Pursuing a lifelong hobby - 2
Joseph Yurcak, woodcarver at The Orchards at Southington.

Which is stronger: metal or human bone? - 4
Dr. Mark Shekhman discusses how to improve the probability of a long-lasting joint replacement.

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Nutrition tips and recipes from the kitchen at The Orchards

Cover
Joseph Yurcak spends countless hours painstakingly creating his woodcarved masterpieces at The Orchards at Southington. Photos by Rusty Kimball.
In today’s world, it is more important than ever to talk with your family and your physician about your healthcare goals. Each one of us is at a different stage in our life, with individual healthcare needs and unique goals, depending on our age, health status and life circumstances.

At 51, I was diagnosed with breast cancer. I was married, with my son in college and my daughter a high school senior. At the same time, my 87 year old father had heart disease and was in the early stages of dementia. As the nurse in my family with five siblings, I was helping my mother and family navigate his care planning and next steps, while dealing with my own diagnosis and care plan.

The goals of care for me and the goals of care for my father and mother were very different. I asked difficult questions while talking with my amazing oncologist, Patricia DeFusco, MD, and ultimately decided to do everything I could to beat my cancer. This included surgery, chemotherapy and radiation therapy. For me, these treatments fit my goals to try to live as long as I could, even if it meant going through some difficult treatments and recoveries.

For my mother and father, the discussion was very different. While discussing their goals of care, they shared that they wanted to stay home, to stay together and to be as comfortable as possible. Neither of them wanted my father to go to the hospital any more. In consult with his doctor, my dad went on hospice care and died peacefully at home surrounded by my mother and my five siblings almost a year later. For my father and mother, hospice support allowed them to stay together at home and meet their goals to avoid burdensome treatments and hospitalizations.

Goals of Care Conversation – Important Questions to Consider

• What are your most important goals if your health worsens?
• What are your biggest fears and worries about the future with your health?
• What gives you strength as you think about the future with your illness?
• What abilities are so critical to your life that you can’t imagine living without them?
• If you become sicker, how much are you willing to go through for the possibility of gaining more time?
• How much does your family know about your priorities and wishes?

A conversation with your family and doctor, asking questions and understanding your goals of care will help you achieve the best, quality care for you!

https://hartfordhealthcareathome.org/services/palliative-care
https://hartfordhealthcareathome.org/services/hospice-care

Photos by Rusty Kimball.
SOUTHINGTON - As wood shavings fell from the woodcarver’s blade, a small angel began to take shape from the block of basswood. Joseph Yurcak, 89, worked carefully as he smoothed the figure’s head at his worktable in his apartment at The Orchards at Southington. When complete after hours of painstaking work, he will begin his next project – wherever his heart leads him.

Yurcak taught himself woodworking when he retired in 1995. At the Mulberry Street home where he and his wife, Lorraine, raised their children, he had a workshop filled with dozens of tools, some of which he made himself. The house – which he designed - was filled with examples of his artistry – a secretary desk, a dry sink, a kitchen set, storage trunks, puzzle boxes and much more. Later in life when they moved to Spring Lake Village, many of the heirlooms found new places in their home.

In January 2019, Yurcak realized it was time to consider a senior living community. He decided on The Orchards at Southington, a 90-apartment independent and assisted living community located at 34 Hobart St. No longer able to have his own workshop, he now only whittles. His apartment is accented with dozens of his whimsical figures – a pelican, a squirrel, golfers, horses. On his desk is a lamp he made from a bugle – it reminds him of his military service in the U.S. Marines.

But his masterpieces are his construction vehicles – An oak Mack truck that took him six months to complete, a loader, excavator and a bulldozer that took him countless hours to painstakingly create the treads, each meticulously doweled. Many he has given to his family members. Others are regularly featured at The Orchards’ Residents Expo alongside amazing quilts, needlework and paintings. The Orchards encourages residents to continue their favorite pursuits and try new experiences.

“I like woodworking – you use your hands and your head,” he explained. In spite of many requests, he has never sold his creations, including the construction vehicles. They are a reminder of his 30 years in service to the town, first with the Southington Parks Department and then as superintendent of the Highway Department. He still recalls Storm Larry that in 1978 shut down the state and kept his department working straight for days. During his tenure, he saw Southington’s roadways grow from 135 miles to 200 miles. He and his 30-man crew repaired and repaved roads in the good weather and plowed and maintained the heavy equipment in the winter.

Yurcak, who is a grandfather and great-grandfather, enjoys living at The Orchards, catching up with people he has known for years and making new friends at events and activities. The staff is helpful and friendly, he said. “They are the greatest bunch of people.” He is looking forward to seeing former classmates in the fall when the 70th reunion of the Lewis High School Class of 1950 will be held. And as long as his hands are steady, he plans to keep whittling.

The Orchards at Southington offers independent and assisted living, and is a not for profit member of Hartford HealthCare Senior Services. For more information about The Orchards at Southington, visit http://SouthingtonOrchards.org.
In a winner-take-all endurance test, which is stronger: metal or human bone?

Surprise: If it’s a metal alloy knee or hip replacement vs. the original human bone, take the bone. That goes for polyethylene, ceramic and any other material paired with metal in an artificial joint, too. No combination will last longer than the bone it replaced.

“We always want people to let their natural joints last as long as they can,” says Dr. Mark Shekhman, an orthopedic surgeon at the Bone & Joint Institute, “because it’s better to have these surgeries when they’re older than when they’re younger. We want to reduce the number of surgeries they’ll need in their lifetime. It makes sense: An older person will need less surgeries.”

A growing number of people — more than 7 million in the United States have an artificial knee or hip, according to the American Academy of Orthopaedic Surgeons – know bone doesn’t last forever, either. So what to expect from an artificial joint? In an analysis of cases with 15 years of follow-up published in February in The Lancet, a peer-reviewed general medical journal, 82 percent of total knee prosthetics and 58 percent of total hip prosthetics lasted at least 25 years.

The average age for either a total knee or hip replacement continues to range in the mid-60s.

With advancements in replacement technology, a patient has improved odds of a getting a prosthesis that will last a lifetime. Some patients need only a partial replacement: In a uni-knee (partial) replacement, your doctor will only replace worn-out parts.

When, or if, an artificial implant fails typically depends on a patient’s age, weight, health and lifestyle. If you’ve had a knee or hip replacement before age 50, you will almost certainly outlast the artificial joint based on the implant’s life expectancy.

Osteoarthritis, a degenerative disease, is the leading cause of knee and hip replacements. When protective tissue (cartilage) breaks down, it leaves painful bone-on-bone rubbing in the knee or hip – more friction, less glide. Osteoarthritis, typically a byproduct of aging, makes it difficult to walk, climb stairs or perform other once-routine tasks, and reduces your ability to remain active and healthy.

Even when a joint replacement lasts decades, it still might not be long enough. Under what circumstances would you need revision surgery? It’s usually fractures of the joint or prosthetic due to accidents, weakening of the soft tissue surrounding the joint or an unhealthy lifestyle (smoking, obesity, diabetes and poor nutrition).
that increases the chances of infection. Revision surgery, which replaces a failed replacement, is much more complex than the original surgery, requiring a higher level of surgical expertise, tools and planning. A total knee replacement revision, says Dr. Shekhman, can take 4-6 hours compared to 1-2 hours for the original surgery.

Most hospitals in Connecticut do not perform revision surgery, often referring cases to the Bone & Joint Institute or other tertiary-care hospital.

Joint replacement surgery, and implants, have come a long way since the first attempts in the late 1800s using ivory prosthetics. Today, “the most reliable and common of bearing surfaces is cobalt chrome or ceramic against a polyethylene liner,” says Dr. Shekhman. “Polyethylene is a very resilient, long-lasting and smooth plastic that the metallic part of the component will rub against. The goal is to keep things sliding smoothly.”

What you can do to prolong the life of your knee or hip replacement:

- Enjoy smooth-motion activities, such as walking, swimming and bicycling.
- Sports that require jumping are not recommended.

- Maintain a healthy weight and diet: A body mass index of 40 or higher dramatically increases the risk of complications. Each pound is equal to 3 pounds of pressure on your knee joint.

If you’re considering joint replacement surgery, talk to your doctor about the type of surgery, the best implant and how to improve the probability of a long-lasting joint replacement. For more information on hip and knee joint replacements at the Bone & Joint Institute, https://HartfordHospital.org/Services/Bone-JointInstitute

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**MyHealthy Advantage Membership Registration Form**

*MyHealthy Advantage* is a club card 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 860.378.1268 or email: MyHealthyAdvantage@HHCHealth.org.

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 Code: __________
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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: ________________________________

Are you interested in additional resources from the Hartford HealthCare Center for Healthy Aging?

- [ ] YES!
- [ ] NO THANK YOU
Ending loneliness: finding a meaningful life

By Amina Weiland, CDP, CDCP, resource coordinator
Hartford HealthCare Center for Healthy Aging

Do you know alpacas can die of loneliness? Yes, alpacas are herd animals and are happiest when in the company of other alpacas. They live in a herd and will die of loneliness if there is only one.

Human beings are the same. We are social creatures and spend our lives avoiding being alone. Loneliness is not a physical condition but it is a state of mind.

Loneliness and social isolation are harmful to our health. Research has linked loneliness and social isolation to high risks for a variety of physical and mental conditions: high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer’s disease and even death.

Individuals at greatest risk are those who are unexpectedly alone due to the death of a spouse or partner; separated from friends or family; have retired; have lost mobility; and lack transportation. Feeling lonely is a normal human emotion and is simply a sign of wanting contact with people.

People with more social support tend to live longer and more happily than those who are more isolated. Social engagement brings us better physical and mental health. The relationship between social engagement and a stronger immune system is prominent, particularly for older adults. Interacting with others boosts our feelings of well-being and decreases feelings of depres-
sion and anxiety. Social connections are a way to improve our mood. Evidence has shown that socialization is good for our brain health and lowers the risk of dementia.

