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. 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

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myhealthyadvantage.org

Healthy Choices
4  The Geriatric and Palliative Medicine Institute and the Center for Healthy Aging provide assistance in your care decisions.

Understanding Depression
6  Understand the key to recovering from depression along with simple steps to ease symptoms.

The A, B, C and Ds of Medicare
7  Learn about the different parts of Medicare to ensure you have the proper coverage.

Merchant Discounts
9  Keep your club card on hand to take advantage of our numerous merchant discounts!
Living longer and healthier while enjoying life

As 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 102nd 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 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!

Healthy Regards,

Marc Levesque
1-877-4AGING1 (1-877-424-4641)
Maintaining your quality of life with healthy choices and informed decisions

With 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.
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 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 AcademySM.

The 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.cthealthyaging.org • 1-877-4AGING1 (1-877-424-4641)
Depression 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

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.

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.
### Merchant Discounts*

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).

<table>
<thead>
<tr>
<th>Merchant Name</th>
<th>Address</th>
<th>Discount/Service Description</th>
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<tr>
<td><strong>1-800 GOT-JUNK</strong></td>
<td>772 North Colony Road, Meriden</td>
<td>$20 discount off residential and business clutter removal services.</td>
</tr>
<tr>
<td><strong>Aziago's Restaurant</strong></td>
<td>166 Queen Street, Southington</td>
<td>10% off dinner menu &amp; lunch items excluding desserts. Dine-in only; not valid holidays, not to be used with any other coupon/promo.</td>
</tr>
<tr>
<td><strong>Barker Animation</strong></td>
<td>1188 Highland Avenue, Cheshire</td>
<td>20% Collectors Star Club discount &amp; $1 off museum entrance fee.</td>
</tr>
<tr>
<td><strong>Beacon Prescriptions</strong></td>
<td>543 West Main Street, New Britain</td>
<td>Free prescription delivery. M-F, 9-6pm</td>
</tr>
<tr>
<td><strong>Bongiovanni Insurance &amp; Financial LLC</strong></td>
<td>97 East Main Street, Meriden</td>
<td>10% off tax preparation.</td>
</tr>
<tr>
<td><strong>Captain Josiah Cowles Place</strong></td>
<td>184 Marion Avenue, Southington</td>
<td>10% off daily rate, make reservations directly.</td>
</tr>
<tr>
<td><strong>Century 21</strong></td>
<td>441 North Main Street, Southington</td>
<td>$250 towards house cleaning when you buy or complete a home sale with Joyce Gibson.</td>
</tr>
<tr>
<td><strong>Charter Oak Insurance-Mass Mutual Fin. Grp.</strong></td>
<td>76 Batterson Park Rd., Farmington</td>
<td>Free financial consult.: needs analysis portfolio, pro. recommendation, restrictions apply.</td>
</tr>
<tr>
<td><strong>Cohen Good Life Center</strong></td>
<td>New Britain General campus 100 Grand St., New Britain</td>
<td>20% off fitness program.</td>
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<tr>
<td><strong>Colony Opticians</strong></td>
<td>60 Church Street, Wallingford</td>
<td>20% off eyeglasses.</td>
</tr>
<tr>
<td><strong>Drain Surgeon</strong></td>
<td>228 Corbin Avenue, New Britain</td>
<td>10% off any plumbing repair work in residential housing.</td>
</tr>
<tr>
<td><strong>Eyewear Glasses</strong></td>
<td>55 Meriden Avenue, Southington</td>
<td>15% off any pair of glasses.</td>
</tr>
<tr>
<td><strong>Family Therapeutic Massage Center, LLC</strong></td>
<td>1006 S. Main Street, Plantsville</td>
<td>$10 off a 1 hour session.</td>
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<tr>
<td><strong>Frank D. Marrocco, CPA</strong></td>
<td>142 West Main Street, New Britain</td>
<td>10% off income tax preparation services.</td>
</tr>
<tr>
<td><strong>Gifts in a Basket</strong></td>
<td>51 N. Main Street, Southington</td>
<td>10% off any basket, any day.</td>
</tr>
<tr>
<td><strong>Giovanni's Pizzeria</strong></td>
<td>714 West Street, Southington</td>
<td>10% off Tues. &amp; Wed. pick up only, except when using coupon.</td>
</tr>
<tr>
<td><strong>Good Life Fitness</strong></td>
<td>Southington Care Center, Mulberry Gardens, Jerome Home/Arbor Rose</td>
<td>Become a NEW member of Good Life Fitness and receive your first month free.</td>
</tr>
<tr>
<td><strong>Graeber's Pharmacy</strong></td>
<td>172 West Main Street, Meriden</td>
<td>10% off durable equipment &amp; prescriptions. Free delivery to Meriden, Wallingford, Cheshire.</td>
</tr>
<tr>
<td><strong>Grant Chiropractic Health Center, 860-863-0370</strong></td>
<td>Dr. Carol Grant 1601 Meriden-Wtrby Tpke, Milldale</td>
<td>10% off non-insurance covered items.</td>
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<td>Store Name</td>
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<td>Offer Description</td>
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<tr>
<td>Greenbackers</td>
