

Summer 2020

# Advantage News

A publication for MyHealthy Advantage members



MyHealthy   
Advantage

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

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

Hartford HealthCare Senior Services  
Attn: MyHealthy Advantage  
Coordinator

80 Meriden Avenue  
Southington, CT 06489  
860.378.1268  
[Bonnie.Tormay@hhchealth.org](mailto:Bonnie.Tormay@hhchealth.org)

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## HOW TO REACH US

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

### Hartford HealthCare Center for Healthy Aging

HHC Center for Healthy Aging is a resource and assessment center for seniors and their families.

For a Center location near you:  
1.877.424.4641  
[HHCcenterforHealthyAging.org](http://HHCcenterforHealthyAging.org)

### Jerome Home / Arbor Rose

Assisted living, memory care, short-term rehabilitation and long-term care

[JeromeHome.org](http://JeromeHome.org)  
975 Corbin Avenue  
New Britain, CT 06052  
860.229.3707  
\*managed by Hartford HealthCare

### Mulberry Gardens

Assisted living and memory care

[MulberryGardens.org](http://MulberryGardens.org)  
58 Mulberry Street  
Plantville, CT 06479  
860.276.1020

### Southington Care Center

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

[SouthingtonCare.org](http://SouthingtonCare.org)  
45 Meriden Avenue  
Southington, CT 06489  
860.621.9559

### The Orchards at Southington

Independent and assisted living

[SouthingtonOrchards.org](http://SouthingtonOrchards.org)  
34 Hobart Street  
Southington, CT 06489  
860.628.5656

### Cedar Mountain Commons

Independent and assisted living

[CedarMountainCommons.org](http://CedarMountainCommons.org)  
3 John H. Stewart Drive  
Newington, CT 06111  
860.665.7901

Hartford HealthCare Independence at Home  
1.888.863.2771

Jefferson House  
Short-term rehabilitation, long-term care and outpatient therapy, [JeffersonHouse.org](http://JeffersonHouse.org)  
1 John H. Stewart Drive  
Newington, CT 06111  
860.667.4453

Hartford HealthCare Rehabilitation Network  
[HHCRehabNetwork.org](http://HHCRehabNetwork.org)  
181 Patricia M. Genova Drive  
Newington, CT 06111  
860.696.2500

Hartford HealthCare at Home  
[HHC@Home.org](mailto:HHC@Home.org)  
888.863.2771

Hartford Hospital Medical Group at Duncaster  
860.380.5150

### Other Hartford HealthCare Partners

Backus Hospital  
Charlotte Hungerford  
Hartford Hospital  
Hartford HealthCare Medical Group  
The Hospital of Central Connecticut  
The Institute of Living  
Integrated Care Partners  
MidState Medical Center  
Natchaug Hospital  
Rushford  
Windham Hospital  
St. Vincent's Medical Center  
[HartfordHealthCare.org](http://HartfordHealthCare.org)



## Kick hip and knee pain: new precision in joint replacement surgery with Mako robotic-arm assisted surgery



Stephen Nelson, MD  
Orthopaedic surgeon

Patients suffering with hip and knee pain have access to Mako robot-arm assisted surgery, a surgical technology offering customized precision that is a new technique for knee and hip replacement surgeries.

Dr. Stephen Nelson, who performs orthopaedic surgery at the Connecticut Orthopaedic Institute at MidState Medical Center, says the support it brings can significantly improve surgical outcomes.

The precision of Mako is the differentiator. “It’s an unprecedented level of data collection that allows surgeons to tension knee ligaments more accurately for better implant placement,” remarks Dr. Nelson. “The computer can shift the implant position with an accuracy of a tenth of a millimeter. Good surgeons can make 2 millimeter shifts, but the Mako robot brings joint balance to a whole new level.”

The benefits to the patient are numerous. Partial knee replacement patients are less likely to undergo a revision procedure. Data shows that certain patients are also more likely to have better outcomes in total knee and total hip

replacement surgeries. Patients can experience improved range of motion, stability in both hips and knees, and leg-length equality.

Total knee and hip surgeries are customized to the anatomy of individual patients by using CT scans to create a 3-dimensional digital model of the patient’s anatomy. The surgeon is then able to utilize the robotic software to determine the ideal implant size and positioning.

And regarding benefits to the surgeons, Dr. Nelson says that Mako makes his job much more precise.

“It is a tool surgeons can use to make their joint replacements more exact,” says Dr. Nelson. “It allows for a higher level of implant sizing, balancing, and positioning that we’ve not seen before.”

*Dr. Stephen Nelson is an orthopaedic surgeon at the Connecticut Orthopaedic Institute at MidState Medical Center. To learn more about Dr. Nelson, the Institute, and watch videos about how to manage hip and knee pain, or other orthopaedic issues, please visit [CTOrthoInstitute.org](http://CTOrthoInstitute.org).*

# How can a health plan simplify Medicare coverage?



## By working directly with doctors.

Imagine a Medicare plan that puts a patient's health and well-being at the center of care. A plan that offers full support for doctors to provide the best care for the patient. CarePartners of Connecticut was created with doctors from Hartford HealthCare\* to take the hassle out of Medicare and offer healthy benefits to keep you feeling young.

