

F A L L 2 0 2 6

MyHealthy Advantage

A portrait of an elderly woman with short, wavy grey hair, wearing a silver tiara, a white knit cardigan over a red top, a pearl necklace, and a red butterfly brooch. She is holding a bouquet of white baby's breath and pink flowers. The background is a dark blue curtain with light streaks.

Ms.
**Mulberry
Gardens
2026**

A PUBLICATION FOR MYHEALTHY ADVANTAGE MEMBERS

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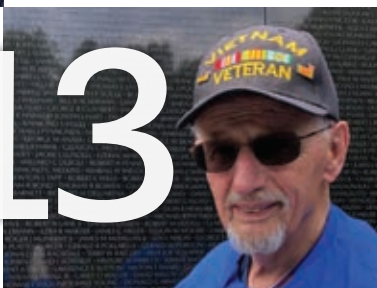
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MyHealthy Advantage is a Hartford HealthCare Center for Healthy Aging club membership program dedicated to the health and wellness of area residents 55 and above, at no charge. Participants can take advantage of offerings at a discounted rate or at no charge at all.

If you are interested in becoming a **MyHealthy Advantage** member, or are a merchant interested in offering a discount to our members, please visit hhcseniorservices.org. Or, provide your name, address and phone number (and discount if you are a merchant) by contacting:

Hartford HealthCare Senior Services
Attn: MyHealthy Advantage
Coordinator

80 Meriden Avenue, Southington,
CT 06489 | 860.406.6468

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HOW TO REACH US

Hartford HealthCare Senior Services, along with other Hartford HealthCare Partners, offer programs and services to keep you well.

Hartford HealthCare Center for Healthy Aging

a resource and assessment center for seniors and their families.

For a Center location near you:
1.877.424.4641

HHCCenterForHealthyAging.org

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Short-term rehabilitation
and long-term care

Arbor Rose

Assisted living, memory care

JeromeHome.org

975 Corbin Avenue
New Britain, CT 06052
860.229.3707

*affiliated with Hartford HealthCare

Mulberry Gardens

Assisted living, memory care
and adult day center

MulberryGardens.org

58 Mulberry Street
Plantsville, CT 06479
860.276.1020

Southington Care Center

Short-term rehabilitation, long-term
care and outpatient therapy

SouthingtonCare.org

45 Meriden Avenue
Southington, CT 06489
860.621.9559

The Orchards at Southington

Independent and assisted living

SouthingtonOrchards.org

34 Hobart Street
Southington, CT 06489
860.628.5656

Cedar Mountain Commons

Independent living, assisted living,
and memory care

CedarMountainCommons.org

3 John H. Stewart Drive
Newington, CT 06111
860.665.7901

Hartford HealthCare

Independence at Home

HHCIndependenceathome.org
860.703.1760

Jefferson House

Short-term rehabilitation,
long-term care and
outpatient therapy

JeffersonHouse.org

1 John H. Stewart Drive
Newington, CT 06111
860.667.4453

Hartford HealthCare

Rehabilitation Network

HHCrehabNetwork.org

181 Patricia M. Genova Drive
Newington, CT 06111
860.696.2500

Hartford HealthCare at Home

HHCatHome.org

888.863.277

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Medical Group at Duncaster

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HartfordHealthCare.org

STRONGER THAN EVER

Ken & Phyllis Kelly's GoodLife Journey

*By Alyssa Lombardi,
Exercise Physiologist,
GoodLife Fitness Program*

When Phyllis and Ken Kelly attended a monthly Hartford HealthCare program, Walk to Wellness, they didn't expect it would lead them to a new chapter in their fitness journey. That day's guest presenter, Exercise Physiologist Alyssa Lombardi, introduced attendees to the GoodLife Fitness Program at Southington Care Center and its intended benefits, blending strength training with purposeful balance work.

At the time, the Kellys were already committed to their health. They belonged to a gym and worked with a trainer, focusing primarily on maintaining and building strength. However, both had begun experiencing some balance concerns. Alyssa's description of the GoodLife Fitness Program, with its intentional integration of strength and balance training, felt like exactly what they were missing.

The Kellys began participating in the GoodLife Fitness Program at Southington Care Center, where they focused on improving core strength and balance under guided supervision.

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From the start, their goals were clear: improve balance and increase core strength. What they didn't anticipate was how much they would enjoy the process. Each session brought new challenges, carefully designed by Alyssa, with fresh exercise progress introduced every six weeks. The variety kept things engaging, eliminating the monotony that can often come with fitness routines.

"We used to dread going to exercise," the Kellys admit. "Now we find ourselves looking forward to the next session."

What changed wasn't just the program, it was the experience. The group environment brought energy and camaraderie. Shared effort turned into shared laughter. Over time, fellow participants became friends. The work was challenging, but it was also fun, something that genuinely surprised them. The benefits also extended far beyond the gym.

In late November, Ken received unexpected news: a diagnosis of endocarditis that would require open-heart surgery. It was both a serious and frightening moment for their family. But there was something working quietly in their favor: the strong physical foundation Ken had built from participating in the GoodLife Fitness Program.

