

# AdvantageNews

Spring 2025

A publication for

MyHealthy Advantage members

# The Perfect Round

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  
860.406.6468

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## HOW TO REACH US

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

**Hartford HealthCare Center for Healthy Aging**  
a resource and assessment center for seniors and their families.  
For a Center location near you:  
1.877.424.4641  
[HHCCenterForHealthyAging.org](http://HHCCenterForHealthyAging.org)

**Jerome Home**  
short-term rehabilitation and long-term care

**Arbor Rose**  
Assisted living, memory care

**JeromeHome.org**  
975 Corbin Avenue  
New Britain, CT 06052  
860.229.3707  
\*affiliated with Hartford HealthCare

**Mulberry Gardens**  
Assisted living, memory care and adult day center  
**MulberryGardens.org**  
58 Mulberry Street  
Plantsville, CT 06479  
860.276.1020

**Southington Care Center**  
Short-term rehabilitation, long-term care and outpatient therapy  
**SouthingtonCare.org**  
45 Meriden Avenue  
Southington, CT 06489  
860.621.9559

**The Orchards at Southington**  
Independent and assisted living  
**SouthingtonOrchards.org**  
34 Hobart Street  
Southington, CT 06489  
860.628.5656

**Cedar Mountain Commons**  
Independent and assisted living  
**CedarMountainCommons.org**  
3 John H. Stewart Drive  
Newington, CT 06111  
860.665.7901

**Hartford HealthCare Independence at Home**  
**HHCIndependenceathome.org**  
1.888.863.2771

**Jefferson House**  
Short-term rehabilitation, long-term care and outpatient therapy  
**JeffersonHouse.org**  
1 John H. Stewart Drive  
Newington, CT 06111  
860.667.4453

**Hartford HealthCare Rehabilitation Network**  
**HHCRehabNetwork.org**  
181 Patricia M. Genova Drive  
Newington, CT 06111  
860.696.2500

**Hartford HealthCare at Home**  
**HHCatHome.org**  
888.863.2771

**Hartford Hospital Medical Group at Duncaster**  
860.380.5150

**Other Hartford HealthCare Partners**  
Backus Hospital  
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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)



# New Potatoes with Pesto



## Ingredients:

(2) Cloves of Garlic, peeled and minced

½ tbsp Lemon Juice

½ tsp Lemon Peel

½ cup Parsley

¼ cup Chives

¼ cup Rosemary

3 tbsp Canola Oil

1.5 lbs New Potatoes, small

## Directions

1. Blend parsley, chive, rosemary, oil, garlic, lemon juice, lemon peel and ½ teaspoon of salt.
2. Cover and refrigerate.
3. Preheat oven to 400 F.
4. Toss potato with 1 tbsp oil, sprinkle generously with salt and pepper.
5. Arrange potatoes on baking sheet and roast until golden brown and tender, about 30 minutes.
6. Use spatula, transfer potatoes to large bowl and toss with pesto.
7. Season with salt and pepper if needed.

# Rich's Lifelong Adventure: The Pursuit of the Perfect Round



By: Samantha Bobbie

Rich has teed off in 49 out of the 50 states and played courses in five different countries, including the historic St. Andrews course in Scotland, the birthplace of golf. His golfing journey began during his Air Force days and, over the years, evolved into a bucket-list adventure that took him across the nation and beyond.

Rich's adventure began when he read about someone who golfed in all 50 states. It made him wonder how many states he had golfed in. "I said, wait a minute, I've probably already golfed in 15 states, and I really enjoy traveling," says Rich. "So, I started a list. I didn't have any order; just wherever we were going, I would try to golf there."

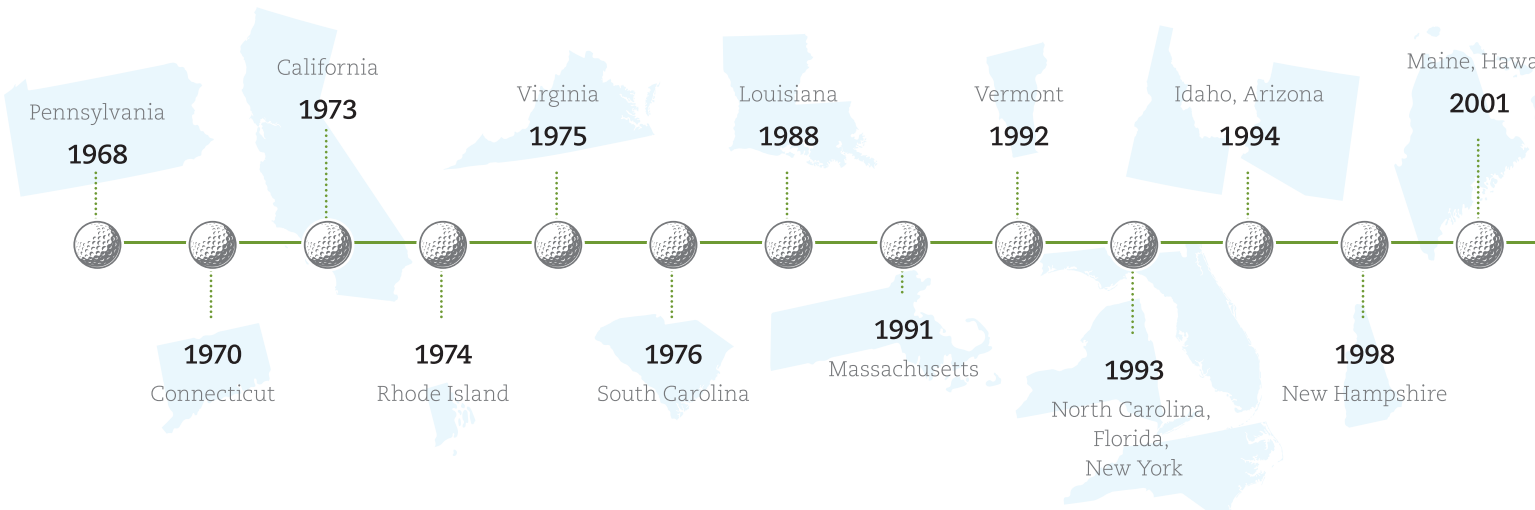
"I started driving cross-country to visit my family out west, so I would just stop and play a round of golf in the states I was passing through," says Rich. "Then, the following year, I would pick a different route and golf in those states as well." This method not only helped Rich

