

# Advantage News

A publication for MyHealthy Advantage members



Living longer and healthier while enjoying life

MyHealthy Advantage



A Hartford HealthCare Partner

Minnie Giannattasio, center, with Melissa Cole, WFSB meteorologist/reporter, left, and Kimberly Beaudoin, Mrs. Connecticut America 2014

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FALL 2014

*MyHealthy Advantage* is a Connecticut 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 [myhealthyadvantage.org](http://myhealthyadvantage.org). Or, provide your name, address and phone number (and discount if you are a merchant) by contacting:

Central CT Senior Health Services  
Attn: MyHealthy Advantage  
Coordinator  
80 Meriden Avenue  
Southington, CT 06489  
860-378-1268  
[myhealthyadvantage@ctseniorcare.org](mailto:myhealthyadvantage@ctseniorcare.org)

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[myhealthyadvantage.org](http://myhealthyadvantage.org)



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## HOW TO REACH US

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

### CONNECTICUT CENTER FOR HEALTHY AGING

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

Three Center locations:  
1-877-424-4641  
[cthealthyaging.org](http://cthealthyaging.org)

### PARTICIPATING COMMUNITY AFFILIATES

HOFFMAN SUMMERWOOD COMMUNITY  
[hoffmansummerwood.org](http://hoffmansummerwood.org)  
860-523-3808

HEBREW HEALTH CARE  
[hebrewhealthcare.org](http://hebrewhealthcare.org)  
860-523-3800

JEROME HOME / ARBOR ROSE  
[jeromehome.org](http://jeromehome.org)  
975 Corbin Avenue  
New Britain, CT 06052  
860-229-3707

MULBERRY GARDENS  
[mulberrygardens.org](http://mulberrygardens.org)  
58 Mulberry Street  
Plantville, CT 06479  
860-276-1020

MARIAN HEIGHTS ADULT DAY CENTER  
314 Osgood Avenue  
New Britain, CT 06052  
860-357-4264

SOUTHINGTON CARE CENTER  
[southingtoncare.org](http://southingtoncare.org)  
45 Meriden Avenue  
Southington, CT 06489  
860-621-9559

THE ORCHARDS AT SOUTHINGTON  
[southingtonorchards.org](http://southingtonorchards.org)  
34 Hobart Street  
Southington, CT 06489  
860-628-5656

CEDAR MOUNTAIN COMMONS  
[cedarmountaincommons.org](http://cedarmountaincommons.org)  
3 John H. Stewart Drive  
Newington, CT 06111  
860-665-7901

JEFFERSON HOUSE  
[jeffersonhouse.org](http://jeffersonhouse.org)  
1 John H. Stewart Drive  
Newington, CT 06111  
860-667-4453

HARTFORD HEALTHCARE REHABILITATION NETWORK  
[hartfordhealthcare.org](http://hartfordhealthcare.org)  
181 Patricia M. Genova Drive  
Newington, CT 06111  
860-696-2500

VNA HEALTHCARE  
[vnahealthcare.org](http://vnahealthcare.org)  
888-863-2771

### OTHER HARTFORD HEALTHCARE PARTNERS

[hartfordhealthcare.org](http://hartfordhealthcare.org)  
Backus Hospital  
Hartford Hospital  
The Hospital of Central Connecticut  
MidState Medical Center  
Windham Hospital  
The Institute of Living  
Natchaug Hospital  
Rushford  
Integrated Care Partners  
Clinical Lab Partners  
Hartford HealthCare Medical Group

## Living longer and healthier while enjoying life

**A**s the senior resource case manager at the Connecticut Center for Healthy Aging, I do my best to ensure people receive the resources they need to keep their loved ones as healthy as possible. For this edition of *Advantage News*, I thought it would be helpful to write about how to have the best quality of life, while living longer and healthier.

The average life expectancy of an American born today is 78.7 years, according to the Centers for Disease Control and Prevention. However, genetic makeup plays only a small role in life expectancy. Even if your parents lived to an advanced age, lifestyle, outlook and other factors may have a greater impact.

Many residents in our Central Connecticut Senior Health Services communities are examples of living long and living well.

Among the estimated 72,000 American citizens who are 100 years old or older is Minnie Giannattasio, a resident at Mulberry Gardens of Southington. Minnie, who just celebrated her 102<sup>nd</sup> birthday on May 30, is a prime example of living life to the fullest. She was born in Brooklyn, N.Y., worked for Metropolitan Life and moved to Torrington when she was 30 years old where she raised her family. She volunteered at the Torrington Senior Center for 35 years until she was 100 years old. The mother of four children and grandmother to four, she is active at Mulberry Gardens where she leads card and bingo groups.

“Keeping active all these years has brought me here today at 102 years old,” Giannattasio said.

It is not just eating sensibly, avoiding harmful habits and exercise that are essential. Being interested in life, staying positive and having a purpose play important roles, too. Even if you

At right, Ms. Mulberry Gardens 2014, Minnie Giannattasio



Photo by: Danielle Joselyn Photography

have physically slowed down, pursuing hobbies, playing games, reading, and creating or enjoying art or music can all be beneficial. Physical activity such as walking and gardening can boost the body and mind, and play a role in reducing stress and boosting a happy outlook. Do what you enjoy and then try something new.

Being part of a community or social circle also provides a sense of well-being. Many older adults credit their faith, regardless of denomination, as a factor in their happiness. Others say volunteering or doing for others gives them great satisfaction and purpose. Surrounding yourself with loved ones, whether family or friends, can add years to your life.

Please share your tips, photos and stories to staying young and healthy by emailing me at [levesquem@cthealthyaging.org](mailto:levesquem@cthealthyaging.org)!

Healthy Regards,

Marc Levesque  
1-877-4AGING1 (1-877-424-4641)

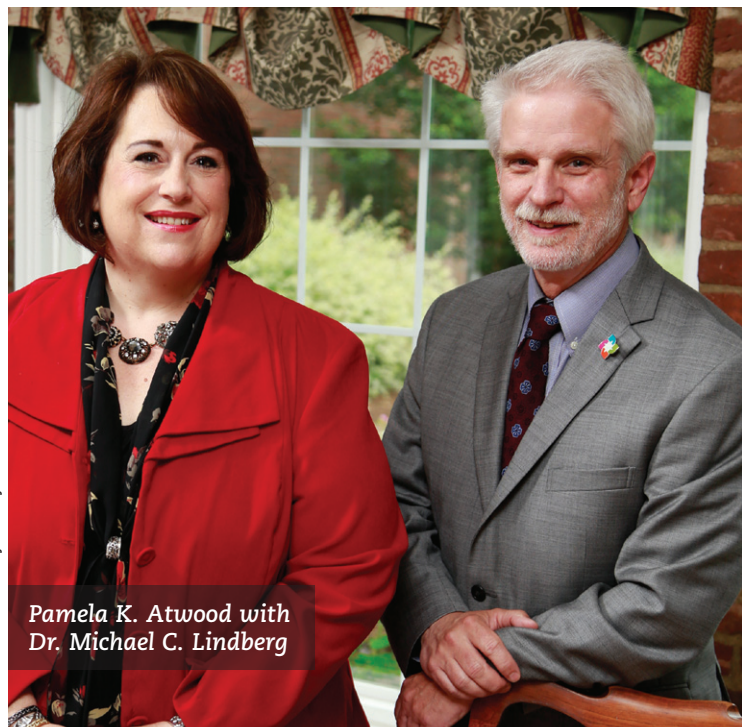


Marc Levesque, MS, senior resource case manager at the Connecticut Center for Healthy Aging