His recovery has been smooth and steady. In fact, his cardiologist informed him that his time in cardiac rehabilitation could be reduced by 50% due to his excellent pre-surgical condition. His medical team noted that his consistent participation in the GoodLife Fitness Program played a meaningful role in preparing his body for both surgery and recovery.

When Phyllis called Alyssa to share the diagnosis and upcoming surgery, Alyssa responded with reassurance and confidence. She believed that because of the strength Ken had built, he would bounce back, and he did.

Today, Ken looks forward to returning to the GoodLife Fitness Program once cardiac rehabilitation is complete.

For Alyssa, Ken and Phyllis are more than participants, they are a bright presence in every session.

“They come in with such a positive attitude,” she shares. “Their motivation and encouragement lift everyone around them. They truly embody what this program is about.”

Ken and Phyllis began the GoodLife Fitness Program hoping to improve their balance and maintain their strength. What they gained was greater confidence, meaningful friendships, renewed enthusiasm for exercise and, in a profound way, resilience when it mattered most.

Their journey is a powerful reminder that investing in your health today can shape the outcomes of tomorrow.

And sometimes, the best decision starts with simply showing up. 

To learn more about the GoodLife Fitness Program, including locations and enrollment, visit hcseniorservices.org/health-wellness/goodlife-fitness.



FINDING HOPE

Sam's

An Unwelcome Surprise

Samuel Wang immediately knew something was wrong.

"It was around lunchtime... I got up and immediately started feeling that my body was out of whack," he said.

In December 2022, Sam's life turned upside down when he suffered an ischemic stroke. There had been no warning that day, just an ordinary afternoon that quickly became anything but ordinary. For Wang, the experience was as sudden as it was frightening.

"I thought I was going to die."

Sam told his wife, Barbara Wang, to call 911 immediately. He was rushed to the hospital and admitted to the ICU, where doctors administered tPA, a clot-busting medication used to restore blood flow to the brain, which ultimately saved his life.

Thankfully, he soon stabilized. But being stable was a world away from feeling like himself again. Basic tasks became overwhelming and it felt as though his body had been switched off.

"You can't even get dressed. You can't shower and forget about walking," Sam recalls. "How helpless do you feel that you can't even do basic things?"

He was later admitted to the **Inpatient Rehabilitation Unit (IRU)** at **St. Vincent's Medical Center**, where he began the long process of recovery. Along with physical challenges, the emotional toll quickly became one of his most difficult hurdles.

"I got very sad when visiting hours were over... I started to wonder, am I ever going to get better?"

Signs of Progress

Meaningful progress came slowly, but Sam remained determined. Through daily therapy and a goal-oriented approach, he focused on rebuilding strength one step at a time.

A turning point came shortly after Christmas, when he achieved one of his first major milestones. He was able to lift his leg.

It may have been a small movement, but it was a powerful sign of progress.

In the weeks that followed, another breakthrough came unexpectedly. After repeated effort and persistence, Wang looked down one day and realized he could once again tap his foot.

"You can go weeks trying to make something happen and nothing happens," Barbara said. "And then all of a sudden it clicks."

For Sam, those moments made all the difference.

"Small wins, they mean a lot to somebody who's going through the process."



AFTER STROKE

Comeback

By Nicholas Barrieau



A Setback and Continued Determination

Sam was on the road to recovery, but he was not yet in the clear.

"All of a sudden, my head just started feeling very warm," Wang says. "And I said, there's something not right here."

He had suffered a brain bleed, a serious complication that can occur after clot-busting treatment. He was moved back to the ICU for care, an unexpected setback in an already difficult recovery.

After stabilizing, he returned to the IRU, more determined than ever to continue making progress.

Care that Counts

Throughout his recovery, Sam was supported by a team that provided far more than clinical care.

"Everybody here was very thoughtful and very supportive," he says. "They really care about what they do and their patients." Barbara saw that firsthand.

"They would go in and check on him and talk him off a cliff," she said, highlighting the team's compassionate care. "It felt like more than just their job."

From therapists to nurses, each person played an important role, helping Sam regain strength, confidence and hope.

"It takes a village," Barbara said. "Everyone brings something different."

At the IRU, that team-based, personalized approach helped turn small steps into meaningful progress.

A New Perspective

Today, Wang has returned to many of the activities he once feared might be out of reach. He is walking, traveling and even playing tennis again, an important part of his life before the stroke.

"It was very liberating," he says.

But perhaps the biggest transformation is not physical. It is how he views life.

"Life is a lot sweeter now," Wang said.

The experience has reshaped his perspective on time and what matters most.

"Seize the day," he says. "Don't waste time."

A Message of Hope

Now, Sam is sharing his story to help others facing similar challenges.

Together with Barbara, he has shared their experience with SameYou, a London-based organization founded by actress Emilia Clarke following her own recovery from two brain injuries. In August 2024, SameYou featured his journey, helping amplify his message of resilience and hope to a global audience.

"There is hope," he said, his optimism evident. "As long as you stay positive and work hard, you will get through the dark days."

His journey is a powerful reminder that recovery is not always straightforward.

"Recovery is not linear," he said. "Not at all."

But with determination, support and the right care, progress is possible, one step at a time. 

