Center for Healthy Aging expands its reach – 4

The center’s professional staff helps to arrange homecare visits, reviews medication compliance and possible interactions, assesses homes for safety issues and more.

Knowing when assisted living may be “The Right Choice” – 7

Plan ahead and start the search before there is a need. This way you can take the time that is needed to make the right choice and not rush.

Hartford HealthCare at Home veterans liaison connects veterans to resources – 9

Hartford HealthCare at Home is connecting veterans to information about benefits, entitlements and services by hosting monthly meetings with a veterans liaison.

Cover – Barbara Vassar. Seniors are feeling the benefits of GoodLife Fitness at Cedar Mountain Commons. See back page for locations.
SOUTHINGTON - Eighty-three-year-old Celia Harris put her hands to her face and shed a tear when she heard that she was the 2017 Ms. Senior Mulberry Pageant winner. For a moment, she found it tricky to balance her tiara and hug her husband, Robert, and family members while emcee Scot Haney congratulated her. When reality set in, Harris modeled the winner’s sash proudly as she posed for photos with judges Kathy Faber, clothing designer, Kim Beaudoin, Mrs. Connecticut USA Universal 2016, and Alyssa Taglia, Miss Connecticut 2016.

The eighth annual pageant at Mulberry Gardens of Southington, an assisted living, memory care and adult day center community, was held June 2. Haney, WFSB-Channel 3 TV personality, joked freely with the standing room-only crowd and the 12 contestants who are Mulberry Gardens residents or members of the Southington or Marian Heights adult day centers. He interviewed the women, based on their biographies which revealed the interesting and active lives they have led and their upbeat approach to life.

One participant, Rita Cerbasie, had just celebrated her 100th birthday. Another, Annette Krechevsky had auditioned for the Rockettes in her youth and enjoyed a few high kicks with Haney.

Harris (known as “Ceil”) was one of nine children, born and married in New Britain where she and her husband raised three children. She was a bookkeeper at Kay’s Jewelers and later worked for the New Britain Board of Education. She and her husband recently became members of the Marian Heights Adult Day Center in New Britain. Her secret to staying young? “My husband,” she said to applause when she noted the couple has been married 63 years.

Other winners were:
- Millie Arena, Most Talented
- Rita Cerbasie, Most Sophisticated
- Rose Griffin, Nicest Smile
- Jacqueline “Jackie” Hafner, Most Energetic
- Marylen Hossan, Second Runner-up
- Annette Krechevsky, First Runner-up
- Loretta LaFreniere, Miss Congeniality
- Diane Meola, Nicest Eyes
- Joan Miron, Best Laugh
- Margaret Verzulli, Most Elegant, and Marilyn White, Best Sense of Humor.

Many participants credited Mulberry Gardens’ caring staff and active lifestyle with keeping them feeling young. “This is a great place to live,” said contestant Jacqueline Hafner.

Mulberry Gardens of Southington, a member of Hartford HealthCare Senior Services, is a not for profit assisted living, adult day and memory care community located at 58 Mulberry Street in Plantsville.

For more information about Mulberry Gardens of Southington, visit mulberrygardens.org.
About a year ago, Lynne Prairie, of Southington, found herself smack in the middle of the so-called sandwich generation. Recently divorced with grown children and a grandchild, she was trying to juggle a busy full-time job with the growing responsibility of caring for her aging parents. Then the sandwich fell apart. Her mother was diagnosed with a serious arterial blockage. Without immediate surgery, the doctor warned, her mom, then 84, risked losing her foot or leg. The doctor scheduled the operation for the next day. But with mom in The Hospital of Central Connecticut, who would care for Lynne’s father, then 87, who is disabled and unable to care for himself? Enter the Hartford HealthCare Center for Healthy Aging, a free community resource for older people that now has sites at most HHC hospitals.

The center serves as a single point of entry for older people and their families struggling to navigate the complexities of the healthcare system. The center links seniors with multiple chronic conditions and other complicating socioeconomic risk factors to resources and supports they need to stay healthy. At its 99th Annual Meeting this month the Connecticut Hospital Association (CHA) and the Connecticut Department of Public Health recognized the Hartford HealthCare Center for Healthy Aging with the 2017 Community Service Award. “Improving access to care for community members is a key goal of Connecticut hospitals, which makes the work being done by the Hartford HealthCare Center for Healthy Aging both timely and important,” said Jennifer Jackson, the hospital association’s chief executive officer.

Lynne Prairie had consulted the center for advice in the past, but when she called in April, 2016, she issued an SOS. Jessica Dakin, BSN, CMC, CDP, the center’s geriatric care manager, jumped in. She arranged for a live-in caregiver to come in while Lynne’s mom was in the hospital. Dakin said it’s unusual for the Center for Healthy Aging to face such complex emergencies. More commonly, the center’s professional staff helps to arrange homecare visits, reviews medication compliance and possible interactions, assesses homes for safety issues, or sets up clients with remote medical alert systems, such as Lifeline. Last year, the center provided support to more than 18,000 Connecticut seniors, one-third of them low-income. Established in 2004 as a partnership between Hartford HealthCare Senior Services and The Hospital of Central Connecticut, the center has grown to include sites across the state. Professionals hold degrees and licenses in human development, gerontology, social work, psychology, exercise physiology and nursing. Anyone who calls or walks in has immediate access to a trained professional who can assess the situation and provide links to appropriate care and services. This might include meals, transportation, healthcare, behavioral counseling, and community and government assistance. Lynne Prairie says she continues to rely on the Center for Healthy Aging to help her make decisions that will allow her parents to remain safe and comfortable. “This is a path that I have no experience in,” she said. “I’m walking
this path blindly.” The center, she said, is a capable guide.

Wendy Martinson, MSN, RN, program director of the HHC Center for Healthy Aging, said she is proud of her team. “The center’s overarching goal is to bridge the gap in healthcare and provide and ensure the right level of care at the right time in the right place to maximize an individual’s quality of life,” Martinson said.