check a huge number of states off his list but also allowed him to see many famous places, such as Route 66, Yellowstone, and Yosemite. He treasures these moments of exploration with his wife, Nicole, who has been on every trip with him, reading a book in the golf cart while he plays.

One of Rich's most memorable golfing experiences was playing at St. Andrews in Scotland, the historic birthplace of golf. Though it's not the world's fanciest

course, its 600-year history made it special. Over the years, Rich has also played courses where some of the best golfers in the world have competed. "Everyone always asks me what my favorite course is, and it's hard to pick a favorite because I've played so many great ones," he says.

Rich is the first to admit he is not the best golfer. "I enjoy everything that comes with it, and I have met so many great people throughout my golfing journey."





## A Local Legend

Rich was born and raised in a small town just outside of Los Angeles, California. After graduating from high school, Rich joined the Air Force around the time of the Vietnam War. He was stationed in Limestone, Maine, which is right on the Canadian border, and spent 3.5 years working with K9 security dogs.

During his time in Maine, Rich met his wife, Nicole, a Canadian-born nurse. The two married in 1966 and moved to Connecticut. They planned on staying for just a few years before moving out west, but life had other plans, and they settled in Newington, where they raised their three boys.

After leaving the service in 1967, Rich started working at Aetna, where he learned computer programming and built a 30-year career. He also pursued education, earning a degree in physical education from Central Connecticut State University.


Though he dreamed of becoming a high school PE teacher, job opportunities led him elsewhere. His passion for sports found an outlet when he began coaching JV baseball and later became the golf coach at Newington High School. For over 30 years, Rich has coached golf, helping both the boys' and girls' teams grow and thrive.

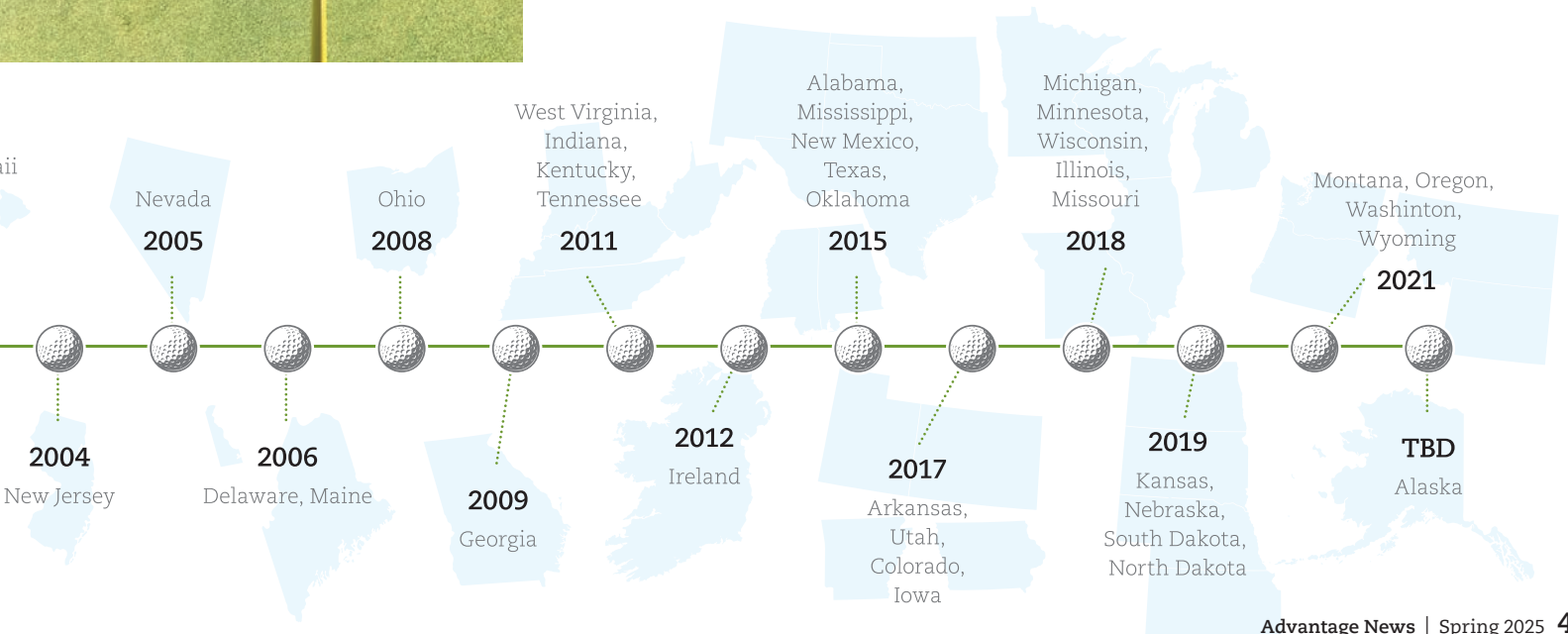
Even after retiring, Rich continued to stay involved in the community, working as a paraprofessional at Newington High School for 20 years. Rich is truly Mr. Newington, and it's evident he has made a lasting impact on his town through his coaching and community involvement.