How to live a meaningful life? A popular quote sums it up: “The meaning of life is to find your gift. The purpose of life is to give it away.” Or in other words, discover the compass in our lives and look for opportunities where we can contribute and help others. Here are some suggestions:

- **Spend time outdoors:**
  Going outside regularly – be it in your garden or a walk to the park, library or to browse in charity shops – is a great way of feeling better and be a part of the outside world. It can help you feel more connected to your neighborhood while enjoying the natural world and your local environment.

- **Adopt a pet:**
  Take care of a rescued animal that can fill your life with joy and new meaning.

- **Get involved in your community:**
  Foster a sense of connection by meeting your neighbors, looking for local events or volunteering. Giving back to society will make you feel good about yourself and give you a sense of satisfaction and purpose from knowing that what you are doing makes a difference.

- **Spend time with people you care about, whether friends or family.**
  We can always find meaning and purpose in our lives. It may take some time to explore and try out what you like to do. Don’t be afraid to try new things and stay positive. Let’s focus on the good things in life.

  For more information about resources and services for older adults and families, call the Hartford HealthCare Center for Healthy Aging, 1.877.424.4641 or visit [http://HHCCenterForHealthyAging.org](http://HHCCenterForHealthyAging.org).

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**Ending Loneliness:**
**Finding a Meaningful Life**

**Wednesday, April 22, 1pm. Free.** Windsor Senior Center, 599 Matianuck Ave., Windsor. Loneliness is recognized as a public health issue. Research evidence is clear that loneliness affects individuals’ physical, mental and emotional health. Topics include the causes of loneliness and meaningful ways to give life more purpose and joy. Presented by Amina Weiland and Luz Renteria, resource coordinators, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging.


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**Ending Loneliness:**
**Finding a Meaningful Life**

**Tuesday, May 19, 1-2pm. Free.** South Windsor Senior Center, 150 Nevers Road, South Windsor. Loneliness is recognized as a public health issue. Research evidence is clear that loneliness affects individuals’ physical, mental and emotional health. Topics include the causes of loneliness and meaningful ways to give life more purpose and joy. Presented by Amina Weiland and Luz Renteria, resource coordinators, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging.

RSVP to South Windsor Senior Center, 860.648.6361.
Spring into fitness

By Maquita Sellers, exercise physiologist, GoodLife Fitness
Jerome Home, 975 Corbin Ave., New Britain

Spring is a great time to refocus your habits and spruce up your routine. Here are three easy tips to help you spring into fitness with success:

Check in with your doctor
Your new routine should begin with a visit to the doctor’s office for a physical. During the test, inform your doctor that you plan to resume exercise or start a normal routine. Once you get a clean bill of health, begin with a basic exercise program. Don’t expect that you will take off running miles at a time right away.

Create a realistic, achievable plan
We would all love to lose 10 pounds in one week or run three miles each morning, but realistically, these goals are too large to set at the beginning of a fitness plan and will set you up for failure. To achieve results that will last, try starting with small changes. Incorporating these changes into your diet, consistently over time, will allow you to form healthy habits and stick with them.

Take a class or sign up for an event
From the moment you register, you’ll feel as though you’re being held accountable. Even if it’s for fun, you’ll still want to be ready for action. With a goal in mind, you’ll be sure to stay focused.

GoodLife Fitness, a program of Hartford HealthCare, is geared toward the older adult to build energy, strength and endurance for an active lifestyle. An exercise physiologist works one-to-one with each person to improve muscular strength, balance, cardiovascular health and self-esteem, while reducing the risk of falls and injuries. For more information and about the eight locations, visit https://hhcseniorservices.org/health-wellness/goodlife-fitness.
This spring, **GoodLife Fitness** is offering the following programs:

### Spring into Fitness
**Wednesdays: April 8, 15, 22 & 29, 12-1pm.**
**Free.** Arbor Rose & Jerome Home, 975 Corbin Ave., New Britain. This four-week fitness program is designed to keep people moving and motivated. Goals include: staying on track, having more energy and being more productive. Space is limited, registration required. Facilitated by Maquita Sellers, exercise physiologist, Hartford HealthCare GoodLife Fitness. **RSVP to Arbor Rose/Jerome Home, 860.229.3707.**

### Growing Older Can Bring New Purpose
**Thursday, April 9, 10am. Free.** Wethersfield Senior Center, 30 Greenfield St., Wethersfield. Growing older changes things: Our physical beings, our outlook on life, our wisdom. Does that mean your purpose has to change along the way? Life might look different than we thought it would, but that’s okay. Presented by Mitchell Nyser, exercise physiologist, GoodLife Fitness. **RSVP to Wethersfield Senior Center, 860.721.2979.**

### Importance of Proper Posture
**Tuesday, April 14, 1pm. Free.** Berlin Senior Center, 33 Colonial Drive, Berlin. Learn how poor posture can lead to numerous muscular-skeletal problems, including back pain, neck pain and joint issues as well as what you can do to improve it. Presented by Maquita Sellers, exercise physiologist, GoodLife Fitness. **RSVP to Berlin Senior Center, 860.828.7006.**

### Understanding Arthritis
**Wednesday, April 15, 10:30am. Free.** Elmwood Senior Center, 1106 New Britain Ave., West Hartford. Topics include how dietary factors, free radicals and trauma can cause arthritis as well as how arthritis is diagnosed and what can be done to prevent it. Presented by Emil Johnson, exercise physiologist, GoodLife Fitness. **Sponsored by Hartford HealthCare Senior Services. RSVP to Elmwood Senior Center, 860.561.8180.**

### Focused Awareness Meditation
**Friday, April 17, 10am. Free.** Plainville Senior Center, 200 East St., Plainville. Focused Awareness Meditation is a simple, five-step technique. Learn how this scientifically based practice can help you feel more relaxed, focused and calm. Participants are asked to bring a large towel or small blanket with them for proper positioning in their chair. Presented by Christine Solimini-Swift, exercise physiologist, GoodLife Fitness. **RSVP to Plainville Senior Center, 860.747.5728.**

### Importance of Proper Posture
**Tuesday, June 2, 10am. Free.** Newington Senior Center, 120 Cedar St., Newington. Learn how poor posture can lead to numerous muscular-skeletal problems, including back pain, neck pain, and joint issues as well as what you can do to improve it. Presented by Emil Johnson, GoodLife Fitness director. **RSVP to Newington Senior Center, 860.665.8778.**
Younger-onset dementia –
the importance of getting the diagnoses

A diagnosis of dementia is devastating at any age but diagnosis in a younger person presents a particular challenge. Younger-onset (also known as early-onset) Alzheimer’s affects people younger than age 65.

Since health care providers generally don’t look for dementia in younger people, getting an accurate diagnosis can be a long and frustrating process. Symptoms may be incorrectly attributed to stress or there may be conflicting diagnoses from different health care professionals.

There isn’t a single test that confirms younger-onset Alzheimer’s disease. The physician will obtain information on your medical history, including any new symptoms or changes you are experiencing now. The doctor will get blood tests, provide memory testing and may also want imaging tests that look for changes in your brain. It is important for the doctor to rule out other causes of your symptoms. Your doctor may also suggest tests that look for changes in genes that are linked to younger-onset Alzheimer’s disease.

If diagnosed, there are FDA-approved medications that can help with some symptoms and your provider may prescribe these medications. An important part of managing your condition is to stay as positive as you can. Keep up with the activities you enjoy. Learn ways to relax, like yoga or deep-breathing, eat healthy foods and get regular exercise.

Also, planning for your future will be important. Meet with a lawyer to discuss advanced directives and financial planning for future health costs. Now is also the time to start building your team to help you as the disease progresses. Family, friends, neighbors and health professionals all want to support you in living the best life you deserve.

By Michelle Wyman, LSW, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging

Hartford HealthCare Center for Healthy Aging, a not-for-profit member of Hartford HealthCare Senior Services, is a resource and assessment center designed to enhance access to services and information related to attaining optimal quality of life for seniors and their caregivers. For more information about Hartford HealthCare Center for Healthy Aging and its 11 locations, visit http://hhccenterforhealthyaging.org or call 877.4AGING1/ 877.424.4641.
Fennel & orange arugula salad

Ingredients:
2 cups  Beets, Red, Peeled, Cubed, Fresh
1 cup   Beans, Garbanzo, Canned, Drained, Rinsed
1/2 cup Cheese, Feta, Crumbled
8 cups  Lettuce, Salad Mix, Spring (Mesclun)
2 T (tbsp.) Oil, Olive
2 T (tbsp.) Vinegar, Balsamic
1e. Cucumber, Fresh, Peeled, Sliced Thin
1/2 cup Nuts, Pecan Halves, Chopped
1e. Avocado, Fresh, Diced
3 cups  Fennel, Fresh, Julienne Sliced, Fine
2e. Oranges, Fresh, Peeled & Sliced

Method:
1. Roast or boil the beets for 30 minutes until fork tender. Set aside or cool in refrigerator.
2. Toss the rest of the ingredients together. Mix with beets.
3. Season to taste with salt & pepper.

merchant discounts

The HHC Center for Healthy Aging offers Concierge services.
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860.224.5278 – HOCC, New Britain General campus

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20% Collectors Star Club discount & $1 off museum entrance fee
Free local Delivery

If you are a merchant interested in offering a discount to our members, please visit hhcseniorservices.org. Or provide your name, address, phone number and discount by calling 860.378.1268 or writing to: Hartford HealthCare Senior Services, Attn: MyHealthy Advantage Coordinator, 80 Meriden Ave., Southington, CT 06489
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<td>29 High St., Southington 967 S. Main St., Cheshire</td>
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<td>15% off any service/free pickup &amp; delivery in most areas</td>
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<td>1013 Farmington Ave, West Hartford</td>
<td>Eyeglasses; $100 off Full frame and lenses; Hearing aids - 10% off up to $300. Contact Lenses - $50 off any purchase over $300</td>
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<td>The Dutiful Daughter, LLC</td>
<td>860.432.5503</td>
<td>103 Thayer Road, Manchester</td>
<td>15% off packing, moving and content removal services.</td>
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<tr>
<td>Town Fair Tire</td>
<td>203.467.8600</td>
<td>750 Queen St, Southington</td>
<td>5% off your total purchase at ANY Town Fair Tire in CT (Southington, Bristol, Wallingford, New Britain, etc.) With Code #38615</td>
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<tr>
<td>Wallingford Sew-Vac Center</td>
<td>203.269.2207</td>
<td>95 Quinnipiack Ave, Wallingford</td>
<td>Buy one vacuum cleaner bag and get second one 1/2 price</td>
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<tr>
<td>Walsh &amp; Massari</td>
<td>203.235.1681</td>
<td>86 W. Main St, Meriden</td>
<td>25% off all eye care services</td>
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<tr>
<td>Welcome Home Mortgage, LLC</td>
<td>860.761.1331</td>
<td>1331 Silas Deane Highway, Wethersfield</td>
<td>Specializing in Reverse Mortgages. Your appraisal fee refunded at closing</td>
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*Please be aware that merchants may choose to discontinue their involvement at any time and that the MyHealthy Advantage Club will not be held responsible.*
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 Bonnie.Tormay@hhchealth.org or call 860.378.1268.