By Pamela K. Atwood, MA, CDP, CADDCT, CLL  
and Michael C. Lindberg, MD, FACP

## Maintaining your **quality of life** with healthy choices and informed decisions

Photo by: Rusty Kimball



Pamela K. Atwood with  
Dr. Michael C. Lindberg

*The Geriatric and Palliative Medicine Institute of Hartford HealthCare, clinical partner Hebrew Health Care and the Connecticut Center for Healthy Aging, can provide a variety of services, from physical and cognitive assessments to legal support, personal safety and more.*

**W**ith our aging population facing a high risk of developing some type of dementia (50 percent of people reaching age 85 years will be afflicted with a type of cognitive compromise), it is imperative we invest in better evaluating, treating and managing individuals with these diseases. Yet, we must recognize there is so much more we can do to assure quality of life as we age. People are living longer and aging more successfully than ever. A woman reaching 65 years of age today can expect to live, on average, to age 86; a man turning 65 years today can expect to reach age 84.

The key to successful aging includes remaining physically and cognitively active, participating in age and chronic condition appropriate preventive care, and making healthy lifestyle choices such as not smoking or using any tobacco products, limiting alcohol consumption, and maintaining a healthy weight and diet. Embracing healthy choices and making informed decisions about your care delivery requires the support of your physician and other specialists in successful aging.

Working together, the Geriatric and Palliative Medicine Institute of Hartford HealthCare, Hartford HealthCare's clinical partner Hebrew Health Care, and the Connecticut Center for Healthy Aging can help you meet your goals.

These leaders in geriatric services offer meaningful help: from a full physical and cognitive assessment geared toward the older individual, to identifying legal support, to finding services to upgrade your home for personal safety. They are working together to better identify and coordinate care management and services to help you age safely in place, while the Geriatric and Palliative Medicine Institute will provide primary and consultative care in multiple health care settings that you may require and assist in your care decisions at every stage of life. These programs are dedicated to providing the highest quality of care while keeping you fully engaged in your own health management. ■

*For more information about services offered by the Connecticut Center for Healthy Aging and the Geriatric and Palliative Medicine Institute of Hartford HealthCare, please call 1-877-4AGING1 (1-877-424-4641). Pamela K. Atwood, MA, CDP, CADDCT, CLL is the director of dementia care services at Hebrew Health Care, Inc. 860-920-1810. Michael C. Lindberg, MD, FACP is the physician-in-chief of the Geriatric and Palliative Medicine Institute.*



## Know Your Dementia Risk!

©2013 Hebrew HealthCare

Do you know your risk of getting Alzheimer's disease or a related disorder? Hebrew Health Care developed this quick screen, so you can learn your risk factors and see what you can do to minimize your risk.

- Do you have more memory lapses than you did five years ago?
- Have you experienced sad moods for more than two weeks?
- Have you had changes in your sleep habits?
- Are you a smoker?
- Do you have a first-degree relative (parent/brother/sister) with dementia or Down syndrome?
- Have you ever had a head injury or loss of consciousness for more than 5 minutes?
- Are you being treated for cholesterol problems, high blood pressure or diabetes?
- Are you more than 20 percent over your ideal weight?
- Do you have stress on a regular basis?
- Could you have a vitamin deficiency (B12, thiamine) or thyroid disorder?
- Are you over age 65?

Yes answers: 0-2 Minimal Risk      3-5 Moderate Risk      6-10 High risk

Determine which of your risk factors are modifiable and learn what you can do today to minimize your risk of getting dementia. Visit [www.AgingCareAcademy.org](http://www.AgingCareAcademy.org) for more information about your risk factors, seminars, resources and support services. Hebrew Health Care is grateful to Farmington Bank Community Foundation for their generous support of Aging Care Academy<sup>SM</sup>.



Do you have **questions** about healthy aging?  
We have **answers**.



**T**he Connecticut Center for Healthy Aging is a resource and assessment center designed to make it easy for seniors, their loved ones, and caregivers to access information and services to attain **optimal quality of life** including:

- Free Resources and Assessments • Concierge Services • Private-Pay Geriatric Care Management
- Complimentary MyHealthy Advantage Club Membership

Stop in at any of our three locations, call us at 1-877-424-4641, or we'll visit you!

- The Hospital of Central Connecticut, Bradley Memorial campus
- The Hospital of Central Connecticut, New Britain General campus
- MidState Medical Center

[www.thehealthyaging.org](http://www.thehealthyaging.org) • 1-877-4AGING1 (1-877-424-4641)

Connecticut   
Center for  
Healthy Aging  
A Hartford HealthCare Partner

# Understanding depression



**D**epression is a state of mind that goes beyond feeling sad; however, it is not simply another of the myriad issues

faced as one grows older.

“Depression is not a normal part of aging,” says psychiatrist Linda Durst, MD, Medical Director of Hartford Hospital’s Institute of Living (IOL). “It is an illness at any age, and is very treatable.”

According to the National Alliance on Mental Illness (NAMI), depression affects more than 6.5 million of the nearly 35 million U.S. residents aged 65 and older. While some may have experienced depressive episodes on and off all their lives, depression’s first onset can happen at any age.

Seeking treatment for depression,

however, is affected by the negative stigmas that surround mental illness. People may blame themselves for their depression, or succumb to long-held beliefs that they’ll be teased or humiliated by others. The stigma is so pervasive that it constitutes a major obstacle to early intervention for an easily treatable health issue.

“Stigma is a great barrier to seeking treatment, and older generations are more sensitive about this because there was even less acceptance of mental illness in their age group,” Dr. Durst noted.

Signs of depression in older adults differ slightly than in a younger population, and can be mistaken for other health issues, such as heart disease or dementia.

“It is always important to rule out any underlying medical illnesses first,” according to Dr. Durst. “If symptoms persist, despite rule-out or treatment, depression should be explored and addressed.”

Dr. Durst notes that health care coordination is a key to recovering from depression.

“Diagnosis and treatment of depression work best when care is coordinated between medical and psychiatric teams.”