## Life at Cedar Mountain Commons

Rich and Nicole moved to Cedar Mountain Commons just over a year ago. "I'm here for my wife; she needed some extra care, but I still get to do everything I love," says Rich. He still coaches golf at Newington High School and will be returning this spring.

Now in his 70s, Rich remains active and committed to his goals. "I want to do it this summer," he says. "I'm not getting any younger!" While he's unsure how he'll accomplish some of his remaining dreams, like playing golf in more Canadian provinces, he is determined to finish what he started. "My friend who introduced me to golf all those years ago has since passed, and I feel like I owe it –to him to finish what I started."

Rich's story is a testament to living life to the fullest, embracing challenges, and cherishing the connections made along the way. 



## MyHealthy Advantage Membership Registration Form



Embracing digital alternatives not only reduces paper consumption but also **minimizes waste**, contributing to a **greener** and more sustainable future for **our environment**.

Our vendor listing has moved online

To check out the vendors visit:

hhcseniorservices.org/  
health-wellness/  
myhealthy-advantage



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

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

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

Sincerely,

MyHealthy Advantage Coordinator

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



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_

State: \_\_\_\_\_

Zip 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



# How to Choose the Right Pillow for Neck Pain

By: Susan McDonald

You woke up with a stiff neck — again. Maybe you slept in a weird position, or maybe it's time to take a closer look at your pillow.

Picking the right pillow can make all the difference when it comes to neck pain, but how do you know which one is best for you?

We asked Brendan McGreevy, DPT, physical therapist with Hartford HealthCare Rehabilitation Network, to explain how to find the perfect pillow for a good night's sleep.

## Alignment is the goal.

The most important role of a pillow is to keep your cervical spine in alignment.

“A pillow's primary function is to support the natural alignment of the cervical spine,” he explains. “An appropriate pillow helps maintain a neutral spine, reducing strain on the neck and surrounding muscles. Poor alignment during sleep can lead to discomfort, stiffness or long-term issues in the neck and back.”

If you already experience neck or back pain, choosing the right pillow becomes even more crucial. The right support can help ease discomfort—or even make it disappear altogether.

“For someone with neck or back pain, proper support during sleep can reduce pressure on sensitive areas and alleviate symptoms,” he says. “A poorly chosen pillow can worsen pain by forcing the spine into unnatural positions and slowing recovery.”

## Choosing the right pillow for your sleep style.

Do you sleep on your back, side or stomach? Your sleep position plays a major role in determining the best pillow for you, says McGreevy. Here's how to choose the right support.

- 1. Back sleepers:** A medium-loft or contoured memory foam pillow is ideal for supporting the natural curve of your neck while keeping your spine aligned.
- 2. Side sleepers:** A firmer, thicker pillow helps keep your head and neck in line with your spine. Try adding a body pillow to support the hips and reduce low back strain.
- 3. Stomach sleepers:** A thin, low-loft pillow — or no pillow at all — is best for minimizing neck strain. But since this position isn't ideal for spine health in general, McGreevy suggests trying to shift to a different posture if possible.

## Three pillows to avoid.

While some pillows make for better sleep, others are simply bad choices overall. McGreevy suggests avoiding:

- Overly soft or thick pillows. These push the head forward or to one side, creating strain on the neck and spine.
- Extremely thin pillows. While stomach sleepers may benefit from a lower loft, pillows that are too thin often fail to provide enough support—especially for side sleepers.
- Pillows that lose their shape quickly. If your pillow constantly needs fluffing or goes flat overnight, it's not offering the support your spine needs and may contribute to long-term discomfort.

## Rise and stretch.

Choosing the right pillow is key, but making sure to stretch your neck and shoulders before bed and when you wake up can do also help ease your stiffness and improve mobility.

“Pairing these stretches, with proper sleep, can significantly reduce neck and back pain,” McGreevy says.

