

AdvantageNews

Winter 2026

A publication for

MyHealthy Advantage members

MyHealthy
Advantage



A Life of Grace and Joy



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

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

Hartford HealthCare Senior Services
Attn: MyHealthy Advantage Coordinator
80 Meriden Avenue
Southington, CT 06489
860.406.6468

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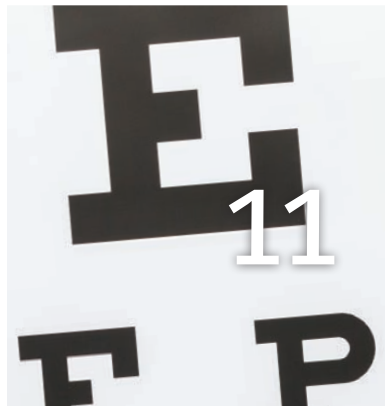
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HOW TO REACH US

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

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 living, assisted living, and memory care
CedarMountainCommons.org
3 John H. Stewart Drive
Newington, CT 06111
860.665.7901

Hartford HealthCare Independence at Home
HHCIndependenceathome.org
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
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

Staying Strong in the Wintertime

Regular physical activity is one of the best things you can do for your health as you age. Exercise, including strength training, can help prevent or delay health issues that often arise later in life.

Health benefits of strength training

Lean muscle mass naturally diminishes as you age, but strength training helps preserve and can even increase your muscle mass. Strength training can also help:

- Reduce your risk of falling by improving overall muscle strength
- Increase bone density and reduce the risk of fractures and osteoporosis
- Reduce symptoms of chronic conditions like arthritis, back pain, heart disease, depression, and diabetes

Getting started

The goal is to challenge your muscles—but not overdo it. Check with your doctor before beginning a new fitness routine. Examples of light strength training exercises include:

Lower body exercises:

- Squats, or standing up from sitting
- Lunges
- Step ups (on a stair step or sturdy stool)

Upper body exercises

- Wall pushups
- Arm raises

Abdomen exercises

- Sit ups
- Planks (for an easier variation, start with your hands on an elevated surface, like a stair step or a chair against the wall)

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 local doctors and hospitals you know and trust.

To learn more about CarePartners of Connecticut, contact them today at [1.844.412.5737](tel:18444125737) or visit [carepartnersct.com](https://www.carepartnersct.com)

Representatives are available at 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_2026_50_C

New Memory Support Neighborhood Opens at

Cedar Mountain

Cedar Mountain Commons in Newington opens its first Memory Support Neighborhood, bringing hope to families navigating Alzheimer's and memory disorders.

A Place Where Every Moment Matters

Families in the Newington area now have a new resource for memory care. Hartford HealthCare's Cedar Mountain Commons has officially opened its Memory Support Neighborhood, designed specifically for individuals living with Alzheimer's disease, dementia, and related conditions.

For many, this new addition represents more than just a building - it's hope for families seeking peace of mind and support. "I am excited to be a part of the creation of the memory support neighborhood at Cedar Mountain Commons, the first in Newington!" says Lori Toombs, Regional Director of Operations for Senior Services at Hartford HealthCare. "We've seen tremendous success in our sister communities offering specialized dementia neighborhoods."

A Thoughtfully Designed Environment

The Memory Support Neighborhood offers Alzheimer's and dementia care in a nurturing, home-like setting. Every element, from its secure design to its calming common areas, was created to help residents feel comfortable and cared for.

"Our goal is to provide families the opportunity to truly age in place—from joining us as independent residents and enjoying our lifestyle amenities, to receiving personalized assisted living services, and now, to having access to secure Memory Support apartments. My career in healthcare began in a Memory Care community, and it has always held a special place in my heart. I am deeply honored and excited to be part of this new chapter of growth and continued excellence at Cedar Mountain Commons." Says Kristin Grenier, Sales Director at Cedar Mountain Commons.





Commons

Research consistently shows that smaller, focused care settings yield better outcomes for memory care residents. Toombs explains the difference this approach makes:

“When you can offer smaller, supportive environments staffed with teams that understand the needs of residents living with dementia, you see each resident be at their best every day. This is such a hard diagnosis to support and manage, and we do it so well through our education and partners such as the Center for Healthy Aging.”

Residents will benefit from 24/7 professional support, personalized care plans, and engaging cognitive programs that encourage connection, stimulation, and purpose.