**Find a Hartford HealthCare Center for Healthy Aging**

The Hospital of Central Connecticut
Bradley Memorial campus
81 Meriden Avenue,
Southington, CT 06489
tel: 860.276.5293 | fax: 860.276.5114

New Britain General campus
100 Grand Street,
New Britain, CT 06050
tel: 860.224.5284 | fax: 860.224.5687

MidState Medical Center
435 Lewis Avenue,
Meriden, CT 06451
tel: 203.694.5721 | fax: 203.694.5910

Windham Hospital
112 Mansfield Avenue,
Willimantic, CT 06226
tel: 860.456.6785 | fax: 860.456.6119

**New Locations:**

Hartford HealthCare
Family Health Center
2 Northwestern Drive,
Bloomfield, CT 06002
tel: 860.286.3236 | fax: 860.286.3239

Hartford Hospital
80 Seymour Street, Bliss Suite 104,
Hartford, CT 06102
tel: 860.696.5499 | fax: 860.972.3738

Vernon Family Health Center
35 Talcottville Road,
Vernon, CT 06066
tel: 860.696.4623

Jefferson House
1 John H. Stewart Dr,
Newington, CT 06111
tel: 860.666.725.8860
Main tel: 1.877.424.4641
www.cthealthyaging.org

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**MyHealthy Advantage Membership Registration Form**

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

As a MyHealthy Advantage member, you will receive our quarterly magazine informing you of any new lectures or discounts. **Please feel free to call 860-378-1268 or email: myhealthyadvantage@hhchealth.org.**

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

Sincerely,
MyHealthy Advantage Coordinator

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

Name: ____________________________
Address: ____________________________
Town: ____________________________
State: __________________ Zip Code: __________
Home Phone: ______________ Date of Birth: ______
Email: ____________________________

How did you hear about MyHealthy Advantage, or entity within Hartford HealthCare?

- [ ] Direct mail  - [ ] Event/educational series  - [ ] Friend
- [ ] Other (specific senior center (where), professional (who))

________________________________________

Other interests / suggestions for future seminars:

________________________________________

Signature:

Are you interested in additional resources from the Hartford HealthCare Center for Healthy Aging?

- [ ] YES!  - [ ] NO THANK YOU
Ingredients:
1 lb. ground turkey
1 leek
1 yellow onion
1 of each: yellow, orange, green & red pepper
3 garlic cloves
1 large can of low sodium diced tomatoes
1 large can of low sodium tomato puree
1 small can of green chilies
1 bay leaf
Chili powder – to taste
Cumin – to taste
1 can of black beans
1 can of kidney beans
1 can of canella beans
1 can of chick peas (drain & rinse well)

Directions:
2. Dice leek, onion, peppers; chop garlic cloves; sauté all together in olive oil until tender. About 7-10 minutes.
3. Add diced tomatoes, tomato puree, green chilies, bay leaf, and spices.
4. Add beans and chick peas.
5. Add cooked turkey to pot; simmer for 45 minutes on low.
6. Can be served over spaghetti squash or ½ cup whole wheat pasta.
7. Also can be served with baked tortilla chips and plain Greek yogurt (in place of sour cream).
8. You can freeze some of the chili in portion size containers.

I am concerned about my memory...what should I do?

If you google “Alzheimer’s” you’ll find plenty of information from Alzheimer’s organizations to personal blogs. With all this material, it’s easy to become overwhelmed especially if you are worried about your memory or a loved one. Recognizing there is a memory concern is the first step in getting to the bottom of the problem.

Effective communication with your doctor is important when you are seeking a diagnosis for memory loss. Keep in mind that some memory problems can be related to health issues that may be treatable, for example, medication side effects, vitamin B12 deficiency, tumors, infections or thyroid disorders. However, some memory problems can be a sign of a more serious health problem, such as mild cognitive impairment or dementia.

When discussing your memory concerns with your doctor you can expect to have a complete and full medical exam which includes providing the doctor with your medical history, medications (prescribed and over the counter), diet, past medical problems, and general health. Blood and urine tests can help the doctor in finding the cause of your memory issues or dementia. The doctor may also do tests for memory loss and test your problem-solving and language abilities. A brain scan may also be ordered to help rule out some causes of the memory problems.

Where to turn...

Hartford HealthCare Center for Healthy Aging has two dementia specialists on staff that can assist families and individuals who are concerned about memory loss. Michelle Wyman, LSW, CDP, and Patty O’Brien, CDP, can help in finding the right physician, talk with you about strategies to assist the person with memory loss, or answer questions you may have about memory loss and dementia.

Hartford HealthCare Center for Healthy Aging, a not for profit member of Hartford HealthCare Senior Services, is a resource and assessment center designed to enhance access to services and information related to attaining optimal quality of life for seniors and their caregivers.

For more information about Hartford HealthCare Center for Healthy Aging, visit cthealthyaging.org or call toll-free 1.877.4AGING1 (1.877.424.4641).
Who Can Benefit?
Those who are:
- Having difficulty remembering medication
- Neglecting proper hygiene
- Experiencing social isolation, perhaps with no family in the area
- Are sad or depressed, or may have experienced the loss of spouse or other support
- Unable to maintain their current home including inside and outside maintenance
- Finding it hard to safely navigate the home due to stairs or other structural obstructions

What Does Assisted Living Offer?
Services may include:
- Short-term respite for those needing support before returning home
- Support for chronic medical conditions, assistance to maintain health and avoid hospital stays
- Transportation to and from physicians and support to make appointments
- Assistance with activities of daily living and supervision of everyday activities to monitor changes
- Social opportunities, stimulation and a sense of purpose
- On-site rehabilitation (if needed) and fitness programs to maintain or improve current function
- Nutritious meals
- Daily check-ins
- Memory care in some communities

When/How Do I Start the Search?
- Plan ahead and start the search before there is a need. This way you can take the time that is needed to make the right choice and not rush.
- Make an appointment to tour multiple locations.
- After the tour, create a list of pros and cons for each place.

For information and guidance, call one of these assisted living communities in the Hartford HealthCare Network:

**Arbor Rose at Jerome Home** – 860.229.3707
975 Corbin Avenue, New Britain, CT 06052

**Cedar Mountain Commons** – 860.665.7901
3 John H. Stewart Drive, Newington, CT 06111

**Mulberry Gardens of Southington** – 860.276.1020
58 Mulberry Street, Plantsville, CT 06479

**The Orchards at Southington** – 860.628.5656
34 Hobart Street, Southington, CT 06489
The liver is the largest internal organ and central to people’s health and well-being. Hepatitis C can silently rob this vital organ of its ability to do its job properly.

Many people do not know they have this chronic disease because it has few symptoms in its early stages. Those who do develop symptoms may have fatigue, nausea, loss of appetite, or yellowing of the eyes and skin. These can often be overlooked or confused with other conditions.

Many healthcare providers don’t realize liver function tests do not have to be elevated to initiate treatment, and most patients don’t know there are oral medications that can cure this disease.

The evolution of oral medications has been one of the most exciting developments in the treatment and cure of Hepatitis C. Treatment can be as short as 8 to 12 weeks and patients no longer have to receive weekly injections of Interferon, which can be associated with significant side effects.