## Before bed:

- 1. Child pose:** Kneel and sit back on your feet, with your arms outstretched and head resting on the floor.
- 2. Cat-cow:** While on all fours, arch your spine down then round it up towards the sky, alternating back and forth.
- 3. Supine twist:** Lie on your back and bring both knees to the side while leaving your opposing arm on the ground.

## When you wake up:

- 1. Seated forward bend:** Sit on the ground with your legs straight out in front of you, bend at the waist and reach your hands toward your feet.
- 2. Modified cobra:** Lie on your stomach, lift your torso up with your arms, arch your head up and back, and hold for a few seconds.

If the right pillow and stretching don't bring relief, talk to your provider about physical therapy or other treatment options. **»**

# 4

# Common Golf Injuries & How to Avoid Them

By: Lindsay Ryan Crawford

If your summer plans include golf and more golf, you're not alone – the sport's popularity has been on the rise. Now, as many as one in every seven Americans plays the sport.

"Golf is fun. It gets people outside and you can play solo, with a partner, friends or family members while exercising at the same time," says Jane Kircaldie, PT, a physical therapist with Hartford Healthcare Rehabilitation Network.

But is injury prevention on your radar? Like any sport, golf can lead to its fair share of aches and pains. We asked Kircaldie about the most common types of golf injuries and how to prevent them.



## 1. Low back strain.

Your back takes the brunt of your golf swing.

When you're driving, your back muscles help power the rotation. Even when putting, your back supports the weight of your upper trunk and arms.

"While any golfer can experience some back soreness, we see more low back injuries in the senior population," explains Kircaldie. "Strengthening your core muscles can help give you that extra spine stability you need."





## 2. Shoulder strain.

Your golf swing can test your shoulders' mobility, especially if you're playing extra rounds.

"Golf swings can strain or tear the rotator cuff muscles, especially if repetitive hard swings aggravate an existing injury," explains Kircaldie.

As good prevention, strengthen your rotator cuff and shoulder blade muscles.

## 3. Medial elbow pain.

While not limited to golfers, avid players are may be more likely to get golfer's elbow.

"We tend to see more of this overuse injury in the middle-aged demographic," says Kircaldie.

Gentle stretching can help prevent medial elbow pain. Bracing might also be effective if you need some extra support.



## 4. Wrist pain.

If you're an avid golfer, you may have inflammation or small tears in a tendon (tendinopathy) that causes wrist pain.

Kircaldie recommends gently warming up your wrists and fingers before playing golf.

### It's easy to do:

- Fan open your fingers.
- Stretch your wrists forward and back.
- Perform some wrist circles.
- Repeat these stretches throughout the day.

"Don't forget to take frequent breaks from golf (or any activity) that requires repetitive wrist and finger motions," she adds.

## Simple strategies to improve your score.

Plan for success before you load up your clubs.

Kircaldie offers these quick tips to prevent golf injuries:

- Stay hydrated by drinking plenty of water before, during and after your round.
- Arrive early to your tee time to allow for a proper warm-up.
- Engage in other sports or different exercises during the offseason.
- Consult your doctor if you experience localized, consistent pain or if it affects your daily life.

## Need some help to get back out there?

"Biomechanics is more important than form," says Kircaldie. If you're unsure where to start with your swing, there's plenty of help. "Collaborate with a golf and rehab professional for long-term injury prevention," Kircaldie adds.

"If you love golf, some guidance and prevention will keep you in the game." **J**

S P R I N G :

# A Time *of* Renewal & Remembrance

By Sherri Vogt



As the days grow longer and the warmth of spring begins to rejuvenate us, we find ourselves looking forward to the simple joys this season brings—picnics in the park, blooming gardens, and community celebrations. For many, spring is not only a time of renewal but also a time to reflect and honor those who have come before us.

As the Veterans Liaison at Hartford HealthCare, I am proud to be part of events that recognize the sacrifices of those who have served our country. With Memorial Day, originally known as Decoration Day after the Civil War, approaching at the end of May, we are reminded of the importance of honoring those who gave their lives to protect our freedoms.

Did you know that the U.S. Department of Veterans Affairs offers a range of benefits to the families of veterans? These include burial services in one of 155 national cemeteries, such as the serene State of Connecticut Veterans Cemetery in Middletown. Families can access these benefits through funeral directors, Veteran Service Officers, or by contacting the Hartford HealthCare Center for Healthy Aging to explore their eligibility.

This spring let's take time to show our gratitude to veterans. Whether it's attending a local Memorial Day ceremony, reaching out to a veteran who might need a friendly connection, or contributing to organizations that support veterans and their families, every gesture makes a difference.

As we enjoy this season of growth and possibility, let's honor the sacrifices of those who have served and recommit ourselves to protecting the freedoms they fought to preserve. Together, we can ensure their legacy endures. 🇺🇸

For more information:  
email [CenterforHealthyAging@hhchealth.org](mailto:CenterforHealthyAging@hhchealth.org)  
or call 1.877.424.4641.

A LIFETIME OF CRAFTING JOY:

# Barbara's Story

By: Samantha Bobbie



Barbara Orsie has spent decades crafting a better world for those around her. She has been a devoted volunteer with Hartford HealthCare for over thirty years. Barbara began her journey when her father moved into Mulberry Gardens. Barbara wanted to be closer to her father, but also help enrich the lives of the other residents.