Building a Neighborhood, not a Unit

The term neighborhood is intentional. It reflects a philosophy of community and connection rather than confinement. “We don’t call it a unit. It’s called a neighborhood because it’s not a unit. That sounds too clinical.” says Jacquelyn Gaulin, Executive Director of Cedar Mountain Commons and Mulberry Gardens.

“People had to move out of Cedar Mountain Commons when they needed memory care. Now they can transition into the neighborhood. As a neighborhood, their living space will have the same surroundings and the same staff. We’ve made it so residents can be successful in a smaller space. They may not even realize they’ve moved, as in a good thing.”

Gaulin, who also oversees a Hartford HealthCare sister facility in Southington, launched this project about six months ago.

Beyond Basic Care

Staff go beyond meeting basic needs. They focus on helping residents maintain their sense of self while adapting to changes in their abilities. This approach recognizes that each individual’s journey with memory loss is unique.

“Our staff does a great job providing resident-centered care,” Gaulin says. “They spend more time providing help with daily activities. We are able to provide more one-on-one attention. A lot of it.”

Family involvement remains central to the care philosophy. “They don’t need to move their loved ones to another facility,”

Gaulin adds. “It’s such a positive thing.” Through ongoing communication, education, and compassionate support, families are kept informed and involved in every step of their loved one’s journey, ensuring peace of mind.

Part of a Larger Network

As part of Hartford HealthCare’s comprehensive senior living network, the Memory Support Neighborhood seamlessly connects residents to broader healthcare resources when needed. This integration ensures continuity of care as needs evolve.

Cedar Mountain Commons recognizes that memory loss impacts entire families, not just individuals. Their commitment extends to supporting loved ones through every step of the aging journey. By providing comprehensive resources, education, and guidance, they ensure no family faces these challenges alone. ■

Cedar Mountain Commons, located at 3 John H. Stewart Drive in Newington, offers independent living, assisted living and memory care services. Jefferson House, located at 1 John H. Stewart Drive in Newington, offers short-term/outpatient rehabilitation, skilled nursing and palliative care. To learn more about both Hartford HealthCare Senior Services communities, visit cedarmountaincommons.org and jeffersonhouse.org.

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 cedarmountaincommons.org.

Jerome Home Senior Living Amenities and Beyond!

Jerome Home offers the following options:

- Long and short-term rehabilitation
- Rated 5 Stars by CMS

Arbor Rose

- Assisted Living
- Memory Care

Open to the community:

- Outpatient Rehabilitation in our new state-of-the-art gym
- Personalized Fitness Program with a Personal trainer

Tour today!
Or call 860.229.3707



Arbor Rose
at Jerome Home

Our vendor listing has moved online

To check out the vendors visit:

hhcseniorservices.org/
health-wellness/
myhealthy-advantage



MyHealthy Advantage Membership Registration Form

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



Roasted Acorn Squash

with Wild Rice Stuffing

Ingredients: Serves 6

- 4 1/2 lb. Fresh Acorn Squash
(3-4 small-to-medium sized)
- 1 Tbsp. Extra Virgin Olive Oil
- 1 Tbsp. Maple Syrup
- 1/4 tsp. Kosher Salt
- 1/8 tsp. Ground Black Pepper
- 1/2 cup Wild Rice, dry
- 1 Tbsp. Extra Virgin Olive Oil
- 1/2 cup Yellow Onions, diced
- 1 cup Celery, diced
- 1/2 Tbsp. Garlic Cloves, minced
- 1 Tbsp. Fresh Thyme, minced
- 1/2 cup Dried Cranberries
- 1/4 tsp. Kosher Salt
- 1/8 tsp. Ground Black Pepper
- 1 Tbsp. Extra Virgin Olive Oil
- 1 tsp. Balsamic Vinegar

Directions

1. Wash and cut squash in half. Scoop out the seeds and place on a pan with the cut side up. Brush first listed olive oil and maple syrup onto each half. Sprinkle with first listed salt and black pepper. Roast in a preheated 350° F oven until tender, about 20-30 minutes.
2. Place wild rice in a pot of cold water and bring to a boil, then simmer and cook until 1/3 of the rice opens, about 30 minutes. Drain and set aside.
3. Heat second listed olive oil in a hot pan and sauté onions, celery and garlic until tender. Remove from pan and place in a large bowl; add the remaining ingredients: fresh thyme, dried cranberries, second listed salt, second listed black pepper, third listed olive oil, balsamic vinegar, remaining maple syrup, as well as the cooked wild rice. Mix to incorporate. Stuff into cooked acorn squash (each will hold about 1/2 cup of stuffing).

