**Ms. Senior Mulberry - 2**
Ms. Senior Mulberry Gardens Pageant celebrates ‘What a Wonderful World’

**Lower your Blood Pressure - 4**
New guidelines lower the definition of high blood pressure

**Safe Steps - 9**
What a Balance, Fall Prevention Program can do for you

**Cover**
Mulberry Gardens resident Christine DeCarlo, Ms. Senior Mulberry Gardens 2018 receives congratulations from emcee Scot Haney.

Cover photo by Rusty Kimball

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

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

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

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

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**Hartford HealthCare Center for Healthy Aging**

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Assisted Living, Memory Care, Short-term rehabilitation and long-term care
[jeromehome.org](http://jeromehome.org)
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860.229.3707

**Mulberry Gardens**
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[mulberrygardens.org](http://mulberrygardens.org)
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Plantsville, CT 06479
860.276.1020

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Adult Day Center
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860.357.4264

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888.863.2771
How to choose the right Medicare plan

Choosing a Medicare plan can feel overwhelming. With so many options, how do you know which type of plan is right for you?

**Original Medicare may not be enough**

When you turn 65 (or are ready to retire), you are eligible to receive Original Medicare (Part A and Part B) which is provided by the federal government. Many people discover that relying on Original Medicare doesn’t provide enough coverage. For complete coverage, you will want to have all four parts of Medicare:

- Part A (hospital coverage)
- Part B (medical coverage)
- Part C (Medicare Advantage plans that provide additional coverage not included in Parts A and B)
- Part D (prescription drug coverage)

**What are your Medicare plan options?**

While it may seem like there are a lot of decisions to make when choosing a Medicare plan, there are only 3 main options:

1. **Stay on Original Medicare (Part A and Part B)**
   - Only covers about 80% of expenses and does not include drug coverage (Part D).

2. **Add a Medicare Advantage plan (Part C)**
   - Offers benefits not covered by Original Medicare. Many Medicare Advantage plans also include prescription drug coverage (Part D), so you can get all your coverage in one plan.

3. **Add a Medicare Supplement plan**
   - Offers benefits not covered by Original Medicare, but doesn’t include prescription drug coverage (Part D).

**Which type of plan is right for you?**

CarePartners of Connecticut is available to answer all your Medicare questions. Just call 1.844.267.2322 (TTY: 711) and a representative will be happy to assist you.
Ceil Harris, who won the 2017 Ms. Senior Mulberry Gardens Pageant, blows kisses as she arrives at this year’s event on the arm of volunteer Richard Lewis.

Emcee Scot Haney, of WFSB-3, chats with the Ms. Senior Mulberry Gardens Pageant contestants.
Many of the contestants in the Ms. Senior Mulberry Gardens Pageant 2018 had the same thoughts for staying young: “Don’t stay home – keep active. Don’t act like an old lady,” said Helen Marshall, a Mulberry Gardens resident and contestant.

The event on June 8 showcased the joy for life, vibrancy and sense of humor of the 13 women whose ages ranged from 75 to 97. This was the ninth year of the pageant at Mulberry Gardens of Southington, an assisted living, memory care and adult day community located at 58 Mulberry St. The pageant was fashioned to showcase the vitality of the residents and members of the adult day centers, including Marian Heights in New Britain.

The 2018 theme was “What a Wonderful World,” which many of the women had experienced firsthand. They were world travelers, held master’s degrees, were active in the arts, music and sports, and one even rode a camel.

For the second time, the pageant was emceed by Scot Haney, WFSB-3 meteorologist and co-host of Better Connecticut. His questions kept contestants and the audience laughing. When Marion Lewoc, a member of the Mulberry Gardens Adult Day Center, said her favorite song was “Ava Maria,” Haney broke out in song. Lewoc, a professional vocalist, told him that the next time he should start in a lower key.

Judges Kathy Faber, of Kathy Faber Designs, and Kimberly Beaudoin, Mrs. USA Universal 2016 were returning judges as Renee DiNino, iHeartMedia personality, joined the panel for the first time this year. “This pageant is one of my favorite events I’ve ever had the honor to be a part of as one of the judges. They were all winners in my book,” DiNino said. “I must say the love and kindness expressed by the staff at Mulberry Gardens almost made my heart burst with joy.”

After the judges’ discussion, Christine DeCarlo, Mulberry Gardens resident, was presented with the winner’s tiara and sash, which was draped across her black and silver shimmering gown. Judges, friends and staff gathered around her as she was handed a bouquet of pink roses.

Other honors were:
- Margaret Blake – First runner-up
- Lorraine Ziel – Second runner-up
- Mary Lou Dolce – Best Hair
- Marie Fleisher – Best Dressed
- Marcia Jackie – Most Sophisticated
- Loretta LaFreniere – Nicest Eyes
- Marion Lewoc – Most Charming
- Helen Marshall – Best Sense of Humor
- Phyllis McCabe – Most Elegant
- Barbara Munzu – Most Graceful
- Christine Stylinski – Nicest Smile
- Mary Ann Terzak – Miss Congeniality.