"Her whole thing was crafts," says her Husband, Roger. "She used to spend hours doing crafts after working all day, she truly amazed me. She loved to make Ukrainian Eggs, which if you don't know are extremely intricate and take hours to make." Barbara would spend her evenings preparing for the next day's activities, always ensuring the residents had something new and exciting to participate in.

Barbara's kindness extended beyond crafts. She often donated her own money so residents could get their hair done, recognizing the joy and confidence such small gestures could bring. Her selflessness and creativity have left a lasting impact on everyone she's touched.

## A New Chapter at Southington Care

A few years later, Barbara's father transitioned to Southington Care Center and so she moved her volunteering efforts there too. "She would come in four or five days a week," Roger recalls. "She got really involved with the residents and became very comfortable being part of the community."

In March of 2024, Barbara experienced a fall that resulted in a hip fracture, there was no question about where she wanted to be for her recovery. "I knew the care was excellent, and we were so familiar with everything it has to offer," says Roger. "Her father was here, my mother was here, and now Barbara is too. It's been our second home for many years."

Even now, Barbara continues to brighten the days of staff and residents. "They call her trouble," Roger jokes. "She's always off trying to cause some sort of playful mischief."

## A Life Well-Lived


Barbara and Roger have been married for 58 years and have lived in Southington for 50 of them. Together, they share a love for classic cars, traveling to car shows, and exploring tropical destinations like Hawaii, the Cayman Islands, and St. Thomas.

Barbara also dedicated 42 years to NCR Corporation, which later merged with AT&T. "She would go into work every single day,"

Roger says. "Whether she was sick, or the weather was bad, she was always there. I think she thought the place would close if she wasn't there."

## Embracing Life at Southington Care

Barbara enjoys participating in the activities she once led. She cherishes the time she spends with Roger, who visits almost every day and takes her out to dinner each evening.

"Barbara is reserved and thoughtful, with a great sense of humor," says Deb Stanczykiewicz, recreational therapist at Southington Care Center. "During bowling, she helps as my 'pin setter' and 'scorekeeper.' Even in these small roles, she continues to make a big impact as a volunteer." 



# Good Nutrition Can Reduce Health Risks

Your daily food choices make a big difference in your health. Good nutrition ensures that your body gets all the nutrients, vitamins, and minerals it needs. Eating smart (and regular exercise) can help you maintain a healthy lifestyle. But good nutrition can also help:

- Reduce the risk of heart disease, diabetes, stroke, some cancers, and osteoporosis
- Reduce high blood pressure
- Lower high cholesterol
- Keep your brain healthy
- Improve your ability to recover from illness or injury
- Increase your energy level

## Foods to limit... or avoid

The typical American diet is too high in calories, saturated fat, sodium, and added sugars, and does not include enough fruits, vegetables, whole grains, calcium, and fiber. Such a diet increases the risk of life-threatening conditions like heart disease, diabetes, obesity, hypertension, stroke, and certain cancers.

It's best to avoid processed foods and sugary drinks. They are generally high in saturated and trans fat, partially hydrogenated vegetable oils, sodium, and/or added sugar.

Try replacing the red meat and poultry in your diet with fish or tofu. If you choose to eat red meat, select the leanest cuts available.

## Tips for eating well

Plan your meals and snacks to include nutrient-rich foods that are also low in calories, such as:

- A variety of fruits (eat fruit whole—instead of juiced—to benefit from the fiber)
- Vegetables (especially leafy greens)
- Whole grains (whole wheat bread and pasta, brown rice)
- Low-fat dairy products (yogurt, skim milk)
- Skinless poultry and fish (fish has omega-3 fatty acids that are good for brain health)
- Nuts and legumes (soybeans are fat-free and rich in protein)

## Get answers to all your Medicare questions.

We are committed to promoting your health every step of the way. Hartford HealthCare, together with CarePartners of Connecticut, created Medicare Advantage plans to provide affordable access to Connecticut doctors and hospitals you know and trust.

To learn more about CarePartners of Connecticut's Medicare Advantage plans, contact them directly at:  
**1-844-412-5737 (TTY: 711)**



# Spring Cleaning

## Be sure to check your medicine cabinet

By Nancy Becker

Spring is a time of year recognized for new beginnings and renewal; whether it's the first flowers blooming or saying farewell to colder weather. Another sign of Spring is the practice of performing spring cleaning which often includes deep cleaning and organizing your home. One part of the home that is often overlooked is the medicine cabinet, which leads to holding onto expired medications, duplicate medications and clutter and confusion.

It is estimated that medication errors occur in up to 30% of households. Taking the incorrect medication or dose can have serious consequences leading up to hospitalization and even fatality. When cleaning up your medicine cabinet you will want to look at prescriptions,

over-the-counter medications and herbal supplements.

There are many options available to help keep your medications organized and making taking them on time easier to remember. Options include pill boxes, pharmacy pre-poured medication boxes or bubble packs and electronic medication dispensers with reminder alerts.

Organizing your medications may also include getting rid of expired or unused medications and it's important to dispose of them safely. Check with your local police department to see if they help with medication disposal. Some pharmacies may also offer this service.

