Regaining strength at Southington Care Center
What you need to know about Medicare Annual Enrollment Period (AEP)

Each year from October 15—December 7, Medicare gives you an opportunity to review your current Medicare coverage and make a change to your medical or prescription drug plan. This is called the Medicare Annual Enrollment Period, also known as AEP.

If you currently have a Medicare Advantage Plan or a stand-alone Medicare Prescription Drug Plan (Part D), you will receive a document called the Annual Notice of Change (ANOC). Your insurance company will mail you a copy of your ANOC by Sept. 30 of each year. The ANOC will describe the changes to your current plan for the upcoming year. It’s very important that you review this document, to ensure the coverage that you currently have still fits your needs.

During the Annual Enrollment Period (Oct. 15 – Dec. 7), there are certain changes that you can make, as noted below. Any change that you make during the Annual Enrollment Period is generally effective on Jan. 1. Possible changes include:

- Change from Original Medicare (Part A & Part B) to a Medicare Advantage or Medicare Supplement plan
- Change from a Medicare Advantage or Medicare Supplement Plan to Original Medicare
- Change from a Medicare Advantage Plan to a Medicare Supplement Plan
- Change from a Medicare Supplement Plan to a Medicare Advantage plan
- Change or purchase Medicare Prescription Drug (Part D) coverage
- Switch from one Medicare Advantage Plan to another Medicare Advantage plan
- Switch plans within your current Medicare Advantage Plan (buy up/buy down)

Sometimes, these changes can be confusing and may seem overwhelming. Don’t be hesitant to call your health insurance company, prescription drug plan, or insurance agent to ensure you understand the changes to your plan, and your options about your Medicare coverage for the next year. Oftentimes, you can set up an individual meeting or attend a group meeting within the community to discuss your options for the upcoming year.
As the executive director of Southington Bread for Life, Eldon Hafford is known as a man on the go. He is hands-on in all areas of the food program that serves weekday lunches at a kitchen, meals to senior housing, and meals and groceries to those whom he calls, “homebound friends.” He is the face of Bread for Life and can often be seen at community functions and businesses, spreading the non-profit’s mission ‘that no one may go hungry.’

That is why when he fell on black ice in January 2014, he wasn’t going to let that slow him down. Matter of fact, he got up and drove himself first home, then to The Hospital of Central Connecticut, New Britain Campus where emergency room medical personnel got him out of the car onto a stretcher. He soon learned that he had cracked his pelvis in two places and chipped his left shoulder. He was told that he had to recuperate at a short-term rehabilitation community.

Hafford wanted to go to Southington Care Center because he knew the excellent reputation of the rehabilitation department, staff, food and cleanliness of the building. After settling there, he was soon undergoing physical therapy twice each day. However, just because he had slowed down physically, didn’t mean he was taking it easy. Indeed he was conducting Bread for Life board and committee meetings in his room.

“I was told I had to make my physical therapy and exercise my priority,” Hafford said.

Two weeks later he had progressed enough to return home. “Physical therapy staff wanted to make very sure before I was discharged that I could take care of myself and manage my own home,” he said. They arranged for visiting nurses and physical therapy at home. “After a week I didn’t need them anymore. I was already going up and down the stairs and outdoors. They were amazed how much progress I had made in such a short time.”

Hafford said, “Today I am walking, riding my bike, working full time and taking care of my home and personal responsibilities. Thank you, Southington Care Center, for making this all happen.”

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
- Geriatric Care Management
- Free MyHealthy Advantage club membership

Call us at 1-877-4AGING1 (1.877.424.4641).

cthealthyaging.org

Additional support sponsored by State of Connecticut and funded by Centers for Medicare and Medicaid Services. Visit MyPlaceCT.org or for more information, dial 2-1-1 from anywhere in Connecticut any time. Multilingual assistance and TDD also available.

Southington Care Center, located at 45 Meriden Ave., offers skilled nursing and rehabilitation services, and is a not for profit member of Hartford HealthCare Senior Services. For more information, visit southingtoncare.org.
Pageant winner shares ‘pearls of wisdom’ to live well at an older age

New Britain resident Theresa “Terry” Kaelin, who was crowned the winner of the 2015 Ms. Senior Mulberry Pageant, recently shared some “pearls of wisdom.” Coincidentally, this was the theme of the pageant that was held June 11 at Mulberry Gardens of Southington, located at 58 Mulberry St.