Patients with Hepatitis C can get all of the expert care they need in one place at the Hepatology Clinic at Hartford Hospital’s Comprehensive Liver Center. The clinic is located in Suite 324 of the Medical Office Building, 85 Seymour Street, Hartford.

Patients will be evaluated by a team of experienced professionals all specially trained in the treatment of Hepatitis C including hepatologists, nurse practitioners, registered nurses and medical assistants. The clinic has provided oral therapies to hundreds of Hepatitis C patients with recognized cure rates of up to 100 percent.

For more information, call the clinic at 860.972.4262.

Meet Tricia Caron, APRN

Tricia Caron, RN, MSN, APRN, is the newest addition to the Hepatology Clinic and her focus is on Hepatitis C. Tricia completed her Master of Science in Nursing at the University of Connecticut’s Adult Acute Care Nurse Practitioner Program. Prior to joining the Comprehensive Liver Center/Hepatitis C Clinic, Tricia practiced as an APRN at a physician-based office where she treated adults with multiple complex medical problems.

Her 15 years of clinical experience includes direct patient care in a city-based outpatient clinic and numerous years as a nurse in a hospital GI endoscopy suite. She lives in the town of Glastonbury with her husband and two children.

Tricia takes pride in her strong clinical assessment skills and she is dedicated to providing patients and their families with the care, treatment and education they need to live healthier lives. She is now available and scheduling appointments for Hepatitis C patients.
SOUTHBURY - Hartford HealthCare at Home is connecting veterans to information about benefits, entitlements and services by hosting monthly meetings with a veterans liaison.

For the last several years, Wayne I. Rioux, Hartford HealthCare at Home veterans liaison, has been assisting veterans and/or their spouses throughout the state by answering questions and providing information about available vital resources.

Rioux will be welcoming veterans from throughout the Tri-bury area on the third Wednesday of every month, from 8:30 to 10 a.m., beginning Aug. 16. The office is located at Heritage Village Commercial, 519 Heritage Road, Suite 2A5. Service will be provided on a first-come, first-serve basis.

Areas of assistance include:

- Obtaining the Connecticut Veterans Wartime Service Medal, medals earned during service time, France’s Knight of the Legion of Honor Medal and Korea’s Ambassador of Peace Medal
- Assist in end-of-life planning with various burial options, free footstone and military honors
- Obtaining Discharge Papers (DD214)
- Obtaining Burial Allowances (where eligible)
- Financial assistance (where eligible)
- Discussing possible ‘Service-Connected Disability’ and ‘Presumptive Diseases’ claims

Rioux is an Army veteran of the Vietnam era having served three years as a military policeman and upon completion of his military service joined the Connecticut State Police where he served for 27 years, retiring as a lieutenant. He has been a veterans liaison for the past four and one-half years.

“We look forward to reaching out to veterans and their families to assist them in any way possible,” Rioux said.

For more information about the veterans meetings, including in Southbury, call Rioux at 203.584.8891.

Hartford HealthCare at Home is a community-based home health care agency across most of Connecticut, which enables individuals to achieve maximum independence, to participate in their own plan of care, and to live with dignity while receiving quality care in their own homes.

For more information about Hartford HealthCare at Home, visit hartfordhealthcareathome.org or call 1.800.HomeCare/ 1.800.466.3227.
The HHC 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
860.224.5278 – HOCC, New Britain General campus**