### Tips for medication safety:

- Take your medications exactly as directed
- Talk to your doctor before making any changes
- Let all of your providers know about changes to your medications
- Keep your medication list updated
- Use one pharmacy for all medications, if possible
- Put a reliable system in place, such as an electronic medication dispenser
- Keep your medications separate from other household members (or pet medications)

For more information and resources call the **Hartford HealthCare Center for Healthy Aging** at **1.877.424.4641**.



# Special Programs & Events

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

If you have any questions regarding your membership, please contact us at [nicholas.barrieau@hhchealth.org](mailto:nicholas.barrieau@hhchealth.org) or call 860.378.1268.

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## Medicare

### Medicare 101: Understanding Your Options

**Virtual:** Apr. 2, 7, 17, 22, 30, **May** 8, 14, 19, 29, **Jun.** 4, 10, 16, 26

**In-Person:** Apr. 24, **May** 21, **Jun.** 25

**Call for times and locations.**

Medicare 101 focuses on the basics of Medicare and breaks down your Medicare coverage options. Learn how it works, the different parts of Medicare, when to enroll, how to choose your plan. Presented by Medicare Educator, Sara Mitchell. Sponsored by Hartford HealthCare and Integrated Care Partners.

#### REGISTRATION REQUIRED:

Call 1.855.HHC.HERE (1.855.442.4373) or go to [HartfordHealthCare.org/Events](https://HartfordHealthCare.org/Events).

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

\*Schedule subject to change. Please call for most up to date information

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## Understanding the Medicare Savings Programs

**Virtual:** Apr. 16, **May** 13, **Jun.** 18

**In-Person:** **May** 15

**Call for times and locations.**

This presentation focuses on the Medicare Savings Plans (MSP) and other programs available to help you save on the cost of healthcare. Learn more about the 4 programs available under the MSP, the Medicaid program, Medicare Special Needs Plans, Extra Help (Part D), and more! Presented by Sara Mitchell, Medicare Educator. Sponsored by Hartford HealthCare and Integrated Care Partners.

#### REGISTRATION REQUIRED:

Call 1.855.HHC.HERE (1.855.442.4373) or go to [HartfordHealthCare.org/Events](https://HartfordHealthCare.org/Events).

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

\*Schedule subject to change. Please call for most up to date information

## APRIL

**HHC and YMCA  
Collaboration – Preventing  
Caregiver Burnout**

Thursday, April 3,  
11:00am–12:00pm

Southington YMCA  
29 High Street,  
Southington, CT 06489

Join us at the Southington YMCA, as Katie Mauriello, Senior Director of Independence at Home addresses caregiver burnout and ways to prevent it. This event is open to YMCA members and non-members.

To register, call the Southington YMCA at 860.628.5597 or visit the Membership Services desk

**What to Expect in Middle  
Stages of Dementia**

Wednesday, April 16,  
5:30pm–7:00pm

Mulberry Gardens  
58 Mulberry Street  
Plantsville, CT 06479

Discussion of disease progression to address middle stage changes in the brain and how this effects function, safety, communication, meeting social and engagement needs.

\*5:30 light diner; 6:00 program

Call Mulberry Gardens  
at 860.276.1020

**Medicaid Guidance With  
Senior Planning Services**

Wednesday, April 16,  
6:00pm–7:00pm

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

We would like to extend a professional invitation to review the important aspects of Medicaid eligibility. During this consultation, we will guide you through the Medicaid eligibility criteria, ensuring you have a clear understanding of the requirements. We will also review the necessary documents you will need to provide to ensure a smooth application process. Additionally, we will discuss Medicaid allowable expenses and spousal allowances, helping you navigate the financial considerations involved. Our goal is to provide you with comprehensive information and personalized support to make the process as seamless as possible. Light refreshments will be served  
*Chance to win a prize!*

please RSVP to  
Kristin at 860.696.7759

**Lunch and Learn:  
Estate Planning**

Thursday, April 24,  
12:00pm–1:30pm

Cedar Mountain Commons,  
3 John H Stewart Dr, Newington

Attorney Cate A. Craig of RWC Attorneys and Counselors at Law will discuss estate planning which ensures your assets are distributed according to your wishes, protects your loved ones, and minimizes taxes. Plan today to secure peace of mind for tomorrow. Complimentary lunch provided.

RSVP to Cedar Mountain  
Commons — 860.665.7901 or  
cheryl.olson@hhchealth.org

## MAY

**Fall Prevention**

Thursday, May 1,  
11:00am–12:00pm

Southington YMCA  
29 High Street  
Southington, CT 06489

Join us at the Southington YMCA for an interactive session to learn about fall prevention. There are many factors that increase the risk for falls and changes you can make to help stay safe. Kelly Quinn, BSN, RN will be presenting helpful tips and answering questions.

Open to the community as well as members of the YMCA.

To register, call the Southington Y at 860.628.5597 or visit the Membership Services desk

**The Plant Guy – Come  
Celebrate Horticulture at  
Cedar Mt Commons**

Wednesday, May 7 |  
10:00am–11:00am

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

Come join us and learn from Jeff Eleveld "The Plant Guy". Jeff will take questions all the while sharing his knowledge and insight. The visual imagery will keep you engaged in his Spring program.