Competing in the sixth annual pageant were 10 contestants who are Mulberry Gardens residents or members of the adult day centers at Mulberry Gardens and Mulberry Gardens at Marian Heights in New Britain. Kaelin attends the day center at Marian Heights where she shares her upbeat and joyful attitude with everyone – fellow members and staff alike.

1. “Do what you like to do. I love to play golf.” (She even achieved a hole in one in Arizona!)
2. “Sing. I love to sing. It makes me happy.” (She has twice as many songs to sing as she is fluent in French and English.)
3. “Dance. I loved to dance with my husband.”
4. “Be friendly. It’s nice when you can joke with people.”
5. “Just be yourself.”
7. “Have fun.”

Her advice for living well at an older age?

...and the #1 piece of advice for living well at an older age?

Like life. There are a lot of nice people. I like life!

Wound care gets dancer back on his feet

As a young boy, Patrick L. DeChello hated dancing lessons. But when he tried it for the second time less than a year ago, he immediately loved it.

DeChello’s ballroom dancing came to an abrupt halt after he stepped barefoot on a bottle cap in the middle of the night. The morning after the mishap, part of his foot was already turning black.

Treatment eventually led to the amputation of his little toe. The trauma to his foot continued, and he was scheduled for surgery to cut his tendons. It was even suggested that the next step could be amputation of his lower leg. “I couldn’t imagine having to be sedentary and giving up everything,” he said.

DeChello decided to seek a second consult. He turned to MidState Medical Center’s Advanced Wound Care and Hyperbaric Center. By the time of his first examination, his foot had so deteriorated that his tendons were exposed and he had gangrene.

However, Dr. Zeb A. Ali, medical director of the wound care center, gave him encouraging news when he said he didn’t need surgery. “He told me if I tried different options, the chances of my wound healing would be high,” DeChello recalled.

With so much at risk, DeChello had to put his trust in the center. He canceled his surgery and within days was coming every day for two-hour sessions in a hyperbaric chamber. During these painless treatments, patients breathe 100 percent oxygen. The blood plasma carries the oxygen to the injured area at 15-20 times the normal rate expediting healing.

DeChello’s plan of care also included numerous applications of a bio-engineered skin substitute and weekly debridement, and he learned how to change his dressings at home.

Each patient’s treatment is individualized based on their health and the type and complexity of the wound, said Catherine “Cooki” Henderson, RN, BSN, ACHRN, CWCN, clinical resource leader. “The staff will consult with a patient’s primary care physician, other specialists and home health care nurses to continue the healing process and provide the best outcomes. Our healing rate is at 94 percent,” Henderson said.

DeChello looked forward to going to each one of his 60 hyperbaric sessions. “The people were so supportive. This place gave me hope,” he said.

On the last day of treatment DeChello said he cried because he wouldn’t be seeing the staff regularly. Seven months after his misstep, he is back at his practice in Middlefield. “I can’t tell you how much I appreciate all they did. The wound care center gave me my life back,” he said.
We have all probably regretted it when we heaped on extra onions and sauerkraut on our hotdog or tried three kinds of pie at Thanksgiving. Yes, it tasted great. However, it may soon be obvious that the extra helping came with something more: a stomachache and a burning feeling in the chest.

Heartburn is caused by simple acid reflux: stomach acid rises up the esophagus causing a caustic sensation that may be accompanied by a sour or bitter taste. This problem is not a cause for an alarm if it happens infrequently. But if it occurs several times weekly, you may have acid reflux disease or GERD, the more advanced gastroesophageal reflux disease.

The problem is not in the food itself or overeating, but the weakening of a ring of muscle or lower esophageal sphincter located at the entrance to the stomach. If this muscle doesn’t function properly, heartburn may occur more frequently. However, the problem should not be ignored. To be sure, it is best to see a specialist who can conduct diagnostic tests to determine the underlying cause. Change in lifestyle habits, prescription medication and in extreme cases, surgery, may be the key.