Hartford HealthCare 
Cedar Mountain Commons

A Heart for Healing

Born and raised in New Britain, Connecticut. “Except for six years, I’ve always lived here,” she shares. “I even raised my three boys just up the street on West Main Street near Corbin Avenue.”

Arlene chose nursing in an era where women’s career options were limited. “You could only be a teacher, a secretary, or a nurse,” she recalls. “But I always felt called to help others. So, I chose nursing, and I never looked back.”

Arlene graduated from Saint Joseph College’s intensive nursing program, where students had just two weeks off each year. “It was tough,” she admits. “But we were receiving an excellent education in both Nursing and Liberal Arts.”

She spent 17 years at New Britain General Hospital, now known as The Hospital of Central Connecticut, advancing from bedside care to teaching nursing students for a decade. “I loved teaching,” she says. “It was one of the best parts of my career.”

She also worked in state health agencies at a managerial level including the Department of Mental Health and Addiction Services and the Department of Children and Families as a Director of Nursing.

30 Years on the Dance Floor and Beyond

Arlene’s passion didn’t stop at patient charts. She spent over 30 years immersed in the world of ballroom dance. “My whole family danced; we didn’t have TVs years ago. So, we sang and danced together. It was just part of life.” Her passion turned into decades of competition in locations like Las Vegas, Monaco, France and Italy. She competed for over 30 years and received awards, most of which were gold awards. “It was gorgeous, just gorgeous. So, I’ve been on a lot of trips because of it and made a lot of friends and had a very active life for a while,” says Arlene

“You’ve got to feed your soul, not just your pocketbook,” she adds. “That’s what dancing did for me.”

A New Chapter at Arbor Rose

Arlene moved into Arbor Rose at Jerome Home on March 11. “I didn’t want to leave my house, I lived there for 58 years,” she says honestly. “But I feel very blessed to be here because I’ve been in the business. I know what I’m looking at more than the average person. And the place is very clean, very welcoming. People who work here are very, very warm and helpful.”



“My sons used to walk past this place four times a day on their way to Lincoln school years ago,” she recalls. “I couldn’t be in a better place. My mother was here years ago, at Jerome Home. So, it’s this is kind of a home base.”

Her days are now filled with visits from her sons and friends, spending time with her cat, attending select activities, enjoying nature by the pond, and challenging her mind with crossword puzzles.

“I’m still busy, just not like I was. But I know when I need stimulation and when I need quiet.”

The Charm Behind the Earrings

If you ask anyone at Arbor Rose, they’ll tell you Arlene is impossible to miss, always elegantly dressed and perfectly accessorized. Her secret? Matching earrings!

Arlene has quite a collection of earrings. She has two large jewelry cabinets. “I’m undressed without earrings. Everything must coordinate,” she laughs. “If I’m color-coordinated, the world feels right.”

She’s also the matriarch of a family full of boys—three sons, Steve, Tony and Danny, two grandsons, four nephews, one great-grandson and another baby boy on the way. “They don’t make them like me anymore,” she says, with a wink. “I’m the queen.”

Her sense of humor is as sharp as ever, and her advice is timeless:

“You’ve got to feed your soul—not just your pocketbook. Find something that brings you joy,” says Arlene. That joy, for Arlene, came in a sequined ballroom gown as often as it did in scrubs, and now it comes to the home she calls Arbor Rose.

Arbor Rose at Jerome Home, a managed community under Hartford HealthCare Senior Services, offers skilled nursing, inpatient/outpatient rehabilitation, residential care, memory care and assisted living. For more information about Arbor Rose at Jerome Home, visit jeromehome.org.



LOVE^{in a} New Chapter

By Hiba Jaidi

Love at first sight.

Jackie Moore and John Guliano first met in 1983, thanks to a little family matchmaking, Jackie's sister was dating John's brother. Their first date, as Jackie fondly recalls, was "love at first sight." She laughs remembering that first dinner. "John's brother cooked a steak so tough you could barely chew it, luckily, we liked each other enough to overlook that!" From that day on, they were inseparable.

Forty-two years, two children, and four grandchildren later; their story continues—this time at Mulberry Gardens Adult Day Center, where John is a participant, and Jackie is part of the staff.

