



Lolly & Sue

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. 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
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Contents

WINTER 2025

Sue & Lolly's New Adventure	3
Jefferson House 140 th	6
Winter Wellness	7
From Trauma to Triumph	8
Jim's Journey	9
Adult Day Care Center	11
Home Safety	12
Winter Calendar of Events	14
Open Houses	18



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

Jerome Home / Arbor Rose
Assisted living, memory care, short-term rehabilitation and long-term 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
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Independent and assisted living
SouthingtonOrchards.org
34 Hobart Street
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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

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HartfordHealthCare.org

Mushroom Asparagus Risotto



Ingredients:

½ stick butter

1 medium onion

1 ½ cups Arborio rice

½ cup white wine

1 qt. stock

¼ cup mushrooms sliced

¼ cup asparagus

¼ cup parmesan cheese

Directions

1. Melt half stick butter in large pan or skillet
2. Add onion, mushroom, and asparagus, sauté until soft.
3. Add wine to pan. Boil until almost evaporated.
4. Add rice; stir to coat grains well. Stirring constantly over medium heat, add boiling stock gradually.
5. When almost absorbed, add more stock, still stirring. Continue stirring and adding stock until all stock is almost absorbed.
6. Cook until rice is al dente, but sauce is creamy.
7. Add extra stock as needed.
8. Correct seasoning to taste, stir cheese in risotto. Serve.

Sisters by
Chance,
Roommates
by Choice:

Sue & Lolly's New Adventure



By: Samantha Bobbie

Sue and Lolly were born in Ohio, just 1 year and 17 days apart, and have always been more than just sisters — they've been best friends for as long as they can remember. They were inseparable from the start and can't remember a time without the other by their side. They moved to the backwoods of Kentucky when they were just 8 and 9 years old when their mother and father were called to do home mission work for the church.

Life there was really simple. Many homes had no electricity, school had just two rooms- equipped with a bucket of water for the children to drink from, and two outhouses. In the county high school, they would look for each other at lunch every day so they could sit and eat together. "Nobody believed we were sisters because of how well we got along," Sue laughs, "We acted like best friends, and we always were."

They loved their time in Kentucky, where they spent much of their time playing barefoot in the creek. They said

their relatives in Ohio always felt sorry for them, thinking they missed growing up with modern comfort and wealth. "Our parents had so little, but gave so much to others," says Lolly, "It was so eye opening because so many people were happy with so little." But then they got married and were spoiled rotten.

Lolly's Story

When Lolly was in high school her best friend set her up on a blind date with a guy named Doug. As Doug arrived for the date, he pointed at Lolly and told

his friends, "That's the girl I'm going to marry." They both were immediately head over heels for each other. "He had red hair, blue eyes and freckles!" recalls Lolly, "I'd never known a guy like that, I was just so smitten."

Lolly planned to attend Indiana Central, while Doug went to Purdue. They were able to stay in touch through letters and arranged to talk by payphone every Friday afternoon. Doug was worried about being apart and losing Lolly, so he asked her to run off and get married. After asking eight times, she finally

agreed, and just a few months shy of turning 17, they borrowed her father's car and got married in Tennessee. "We didn't even have a camera," recalls Lolly, "We have nothing but our memories."

Doug and Lolly were happily married three days short of 62 years and had two children. "He did everything for her," recalls Sue about her brother-in-law, "He was so sweet to my sister, he always made sure she was happy and cared for."

Sue's Story

Sue went to a nursing training school in Lexington, Kentucky, where she met her husband, Larry. Larry was an engineer, and he moved their family around almost as much as her father did when they were children. They moved to Clinton, Connecticut on New Year's Day in 1987, where they raised their three boys for quite some time.

Sue and Larry then took off to Texas, while their now-adult children stayed behind, because they found "Connecticut Girls" to marry. Despite Larry being a white-collar worker and Sue a nurse, they decided to embark on a new and unexpected adventure- buying a goat farm. Larry had never even lived on a dirt road before, but there they



were, with 175 goats, just about an hour outside of Arlington, Texas. They kept their home in the city and embraced the farm as a new chapter in their lives, "It was the best year of our marriage because neither one of us knew what we were doing, and that's what made it so wonderful," says Sue.

In 2017, Sue and Larry moved back to Connecticut, shortly after Larry was diagnosed with Alzheimer's. "Larry loved to tease and had a great sense of humor," says Sue, "He would always give people rabbit ears in every family photo we took!" Sue and Larry embraced their full lives, enjoying time with their three sons and 11 grandchildren, who keep Sue very busy.