MyHealthy Advantage

Membership Registration Form

MyHealthy Advantage is dedicated to the health and wellness of area residents 55 and over, at no charge. MyHealthy Advantage is a program brought to you by the Hartford HealthCare Center for Healthy Aging. MyHealthy Advantage club members can enjoy health-related activities, informational sessions, seminars and health fairs. Discounts to area merchants have been included as an added bonus to members. There is no fee for membership and participants can take advantage of offerings at a discounted rate or at no charge at all, however, at times there may be a small fee for some of the seminars.

As a MyHealthy Advantage member, you will receive our quarterly magazine informing you of any new lectures or discounts. Please feel free to call 860.406.6864.

Thank you for your interest. We look forward to receiving your membership registration form!

Sincerely,
MyHealthy Advantage Coordinator

Mail to: Hartford HealthCare Senior Services
Attention: MyHealthy Advantage Coordinator
80 Meriden Avenue, Southington, CT 06489



Name: _____

Address: _____

Town: _____

State: _____ Zip: _____

Home Phone: _____ Date of Birth: _____

Email: _____

How did you hear about MyHealthy Advantage, or entity within Hartford HealthCare?

- ☐ Direct mail ☐ Event/educational series ☐ Friend
☐ Other – specific senior center (where), professional (who)

Other interests / suggestions for future seminars:

Signature: _____

Would you like additional resources from the Hartford HealthCare Center for Healthy Aging?

- ☐ YES! ☐ NO THANK YOU

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Arbor Rose
at Jerome Home

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To check out the vendors visit:

[hhcseniorservices.org/
health-wellness/
myhealthy-advantage](https://hhcseniorservices.org/health-wellness/myhealthy-advantage)





INGREDIENTS

Serves 6

1/2 Tbsp.	Olive Oil
2 cups	Fresh White Onion, chopped
2 Tbsp.	Fresh Garlic
2 lb.	Fresh Pumpkin, cubed
4-1/2	cups of Water
1-1/2 tsp.	Ground Cinnamon
3/4 tsp.	Ground Allspice
1/4 tsp.	Cayenne Pepper
1/8 tsp.	Ground Black Pepper
1 tsp.	Kosher Salt
1-1/2 Tbsp	Light Brown Sugar
1-1/2 Tbsp.	Cider Vinegar
1/4 cup	Heavy Whipping Cream

DIRECTIONS

1. Drizzle olive oil into a hot pot and sauté the onions and garlic for about 3 minutes until softened and slightly brown. Add the pumpkin and toss.
2. Add water (just enough to submerge pumpkin) and bring it to a boil. Lower the heat to simmer; cover with lid and cook for 20-30 minutes; until pumpkin is tender.
3. Transfer to a blender, add seasoning and spices and blend until smooth. Return to pot, add the cream, and stir to incorporate until hot.

Pumpkin Chowder

CHEFS' TIPS

Sugar Pie Pumpkin was used in this recipe. Sweetness and starch levels vary with pumpkin types so adjust seasoning and liquid as needed. Use caution when blending hot ingredients.

Hartford HealthCare
The Orchards at Southington



Ms. Mulberry Gardens Senior Pageant 2026



By Jennifer Sanguano

A festive atmosphere set the tone for the 15th annual Ms. Mulberry Gardens Senior Pageant in June. The theme, “The Roaring Twenties,” was reflected in every detail, from the decorations to contestants’ attire, as the annual tradition uplifted, empowered and celebrated the remarkable women of Mulberry Gardens of Southington.

The lobby was filled with residents, family members, friends and Hartford HealthCare colleagues as 10 contestants took the stage to share their stories and personalities.

Jacquelyn Gaulin, executive director of Mulberry Gardens, welcomed attendees and thanked the team behind the event.

“I really want to thank all of the team at Mulberry for everything that they’ve done to get ready for today,” Gaulin said.



Returning for his eighth year as host, WFSB meteorologist Scot Haney kept the audience laughing while highlighting each contestant's accomplishments.

Each contestant entered the pageant floor with elegance, escorted by Hartford HealthCare colleagues.

Returning judges included Haney; Renee DiNino, director of community engagement at WFSB; and Jeffrey Cohen, MD, executive vice president and chief clinical operating officer at Hartford HealthCare. New judges included Tina Varona, senior director of media relations at Hartford HealthCare, and Alexandria Palmer, Miss Hartford County 2026.

Pageant coordinators Donna Johnson, recreation director, and Gaulin presented each contestant with a sash and a bouquet.



First Runner-Up Justine Roy

Second Runner-Up Antoinetta Maselli

Most Photogenic Anita Telkowski

Best Sense of Humor Sandra Melninkaitis

Most Elegant Susan Knauf

Nicest Smile Margaret "Peg" Groth

Most Graceful Anne Salthouse

Most Inspiring Elisabeth Kielbasinski

Ms. Congeniality Ornela Perlot

Meet Ms. Mulberry Gardens 2026: Muriel Fenn

Muriel Fenn, who celebrated her 100th birthday this year, was crowned Ms. Mulberry Gardens 2026.

Born Jan. 29, 1926, in New Britain, Connecticut, Fenn married her husband, Bob, in California while he was stationed there during World War II. Together they raised two children and have several grandchildren.