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<tr>
<td>Plantsville Pharmacy</td>
<td>1 West Main Street Plantsville</td>
<td>10% prescription discounts on prescription not covered by insurance</td>
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<tr>
<td>Family Therapeutic Massage Center, LLC</td>
<td>1006 South Main Street Southington</td>
<td>$10 off a one-hour session</td>
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<tr>
<td>The Dutiful Daughter, LLC</td>
<td>103 Thayer Road Manchester</td>
<td>15% off packing, moving and content removal services</td>
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<tr>
<td>Meriden YMCA</td>
<td>110 West Main Street Meriden</td>
<td>BE OUR GUEST, your MyHealthy Advantage card entitles you to one free visit at the Meriden YMCA located at 110 West Main Street Meriden</td>
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<tr>
<td>Barker Animation</td>
<td>1188 Highland Avenue Cheshire</td>
<td>20% Collectors Star Club discount &amp; $1 off museum entrance fee</td>
</tr>
<tr>
<td>Subway</td>
<td>1231 East Main Street Meriden</td>
<td>10% off all menu items</td>
</tr>
<tr>
<td>Welcome Home Mortgage, LLC</td>
<td>1331 Silas Deane Highway Wethersfield</td>
<td>Specializing in Reverse Mortgages. Your appraisal fee refunded at closing</td>
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<tr>
<td>The Sandman Gallery Frame Shoppe &amp; Café</td>
<td>14 West Main Street Meriden</td>
<td>15% all framing purchases/15% off coffee and dessert when available</td>
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<tr>
<td>Frank D. Marrocco, CPA</td>
<td>142 West Main Street New Britain</td>
<td>Income Tax Preparation Services – 10% off</td>
</tr>
<tr>
<td>Grant Chiropractic Health Center, LLC</td>
<td>1601 Meriden-Waterbury Turnpike Milldale</td>
<td>10% off non-insurance covered items</td>
</tr>
<tr>
<td>Aziagos Restaurant</td>
<td>166 Queen Street Southington</td>
<td>10% off dinner items from lunch items, excludes desserts. Dine-in only; not valid on holidays, can not be used with any other coupon or promotion</td>
</tr>
<tr>
<td>Graebers</td>
<td>172 West Main Street Meriden</td>
<td>10% off durable equipment &amp; prescription drugs/Free delivery to Meriden, Wallingford and Cheshire</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>Midas Mufflers &amp; Brakes</td>
<td>22 Quigley Road Wallingford</td>
<td>$16.95 lube, oil and filter</td>
</tr>
<tr>
<td>Drain Surgeon</td>
<td>228 Corbin Avenue New Britain</td>
<td>10% off any plumbing repair work in residential housing</td>
</tr>
<tr>
<td>Silver City Sports Bar &amp; Grill</td>
<td>275 Research Parkway Meriden</td>
<td>15% off with the MyHealthy Advantage card</td>
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<tr>
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<tr>
<td>Southington Cheshire YMCA</td>
<td>29 High Street Southington</td>
<td>MyHealthy Advantage Card entitles you to one free visit at the Southington Community YMCA located at 29 High Street, Southington</td>
</tr>
<tr>
<td>Karma’s Closet</td>
<td>3153 Berlin Tpk. Newington</td>
<td>15% Off your total purchase. Excludes firm items</td>
</tr>
<tr>
<td>Keller Williams Realty</td>
<td>358 Scott Swamp Road Farmington</td>
<td>Free consultation to learn what your home is worth</td>
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<tr>
<td>Serafino’s Pharmacy</td>
<td>36 North Main Street Southington</td>
<td>10% off prescriptions</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 (can’t be combined with any other discounts)</td>
</tr>
<tr>
<td>Pals Power Washing, LLC</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>MidState Medical Center Auxiliary Gift Shop</td>
<td>435 Lewis Avenue Meriden</td>
<td>5% off - special exclusions apply</td>
</tr>
<tr>
<td>Century 21</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>Sugar Hill Building &amp; Design</td>
<td>46 Marlboro Glade Tolland</td>
<td>15% off installation of 2 grab bars</td>
</tr>
<tr>
<td>Praline’s Café</td>
<td>50 Center Street Southington</td>
<td>10% off M-F until 5pm, $1 off cakes</td>
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<tr>
<td>Professional Vision Center</td>
<td>512 West Main Street Meriden</td>
<td>20% off all services</td>
</tr>
<tr>
<td>Beacon Prescriptions</td>
<td>543 West Main Street New Britain</td>
<td>Free prescription delivery. M-F, 9-6pm</td>
</tr>
<tr>
<td>Eyewear Glasses</td>
<td>55 Meriden Avenue Southington</td>
<td>15% off any pair of glasses</td>
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<tr>
<td>Smokin’ With Chris</td>
<td>59 West Center Street Southington</td>
<td>10% off on Wednesdays all day with the MyHealthy Advantage card</td>
</tr>
<tr>
<td>Colony Opticians</td>
<td>60 Church Street Wallingford</td>
<td>20% off eyeglasses</td>
</tr>
<tr>
<td>Hearing Health &amp; Wellness Center</td>
<td>710 Main Street Plantsville</td>
<td>One free Battery Club membership with every hearing aid purchase</td>
</tr>
<tr>
<td>Giovanni’s Pizzeria</td>
<td>714 West Street Southington</td>
<td>10% off Tues &amp; Wed, pick-up only. Except when using a coupon</td>
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<td>Solinksy EyeCare LLC</td>
<td>Hartford, West Hartford, Newington, East Hartford and Enfield</td>
<td>Eyeglasses; $100 off full frame and lenses, Hearing aids; 10% off up to $300 and contacts; $50 off any purchase over $300.</td>
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<tr>
<td>Greenbackers</td>
<td>203.238.2516</td>
<td>744 Murdock Avenue Meriden</td>
</tr>
<tr>
<td>Town Fair Tire</td>
<td>203.467.8600</td>
<td>750 Queen Street Southington</td>
</tr>
<tr>
<td>Charter Financial – Insurance and Financial Services Co. 860.678.2908</td>
<td>76 Batterson Park Road Farmington</td>
<td>Free financial consultation. Includes “Needs-analysis portfolio” and “Professional Recommendation”</td>
</tr>
<tr>
<td>La Vita Vintage</td>
<td>860.621.7799</td>
<td>774 South Main Street Plantsville</td>
</tr>
<tr>
<td>Story Brothers, Inc. 860.225.0159</td>
<td>84 Burritt Street New Britain</td>
<td>10% off mechanical parts (excludes oil filters)</td>
</tr>
<tr>
<td>Justine Hart, LMT/Massage Therapist</td>
<td>860.301.4168</td>
<td>846 Atkins Street Middletown</td>
</tr>
<tr>
<td>Walsh &amp; Massari</td>
<td>203.235.1681</td>
<td>86 West Main Street Meriden</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>Hallmark Framing and Art 860.621.8885</td>
<td>9 West Main Street Plantsville</td>
<td>20% off custom framing</td>
</tr>
<tr>
<td>Wallingford Sew-Vac Center 203.269.2207</td>
<td>95 Quinnipiac Avenue Wallingford</td>
<td>Buy one vacuum cleaner bag and get second one 1/2 price</td>
</tr>
<tr>
<td>Bongiovanni Insurance and Financial LLC</td>
<td>203.237.7900</td>
<td>97 East Main Street Meriden</td>
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<td>Precious Petals</td>
<td>860.747.6100</td>
<td>98 East Main Street Plainville</td>
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<td>The UPS Store</td>
<td>203.949.0050</td>
<td>994 North Colony Road Wallingford</td>
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<td>Crouchley Chiropractic Center</td>
<td>860.665.0001</td>
<td>21 Garfield Street Newington</td>
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*If you are a merchant interested in offering a discount to our members, please visit hhcseniorservices.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*
We welcome you and your loved ones to join us for some of our special programs and events listed below. If you have any questions regarding your membership, please contact us at Antoinette.Ouellette@hhchealth.org or call 860.378.1268.

**Blood Pressure Screenings**

- **Southington Community YMCA**
  29 High St., Southington.
  Tuesdays, Sept. 5, Oct. 3, Nov. 7 and Dec. 5, 9:30-10:30am.
  Hosted by Hartford HealthCare Center for Healthy Aging staff.

- **Calendar House**
  388 Pleasant St., Southington.
  Hosted by Hartford HealthCare Center for Healthy Aging staff.

- **ShopRite**
  750 Queen St., Southington.
  Tuesdays, Sept. 12, Oct. 10, Nov. 14 and Dec. 12, 11am-noon.
  Hosted by The Orchards at Southington staff.

- **Plainville Senior Center**
  200 East St., Plainville.
  Thursdays, Sept. 14, Oct. 12, Nov. 9 and Dec. 14, 1-2pm.
  Hosted by Mulberry Gardens of Southington staff.

- **Calendar House**
  388 Pleasant St., Southington.
  Tuesdays, Sept. 26, Oct. 24, Nov. 28 and Dec. 26, 10-11am.
  Hosted by Southington Care Center staff.

- **Wethersfield Community Center**
  30 Greenfield St., Wethersfield.
  Thursdays, Sept. 28, Oct. 26 & Dec. 28, 12:30-1:30pm.
  Hosted by Cedar Mountain Commons and Jefferson House staff.

**Support Groups**

*Hosted by Hartford HealthCare at Home Hospice Care*

- **First and third Wednesdays of the month: Sept. 4 & 18, Oct. 2 & 16, Nov. 6 & 20 and Dec. 4 & 18, 2-3:30 pm. Free.**
  Glastonbury Riverfront Community Center, 300 Wells St., Glastonbury.
  Facilitator Bill Pilkington, supervisor for pastoral and bereavement services. RSVP to 1.855.HHC. HERE/ 1.855.442.4373.