CarePartners of Connecticut offers Medicare Advantage plans, one of the fastest growing Medicare plan options. According to the Centers for Medicare and Medicaid Services, Medicare Advantage plans have doubled to more than 20 million enrollees (one third of Medicare beneficiaries) since 2010.

Whether you are in good health or require additional care, a Medicare Advantage plan provides more benefits, coverage, and financial

security than Original Medicare and a level of coordinated care not available with Medicare Supplement plans.

- Unlike fee-for-service plans, a Medicare Advantage plan offers comprehensive coverage without gaps.
- Patients benefit from coordinated care that helps them to get the right care while eliminating unnecessary expenses like duplicate tests.
- A low out-of-pocket maximum amount provides financial stability by limiting the amount of medical expenses in a year.
- Copay amounts are clearly defined, and medical and prescription drug coverage are included in the same plan.

*\*Other providers are available in our network.*

# Get all the information you need about Medicare without leaving your home

Get all the information you need about Medicare without leaving your home by registering for one of six webinars scheduled in June, July and August with Marissa Hiebel, a Medicare Educator for Hartford HealthCare's Integrated Care Partners. Hiebel will cover these topics, among others, at the one-hour seminar available with an internet connection:

- What is Medicare and how does it work?
- When am I eligible?
- Is a Medicare Advantage plan better for me?
- Medicare Supplement Plans my providers accept.
- Prescription drug coverage.
- How to choose your Medicare plan.
- When to enroll.

After the seminar, Hiebel will answer your questions. Here are the webinars scheduled:

## JUNE

Monday, June 1, 5–6pm  
Tuesday, June 2, 12–1pm  
Monday, June 8, 5–6pm  
Tuesday, June 9, 2–3pm  
Monday, June 15, 5–6pm  
Tuesday, June 16, 12–1pm  
Monday, June 22, 5–6pm  
Tuesday, June 23, 12–1pm  
Monday, June 29, 5–6pm  
Tuesday, June 30, 12–1pm

## JULY

Tuesday, July 7, 5–6pm  
Wednesday, July 8, 5–6pm  
Monday, July 13, 5–6pm  
Tuesday, July 14, 2–3pm  
Monday, July 20, 5–6pm  
Thursday, July 23, 12–1pm  
Monday, July 27, 12–1pm  
Tuesday, July 28, 12–1pm

## AUGUST

Monday, Aug., 3, 12–1pm  
Thursday, Aug., 6, 5–6pm  
Monday, Aug., 10, 5–6pm  
Tuesday, Aug., 11, 12–1pm  
Tuesday, Aug., 18, 5–6pm  
Wednesday, Aug., 19, 5–6pm  
Wednesday, Aug., 26, 5–6pm  
Thursday, Aug., 27, 12–1pm

To register for a Medicare webinar, click [here](https://integratedcarepartners.org) or call 1.855.442.4373. Integrated Care Partners is a physician-led, clinically integrated health care network. To learn more, go to <https://integratedcarepartners.org>.

# Need an appointment?



Give us a call  
1.855.300.6933

To determine whether  
an in-person, phone  
or virtual visit is  
best for you

Hartford  
HealthCare

## From pandemic, new opportunities arise for telemedicine

An older woman was worried about a cat bite she had that wasn't healing and she feared going to her doctor's office. When Geriatric Care Program Manager Jessica Dakin, BSN, CMC, CDP, of Hartford HealthCare Center for Healthy Aging, checked on her client at home, she realized this was a medical problem that could be addressed through a virtual video call to the physician. It wasn't long before the wound was assessed, antibiotics were prescribed and the woman was on her way to healing.

This incident is one of thousands of examples of how Hartford HealthCare Community Network has been using "telemedicine." This word, first used in 1968, is defined by Merriam-Webster as "the practice of medicine when the doctor and patient are widely separated using two-way voice and visual communication." It is impossible to calculate the number of times this method has been utilized since it was first defined.

However, as a result of the 2020 pandemic, virtual visits have been skyrocketing. In the Hartford HealthCare system, there were more than 100,000 real-time health consultations

in a two-month period. Of these, almost 5,000 users were new to virtually connecting with their physician.

Each of the service lines within Hartford HealthCare Community Network has found the telemedicine extremely helpful. Among those using it are the assisted living communities: Mulberry Gardens of Southington, The Orchards at Southington and Cedar Mountain Commons as well as the skilled nursing facilities including Southington Care Center, Jefferson House and Jerome Home (which is managed by Hartford HealthCare Senior Services).

Virtual care is available through computer, smartphone or tablet. The physician's office establishes the connection with the patient through a video conferencing connection allowing both parties to be able to see each other. It can be used for primary care visits, common problems and prescription refills. However, it is not appropriate for severe problems or emergencies – in those instances, an in-person office or emergency department visit may be warranted.

Telehealth consultations are not only more convenient, they are safer for patients and providers. Dakin usually transports and accompanies her clients from the home to their physicians' in-person appointments. "Most of my clients are glad to be able to see their provider even if it is just over the screen," Dakin said. "This gives better access to care especially when leaving the home can be a challenge."