Finding Purpose in a New Routine

Before John began attending the Day Center, Jackie had already stepped into the role of caregiver for both her mother and husband. When her mother passed in 2021, her focus turned fully to John, who had been diagnosed with Lewy body dementia, a condition that gradually affects movement, thinking, and speech.

"The transition was hard at first," Jackie admits. "He'd always worked and stayed busy. So adjusting to life at home wasn't easy."

That changed the day they walked into Mulberry Gardens. "Honestly, the first time I walked in, I knew this was the place," Jackie says. "I go by instinct, and it just felt right. They had warm cookies, big smiles—everyone was so welcoming. I thought, this is home."

John agrees. "I love it here. People are great—nobody judges anybody," he says, his eyes lighting up. Around the center, he's affectionately known as "the mayor," a nickname earned for his friendliness and humor.





Everyday Joy

A typical day now begins together—Jackie heading to her recreation and housekeeping duties, and John joining his friends for games and laughter. “He loves bingo,” Jackie laughs.

“When I walk by and see him laughing with everyone, it just makes my day,” Jackie shares. “It’s a gift to know he’s safe, happy, and engaged—and that we can still share this part of life together.”

John’s favorite part of the day? “Bingo,” he grins. “And the people.”

The transition came easily. “It was seamless,” Jackie says. What began as three days a week quickly became five. “He loves coming here,” Jackie says. “Even when he’s not feeling great, he doesn’t want to miss a day.”

For John, the center has brought back something essential, community and purpose. “It’s helped him so much,” Jackie explains. “He feels loved here, and that’s everything.”

Love, Reimagined

“Love in a new chapter,” Jackie reflects, “means slowing down, reconnecting, and realizing what we still mean to each other.”

They no longer chase busy schedules or faraway travels. Just quiet walks together, family visits, and time spent with their four grandchildren. They share movie marathons and fond memories of the 22 cruises they took together. “We laugh a lot,” she says. “That’s how we get through life—by choosing love over everything else.”

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 mulberrygardens.org.

Sharper Vision Ahead

Inside Hartford Hospital's State-of-the-Art Eye Surgery Center

By Danielle Swift




We have a vision at the Hartford Hospital Eye Surgery Center focused on improving the sight of patients with cataracts and we're tapping the latest technology and procedures to do it.

Nearly 40 surgeons perform more than 10,000 procedures a year in our state-of-the-art outpatient facility in Newington. Most of our patients undergo surgery to remove cataracts, a cloudy film that forms on the lens of the eye as we age, making it hard to see. If untreated, cataracts can eventually cause blindness.

Femtosecond lasers are used to safely and accurately remove cataracts and replace them with lens implants that correct vision for distance, near and astigmatism. "The femtosecond laser helps soften the cataract so the surgeon can precisely remove it. Then, we use another device called ORA® VerifEye to select the most precise lens implant for sharpness," explains Alan Solinsky, MD, a surgeon at the Center.

New generation multifocal lenses and a new bifocal lens called Clearview are utilized, and in 2025 the Center began offering the Light Adjustable Lens (LAL). The LAL is the first and only lens implant that can be adjusted after it is implanted, and it helps surgeons provide patients with a sharper, more customized view of the world than ever before.

After your eye has healed for a few weeks, you'll return to your doctor's office so your surgeon can adjust the implanted lens using an ultraviolet light delivery device that customizes your vision to exactly what you desire. You can then "test drive" your improved vision as the surgeon makes micro adjustments in the lens for the greatest clarity possible.

LAL is especially useful for people with unusually shaped corneas as a result of congenital defects, trauma or previous eye surgery using LASIK or radial keratotomy techniques. 

For more information or to see one a specialist, go to Hartford Hospital Eye Surgery Center | Hartford Hospital | Hartford, CT hartfordhospital.org or call 860.545.1888.

Essential Documents Every Veteran Should Have

By Sherri Vogt

As the Veterans Liaison at Hartford HealthCare I meet families everyday on their healthcare journey. Some veterans have a spouse or trusted family member that has copies of important documents and understands how to use them when the time comes. Many times, there are veterans that do not have their important documents established to ensure their wishes are understood and followed by their family and friends when needed.

The VA healthcare system has many tools to assist veterans and their families as they grow older and need to establish their wishes. The VA healthcare form 10-0137 is the VA Advance Directive: Durable Power of Attorney for Health Care and Living Will and can be found easily online or at the VA healthcare office.

What is an Advance Directive?