- **Second and fourth Mondays of the month: Sept. 11 & 25, Oct. 9 & 22, Nov. 13 & 27 and Dec. 11, 12:15pm.**
  Hartford Hospital-Room 116, 85 Jefferson St., Hartford.
  Facilitator Andrea Burr, pastoral counselor. RSVP to 1.855.HHC. HERE/ 1.855.442.4373.

- **First and third Thursdays of the month: Sept. 7 & 21, Oct. 5 & 19, Nov. 2 & 16 and Dec. 7 & 21, 11 am-12:30pm.**
  34 Ledgebrook Drive, Mansfield Center.
  Facilitator Ivan Bilyk, pastoral counselor supervisor. RSVP to 1.855.HHC. HERE/ 1.855.442.4373.

- **Second and fourth Tuesdays of the month: Sept. 12 & 26, Oct. 10 & 24, Nov. 12 & 28, 5:30-6:30pm.**
  MidState Medical Center, 435 Lewis Ave., Meriden.
  Facilitator Doreen Bottone, MidState chaplain. RSVP to 1.855.HHC. HERE/ 1.855.442.4373.

**Alzheimer’s and Dementia Support Group**

*First Tuesday of the month: Sept. 5, Oct. 3, Nov. 7 and Dec. 5, 10-11 am. Free.*
  West Hartford Senior Center, 15 Starkel Road, West Hartford.
  Do you care for someone diagnosed with dementia? Are you looking for information and support? A support group provides emotional, educational and social support. Topics include communication techniques, caregiver support, benefits of activities, stages of the disease, family dynamics, safety issues and more. Facilitators are Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging, and Elaine Reid, CDP. Hosted by West Hartford Senior Center and Hartford HealthCare Center for Healthy Aging.
  RSVP to Michelle, 860.666.7258.

*Second Wednesday of the month: Sept. 13, Oct. 11, Nov. 8 and Dec. 13, 6:30-7:30 pm. Free.*
  Southington Care Center, Anna Fanelli Room, 45 Meriden Ave., Southington.
  Are you a caregiver and feeling over-burdened? Are you responsible for making financial decisions, managing changes in behavior, or even helping a loved one get dressed in the morning? This group is an affiliated support group of the Alzheimer’s Association Connecticut Chapter. Hosted by Southington Care Center and Hartford HealthCare Center for Healthy Aging.
  RSVP to Patty O’Brien, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging, 860.276.5399, ext. 4403.

continued on next page
Alzheimer’s and Dementia Support Group
Second Tuesday of the month: Sept. 12, Oct. 10 and Nov. 14, 10:30-11:30 am. Free. Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. Are you a caregiver and feeling overburdened? Are you responsible for making financial decisions, managing changes in behavior, or even helping a loved one get dressed in the morning? Join our caregivers support group. Facilitated by Jenn Doty, BSW. Hosted by Mulberry Gardens of Southington. RSVP to Jenn Doty, 860.276.1020.


Technology that helps surgeons
Spine surgery – sophisticated the Mazor X System for robotic Care is first in the state to offer spinal surgery. Hartford Health-surgical options including robotic conditions that cause back pain Program topics will include:

45 Meriden Ave., Southington. Tuesday, Sept. 26, 5pm. Free. Tired of Living with Back and Sciatic Pain? Hosted by Arbor MSW, LCSW. Facilitated by Kate Rabinoff, MSW, LCSW. Our caregivers support group. Are you a caregiver and feeling overburdened? Are you responsible for making financial decisions, managing changes in behavior, or even helping a loved one get dressed in the morning? Join our caregivers support group. Facilitated by Jenn Doty, BSW. Hosted by Arbor Rose, 975 Corbin Ave., New Britain. RSVP to Jenn Doty, 860.276.1020.

Educational Presentations
Dinner with the Doc:
Tired of Living with Back and Sciatic Pain? Tuesday, Sept. 26, 5pm. Free. Southington Care Center, 45 Meriden Ave., Southington. Program topics will include conditions that cause back pain like spinal stenosis and advanced surgical options including robotic spine surgery. Hartford Health-Care is first in the state to offer the Mazor X System for robotic spine surgery – sophisticated technology that helps surgeons gain more precision and accuracy. Greater accuracy means greater safety and better outcomes for patients. Presented by Sean Esmende, MD, orthopedic spine surgeon. Sponsored by Southington Care Center.
A light complimentary dinner will be served. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Risk Factors, Prevention and Early Detection of Breast Cancer Thursday, Oct. 5, 5pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. Are you a caregiver and feeling overburdened? Are you responsible for making financial decisions, managing changes in behavior, or even helping a loved one get dressed in the morning? Join our caregivers support group. Facilitated by Jenn Doty, BSW. Hosted by Arbor Rose. RSVP to Jenn Doty, 860.276.1020.

Understanding Foot and Ankle Problems Thursday, Nov. 16, 5 pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. Program will focus on common foot issues associated with aging as well as how problems with your feet and ankles may actually be the first sign of more serious medical conditions. Sponsored by Hartford Health-Care Senior Services. Presented by Kerri Lee, DPM, podiatry. A light complimentary dinner will be served. RSVP to 1.855.HHC.HERE/1.855.442.4373.

The Art and Science of Graceful Aging
Treatment Options for Acid Reflux Monday, Sept. 18, 3 pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. Learn about the latest advances in the treatment of acid reflux. Discover how newer, minimally invasive surgical interventions are helping people find relief - and get off their medications - after living with painful reflux for years. Presented by Kenneth Schwartz, MD. Hosted by Hartford Hospital Senior Primary Care at Duncaster. RSVP to Duncaster, 860.380.5006.

Restoring Sight with a Beam of Light Thursday, Oct. 5, 3 pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. This educational seminar will cover cataracts, risk factors and treatment options; and the newest technologies available for cataract surgery, including advanced lenses, femtosecond laser, pre-operative eye orientation and the VerifEye system for more accurate lens refinement. Presented by Alan Solinsky, MD, board certified ophthalmologist. Hosted by Hartford Hospital Senior Primary Care at Duncaster. RSVP to Duncaster, 860.380.5006.