The Strength of Sisterhood

Sue and Lolly always had many states between them during their married lives, but always made time to see each other. "One time I went to stay with Lolly and I realized we used so many of the exact same things," says Sue, "We used the same nail polish color, same lipstick color and even the same dishwashing soap!" Even though there were hundreds of miles between them, their bond only grew stronger.

Sue and Lolly dress alike, finish each other's sentences and act like twins. They truly are each other's best friend and know everything about one another. They love to boast about the other's accomplishments and lift each other up. "I can't remember a time we ever had a serious fight or disagreement," says Lolly, "We are so glad we have each other."

Life Now at Cedar Mountain Commons

After the passing of both of their husbands, Sue asked Lolly if she would be interested in moving from Illinois to Connecticut with her. "I came to Cedar Mountain Commons and knew immediately that this was the place I wanted to live," says Sue, "We really do miss our husbands... but we're so happy to be living together again!"

At Cedar Mountain, you will find them right by each other's side, and always matching. When they aren't matching, all the other residents jokingly ask if they're in a fight. "Everyone has just been so friendly and welcoming," says Lolly, "The building is so cozy, and the view out every window is just gorgeous."

After a lifetime of friendship, Sue and Lolly are excited to spend this next chapter together. "We've been best buddies for the longest time and we are so happy to be here, we can't quit smiling!"

Cedar Mountain Commons, a member of Hartford HealthCare Senior Services, is a not for profit independent and assisted living community, located at 3 John H. Stewart Drive in Newington. To learn more, visit <http://cedarmountaincommons.org>





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To check out the vendors visit:

hcseniorservices.org/
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MyHealthy Advantage Membership Registration Form

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

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

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

Sincerely,
MyHealthy Advantage Coordinator

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



Name: _____

Address: _____

Town: _____

State: _____ Zip 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**



Celebrating Jefferson House's 140th Anniversary

By: Samantha Bobbie

Jefferson House was Connecticut's first nursing home and has been dedicated to serving the community, nurturing a rich legacy of care that spans 140 years. It started out as a small facility with a limited number of beds and has since transformed into a comprehensive nursing home, expanding its capacity to better meet the needs of residents and their families.

They expanded their services to include in-patient and out-patient rehab programs, hospice and long-term care. This remarkable growth reflects not only the evolving landscape of healthcare but also the unwavering commitment of Jefferson House to provide compassionate care and support for all who enter their doors.

Award Winning Care:

Jefferson House has received recognition for its excellence, including the prestigious LeadingAge Spirit of the Mission Award. This award honors organizations that show a strong

commitment to serving their residents and communities with compassion and integrity. It is incredible that a nursing home achieved this award, especially considering the many rules and regulations that must be followed and closely monitored in the healthcare industry. This accomplishment highlights the high standard of care that Jefferson House provides and the trust of the community places in its ability to deliver compassionate support to its residents.

At Jefferson House, quality care is not just a promise, but a priority. It's embedded in every aspect of daily

operations and the staff is dedicated to maintaining the highest standards. There is an emphasis on personalized care and support for each resident, with a focus on each person's individual physical, emotional and social needs.

Looking ahead:

As we celebrate the past, we also look toward the future. Jefferson House unveiled a new healing garden during their anniversary festivities. This garden was designed for relaxation and community gatherings, it includes a new water feature, windchimes and a flower wall.

As Jefferson House looks forward, it remains committed to being a cornerstone of compassionate care, ensuring its legacy continues for generations to come. **J**



Jefferson House, a not for profit affiliate of Hartford HealthCare, offers short-term/ outpatient rehabilitation, skilled nursing and palliative care at 1 John H. Stewart Drive in Newington. For more information about Jefferson House, visit www.jeffersonhouse.org

W I N T E R W E L L N E S S :

Tips to Keep You Moving & Motivated

By: Shannon Flaherty

Winter can be tough, but staying active during these cold months is very important for your health. Alyssa Lombardi, Exercise Physiologist, and Crisla Tomaska, Area Rehabilitation Manager at Southington Care Center, share why it's important to keep moving in winter and offer easy ways to stay fit.

“Regular activity helps reduce the risk of slips and falls on icy surfaces, and it also helps you stay strong and independent, so you can live at home longer,” says Lombardi.

Exercise is not just good for your body; it's also great for your mind. Being active can make you feel more confident about daily tasks and releases endorphins—natural chemicals in your brain that boost your mood. “An increase in endorphins is just what we need to keep us going during those cold, dark months,” adds Tomaska.