If you or someone you know might be depressed, please talk with your primary care physician about diagnosis and treatment. ■

Looking to ease **depression** symptoms? Here are some simple steps that may help:

**Eat right.** WebMD.com provides some food-associated depression-busting tips, including:

- **Choose your food wisely:** Whole grains, lean meats and low-fat dairy products are more likely to keep your brain and body happy than processed foods that are high in salt and sugar.
- **Keep a food journal:** Record what you eat and drink along with your moods throughout the day. If certain foods or food combinations are associated with negative moods, try eliminating those foods and see if there is mood improvement.
- **Share a meal:** Having a friend or family member help you cook and share a meal can improve your mood and help you feel better.

**Limit alcohol usage.** Alcohol is a depressant. Avoiding depressants can help improve your mood.

**Exercise.** According to the Mayo Clinic, regular exercise has been proven to reduce stress, ward off anxiety and feelings of depression, boost self-esteem and improve sleep. Remember to check with your primary care physician before starting any new exercise regime, or changing the one you have.

**Social connection.** Staying socially active and connected to family and friends is a great way to ward off depression. If it isn’t possible to get out and about, consider phoning a friend or even using social media to stay connected. In fact, an April 2014 study in the *Journal of Gerontology: Psychological Sciences and Social Sciences* indicates that staying in touch with family and friends through email, Facebook, Skype and other social media tools can reduce depression symptoms by more than 30 percent. Not sure how to Tweet or post on Facebook? Many local senior centers and adult education programs offer free or reduced price classes and tutoring specifically geared toward social media beginners.

## The A, B, C and Ds of Medicare

It's no secret that Medicare can be complicated—Medicare Part A, Part B, Part D, Medicare Supplement, Medicare Advantage...what does this all mean?

Let's begin with—What is Medicare?

**Medicare** is a federal health insurance program for people aged 65 or older or for those under age 65 with certain disabilities. Now let's review the different types of Medicare coverage:

**Medicare Part A** is hospital insurance. It covers inpatient hospital stays, care in a skilled nursing facility, hospice care and sometimes home health care. Typically, Medicare Part A is free if you paid Medicare taxes while working. Under Medicare Part A, you may be responsible for a deductible, copays or coinsurance.

**Medicare Part B** is medical insurance. It covers your doctor visits, outpatient services—such as lab work, x-rays, medical supplies, and preventive services. There is a monthly premium amount that you must pay for Medicare Part B. There is an annual deductible, then Medicare generally pays 80 percent and you pay 20 percent of the Medicare approved amount.



**Medicare Part C** is a Medicare Advantage plan. Medicare Advantage plans are offered by private insurance companies approved by Medicare. They cover everything that original Medicare (Part A and Part B) would cover, but may include additional benefits such as fitness, dental, hearing exams, etc. Medicare Advantage plans replace Original Medicare; however you must be entitled to Medicare Part A and enrolled in Medicare Part B, to be eligible.

**Medicare Part D** is prescription drug coverage. In 2006, Medicare required all Medicare beneficiaries to have creditable prescription drug coverage. Medicare Part D plans may be included in a Medicare Advantage plan or sold through private insurance companies approved by Medicare. If you don't join a Medicare Prescription Drug Plan when you're first eligible, you may be subject to a penalty. Medicare Supplement plans are designed to "fill in the gaps" to Original Medicare.

**Medicare Supplement** plans work with Original Medicare. They may help pay for your deductibles, coinsurance or copays. Generally, Medicare Supplement plans don't include prescription drug coverage. Medicare Supplement plans are sold by private insurance companies.

In closing, it's important to review your Medicare coverage yearly to ensure the plan you have still works for you. Having the proper coverage and understanding the different parts of Medicare will help to ease the burden of healthcare expenses if and when you need it. ■



## MidState's LaPlanche Clinic promotes wellness for area seniors

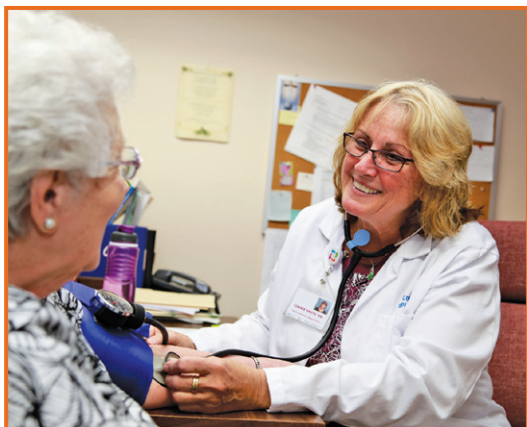


Photo by: Rusty Kimball

For over 30 years, MidState Medical Center's **LaPlanche Clinic** has provided area seniors with the services needed to maintain their health and well-being. Located in the lower level of the Max E. Muravnick Meriden Senior Center, Connie Smith, RN, offers health screenings, education, consultation and referrals to seniors aged 60 and over. The clinic is open Monday, 9 a.m. to 2 p.m., Tuesday, 10:30 a.m. to 12 p.m., and Wednesday, 9 a.m. to 2 p.m. Appointments are suggested, although walk-ins are welcome. Call 203-237-0300 to schedule an appointment. ■

*At left, Connie Smith, RN, provides blood pressure checks and other health screenings at MidState's LaPlanche Clinic.*

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## Geriatricians provide **expert care** to older adults: *Find a Geriatrician near you*

A fellowship-trained and certified **Geriatric Medicine Physician** (or Geriatrician) is uniquely positioned to provide expert evaluation and care to older patients, recognizing and managing the distinct aspects of aging. Your Geriatrician will work in close partnership with your primary care physician or, if you prefer, can actually be your primary physician. **Hartford HealthCare** offers two convenient locations to access a Geriatrician near you:

*Duncaster*  
40 Loeffler Road  
Bloomfield, CT 06002  
860-380-5150  
Monday–Friday 9 a.m.-4 p.m.

*Hartford HealthCare Medical Group*  
406 Farmington Avenue  
Farmington, CT 06032  
860-677-3950  
Monday–Friday 8 a.m.-8 p.m.  
Saturday–Sunday 9 a.m.-5 p.m.