<td>744 Murdock Avenue, Meriden</td>
<td>10% off regularly priced items.</td>
</tr>
<tr>
<td>Hallmark Framing &amp; Art</td>
<td>9 West Main Street, Plantsville</td>
<td>15% off custom framing.</td>
</tr>
<tr>
<td>Hearing Health &amp; Wellness Center 860-426-9181</td>
<td>710 Main Street</td>
<td>One free Battery Club membership with every hearing aid purchase.</td>
</tr>
<tr>
<td>Justine Hart, LMT, Massage Therapist, 860-301-4168</td>
<td>846 Atkins Street, Middletown</td>
<td>Call for appt. $61 for 1 hour; $36 for 1/2 hour; $85 for 1 1/2 hours.</td>
</tr>
<tr>
<td>Keller Williams Realty</td>
<td>Joyce Brown</td>
<td>Free market evaluation of your home.</td>
</tr>
<tr>
<td>La Vita Vintage 860-621-7799</td>
<td>774 South Main Street, Plantsville</td>
<td>10% off any item. Present card prior to check out.</td>
</tr>
<tr>
<td>Manor Inn 860-628-9877</td>
<td>1636 Meriden-Waterbury Tpke, Soutonhut</td>
<td>10% off on Wednesdays.</td>
</tr>
<tr>
<td>Mary Kay® 860-426-0744</td>
<td>Stephanie Vollaro</td>
<td>10% off orders, gift baskets/certificates. Free shipping. 15% off for hostess. Free skin care consultation.</td>
</tr>
<tr>
<td>Midas Mufflers &amp; Brakes 203-265-0953</td>
<td>1098 North Colony Road, Wallingford</td>
<td>$16.95 lube, oil and filter.</td>
</tr>
<tr>
<td>MidState Medical Center Auxiliary Gift Shop and Café</td>
<td>435 Lewis Avenue, Meriden</td>
<td>Gift shop: 5% off – special exclusions apply. Cafe: 10% off.</td>
</tr>
<tr>
<td>Ninel's Dress Design 860-665-7264</td>
<td>190 Market Square, Newington</td>
<td>10% off anything $35 and over (before tax).</td>
</tr>
<tr>
<td>Novey Jewelers 860-666-9758</td>
<td>1050 Main Street, Newington</td>
<td>10% on purchases over $50.</td>
</tr>
<tr>
<td>Pals Power Washing, LLC 860-919-8748</td>
<td>41 Riverside Court, Southington</td>
<td>Free Cabot stain for all deck restorations or 10% off any house washing.</td>
</tr>
<tr>
<td>Pelton's Home Health Care 860-761-0008</td>
<td>898 Silas Deane Highway, Wethersfield</td>
<td>10% off in-store, retail purchases every Thursday.</td>
</tr>
<tr>
<td>Plantsville Pharmacy 860-628-2385</td>
<td>1 West Main Street, Plantsville</td>
<td>10% prescription discounts.</td>
</tr>
<tr>
<td>Praline's Café 860-620-9226</td>
<td>50 Center Street, Southington</td>
<td>10% off M-F until 5pm, $1 off cakes.</td>
</tr>
<tr>
<td>Professional Vision Cntr. 203-238-7393</td>
<td>512 West Main Street, Meriden</td>
<td>20% off all services.</td>
</tr>
<tr>
<td>Rock Cats Baseball 860-224-8383</td>
<td>PO Box 1718, New Britain</td>
<td>$5 reserved seat ticket to any Sunday home game (save $3). Limit 4 tickets. Show card at stadium box office.</td>
</tr>
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<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Schmidt Lawn Care, LLC</td>
<td>P.O. Box 1035, Southington</td>
<td>10% off complete fall property clean-up or curbside leaf removal.</td>
</tr>
<tr>
<td>Serafino’s Pharmacy</td>
<td>36 N. Main Street, Southington</td>
<td>10% off prescriptions.</td>
</tr>
<tr>
<td>Silver City Sports Bar &amp; Grill</td>
<td>275 Research Parkway, Meriden</td>
<td>15% off.</td>
</tr>
<tr>
<td>Smokin’ with Chris</td>
<td>59 West Center Street, Southington</td>
<td>10% off all day on Wednesdays.</td>
</tr>
<tr>
<td>Specialty Auto Cleaning &amp; Detailing</td>
<td>200 Clark Street, Milldale</td>
<td>15% off any service. Free pickup &amp; delivery in most areas.</td>
</tr>
<tr>
<td>Story Brothers, Inc.</td>
<td>84 Burritt Street, New Britain</td>
<td>10% off mechanical parts (excludes oil filters).</td>
</tr>
<tr>
<td>Subway</td>
<td>1231 East Main Street, Meriden</td>
<td>10% off all menu items.</td>
</tr>
<tr>
<td>Sugar Hill Building &amp; Design, LLC</td>
<td>46 Marlboro Glade, Tolland</td>
<td>15% off installation of 2 grab bars.</td>
</tr>
<tr>
<td>The Dutiful Daughter</td>
<td>103 Thayer Road, Manchester</td>
<td>15% off packing, moving and content removal services.</td>
</tr>
<tr>
<td>The Sandman Gallery Frame Shoppe &amp; Café</td>
<td>14 West Main Street, Meriden</td>
<td>15% off all framing purchases. 15% off coffee and dessert when available.</td>
</tr>
<tr>
<td>The UPS Store</td>
<td>994 North Colony Road, Wallingford</td>
<td>10% copies, custom packing &amp; custom materials.</td>
</tr>
<tr>
<td>Thompson Candy, Inc.</td>
<td>80 South Vine Street, Meriden</td>
<td>10% off.</td>
</tr>
<tr>
<td>Town Fair Tire</td>
<td>750 Queen Street, Southington</td>
<td>5% off total purchase at any Town Fair Tire in CT.</td>
</tr>
<tr>
<td>Vision Dynamics</td>
<td>470 West Main Street, Cheshire</td>
<td>15% off all hand-held magnifiers in store.</td>
</tr>
<tr>
<td>Wallingford Sew-Vac Cntr.</td>
<td>95 Quinnipiac Avenue, Wallingford</td>
<td>Buy one vacuum cleaner bag and receive second one 1/2 price.</td>
</tr>
<tr>
<td>Wallingford Tire &amp; Auto</td>
<td>400 North Colony Street, Wallingford</td>
<td>10% off all labor on repairs; 5% off regular selling price of tires (cannot be combined with any other discounts).</td>
</tr>
<tr>
<td>Walsh &amp; Massari</td>
<td>86 West Main Street, Meriden</td>
<td>25% off all eye care services.</td>
</tr>
<tr>
<td>Welcome Home Mortgage, LLC</td>
<td>1331 Silas Deane Highway, Wethersfield</td>
<td>Specializing in reverse mortgages. Appraisal fee refunded at closing.</td>
</tr>
</tbody>
</table>