Here are some simple activities to help you stay active during winter:

- 1. Mall Walking:** Join the Walk to Wellness program at Westfarms Mall or find a local walking club. It's a great way to stay fit in a warm place. **For more information, check out the events section!*
- 2. Prioritize Steps:** Park a little farther away from the grocery store. This small change can add more steps to your day.
- 3. Schedule Movement:** Add little exercises into your daily routine. Try doing squats while making your morning coffee or marching in place during TV commercials.
- 4. Stretch:** Start and end your day with gentle stretches. This helps relax your muscles and improve flexibility.
- 5. Dance:** Dancing is a fun way to get your heart pumping and can help improve balance and coordination.
- 6. Practice Yoga:** Take a moment to focus on your breath. Yoga helps manage stress and increases strength.
- 7. Virtual GoodLife Fitness:** Enjoy exercising at home with online classes led by an exercise physiologist. You can get the benefits of a workout from the comfort of your own space.

By adding these activities to your winter routine, you can improve your health, lift your mood, and enjoy this beautiful season. Stay warm, stay active, and embrace the joy of moving! 🍷

To learn more about our outpatient therapy programs, call:

Southington Care: 860.378.1234

Jefferson House: 860.696.7626

Jerome Home: 860.356.8266



A Journey to Recovery

By: Samantha Bobbie

Vincent Coco had a scheduled, routine procedure to get some stents put in his heart. Before the cardiologists could even begin operating on Mr. Coco, the unthinkable happened. He had a cardiac arrest, and was without a pulse for 50 minutes. The doctors had no idea if Mr. Coco was even going to make it, and if he was, he would be most likely faced with many medical challenges.

Once Vinnie was stable, the doctors were able to take a scan of the brain, and what they found was amazing; Vinnie's brain looked like a normal person's resting brain. "We went down into an intensive care unit and got him as stable as possible," says Kathy Coco, Vinnie's wife, "It was really touch and go, he was in a coma on his own and it was very intense."

Vinnie was transferred to Hartford Hospital where he stayed for 3 weeks. "I couldn't move my hands or legs, it felt like I was paralyzed," says Vinnie. During his stay, he learned to talk and eat on his own again. When the time came to relocate to a skilled nursing facility to start his rehabilitation journey, Hartford Hospital asked Vinnie to give them three nursing homes he would want to go to, to which he replied, "I only want Jerome Home."

The Road to Recovery

Vinnie spent another 5 weeks recovering at Jerome Home in New Britain. When he first got there he couldn't even sit on the edge of his bed without feeling nauseous. After only a week and a half of being there, he was able to take his first steps. During those first few steps he said, "I'm going to walk over to my wife and give her a kiss," says Vinnie, "Once I was able to take my first steps, I knew I was on the road to recovery and my whole attitude shifted."

Both Lori Lyons, PT, and Jennifer Walsh, OTR, reflected on his inspiring progress: "Vinnie's recovery was nothing short of a miracle, which can only be attributed to his hard work, positive attitude, and perseverance. We were honored to be a part of his journey."

Gratitude for Exceptional Care

Vinnie has been visiting Jerome Home for over 22 years to service their appliances in the kitchen. "I know what goes on internally with their staff, I've never seen a nursing home the way this one is run," says Vinnie, "The care they have for their patients; it's the best I've ever seen."

Vinnie is now back working full time with some restrictions. "They allowed me to push myself to my limits to get me back to where I am today," says Vinnie, as he holds back tears with his wife, "I went back and thanked them for doing what they did, because if it wasn't for them, I wouldn't have made it. I owe my whole recovery to them." 🗨

Jerome Home, affiliated with Hartford HealthCare Senior Services, is located at 975 Corbin Ave. in New Britain. Jerome Home offers skilled nursing, inpatient/outpatient rehabilitation, residential care, memory care and assisted living. Arbor Rose, located on the Jerome Home campus, offers independent and assisted living with memory care. For more information about Arbor Rose and Jerome Home, visit www.jeromehome.org



JIM'S JOURNEY:

Inspiring a Life of Active Aging

By: *Samantha Bobbie*

Jim's Commitment to Wellness

If you are in the Southington area, you may have spotted Jim around town either riding his bike, walking or just enjoying some fresh air. At 76 years old, Jim is also a familiar face on the local bike trails, regularly making a 35-40 mile round trip to Plainville and back. "I try to do that a few times a week," says Jim. "Everyone here is always worried for me; I try to tell them there is nothing to worry about. I know the trail pretty well and have been doing this for years".

When the weather isn't nice, or Jim is looking for something more convenient, you can also find him in the GoodLife Fitness Gym at The Orchards. "I try to use the gym as often as I can which is usually 2 or 3 times per week," says Jim, "I'll go in there, use the Nu Step and lift a little bit of weights, nothing crazy, but just something to keep me active!" Jim also participates in weekly exercise classes that have different focus areas such as balance and coordination, strength, yoga and dance, all offered by GoodLife Fitness at the Orchards.