Sufferers should not just try to live with the discomfort. Untreated GERD can lead to more serious problems such as damage to the lining of the esophagus, bleeding ulcers, and swallowing or even breathing difficulties. Barrett’s esophagus, a change in the lining of the esophagus, can be a precursor to a potentially fatal form of cancer. People with acid reflux disease don’t have to suffer indefinitely. With prompt and proper diagnosis, treatment and precautions, it is possible to once again enjoy a delicious meal and comfortable sleep.

Other uncomfortable symptoms of acid reflux are bloating, a sensation of food being stuck in the throat, nausea, weight loss for no reason, bad breath, dental erosion, throat problems and more. At first, antacids may relieve minor discomfort. However, the problem may soon be obvious and any prescription medication and in extreme cases, surgery, may be the key.

The ABCs of acid reflux

By Rosalind Van Stolk, M.D. Gastroenterologist

Factors include being overweight, snacking shortly before bedtime, eating or drinking certain foods or beverages, smoking, being pregnant and taking certain meds.

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The problem is not in the food itself or overeating, but the weakening of a ring of muscle or lower esophageal sphincter located at the entrance to the stomach. If this muscle doesn’t entirely close or it malfunctions, acid can enter the esophagus.

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Connect to outstanding physicians.

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Hartford Hospital

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The Connecticut Center for Healthy Aging offers Concierge services as well as Notary Public services.
860.276.5293 – HOCC, Bradley Memorial campus • 203.694.5721 – MidState Medical Center
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10% off regularly priced items.

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10% off any item. Present card prior to check out.

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10% off orders, gift baskets/certificates. Free shipping. 15% off for hostess. Free skin care consultation.

Midas Mufflers & Brakes
203.265.0953
1098 N. Colony Road, Wallingford
$16.95 lube, oil and filter.

Midstate Medical Center Auxiliary Gift Shop
203.238.5033
435 Lewis Avenue, Meriden
Gift shop: 5% off – special exclusions apply.

Ninell’s Dress Design
860.665.7264
190 Market Square, Newington
10% off anything $35 and over (before tax).

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41 Riverside Court, Southington
Free Cabot stain for all deck restorations or 10% off any house washing.

Pelton’s Home Health Care
860.761.0008
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10% off in-store, retail purchases every Thursday.

Plantsville Pharmacy
860.628.2385
1 W. Main Street, Plantsville
10% prescription discounts.

Pratine’s Café
860.620.9226
50 Center Street, Southington
10% off M-F until 5pm, $1 off cakes.

Professional Vision Cntr.
203.238.7393
512 W. Main Street, Meriden
20% off all services.

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Serafino’s Pharmacy
860.628.7979
36 N. Main Street, Southington
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Silver City Sports Bar & Grill
203.238.2380
275 Research Parkway, Meriden
15% off.

Smokin’ with Chris
860.620.9133
59 W. Center Street, Southington
10% off all day on Wednesdays.

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860.628.3011
200 Clark Street, Milldale
15% off any service. Free pickup & delivery in most areas.

Story Brothers, Inc.
860.225.0159
84 Burritt Street, New Britain
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203.237.0123
1231 E. Main Street, Meriden
10% off all menu items.

Sugar Hill Building & Design, LLC
860.875.9968
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15% off installation of 2 grab bars.

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15% off all framing purchases. 15% off coffee and dessert when available.

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10% copies, custom packing & custom materials.

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If you are a merchant interested in offering a discount to our members, please visit myhealthyadvantage.org.
Or, provide your name, address, phone number and discount by calling 860.378.1268 or writing to: Hartford HealthCare Senior Services, Attn: MyHealthy Advantage Coordinator, 80 Meriden Avenue, Southington, CT 06489
Support Groups
Alzheimer’s Support Group
Living with Alzheimer’s disease or a related memory disorder is challenging. Through the ongoing open-ended group, members can have an opportunity to discuss their experiences and share their feelings in a supportive atmosphere. Led by Jennifer Doty, BSW.