## The Hospital of Central Connecticut awarded **certification** from the Joint Commission



The Joint Commission “**Gold Seal of Approval**” is an internationally recognized symbol of quality. To achieve Joint Commission Disease-Specific Care Certification, The Hospital of Central Connecticut's knee and hip replacement program had a voluntary on-site evaluation by a Joint Commissioner reviewer. This designation indicates that The Hospital of Central Connecticut has proven its commitment to high quality patient care and its willingness to be measured against the highest and most rigorous standards of performance. ■

**The Connecticut Center for Healthy Aging offers Concierge Services as well as Notary Public Services! Call 860-276-5293 (THOCC, Bradley Memorial campus), 860-224-5278 (THOCC, New Britain General campus) or 203-694-5721 (MidState Medical Center).**

<b>1-800 GOT-JUNK</b> 860-992-5865	772 North Colony Road, Meriden	\$20 discount off residential and business clutter removal services.
<b>Aziago's Restaurant</b> 860-426-1170	166 Queen Street, Southington	10% off dinner menu & lunch items excluding desserts. Dine-in only; not valid holidays, not to be used with any other coupon/promo.
<b>Barker Animation</b> 203-272-2222, x223	1188 Highland Avenue, Cheshire	20% Collectors Star Club discount & \$1 off museum entrance fee.
<b>Beacon Prescriptions</b> 860-225-6487, press 6	543 West Main Street, New Britain	Free prescription delivery. M-F, 9-6pm
<b>Bongiovanni Insurance &amp; Financial LLC</b> 203-237-7900	97 East Main Street, Meriden	10% off tax preparation.
<b>Captain Josiah Cowles Place</b> 860-276-0227	184 Marion Avenue, Southington	10% off daily rate, make reservations directly.
<b>Century 21</b> 860-426-0772	441 North Main Street, Southington	\$250 towards house cleaning when you buy or complete a home sale with Joyce Gibson.
<b>Charter Oak Insurance-Mass Mutual Fin. Grp.</b> 860-678-2908	76 Batterson Park Rd., Farmington	Free financial consult.: needs analysis portfolio, pro. recommendation, restrictions apply.
<b>Cohen Good Life Center</b> 860-224-5753	New Britain General campus 100 Grand St., New Britain	20% off fitness program.
<b>Colony Opticians</b> 203-265-7990	60 Church Street, Wallingford	20% off eyeglasses.
<b>Drain Surgeon</b> 860-229-6941	228 Corbin Avenue, New Britain	10% off any plumbing repair work in residential housing.
<b>Eyewear Glasses</b> 860-621-8215	55 Meriden Avenue, Southington	15% off any pair of glasses.
<b>Family Therapeutic Massage Center, LLC</b> 860-276-1283	1006 S. Main Street, Plantsville	\$10 off a 1 hour session.
<b>Frank D. Marrocco, CPA</b> 860-229-7479	142 West Main Street, New Britain	10% off income tax preparation services.
<b>Gifts in a Basket</b> 860-628-4658	51 N. Main Street, Southington	10% off any basket, any day.
<b>Giovanni's Pizzeria</b> 860-621-2299	714 West Street, Southington	10% off Tues. & Wed. pick up only, except when using coupon.
<b>Good Life Fitness</b> 860-276-5293	Southington Care Center, Mulberry Gardens, Jerome Home/Arbor Rose	Become a NEW member of Good Life Fitness and receive your first month free.
<b>Graeber's Pharmacy</b> 203-235-6305	172 West Main Street, Meriden	10% off durable equipment & prescriptions. Free delivery to Meriden, Wallingford, Cheshire.
<b>Grant Chiropractic Health Center</b> , 860-863-0370	Dr. Carol Grant 1601 Meriden-Wtrby Tpke, Milldale	10% off non-insurance covered items.

<b>Greenbackers</b> 203-238-2516	744 Murdock Avenue, Meriden	10% off regularly priced items.
<b>Hallmark Framing &amp; Art</b> 860-621-8885	9 West Main Street, Plantsville	15% off custom framing.
<b>Hearing Health &amp; Wellness Center</b> 860-426-9181	710 Main Street Clock Tower Square, Plantsville	One free Battery Club membership with every hearing aid purchase.
<b>Justine Hart, LMT, Massage Therapist, 860-301-4168</b>	846 Atkins Street, Middletown	Call for appt. \$61 for 1 hour; \$36 for 1/2 hour; \$85 for 1 1/2 hours.
<b>Keller Williams Realty</b> 860-681-6796	Joyce Brown 358 Scott Swamp Rd., Farmington	Free market evaluation of your home.
<b>La Vita Vintage</b> 860-621-7799	774 South Main Street, Plantsville	10% off any item. Present card prior to check out.
<b>Manor Inn</b> 860-628-9877	1636 Meriden-Waterbury Tpke, Southington	10% off on Wednesdays.
<b>Mary Kay®</b> 860-426-0744	Stephanie Vollaro PO Box 177, Marian	10% off orders, gift baskets/certificates. Free shipping. 15% off for hostess. Free skin care consultation.
<b>Midas Mufflers &amp; Brakes</b> 203-265-0953	1098 North Colony Road, Wallingford	\$16.95 lube, oil and filter.
<b>MidState Medical Center Auxiliary Gift Shop and Café</b>	435 Lewis Avenue, Meriden	Gift shop: 5% off – special exclusions apply. Café: 10% off.
<b>Ninel's Dress Design</b> 860-665-7264	190 Market Square, Newington	10% off anything \$35 and over (before tax).
<b>Novey Jewelers</b> 860-666-9758	1050 Main Street, Newington	10% on purchases over \$50.
<b>Pals Power Washing, LLC</b> 860-919-8748	41 Riverside Court, Southington	Free Cabot stain for all deck restorations or 10% off any house washing.
<b>Pelton's Home Health Care</b> 860-761-0008	898 Silas Deane Highway, Wethersfield	10% off in-store, retail purchases every Thursday.
<b>Plantsville Pharmacy</b> 860-628-2385	1 West Main Street, Plantsville	10% prescription discounts.
<b>Praline's Café</b> 860-620-9226	50 Center Street, Southington	10% off M-F until 5pm, \$1 off cakes.
<b>Professional Vision Cntr.</b> 203-238-7393	512 West Main Street, Meriden	20% off all services.
<b>Rock Cats Baseball</b> 860-224-8383	PO Box 1718, New Britain	\$5 reserved seat ticket to any Sunday home game (save \$3). Limit 4 tickets. Show card at stadium box office.

<b>Schmidt Lawn Care, LLC</b> 860-628-9781	P.O. Box 1035, Southington	10% off complete fall property clean-up or curbside leaf removal.
<b>Serafino's Pharmacy</b> 860-628-7979	36 N. Main Street, Southington	10% off prescriptions.
<b>Silver City Sports Bar &amp; Grill</b> 203-238-2380	275 Research Parkway, Meriden	15% off.
<b>Smokin' with Chris</b> 860-620-9133	59 West Center Street, Southington	10% off all day on Wednesdays.
<b>Specialty Auto Cleaning &amp; Detailing</b> 860-628-5011	200 Clark Street, Milldale	15% off any service. Free pickup & delivery in most areas.
<b>Story Brothers, Inc.</b> 860-225-0159	84 Burritt Street, New Britain	10% off mechanical parts (excludes oil filters).
<b>Subway</b> 203-237-0123	1231 East Main Street, Meriden	10% off all menu items.
<b>Sugar Hill Building &amp; Design, LLC</b> 860-875-9968	46 Marlboro Glade, Tolland	15% off installation of 2 grab bars.
<b>The Dutiful Daughter</b> 860-432-5503	103 Thayer Road, Manchester	15% off packing, moving and content removal services.
<b>The Sandman Gallery Frame Shoppe &amp; Café</b> 203-686-0000	14 West Main Street, Meriden	15% off all framing purchases. 15% off coffee and dessert when available.
<b>The UPS Store</b> 203-949-0050	994 North Colony Road, Wallingford	10% copies, custom packing & custom materials.
<b>Thompson Candy, Inc.</b> 203-235-2541	80 South Vine Street, Meriden	10% off.
<b>Town Fair Tire</b> 203-467-8600 x141	750 Queen Street, Southington	5% off total purchase at any Town Fair Tire in CT.
<b>Vision Dynamics</b> 203-271-1944	470 West Main Street, Cheshire	15% off all hand-held magnifiers in store.
<b>Wallingford Sew-Vac Cntr.</b> 203-269-2207	95 Quinnipiac Avenue, Wallingford	Buy one vacuum cleaner bag and receive second one 1/2 price.
<b>Wallingford Tire &amp; Auto</b> 203-269-1417	400 North Colony Street, Wallingford	10% off all labor on repairs; 5% off regular selling price of tires (cannot be combined with any other discounts).
<b>Walsh &amp; Massari</b> 203-235-1681	86 West Main Street, Meriden	25% off all eye care services.
<b>Welcome Home Mortgage, LLC</b> 860-761-1331 x104	1331 Silas Deane Highway, Wethersfield	Specializing in reverse mortgages. Appraisal fee refunded at closing.