Jim says he is happy he has been active and stayed active. He says staying active has given him the confidence to be secure with everything he does, nothing is out of bounds. Jim's advice: "Stay as mobile and as active for as long as you can, it makes the world of difference," says Jim. "You need to keep your mind sharp, that's the key".

Track, Trails and Triumphs

Jim is a Southington native and has lived there his whole life. He graduated from Southington High School in 1966 and was part of the track and field and cross-country teams. Jim, who stands over 6 feet tall, was a leading competitor for the high jump and triple jumper events, breaking many records and winning many medals, including a Connecticut State Championship title during his senior season.

Once he graduated from high school, his uncle got him an apprenticeship for tool and dye making at Whitney Chain in West Hartford. He then went on to have his own business for 15 years based out of Southington called Trimech. He worked as a tool and dye maker his whole life and just a few short years ago in his early 70s.

Jim has also been a ski instructor at Mount Southington for about 20 years. "I started teaching when I was a teenager and stopped a few years ago, but I'm really hoping I can pick it back up again this winter."

Importance of staying Active while you age

"Jim is approaching his mid-70s and you would never guess it with how active he is," says Exercise Physiologist Christine Solimini-Swift. "He moves like someone in their 30s or 40s, his dedication to staying fit is truly inspiring!"

Christine supports the GoodLife Fitness exercise program at the Orchards and emphasizes the importance of staying active as you age. "Staying active as you get older can help you live longer, healthier and keep you as independent as possible," says Christine, "If exercise was a medicine- it would be the most prescribed one!"

Christine explains that regular exercise can lower your chances of heart disease, diabetes and even some cancers. It helps keep your bones strong and is one of the few things that can naturally improve your cholesterol. Plus – it helps improve your balance and coordination so you can avoid falls and spend less time in rehabilitation facilities and more time with your loved ones.

Exercise is good for your mind too! "Exercise improves your brain health by bringing more oxygen to the brain, which can help you think better, learn more and make decisions more clearly," says Christine. Exercise also improves your mental health- it improves your mood, relieves stress, can help you sleep better and reduce symptoms of anxiety and depression.

Life at The Orchards

Jim moved into The Orchards in April 2024 and can't say enough about its perfect location. "I love to walk anywhere I can, the building is so close to downtown Southington it makes everything very accessible."

"I am always ready to go," says Jim, "All my friends here are always telling me to slow down!" Jim is always on the move, whether it be biking long distances or working out in the gym, he continues to prove that age is just a number. He is dedicated to staying fit, which not only enhances his own well-being, but also encourages his community to prioritize their own health and wellness.

As Jim continues to embrace new adventures at The Orchards, he reminds all of us that it's never too late to find new passions and maintain an active lifestyle. **J**

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 www.hhcseniorservices.org/health-wellness/goodlife-fitness

2 0 2 5

The Orchards has opened their **GoodLife Fitness** program to the public! To learn more about membership and what is being offered, join us for one of our **open houses**, or call **860.628.5656!**

Monday, January 6 | 1:30–3:00pm

Monday, January 27 | 1:30–3:00pm

Monday, February 10 | 1:30–3:00pm

Monday, February 24 | 1:30–3:00pm

Monday, March 17 | 1:30–3:00pm

Monday, March 31 | 1:30–3:00pm



What to Consider When Choosing an Adult Day Care Center

By: Samantha Bobbie



An adult day care program gives caregivers the opportunity for a break from caregiving, all while helping their loved make friends and avoid feeling lonely. It provides a place for seniors to spend time with others, stay active, have fun, and keep the brain healthy. These programs help older people feel more connected and give caregivers time to rest or take care of errands.

Although traditional senior centers can be a great place for older people to exercise and take classes, adult day care centers are designed for those who need a bit more help. These centers cater to those with physical or cognitive disabilities, providing engaging activities but also extra care and supervision they may need. A medical-model adult day center can assist with daily tasks like medication management and tailored therapeutic programs. These centers ensure that participants are safe, supported and give their caregivers peace of mind knowing their loved one is in good hands.

“Adult day care programs enrich the lives of participants while giving caregivers a break,” says Natacha Candelaria, Director of Mulberry Garden’s Adult Day Center. “We provide activities that engage the mind and body, along with personal care and socialization, all tailored to each individual’s needs.”