During the pageant, Haney congratulated Fenn on reaching the milestone birthday.

"You're 100. That's remarkable, and you look so beautiful," Haney said.

Fenn worked as a telephone operator during World War II, an experience that led to one unforgettable memory.

"I actually talked to Frank Sinatra," she said, drawing applause from the audience.

She also belonged to the Women's Political Club, the Red Hat Society and was a Girl Scout leader. Her hobbies include cooking, crossword puzzles, playing Scrabble, reading, playing bridge and attending the opera.

Fenn also shared her love of travel, saying she has visited "just about everywhere else except China and Japan." When asked about her favorite destination, she smiled and replied, "England, because I had relatives there."

As for the secret to longevity, Fenn offered a simple answer.

"I don't know. My parents," she said as she drew laughter from the audience.

The annual pageant continues to celebrate the lives, accomplishments and enduring spirit of the women who call Mulberry Gardens home. 

Mulberry Gardens of Southington is a not-for-profit assisted living, adult day and memory care community in the Plantsville section of Southington. For more information, visit hhcseniorservices.org/services/mulberry-gardens



Giving Back After Healing

One Patient Found Purpose Through Volunteering at Jefferson House

By Jennifer Sanguano

For William “Bill” Porter, 93, volunteering at Jefferson House is more than a way to give back. It is a chance to brighten someone’s day.

Several days each week, the Wethersfield resident visits patients who may not have family nearby, spending time talking, laughing with them and offering companionship.

“When I come here to volunteer, I concentrate on patients who don’t have anyone visiting them,” Bill said. “If you’re sincere, you can get them to talk to you, get them to laugh and brighten their day.”

He also helps lead rosary gatherings and encourages residents to participate in music and other activities that bring people together.

For Bill, serving others at Jefferson House is deeply personal. Years earlier, his wife was a resident there. After her passing, he continued volunteering in different capacities. More recently, Jefferson House became the place where he turned for his own recovery.

Following surgery for colon cancer, Bill was admitted to Jefferson House for an inpatient skilled stay. Shortly after returning home, he fell and broke his arm, requiring another inpatient stay. After completing rehabilitation, he transitioned to outpatient services, where he continues working with his care team to build strength and mobility.

"My overall experience truly has been awesome," Bill said. "The therapists worked very hard with me when I was here for colon cancer, and when I broke my arm, the nurses, the staff, everyone was right there. I'm not exaggerating. It really has been awesome."

During his recovery, Bill said the encouragement he received from the staff helped him stay motivated.

"They took my arm and said, 'It's going to take a long time, but you're going to make it,'" he said. "It was that encouragement that helped me. The thoroughness and compassion of the entire staff made all the difference."

Through coordinated care and rehabilitation support, Bill steadily regained strength and independence.

"A couple of months ago, I couldn't lift my arm," he said. "Now I can raise it myself. My doctor told me the therapy here has been excellent because I kept making gradual improvement."

Bill also shared how meaningful it is to receive care in a setting where support is always close at hand.

"The staff immediately responded, and help arrived quickly," he said. "That's something people should know. If there's an emergency, the resources are here right away."

Now recovered and continuing outpatient care, Bill, who continues to work a few days a week for the Wethersfield school system, continues to give back to the place where he received life-changing care.

"I'm grateful to everyone for helping get me back to where I can continue working with children and volunteering here," Bill said. "This place gave me back the ability to do what I love."

Bill's daughter, Grace Morin, said her family's long connection to Jefferson House has made a lasting impact.

"The place is very nice and the staff is great," Morin said. "I never felt bad about having my mother here because I knew she was receiving good care. That's really important for a family member to leave your loved one knowing they're being cared for."

She said her father's experience has reinforced the importance of purpose and connection.

"He loves coming here to visit with the patients, especially the ones who don't have anybody," she said. "It gives him a purpose. We all need a purpose in life, and I think he feels the work he is doing is the work of God."

For Bill, returning to Jefferson House as both a volunteer and former patient is a way to express his gratitude.

"I'm grateful," he said. "For me, it's an honor to be able to come back and help others." 





New Glaucoma surgery means faster recovery

By Geoffrey Emerick, MD

Glaucoma surgery is progressing rapidly, offering new options that greatly benefit patients. One of the leading causes of blindness for people over the age of 60, Glaucoma is treated by lowering eye pressure with drops, lasers, or surgery. Until recently, the main procedures were trabeculectomy or tube shunts, which reduce eye pressure but can carry risks such as infection or excessive fluid drainage.

Today, ophthalmologists also perform techniques called micro-invasive glaucoma surgery (MIGS). Often done at the same time as cataract surgery, MIGS utilizes tiny devices, and generally allows for faster recovery with fewer complications. It can help patients with mild to moderate glaucoma by enhancing the eye's natural fluid drainage.