What You Should Know about Hoarding Thursday, Nov. 9, 3 pm. Free. Duncaster, 44 Loeffler Road, Bloomfield. This discussion will include: What is hoarding?; Needs vs. wants; Setting realistic goals: Keep it simple; Prioritizing what to keep; When to let go; Planning ahead: avoiding new clutter. Presented by Janet G. Ragno, LCSW, Windham Hospital Center for Healthy Aging. Hosted by Hartford Hospital Senior Primary Care at Duncaster. RSVP to Duncaster, 860.380.5006.

Advantage News | Fall 2017
Informational Events
Growing Older Can Bring New Purpose, What is Yours?
Thursday, Sept. 7, 3 pm. Free. Plainville Senior Center, 200 East St., Plainville. Growing older changes things: Our physical beings, our outlook on life, our wisdom. Does that mean your purpose has to change along the way? Celebrate how what you have to offer can change along this journey called life. Discussion will include how physical changes can affect our mindset and vice versa. Presented by Mark Colello, exercise physiologist, Southington Care Center. Sponsored by Southington Care Center. RSVP to Southington Care Center, 860.747.5728.

Living with Spinal Stenosis
Wednesday, Sept. 13, 10 am. Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford. This program includes an overview of the disease process, including causes and diagnosis, for the person with spinal stenosis. Exercises and maintaining physical health and well-being will be emphasized so that participants may feel more control over their daily tasks and responsibilities. Presented by David Santoro, MBA, OTR/L. Sponsored by Hartford HealthCare Senior Services. RSVP to Elmwood Senior Center, 860.561.8180.

Loss Later in Life
Monday, Sept. 18, 10:30 am. Free. Meriden Senior Center, 22 W. Main St., Meriden. The older years have a succession of possible losses: work, health, friends or family, home, independence, socialization. Grief is a normal, healthy response to loss. Long-term feelings of grief might actually be signs of depression. Discussion will include how to sort out and handle these emotions. Presented by Mary Pat Daniels, LCSW, Rushford Center. Sponsored by Hartford HealthCare Senior Services. RSVP to Meriden Senior Center, 860.237.0066.

It’s Fall; Do I Still Need to Hydrate?
Friday, Sept. 15, 10 am. Free. Wallingford Senior Center, 238 Washington St., Wallingford. Program will review the importance of hydration and its impact on health, discuss common myths related to hydration, and how to identify and combat dehydration. Presented by Nicholas Arsenault, MSN, RN, CCM, transitional care nurse, Hartford HealthCare at Home. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Wallingford Senior Center, 203.265.7753.

Laughter with LeaAnn
Thursday, Sept. 21, 1 pm. Free. Calendar House, 388 Pleasant St., Southington. Did you know that laughter can be beneficial to your health? Did you know there is a difference between real and simulated laughter? Come learn some laughter exercises! Presented by LeaAnn Blanchard, director of social services, The Orchards at Southington. Sponsored by The Orchards at Southington. RSVP to The Orchards at Southington. 860.621.3014.

Seniors and Nutrition: How to Eat Right for Healthy Aging
Friday, Sept. 22, 1:30 pm. Free. Newington Senior Center, 120 Cedar St., Newington. Today’s seniors are living longer than ever before because they know the importance of maintaining an active and healthy lifestyle. However, because our tastes and appetites can change, sometimes it can be difficult to keep up those healthy senior nutrition habits. Presented by Jefferson House Chef Jack Hodes. Sponsored by Jefferson House. RSVP to Newington Senior Center, 860.665.8778.

Keeping Memory Strong
Wednesday, Sept. 20, 10:30 am. Free. Bristol Senior Center, 240 Stafford Ave., Bristol. This program will offer tips on keeping the memory strong and present activities to challenge the brain while having fun. Presented by Patty O’Brien, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Bristol Senior Center, 860.584.7895.

Let Your Mouth Care be your BFF (Brush, Floss & Follow Up!)
Wednesday, Sept. 27, 1 pm. Free. Berlin Senior Center, 33 Colonial Drive, Berlin. Proper mouth care is important for people of all ages. Learn the importance of maintaining a healthy mouth and why it’s essential to do so as we age. Presented by Master in Nursing degree candidates from the University of Hartford: Franklin Quider, BSN, RN; Samantha Kenyon, BSN, RN; Laura Sheriden, BSN, RN; and Jeanne Kessler, BSN, RN-BC. Sponsored by Hartford HealthCare at Home. RSVP to Berlin Senior Center, 860.828.7006.

Keeping Memory Strong
Thursday, Sept. 28, 6:30 pm. Free. Mulberry Gardens, 58 Mulberry St., Plantsville. This program will offer tips on keeping the memory strong and present activities to challenge the brain while having fun. Presented by Patty O’Brien, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Mulberry Gardens, 860.276.1020.
**Informational Events**

**Let Your Mouth Care be your BFF (Brush, Floss & Follow Up!)
Wednesday, Oct. 11, 10:30 am. Free. Meriden Senior Center, 22 W. Main St., Meriden.** Proper mouth care is important for people of all ages. Learn the importance of maintaining a healthy mouth and why it's essential to do so as we age. Presented by Master in Nursing degree candidates from the University of Hartford: Franklin Quider, BSN, RN; Samantha Kenyon, BSN, RN; Laura Sheriden, BSN, RN; and Jeanne Kessler, BSN, RN-BC. Sponsored by Hartford HealthCare Senior Services. RSVP to Meriden Senior Center, 203.237.0066.

**Breast Health and Seniors
Thursday, Oct. 12, 1 pm. Free. Calendar House, 388 Pleasant St., Southington.** This program will focus on the importance of self-breast exams and what it means to be consistent with breast health maintenance. Presented by Tina Rodriguez, Cancer Center outreach educator, MidState Medical Center. Sponsored by Hartford HealthCare Senior Services. RSVP to Calendar House, 860.621.3014.

**Laughter with LeaAnn
Tuesday, Oct. 17, 10 am. Free. Plainville Senior Center, 200 East St., Plainville.** Did you know that laughter can be beneficial to your health? Did you know there is a difference between real and simulated laughter? Come learn some laughter exercises! Presented by LeaAnn Blanchard, director of social services, The Orchards at Southington. Sponsored by The Orchards at Southington. RSVP to Plainville Senior Center, 860.747.5728.

**What are Adult Day Centers Really About?
Wednesday, Oct. 18, 1 pm. Free. Berlin Senior Center, 33 Colonial Drive, Berlin.** Wondering what adult day centers are all about? What can they provide? Who can they help? Presented by Jo-Ann Doner, LPN, Mulberry Gardens’ Adult Day Center director. RSVP to Berlin Senior Center, 860.828.7006.