Here are 6 things to consider when choosing an adult day center:

- 1. Staff Qualifications:** The staff should be trained and experienced in caring for individuals with physical or cognitive disabilities, such as dementia.
- 2. Staff-to-Participant Ratio:** A higher staff-to-participation ratio ensures more personalized care.
- 3. Medical Care:** Qualified healthcare professionals would be good to have on site to handle medications, monitor health and respond to emergencies.
- 4. Activities and Programming:** The center should offer a variety of activities including physical exercise, social events and cognitive stimulation to keep participants engaged.
- 5. Meals and Dietary Accommodations:** The center should provide nutritious meals and accommodate special dietary needs, such as low-sodium or diabetic diets.
- 6. Cost and Payment Options:** It’s important to understand the overall costs and whether the center accepts insurance, Medicaid, or other benefits.
- 7. Transportation Services:** Check to see if the center offers transportation to and from the facility. This can be important for families who have limited availability or need assistance with mobility logistics.

“We encourage families to come visit our center,” Natacha explains. “It’s important to see if the environment feels right for your loved one. You want them to feel comfortable, engaged, and well cared for, and we’re here to help make that happen.”

Whether it’s joining a fitness class, playing games or simply interacting with peers, these activities are key to promoting health and well-being. For many, attending an adult day center gives them something exciting to look forward to each day. **J**

Adult Day Center Open House dates:

January 8th | 12–5 pm

February 5th | 12–5 pm

March 12th | 12–5 pm

To learn more about our adult day center, please call **860.276.1020**

Mulberry Gardens of Southington, a not for profit assisted living, adult day and memory care community, is a member of Hartford HealthCare Senior Services. For more information about Mulberry Gardens of Southington, visit www.mulberrygardens.org.

STAY COZY, STAY SAFE: Your Essential Winter Safety Guide

By Nancy Becker

Whether you enjoy being active outdoors or prefer staying cozy inside, there are important safety tips to consider this winter. Cold weather and icy conditions pose additional risks to our daily activities, but many resources can promote safety at home and outdoors.

Hartford HealthCare offers Home Safety Solutions, a line of technology products designed to enhance safety and independence. These devices can improve quality of life, allowing individuals to stay active.

Personal emergency response systems and smartwatches are excellent for those who spend time outdoors or stay closer to home, providing fall detection and easy access to help in emergencies. With multiple snowstorms expected in Connecticut, consider hiring someone to plow rather than shoveling yourself. If that's not possible, limit outdoor time, layer clothing, and take it slow. Wearing an emergency response system is crucial in case of a medical emergency, as these products connect you with assistance at the press of a button.

Fire safety is also vital during winter when heating our homes. Ensure your home has carbon monoxide detectors installed, and never use a gas stove or oven for heating. Home Safety Solutions offers stove and microwave shut offs to help prevent fires and provide peace of mind.

Additionally, remote monitoring systems can identify issues or changes in behavior and alert caregivers or family members. These systems support independence and offer solutions for families, especially when winter weather affects visits.



Here are more safety tips to remember this winter:

Avoid driving when road conditions are icy or snowy

- If you must drive, leave extra time for travel
- Keep an emergency kit in your car and ensure your cell phone is charged

Limit your time outside during cold weather

- If you need to be outside, wear layers to stay warm
- If your clothing becomes wet, change into something dry to prevent hypothermia

Install smoke and carbon monoxide detectors in your home

- Check that the batteries are working
- Never leave lit candles or other flames unattended

For more information on Winter safety and the Home Safety Solution products, contact the **Hartford HealthCare Center for Healthy Aging** at 1.877.424.4641.



Staying in your home as you get older

What needs do you currently have?

“Help” is a wide category that includes anything from needing assistance with personal care, household chores, money management, or transportation.

In addition, consider any illnesses that may require greater help in the future. If you are unsure about the progression of an illness (such as heart disease or diabetes), ask your health care provider. Your provider may also be able to suggest resources and agencies in your community that can provide the types of assistance you may need.

Consider your finances.

Depending on your exact needs, you may need to budget for:

- Medical alert systems and monthly service costs — These systems respond to medical and other emergencies — such as a fall — using an electronic monitor that you wear.
- Adult day care services — These programs offer social activities, exercise, meals, personal care, and basic health care services in a safe environment under the supervision of trained staff. Generally, they’re less expensive than in-home or facility-based care, and some facilities may even offer pick up and drop off services.

