



2017

BIOGRAPHIES

OF

**EXECUTIVE
BOARD MEMBERS**



**Statewide Coalition of Presidents
of Resident Council**







Jeanette Sullivan-Martinez

As a new member (July 2014), Jeanette is very excited about serving on the SCPRC in that she would like to make a difference for not only the resident in her home but also for residents living in other Connecticut nursing homes.

Jeanette comes to us sharing her valuable skills as a secretary, teacher and assistant office manager. In addition to her interest in advocating for others, Jeanette is an avid reader and enjoys doing jigsaw puzzles.

Helen Fitch

Helen is a Resident at Valerie Manor in Torrington. Helen has been on the SCPRC since 2012. Helen joined the E-Board because it sounded interesting and she thought it would a good way to be kept informed about upcoming legislation, new laws that get passed, and hear what other homes are doing for their residents. Overall, she wanted to use this as an opportunity to help the residents of her home and beyond. Helen attended Bridgeport University and was the Executive Director for the Litchfield Housing Authority. Helen also has a keen interest in textiles and tailoring and used to make suits and dresses for members of her family. Helen still enjoys knitting and crocheting and sells her items at local craft fairs.





Charlene Paquin

Charlene is the President of the Resident Council at Grandview in New Britain, CT. She has been a member of the SCPRC since 2011. Charlene was drawn to the board in the hopes of being a "Voice" on behalf of the resident's at her facility. She held employment positions in New Britain, CT as a waitress at Mers restaurant for two years and then joined a factory as a nail file maker for four years. Ms. Paquin enjoys making a difference in the lives of the residents at her facility.

Anne Nichols

Anne Nichols was born in Columbus, Ohio. She is the President of the resident council in Sheriden Woods in, Bristol. She has two daughters. She has a degree in English Literature from St. Mary's College. She also studied the Montessori Method of Education where she found her passion. She was employed for 25 years at Norwalk Economic Opportunity Now agency in Norwalk, Connecticut. She was the Educational Coordinator and then became the Executive Director for the Child Development Program. In this role, she expanded the early childhood programs from three to five and renovated a school to accommodate before and after school programs.

At age 4, she developed a passion for reading. As a result of this passion, she read to her own children and to thousands of students that she hopefully inspired. During her career, she addressed the Connecticut





General Assembly for funding about the importance of Early Childhood Education programs.

At Sheriden Woods she implemented a audio book program for resident's that are unable to pick up or read a book.

In July 2016, she joined the Executive Board for the Statewide Coalition of Presidents of Resident Council after being inspired by a former Eboard member, Brian Capshaw, at a Voices Forum she attended. He advocated for the personal needs allowance and staffing increase which are also important to her. She feel's that she's an asset to the Board because she stands up for what she believes. She wants to continue to advocate for Long Term Care issues that impact her and statewide residents.

Dave Thomson

David Thomson was born in Holyoke MA in January 1939 nine months before Hitler marched into Poland. His mother and father were performers in the WPA and in that capacity his family moved to Michigan, Tucson and eventually Hollywood. His father went back to New York where he was seen in a play by members of the Holyoke draft board. He was subsequently drafted and sent to the Far East, where he was on General Macarthur's staff during the duration of the war. Mr. Thomson and his brother were sent to a boarding school in Palmdale California for five years. His parents divorced during this time and his mother remarried and moved back to New York. Mr. Thomson and his





brother joined his mother in New York. Mr. Thomson dropped out of high school and went back to California to pursue an acting career. After one year of not succeeding he joined the Army and spent the next five years in Germany. Upon returning to New York Mr. Thomson worked in the advertising industry where he became a film producer. He joined universal pictures and became a writer and produced a classroom of motion pictures. He met and married his wife in 1986 and they moved to Connecticut where he worked with is brother in the formation of an incentive travel company. He has five grown male children. His hobbies include watching movies on is Ipad, participating as President of Resident Council at Candlewood Valley Health and Rehabilitation Center, reading books, and watching television. He came to Candlewood Valley Health and Rehabilitation Center two years ago after breaking is hip. He can often be found in the physical therapy room.

Brad Parkhurst

Brad was born and raised in Norwich, CT. Brad graduated from Norwich Free Academy and began working in construction, specifically home construction and remodeling. Brad has a keen interest in arts and crafts and tries to promote art centered activities at his home, Harbor Village South.

Brad was elected Resident Council President within six months at Harbor Village South. Since that time, Brad has dedicated himself to creating a resident-run Resident Council and establishing a Resident Council fund through various fundraising efforts such as a bazaar event.





Likewise, Brad has been helping to bring residents from the Harbor Village campus together. For instance, a Men's Social and a Ladies Tea for residents across the Harbor Village campus. Brad believes in the importance of residents being able to meet each other and regularly spend time with one another. Brad works diligently to introduce himself to new residents and is always willing to assist residents in having their concerns resolved by administration. Recently, Brad's focus has been to promote person-centered care in the Home by helping residents complete forms detailing his or her specific preferences.

Laurie Nason

My name is Laurie Jean Nason. I am a resident at The Summit at Plantsville, Health Care and Rehabilitation Center. I have been living at the Summit for 3 years. Prior to that, I was employed at Kmart as a debt manager for fifteen years.

I am an artist and my room is filled with my art work, art supplies and found painting a great joy. I also write about my daily life and hopeful about writing a book someday. I enjoy gardening, crafts, and camping. I am an active member of SMILE which is a committee of resident volunteers; I attend many programs, art classes and enjoy spending time outside as nature is integrally important to me.

In the years that I have been a resident at The Summit I have noticed younger people living here. Our needs are different. Although we enjoy music and programs provided for the older population we also enjoy age specific programs and entertainment, educational classes, and the opportunity to plan age suitable events. To me empowerment and self-





advocacy are very important. Although I am always happy to advocate for fellow residents (I am proud to be a voice for those who have none). I firmly believe that teaching people to speak for themselves is vital. This is especially true for younger residents or residents that will age in place.

A welcome to our newest E-Board member, Carol Runlett!

A little bit about Carol:

Carol is the resident council president at Branford Hills Health Care Center and has been the council leader since 2013. Carol was born in New Haven, grew up in Milford, got married at 19, has two boys and two girls, and at 39 years old she was faced with the challenge of being a single mother. She returned to the workforce and held administrative support positions at Yale and moonlighted at Dunkin Donuts to pay the bills. When her children were growing up she was actively involved in their organizations - like PTA, Girl/Boy Scouts, softball, baseball, theater and arts programs. She felt it was important for her children to be involved and feel supported in as many activities as possible. After a worrisome eye appointment, she was sent to get an MRI and was then diagnosed with Multiple Sclerosis. Her doctor believed she had M.S. for the last 10-15 years. This life changing event was a “kick in the ass” per Carol. Carol felt that quickly, her life fell apart, as to what it could have been. Three years after receiving her diagnosis, she had to sell her condo, and moved into Assisted Living and then into Long Term Care. The loss of independence was devastating to her. Carol found having to rely on anyone else was extremely frustrating. She was able to find a continued purpose through advocating for her peers and becoming an active member in the M.S. Society. She helps head multiple fundraising activities, (M.S. Society, Alzheimer’s Ass.) and recently helped co-found a new group called SHARP (Sincerely Happy Association of Retired Persons), for active residents in her community with a goal to raise money to give back to the community. This summer they funded 50 small boxes of school supplies that were donated to a local public school in Branford. She is extremely honored to accept this position as a member of the executive board, and looks forward to the opportunity to make a positive change for all residents in Long Term Care. We are delighted that Carol is now an Executive Board Member!