**Balance, Flexibility and the Dreaded Fear of Falling!
Friday, Oct. 20, 10 am. Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford.** The fear of falling is a major health problem (but a natural one) among seniors, and actually has a name: basophobia. Learn how to reduce environmental risks, take charge of your physical condition, and boost bone strength. Presented by Aaron Russ, exercise physiologist. Sponsored by Cedar Mountain Commons. RSVP to Elmwood Senior Center, 860.561.8180.

**Loss Later in Life
Wednesday, Oct. 25, 10:30 am. Free. Bristol Senior Center, 240 Stafford Ave., Bristol.** The older years have a succession of possible losses: work, health, friends or family, home, independence, socialization. Grief is a normal, healthy response to loss. Long-term feelings of grief might actually be signs of depression. Discussion will include how to sort out and handle these emotions. Presented by Mary Pat Daniels, LCSW, Rushford Center. Sponsored by Hartford HealthCare Senior Services. RSVP to Bristol Senior Center to RSVP, 860.584.7895.

**Growing Older Can Bring New Purpose; What is Yours?
Wednesday, Nov. 1, 10 am. Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford.** Growing older changes things: Our physical beings, our outlook on life, our wisdom. Does that mean your purpose has to change along the way? Celebrate how what you have to offer can change along this journey called life. Discussion will include how physical changes can affect our mindset and vice versa. Presented by Mark Colello, exercise physiologist, Southington Care Center. Sponsored by Southington Care Center. RSVP to Elmwood Senior Center, 860.561.8180.

**Keeping Memory Strong
Thursday, Nov. 2, 1 pm. Free. Calendar House, 288 Pleasant St., Southington.** This program will offer tips on keeping the memory strong and present activities to challenge the brain while having fun. Presented by Patty O’Brien, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to the Calendar House, 860.621.3014.

**Managing Chronic Back Pain
Monday, Nov. 6, 10:30 am. Free. Meriden Senior Center, 22 W. Main St., Meriden.** New guidelines from the American College of Physicians say the first line of therapy for chronic back pain should be non-drug treatments. Discussion will include various approaches to minimizing lower back pain. Presented by Aaron Russ, exercise physiologist, Cedar Mountain Commons. Sponsored by Cedar Mountain. RSVP to Meriden Senior Center, 203.237.0066.
Balance, Flexibility and the Dreaded Fear of Falling!
Thursday, Nov. 9, 10 am. Free. Plainville Senior Center, 200 East St., Plainville. The fear of falling is a major health problem (but a natural one) among seniors, and actually has a name: basophobia. Learn how to reduce environmental risks, take charge of your physical condition, and boost bone strength. Presented by Mark Colello, exercise physiologist, Southington Care Center. Sponsored by Southington Care Center. RSVP to Plainville Senior Center, 860.747.5728.

Brown Bag Medication Review
Thursday, Nov. 9, 12-2 pm. Free. Countryside I & II, 12 Wolf Hill Road, Wolcott. Are you taking too many medications? What are they for? Could your supplements be counteracting with your prescribed medications? Bring everything you take (prescribed, over the counter, supplements, eye drops, patches...EVERYTHING) to your scheduled appointment time and a pharmacist will go through all of this and more. Understand what you put in and on your body! Presenters will be pharmacists Sean Jeffery, Pharm.D, and Christina Pornpraser, Pharm.D, Hartford HealthCare. Sponsored by Hartford HealthCare Senior Services. RSVP to 203.879.2413 to schedule your appointment time.

Dizziness: What Sends Your World Spinning?
Wednesday, Nov. 15, 10 am. Free. Wallingford Senior Center, 238 Washington St., Wallingford. Program will focus on dizziness and its causes, as well as how the causes are determined. A board certified neurologist, along with a physical therapist, will also discuss treatments for common causes of dizziness. Presented by Marc Eisen, MD, medical director, Hartford Hospital Hearing and Balance Center, and Danielle Messier, PT. Sponsored by Hartford HealthCare Senior Services. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Posture and Pain
Wednesday, Nov. 15, 1 pm. Free. Berlin Senior Center, 33 Colonial Drive, Berlin. Learn how poor posture can lead to numerous muscular-skeletal problems, including back pain, neck pain, and joint issues as well as what you can do to improve it. Presented by Aaron Russ, exercise physiologist, Cedar Mountain Commons. Sponsored by Cedar Mountain Commons. RSVP to 1.877.424.4641 or HHC.HERE.

Breast Health Bingo
Wednesday, Dec. 6, 1 pm. Free. Berlin Senior Center, 33 Colonial Drive, Berlin. This program will include the importance of self-breast exams, and being consistent with breast health maintenance. Presented by Tina Rodriguez, Community Outreach educator. Sponsored by MidState Medical Center and HHC Cancer Institute. RSVP to Plainville Senior Center, 860.747.5728.

Cooking for One
Tuesday, Dec. 5, 10 am. Free. Plainville Senior Center, 200 East St. Plainville. Cooking for one can seem lonely and confusing. Why do all recipes feed so many people? Learn easy, healthy recipes sure to tempt the taste buds! Presented by Chef Greg Sieron, Jerome Home. Sponsored by Arbor Rose at Jerome Home. RSVP to Arbor Rose at Jerome Home.

Lunch & Learn
Assisted Living: Not Your Grandma’s Old Age Home
Thursday, Sept. 14, noon-1 pm. Free. The Hospital of Central Connecticut, New Britain Campus, 100 Grand St., New Britain. Assisted living has changed greatly over the years. Learn what assisted living communities are all about and who can benefit. A light complimentary lunch will be served. RSVP to Hartford HealthCare Center for Healthy Aging, 1.877.424.4641 or HHC.CenterRSVP@hhchealth.org.
Lunch & Learn

**Urinary Incontinence in Women**
Wednesday, Sept. 13, noon.
Free. Jefferson House, 1 John H. Stewart Drive, Newington.

Millions of women in the United States suffer from urinary incontinence, the accidental release of urine. There are two types of urinary incontinence; stress incontinence (laughing, sneezing, coughing) and urge incontinence (not making it to the bathroom in time). Topics will include both types and treatment options. Presented by Shanna Gannon, PA-C, urologic surgery. Sponsored by Jefferson House. RSVP to 1.855.HHC.HERE/1.855.442.4373.

**Choosing Your Medicare Plan - How can CHOICES Counseling Help?**
Thursday, Oct. 19, noon-1 pm.
Free. The Hospital of Central Connecticut, Bradley Campus, 81 Meriden Ave., Southington.