- Transportation services — Formal transportation services drive people to and from medical appointments, shopping centers, and other places in the community. Some community groups may offer free or discounted rides. Additionally, public transportation is often discounted for older adults and people with disabilities.
- Home health care services — This includes skilled-care services like nursing care, physical and occupational therapy, speech-language therapy, medical social services, and more. Generally, services provided in-home are less costly than facility-based care.
- Volunteer-based companion services — Look for organizations in your community that provide regular home visits at no cost to older adults. During these short visits, a volunteer can assist with basic needs and provide companionship.
- Meal delivery services — Some charge a fee, whereas others may offer reduced rates based on eligibility (such as age, mobility, or economic need). Senior centers and religious organizations may provide free or lower-cost meals.

Talk to a Care Manager.

Care Managers can help with identifying your needs, creating your wellness plan, and identifying additional services in your community that you may be eligible for.

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)**

Representatives are available 8 a.m.–8 p.m., 7 days a week (Mon.–Fri. from Apr. 1–Sept. 30). Other providers are available in our network. CarePartners of Connecticut complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity). ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-341-1507 (HMO)/1-866-632-0060 (PPO) (TTY: 711). Y0151_2025_119_C

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 Shannon.Flaherty@hhchealth.org or call 860.378.1268.

Medicare

Medicare 101: Understanding Your Options Webinar

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; and your options including Medicare Advantage Plans, Medicare Supplement Plans, Prescription Drug Coverage, Medicare's Enrollment Periods, plus, live Q&A presented by Medicare Educator, Sara Mitchell. Sponsored by Hartford HealthCare and Integrated Care Partners.

Wednesday, 1/22/2025 | 12-1pm

Thursday, 1/30/2025 | 5-6pm

Tuesday, 2/4/2025 | 12-1pm

Monday, 2/10/2025 | 5-6pm

Thursday, 2/20/2025 | 12-1pm

Tuesday, 2/25/2025 | 12-1pm

Wednesday, 3/5/2025 | 5-6pm

Tuesday, 3/11/2025 | 12-1pm

Wednesday, 3/19/2025 | 5-6pm

Monday, 3/24/2025 | 12-1pm

REGISTRATION REQUIRED:

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

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.

Making the Most of Medicare's Open Enrollment Period Webinar

Join us for an informative webinar focused on navigating your options during Medicare's Open Enrollment Period. This session will provide key insights into the opportunity to switch your Medicare Advantage plan, highlighting essential factors to consider before making a change. Don't miss the chance to engage in a live Q&A with Sara Mitchell, our knowledgeable Medicare Educator, who will address your questions and guide you through the process.

Thursday, 1/16/2025 | 12-1pm

Thursday, 1/23/2025 | 5-6pm

Monday, 1/27/2025 | 12-1pm

Wednesday, 2/5/2025 | 12-1pm

Wednesday, 2/12/2025 | 5-6pm

Tuesday, 2/18/2025 | 12-1pm

Thursday, 2/27/2025 | 5-6pm

Tuesday, 3/4/2025 | 12-1pm

Thursday, 3/13/2025 | 12-1pm

Monday, 3/17/2025 | 5-6pm

Wednesday, 3/26/2025 | 12-1pm

REGISTRATION REQUIRED:

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

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

Walk to Wellness at Westfarms Mall

Join us in-person for Walk to Wellness, a FREE monthly educational seminar presented in partnership with Westfarms Mall. After the presentation and Q&A with the expert, a light breakfast will be provided. Please use the mall's main entrance between Macy's Men's and Texas de Brazil off New Britain Avenue (all other entrances will be locked). We will have wellness supplies including hand sanitizers and disposable masks.

Tuesday, January 7, 2025
9:00-9:30am

Topic: Hartford HealthCare Home Safety Solutions presented by Sandy Gifford, Resource Coordinator, Hartford HealthCare Senior Services

Tuesday, February 4, 2025
9:00-9:30am

Topic: Women's Heart Health presented by Dr. Jennifer Bell, Advanced Heart Failure and Transplant and Cardiovascular Medicine, Hartford HealthCare Heart & Vascular Institute

Tuesday, March 4, 2025
9:00-9:30am

Topic: Hartford HealthCare Digestive Health Institute Fecal Incontinence Program & Colorectal Cancer Awareness presented by Dr. Amanda Ayers, Colon & Rectal Surgeon, Hartford HealthCare Digestive Health Institute

JANUARY

Protect Your Financial Information

Thursday, January 23, 5:00–6:30pm,
Cedar Mountain Commons,
3 John H Stewart Dr, Newington CT

Nearly 1 in 5 seniors are affected by financial exploitation. In today's digital age, safeguarding against identity theft and scams is crucial. Join Kathleen Titsworth, Banking Outreach Coordinator for the Connecticut Department of Banking, to learn more about digital safety and protecting personal information. We'll cover how identity theft and share tips for staying safe online. Learn the differences between financial fraud and exploitation and discover strategies to protect yourself and your loved ones.