Mulberry Gardens just started using the virtual method. Recently, an 81-year-old woman had a follow-up "visit" facilitated by Megan Nawrocki, of the Wellness Department. Mulberry Gardens Executive Director Jacquelyn Gaulin said she anticipates it will become more common even after societal restrictions are lifted.

At Southington Care Center, providers have been successfully using the video connection for wound assessments between the physician, resident and wound care nurse. "We absolutely will continue to use this," said William Kowalewski, executive director, Southington Care Center.

Telehealth is also being used for behavioral health and urgent care as well as pharmacy consultations. Hartford HealthCare Rehabilitation Network has been using it for outpatient visits, allowing therapists to guide patients as they perform exercises at home rather than physically going to an actual office.

## Hartford HealthCare medical practices are able to arrange virtual visits.

To connect with a provider or to learn more about using telehealth, visit <https://hartfordhealthcare.org/services/virtual-health>.



## 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](mailto: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: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Email: \_\_\_\_\_

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

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

\_\_\_\_\_

\_\_\_\_\_

Other interests / suggestions for future seminars:

\_\_\_\_\_

Signature: \_\_\_\_\_

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

- YES!     NO THANK YOU



# As you age, these exercises are good for your health

Many people are less active as they age. During this time when people are staying home to socially distance, it is easy to become even more sedentary.

To inspire and inform, GoodLife Fitness exercise professionals are sharing the real benefits of staying active — or getting active, if you aren't already. Aerobic exercise strengthens your heart.

- It improves your health while giving you more energy. Examples include brisk walking and swimming.

Strengthening exercises can help maintain muscle, strengthen bones, and protect knees and joints. These exercises include resistance training, such as lifting weights.

Flexibility exercises help move your muscles and joints through a full range of motion.

- Stretching helps increase flexibility. When you're flexible, regular physical activity and daily tasks, such as tying shoelaces or reaching to a shelf, feel easier. Flexibility activities include dancing and yoga.

Balance exercises may help prevent falls.

- When combined with strengthening and flexibility exercises (including walking), balance exercises can reduce falls. Yoga and tai chi often include balance techniques.

Aerobic, strengthening, flexibility and balance activity has health benefits for older adults. It can:

- Improve blood pressure and cholesterol
- Improve heart failure symptoms

- Shorten hospital stays
- Help postmenopausal women from losing bone density
- Help joints and lessen osteoarthritis pain
- Improve sleep/reduce fatigue
- Improve short-term memory
- Lower the risk of some cancers
- Lower the risk of:
  - Hip and spinal fractures
  - Falling
  - Coronary artery disease
  - Diabetes
  - Depression
  - Obesity

Older adults can receive health benefits with a moderate amount of physical activity, such as longer sessions of moderately intense activities (walking) or shorter sessions of more vigorous activities (fast walking or stair walking). It is time to get moving!

GoodLife Fitness, a program of Hartford Health-Care, is an individualized exercise program 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 about GoodLife Fitness, visit <https://hcseniorservices.org/health-wellness/goodlife-fitness>.*

# Herbed Quinoa

## with Lemon and Pepper



### Ingredients:

- 2 cups** Quinoa (rinsed and drained)
- 4 cups** Water
- Salt
- 2 TBSP** Extra-virgin Olive Oil
- 1** Lemon
- 3-4** Sprigs of Fresh Thyme
- Freshly Ground Black Pepper



### Nutritional Information

<b>Calories:</b>	<b>187</b>
<b>Total Fat:</b>	<b>6g</b>
<b>Saturated fat:</b>	<b>0.75g</b>
<b>Monounsaturated fat:</b>	<b>3.15g</b>
<b>Polyunsaturated fat:</b>	<b>1.75g</b>
<b>Protein:</b>	<b>6g</b>
<b>Carbohydrate:</b>	<b>28g</b>
<b>Fiber:</b>	<b>3g</b>
<b>Sodium:</b>	<b>21.6mg</b>
<b>Calcium:</b>	<b>21.2mg</b>
<b>Potassium:</b>	<b>248mg</b>

### Directions

In a medium pot over high heat, bring the quinoa, water and 1/2 teaspoon kosher salt to a rolling boil, stirring occasionally. Reduce the heat to low, and simmer until the quinoa has fully absorbed the water, about 15 minutes. Remove from the heat.

In a serving bowl, toss the quinoa with the olive oil, lemon juice and zest, thyme, and salt and pepper to taste. Serve warm or chilled.

**8 servings**

**8 servings**

# Sweet Potato Turkey Burgers

### Nutritional Information

<b>Calories:</b>	<b>165</b>
<b>Total Fat:</b>	<b>2g</b>
<b>Carbohydrate:</b>	<b>4g</b>
<b>Fiber:</b>	<b>1g</b>
<b>Sugars:</b>	<b>1g</b>
<b>Protein:</b>	<b>33g</b>

### Ingredients:

- 1 ¼** Pounds Lean Ground Turkey
- 1 small** Sweet Potato
- ½ cup** Chopped Frozen Spinach (or 1 cup fresh)
- 1 tsp** Salt
- ¼ tsp** Pepper
- ½ tsp** Garlic Powder
- ½ tsp** Onion Powder

### Directions

Precook the sweet potato until just tender, but not mushy (I microwaved mine for 4 minutes, but you could also bake it for 30 minutes or so in a 375 degree oven.) Remove the peel, and break up the sweet potato with knife or fingers, into very small pieces.