Blood Pressure Screenings

**SOUTHWATER COMMUNITY YMCA**
29 High St., Southington.
*First Tuesdays, April 7, May 5 and June 2, 9:30-10:30am.*
*Sponsored by Hartford HealthCare Center for Healthy Aging staff.*

**WETHERSFIELD COMMUNITY CENTER**
30 Greenfield St., Wethersfield.
*First Wednesdays, April 1, May 6 and June 3, 11am-12pm.*
*Sponsored by Cedar Mountain Commons and Jefferson House staff.*

**CALENDAR HOUSE**
388 Pleasant St., Southington.
*First Thursdays, April 2, May 7 and June 4, 11am-12pm.*
*Sponsored by Hartford HealthCare Center for Healthy Aging staff.*

**PLAINVILLE SENIOR CENTER**
200 East St., Plainville. *Second Wednesdays, April 8, May 13 and June 10, 12:30-1:30pm.*
*Sponsored by Mulberry Gardens of Southington staff.*

**CALENDAR HOUSE**
388 Pleasant St., Southington.
*Last Tuesdays, April 28, May 26 and June 30, 10-11am.*
*Sponsored by Southington Care Center staff.*

**Memory Screenings**

Schedule an appointment for a free, confidential memory screening. These confidential memory screenings average 10 minutes and consist of questions and tasks to assess memory. They do not diagnose any illness, but can indicate whether someone should follow up with a full medical exam.

**HARTFORD HEALTHCARE HEALTH CENTER, 35 TALCOTTVILLE ROAD, VERNON.**
Free. Facilitated by Jennifer McCaughey, MS, resource coordinator, Hartford HealthCare Center for Healthy Aging. **RSVP to Jennifer McCaughey, 860.696.4623.**

**HARTFORD HEALTHCARE FAMILY HEALTH CENTER, 2 NORTHWESTERN DRIVE, BLOOMFIELD.**
Free. Facilitated by Amina Weiland, CDP, CDCP, resource coordinator. **RSVP to Amina Weiland, 860.286.3236.**

**Bereavement Support Groups**

*Sponsored by Hartford HealthCare at Home Hospice Care*

**FIRST AND THIRD WEDNESDAYS: APRIL 1 & 15, MAY 6 & 20 AND JUNE 3 & 17, 2-3:30PM.**
Free. Glastonbury Riverfront Community Center, 300 Welles St., Glastonbury. Facilitator Bill Piikington, supervisor for pastoral and bereavement services. **RSVP to 1.855.HHC.HERE/1.855.442.4373.**
First and third Mondays: April 6 & 20, May 4 & 18 and June 1 & 15, 1:30-3pm. Free. West Hartford Senior Center, 15 Starkel Road, West Hartford. RSVP to 1.855.HHC.HERE/1.855.442.4373.

First and third Thursdays: April 1 & 15, May 6 & 20 and June 3 & 17, 11am-12:30pm. Free. 34 Ledgebrook Drive, Mansfield Center. Facilitator Ivan Bilyk, pastoral counselor supervisor. RSVP to 1.855.HHC.HERE/1.855.442.4373.


Second and fourth Tuesdays: April 14 & 28, May 12 & 26 and June 9 & 23, 5:30-6:30pm. Free. MidState Medical Center, 435 Lewis Ave., Meriden. Facilitator Doreen Bottone, MidState chaplain. RSVP to 1.855.HHC.HERE/1.855.442.4373.


Veteran Bereavement Group First and Third Mondays: April 6 & 20, May 4 & 18, 10-11:30am. Free. Hartford Healthcare at Home, Room 203, 1 Northwestern Dr., Bloomfield. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Alzheimer’s & Dementia Support Groups
First Tuesdays: April 7, May 5 and June 2, 10-11am. Free. West Hartford Senior Center, 15 Starkel Road, West Hartford. 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, stages of the disease, family dynamics and safety issues. Facilitated by Michelle Wyman, LSW, CDP Hartford HealthCare Center for Healthy Aging, and Elaine Reid, CDP. Hosted by West Hartford Senior Center and Hartford HealthCare Center for Healthy Aging. RSVP to Michelle Wyman, 860.667.4459.

First Tuesdays: April 7, May 5 and June 2, 11:30am. Free. Institute of Living, 200 Retreat Ave., Donnelly Conference Room (1st floor), Hartford. See description above. Facilitated by Nancy March and Glynis Cassis, LCSW. Sponsored by Hartford HealthCare Institute of Living. RSVP to Laura Durst, 860.545.7234.


Second Wednesdays: April 8, May 13 and June 10, 6:30-8pm. Free. Southington Care Center, Anna Fanelli Room, 45 Meriden Ave., Southington. See description above. This group is an affiliated support group of the Alzheimer’s Association Connecticut Chapter. Facilitated by Patty O’Brien, dementia specialist, Hartford HealthCare Center for Healthy Aging. Hosted by Southington Care Center and Hartford HealthCare Center for Healthy Aging. RSVP to Patty O’Brien, 860.628.3833.


Diabetes Support Group
YMCA Diabetes Prevention Program
Tuesdays and Thursdays. Free. Southington Community YMCA, Spirit Mind Body Center, 130 N. Main St., Southington. Sessions are offered 12:30 or 7pm. This 12-week series incorporates exercise with education from health professionals including Hartford HealthCare registered dieticians, pharmacists, and advanced practice registered nurses. This program is for individuals who have not already been diagnosed with Type 2 Diabetes. Participants receive a free three-month YMCA membership and guidance in the gym. For Southington residents only. For more information, call Jolene Miceli, Southington Community YMCA, 860.426.9589 or email jmiceli@sccymca.org.

Third Mondays: April 20, May 18 and June 15, 5:30-6:45pm. Free. The Hospital of Central Connecticut, Diabetes Classroom, 100 Grand St., New Britain. Share your experience, obtain support from others and learn tips on managing diabetes. Whether you are recently diagnosed or have lived with diabetes for many years, you are welcome. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Heart Disease Support Group
WomenHeart Support
Third Wednesdays: April 1, May 6 and June 3, 6pm. Free. Francis R. Scifo Community Education Room, 3272 Main St., Stratford. WomenHeart: The National Coalition for Women with Heart Disease is the nation’s only patient-centered organization serving the 48 million American women living with or at risk for heart disease and is dedicated to women’s heart health through patient support, education and advocacy. Presented by various speakers. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.
WomenHeart of Central Connecticut Support Network
Third Wednesdays: April 15, May 20 and June 17, 4:45-6pm. Free. The Hospital of Central Connecticut, Bradley Memorial Campus, Conference Room A, 81 Meriden Ave., Southington. WomenHeart: The National Coalition for Women with Heart Disease is the nation’s only patient-centered organization serving the 48 million American women living with or at risk for heart disease and is dedicated to women’s heart health through patient support, education and advocacy. Presented by various speakers. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Parkinson’s Disease Support
For more information about Parkinson’s disease educational programs, contact Susan Lather at 860.696.5503 or email Susan.Lather@hhchealth.org.

American Parkinson’s Disease Association/Connecticut Chapter Annual Parkinson’s Disease Educational Symposium Saturday, April 4, 9am-2:30pm. Free admission, lunch and valet parking. Hartford Hospital, Heublein Hall - Education and Research Center, 560 Hudson St., Hartford. 9am registration. Coffee topics include: Treatment Updates, Nutrition, Non-Motor Symptoms, A Holistic Approach to Living with PD, Psychosocial Impact of PD, and CBD. Vendor tables with information and giveaways. For more information or to register, call 860.696.5503 or email susan.lather@hhchealth.org.

Movement Disorders and Other Neurodegenerative Conditions: Support for Caregivers Tuesdays, April 7, May 5, June 2, 10:30am-12pm. Free. Hartford HealthCare HealthCenter, Chase Family Community Wellness & Education Room (Suite 3), 35 Talcottville Road, Vernon. For caregivers of those with movement disorders and other neurodegenerative conditions. Topics include the many facets of caregiving in a safe, compassionate environment, sharing their experiences and receiving inspiration, guidance and validation. Presented by Amanda Brill, LCSW, and Jennifer McCaughey, MS, CDP, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and Chase Family Movement Disorders Center. RSVP to 860.696.4653.

Beat Parkinson’s Today
Mondays and Thursdays: Call for dates. Beginner – 2pm; Bronze – 3pm. Free. Chase Family Movement Disorders Center, 35 Talcottville Road, Suite 3, Community Well and Education Room, Vernon-Rockville. Beat Parkinson’s Today is an exercise program that can improve the quality of life of people with movement disorders by performing exercises that are functional to everyday living. Classes consist of boxing and functional interval exercises, scalable to each individual. Classes encourage brain activation, challenge balance and stability, and teach proper technique and form. Registration required. RSVP online at www.BeatPDToday.com or call 860.463.3747.