Welcome to our fall calendar of events! We hope you enjoy this beautiful time of year and can attend some of our special programs listed below. If you have any questions regarding your membership, please contact us at [myhealthyadvantage@ctseniorcare.org](mailto:myhealthyadvantage@ctseniorcare.org) or call 860-378-1268.

## Screenings

### Free Blood Pressure Screenings

Southington Community YMCA  
29 High St., Southington  
Every 1<sup>st</sup> Tuesday, 9:30-10:30 a.m.  
Sept. 2, Oct. 7, Nov. 4, Dec. 2

Calendar House  
388 Pleasant St., Southington  
12:30-1:30 p.m. Sept. 24, Oct. 22,  
Nov. 26  
11 a.m.-12 p.m. Sept. 4, Oct. 2,  
Nov. 6, Dec. 4

Plainville Senior Center  
200 East St., Plainville  
Every 2<sup>nd</sup> Thursday, 1-2 p.m.  
Sept. 11, Oct. 9, Nov. 13, Dec. 11

Shop Rite  
750 Queen St., Southington  
Sept. 16, Oct. 21, Nov. 18, Dec. 16  
11:00-12:00 p.m.

Cheshire Community YMCA  
967 South Main St., Cheshire  
Every 4<sup>th</sup> Wednesday  
9:30-10:30 a.m.  
Sept. 24, Oct. 22, Nov. 26

Wethersfield Senior Center  
30 Greenfield St., Wethersfield  
Sept. 25, Oct. 23  
12:30-1:30 p.m.

### Free Balance Screenings

Provided by a licensed physical therapist, registration required.

- Southington Care Center: 860-378-1234
- Jefferson House: 860-667-4453
- Jerome Home: 860-229-3707

### Free Memory Screenings

Mulberry Gardens hosts free memory screenings. Results are confidential and may help determine the benefits of following up with a qualified healthcare professional. **Nov. 18**, 10 a.m.-1 p.m. Appt. req'd. Jennifer Doty, BSW, 860-276-1020.

## Educational Breakfasts, Lunches & Dinners

### Lunch & Learn

#### Medicare CHOICES

CT Center for Healthy Aging  
HOCC, New Britain General campus,  
100 Grand St., New Britain  
Presenter Patricia Richardson,  
Statewide CHOICES Coordinator  
for the State Department of Aging  
will be discussing Medicare in  
preparation for the Open Enrollment  
period. Q&A. **Sept. 11**, 12-1 p.m.  
RSVP, 1-877-424-4641.

#### HEALTHY EATING ON A BUDGET

CT Center for Healthy Aging  
HOCC, Bradley Memorial campus  
81 Meriden Ave., Southington  
Presenter Kailee Conrad, RD is the  
registered dietician and Live Right  
Program Coordinator at ShopRite in  
Southington and Wallingford. Learn  
how to eat healthy on a budget,  
discuss good shopping habits, how  
to best use coupon and flyer savings,  
keep the freshness of your foods  
and stretch your food dollar! **Oct. 16**,  
12-1:30 p.m. RSVP, 1-877-424-4641.

#### FAQS OF THE PHARMACY

CT Center for Healthy Aging  
HOCC, New Britain General campus,  
100 Grand St., New Britain  
Presenters of Care4U Pharmacy will  
discuss medication management  
and answer any pharmacy-related  
questions. **Nov. 13**, 12-1 p.m.  
RSVP, 1-877-424-4641.

### KNOW YOUR RESOURCES

Wethersfield Senior Center  
30 Greenfield St., Wethersfield  
Marc Levesque, MS, sr. resource case  
manager, will discuss the Center  
for Healthy Aging as a resource and  
assessment center for seniors and  
families. Cedar Mountain Commons  
and Jefferson House provide  
complimentary lunch. **Nov. 17**,  
12-1 p.m. RSVP, 860-721-2979.

### HEALTHCARE WITH HOSPITALISTS!

CT Center for Healthy Aging  
HOCC, Bradley Memorial campus  
81 Meriden Ave., Southington  
Speaker Dr. Daniel Kombert  
discusses the role of the hospitalist-  
who they are and their primary  
hospital functions. **Dec. 18**,  
12-1 p.m. RSVP, 1-877-424-4641.

### CHRISTMAS AT THE WHITE HOUSE SHOW & LUNCHEON

The Orchards at Southington  
34 Hobart St. Southington  
Join Patricia Perry from Sneak Peek  
Productions as she walks us through  
the grandeur of the White House  
at Christmas. From presidents past  
to present, we look at decorations,  
trees and ceremony through  
pictures, words and music. **Dec. 19**,  
12 p.m. Enjoy complimentary lunch!  
RSVP, 860-628-5656.

### Dinner Presentations

#### CANCER TRANSITIONS: A GUIDE TO YOUR LIFE AFTER TREATMENT

HOCC, New Britain General campus,  
100 Grand St., New Britain  
Lect. Rm. 1, 1<sup>st</sup> Floor  
Free parking in Quigley Garage  
attached to hospital. This program is  
intended for any/all cancer patients/  
survivors who have recently  
completed their cancer treatment  
regimens. Complimentary dinner.  
Q&A. Four part series: **Oct. 2, 9, 16  
and 23**, 5:30-7:30 p.m.  
RSVP, 800-321-6244.

**SPINAL STENOSIS**

Dr. Ahmed Khan discusses spinal stenosis, diagnosis and treatments. Please arrive no earlier than 4:45 p.m. for dinner.

- Southington Care Center  
45 Meriden Ave., Southington  
**Sept. 16**, 5-7 p.m.  
RSVP, 860-621-9559.
- Jerome Home, 975 Corbin Ave.,  
New Britain **Nov. 4**, 5-7 p.m.  
RSVP, 860-229-3707.