For more advanced cases, traditional surgeries still play an important and effective role. Ophthalmologists can also implant long-lasting devices that gradually release medication, decreasing the need for daily eye drops. With these advancements, glaucoma treatment is becoming more personalized, enabling doctors to tailor the right approach for each patient's specific needs and lifestyle. Many forms of glaucoma have no warning signs, so it's vital to have regular eye exams that include measurements of your eye pressure. ■

Take an Honor Flight

By Sherri Vogt



Can a nation ever truly say, “thank you for your service?” When a young person goes off to war, how does his or her nation show its appreciation? This is a time-honored set of questions that we need to find answers to, especially when a person comes home from war and looks for an understanding of the mission. Was it to defend democracy, liberty and justice for all? These are all words we learned as children reciting the Pledge of Allegiance. But what if it was not clear? What if you were unsure it was a just war? Then what?

Honor Flight Connecticut is a nonprofit organization that provides a beautiful, all-expenses-paid trip to Washington, D.C., for veterans to see the memorials dedicated to their service. The nation has erected memorials of remembrance, honor and tribute to bravery and determination that few Americans have been called to demonstrate. Here we see words etched in granite, meant to stand the test of time. Yes, a grateful nation thanks you and remembers the sacrifice.

I was at the Vernon Senior Center Coffee Hour, as I am every month, with a group of veterans, where we share VA information, suggestions on how to navigate town hall, how to file a VA claim, and we talk about the fun we have in life with our partners. Then walked in a man with an Honor Flight bomber jacket. He told us about his trip to D.C. to see the Vietnam Veterans Memorial. The room fell silent as he retold the magnitude of the day. We all listened and wondered who would go next.

The next meeting, a new veteran arrived for coffee and Danish. What happened next changed his life and mine. As I passed out applications for Honor Flight, I spoke of my desire to go one day as a guardian to assist a war veteran on his or her journey to cry those tears. The next meeting, he was back. Phil's application was accepted; he was going. However, his wife could not accompany him for various reasons. Without a guardian, he could not go. I smiled ear to ear and told my new friend, Phil, "I will go with you. I can be your guardian for the one-day trip to D.C." And that is what we did.



On May 3, 2026, we spent 16 hours together getting to know each other, discussing his tour in Vietnam with the Air Force and my time in the Army decades later. We made friends on the tour bus as 80 people made the journey together, bonding like a new military unit about to share an experience that, for some, has no words.

Together we went to the National World War II Memorial and thought of the nearly 400,000 Americans who died to save the world from tyranny. We walked the path to the Korean War Veterans Memorial as a prelude to the next monument, the Vietnam Veterans Memorial.

Here was the wall with 58,281 names of those who died in Vietnam, and we spent time with them. Phil had a list of men who had died, and we found them. He had time with them, their names on the wall. We walked slowly to the Vietnam Women's Memorial to reflect on the experiences of the nurses and medical personnel caring for those mortally wounded. We sat on the bench, we rested, and we thought of how a nation says, "thank you for your service."

It was a beautiful day of healing, thanks, stories, camaraderie and love.

The trip takes place twice a year, in May and September, and if you would like more information, please call me to discuss it further or visit the website. If you served, apply, as there are accommodations for health conditions, mobility issues and dietary concerns. The chartered jet, the volunteers of Honor Flight and the people of Connecticut hope that you will join us for the upcoming trip.

You will feel in your heart America say, "Thank you." 🇺🇸



FALL 2026

Special Programs & Events

We welcome you and your loved ones to join us for some of our special programs and events listed below.

If you have any questions regarding your membership, please contact us at nicholas.barrieau@hhchealth.org or call 860.378.1268.

September

Celebrate Life

September 20 | 11:00am–2:00pm

Hartford

Hartford Marriott Downtown,
200 Columbus Blvd., Hartford, CT 06103

Willimantic

Eastern CT State University ECSU,
Student Center - Betty Tipton Room,
5 Charter Oak Road, Willimantic, CT 06226

Torrington

Vera Roma Grille & Bar,
1301 Torrington West St., Torrington, CT 06790

Southington

Camp Sloper,
1000 East St., Southington, CT 06489

Norwich

11 Stott Ave., Norwich, CT 06360

Bridgeport

Hawley Conference Room,
St. Vincent's Medical Center,
2800 Main Street, Bridgeport, CT 06606

Manchester

Maneeley's Banquet & Catering,
65 Rye Street, South Windsor, CT 06074

Celebrate Life is our annual event dedicated to honoring cancer survivors and caregivers and recognizing the strength, resilience, and hope that define their journeys. This special occasion will feature a variety of engaging activities, refreshments, and informative presentations. Attendees will also have the opportunity to find out more about our Stronger Together program and hear inspiring testimonials from survivors and caregivers. Cancer survivors, their caregivers, and family members are warmly encouraged to participate.

REGISTRATION REQUIRED:

Call 1.855.HHC.HERE
(1.855.442.4373) or go to
HartfordHealthCare.org/Events.

This event is free and there will be free parking at all locations.

Social Security & Medicare Information Session

September 24 | 5:00–7:00pm

Arbor Rose at Jerome Home,
975 Corbin Ave.,
New Britain, CT 06052

Join us for an educational presentation and learn the basics of Social Security and Medicare in a clear, easy-to-understand presentation. Presented by Christian Pisani from Fore Senior Benefits. Chris is a registered Social Security analyst, specializing in Social Security & Medicare Education.

RSVP to Karen Alix, Arbor Rose
Sales Director, at 860.356.8256
or karen.alix@hhchealth.org.