Stroke Support Groups
Wednesday, May 13, 3pm. Free. MidState Medical Center, 435 Lewis Ave., Conference Room 7 (3rd Floor), Meriden. This group provides support and education for stroke survivors and their caregivers/families. Light refreshments will be served. Facilitated by Christina Collin, stroke coordinator. Registration not required. For questions, call Christina Collin, 860.224.5900, ext. 6468.

Wednesdays, April 15 and June 10, 3pm. Free. Hospital for Special Care, 2150 Corbin Ave., New Britain. See description above. Facilitated by Christina Collin, stroke coordinator. Registration not required. For questions, call Christina Collin, 860.224.5900, ext. 6468.
Cancer Support Groups

Modified Pilates for Cancer Survivors
Tuesdays: April 7, 14, 21 & 28, May 5, 12, 19 & 26 and June 2, 9, 16, 23 & 30, 6pm. Free. Hartford HealthCare Institute of Central CT - Radiation Oncology Waiting Room, 183 N. Mountain Road, New Britain. This is a modified Pilates exercise class for cancer survivors. Pilates provides a gentle re-introduction to exercise. Wear comfortable clothing. Facilitated by Amanda Salzano, certified art therapist. RSVP to 203.694.8631.

Crystal Singing Bowls Sound Healing
Tuesday, April 14, 6:30pm. Free. Wethersfield HH Medical Group, 1290 Silas Deane Highway, Wethersfield. Our bodies are largely comprised of water and water is liquid crystal. Science has proven that every atom emits its own vibrational frequency; therefore, our cells and body emit vibrational frequency. Crystal Singing Bowls resonate crystalline vibration, aligning with the body’s personal crystal vibration, supporting a healthy metabolism, calming the mind and triggering endorphins. Recipients often feel more energized, balanced, reduced pain and peaceful along with gaining deeper insight, perspective and clarity of thought. Participants may sit or lie down (bring yoga mat, blanket, pillow, eye covering and water). Presented by Priscilla Gale. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Art Therapy
Thursdays: April 9, 16, 23 & 30, May 7, 14, 21 & 28 and June 4, 11, 18 & 25, 6pm. Free. MidState Medical Center - Cancer Center, Conference Room, 435 Lewis Ave., Meriden. Art Therapy is a program designed to help people touched by cancer find the strength and hope through creative expression. No artistic skill necessary. Facilitated by Amanda Salzano, certified art therapist. RSVP to 203.694.8631.

Breast Cancer Support Group

Rag-Woven Baskets
Wednesday, April 15, 6pm. Free. For cancer patients, survivors and caregivers. All others, a donation to Art for Healing is kindly requested. Hartford HealthCare Medical Group (Community Room), 339 W. Main St., Avon. These sturdy and useful baskets can be made with rope and leftover material, clothes or rags. Easy to learn. Decorative and great for gift giving. All materials supplied. If you have any particular colors or material you would like to use, bring a yard of material for a larger basket and no less than 1/2 yard for a smaller basket. Facilitated by Stacy Cronin. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Therapeutic Art Group
Thursday, April 16, 5:30pm. Free. Helen and Harry Gray Cancer Center - Taylor B Conference, 85 Retreat Ave., Hartford. Therapeutic Arts and Support Groups provide cancer patients, survivors and caregivers with a safe and relaxing environment to process and share their journeys. Individuals will have opportunity to create bonds, offering mutual support as they confront the trials of treatment and recovery. Sessions offer new and inventive art directives, such as Inside/Outside Masks, Image Cardmaking, Zen Garden Therapy, sculpture directives and more. No artistic ability required. For more information, call Lauren Ciborowski, 860.754.6154.
Pilates for Cancer Survivors
Third Thursdays: April 16, May 21 and June 18, 5pm. Free. Cheshire Senior Center, 240 Maple Ave., Cheshire. This modified Pilates exercise class is for cancer survivors. Pilates provides a gentle re-introduction to exercise. Facilitated by Linda Durham. For more information, call 203.694.8631.

Pilates for Cancer Survivors
Thursdays: April 2, 9, 23 & 30, May 7, 14 & 28 and June 4, 11 & 25, 5pm. Free. The Village at Kensington Place, 511 Kensington Ave., Meriden. This modified Pilates exercise class is for cancer survivors. Pilates provides a gentle re-introduction to exercise. Facilitated by Linda Durham. For more information, call 203.694.8631.

Calm Your Mind, Heal Your Body
Saturday, April 18, 10am. Free. Hartford HealthCare Cancer Institute of Central CT, 183 N. Mountain Road New Britain. Are you dealing with a health issue that gets aggravated when you feel stressed? Wondering how to reduce stress? According to the American Medical Association, over 90% of all illness is stress-related. Attendees will learn to calm the mind and release tension using very gentle ancient Chinese healing exercises called QiGong (“Chee-Gong” meaning “Energy Work”). Mind-set techniques can keep stress at bay while maximizing the body’s natural ability to heal. Presented by Risa Guall Bropy. RSVP to 1.855.HHC.HERE/1.855.442.4373.

3D Zentangle: Community Arts Exhibit
Saturday, April 4, 1pm. Free. Artspace Hartford 555 Asylum Ave., Hartford. This is an opportunity to take part in a one-of-a-kind community arts project! Participants will come together to create a 3-dimensional Zentangle piece, which will be displayed at the Art For Healing Exhibition in Hartford on April 24. This class is for our cancer patients, survivors and caregivers. Supplies provided. Facilitated by Nancy March and Glynis Cassis. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Advanced Zentangle Class
Saturday, May 2, 1pm. Free for cancer patients, survivors and caregivers. All others, a donation to Art for Healing is kindly requested. Wethersfield HH Medical Group, 1290 Silas Deane Highway, Wethersfield. This class is open to those who have already taken at least one Intro to Zentangle class with the instructor previously. We will explore more complex tangles and ways to layer and combine them. We will also experiment with various colors, textures, mediums and shapes. Bring your starter kit. Facilitated by Laura Marks. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Calm Your Mind, Heal Your Body
Saturday, May 9, 1pm. Free. Hartford HealthCare Cancer Institute – Atrium, 80 Fisher Drive, Avon. Are you dealing with a health issue that gets aggravated when you feel stressed? Wondering how to reduce stress? According to the American Medical Association, over 90% of all illness is stress-related. Attendees will learn to calm the mind and release tension using very gentle ancient Chinese healing exercises called QiGong (“Chee-Gong” meaning “Energy Work”). Mind-set techniques can keep stress at bay while maximizing the body’s natural ability to heal. Presented by Risa Guall Bropy. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Therapeutic Art Group
Thursday, May 21, 5:30pm. Free. Helen and Harry Gray Cancer Center - Taylor B Conference, 85 Retreat Ave., Hartford. Therapeutic Arts and Support Groups provide cancer patients, survivors and caregivers with a safe and relaxing environment to process and share their journeys. Individuals will have opportunity to create bonds, offering mutual support as they confront the trials of treatment and recovery. Sessions offer new and inventive art directives, such as Inside/Outside Masks, Image Card-making, Zen Garden Therapy, sculpture directives, and more. No artistic ability required. For more information, call Lauren Ciborowski, 860.754.6154.

Informational Events
Avon
Medicare 101: Understand Your Options
Monday, April 6, 12-1pm. Free. Hartford HealthCare HealthCenter, 339 W. Main St., Education Room, Avon. Medicare 101 focuses on the basics of Medicare and understanding the Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose a plan; and options including Medicare Advantage Plans, Medicare Supplement Plans and

(Continued next page)
Prescription Drug Plans. Presented by Marissa Hiebel, Medicare educator. Light refreshments will be served. Sponsored by Hartford HealthCare and Integrated Care Partners. Seating is limited, registration required. RSVP to 1.855. HHC.HERE/ 1.855.442.4373.

Mala Bead and Meditation Workshop
Wednesday, April 15, 6pm. Free. Hartford HealthCare Medical Group (Community Room), 339 W. Main St., Avon. A mala is beautiful string of beads, used in meditation practices. It is a tool to help you count mantras and acts as a tactile guide as you sit in silence. Participants will create their own Mala Bead and partake in a group guided meditation. Facilitated by Lauren Ciborowski. RSVP to 1.855. HHC.HERE/ 1.855.442.4373.

Berlin
Importance of Proper Posture
Tuesday, April 14, 1pm. Free. Berlin Senior Center, 33 Colonial Drive, Berlin. Learn how poor posture can lead to numerous muscular-skeletal problems, including back pain, neck pain and joint issues as well as what you can do to improve it. Presented by Maquita Sellers, exercise physiologist, Hartford HealthCare GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. RSVP to Berlin Senior Center, 860.828.7006.

Understanding Lymphedema
Wednesday, May 6, 1pm. Free. Berlin Senior Center, 33 Colonial Drive, Berlin. The World Health Organization estimates that over 250 million people worldwide live with lymphedema or chronic swelling causing pain, limiting mobility and causing insecurity. Learn about the causes and effects of swelling, ways to manage it, and how skilled occupational and physical therapy can help. Presented by Theresa Plant, MS, OTR/L CLT-LANA, Hartford Hospital Rehabilitation Network. Sponsored by Hartford HealthCare Senior Services. RSVP to Berlin Senior Center, 860.828.7006.

Bloomfield
Eye Care & Common Eye Conditions
Wednesday, April 29, 3-4pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. Learn more about general eye care throughout the aging process and common eye conditions, cataract surgery and glaucoma treatment. Q&A with the doctor will follow. Presented by Alan Solinsky, MD, board-certified ophthalmologist, of Hartford Hospital Eye Surgery Center. Seating is limited, registration required. Sponsored by Hartford HealthCare Eye Surgery Center and Duncaster. RSVP to 1.855. HHC.HERE/ 1.855.442.4373.

Bristol
Caring for Your Aging Parents
Wednesday, May 20, 10:30am. Free. Bristol Senior Center, 240 Stafford Ave., Bristol. As adult children take on caregiving responsibilities for their parents, they begin to manage their loved one’s finances, living situations, health issues, medical decisions and other daily activities. Learn more about the impact on the physical and emotional health of caregivers and community resources to prepare for the caregiving journey. Presented by Michelle Lavoie, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and Cedar Mountain Commons. RSVP to Bristol Senior Center, 860.584.7895.