**MATTERS OF THE HEART**

Arbor Rose at Jerome Home  
975 Corbin Ave., New Britain  
Dr. Lundbye discusses Congestive Heart Failure. **Oct. 14**, 5-7 p.m.  
Please arrive no earlier than 4:45 p.m. for the dinner.  
RSVP, 860-229-3707.

**UNDERSTANDING LYMPHEDEMA**

Southington Care Center  
45 Meriden Ave., Southington  
Dr. Elizabeth Riordan of MidState Medical Group, discusses lymphedema diagnosis and treatments. **Oct. 15**, 5-7 p.m. Please arrive no earlier than 4:45 p.m. for the dinner. RSVP, 860-621-9559.

**NEW TREATMENTS FOR HEART FAILURE**

Jefferson House  
1 John H. Stewart Dr., Newington  
Speaker Dr. Pariser discusses new treatments for heart failure. **Oct. 21**, 5-7 p.m. Please arrive no earlier than 4:45 p.m. for the dinner. RSVP, 860-667-4453.

**Wellness Presentations****ARE YOU SLEEPING AT NIGHT... OR SNORING?**

Hartford Hospital Family Healthcare Center  
1260 Silas Deane Hwy, Wethersfield  
Education Resource Rm.  
Dr. Carl Moeller and Rob McArthur, RRT discuss the symptoms of sleep apnea and risks if left untreated, warning signs and treatments. **Sept. 9**, 6:30-8 p.m. Reg. req'd.  
860-545-1888 or 1-800-545-7664.

**ONCOLOGY NUTRITION DURING CANCER TREATMENT**

HOCC, New Britain General campus,  
100 Grand St., New Britain  
Dining Rm. B/C  
A registered dietician and nurse navigator discuss how cancer treatments can impact nutritional needs. **Sept. 16**, 4-5 p.m.  
RSVP, 800-321-6244.

**KNEE PAIN & CURRENT TREATMENT OPTIONS**

HOCC, New Britain General campus,  
100 Grand St., New Britain  
Lect. Rm. 2. Knee pain can affect your life and your mobility. Dr. Robert Carangelo explores treatment options and how you can get back to living your life. **Sept. 25**, 6:30-7:30 p.m. RSVP, 800-321-6244.

**MEDICAL WEIGHT LOSS**

Center for Bariatric Surgery  
11 South Rd., Ste. 130, Farmington  
Conf. Rm. Medically managed weight loss program individually tailored to your weight loss needs. **Sept. 25, Oct. 23, Nov. 20, Dec. 11**. 6-7:30 p.m. RSVP, 1-800-321-6244.

**ARTHRITIS: CAUSES-TREATMENTS-SOLUTIONS**

Bristol Sr. Center  
240 Stafford Ave., Bristol  
Community Rm. Dr. Robert Carangelo discusses how to prevent and control how arthritis affects your daily life. Refreshments. **Oct. 7**, 2:30-4:30 p.m. RSVP, 800-321-6244.

**KEEP MOVING: FINDING RELIEF FROM JOINT PAIN**

MidState Family Health Center  
61 Pomeroy Ave., Meriden  
Learn what you can do to prevent and control how arthritis affects your daily life. **Oct. 23**, 1-3 p.m.  
RSVP, 1-866-662-5678.

**HIP PAIN & TREATMENT OPTIONS**

HOCC, New Britain General campus,  
100 Grand St., New Britain  
Lect. Rm. 2. Join Dr. Robert Carangelo as we explore treatment options and how you can get back on the move. **Oct. 30**, 6:30-7:30 p.m.  
RSVP, 800-321-6244.

**Support Groups****Cancer Support Groups****BOSOM BUDDIES**

MidState Medical Center  
435 Lewis Ave., Meriden  
Horwitz Conf. Ctr. 2<sup>nd</sup> Floor, Rm. 1  
1<sup>st</sup> Wed. monthly, 3:30-4:30 p.m.  
**Sept. 3, Oct. 1, Nov. 5, Dec. 3**  
Physical, emotional and educational support for women with breast cancer. Kathy Clements, RN, OCN, 203-694-8631. Reg. not req'd.

**CANCER CENTER-ART THERAPY**

MidState Medical Center  
435 Lewis Ave., Meriden  
Cancer Center Conf. Rm.  
**Thursdays, Sept. 4-Dec. 18**  
6-7 p.m. Helping people with cancer find strength through creative expression. RSVP, Amanda Salzano, 203-694-8631.

**PROSTATE CANCER SUPPORT GROUP**

MidState Medical Center  
435 Lewis Ave., Meriden  
3<sup>rd</sup> Floor, Conf. Rm. 7  
Men in various stages of treatment and recovery share their experiences. Spouses/ significant others welcome. Join an informal chat a half-hour prior to meeting. Support issues alternate with guest speakers. **Sept 4, Nov. 6**, 6-7 p.m.  
Snacks at 5:30 p.m. Reg. preferred, Sharon Jackson, RN, 203-694-8433.

**GYN CANCER SUPPORT GROUP**

HOCC, New Britain General campus,  
100 Grand St., New Britain  
Lecture Rm. 1, Every 2<sup>nd</sup> Mon.  
monthly, 6-7:30 p.m. **Sept. 8, Oct. 13, Nov. 10, Dec. 8**. This group is open to all women with any type of GYN cancer diagnosis to provide education and support and to introduce new coping skills through occasional guest leaders. RSVP, 800-321-6244.

## LEUKEMIA, LYMPHOMA, HODGKIN'S DISEASE, MULTIPLE MYELOMA SUPPORT GROUP

MidState Medical Center  
435 Lewis Ave., Meriden  
Horwitz Conf. Center, 2<sup>nd</sup> Fl., Rm. 1  
Every 2<sup>nd</sup> Wed. monthly  
5:30-7 p.m. **Sept. 10, Oct. 8, Nov. 12, Dec. 10.** Meet with other individuals with Leukemia, Lymphoma, Hodgkin's disease, or multiple myeloma. RSVP, Kathy Clements, RN, OCN, and Diane Lafferty, 203-694-8631. Reg. not req'd.

## LOOK GOOD, FEEL BETTER®

HOCC, New Britain General campus, 100 Grand St., New Britain  
Lect. Rm. 1, 3<sup>rd</sup> Mon. monthly, 2-4 p.m. **Sept. 15, Oct. 20, Nov. 17, Dec. 15.** Makeup class for women currently undergoing cancer treatment. Free makeup provided, especially for sensitive skin undergoing radiation and chemotherapy.

## BREAST CANCER SUPPORT GROUP

HOCC Radiation Therapy Room  
5 Griswold St., New Britain  
Women with newly diagnosed breast cancer share concerns with each other in an informal, yet confidential, atmosphere. **Sept. 17, Oct. 15, Nov. 19, Dec. 17,** 5:30-7 p.m. RSVP, 800-321-6244.