Combine the ground turkey, sweet potato, spinach, and seasonings into a large bowl, and form into four patties.

Cook on the grill, pan, or griddle over medium high heat, for about 3-4 minutes on each side, or until the burgers are cooked through.

Enjoy on your favorite whole grain bun or chop into your favorite salad!



**4 servings**

**W**e 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](mailto:Bonnie.Tormay@hhchealth.org) or call 860.378.1268.

**Virtual - Alzheimer's & Dementia Support Groups**

**Dementia Caregivers Support Group**

**Mondays: 10am, Tuesdays: 3pm, Wednesdays: 10am, and Fridays: 2pm.** Do you care for someone diagnosed with dementia? A support group provides emotional, educational and social support. Topics include: communication techniques, caregiver support, benefits of activities, and stages of the disease, family dynamics and safety issues. Facilitated by Hartford HealthCare Center for Healthy Aging's Certified Dementia Specialists. *Sponsored by Hartford HealthCare Center for Healthy Aging.* Registration is not required. **For more information, call 877.424.4641. To join Hartford HealthCare's Virtual Meeting Room, call: 860.972.6338. Access code: 19623#.**

**Diabetes Support Group**

**YMCA Diabetes Prevention Program**

**Tuesdays and Thursdays.** 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 dietitians, 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. **To learn more about this program, call Jolene Miceli, Southington Community YMCA, 860.426.9589 or email [jmiceli@sccymca.org](mailto:jmiceli@sccymca.org).**

**Medicare 101 - Webinars**

**Medicare 101: Understanding your options**

**JUNE**

- **Monday, June 1, 5-6pm**
- **Tuesday, June 2, 12-1pm**
- **Monday, June 8, 5-6pm**
- **Tuesday, June 9, 2-3pm**
- **Monday, June 15, 5-6pm**
- **Tuesday, June 16, 12-1pm**
- **Monday, June 22, 5-6pm**
- **Tuesday, June 23, 12-1pm**
- **Monday, June 29, 5-6pm**
- **Tuesday, June 30, 12-1pm**

**JULY**

- **Tuesday, July 7, 5-6pm**
- **Wednesday, July 8, 5-6pm**
- **Monday, July 13, 5-6pm**
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- **Monday, July 20, 5-6pm**
- **Thursday, July 23, 12-1pm**
- **Monday, July 27, 12-1pm**
- **Tuesday, July 28, 12-1pm**

**AUGUST**

- **Monday, Aug. 3, 12-1pm**
- **Thursday, Aug. 6, 5-6pm**
- **Monday, Aug. 10, 5-6pm**
- **Tuesday, Aug. 11, 12-1pm**
- **Tuesday, Aug. 18, 5-6pm**
- **Wednesday, Aug. 19, 5-6pm**
- **Wednesday, Aug. 26, 5-6pm**
- **Thursday, Aug. 27, 12-1pm**

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. *Sponsored by Hartford HealthCare and Integrated Care Partners.* Registration is required. **To register, call 1.855.HHC.HERE/ 1.855.442.4373 or visit [HartfordHealthCare.org/Events](http://HartfordHealthCare.org/Events).**

**Virtual Programs**

**'More Happy' in Your Home Webinar Cooking Webinar Series: Stuffed Chicken**

**Monday, June 1, 12-1pm. Free.** Hartford HealthCare puts "more happy" in your home. In this interactive webinar series, join Hartford HealthCare Bone & Joint Institute's registered dietitian, Chris Barrett, RDN, while he prepares recipes alongside you from the comfort of your home and explains the health benefits from each type of recipe. In this session, he will show you how to prepare a stuffed chicken breast with roasted red peppers and spinach. There have never been more ways to be a family, or more ways to keep yours healthy – it's just one way we put more life in your life. *Sponsored by Hartford HealthCare Bone & Joint Institute.* Registration required, visit [HartfordHealthCare.org/Webinars](http://HartfordHealthCare.org/Webinars) to learn more. **To register, call 1.855.HHC.HERE/ 1.855.442.4373 or go online to [HartfordHealthCare.org/Webinars](http://HartfordHealthCare.org/Webinars).**

**Erectile Dysfunction: Restoring Intimacy Webinar**

**Monday, June 1, 6:30-8pm. Free.**

In this webinar, join board-certified urologist and medical director for Hartford HealthCare Tallwood Men's Health, Jared Bieniek, MD, to learn about erectile dysfunction and restoring your sexual quality of life. He will speak about what normal erectile function looks like, common causes of dysfunction, and evaluation and treatment options. A live Q&A with Dr. Bieniek will follow the presentation. *Sponsored by Tallwood Men's Health.* Registration required.