An advance directive is a legal document that allow individuals to state their preferences for medical treatment in case they become unable to make decisions for themselves. Why is it important? Advance directives ensure that an individual's wishes are honored, can prevent family disagreements about treatment, and help guide

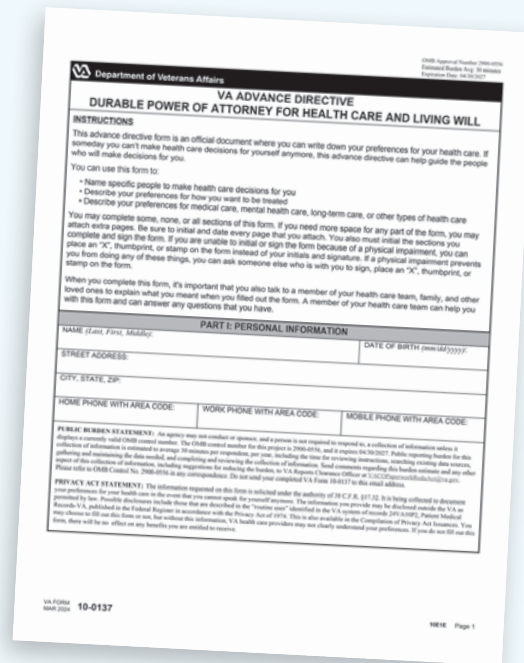
healthcare providers. This can be established by anyone over 18 years old. Advance directives can appoint a healthcare proxy (someone to make decisions), specify treatment preferences (like do-not-resuscitate orders), and provide guidance for end-of-life care.

The VA's form 10-0137 can be used by veterans in the VA healthcare system and if notarized can be used in a civilian healthcare setting. If you are a veteran that travels to warmer weather in the winter and you use the VA in another state, keep a copy with your important documents and have it ready if you were to need it. Not all VA medical facilities have medical records connected in one large system, so you may have to produce the document to use it.

Life moves quickly and making time for conversations about our future care brings clarity and peace of mind for everyone involved. Let us also have important conversations about our wishes. A Living Will and Last Will & Testament is a gift of peace of mind we give ourselves.

If you have any questions about this or any other VA benefit, please contact me at the HHC Center for Healthy Aging and I would be happy to assist. 📞

Sherri Vogt | Veterans Liaison | 1.877.424.4641



Hartford HealthCare's Veterans Liaison Program supports veterans and their families by helping them navigate and access the benefits and services they are entitled to. Led by Sherri Vogt, an Army veteran with over a decade of experience, the program assists with understanding VA healthcare eligibility, filing claims, and connecting veterans to valuable resources. The liaison works closely with state and federal veterans' departments and offers education, referrals, and personal support in navigating benefits.

For more information about the Veterans Liaison Program, visit: hhcseniorservices.org/services/center-for-healthy-aging/services/veterans-services

Special Programs & Events

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

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

Medicare

Medicare 101: Understanding Your Options

Virtual:

January 22, 28;

February 3, 9, 17, 26;

March 3, 12, 18, 23

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, and how to choose your plan. Do you have specific Medicare questions? Ask them during the live Q&A. 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.

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

Virtual:

January 20;

February 2, 19;

March 4, 18

Call for times and locations.

Making the Most of Medicare's Open Enrollment Period presentation is designed to help you understand your opportunity to change your Medicare Advantage plan during this annual window. The presentation will highlight key factors to consider when evaluating different plans, introduce resources to support your search for the right coverage, and conclude with a live Q&A session to address your questions in real time. 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.

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

Tuesday, January 6

Pancreatic Cancer Awareness Project Purple with Dr. Bret Schipper

Tuesday, February 3rd

Heart Health Blood pressure, cholesterol and blood sugar screenings available for attendees

Tuesday, March 3rd

Colon Cancer Awareness

HHC Wellness at Westfarms Rest and Relaxation Lounge. 9-9:30am

Join us in-person for Walk to Wellness, a FREE monthly educational seminar presented in partnership with Westfarms Mall.

After the presentation, a light breakfast and refreshments will be provided by Doro Marketplace.

Registration is required for all dates.

Please use the mall's main entrance between Macy's Mens and Texas de Brazil off New Britain Avenue (all other entrances will be locked).