A lite meal will be served.

Lunch & Learn: How to Downsize Presented by Amston Transitions

September 30 | 12:00–1:30pm

Cedar Mountain Commons,
3 John H. Stewart Drive,
Newington, CT 06111

Whether you're planning ahead or simply exploring your options, this informative presentation will guide you through the downsizing process with practical tips, expert insights, and strategies to make your next move easier and less stressful. Learn how to simplify your home, maximize its value, and prepare for the next chapter of life.

A complimentary light lunch will be served.
We look forward to seeing you!

RSVP to Lisa at 860.665.7901

October

Making the most of your Medical Appointments

October 6 | 2:00pm

Cedar Mountain Commons,
3 John H. Stewart Drive,
Newington, CT 06111

Learn practical strategies to help you get the most out of your healthcare visits. This informative session will cover how to prepare for appointments, communicate effectively with healthcare providers, keep important medical information organized, and track key health indicators. Participants will also gain tips for understanding treatment plans, following up on recommendations, and taking an active role in managing their health and well-being.

RSVP to Lisa at 860.665.7901

Dinner with a Doc: Neuropathy

October 8 | 5:00–7:00pm

Arbor Rose at Jerome Home,
975 Corbin Ave.,
New Britain, CT 06052

Join us for an informative evening at Arbor Rose as Eric Kincaid-Sharp, DO, discusses neuropathy, a condition that affects the nerves and can cause symptoms such as numbness, tingling, pain, and weakness. Learn about common causes, risk factors, treatment options, and strategies for managing symptoms and maintaining quality of life. Enjoy a complimentary dinner while gaining valuable insights and having the opportunity to ask questions in a welcoming setting.

RSVP to Karen Alix, Arbor Rose Sales Director, at 860.356.8256 or karen.alix@hhchealth.org.

Estate Planning with Attorney Craig

October 29 | 12:00–1:30pm

Cedar Mountain Commons,
3 John H. Stewart Drive,
Newington, CT 06111

Attorney Cate A. Craig of RWC Attorneys and Counselors at Law will discuss estate planning which ensures your assets are distributed according to your wishes, protects your loved ones and minimizes taxes.

Plan today to secure peace of mind for tomorrow. Join us for a complimentary light lunch while learning valuable information about estate planning from a knowledgeable professional.

This informative presentation is a great opportunity to ask questions and gain practical insights in a relaxed, welcoming environment.

We look forward to seeing you!

RSVP to Lisa at 860.665.7901

November

Health for the Holidays

November 11 | 12:00–1:30pm

Cedar Mountain Commons,
3 John H Stewart Drive,
Newington, CT 06111

The holiday season is a time for celebration, family and delicious food—but it doesn't have to mean putting your health goals on hold. Join us at Cedar Mountain Commons for helpful tips and tricks to enjoy the holidays while maintaining a healthy lifestyle. Learn simple strategies for making nutritious food choices, staying active with fun and easy exercises, and finding balance during one of the busiest times of the year. Whether you're looking for healthy holiday recipes, practical wellness advice, or motivation to keep moving, you'll leave with ideas you can use all season long.

RSVP to Lisa at 860.665.7901



HHC Remote Care, powered by Cadence, offers at-home monitoring with around-the-clock support for patients managing high blood pressure, diabetes or heart conditions.

HHC Remote Care is a Medicare-covered benefit and most patients pay very little after meeting their deductible. A care team member will review all costs before enrollment.

To learn more, call or text 860.813.2634 or visit hartfordhealthcare.org/remotecare

Hartford HealthCare 
Remote Care

Medicare

Medicare 101: Understanding Your Options

Online:

October 14, 29;

November 2, 18;

December 2

In-Person:

November 12

Medicare 101 focuses on the basics of Medicare and breaks down your Medicare coverage options. Learn how it works, the different parts of Medicare, when to enroll, and how to choose your plan. Do you have specific Medicare questions? Ask them during the live Q&A.

REGISTRATION REQUIRED:

Call **1.855.HHC.HERE**
(1.855.442.4373) or go to
HartfordHealthCare.org/Events.

After you register, you'll receive an email with easy instructions on joining the virtual class.

*The schedule is subject to change. Please call for the most up-to-date information.

Medicare's Annual Enrollment Period: Why Shop

Online:

October 15, 21, 28;

November 10, 17, 23;

December 2

In-Person:

October 22, 29;

November 4, 18

Join us to learn about Medicare's Annual Enrollment Period, including how the enrollment period works and things to consider when shopping for a Medicare plan. Do you have any questions? Ask them during the live Q&A. Sponsored by Hartford HealthCare and Integrated Care Partners.

REGISTRATION REQUIRED:

Call **1.855.HHC.HERE**
(1.855.442.4373) or go to
HartfordHealthCare.org/Events.

After you register, you'll receive an email with easy instructions on joining the virtual class.

*The schedule is subject to change. Please call for the most up-to-date information.



NEW EVENT

The Orchards of Southington: Reiki Now Offered Through GoodLife Fitness!

GoodLife Fitness is excited to announce that Reiki sessions are now available at The Orchards of Southington. This gentle, restorative practice supports relaxation, stress reduction, and overall well being, perfect for anyone looking to enhance their wellness routine.