**To register, call 1.855.HHC. HERE/ 1.855.442.4373 or go online to HartfordHealthCare.org/Webinars.**

**Virtual Visits with your Doctor: What to Know**

**Tuesday, June 2, 7-8pm. Free.**

In this webinar, join Duarte Machado, MD, Hartford HealthCare Neurology, co-director, David & Rhoda Chase Family Movement Disorders Center, to learn more about what telehealth is, how a virtual visit works, patient access and benefits to you when you can't have in-person visits. Plus, a live Q&A with Dr. Machado will follow the presentation. *Sponsored by David & Rhoda Chase Family Movement Disorders Center.*

**To register, call 1.855.HHC. HERE/ 1.855.442.4373 or go online to HartfordHealthCare.org/Webinars.**

**An Introduction to Anxiety Disorders Webinar**

**Tuesday, June 2, 6:30-7:45pm. Free.**

In this webinar, join the Institute of Living's Family Resource Center to learn helpful information about the various anxiety disorders and how family and friends can be supportive to individuals living



with the disorder. Visit [HartfordHealthCare.org/Webinars](http://HartfordHealthCare.org/Webinars) to learn more. *Sponsored by Hartford HealthCare Institute of Living.* Registration required.

**To register, email Laura at [Laura.Majidian@hhchealth.org](mailto:Laura.Majidian@hhchealth.org), or call 860.545.7324.**

**Health & Wellness Facebook Live**

**Tuesdays: June 2, 9 and 16, 1:30pm.** Southington Community YMCA Exercise Group.

Join the YMCA and Center for Healthy Aging staff in a fun health and wellness Facebook Live to learn more about different health tips and benefits. Facilitated by Hartford HealthCare Center for Healthy Aging staff. *Sponsored by Hartford HealthCare Center for Healthy Aging and Southington-Cheshire Community YMCAs.*

**For more information please contact Jolene Miceli at 860.426.9589 or email [jmiceli@sccymca.org](mailto:jmiceli@sccymca.org)**

**Deep Brain Stimulation Patient Education Webinar**

**Wednesdays: June 3, July 8 and Aug. 12, 12-2pm. Free.**

This webinar is intended for patients and family members who want to learn more about DBS for Parkinson's disease, essential tremor, or dystonia. Discussion will include many different topics related to DBS. Participants will also have the opportunity to speak with patients who have already gone through the procedure and ask any questions that you may have. Registration required. **To register, call 1.855.HHC.HERE/ 1.855.442.4373 or go online to HartfordHealthCare.org/Webinars.**

**Tired of Hip and Knee Pain? - Webinar**

**Wednesday, June 3, 6-7:30pm. Free.**

In this webinar, join orthopedic surgeon, Dan Witmer, MD, specializing in hip and knee

replacements at the Bone & Joint Institute in Hartford, to learn more about osteoarthritis and stiff joints, surgical and non-surgical treatment options, when to consider partial or total joint replacement surgery, plus a Q&A with the surgeon. *Sponsored by Hartford HealthCare Bone & Joint Institute.* Registration required. **To register, call 1.855.HHC.HERE/ 1.855.442.4373 or go online to [HartfordHealthCare.org/Webinars](https://HartfordHealthCare.org/Webinars).**

**‘More Happy’ in Your Home Webinar Cooking Series: Stuffed Chicken**

**Thursday, June 4, 12-1pm. Free.** Hartford HealthCare puts “more happy” in your home. In this webinar, join Hartford HealthCare Bone & Joint Institute’s registered dietician, Chris Barrett, RDN, while he prepares recipes alongside you from the comfort of your home and explains the health benefits from each type of recipe. In this session, he will show you how to prepare a stuffed chicken breast with roasted red peppers and spinach. There have never been more ways to be a family, or more ways to keep yours healthy – it’s just one way we put more life in your life. Registration required. *Sponsored by Hartford HealthCare Bone & Joint Institute.* **To register, call 1.855.HHC.HERE/ 1.855.442.4373 or go online to [HartfordHealthCare.org/Webinars](https://HartfordHealthCare.org/Webinars).**

**‘More Happy’ in Your Home Webinar Cooking Series: Chicken Teriyaki**

**Monday, June 8, 12-1pm. Free.** Hartford HealthCare puts “more happy” in your home. In this interactive webinar, join Hartford HealthCare Bone & Joint Institute’s registered dietician, Chris Barrett, RDN, while he

## We offer a wide array of FREE online classes you can take at your convenience.

Whether the topic is “What’s making your bones ache?” or “How to have a virtual appointment with your doctor,” our classes are hosted by medical experts you can trust. We even have support groups online.

If you can open an email and click a link, you can join our webinars – it’s that easy! All you need is an internet connection and a computer, smart phone or tablet.

**Go to [HartfordHealthCare.org/webinars](https://HartfordHealthCare.org/webinars) to see the current list of webinars being offered.** Choose a class, click on it, and register. Once registered, keep an eye on your inbox for confirmation and further instructions.