He's funny, historic, sometimes dramatic and otherwise quite entertaining. You might learn a thing or two on how to keep your indoor plants flourishing, learn about outdoor gardening. Jeffrey Eleveld uses more than 1,400 house plants per month in his celebration of plants and people in his therapeutic horticulture program.

Please RSVP to Kristin at  
860.696.7759 — SPACE IS LIMITED.



MAY

## Southington Senior Health Fair

Tuesday, May 20 | 8:30am–11:00am

Calendar House

388 Pleasant St., Southington CT 06489

Hartford HealthCare Senior Services will present the Southington Senior Health Fair on Tuesday, May 20, from 8:30 to 11 a.m., featuring information geared toward older adults and achieving optimum health. This free event will be held at the Calendar House, 388 Pleasant St., Southington. Demonstrations, educational materials, free health screenings (balance, blood pressure, bone density, memory and hearing) and opportunities to meet experts in the healthcare industry will be offered. Screenings will be provided by The Hospital of Central Connecticut and the Center for Healthy Aging.

For more information, call  
Calendar House at 860.621.3014

JUNE

## Sleep and the Brain

Thursday, June 5 | 11:00am–12:00pm

Southington YMCA

29 High Street, Southington, CT 06489

Join us for an informational session discussing the impacts of sleep on our cognitive function. Dementia Specialist, Patty O'Brian will be presenting the benefits of sleep for your health and helpful tips. Open to the community as well as YMCA members.

To register, call the Southington Y  
at 860.628.5597 or visit the Membership Services desk

## Hospitalization Happens: Supporting Individuals Living with Dementia

Wednesday, June 18 | 5:30pm–7:00pm

Mulberry Gardens

58 Mulberry Street, Plantsville, CT 06479

A trip to the hospital can be stressful for persons living with dementia and their caregivers. Being prepared for an emergency and planning for a hospital visit can relieve some of that stress. Learn ways to help you prepare for a visit to the emergency department or hospital.

\*5:30pm light dinner

6:00pm program

Call Mulberry Gardens at 860.276.1020

## Dinner with a Doc: What sends your World Spinning?

Wednesday, June 18 | 5:30pm–7:00pm

Jerome Home

975 Corbin Ave, New Britain CT

Dinner with a Doc featuring Michelangelo Maramot, DPT, outpatient physical therapist, Jerome Home, and Dr. Marc Eisen, Hartford HealthCare, on dizziness and vestibular therapy.

### REGISTRATION REQUIRED:

Call 1.855.HHC.HERE (1.855.442.4373) or  
go to [HartfordHealthCare.org/Events](http://HartfordHealthCare.org/Events).





## Lunch and Learn: New Season Vibrant Flavors

Wednesday, June 25  
12:00pm–1:30pm

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

As the season shifts to spring, our chef is excited to introduce a vibrant array of fresh, seasonal dishes that capture the essence of renewal and flavor. With an emphasis on locally sourced ingredients, each dish celebrates the bright, crisp tastes of the season, from tender vegetables to delicate herbs. Come try a new spring dish that is thoughtfully crafted to offer a refreshing dining experience, where every bite is a reflection of the season's bounty. Join us to savor a delicious creation that promise to invigorate your palate and leave you eager to learn more about healthy eating.

Please RSVP to Kristin at 860.696.7759

## Visited Mom Today; Conversations through the Lens of Alzheimer's and Dementia

Wednesday, April 30 | 5:30pm

Mulberry Gardens 58 Mulberry Street Plantsville, CT

Wednesday, June 25 | 5:30pm

Arbor Rose Assisted Living 975 Corbin Ave, New Britain CT

Come meet with John Scully, author and graduate of Curry College in Milton, Massachusetts. With a double major in communications and management, John worked for radio and television stations for the first eight years of his career. For 30 years after that, he worked for a media/advertising firm, the last seven of which, as President. John retired in 2019 and is a volunteer end-of-life-doula with Middlesex Health Hospice Program in Middletown, Connecticut. He and his husband David are active in their church, Immanuel Congregational Church in Hartford, and live in West Hartford, Connecticut.

**What if you could still have meaningful connections with your loved ones—even after an Alzheimer's diagnosis?**

Alzheimer's and dementia are notorious for stealing the memories and words from our loved ones. Author John Scully and his family made the difficult decision to place his mother in a nursing home three years after her Alzheimer's diagnosis. He saw first-hand the agitation, the discomfort, and the loneliness the residents experience as they drift in and out of the world we know, to one we—and they—cannot fully understand.

In *Visited Mom Today*, Scully shares the secret to connecting with those suffering from this confusing, frustrating disease. Scully observed how staff interacted with the residents, who suffered from dementia in varying degrees, and discovered that the connection lies in stepping into their world, instead of reminding them what is no longer possible in this one.

Scully's conversations with dozens of residents will have you laughing out loud, tearing up, and reflecting on your own life experiences. Most of all, *Visited Mom Today* shows you that personalities and memories made in our core beings cannot be fully erased by the fierceness of dementia.