*Please be aware that merchants may choose to discontinue their involvement at any time and that the MyHealthy Advantage Club will not be held responsible.
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 or call 860-378-1268.

**Screenings**

**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.

**Free Blood Pressure Screenings**
Southington Community YMCA
29 High St., Southington
Every 1st 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 2nd 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 4th 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

**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, 1st 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, 860-621-9559.

UNDERSTANDING LYMPEDEMA
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, 860-229-3707.

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.

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. 2nd Floor, Rm. 1
1st 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
3rd 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 2nd Mon. monthly, 6-7:30 p.m.
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.

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.

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.
LEUKEMIA, LYMPHOMA, HODGKIN’S DISEASE, MULTIPLE MYELOMA SUPPORT GROUP
MidState Medical Center
435 Lewis Ave., Meriden
Horwitz Conf. Center, 2nd Fl., Rm. 1
Every 2nd 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.

HISPANIC WOMEN’S CANCER SUPPORT GROUP
MidState Medical Center
435 Lewis Ave., Meriden
Cancer Center Conference Rm.
Every 3rd 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
1st Floor, Napier Chapel
Every 2nd and 4th 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.

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**Memory Care Support Groups**

**ALZHEIMER'S SUPPORT GROUP**
Mulberry Gardens
58 Mulberry St., Plantsville
Every 2nd 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, 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

**WomenHeart Support Network**
HOCF, 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

**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 860-523-3808.

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

**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. 2nd 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. 2nd 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.
**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.

**ARTHITIS CLASS**
HOCC, Bradley Memorial campus
$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.