**At Hartford HealthCare, we put more life in your life.**

prepares recipes alongside you from the comfort of your home and explains the health benefits from each type of recipe. In this session, he will show you how to prepare healthy chicken teriyaki. There have never been more ways to be a family, or more ways to keep yours healthy – it’s just one way we put more life in your life. Registration required. *Sponsored by Hartford HealthCare Bone & Joint Institute.* **To register, call 1.855.HHC.HERE/ 1.855.442.4373 or go online to [HartfordHealthCare.org/Webinars](https://HartfordHealthCare.org/Webinars).**

**Staying Heart Healthy During Social Isolation Webinar**

**Tuesday, June 9, 12:30-1:30pm. Free.** In this webinar, join Associate Fellowship Director and cardiologist, Heather Swales, MD, Hartford HealthCare Heart and Vascular Institute, to learn more about staying heart healthy during this time of social isolation. From staying connected to your doctor, to eating healthy, getting exer-

cise and reducing your stress. Plus, a live Q&A with Dr. Swales will follow the presentation. *Sponsored by Hartford HealthCare Heart and Vascular Institute.* **To register, call 1.855.HHC.HERE/ 1.855.442.4373 or go online to [HartfordHealthCare.org/Webinars](https://HartfordHealthCare.org/Webinars).**

**Tired of Back and Sciatic Pain? – Webinar**

**Tuesday, June 9, 4:30-6pm. Free.** In this webinar, join orthopedic surgeon, Hanbing ‘Steve’ Zhou, MD, to learn about common conditions that cause back pain, when to consider surgical options – including robotic spine surgery, and types of procedures and recovery times. A live Q&A with the surgeon will follow the presentation. Registration required. *Sponsored by Hartford HealthCare Bone & Joint Institute.* **To register, call 1.855.HHC.HERE/ 1.855.442.4373 or go online to [HartfordHealthCare.org/Webinars](https://HartfordHealthCare.org/Webinars).**

### Erectile Dysfunction: Restoring Intimacy – Webinar

**Tuesday, June 9, 6:30-8pm.**

**Free.** In this webinar, join board-certified urologist and medical director for Hartford HealthCare Tallwood Men's Health, Jared Bieniek, MD, to learn about sexual health and life after prostate cancer. He will speak about improving your quality of life, what that causes of erectile dysfunction are, and evaluation and treatment options for erectile dysfunction. A live Q&A with the expert will follow the presentation, along with a facilitated group discussion about living with the diagnosis of prostate cancer. *Sponsored by Hartford HealthCare Cancer Institute.* **To register, call 1.855.HHC.HERE/ 1.855.442.4373 or go online to HartfordHealthCare.org/Webinars.**

### 'More Happy' in Your Home Webinar Cooking Series: Chicken Teriyaki

**Thursday, June 11, 12-1pm.**

**Free.** Hartford HealthCare puts "more happy" in your home. In this webinar, join Hartford HealthCare Bone & Joint Institute's registered dietician, Chris Barrett, RDN, while he prepares recipes alongside you from the comfort of your home and explains the health benefits from each type of recipe. In this session, he will show you how to prepare healthy chicken teriyaki. There have never been more ways to be a family, or more ways to keep yours healthy – it's just one way we put more life in your life. Registration required. *Sponsored by Hartford HealthCare Bone & Joint Institute.* **To register, call 1.855.HHC.HERE/ 1.855.442.4373 or go online to HartfordHealthCare.org/Webinars.**

### Think you have a hernia? – Webinar

**Thursday, June 11, 6:30-**

**7:30pm. Free.** In this webinar, join Marko Lujic, MD, to learn about the different types of hernias, the signs and symptoms, the importance of early detection and the treatment options available. A live Q&A with Dr. Lujic will follow the presentation. *Sponsored by Hartford HealthCare General Surgery.* **To register, call 1.855.HHC.HERE/ 1.855.442.4373 or go online to HartfordHealthCare.org/Webinars.**

### Pancreatic Cancer: An Integrated Approach to Care Webinar

**Thursday, June 11, 6-7:30pm.**

**Free.** In this webinar, join board certified gastroenterologist, Jonathan Blair Williamson, MD, and board-certified surgeon, Lindsay Bliss, MD, MPH, as they present "Pancreatic Cancer: An Integrated Approach to Care." Learn about the disease, as well as hopeful information on new research and innovations in care. A live Q&A session with the experts will follow the presentation. This webinar is made possible by the Ron Foley Foundation. **To register, call 1.855.HHC.HERE/ 1.855.442.4373 or register online: <https://hartfordhealthcare.org/health-wellness/classes-events/event-details?id=2654&occ=8221007>.**

### 'More Happy' in Your Home Webinar Cooking Series: Cin- namon Rollin' Quinoa Break- fast + Triple Berry Smoothie

**Thursday, June 18, 9-10am.**

**Free.** Hartford HealthCare puts "more happy" in your home. In this webinar, join Hartford HealthCare Bone & Joint Institute's registered dietician, Chris Barrett, RDN, while he prepares recipes alongside you from the

comfort of your home and explains the health benefits from each type of recipe. In this session, he will show you how to prepare cinnamon rollin' quinoa breakfast and a triple berry smoothie. There have never been more ways to be a family, or more ways to keep yours healthy – it's just one way we put more life in your life. Registration required. *Sponsored by Hartford HealthCare Bone & Joint Institute.* **To register, call 1.855.HHC.HERE/ 1.855.442.4373 or go online to HartfordHealthCare.org/Webinars.**