To RSVP, please call 860.696.7759

Join Arbor Rose for National Seed Swap Day!

Saturday, January 25, 1:00–2:30pm

Spring will be here before you know it! Modern gardeners collect and exchange seeds for many reasons. Ranging from cultivating rare, heirloom varieties to basic thrift. The exchange of seeds is an act of giving, perpetuating biodiversity and is the ultimate form of recycling. Bring in your seeds and swap with others like yourself who like to dig in the dirt!

RSVP by Monday, January 20, call 860.356.8256

FEBRUARY

Lunch & Learn: Understanding Cognitive Wellness

Wednesday, February 5, 12:30-2:00pm,
Duncaster, 30 Loeffler Rd, Bloomfield CT

Join Dr. Kurtakoti, Chief of Geriatrics at Hartford Hospital and Medical Director of the Geriatric Service Line at Hartford HealthCare Medical Group, along with Karen Velleman, MA, CCC-SLP, a speech-language pathologist at Hartford HealthCare Rehabilitation Network at Duncaster, for a free information session on cognitive wellness. You will learn about strategies to promote cognitive well-being in your daily life and discover how speech therapy can enhance your quality of life. A light lunch will be served and a Q&A with the experts will follow the presentation.

REGISTRATION REQUIRED:

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

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

Dinner with the Expert: Making the Most of Your Visit with an Individual Living with Dementia

Wednesday, February 5, 5:30pm,
Mulberry Gardens of Southington,
58 Mulberry St, Plantsville CT

Join Patty O'Brian, a Dementia Specialist from Hartford HealthCare Center for Healthy Aging, for an engaging discussion on creating meaningful visit plans, exploring activity ideas, and utilizing props effectively. A light dinner will be provided

To RSVP, call 860.276.1020

Medicaid Guidance Seminar

Wednesday February 26, 6:00-7:00pm,
Arbor Rose at Jerome Home,
975 Corbin Ave, New Britain, CT

Senior Planning Services will provide education on the Medicaid process. Highlights will include eligibility criteria, financial requirements, spousal allowances and more. Light meal will be served.

RSVP by Wednesday, February 19, call 860.356.8256

Lunch & Learn: Moving Forward, From Transition to Transformation

Thursday, February 27, 12:00–1:30pm,
Mulberry Gardens of Southington,
58 Mulberry St, Plantsville CT

Join us for an enlightening seminar led by Shelia Gavish of Amston Home Transition Solutions. Shelia will focus on the positive aspects of relocation, emphasizing how it can foster personal growth and enhance your quality of life in a new living environment. Participants will receive valuable resources to help ease the transition and mitigate Relocation Stress Syndrome (RSS). Enjoy a complimentary lunch while you learn!

To RSVP, call 860.276.1020

Navigating the Decision to Move to a Senior Living Community

Thursday, February 27, 5:00–6:30pm,
Cedar Mountain Commons,
3 John H Stewart Dr, Newington CT

This presentation will provide guidance on discussing a move with loved ones. It will explain the benefits of living in a senior community and help you make informed decisions. You will receive practical tips for engaging in difficult conversations, as well as insights from a study conducted by social workers about seniors' perceptions of moving. Helpful handouts, giveaways, and light refreshments will be provided.

To RSVP, call 860 696 7759

EDUCATION

FEBRUARY

Lunch & Learn: Financing Long Term Care and How to Prepare for the Transition

Thursday, March 13, 12:00–1:30pm,
The Orchards at Southington,
34 Hobart St, Southington CT

Join us at The Orchards for an informative session by Amanda Mongillo of Ion Investment Services to learn about the different financing options to fund senior living. You will also hear from Isa Criscitello of ServiceMaster, an expert on hoarding and home cleanout, who will discuss a proven process to help loved one's transition from their home with understanding, empathetic listening, and compassionate support. Complimentary lunch provided.

To RSVP, call 860.628.5656

MARCH

Blue Zones: Lessons for Living Longer from the People Who Have Lived the Longest

Tuesday, March 18, 3:30–5:00pm,
Cedar Mountain Commons,
3 John H Stewart Dr, Newington CT

Join Patty O'Brian, Dementia Specialist at the Center for Healthy Aging, to learn about those who live in what has been coined the "blue zones." These areas are found in very different parts of the world, yet they share a common theme believed to contribute to longer, healthier, and happier lives. Join us for a discussion on the nine common-sense healthy habits practiced by communities with the highest rates of centenarians around the globe.