Do You Think You Have Acid Reflux?
Wednesday, June 24, 10:30am. Free. Bristol Senior Center, 240 Stafford Ave., Bristol. Learn about natural ways to prevent heartburn and medications that can help or worsen stomach acid. Presented by students of Sean Jeffery, PharmD, CGP, FASCP, FNAP, AGSF, and Christina Polomoff, PharmD, BCACP, BCGP, both pharmacists with Integrated Care Partners Hartford HealthCare Group and professors with University of Connecticut School of Pharmacy. Sponsored by Hartford HealthCare Senior Services. RSVP to Bristol Senior Center, 860.584.7895.
Cromwell

Healthy Brain Series
Thursdays, May 7, 14, 21, 28 and June 4, 1pm. Free. Cromwell Senior Center, 41 West St., Cromwell. This five-part series will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions.

Session 1: Challenge your mind daily: Activities to keep your mind sharp
Session 2: Feeding the brain: The importance of diet and hydration
Session 3: Benefits of a purposeful life: Finding meaningful engagement as you age
Session 4: Good sleep and brain power: The importance of sleep and your brain
Session 5: The Blue Zones: Lessons for living longer from the people who’ve lived the longest

Ellington

Healthy Brain Series
Tuesdays, April 14, 21, 28, May 5 and 12, 1pm. Free. Ellington Senior Center, 40 Maple St., Ellington. This five-part series will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions.

Session 1: Challenge your mind daily: Activities to keep your mind sharp
Session 2: Feeding the brain: The importance of diet and hydration
Session 3: Benefits of a purposeful life: Finding meaningful engagement as you age
Session 4: Good sleep and brain power: The importance of sleep and your brain
Session 5: The Blue Zones: Lessons for living longer from the people who’ve lived the longest

East Hartford

Navigating the What Ifs in your Golden Years
Wednesday, May 27, 1pm. Free. East Hartford Senior Center, 70 Canterbury St., East Hartford. Program focuses on frequently asked questions related to the Golden Years: What are the varying levels of care, types of housing, funding sources and resources? Discussion includes the differences between being proactive vs. reactive. Presented by Penelope Ross, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Cromwell Senior Center, 860.632.3447.

Healthy Brain Series
Wednesday, April 1, 8, 15, 22 & 29, 1pm. Free. Enfield Public Library, 104 Middle Road, Enfield. This five-part series will offer tips to keep the brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions.

Session 1: Challenge your mind daily: Activities to keep your mind sharp
Session 2: Feeding the brain: The importance of diet and hydration
Session 3: Benefits of a purposeful life: Finding meaningful engagement as you age
Session 4: Good sleep and brain power: The importance of sleep and your brain
Session 5: The Blue Zones: Lessons for living longer from the people who’ve lived the longest

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longest. Presented by Adrienne DeVivo, Hartford HealthCare Center for Healthy Aging. 
Sponsored by Hartford HealthCare Center for Healthy Aging. 
RSVP to Enfield Public Library, 860.763.7511.

Granby

Hoarding Disorder: The Basics 
Tuesday, April 7, 1pm. Free. 
Granby Senior Center, 15 N. Granby Road, #C, Granby.
Hoarding is the persistent difficulty discarding or parting with possessions, regardless of their actual value. The program examines hoarding disorder, its symptoms, treatment options and available resources. Presented by Alyssa Nett, MA, Hartford Hospital, Institute of Living. Sponsored by Hartford HealthCare Institute of Living. RSVP to Granby Senior Center, 860.844.5352.

Female Urinary Incontinence 
Tuesday, April 14, 10am. Free. 
Granby Senior Center, 15 N. Granby Road, Granby. This program about female urinary incontinence covers topics including causes of urinary leakage and strategies to manage bladder control. Presented by Laura Robbins, PT and Jennifer Loos, PT. Sponsored by Hartford HealthCare Senior Services. RSVP to Granby Senior Center, 860.844.5352.

Do You Think You Have Acid Reflux? 
Thursday, May 14, 1pm. Free. 
Granby Senior Center, 15 N. Granby Road, Granby. Learn about natural ways to prevent heartburn and medications that can help or worsen stomach acid. Presented by Sean Jeffery, PharmD, CGP, FASC, FNAP, AGSF, and Christina Polomoff, PharmD, BCACP, BCGP, both pharmacists with Integrated Care Partners Hartford HealthCare Group and professors with University of Connecticut School of Pharmacy. Sponsored by Hartford HealthCare Senior Service. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Hastonbury

Medicare 101: Understand Your Options 
Monday, May 4, 5-6pm. Free. 
Glastonbury Medical Park, 305 Western Blvd., Education Room, Glastonbury. Medicare 101 focuses on the basics of Medicare and understanding the Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose a plan; and options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Marissa Hiebel, Medicare educator. Light refreshments will be served. Sponsored by Hartford HealthCare and Integrated Care Partners. Seating is limited, registration required. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Hartford

Joint Replacement Patient Education - Hartford Hospital 
Wednesdays: April 1, 8, 15, 22, 29, May 6, 13, 20, 27 and June 3, 10, 17 & 24, 4:30pm. Free. Hartford Hospital Bone & Joint Ambulatory Services Building, 31 Seymour St., 4th Floor, Auditorium, Hartford. This class is for patients who are SCHEDULED for hip or knee replacement surgery. This class will provide education on how to prepare for the surgery and recovery. The class is primarily for hip and knee replacement patients but a lot of the information may be applicable/helpful to other joints procedures...
as well. The patient is more than welcome to attend if interested. Presented by Karen DePasquale. RSVP to 1.855.HHC. HERE/ 1.855.442.4373.

Joint Replacement Patient Education - Hartford Hospital Mondays: April 6, 13, 20, 27, May 4, 11, 18 and June 1, 8, 15, 22 & 29, 11am. Free. Hartford Hospital Bone & Joint Ambulatory Services Bldg, 31 Seymour St., 4th Floor, Auditorium, Hartford. This class is for patients who are SCHEDULED for hip or knee replacement surgery. Topics include how to prepare for the surgery and recovery. The class is primarily for hip and knee replacement patients but a lot of the information may be applicable/helpful to other joints procedures as well. The patient is more than welcome to attend if interested. Presented by Karen DePasquale. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Depression: An Introduction to the Disorder Tuesday, April 28, 6:30pm. Free. Institute of Living - Massachusetts Cottage 200 Retreat Ave., 1st Floor Group Room, Hartford. For families of individuals who suffer with depression. Participants will acquire a basic understanding of major depression, its treatments and specific suggestions to help them better cope with the illness. Registration required. RSVP to 860.545.7324.

Anxiety Disorders: An Introduction Tuesday, June 2, 6:30pm. Free. Institute of Living - Massachusetts Cottage 200 Retreat Ave., 1st Floor Group Room, Hartford. For families and friends of individuals who have an anxiety disorder or a related disorder. Participants will acquire a basic understanding of anxiety disorders, their treatments and specific suggestions to help them better cope with the illness. Registration required. RSVP to 860.545.7324.

Living Donor Champion Thursday, May 21, 5pm. Free. Hartford Hospital Transplant Program, 85 Seymour St., Medical Office Building, Hartford. Finding a living kidney donor can feel like an overwhelming task. We can help make the impossible possible. A Living Donor Champion helps advocate for a loved one in need of a living kidney donor, helping share the loved one’s needs and raise awareness with the goal of finding a potential donor. Education classes provide information so champions are comfortable talking to people about kidney disease, transplantation and living donation; and provide strategies for spreading their loved one’s story by using media outlets and Facebook. Previous Living Donor Champions will be on hand to answer questions, offer support and share success stories. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Introduction to Mental Health Benefits and Services Tuesday, May 26, 6:30pm. Free. Institute of Living - Massachusetts Cottage 200 Retreat Ave., 1st Floor Group Room, Hartford. This lecture provides participants an overview of benefit programs available for individuals with mental health disabilities. Presented by Patricia Graham, BA. Registration required. RSVP to 860.545.7324.

Dementia Lecture: An Introduction Tuesday, June 16, 6:30pm. Free. Hartford Hospital - Institute of Living 200 Retreat Ave., Hartford. For family members and friends of individuals who have dementia or a related disorder. Topics include a basic understanding of the disorder, its treatment, along with specific suggestions to help family members and friends better cope with the illness. Presented by Glynis Cassis, LCSW. RSVP to Laura at Laura at 860.545.7234.

Manchester Healthy Brain Series Thursdays, April 9, 16, 23 & 30, 2pm. Free. Manchester Public Library, 586 Main St., Manchester. Join us for our free four-part series on keeping memory strong. This program will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions.

Session 1: Challenge Your Mind Daily: Activities to Keep Your Mind Sharp

Session 2: Feeding the Brain: The Importance of Diet and Hydration

Session 3: Benefits of a Purposeful Life: Finding Meaningful Engagement as You Age

Session 4: Good Sleep and Brain Power: The Importance of Sleep and Your Brain

Presented by Adrienne DeVivo, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Manchester Public Library, 860.645.0821.

Understanding Lymphedema Tuesday, May 12, 11am. Free. Manchester Senior Center, 549 Middle Turnpike E., Manchester.
The World Health Organization estimates that over 250 million people worldwide live with lymphedema or chronic swelling causing pain, limiting mobility and causing insecurity. Learn about the causes and effects of swelling, ways to manage it, and how skilled occupational and physical therapy can help. Presented by Allyson Rossi, OTR/L, CLT-LANA, Brianna Couture COTA/L, CLT-LANA, Occupational Therapy Assistant, Certified Lymphedema Therapist, Hartford HealthCare Rehabilitation Network.

Sponsored by Hartford HealthCare Rehabilitation Network.

rsvp to Manchester Senior Center, 860.647.3211.