### Bladder Cancer and Nutrition Webinar

**Tuesday, June 23, 2pm. Free.**

In this webinar, join registered dietician, Mary Noon, MS, RDN, CDN to learn about bladder cancer and nutrition. She will speak about cancer-fighting foods, staying healthy through treatment, and post-treatment nutrition. A live Q&A with the expert will follow the presentation. *Sponsored by Hartford HealthCare Cancer Institute.* **To register, call 1.855.HHC.HERE/ 1.855.442.4373 or register online: <https://hartfordhealthcare.org/health-wellness/classes-events/event-details?id=2654&occ=8221007>.**

### 'More Happy' in Your Home Webinar Cooking Series: Tur- key Burgers

**Thursday, June 25, 12-1pm.**

**Free.** Hartford HealthCare puts "more happy" in your home. In this webinar, join Hartford HealthCare Bone & Joint Institute's registered dietician, Chris Barrett, RDN, while he prepares recipes alongside you from the comfort of your home and explains the health benefits from each type of recipe. In this session, he will show you

(Continued next page)

how to prepare turkey burgers with shredded zucchini and mushrooms. There have never been more ways to be a family, or more ways to keep yours healthy – it's just one way we put more life in your life. Registration required. *Sponsored by Hartford HealthCare Bone & Joint Institute.* **To register, call 1.855.HHC.HERE/ 1.855.442.4373 or go online to [HartfordHealthCare.org/Webinars](https://HartfordHealthCare.org/Webinars).**

### **A Urologist's Guide to Kidney Stones Webinar**

**Thursday, June 25, 6:30-8pm. Free.** In this webinar, join John Griffith, MD, urologist, to learn about the increasing incidence of kidney stones. Dr. Griffith will discuss the treatment and how to prevent them. And, the implications of COVID-19 on kidney stone care. Plus, a live Q&A with the expert will follow the presentation. Registration required. *Sponsored by Tallwood Urology & Kidney Institute.* **To register, call 1.855.HHC.HERE/ 1.855.442.4373 or go online to [HartfordHealthCare.org/Webinars](https://HartfordHealthCare.org/Webinars).**

### **Self-Breast Exams and Understanding Breast Health Webinar**

**Tuesday, June 30, 11-1pm. Free.** In this webinar, join breast surgeon April Duckworth, MD, to learn how to properly perform a self-breast examination, know what's normal, and understand what your options are if you're concerned about your breast health. A live Q&A with the expert will follow the presentation. Registration required. *Sponsored by Hartford HealthCare Cancer Institute.* **To register, call 1.855.HHC.HERE/ 1.855.442.4373 or go online to [HartfordHealthCare.org/Webinars](https://HartfordHealthCare.org/Webinars).**

**Schizophrenia: An Introduction to the Disorder – Webinar**  
**Tuesday, June 30, 6:30-7:45pm. Free.** In this webinar, join the Institute of Living's Family Resource Center to learn helpful information about the diagnosis of schizophrenia and how family and friends can be supportive to individuals living with the disorder. Visit [HartfordHealthCare.org/Webinars](https://HartfordHealthCare.org/Webinars) to learn more.

**To register, email Laura at [Laura.Majidian@hhchealth.org](mailto:Laura.Majidian@hhchealth.org), or call 860.545.7324.**

### **'More Happy' in Your Home Webinar Cooking Series – Turkey Burgers**

**Monday, July 2, 12-1pm.** Hartford HealthCare puts "more happy" in your home. In this webinar, join Hartford HealthCare Bone & Joint Institute's registered dietician, Chris Barrett, RDN, while he prepares recipes alongside you from the comfort of your home and explains the health benefits from each type of recipe. In this session, he will show you how to prepare turkey burgers with shredded zucchini and mushrooms. There have never been more ways to be a family, or more ways to keep yours healthy – it's just one way we put more life in your life. Registration required. **To register, call 1.855.HHC.HERE/ 1.855.442.4373 or go online to [HartfordHealthCare.org/Webinars](https://HartfordHealthCare.org/Webinars).**

### **Ending Loneliness: Finding a Meaningful Life – Webinar**

**Wednesday, July 8, 10am-11am. Free.** Windsor Senior Center – Zoom Meeting. Loneliness is recognized as a public health issue. The research evidence is clear that loneliness has affected individuals'

physical, mental and emotional health. In this presentation, we will examine the causes of loneliness and find meaningful ways to fulfill your life. Presented by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging and Windsor Senior Center.* **RSVP to Windsor Senior Center, 860.285.1992.**

### **The Pursuit of Men's Health: A Path to Health & Wellness – Webinar**

**Wednesday, Aug. 12, 10-11am. Free.** There is a lot that goes into staying healthy – eating well, exercising and seeing your doctor. But what are the key things men should be looking for and what should they be asking? Join Nicholas Arsenault, MSN, RN, transitional care nurse, Hartford HealthCare Center for Healthy Aging, for a discussion about key health topics related to helping to keep men healthy and on the road to long-term wellness. Presented by Nicholas Arsenault, transitional care nurse, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging and Windsor Senior Center.* **To RSVP, call Windsor Senior Center, 860.285.1992.**