## LIVING WITH CANCER SUPPORT GROUP

HOCC, New Britain General campus, 100 Grand St., New Britain  
Lect. Rm. 1. Every 3<sup>rd</sup> Wed. monthly, 5:30-6:30 p.m. **Sept. 17, Oct. 15, Nov. 19, Dec. 17.** Facilitated by an oncology social worker and pastoral counselor, the group brings adults together where they can address

the emotional issues that people with cancer deal with everyday. Reg. not req'd.

## HISPANIC WOMEN'S CANCER SUPPORT GROUP

MidState Medical Center  
435 Lewis Ave., Meriden  
Cancer Center Conference Rm.  
Every 3<sup>rd</sup> Thurs. 6:30-8 p.m. **Sept. 18, Oct. 16, Nov. 20, Dec. 18.** Spanish-speaking women with a diagnosis of breast cancer are invited to join. Diane Lafferty, 203-694-8249.

## Bereavement Support Groups

MidState Medical Center  
435 Lewis Ave., Meriden  
1<sup>st</sup> Floor, Napier Chapel  
Every 2<sup>nd</sup> and 4<sup>th</sup> Tues. 5:30-6:30 p.m. **Sept. 9-Dec. 23.** This interfaith group assists people in understanding grief as a natural response to loss. Reg. not req'd. Doreen Bottone, BCC, 203-694-8369.

## Jefferson House

1 John H. Stewart Dr., Newington  
Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday monthly  
2:30 -4 p.m. **Sept. 9, Oct. 28, Nov. 25, Dec. 23.** Facilitator Linda Cronkhite, LCSW, of VNA HealthCare, provides support to those suffering from the loss of a loved one. Refreshments available. RSVP, 860-667-4453.

## Hebrew Health Care

Visiting Nurses & Hospice  
2 Wintonbury Ave., Bloomfield  
Every 2<sup>nd</sup> Wed., 2:45-4:15 p.m. **Sept. 10, Oct. 8, Nov. 12, Dec. 10**  
Every 4<sup>th</sup> Wed., 5:30-7 p.m. **Sept. 24, Oct 22, Nov. 26**  
Brian Gray, BCC, bereavement & spiritual counselor, facilitates the group for adult men and women. RSVP, 860-523-3888.

## Caregiver Support Groups

Hebrew Health Care, 1 Abrahms Blvd., West Hartford, Board Room  
Every 1<sup>st</sup> Thurs. monthly  
3:15-4:45 p.m. **Sept. 4, Oct. 2, Nov. 6, Dec. 4.** Affiliated with the Alzheimer's Association CT Chapter, the support group is led by trained professionals. Caregivers of persons with memory loss are welcome. RSVP, 860-920-1810.

Arbor Rose at Jerome Home  
975 Corbin Ave., New Britain  
Every 3<sup>rd</sup> Wed. monthly  
6:30-7:30 p.m. **Sept. 17, Oct. 15, Nov. 19, Dec. 17.** A support group for caregivers who feel overwhelmed with making financial decisions, managing changes in behavior, or helping a loved one with daily activities. RSVP, Kate Rabinoff, MSW, 860-229-3707.

## CHINESE (CANTONESE) FAMILY CAREGIVER SUPPORT GROUP

Elmwood Senior Center  
1106 New Britain Ave., W. Hartford  
Hebrew Health Care and Elmwood Senior Center affiliated with the Alzheimer's Association CT Chapter, have partnered to offer all Chinese caregivers a monthly Alzheimer's and dementia support group in Cantonese. **Sept. 17, Oct. 15, Nov. 19, Dec. 17,** 12-1:30 p.m. RSVP, Amina Weiland, CDP, 860-920-1810.

## CPAP Support Group

HOCC, New Britain General campus, 100 Grand St. New Britain  
Lect. Rm. 2. This group is open to those who suffer from sleep apnea and are CPAP users. **Sept. 23,** 5:30-6:30 p.m. RSVP, 800-321-6244.

PHILIPS  
**Lifeline**



The Lifeline Personal Emergency Response System ensures people with special needs who live alone can get quick assistance when needed. With the press of a button, Lifeline can connect you to the right help for the situation such as emergency services or just the assistance of a family member or friend to help you back on your feet. Contact us at **1-888-863-2771** or **Lifeline@hhhealth.org**.

## Memory Care Support Groups

### ALZHEIMER'S SUPPORT GROUP

Mulberry Gardens  
58 Mulberry St., Plantsville  
Every 2<sup>nd</sup> Tuesday monthly  
10:30-11:30 a.m. **Sept. 9, Oct. 14  
Nov. 11.** A support group for families and caregivers discussing communication techniques, caregiver support, wandering, religion, music, behavior, family dynamics, validation breakthrough, and more. Led by Jennifer Doty, BSW, and Lori Pisani. RSVP, Marie Terzak, 860-276-1020. Call Marie to schedule free care for loved ones during group session.

### EARLY STAGE MEMORY LOSS SUPPORT GROUP

Jewish Family Services  
333A Bloomfield Ave.  
West Hartford  
Provides educational, emotional and social support for those diagnosed with memory loss. **Sept. 11, Oct. 9 & 23, Nov. 13, Dec. 11,** 4-5 p.m. RSVP, Pamela Atwood, MA, CDP, LLC, 860-920-1810, patwood@hebrewhealthcare.org or Penny Yellen, LCSW, 860-236-1927, pyellen@jfshartford.org.

## Weight Loss Surgery Support Group

MidState Family Health Center  
61 Pomeroy Ave., Meriden  
Every 2<sup>nd</sup> Wed., 5:30-6:30 p.m.  
**Sept. 10, Oct. 8, Nov. 12, Dec. 10.** Learn from experienced weight loss surgery patients. Closed meetings for post-operative patients only. To register, go to: midstateweightloss.org. Reg. req'd, 1-866-668-5070.

## WomenHeart Support Network

HOCC, New Britain General campus,  
100 Grand St. New Britain  
Dining Rm. B. **Sept. 23,** 5:30-6:45p.m.  
This network is open to women with heart disease and dedicated to women's heart health through patient support, education and advocacy. For info or to register, 1-800-321-6244.

## Open Houses

### Mulberry Gardens of Southington

58 Mulberry St., Plantsville  
Join Marie Terzak, retirement counselor, for coffee and a tour and learn more about independent and assisted living, and adult day care. Saturdays, 10 a.m.-2 p.m. **Sept. 6, Oct. 11, Nov. 1, Dec. 13.** RSVP, 860-276-1020.

### Cedar Mountain Commons

3 John H. Stewart Dr., Newington  
Join us for snacks and a tour of our scenic community. 10 a.m.-2 p.m. Sundays: **Sept. 7, Oct. 12.** Saturdays: **Nov. 29, Dec. 13.** For info or to schedule a tour, call Marie Pugliese, retirement counselor, 860-665-7901.