The Best Gift is You Putting Yourself First
Tuesday, June 9, 10am. Free. Manchester Senior Center, 549 Middle Turnpike E., Manchester. Making self-care a priority to meet your physical, emotional and spiritual needs. Learn the causes and symptoms of stress and explore different creative self-care strategies. Presented by Adrianne DeVivo, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Manchester Senior Center, 860.647.3211.

Meriden

Medicare 101: Understand Your Options
Monday, April 20, 5-6pm. Free. Hartford HealthCare HealthCenter, 61 Pomeroy Ave., Conference Center Room I & 2, Meriden. Medicare 101 focuses on the basics of Medicare and understanding the Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose a plan; and options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Marissa Hiebel, Medicare educator. Light refreshments will be served. Sponsored by Hartford HealthCare and Integrated Care Partners.

Seating is limited, registration required. RSVP to 1.855.HHC. HERE/ 1.855.442.4373.

New Britain

Non-Pharmacological/ Opioid Treatments for Pain
Tuesday, April 21, 5-7pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. Presented by Michael J. Grille, MD, Hartford HealthCare Pain Treatment Center. Sponsored by Hartford HealthCare Pain Treatment Center. RSVP to Hartford HealthCare Pain Treatment Center and Arbor Rose at Jerome Home. RSVP to 1.855.HHC. HERE/ 1.855.442.4373.

Keeping Memory Strong
Monday, May 4, 10:30am. Free. Meriden Senior Center, 22 W. Main St., Meriden. This program will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Presented by Patty O’Brien, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Meriden Senior Center, 203.237.0066.

Medicare 101: Understand Your Options
Thursday, May 21, 12-1pm. Free. Hartford HealthCare HealthCenter, Conference Center Room I & 2, 61 Pomeroy Ave., Meriden. Medicare 101 focuses on the basics of Medicare and understanding the Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose a plan; and options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Marissa Hiebel, Medicare educator. Light refreshments will be served. Sponsored by Hartford HealthCare and Integrated Care Partners. RSVP to Arbor Rose/Jerome Home, 860.229.3707.

New Hartford

Staying Hydrated
Monday, May 11, 11am-12pm. Free. New Hartford Senior Center, Third Floor, 530 Main St., New Hartford. Learn the importance of staying hydrated and strategies for proper hydration, as well as the symptoms someone may experience when they are dehydrated. Presented by Linda Lawrence, BSN-RN, transitional care nurse, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for...
Healthy Aging. RSVP to Robin Buzzi, New Hartford Senior Center director, 860.379.3980.

Newington

Understanding Lymphedema Tuesday, April 7, 1pm. Free. Newington Senior Center, 120 Cedar St., Newington. The World Health Organization estimates that over 250 million people worldwide live with lymphedema or chronic swelling causing pain, limiting mobility and causing insecurity. Learn about the causes and effects of swelling, ways to manage it, and how skilled occupational and physical therapy can help. Presented by Theresa Plant, MS, OTR/L CLT-LANA, Hartford Hospital Rehabilitation Network. Sponsored by Hartford HealthCare Senior Services. RSVP to Newington Senior Center, 860.665.8778.

Caring for Your Aging Parents Thursday, April 23, 6pm. Free. Cedar Mountain Commons, 3 John H. Stewart Drive, Newington. As adult children take on caregiving responsibilities for their parents, they begin to manage their loved one’s finances, living situations, health issues, medical decisions and other daily activities. Learn more about the impact on the physical and emotional health of caregivers and community resources available. Presented by Jennifer McCaughey, MS, resource coordinator, Hartford HealthCare Center for Healthy Aging. Light refreshments will be served. Seating is limited, registration required. Sponsored by Hartford HealthCare Center for Healthy Aging and Cedar Mountain Commons. RSVP to Cedar Mountain Commons, 860.665.7901.

Understanding Lymphedema Monday, May 4, 1pm. Free. Newington Senior Center, 120 Cedar St., Newington. The World Health Organization estimates that over 250 million people worldwide live with lymphedema or chronic swelling causing pain, limiting mobility and causing insecurity. Learn about the causes and effects of swelling, ways to manage it, and how skilled occupational and physical therapy can help. Presented by Theresa Plant, MS, OTR/L CLT-LANA, Hartford Hospital Rehabilitation Network. Sponsored by Hartford HealthCare Senior Services. RSVP to Newington Senior Center, 860.665.8778.

Importance of Proper Posture Tuesday, June 2, 10am. Free. Newington Senior Center, 120 Cedar St., Newington. Learn how poor posture can lead to numerous muscular-skeletal problems, including back pain, neck pain, and joint issues as well as what you can do to improve it. Presented by Emil Johnson, Hartford HealthCare GoodLife Fitness director. Sponsored by Hartford HealthCare GoodLife Fitness. RSVP to Newington Senior Center, 860.665.8778.

Do You Think You Have Acid Reflux? Monday, June 22, 10am. Free. Newington Senior Center, 120 Cedar St., Newington. Learn about natural ways to prevent heartburn and medications that can help or worsen stomach acid. Presented by Sean Jeffery, PharmD, CGP, FASCP, FNAP, AGSF, and Christina Polomoff, PharmD, BCACP, BCGP, both pharmacists with Integrated Care Partners Hartford HealthCare Group and professors with University of Connecticut School of Pharmacy. Sponsored by Hartford HealthCare Senior Services. RSVP to Newington Senior Center, 860.665.8778.

Norwich

Expectant Grandparents Wednesday, June 24, 7pm. Free. Backus Hospital - Birthing Center Conference Room, 326 Washington St., Norwich. Designed to bring expectant grandparents up-to-date with current information about pregnancy and childbirth, breast and bottle feeding, home safety

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for babies and toddlers, variations in the newborn and baby care. Includes discussion of grandparents’ role today. This class is for grandparents only. RSVP to 1.855.HHC.HERE/1.855.442.4373.

**Oakville**

**Making the Most of Your Doctor’s Appointment**
Friday, May 29, 11:30-12:30pm. Free. Falls Avenue Community Center & Senior Services, 311 Falls Ave., Oakville. On average, doctor appointments are only 15 minutes long. Learn how to make the most of your time using various tips and strategies to ensure that when you leave, you will understand your health, medicines and follow-up plan—which leads to overall better management of your health and well-being. Presented by Linda Lawrence, BSN, RN-Transitional Care Nurse, Hartford Healthcare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Falls Avenue Center, Catherine Dinsmore, 860.945.5250.

**Plainville**

**Focused Awareness Meditation**
Friday, April 17, 10am. Free. Plainville Senior Center, 200 East St., Plainville. Focused Awareness Meditation is a simple, five-step technique. Learn how this scientifically based practice can help you feel more relaxed, focused and calm. Participants are asked to bring a large towel or small blanket with them for proper positioning in their chair. Presented by Christine Solimini-Swift, exercise physiologist, Hartford HealthCare GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. RSVP to Plainville Senior Center, 860.747.5728.

**Southington**

**Live Well with Chronic Conditions**
Intro: Monday, March 16, 11-11:45am. Series: Mondays, April 6, 13, 20 & 27 and May 4 & 11, 1-3pm. Free. The Orchards at Southington, 34 Hobart St., Southington. This community-based six-week workshop series is for adults and caregivers who want to learn practical ways to develop self-management skills, gain confidence and take control of their chronic diseases such as arthritis, high blood pressure, heart disease, chronic pain, anxiety or depression. Topics include healthy eating, dealing with difficult emotions, pacing and planning, the Moving Easy Program, and better breathing. Classes complement current treatment and encourage active participation in a supportive environment to manage health and live a more fulfilling life. Presented by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging, and Anisha Rao, volunteer community health educator for North Central Area Agency on Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and The Orchards at Southington. RSVP to Amina Weiland, 860.286.3236.

**Understanding Lymphedema**
Tuesday, June 2, 10am. Free. Plainville Senior Center, 200 East St., Plainville. The World Health Organization estimates that over 250 million people worldwide live with lymphedema or chronic swelling causing pain, limiting mobility and causing insecurity. A certified lymphedema therapist from Hartford HealthCare Rehabilitation will teach about the causes and effects of swelling, ways to manage it and how skilled occupational and physical therapy can help. Presented by Theresa Plant, MS, OTR/L CLT-LANA, Hartford Hospital Rehabilitation Network. Sponsored by Hartford HealthCare Senior Services. RSVP to Plainville Senior Center, 860.747.5728.

**Balance Screens**
Third Tuesdays: April 21, May 19 and June 16, 10am-12pm. Free. Plainville Senior Center, 200 East St., Plainville. As people grow older, they may sometimes realize they are more unsteady on their feet. To assess your abilities, a registered physical therapist will be offering free balance screenings. Facilitated by Laurel Whalen, RPT/CLT, Jerome Home Outpatient Rehabilitation. Sponsored by Jerome Home. RSVP to Plainville Senior Center, 860.747.5728.
Healthy Backs
Wednesday, April 15, 1:30pm. Free. Southington Calendar House, 388 Pleasant St., Southington. Millions of people suffer from back pain - it is the leading cause of disability in the United States. Learn how to alleviate pain, build strength and stability, and prevent back injuries. Presented by Lisa Murawski, exercise physiologist, Hartford HealthCare GoodLife Fitness. **Sponsored by Hartford HealthCare and Integrated Care Partners.** Seating is limited, registration required. **Rsvp to Southington Calendar House, 860.621.3014.**

Dementia and Caregiving: Focusing on the Person while Understanding the Disease Progression
Tuesdays, May 5, 12, 19 & 26 and June 2, 6-7:30pm. Free. Mulberry Gardens, 58 Mulberry Ave, Plantsville. Participants are encouraged to attend all sessions.