For more information or to schedule a session, call **860.628.5656**

The Orchards at Southington Goodlife Fitness

Classes Open to Non-Residents

Class Schedule — 10:15am

- Tuesdays** Balance and Coordination
- Wednesdays** Yoga
- Thursdays** Dancing
- Fridays** Strength Training

Pricing:

\$70/month for two 30-minute group sessions/week

\$105/month for three 30-minute group sessions/week

\$32 per 30 minute 1-on-1 session

Additional days or extended sessions available with fee

To sign up, please call Christine at
The Orchards at Southington at **860.628.5656**

Ongoing Events

Southington Community YMCA Diabetes Prevention Program

September 7, through
December 14

Southington Community YMCA
29 High Street,
Southington, CT 06489

In each Hartford HealthCare
Diabetes Prevention program,
participants will experience:

- A discussion, presentation, or guest speaker to expand knowledge on prevention of Type 2 Diabetes
- A certified instructor with special training to bring out their physical best
- Group support in a friendly, non-threatening environment
- Lots of opportunities to socialize and make new friends

For information about the
Hartford HealthCare Diabetes
Prevention Program Contact
Jolene Miceli at 860.426.9589
or jmiceli@sccymca.org

Southington Community YMCA Heart Healthy Program

September 9, through
December 9

Southington Community YMCA
29 High Street,
Southington, CT 06489

In each Hartford HealthCare
Heart Healthy program,
participants will experience:

- A discussion, presentation, or guest speaker to expand knowledge on heart health
- A certified instructor with special training to bring out their physical best
- Group support in a friendly, non-threatening environment
- Opportunities to socialize and make new friends
- A personal coach to help you reach your health goals This program includes a free 12-week membership to the Southington Y. To be eligible for the Heart Healthy Program you must be at least 18 years of age. Participants will be expected to monitor their blood pressure and weight weekly.

Protecting Cognitive Function: Brain Health Program

Mondays and Wednesdays
September 7 through
December 9 | 11:15–12:15pm

Southington Community YMCA
Spirit, Mind & Body Center,
130 North Main Street
Southington, CT 06489

Did you know that there are several modifiable risk factors that can help prevent your chance of experiencing cognitive change? In this twice weekly program, we will cover healthy behavioral strategies and practice brain fitness exercises.

To register, visit the Southington
Community YMCA membership
services desk or call 860.628.5597

LIVESTRONG at the YMCA

Session runs
September 2, through
November 23

Southington Community YMCA
29 High Street,
Southington, CT 06489

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and LIVESTRONG have joined together to create LIVESTRONG at the YMCA, an evidence-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem.

For information about the
LIVESTRONG program please
contact Jolene Miceli at 860.426.9589
or jmiceli@sccymca.org

Meet me at Menopause: Navigating the Change

Session runs October 6 –
November 10 | 6:30–7:30pm
Remote via Zoom

Join us to discuss myths and facts about menopause, strategies to manage symptoms, and support from fellow women.

Free, but registration required. Members and non-members are welcome! This program comes with a free 12-week membership to the Southington Community YMCA.

For more information please contact
Jolene Miceli at 860.426.9589 or
jmiceli@sccymca.org.

You will gain a free Y membership during this six week program so you can enjoy our facilities and classes.

To register, visit the Southington
Community YMCA membership
services desk or call 860.628.5597.



Dementia Caregiver Series

The Dementia Caregiver Series is offered for the Spring. Participants are encouraged to attend all five sessions, where applicable. Presented by a Certified Dementia Specialist from Hartford HealthCare Center for Healthy Aging.

East Lyme Senior Center

37 Society Road,
Niantic, CT 06357

Caregiver Series 1
Friday, September 11
10:30–12:00pm

Session 1:
Overview of Dementia

Caregiver Series 2
Friday, September 25 |
10:30–12:00pm

Session 2:
Basics of Good Communication
and Understanding Behaviors

Caregiver Series 3
Friday, October 9
10:30–12:00pm

Session 3:
Safety in the Environment
and How to Structure a
Day with Activities

Caregiver Series 4 & 5
Friday, October 23
10:30–12:00pm

Session 4:
Taking Care of the Caregiver
and Care Options

Session 5:
Overview of Community
Resources

Presented by:
Kristine Johnson,
Dementia Specialist

RSVP to:
East Lyme Senior Center
at 860.739.5859

Cedar Mountain Commons

3 John H. Stewart Drive,
Newington, CT 06111

Caregiver Series 1
Tuesday, September 24
5:00–6:30pm

Session 1:
Overview of Dementia

Caregiver Series 2
Tuesday, October 1
5:00–6:30pm

Session 2:
Basics of Good Communication
and Understanding Behaviors

Caregiver Series 3
Tuesday, October 18
5:00–6:30pm

Session 3:
Safety in the Environment
and How to Structure a
Day with Activities

Caregiver Series 4 & 5
Friday, October 23
10:30–12:00pm

Session 4:
Taking Care of the Caregiver
and Care Options

Session 5:
Overview of Community
Resources

Presented by:
Luz Renteria,
Dementia Specialist

RSVP to:
Cedar Mountain Commons
at 860.665.7901

Healthy Brain Series

The Dementia Caregiver Series is offered for the offered for the Fall. Participants are encouraged to attend all five sessions, where applicable. Presented by a Certified Dementia Specialist from Hartford HealthCare Center for Healthy Aging.