Dementia Support Group
Hosted by Mulberry Gardens of Southington, 58 Mulberry Street in Plantsville. Tuesdays, Sep 8, Oct 13, Nov 10, Dec 8, 10:30-11:30 a.m. Led by Jennifer Doty. BSW. RSVP to Marie Terzak at 860.276.1020.

Caregiver’s Support Group
Are you a caregiver and feeling over-burdened? Are you responsible for making financial decisions, managing changes in behavior, or even to helping a loved one get dressed in the morning? Please join us as we bring together people in understanding grief and loss.

Widows and Widowers Support Group
These are ongoing/open-ended support groups. Facilitator: Karen Caplan, LCSW, ACHP-SW. Sep 1 & 15, Oct 6 & 20, Nov 17, Dec 1 & 15, 4:00-5:30 p.m.

Prostate Cancer Support Group
Meetings are open to men who have been diagnosed with prostate cancer and/or his family members.

Blood Glucose/Cholesterol Screenings
For information on cost/insurance coverage.

Screenings
Blood Pressure Screenings
Cheshire
Cheshire Senior Center, 967 South Main Street. Tuesdays, 9:30-10:30 a.m. Call 860.545.1888.

Plainsville
Plainsville Senior Center, 200 East Street. Thursdays, 9:30-10:30 a.m. Call 860.545.1888.

Southeft
Southeft Community YMCA, 34 Hobart St., Saturdays, Sep 12, Oct 10, Oct 24, Nov 14, Dec 12. 8:00-9:00 a.m. Call 860.628.6565.

Arbor Rose
975 Corbin Avenue, in New Britain, on Tuesday, Oct 6, 10:00-11:00 a.m.

Open Houses
(All hosted from 10:00 a.m. – 2 p.m.)

The Orachds at Southeft, 34 Hobart Street, Southeft, Sep 13, Oct 10, Nov 13, Dec 11. 10:00-11:00 a.m.

Calendar House
388 Pleasant Street, Thursdays, Sep 3, Oct 1, Nov 5, Dec 24, Dec 26, 11:00-1:00 p.m.

ShopRite, 750 Queen Street. Second Tuesday of the month, Sep 13, Oct 11, Dec 8, 12:00-1:00 p.m.

Wethersfield
Wethersfield Community Center, 30 Greenfield Street. Every fourth Thursday, Sep 24 and Oct 22, 12:30-1:30 p.m.

Cedar Mountain Commons, 301 North Drive, Newton, Sep 13, Oct 18, Nov 28, Dec 5, 11:00-12:30 p.m.

Mulberry Gardens of Southeft, 58 Mulberry Street, Southeft, Sep 19, Oct 17, 8:00-10:00 a.m.
**Hartford Hospital, will present on 1.877.424.4641 on Thursday, October 15, 12:00-1:00 p.m.**

**Central Area Agency on Aging will serve. Spaces are limited. RSVP to 1.877.424.4641.**

**Healthy Minds**

Alzheimer’s and dementia specialists, Michelle Wyman and Patty O’Brien from the Connecticut Center for Healthy Aging present on “Healthy Minds.” Michelle and Patty have been in the memory field for many years and bring a tremendous amount of experience and knowledge to this series which will focus on how to protect, preserve, and improve your memory.

Complimentary lunch will be served. Spaces are limited. RSVP to 1.877.424.4641.

**LaPlanche Clinic-Meriden Senior Center, 240 First Street, Meriden. Registration Required, RSVP 1.877.424.4641.**

**Cooking Demo**

Chef Patty Hooper from the Orchards at Southington will present a healthy cooking demonstration and provide recipe cards for your healthy meal, as well as samples. Learn how to cook with all foods and recipes and discover basic ingredient substitutions to make your meal healthier.

Tuesday, Oct 15, 10:30-11:30 a.m.

**Fall Prevention**

Please join the Southington Care Center staff as they present on falls and balance on Tuesday, Nov 17, 10:30-11:30 a.m.

**New and Innovative Approaches to Joint Replacement: Robotic Surgery and MAKOplasty®**

Dr. Paul Murray will lead a discussion on MAKOplasty®, the latest technology in patient specific robotic arm surgery for partial knee and total hip replacement. Thursday, Oct 15, 1:00-2:00 p.m. Complimentary lunch will be provided. Seating is limited. RSVP required. Call 860.545.1888.