Cynthia Del Favero, CHOICES counselor, will present on CT CHOICES programs that provides free, objective, high-quality, and confidential information, counseling and assistance to older adults and persons with disabilities enabling them to understand and exercise their rights, access and receive benefits to which they are entitled, and make more informed decisions. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Hartford HealthCare Center for Healthy Aging, 1.877.424.4641 or HHC.CenterRSVP@hhchealth.org.

**Tobacco Cessation**
Thursday, Nov. 9, noon-1 pm.
Free. The Hospital of Central Connecticut, New Britain Campus, 100 Grand St., New Britain.

This program will cover topics including the effects of tobacco and ways of quitting smoking. Presenter is Geralyn Laut, BS, MA, TT, tobacco cessation counselor. Sponsored by Hartford HealthCare Center for Healthy Aging. A light complimentary lunch will be served. RSVP to Hartford HealthCare Center for Healthy Aging, 1.877.424.4641 or HHC.CenterRSVP@hhchealth.org.

**Library Resources and Technology**
Thursday, Dec. 21, noon-1 pm.
Free. The Hospital of Central Connecticut, Bradley Campus, 81 Meriden Ave., Southington.

Learn more about how services at Southington Library are much different today than in the past; it’s not only books anymore. Presenter will be Susan Smayda, director of Southington Public Library and Museum. Sponsored by Hartford HealthCare Center for Healthy Aging. A light complimentary lunch will be served. RSVP to Hartford HealthCare Center for Healthy Aging, 1.877.424.4641 or HHC.CenterRSVP@hhchealth.org.

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**Hartford HealthCare Center for Healthy Aging Informational Series**

**Dementia and Caregiving: Focusing on the Person while Understanding the Disease Progression**
Five-week series: Tuesdays, Oct. 10 to Nov. 7, 6-7:30 pm.
Free. Jefferson House, 1 John H. Stewart Drive, Newington.

Learn strategies and effective communication tips to better understand and relate to the individual with memory loss.

Oct. 10: Overview of Dementia
Oct. 17: Basics of Good Communications and Understanding Behaviors
Oct. 24: Safety in the Environment and How to Structure a Day with Activities
Oct. 31: Taking Care of the Caregiver and Care Options
Nov. 7: Legal and Financial Issues.

Presented by Michelle Wyman, LSW, CDP, and Patty O’Brien, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. Hosted by Hartford HealthCare Center for Healthy Aging. Space is limited. RSVP to Hartford HealthCare Center for Healthy Aging, 1.877.424.4641 or HHC.CenterRSVP@hhchealth.org.

**The Changing Brain, A Caregiving Affair**
Mondays, Sept. 18 to Oct. 2, 6:30-8 pm.
Free. Newington Library, 95 Cedar St., Newington.

Discussion will include brain health and brain illness, information on professional intervention, practical caregiving, self-care strategies and tips, and remove the mystery of the aging brain. The titles of each session are: Let’s Talk about the Brain; Something is Just Not Right: 1 + 1 DOES NOT = 2; The Healthy Caregiver, Accepting Help.
Open Houses


Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. Wednesday, Sept. 20, 3-6 pm, Saturdays, Oct. 14 and Nov. 11, 10 am-2 pm. Just stop by. Information: 860.276.1020.

Mulberry Gardens at Marion Heights, 314 Osgood Ave. New Britain. Tours are available Mondays to Fridays, 10 am-2 pm. The mission of the Mulberry Gardens at Marion Heights Adult Day Center is to provide the highest quality community-based day program in a safe and positive environment. Care is provided to individuals with a variety of socialization and cognitive needs. Polish speakers are on staff. RSVP to Marian Heights Adult Day Center, 860.357.4264.

Craft Fair
Saturday, Nov. 4, 10 am-3 pm. Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. A craft fair and bake sale will feature an array of gifts just in time for the holidays. Vendors welcome. Call Donna Johnson, 860.276.1020.

CHOOSEs Counseling
CHOOSEs Counseling Screening
Fridays, Sept. 15, 29; Oct. 6, 27; Nov. 3, 17, 9:30 am-12:30 pm. Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford. Learn about CHOOSEs counseling for seniors during the open enrollment season. Presented by Amina Weiland, CDP; resource coordinator, Hartford HealthCare Center for Healthy Aging. RSVP to Elmwood Senior Center 860.561.8180.

Live Well Series
Live Well Chronic Disease Self-Management. Thursdays, Sept. 7, 14, 21 & 28, Oct. 5, 12 & 19, 2-4:30 pm. Free. Ida B. Wells Apartments, 100 Coventry St., Hartford. Participants should attend all sessions. Presented by Michelle Wyman, LSW, CDP, life enrichment coach, and Jessica Dakin, BSN, CMC, CDP, Hartford HealthCare Center for Healthy Aging. This program is built on three underlying assumptions: 1. Regardless of the chronic condition, people have similar problems and concerns and face similar challenges. 2. People can learn the skills needed to better manage their disease and the day-to-day issues they face. 3. People who understand and take control of their condition will be healthier and happier. Space is limited. RSVP to Hartford HealthCare Center for Healthy Aging, 1.877.424.4641 or HHC.CenterRSVP@hhchealth.org.

Veterans Coffee Talk
The first Thursday of the month, 8:30-9:30 am. Free. Bernard Derosier Room, left side, Windham Hospital, 112 Mansfield Ave., Willimantic. A monthly “coffee talk” for veterans will be held on the first Thursday of every month. Topics may include: presumptive diseases; service-connected disabilities; Aid & Attendance; CT Veterans Wartime Service Medal; burial allowances for survivors of veterans; how to obtain a copy of your DD214 (Discharge Papers); and more. Complimentary coffee and refreshments will be served. Presented by Wayne Rioux, a Vietnam Era Army veteran and Hartford HealthCare’s veterans liaison. Hosted by Hartford HealthCare Center for Healthy Aging at Windham Hospital. RSVP to Hartford HealthCare Center for Healthy Aging, 860.456.6785.

Just stop by.
GoodLife Fitness is an individualized exercise program geared toward older adults to build energy, strength, stamina and endurance for an active lifestyle.

Benefits of GoodLife Fitness:
- Improved muscular strength and stamina
- Better balance
- Reduced risk of falls and injuries
- Support of cardiovascular health
- Building of self-esteem and self-satisfaction
- Greater independence
- Improvement in performing daily activities

Get Started Today!
GoodLife Fitness sessions are offered to the public during morning and afternoon hours. We also offer special group classes! Become a member today by calling:

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<td>Jerome Home/Arbor Rose</td>
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<td>Mulberry Gardens</td>
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<td>Hartford HealthCare Family Health Center</td>
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