Session 1: Overview of Dementia
Session 2: Basics of Good Communication and Understanding Behaviors
Session 3: Safety in the Environment and How to Structure a Day with Activities
Session 4: Taking Care of the Caregiver and Care Options
Session 5: Legal and Financial
Presented by Patty O’Brien, CDP and Michelle Wyman, LSW, CDP. **Sponsored by Hartford HealthCare Senior Services.** **Rsvp to Mulberry Gardens, 860.276.1020.**

Medicare 101: Understand Your Options
Wednesday, May 27, 1:30pm. Free. Southington Calendar House, 388 Pleasant St., Southington. Medicare 101 focuses on the basics of Medicare and understanding the Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose a plan; and options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Marissa Hiebel, Medicare educator. Light refreshments will be served. **Sponsored by Hartford HealthCare and Integrated Care Partners.** Seating is limited, registration required. **Rsvp to Southington Calendar House, 860.621.3014.**

Keeping Memory Strong
Wednesday, June 17, 1:30pm. Free. Southington Calendar House, 388 Pleasant St., Southington. Join us for a presentation on keeping memory strong. This program will offer tips to keep your brain sharp and activities to challenge the mind. All while having fun! Presented by Patty O’Brien, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging.** **Rsvp to Southington Calendar House, 860.621.3014.**

**South Windsor**

**Healthy Brain Series**
Fridays, May 1, 8, 15, 22 and 29, 1pm. Free. South Windsor Senior Center, 150 Nevers Road, South Windsor. Each of the five sessions will cover the following topics:

Session 1: Challenge your mind daily: Activities to keep your mind sharp
Session 2: Feeding the brain: The importance of diet and hydration
Session 3: Benefits of a purposeful life: Finding meaningful engagement as you age
Session 5: The Blue Zones: Lessons for living longer from the people who’ve lived the longest

Presented by Patty O’Brien, CDP and Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging.** **Rsvp to Southington Public Library, 860.628.0947.**

(Continued next page)
Session 4: Good sleep and brain power: The importance of sleep and your brain

Session 5: The Blue Zones: Lessons for living longer from the people who’ve lived the longest. Presented by Michelle Wyman, LSW, CDP, and Adrienne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to South Windsor Senior Center, 860.648.6361.

Ending Loneliness: Finding a Meaningful Life
Tuesday, May 19, 1-2pm. Free. South Windsor Senior Center, 150 Nevers Road, South Windsor. Loneliness is recognized as a public health issue. Research shows that loneliness affects individuals’ physical, mental and emotional health. The presentation will include the causes of loneliness and meaningful ways to fulfill your life. Presented by Amina Weiland and Luz Renteria, resource coordinators, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to South Windsor Senior Center, 860.648.6361.

Torrington
Medicare 101: Understand Your Options
Monday, May 18, 12-1pm. Free. Charlotte Hungerford Hospital, 540 Litchfield St., Memorial Building Conference Hall, Torrington. Medicare 101 focuses on the basics of Medicare and understanding the Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose a plan; and options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Marissa Hiebel, Medicare educator. Light refreshments will be served. Sponsored by Hartford HealthCare and Integrated Care Partners. Seating is limited, registration required. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Vernon
Movement Disorders and other Neurodegenerative Conditions: Support for Caregivers
Tuesdays, April 7, May 5, June 2, 10:30am-12pm. Free. Hartford HealthCare HealthCenter, Chase Family Community Wellness & Education Room (Suite 3), 35 Talcottville Road, Vernon. Invitation for all caregivers of those with movement disorders and other neurodegenerative conditions. Attend a monthly support group to discuss the many facets of caregiving in a safe, compassionate environment. This group provides an opportunity for caregivers to share their experiences and receive inspiration, guidance and validation. Presented by Amanda Brill, LCSW and Jennifer McCaughey, MS, CDP, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and Chase Family Movement Disorders Center. RSVP to 860.696.4653.

Dementia & Caregiving: Focusing on the Person while Understanding the Disease Progression
Thursdays, July 9, 16, 23 and 30, 10-11:30am. Free. Vernon Senior Center, 135 Bolton Road, Vernon. Are you caring for someone with dementia? Do you want to know more about the progression of the disease and good communication tips? Four week program includes:

Session 1: Overview of Dementia

Session 2: Basics of Good Communication and Understanding Behaviors

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

Session 4: Taking Care of the Caregiver and Care Options
Presented by Adrianne DeVivo, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Vernon Senior Center, 860.870.3680.

Wallingford
Understanding Lymphedema
Wednesday, April 15, 10am. Free. Wallingford Senior Center, 238 Washington St., Wallingford. The World Health Organization estimates that over 250 million people worldwide live with lymphedema or chronic swelling causing pain, limiting mobility and causing insecurity. Learn about the causes and effects of swelling, ways to manage it, and how skilled occupational and physical therapy can help. Presented by Theresa Plant, MS, OTR/L CLT-LANA, Hartford Hospital
Rehabilitation Network. **Sponsored by Hartford HealthCare Senior Services. RSVP to Wallingford Senior Center, 203.265.7753.**

**Navigating the What Its During Your Golden Years**

**Wednesday, April 29, 10am. Free.** Wallingford Senior Center, 238 Washington St., Wallingford. Program focuses on frequently asked questions related to the Golden Years: What are the varying levels of care, types of housing, funding sources and resources? Discussion includes the differences between being proactive vs. reactive. Presented by Marc Levesque, senior resource case manager, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Wallingford Senior Center, 203.265.7753.**

**West Hartford**

**Walk to Wellness**

Tuesdays: April 7, May 5 and June 2, 8:30am. Free. HHC Wellness at West Farms Rest and Relaxation Lounge, 1500 New Britain Ave., 1st Floor - Nordstrom Wing, West Hartford. Topic will be announced closer to the event. **RSVP to 1.855.HHC.HERE/1.855.442.4373.**

**Understanding Arthritis**

**Wednesday, April 15, 10:30am. Free.** Elmwood Senior Center, 1106 New Britain Ave., West Hartford. Topics include how dietary factors, free radicals and trauma can cause arthritis as well as how arthritis is diagnosed and what can be done to prevent it. Presented by Emil Johnson, exercise physiologist, Hartford HealthCare GoodLife Fitness. **Sponsored by Hartford HealthCare Senior Services. RSVP to Elmwood Senior Center, 860.561.8180.**

**Healthy Brain Series**

Wednesdays, May 20, 27 and June 3, 10 & 17, 10-11am. Free. West Hartford Senior Center, 15 Starkel Road, West Hartford. This five-part series will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions.

**Session 1: Challenge your mind daily:** Activities to keep your mind sharp

**Session 2: Feeding the brain:** The importance of diet and hydration

**Session 3: Benefits of a purposeful life:** Finding meaningful engagement as you age

Presented by Patty O’Brien, CDP, and Michelle Wyman, LSW, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to West Hartford Senior Center, 860.561.7583.**

**Expectant Grandparents Class**

**Saturday, May 23, 10am. $5 per person.** Hartford Hospital Wellness Center at Blue Back Square, 65 Memorial Road, Suite 425, West Hartford. Gives grandparents the opportunity to talk with a trained professional RN about birthing changes, baby care, infant feeding, safety concerns and how to share in the family experience. Presented by Sarah Thayer. **RSVP to 1.855.HHC.HERE/1.855.442.4373.**

**Anxiety Disorders: An Introduction**

**Tuesday, May 26, 11am-12pm. Free.** Elmwood Senior Center, 1106 New Britain Ave., West Hartford. This lecture is for families and friends of individuals who have an anxiety disorder or a related disorder. Participants will acquire a basic understanding of anxiety disorders, their treatments and specific suggestions to help them better cope with the illness. Registration required. Facilitated by Laura Durst. **Sponsored by Hartford HealthCare Institute of Living. RSVP to Laura Durst, 860.545.7324.**
Wethersfield

Growing Older Can Bring New Purpose
Thursday, April 9, 10am. Free. Wethersfield Senior Center, 30 Greenfield St., Wethersfield. Growing older changes things: Our physical beings, our outlook on life, our wisdom. Does that mean your purpose has to change along the way? Life might look different than we thought it would, but that’s okay. Presented by Mitchell Nyser, exercise physiologist, Hartford HealthCare GoodLife Fitness. Sponsored by Hartford HealthCare Good Life Fitness. RSVP to Wethersfield Senior Center, 860.721.2979.

Introduction to Soul Collage
Thursday, April 9, 6pm. Free. Hartford HealthCare - Room 103, 1290 Silas Deane Highway, Wethersfield. Would you like to access your intuition and wisdom, take a relaxing break from stress, renew your spiritual connection, or reconnect with your creativity? SoulCollage® mixes imagination and intuition using powerful images, scissors and glue to form a card to reflect your inner self. No artistic skills are needed. Build a deck and use the cards for accessing inner wisdom, daily guidance or a means of self-expression. Facilitated by Lisa Huppert. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Writing Meditation
Saturdays, April 18 and May 9, 9:30am. Free. Hartford HealthCare - Room 103, 1290 Silas Deane Highway, Wethersfield. Using short periods of meditation, participants will put on paper all words and images that surface during this quiet time. We’ll then make a simple accordion book in which to place our writing. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Advanced Zentangle Class
Saturday, April 18, 1pm. Free. Hartford HealthCare - Room 103, 1290 Silas Deane Highway, Wethersfield. This class is open to those who have already taken at least one Intro to Zentangle class with the instructor previously. We will explore more complex tangles and ways to layer and combine them, experimenting with various colors, textures, mediums, and shapes. Always bring your starter kit! Facilitated by Laura Marks. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Advanced Soul Collage
Thursday, April 23, 6pm. Free. Hartford HealthCare - Room 103, 1290 Silas Deane Highway, Wethersfield. This class is open to those who have already taken at least one SoulCollage® class with the instructor previously. We will use this time to explore different suits to a card deck as well as ways in which to use your cards for guidance and connection to your inner self. Always bring any SoulCollage® cards you have already made. Theme for this date: Walking Your Internal Red Carpet. Facilitated by Lisa Huppert. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Macrame
Tuesday, May 12, 6pm. Free. Hartford HealthCare - Room 103, 1290 Silas Deane Highway, Wethersfield. Made with rope and knots, Macrame is a creative and decorative way to dress up a sacred space. All necessary materials will be provided to take part in our step-by-step tutorial to make a wall hanging. Once you learn the basics you can really get creative! Facilitated by Stacy Cronin. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Advanced Soul Collage
Thursday, May 14, 6pm. Free. Hartford HealthCare - Room 103, 1290 Silas Deane Highway, Wethersfield. Would you like to access your intuition and wisdom, take a relaxing break from stress, renew your spiritual connection, or reconnect
with your creativity? SoulCollage® mixes imagination and intuition using powerful images, scissors and glue to form a card to reflect your inner self. No artistic skills are needed. Build a deck and use the cards for accessing inner wisdom, daily guidance or a means of self-expression. Facilitated by Lisa Huppert. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Medicare 101: Understand Your Options
Wednesday, May 20, 5-6pm. Free. Hartford HealthCare - Room 103, 1290 Silas Deane Highway, Wethersfield. Medicare 101 focuses on the basics of Medicare and understanding the Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose a plan; and options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Marissa Hiebel, Medicare educator. Light refreshments will be served. Sponsored by Hartford HealthCare and Integrated Care Partners. Seating is limited, registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Making the Most of Your Doctor’s Appointment
Tuesday, June 2, 12pm. Free. Wethersfield Senior Center, 30 Greenfield St., Wethersfield. On average, doctor appointments are only 15 minutes long. Learn how to make the most out of your time using various tips and strategies to ensure that when you leave, you will understand your health, medicines and follow-up plan— which leads to overall better management of your health and well-being. Presented by Penelope Ross, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Wethersfield Senior Center, 860.721.2979.