REGISTRATION REQUIRED:

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

January

**Lunch & Learn: Your Life, Your Legacy;
How to Plan Ahead for Peace of Mind**

Tuesday, January 6 | 12–1:30pm

**The Orchards at Southington,
34 Hobart St, Southington, CT 06489**

Most of us plan for important life events such as weddings, our children's education and retirement. But few of us prepare for the inevitable. This fast-moving program presented by Liz Cole of Dignity Memorial addresses the importance of making your final arrangements in advance and the steps to take.

Complimentary lunch provided.

RSVP to 860.628.5656 or cheryl.olson@hhchealth.org**Blue Zones**

Wednesday, January 7 | 1:30pm

**Hilltop Senior Center,
132 Hut Hill Rd, Bridgewater, CT 06752**

Those who live in what has been coined the "blue zones" live in very different parts of the world. Yet they have a common theme that is believed to lead to longer, healthier, happier lives. Join us for a discussion on the nine common-sense healthy habits practiced by communities with the highest rate of centenarians across the world.

RSVP to the Hilltop Senior Center at 860.355.3090

**Lunch & Learn: Frequently Asked Questions
About Descendants' Estates**

Tuesday, January 13 | 12–2:00pm

**Mulberry Gardens of Southington,
58 Mulberry St, Plantsville, CT 06479**

When a person who owns property dies, the Probate Court becomes involved to oversee the division of property among the persons legally entitled to it. If the deceased person left a Last Will & Testament, the division of the property will be carried out according to the instructions in the will. If the decedent did not leave a will, his or her property will be divided according to Connecticut laws of "intestacy". Judge Matthew J. Jalowiec will answer some commonly asked questions regarding steps to administer an estate, when is it necessary to open an estate, the process of "probating" a will, the responsibilities of a fiduciary, and if there is a simple method to probate a small estate.

A light lunch will be served.

Please call 860.276.1020 to RSVP

10 Early Warning Signs of Parkinsons

Thursday, January 22 | 2:00pm

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

Parkinson's disease can't be definitively diagnosed until certain motor symptoms are present. Some early warning signs are now well-understood to be connected to Parkinson's disease. Join Patty O'Brian, BS, CDP, as she discusses the Early Signs of Parkinson's and next steps.

Please RSVP to Karen Alix at 860.356.8256

**Dinner with a Doc:
Dementia — What You Can Do**

Wednesday, January 28 | 12–1:30pm

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

Cherish Smith, MD, of the Ayer Neuroscience Institute, will share the latest insights on Alzheimer's disease, dementia, memory loss, and related mood and anxiety disorders. Learn about prevention, management, and support strategies, and take part in an open Q&A session. Memory loss touches us all—come listen, learn and enjoy a meal together!

Please RSVP to Kristin Grenier at 860.696.7759

February

**Lunch & Learn:
Legacy Planning**

Tuesday, February 3 | 12–2:00pm

**Mulberry Gardens of Southington,
58 Mulberry St, Plantsville, CT 06479**

Plantsville Funeral Home will present on pre-planning, military benefits, insurance, Medicaid and other important information to achieve peace of mind. Each attendee will go home with a vital information packet on legacy planning.

A light lunch will be provided. RSVP to 860.276.1020.

**Lunch & Learn:
Valentine's Day Around the World**

Tuesday, February 10 | 12–1:30pm

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

Join us for Valentine's specialties from around the world and discover which wines pair best with each dish. Take home a recipe booklet and a special surprise gift! Step out of the February cold and join us for something warm and delightful!

Please RSVP to Kristin Grenier at 860.696.7759

**Will vs. Trust: Which Is Which, and
How Do I Know Which One I Need?**

Wednesday, February 11 | 4–5:30pm

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

Attorney Hillary C. Allaire, an Elder Law Attorney from New Britain, will share insight into how these two subjects differ when making decisions for the future. Atty. Allaire, a nine-year veteran of the U.S. Navy, is an active member of the National Academy of Elder Law Attorneys and the Life Care Planning Law Firms Association.

RSVP to Karen Alix at 860.356.8256
or karen.alix@hhchealth.org

February

Lunch & Learn: Your Life, Your Legacy; How to Plan Ahead for Peace of Mind

Tuesday, February 24
12–1:30pm

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

Most of us plan for important life events such as weddings, our children's education and retirement. But few of us prepare for the inevitable. This fast-moving program, presented by Liz Cole of Dignity Memorial, addresses the importance of making your final arrangements in advance and the steps to take.