### **Bipolar: An Introduction to the Disorder – Webinar**

**Tuesday, Aug. 11, 6:30-7:45pm. Free.** In this live webinar, join the Institute of Living's Family Resource Center to gain helpful information about the diagnosis of bipolar disorder and how family and friends can be supportive to individuals living with the disorder. Visit [HartfordHealthCare.org/Webinars](https://HartfordHealthCare.org/Webinars) to learn more. *Sponsored by Hartford*

HealthCare Institute of Living. **To register, email Laura at Laura.Majidian@hhchealth.org or call 860.545.7324.**

**An Introduction to Anxiety Disorders – Webinar**

**Tuesday, Aug. 25, 6:30-7:45pm. Free.** In this live webinar, join the Institute of Living’s Family Resource Center to learn helpful information about the various anxiety disorders and how family and friends can be supportive to individuals living with the disorder. Visit [HartfordHealthCare.org/Webinars](http://HartfordHealthCare.org/Webinars) to learn more. *Sponsored by Hartford HealthCare Institute of Living.* **To register, email Laura at Laura.Majidian@hhchealth.org or call 860.545.7324.**

**Virtual Series**

**Virtual Dementia Caregiver Series**

**Wednesdays: June 24, July 1, 8, 15, and 22, 10-11:30am. Free.**

**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:**  
**Overview of Community Resources that May Be Helpful**

Presented by Hartford HealthCare Center for Healthy Aging Dementia Specialists and Resource Coordinators. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **To register, call 1.855.HHC.HERE/ 1.855.442.4373.**

**Virtual Dementia Caregiver Series**

**Thursdays: July 2, 9, 16, 23 and 30, 1-2:30pm. Free.**

**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:**  
**Overview of Community Resources that May Be Helpful**

Presented by Hartford HealthCare Center for Healthy Aging Dementia Specialists and Resource Coordinators. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **To register, call 1.855.HHC.HERE/ 1.855.442.4373.**

**Virtual Dementia Caregiver Series**

**Mondays: Aug. 3, 10, 17, 24, and 31, 6-7:30pm. Free.**

**Session 1:**  
**Overview of Dementia**  
**Session 2:**  
**Basics of Good Communication and Understanding Behaviors**

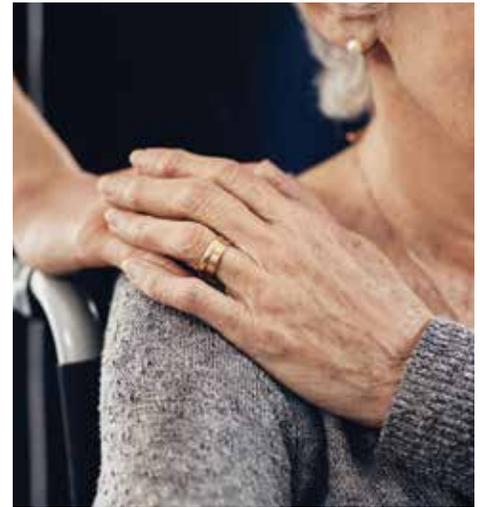
**Session 3:**  
**Safety in the Environment and How to Structure a Day with Activities**

**Session 4:**  
**Taking Care of the Caregiver and Care Options**

**Session 5:**  
**Overview of Community Resources that May Be Helpful**

Presented by Hartford HealthCare Center for Healthy Aging Dementia Specialists and Resource Coordinators. *Sponsored by Hartford Health-*

*Care Center for Healthy Aging.* **To register, call 1.855.HHC.HERE/ 1.855.442.4373.**



**Movement Disorders and Other Neurodegenerative Conditions: Support for Caregivers – Webinar**

**First and Third Tuesdays: June 2 & 16, July 7 & 21, Aug. 4 & 18, 10-11am. Free.** Our in-person monthly support group is going virtual for the time being and we would like you to join us! Each session will spotlight a different caregiver/care-partner topic. Meetings will begin with a brief clinician-led presentation. Afterwards, participants can share and contribute their own thoughts and experiences related to the session topic. Sessions will take place bi-weekly through Zoom and we encourage everyone to connect via audio and video if possible. Facilitated by Jennifer McCaughey, MS, CDP; Amanda Brill, LCSW, and Jennifer Lambert, LCSW. *Sponsored by Hartford HealthCare Center for Healthy Aging and Chase Family Movement Disorder Center.* **To Join the Zoom Meeting: <https://hartfordhealthcare.zoom.us/j/9199229476>.**

**RSVP to [amanda.brill@hhchealth.org](mailto:amanda.brill@hhchealth.org) or [jennifer.mccaughey@hhchealth.org](mailto:jennifer.mccaughey@hhchealth.org).**



## Even caregivers deserve a break.

**Hartford HealthCare Independence at Home** will care for your loved one while you take a much needed vacation or some well-deserved time off. Our highly skilled team members provide the right degree of supervision and care for your loved one, so you can have peace of mind as you take the time you need.

**1.800.HOMECARE**  
**(1.800.466.3227)**

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