### The Orchards at Southington

34 Hobart St., Southington  
Find yourself at home with The Orchards at Southington. Join Edesa Ciscar, retirement counselor, for coffee and a tour of our beautiful community. Saturdays, 10 a.m.-2 p.m. **Sept. 13 & 27, Oct. 11 & 25, Nov. 8 & 22, Dec. 13.** For info or to schedule a tour, call 860-628-5656.

### Hoffman SummerWood

160 Simsbury Rd., West Hartford  
Tour our award-winning senior living community and learn about our many amenities, including fine kosher dining. Sundays, 1-4 p.m. **Sept. 21, Oct. 12, Nov. 9, Dec. 14.** For info or to schedule a tour, call Valerie Bartos, director of community relations, 860-523-3808.

### Arbor Rose at Jerome Home

975 Corbin Ave., New Britain  
Come take a tour of our beautiful community. Arbor Rose offers independent living, assisted living and memory care. Sundays, 10 a.m.-2 p.m. **Sept. 14, Oct. 19, Nov. 16, Dec. 14.** Call 860-229-3707 to schedule a tour with Denise Lebrocquy, retirement counselor.

## Exercise, Activities, Events and Classes

### MOVING YOU TO BETTER HEALTH WITH THE LEBED METHOD

MidState Medical Center  
435 Lewis Ave., Meriden  
**Every Monday (except holidays)**  
5:15-6:15 p.m. A therapeutic program of exercise and movement to music for those who have experienced breast cancer, other cancers or chronic illnesses. Reg. req'd., Barbara Moulthrop, 203-694-8631.

### KUNDALINI YOGA

MidState Medical Center  
435 Lewis Ave., Meriden  
Horwitz Conf. Ctr. 2<sup>nd</sup> Floor, Rms. 2 & 3. **Every Thursday**  
7:15-8:30 p.m. These classes teach you the art of relaxation, self-healing and elevation. \$55 for 6 classes. RSVP Jasdeep Khalsa, APRN, MSN, jasdeep@me.com or 860-990-4717.

### PILATES FOR BREAST CANCER SURVIVORS

MidState Medical Center  
435 Lewis Ave., Meriden  
Horwitz Conf. Ctr. 2<sup>nd</sup> Floor, Rms. 2 & 3. **Every Thursday,** 5-6 p.m. Pilates provides a gentle reintroduction to exercise for women following breast cancer treatment. Physician permission req'd. RSVP, 203-694-8631.

### ARTHRITIS CO-SPONSORED EXERCISE PROGRAM

MidState Family Health Center  
61 Pomeroy Ave., Meriden  
Conf. Rms. 1 & 2  
Wednesdays & Fridays, 2-3 p.m.  
**Sept. 15-Nov. 5 or Nov. 17-Dec. 17.** \$20 per session. Reg. req'd, 1-866-662-5678.



**Antique Appraisal Faire**  
Thursday, Sept. 18<sup>th</sup> • 5-8PM

**Jerome Home & Arbor Rose**  
975 Corbin Avenue, New Britain

Your \$25 admission includes a wine tasting and gourmet hors d'oeuvres along with one item to be appraised by an expert appraiser. (Each additional appraisal is \$5.)

If you have a repurposed or up-cycled item, please consider donating it for our Silent Auction! Call Denise Lebrocquy, 860-229-3707.

*A special thanks to our sponsors:  
Winter Associates & Southington Wine & Spirits!*

*Proceeds from this event support our resident-centered initiatives.*

**MyHealthy Advantage**



A Hartford HealthCare Partner

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*calendar of events* | FALL 2014

**WALK TO WELLNESS AT WESTFARMS**

Westfarms Mall, 1500 New Britain Ave., W. Hartford. Join us at the Hartford HealthCare Wellness at Westfarms Rest and Relaxation Lounge (LL near Nordstrom). Listen to our professionals, while taking a 30-minute group mall walk. (Breakfast follows.) 8:30 to 9:30 a.m.

- **Sept. 16**, "Healthy Aging" Marc Levesque from the CT Center for Healthy Aging and Dr. Lindberg speak about the importance of exercise and maintaining a healthy, active lifestyle.
- **Oct. 21**, "Let's Talk about Mental Health" Glynis Cassis from Hartford Hospital's Institute of Living discusses stigmas attached to mental illness, stress management and anxiety disorders.
- **Nov. 18**, "Exercising Your Mind" Dr. Dicks from Hartford Hospital's Dept. of Geriatrics discusses ways to keep your mind sharp as you age.

Registration: Rest and Relaxation Lounge, 8-8:30 a.m. on event date, or 860-561-3420 x2102.

**BRIDGE CLUB**

The Orchards at Southington  
34 Hobart St., Southington  
Mondays, 1:30 p.m. Join the Bridge Club and meet new friends!  
RSVP, 860-628-5656.

**FRIENDSHIP CLUB**

Mulberry Gardens at Marian Heights  
314 Osgood Ave., New Britain, Enjoy a trial day at our adult day center from 10 a.m.-2 p.m. Lunch, activities, transportation and exercise! Call Mary Roberts, 860-357-4264.

**DIABETES GROUP EDUCATION**

MidState Medical Center  
Diabetes Ctr., 61 Pomeroy Ave., Meriden. Education on specific skills and behaviors to reduce the risk of complications. Physician referral req'd. Call for info on class days, cost/ ins. coverage.  
RSVP, 203-694-5425.

**ARTHRITIS CLASS**

HOCC, Bradley Memorial campus  
81 Meriden Ave., Southington  
\$20/person. James Pugliese, BS, CHFS exercise instructor, HOCC Health Promotion/Cardiology.  
**Sept. 15-Nov. 5**, 10:30-11:30 a.m.  
RSVP, 800-321-6244.

**FAMILY & FRIENDS CPR**

HOCC, New Britain General campus,  
100 Grand St., New Britain  
Lect. Rm. 2. Learn adult hands-only CPR/AED use, child CPR/AED use, infant CPR, and choking relief.  
**Sept. 24, Nov. 12**, 5:30-6:30 p.m.

**CANCER SURVIVORS DAY**

Hubbard Park, 999 W. Main St., Meriden. A celebration of life! Hear stories from patients and caregivers. Refreshments. RSVP, 203-694-8631.

**CALENDAR HOUSE HEALTH FAIR**

388 Pleasant St., Southington  
Meet with health vendors and receive free screenings. **Oct. 8**, 9-11:30 a.m. RSVP for screenings after Sept. 15, 860-621-3014.

**OKTOBERFEST OPEN HOUSE**

Mulberry Gardens of Southington  
58 Mulberry St., Plantsville  
Enjoy tours, beer tastings, hors d'oeuvres, door prizes & raffles!  
**Oct. 23**, 2-4 p.m. RSVP, 860-276-1020.

**HOLIDAY BAZAAR**

Arbor Rose at Jerome Home  
975 Corbin Ave., New Britain  
Enjoy shopping for the holidays!  
**Nov. 20**, 10 a.m.-1 p.m.