Seniors & Medications
Tuesday, July 7, 12pm. Free. Wethersfield Senior Center, 30 Greenfield St., Wethersfield. Program focuses on what to know before taking medications. Presented by Sean Jeffery, PharmD, CGP, FASCP, FNAP, AGSF, and Christina Polomoff, PharmD, BCACP, BCGP, both pharmacists with Integrated Care Partners Hartford HealthCare Group and professors with University of Connecticut School of Pharmacy, and University of Connecticut School of Pharmacy students. Sponsored by Hartford HealthCare Senior Services. RSVP to Wethersfield Senior Center, 860.721.2979.

Willimantic
Medicare 101: Understand Your Options
Wednesday, April 29, 5-6pm. Free. Windham Hospital, Bernard Desrosier Room, 112 Mansfield Ave., Willimantic. Medicare 101 focuses on the basics of Medicare and understanding the Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose a plan; and options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Marissa Hiebel, Medicare educator. Light refreshments will be served. Sponsored by Hartford HealthCare and Integrated Care Partners. Seating is limited, registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Live Well with Chronic Conditions
Mondays, May 18 and June 1, 8, 15, 22 & 29, 9-11:30am. Free. Windham Hospital, 112 Mansfield Ave., Willimantic. This community-based six-week workshop series is for adults and caregivers who want to learn practical ways to develop self-management skills, gain confidence and take control of their chronic diseases such as arthritis, high blood pressure, heart disease, chronic pain, anxiety or depression. Topics include healthy eating, dealing with difficult emotions, pacing and planning, the Moving Easy Program and better breathing. Classes complement current treatment and encourage active participation in a supportive environment to manage health and live a more fulfilling life. Presented by Amina Weiland and Joseph Zuzel, resource coordinators, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Joseph Zuzel, 860.456.6785.
special programs and events

Windsor

Ending Loneliness: Finding a Meaningful Life
Wednesday, April 22, 1pm. Free. Windsor Senior Center, 599 Matianuck Ave., Windsor. Loneliness is recognized as a public health issue. Research shows that loneliness affects individuals’ physical, mental and emotional health. The presentation will include the causes of loneliness and meaningful ways to fulfill your life. Presented by Amina Weiland, resource coordinator and Luz Renteria, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Lunch & Learn

Dental Care: Keeping Your Mouth Healthy
Thursday, April 16, 12-1pm. Free. The Hospital of Central Connecticut - Bradley Memorial Campus, 81 Meriden Ave., Southington – Conference Room A. Topics will include dental implants, dental procedures, health and wellness of mouth. Plus, Q&A with the doctor. Presented by Theodore Zdeblick, DDS. Seating is limited, registration required. A light lunch will be served. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Advance Directives: Who Would Speak For You?
Thursday, May 14, 12-1pm. Free. The Hospital of Central Connecticut, 100 Grand St., 1st Floor, Lecture Room 1, New Britain. This program provides information in case someone is seriously ill or aged and unable to make their advance directives known. Topics include advance directives and family planning assistance. Q&A will follow. Presented by Colleen Mulkerin, MSW, LCSW, director of Palliative, Social Work and Spiritual Care. A light lunch will be served. Seating is limited, registration required. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Spring into Foot Health
Tuesday, April 28, 5-7pm. Free. Southington Care Center, 45 Meriden Ave., Southington. Learn more about: foot and ankle injuries; preventative care and management; and treatment options. Presented by Adam Q. Ferguson, DO, orthopedic surgeon, specializing in foot and ankle injuries. Seating is limited, registration required. A light dinner will be served. Sponsored by Southington Care Center. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Understanding Kidney Stones

Tired of Achy Joints?
Thursday, April 30, 6-8pm. Free. McLean, 75 Great Pond Road, Simsbury. Learn more about osteoarthritis and stiff joints, surgical and non-surgical treatments, when to consider joint replacement, plus Q&A with the surgeon. Presented by Dan Witmer, MD, orthopedic surgeon, specializing in hip and knee replacements at the Hartford HealthCare Bone & Joint Institute. A light dinner will be provided. Seating is limited, registration is required. Sponsored by McLean. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Music Therapy & Healing
Thursday, June 18, 12-1pm. Free. The Hospital of Central Connecticut - Bradley Memorial Campus, 81 Meriden Ave., Southington, Conference Room A. This program includes insights into the therapeutic modality of sound, structures, emotions and possibilities to help people with a variety of needs – physical, communicative and social in a variety of settings, including homes, nursing homes, private practice, hospitals and rehabilitation settings. Q&A will follow. Presented by Laura Famulare, MA, MT-BC. Seating is limited, registration required. A light lunch will be served. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Dinner with the Doc

Pain Treatment Options
Tuesday, April 21, 5-7pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. This program will examine non-pharmacological/ opioid treatments for pain including CBD oil – its uses, treatments and sources. Presented by Michael J. Grille, MD, Hartford HealthCare Pain Treatment Center. Sponsored by Hartford HealthCare Pain Treatment Center and Arbor Rose at Jerome Home. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Music Therapy & Healing
Thursday, June 18, 12-1pm. Free. The Hospital of Central Connecticut - Bradley Memorial Campus, 81 Meriden Ave., Southington, Conference Room A. This program includes insights into the therapeutic modality of sound, structures, emotions and possibilities to help people with a variety of needs – physical, communicative and social in a variety of settings, including homes, nursing homes, private practice, hospitals and rehabilitation settings. Q&A will follow. Presented by Laura Famulare, MA, MT-BC. Seating is limited, registration required. A light lunch will be served. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.
Center for Healthy Aging
Informational Series

Healthy Brain Series
This five-part series will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions.

Session 1: Challenge your mind daily: activities to keep your mind sharp

Session 2: Feeding the brain: the importance of diet and hydration

Session 3: Benefits of a purposeful life: Finding meaningful engagement as you age

Session 4: Good sleep and brain power: the importance of sleep and your brain

Session 5: The Blue Zones: Lessons for living longer from the people who’ve lived the longest. Presented by Patty O’Brien, CDP, and Michelle Wyman, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Ellington Senior Center, 860.870.3133.

Healthy Brain Series
Fridays, May 1, 8, 15, 22 & 29, 1pm. Free. South Windsor Senior Center, 150 Nevers Road, South Windsor. See description above. Presented by Michelle Wyman, LSW, CDP, and Adrienne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to South Windsor Senior Center, 860.648.6361.

Healthy Brain Series
Thursdays, May 7, 14, 21 & 28 and June 4, 1pm. Free. Cromwell Senior Center, 41 West St., Cromwell. See description above. Presented by Patty O’Brien, CDP, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Cromwell Senior Center, 860.632.3447.

Healthy Brain Series
Wednesdays, May 20 & 27 and June 3, 10 & 17, 10-11am. Free. West Hartford Senior Center, 15 Starkel Road, West Hartford. See description above. Presented by Patty O’Brien, CDP, and Michelle Wyman, LSW, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to West Hartford Senior Center, 860.561.7583.

Healthy Brain Series
Tuesdays, April 14, 21 & 28 and May 5 & 12, 1pm. Free. Enfield Public Library, 104 Middle Road, Enfield. See description above. Presented by Adrienne DeVivo, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Enfield Public Library, 860.763.7511.

Open Houses

Cedar Mountain Commons, 3 John H. Stewart Drive, Newington. Saturdays, April 25, May 2, June 6, 10am-2pm. Just stop by. Information: 860.665.7901.

Arbor Rose, 975 Corbin Ave., New Britain. Sundays, April 19, May 17 and June 21, 10am-2pm. Just stop by. Information: 860.229.3707.

The Orchards at Southington, 34 Hobart St., Southington. Saturdays, April 18, May 2 and June 6, 10am-2pm. Just stop by. Information: 860.628.5656.

Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. Saturdays, April 18, May 16 and June 6, 10am-2pm. Just stop by. Information: 860.276.1020.
MyHealthy Advantage

Cedar Mountain Commons is offering short term, monthly stays so you can see if our beautiful facility is right for you. You can rent a fully furnished 1 or 2 bedroom apartment for the season, and forget about snow shoveling. We provide three meals a day, have an emergency generator in case of power loss, and beautiful, comfortable facilities.

Thinking about a transition to assisted living?

To schedule a tour, call 860.665.7901
3 John H. Stewart Drive, Newington, CT
CedarMountainCommons.org

Monthly rental for the season
Furnished apartments available
Full generator in case of power loss
No shoveling snow
Three meals a day

Hartford HealthCare Senior Services
80 Meriden Ave., Southington, CT 06489
hhcseniorcare.org

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