**Nutraphoric Medicine**

Ken Kirk, doctor of nutraphoric medicine of Southington Care Center, discusses how nutraphoric medicine aims to use gentle, non-toxic treatment approaches to reduce pain and anti-aging properties to address root cause of disease. Tuesday, Dec 15, 10:30-11:30 a.m.

**Walking to Wellness at Westfarms**

Walk to Wellness at Westfarms, first Tuesday of every month, 8:30 to 9:30 a.m. Join us at the Hartford HealthCare Wellness at Westfarms Rest and Relaxation Lounge (Lower Level of Westfarms near Nordstrom) to relax in the comfort of a chair.

**Nutrition Part 1**

Wednesday, Sept 2 or Nov 4, 9:00-10:00 a.m., MidState Medical Center, Conference Room VI.

**Nutrition Part 2**

Wednesday, Sept 9 or Nov 11, 9:00-10:00 a.m., MidState Medical Center, Conference Room VI.

**Stress Management**

Wednesday, Sep 16 or Nov 18, 9:00-10:00 a.m., MidState Medical Center, Conference Room I.

**Meditation Education**

Wednesday, Sept 30 or Dec 2, 9:00-10:00 a.m., MidState Medical Center, Conference Room VI.

**Sleep**

Sleep is an important component of healthy aging. Thursday, Oct 15, 10:30-11:30 a.m.

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**Dementia**

Visit the walk. (Most of Westfarms near Nordstrom) Tuesday, Sep 1, 8:30-9:30 a.m. and Tuesdays, Sep 8, 15, 22 and Oct 6, 13. 860.828.7006. RSVP to 1.800.321.6244.

**Healthier Recipes for You**

Join Dr. Robert M. Belnaiak at the Calendar House, 588 Pleasant Street in Southington, for a presentation on MAKOplasty®. The latest technology in patient specific robotic arm surgery for partial knee and total hip replacement. Thursday, Sep 10, 6:30-7:30 p.m. RSVP 1.800.321.6244.

**Nutraphoric Medicine**

Please join the Bristol Senior Center as Ken Kirk, doctor of nutraphoric medicine of Southington Care Center, discusses nutraphoric medicine. Come learn more about how nutraphoric medicine aims to use gentle, non-toxic treatment approaches to address the root cause of disease. Wednesday, Sep 30, 10:30-11:30 a.m. RSVP 860.584.7895.

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Caregivers at Hartford HealthCare Independence at Home are the trusted solution to help people stay at home, providing:

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**Other**

**Good Life Functional Fitness**
Good Life Fitness of Jerome Home will be sponsoring two separate, 12-week courses of the Good Life Functional Fitness program starting the week of Sep 21. Reg. req’d. Call: 860.545.1888 or visit harthosp.org/events.

**Friendship Club**
Looking to belong to a great group of friends? Join Marian Heights Friendship Club and enjoy transportation, activities, meals, exercise and more. Our mission at Marian Heights 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. Tuesdays, Sep 8, Oct 15, Nov 10, Dec 8, 10 a.m.-2:00 p.m. Call Mary Roberts for more information and to RSVP at 860.357.4264.

**Healthy Southington - Hartford HealthCare Update**
Lynn Faria, community relations director of the Central Region of Hartford HealthCare, provides an update on the status of Bradley Memorial Hospital and the plans for the future. Thursday, Sep 17, 1:30-2:30 p.m., Calendar House, 388 Pleasant Street, Southington. RSVP 860.621.3014.

**Calendar House Health Fair**
Please join Hartford HealthCare Senior Services at the Calendar House in Southington for the annual Senior Health Fair. The fair is Tuesday, Oct 6, 9:00-11:30 a.m., 388 Pleasant Street. Registration for screenings will be required. Call 860.621.3014 for more information.

**Mulberry Gardens Craft Fair Fundraiser**
Please join Mulberry Gardens of Southington, 58 Mulberry Street, on Saturday, Nov 14, 10:00 a.m.-3:00 p.m. for the Craft Fair Fundraiser. There will be a variety of vendors and items. Information: call 860.276.1020.