Complimentary lunch provided!
RSVP to 860.356.8256
or cheryl.olson@hhchealth.org

Something Monumental: Iwo Jima Presentation

Wednesday, February 25
2:00 pm

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

Enjoy an indoor historic tour of the ONLY memorial in the world built by survivors of the Battle of Iwo Jima.

RSVP to Karen Alix at 860.356.8256

10 Early Signs of Parkinson's

Tuesday, February 24
6:00pm

Mulberry Gardens
of Southington,
58 Mulberry St,
Plantsville, CT 06479

Parkinson's disease can't be definitively diagnosed until certain motor symptoms are present. Some early warning signs are now well-understood to be connected to Parkinson's disease. Join Patty O'Brian, BS, CDP, as she discusses the Early Signs of Parkinson's and next steps.

RSVP to 860.276.1020

March

Lunch & Learn: Moving Forward — Downsizing and Decluttering

Wednesday, March 11
12–1:30pm

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

Join us at Cedar Mountain Commons for a Lunch and Learn with presenter Shelia Gavish of Amston Home Transition Solutions to learn about "Moving forward: Downsizing and Decluttering." She'll discuss practical tips and emotional support to streamline belongings, strategies to create a manageable, less stressful move, how to enhance your current living conditions with future needs in mind, and why downsizing is really rightsizing, when done properly.

Complimentary lunch
will be served.
RSVP to 860.665.7901 or email
cheryl.olson@hhchealth.org

Dinner with a Doc: Strong Shoulders, Steady Knees: Managing Joint Health and Mobility as We Age.

Thursday, March 12 | 5–6:30pm

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

This informative and approachable session will cover common causes of shoulder and knee pain in older adults, how aging affects joint health, what you can do to stay active, non-surgical and surgical treatment options for arthritis and joint degeneration, tips for maintaining mobility, balance, and independence, when to consider joint injections, physical therapy, or arthroscopic procedures.

Registration Required:

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

Healthy Brain: Activities to Challenge Your Mind

Wednesday, March 18 | 1:30pm

Hilltop Senior Center,
132 Hut Hill Rd,
Bridgewater, CT 06752

Join the Hartford HealthCare Center for Healthy Aging for an interactive session on keeping your brain sharp. Learn how mental exercises, social engagement, and healthy habits can help maintain memory and cognitive function. Discover fun, practical ways to challenge your mind every day!

RSVP to the Hilltop Senior Center at 860.355.3090

Lunch & Learn: Moving Forward — From Transition to Transformation

Wednesday, March 25
12–1:30pm

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

Join us at Arbor Rose for a Lunch and Learn with presenter Shelia Gavish of Amston Home Transition Solutions to learn about "Moving Forward: From Transition to Transformation." She'll discuss the positive aspects of relocation, highlighting personal growth and quality of life improvements, practical guidelines to mitigate Relocation Stress Syndrome (RSS), disruptors and "life quakes". It's not the change that breaks us, but our resistance to change.

Complimentary lunch
will be served.

RSVP to 860.356.8256 or
email cheryl.olson@hhchealth.org

Healthy Brain Series

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

Healthy Brain Series 1

Monday, February 2 | 1:00pm

Session 1: Activities to Challenge your Mind

Healthy Brain Series 2

Monday, February 9 | 1:00pm

Session 2: Importance of Diet and Nutrition

Healthy Brain Series 3

Monday, February 23 | 1:00pm

Session 3: Finding meaningful engagement as you age

Healthy Brain Series 4

Monday, March 2 | 1:00pm

Session 4: Importance of sleep and your brain

Healthy Brain Series 5

Monday, March 9 | 1:00pm

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

Ansonia Senior Center,
65 Main Street,
Ansonia, CT 06401

Please RSVP to: Ansonia Senior Center at 203.736.5933

Dementia Caregiver Series

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

Thrive 55+ Active Living Center, 102 Newtown Road, Groton, CT 06340

Caregiver Series 1

Thursday, January 29 | 5:00–7:30pm

Caregiver Series 2

Thursday, February 5 | 5:00–7:30pm

Caregiver Series 3

Thursday, February 12 | 5:00–7:30pm

Caregiver Series 4

Thursday, February 19 | 5:00–7:30pm

Caregiver Series 5

Thursday, February 26 | 5:00–7:30pm

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

Please RSVP to:

Thrive 55+ Active Living Center
at 860.441.6785

Mulberry Gardens of Southington, 58 Mulberry St, Plantsville, CT 06479

Caregiver Series 1

Wednesday, March 4 | 5:30–7:00pm

Caregiver Series 2

Wednesday, March 11 | 5:30–7:00pm

Caregiver Series 3

Wednesday, March 18 | 5:30–7:00pm

Caregiver Series 4

Wednesday, March 25 | 5:30–7:00pm

Caregiver Series 5

Wednesday, April 1 | 5:30–7:00pm

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

Please RSVP to:

Call Mulberry Gardens
at 860.276.1020

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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

Every last Monday of the month:

**Monday, January 26,
February 23, March 30
11:00am–12:00pm**

Brookfield Senior Center
101 Pocono Road, Brookfield, CT 06804

To register, call 1.800.272.3900.

For more information,

please contact the facilitator:

Julianne Ramia at 860.929.6829 or
julianne.ramia@hhchealth.org

Fourth Tuesday of the month:

**Tuesday, January 27,
February 24, March 24
12:30–2:00pm**

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

Please RSVP to 860.388.1611
or info@yourestuary.org

Second Wednesday of the Month:

**Wednesday, January 14,
February 11, March 11
11:00am–12:00pm**

Southbury Senior Center,
561 Main St S, Southbury, CT 06488

Please RSVP to the Southbury Senior Center
at 203.262.0651

Second Thursday of the month:

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

The Wallace Center
299 Greenwich Avenue,
Greenwich, CT 06830

To register, call 1.800.272.3900.

For more information,

please contact the facilitator:

Julianne Ramia at 860.929.6829 or
julianne.ramia@hhchealth.org

Hybrid: In-Person or Zoom

Third Monday of the month:

**January 12, February 9, March 16,
1:00pm–2:30pm**

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

or

contact Patty O'Brian at patty.obrian@
hhchealth.org for Zoom meeting information.

RSVP to Patty O'Brian, 203.859.1992
or Patty.Obrian@hhchealth.org

Virtual: Microsoft Teams or Phone Number

Every Friday:

**January 9, 16, 23, 30;
February 6, 13, 20, 27;
March 6, 13, 20**

2:00pm–3:00pm

No RSVP needed. Please contact Kristine Johnson
at 860.425.5823 or kristine.johnson@hhchealth.org
for the meeting link or phone number.

The Orchards at Southington Goodlife Fitness

Classes Open to Non-Residents

Class Schedule:

Tuesdays, 10:15am – Balance and Coordination

Wednesdays, 10:15am – Yoga

Thursdays, 10:15am – Dancing

Fridays, 10:15am – Strength Training

Pricing:

1 class a week: \$25

2 classes a week: \$50

3 classes a week: \$75

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



Arbor Rose at Jerome Home

975 Corbin Ave., New Britain, CT 06052

Thursday, January 22 | 3:00–6:00pm

Wednesday, February 25 | 3:00–6:00pm

Wednesday, March 25 | 3:00–6:00pm

Call Karen Alix at 860.356.8256
or karen.alix@hhchealth.org



Cedar Mountain Commons

3 John H. Stewart Drive, Newington, CT 06111

Thursday, January 15 | 3:00–5:30pm

Wednesday, February 18 | 3:00–5:30pm

Saturday, March 14 | 10:00am–2:00pm

Call Kristin Grenier to schedule a tour, 860.696.7759



Mulberry Gardens of Southington

Come join us for an open house and take home a tasty treat from our kitchen.

58 Mulberry St., Plantsville, CT 06479

Wednesday, January 7 | 3:00–6:00pm “Winter Wonderland”

Wednesday, February 4 | 3:00–6:00pm “Beat the Winter Blues”

Wednesday, March 4 | 3:00–6:00pm “Hello, Spring!”

Call Antoinette Ouellette to schedule a tour, 860.276.1020

Mulberry Gardens Adult Day Center | Open House
January 14, February 18, March 11 | 12:00–5:00pm



The Orchards at Southington

34 Hobart St., Southington, CT 06489

Wednesday, January 7 | 3:00–6:00pm

Wednesday, February 4 | 3:00–6:00pm

Wednesday, March 4 | 3:00–6:00pm

Call Jessica Carlone to schedule a tour, 860.628.5656

Welcome to our **Adult Day Center**



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

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

58 Mulberry Street, Plantsville, CT | 860.276.1020

Assisted Living ● Memory Care ● Adult Day Program

Hartford HealthCare 
Mulberry Gardens of Southington