Arbor Rose

975 Corbin Ave,
New Britain, CT 06052

1 Healthy Brain Series
Wednesday, October 21
5:30–7:00pm

Session 1:
Activities to Challenge your mind

2 Healthy Brain Series
Wednesday, October 28
5:30–7:00pm

Session 2:
Importance of diet and nutrition

3 Healthy Brain Series
Wednesday, November 4
5:30–7:00pm

Session 3:
Finding meaningful
engagement as you age

4 Healthy Brain Series
Wednesday, November 11
5:30–7:00pm

Session 4:
Importance of sleep
and your brain

5 Healthy Brain Series
Wednesday, November 18
5:30–7:00pm

Session 5:
Lessons for living longer
from people who lived the longest

Presented by:
Patty O'Brian, Dementia Specialist

RSVP to: Call Arbor Rose at 860.229.3707.
Light dinner provided

Dementia Support Groups

Do you care for someone diagnosed with dementia? A support group provides emotional, educational and social support. Topics include communication techniques, caregiver support, benefits of activities, and stages of the disease, family dynamics and safety issues. Available in-person, hybrid or completely virtual.

MONTHLY SCHEDULE

In-Person:

Fourth Tuesday of the Month

September 29, October 27,
and November 24
12:30am–2:00pm

The Estuary Council of Seniors,
220 Main Street,
Old Saybrook, CT 06475

Registration is preferred,
call the Estuary: **860.388.1611** or
email: info@yourestuary.org

Hybrid:

In-Person or Zoom

Third Monday of the month

September 21, October 19,
and November 16
1:00pm–2:30pm

In-Person
Berlin-Peck Memorial Library,
234 Kensington Road, Berlin, CT

or:

Microsoft Teams Meeting
Meeting ID: 225 709 444 876 9
Passcode: wA6ZY3JB

RSVP to Patty O'Brian,
203.859.1992 or
Patty.Obrian@hhchealth.org
and **Microsoft Teams**
meeting information

Online:

Microsoft Teams or Phone Number

Fridays

September 4, 11, 18, 25;
October 2, 9, 16, 23, 30;
November 6, 13, 20, 27

2:00pm–3:00pm

Microsoft Teams link:
email Kristine Johnson
or

phone number:
1.646.876.9923, Meeting ID:
92408181873# US

No RSVP required;
For more information
call Kristine Johnson
860.425.5823 or
kristine.johnson@hhchealth.org



FEATURED EVENTS

The Month for Pies & Thanks Arbor Rose at Jerome Home

Thursday, November 19 | 2:00–4:00pm
975 Corbin Ave., New Britain, CT 06052

Come in and say hello — and take home a pie! As a thank-you for stopping by, each guest will receive a complimentary pie. Information about Arbor Rose and Jerome Home will also be available.

Please RSVP to Karen Alix at **860.356.8256**
to help us place an accurate order.
We look forward to seeing you!



Arbor Rose at Jerome Home

975 Corbin Ave., New Britain, CT 06052

Tuesday, September 29 4:00–6:00pm

Tuesday, October 27 4:00–6:00pm

Tuesday, November 24 4:00–6:00pm

Call Karen Alix at 860.356.8256 or email karen.alix@hhchealth.org to schedule a tour.



Cedar Mountain Commons

3 John H. Stewart Drive, Newington, CT 06111

Wednesday, Sept 23 3:00–5:00pm

Tuesday, October 27 3:00–5:00pm

Tuesday, November 24 3:00–5:00pm

Call Kristin Grenier to schedule a tour, 860.696.7759



Mulberry Gardens of Southington

58 Mulberry St., Plantsville, CT 06479

Wednesday, October 7 3:00–6:00pm

Wednesday, November 4 3:00–6:00pm

Wednesday, December 2 3:00–6:00pm

Please call 860.276.1020 to schedule a tour.

Mulberry Gardens Adult Day Center | Open House
Wednesday, November 18 & Saturday January 9 | 12:00–5:00pm



The Orchards at Southington

34 Hobart St., Southington, CT 06489

Wednesday, September 9 3:00–6:00pm

Wednesday, October 7 3:00–6:00pm

Wednesday, November 11 3:00–6:00pm

Wednesday, December 9 3:00–6:00pm

RSVP to Jessica Carlone at 860.628.5656

Welcome to our **Adult Day Center**



Our mission at Mulberry Gardens Adult Day Center is to provide the highest quality community-based day program in a safe and positive environment. We provide care to individuals with a variety of socialization and cognitive needs.

- Individual memory-enhancing activity programming
- Meals provided
- RN on-site
- Local transportation
- Personal care and assistance
- Respite available
- Veteran's Benefits accepted

58 Mulberry Street, Plantsville, CT | 860.276.1020

Assisted Living ● Memory Care ● Adult Day Program

Hartford HealthCare 
Mulberry Gardens of Southington