and friendships across generations.

Bike West Hartford, Inc. and Hughes Health & Rehabilitation have joined forces, and have volunteers called pilots from Bike West Hartford offering rickshaw bicycle rides through Elizabeth Park in West Hartford. Cycling without Age has reported that nursing home staff report that residents had started talking more; and blind residents explained to volunteers that the rickshaw ride stimulated their senses, such as smelling the flowers, listening to the birds and feeling the wind in their hair. Hughes Health & Rehabilitation, with the assistance of Bike West Hartford and other organizations, is the first and only skilled nursing facility in Connecticut and one of only three in the U.S. to offer Cycling without Age.

For more info about the international program Cycling Without Age, please visit www.cyclingwithoutage.org or send an email to lene@cyclingwithoutage.org



LET'S WELCOME TRISH!

The Long Term Care Ombudsman program is pleased to welcome a new staff member. Patricia Calderone has been in the field of Social Work since 2002, when she began her career as a Social Worker/Discharge Planner at formerly St. Elizabeth's Health Center in East Hartford, CT. In 2006, she became the Director of Social Services at Fox Hill Nursing Center located in Vernon, CT where she spent many wonderful years as part of a growing and vibrant nursing home. In 2015, she made a big move to join the Long Term Care Ombudsman Program to further focus on "protecting and promoting the rights and quality of life for residents of skilled nursing facilities, residential care homes and independent living facilities." As a Regional Ombudsman, she will provide a voice to residents' concerns and promote resident rights. Trish states, "I hope to coordinate and lead efforts to advance and improve systems and protections at the state level and look forward to working with many residents to help them attain quality care." She will be located in the Waterbury office in the Western region. Trish is married and speaks fluent Portuguese. Her special love is her Estrela Mountain dog, Taki from her family's town of origin in Portugal.



Find the Days and Months

Created by Karen Hawley

A	P	R	I	L	J	A	S	J	U	E	N
U	M	O	N	D	A	Y	E	U	P	S	O
G	A	S	E	N	N	Z	D	L	S	A	V
U	F	E	B	R	U	A	R	Y	E	R	E
S	O	P	I	T	A	T	O	S	W	J	M
T	R	T	M	A	R	C	H	E	S	U	B
H	S	E	A	R	Y	E	S	B	A	N	E
U	U	M	Y	T	O	C	T	O	B	E	R
R	N	B	S	U	P	A	W	I	E	R	S
S	D	E	C	E	M	B	E	R	A	R	Y
D	A	R	T	S	E	R	D	A	R	E	S
A	Y	T	O	D	E	R	N	S	A	J	O
Y	E	E	S	A	R	O	E	A	R	Y	B
E	S	D	S	Y	A	U	S	T	I	M	E
R	A	S	A	T	U	R	D	A	Y	S	W
B	Y	E	F	O	R	T	A	U	N	O	U
A	R	F	R	I	D	A	Y	T	O	M	N



Statewide Coalition of Presidents of Resident Councils
(SCPRC)

Executive Board Members

Ronnie Martin
Bayview Health Care
Emeritus Member

Grace Blige-Curry
Newington Health Care
Emeritus Member

Mary DePasquale
Ellis Manor

Charlene Paquin
Walnut Hill

Karen Hawley
Geer Memorial Healthcare
Emeritus Member

Helen Fitch
Valerie Manor

Jeanette Sullivan-Martinez
Pendleton Healthcare

NANCY B. SHAFFER - STATE LONG TERM CARE OMBUDSMAN

860- 424-5200

Desiree Pina - Administrative Assistant

860-424-5239

**CONTACT YOUR REGIONAL OMBUDSMAN TOLL FREE
NUMBER - 1-866-388-1888**

WESTERN

INTAKE NUMBER 203-597-4181

Sheila Hayden - Intake Coordinator

Regional Ombudsmen

Kim Massey, Amber Hilyard & Patricia Calderone

SOUTHERN

INTAKE NUMBER 860-823-3366

Stephanie Booth - Intake Coordinator

Regional Ombudsmen

Brenda Foreman, Dan Lerman & Lindsay Jesshop

NORTHERN

INTAKE NUMBER 860-424-5221

Charlene Anglin - Intake Coordinator

Regional Ombudsmen

Michael Michalski, Brenda Torres & Thomas Pantaleo



www.ltcop.ct.gov