To RSVP, call 860.696.7759

Trolls, Plants and Wine.... OH MY!

Thursday March 27, 6:00pm,
Arbor Rose at Jerome Home,
975 Corbin Ave, New Britain, CT

A new twist on one of the biggest fads of the 1960's. We'll provide all the necessary supplies! 6:30 pm presented by The Lil Plant Shop. Light meal will be served.

RSVP by Friday March 21, call 860.356.8256

The Orchards at Southington GoodLife Fitness Open Houses

The Orchards at Southington,
34 Hobart St, Southington CT,
Mondays 1:30–3:00pm

To RSVP, call 860.628.5656

January 6,

New Year, Nu Step with us!

- Simulate cross-country skiing movements. Toast to a happy healthy new year with sparkling cider. Notepads to be given out for goal setting!

January 27,

Frosty Fitness Fun!

- Snowball games and balance exercises mimicking skating. Enjoy peppermint tea and a snowflake cookie at the end of class!

February 10

Cupid's Challenge

- "Pulling back a bow and arrow" upper body stretch. Simple dance class to classic love songs. Enjoy chocolate covered strawberries at the end of class!

February 24

Heart Pumping Strength

- Breathing exercises paired with light movements to promote heart health. Nuts and trail mix will be given out at the end of class!

March 17

Shamrock Shuffles

- Gold ball toss and gentle side steps or shuffles to the beat of Irish music. "Paint a rainbow" arm stretch. Irish soda bread at the end of class!

March 31

March Madness Movement

- Shoot a lightweight ball into a hoop or bucket from a seated position. Dribble a soft ball while sitting or standing. Enjoy veggies and hummus at the end of class!

Dementia Caregiver Series

The Winter Dementia Caregiver Series invites participants to attend all five sessions, led by a Certified Dementia Specialist from Hartford HealthCare Center for Healthy Aging.

Sessions include:

- 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

Thursday's 5:00pm, Thrive 55+ Active Living Center, 102 Newton Road, Groton, CT,

To RSVP, please call Thrive 55+ at 860.441.6785

Memory Screenings

Memory screenings are available through Hartford HealthCare Center for Healthy Aging. These confidential screenings are conducted by Dementia Specialists and average 20 minutes. They do not diagnose any illness but can indicate if someone should follow for a cognitive assessment.

Last Thursday of the Month:

January 30, February 27, March 27, 2:00–4:00pm, The Estuary, 220 Main Street, Old Saybrook, CT

By appointment only, please RSVP to info@yourestuary.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:

January 28, February 24, March 25, 11:00am–12:00pm

The Estuary Council of Seniors
220 main Street, Old Saybrook, CT

Please RSVP to 860.388.1611
or info@yourestuary.org

Second Wednesday of the Month:

January 8, February 12, March 12, 11:00am–12:00pm

Southbury Senior Center,
561 Main St S, Southbury, CT

Membership to the Senior Center may be required.

Last Monday of the Month:

January 27, February 24, March 31, 11:00am–12:00pm

Brookfield Senior Center,
100 Pocono Road, Brookfield, CT

To RSVP, call 1.800.272.3900

Hybrid (In-Person or Zoom)

Third Monday of the month:

January 13, February 10, March 17, 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

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



Arbor Rose at Jerome Home

975 Corbin Ave., New Britain, CT 06052

Sunday, January 19, 12:00–4:00pm

Sunday, February 16, 12:00–4:00pm

Sunday, March 23, 12:00–4:00pm

Call Karen Alix to schedule a tour, 860.356.8256



Cedar Mountain Commons

3 John H. Stewart Drive, Newington, CT 06111

Thursday, January 9, 3:00–6:00pm

Thursday, February 13, 3:00–6:00pm

Saturday, March 8, 10:00am–2:00pm

Call Kristin Grenier to schedule a tour, 860.696.7759



Mulberry Gardens of Southington

58 Mulberry St., Plantsville, CT 06479

Wednesday, January 22, 3:00–6:00 pm

Wednesday, February 19, 3:00–6:00 pm

Wednesday, March 19th, 3:00–6:00 pm

Call Antoinette Ouellette to schedule a tour, 860.276.1020

Mulberry Gardens Adult Day Center | Open House
January 8, February 5, March 12, 12:00–5:00pm



The Orchards at Southington

34 Hobart St., Southington, CT 06489

Wednesday, January 8, 3:00–7:00pm

Wednesday, February 5, 3:00–7:00pm

Wednesday, March 12, 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.
- Live independently, knowing services such as assistance with daily living, medication management and more are available if you choose.
- Additional nursing care and rehabilitation on the same campus, at Jefferson House
- 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

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