He recounts one conversation with 80-something-year-old "Kimberly," who was planning a road trip to Florida for her and Scully's mom. Rather than discourage her, he engaged with her, asking questions, and joining in her excitement over the anticipation of the trip. Soon thereafter, Florida was forgotten and Kimberly was on to a new topic, "But today ... for just a few minutes... it sure felt possible.

And that is what *Visited Mom Today* provides—that feeling of possibility. The memories of what was once possible come alive through these conversations with the residents who could be any one of our family members. While they may not remember names or ages or professions of family members, or where they are, this book demonstrates how the act of meeting someone where they are and engaging with them in that moment, can, however briefly, bring light to the shadows of dementia.

To RSVP: Mulberry Gardens at 860.276.1020  
or to [cheryl.olson@hhchealth.org](mailto:cheryl.olson@hhchealth.org)

To RSVP: Arbor Rose at 860.229.3707  
or [Karen.Alix@hhchealth.org](mailto:Karen.Alix@hhchealth.org)



## Dementia Support Groups

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



### In-Person

#### Fourth Tuesday of the Month:

**Tuesday, April 22, May 27, June 24  
12:30–1:30pm**

The Estuary Council of Seniors  
220 main Street, Old Saybrook, CT  
Please RSVP to 860.388.1611  
or [info@yourestuary.org](mailto:info@yourestuary.org)

#### Second Wednesday of the Month:

**Wednesday, April 9, May 14, June 11,  
11:00am–12:00pm**

Southbury Senior Center,  
561 Main St S, Southbury, CT  
Please contact Julianne Ramia at 860.929.6829 or  
[Julianne.Ramia@hhchealth.org](mailto:Julianne.Ramia@hhchealth.org) to registrar

#### Last Monday of the Month:

**Monday, April 28, June 30,  
\*No group in May due to Memorial Day,  
11:00am–12:00pm**

Brookfield Senior Center,  
100 Pocono Road, Brookfield, CT  
To register call 1.800.272.3900. For more information  
please contact facilitator: Julianne Ramia at 860.929.6829  
or [Julianne.Ramia@hhchealth.org](mailto:Julianne.Ramia@hhchealth.org)

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### Hybrid (In-Person or Zoom)

#### Third Monday of the month:

**Monday, April 21, May 19, June 16,  
1:00pm–2:30pm**

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

**Zoom Meeting ID: 98101718523**

RSVP to Patty O'Brian, 203.859.1992 or  
[Patty.Obrian@hhchealth.org](mailto:Patty.Obrian@hhchealth.org)

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### Virtual (Zoom or Phone)

#### Every Friday, 2:00–3:00pm,

**Zoom Meeting ID: 92408181873  
phone number: 1.646.876.9923**

No RSVP needed; For more information  
call Kristine Johnson 860.425.5823  
or [Kristine.Johnson@hhchealth.org](mailto:Kristine.Johnson@hhchealth.org)

## Arbor Rose at Jerome Home

975 Corbin Ave., New Britain, CT 06052

**Sunday, April 27, 12:00–3:00pm**

**Sunday, May 18, 12:00–3:00pm**

**Sunday, June 15, 12:00–3:00pm**

Call Karen Alix to schedule a tour, 860.356.8256



## Cedar Mountain Commons

3 John H. Stewart Drive, Newington, CT 06111

**Wednesday, April 9, 3:00–6:00pm**

**Saturday, May 10, 10:00am–2:00pm**

**Wednesday, June 25, 3:00–6:00pm**

Call Kristin Grenier to schedule a tour, 860.696.7759



## Mulberry Gardens of Southington

58 Mulberry St., Plantsville, CT 06479

**Wednesday, April 16, 3:00–6:00pm**

**Wednesday, May 21, 3:00–6:00pm**

**Wednesday, June 18, 3:00–6:00pm**

Call Antoinette Ouellette to schedule a tour, 860.276.1020



**Mulberry Gardens Adult Day Center | Open House**  
April 2, May 7, June 4, 12:00–5:00pm

## The Orchards at Southington

34 Hobart St., Southington, CT 06489

**Wednesday, April 9, 3:00–7:00pm**

**Wednesday, May 7, 3:00–7:00pm**

**Wednesday, June 11, 3:00–7:00pm**

Call Jessica Carlone to schedule a tour, 860.628.5656





## Start Living Again

Enjoy exceptional living at Cedar Mountain Commons, a complete senior living community. Do the things you love most without the worry of owning and maintaining a home or being isolated or alone too much. Meet new friends, and enjoy a lifestyle that includes as many activities as you wish, including exercise classes, transportation for appointments and errands as well as special excursions and events.

- Beautiful studio, one- and two-bedroom apartments in a serene mountainside setting.
- Monthly rentals, no buy-in fees.
- Meals included.
- Additional nursing care and rehabilitation on the same campus, at Jefferson House
- Live independently, knowing services such as assistance with daily living, medication management and more are available if you choose.
- Cedar Mountain Commons is part of the Hartford HealthCare integrated care network.

**To schedule a tour or a trial stay, call 860.665.7901**

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

**Hartford HealthCare**   
Cedar Mountain Commons