Paula DePinto, director of finance for Hartford HealthCare Senior Services and head of the pageant committee, said the women were models of graceful aging, poise and confidence. She also thanked the contestant sponsors and event sponsors including Savers, which donated the pageant dresses, and Nyren’s for the flowers. Sponsors included Kevin’s Building & Remodeling, Giordano Cabinets, Harvest Medical, Perfect Temp and Richard Ziel. Supporters included Janet Headley, Lynda Kosky, Theresa Mueller, Valley Flooring and Worldwide Wines.

“The secret to staying young? Enjoy every day,” said Ziel.
The American Heart Association, the American College of Cardiology, and nine other groups released a new definition of hypertension or high blood pressure. The first update in 14 years now considers a BP reading of 130/80 as hypertension. This is down from the previous level of 140/90.

Blood pressure is a measure of how hard your blood pushes against your arteries as it moves through your body. Hypertension occurs when blood moves through the arteries at a higher-than-normal pressure. According to heart health experts, your risk of cardiovascular complications significantly increases with BP levels between 130-139/80-89 as compared to those with a normal BP. Patients who were previously considered to have a normal BP are actually at risk for cardiac disease and stroke.

**BP categories in the new guidelines are:**
- **Normal:** Less than 120/80
- **Elevated:** 120-129/less than 80
- **Stage 1:** 130-139/80-89
- **Stage 2:** 140/90 or higher

Not everyone needs to be started on medication. In fact, lifestyle changes such as diet and exercise can greatly lower your blood pressure. Talk with your medical provider about your risk.

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**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 [http://hhccenterforhealthyaging.org](http://hhccenterforhealthyaging.org) or call 1.877.424.4641.**
Getting back to your life after an illness or injury: Hartford Hospital opens a new inpatient rehabilitation unit

Some patients leaving the hospital after a serious injury or illness require intensive therapy to regain their independence and return home safely. A hospital-based inpatient rehabilitation unit may be the best place to receive care because of the specialized therapy offered there.

Hartford Hospital’s inpatient rehab unit, which opened on Sept. 6, is the new premier location for this type of care. “Our goal is to get patients back to an optimal quality of life with the highest level of functioning,” said Erin Healer, regional director for Hartford HealthCare’s Rehabilitation Network. “Now, at Hartford Hospital, and across the broader health-care system, we are able to offer the full spectrum of expert rehab care from hospitalization to outpatient care.”

Because of the unit’s location on the Hartford Hospital campus, patients have access to an entire team of medical experts should the need arise, as well as other inpatient and outpatient services.

The 26-bed unit has all private rooms, ample and comfortable space for visitors, a state-of-the-art gym, and a modern apartment where patients can practice activities of daily living in a realistic way – with the goal of building

(Continued next page)

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@hhhealth.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

(Continued next page)
More than 1 million people in the U.S. suffer from Shingles

When Inpatient Rehabilitation is the Best Option

The inpatient rehabilitation setting can be a better option for some patients than other rehab settings when:

- You’ve had a major illness or injury that has significantly impaired your functioning, like a stroke, brain injury or other neurological disorder
- You need intensive physical, speech or occupational therapy and are able to participate at least three hours of focused therapy per day
- You might benefit from having close access to a complete team of medical doctors in a number of specialties

More than 1 million people in the U.S. suffer from a condition known as Shingles, brought on by an infection of the varicella-zoster virus, the same virus that causes the chickenpox. Shingles results in a painful viral rash and blisters, which are often preceded by pain, including a burning or sharp feeling and can make your skin extremely sensitive to touch. The condition may also be accompanied by fatigue, depression and difficulty sleeping or concentrating. Adults over 75 and people with compromised immune systems are particularly vulnerable. While the symptoms of Shingles usually clear up within a few weeks, the viral infection brings with it the possibility of long-term chronic pain, a condition known as Postherpetic Neuralgia. This happens if the Shingles virus damages nerve fibers preventing them from properly communicating messages between the skin and the brain, resulting in intense pain. The pain usually improves over time, but can take months, or even years, to completely go away. The most important thing that you can do is get the shingles vaccine to help prevent getting shingles.

The good news is that Shingles is a very treatable condition using antiviral and pain medications, antidepressants and topical creams. It can also be treated with the High Intensity...
**Mushroom/Asparagus Risotto**

**Ingredients:**
- ½ stick butter
- 1 medium onion
- 1½ cups Arborio rice
- ½ cup white wine
- 1 cup wine
- ¼ cup mushrooms sliced
- ¼ cup asparagus
- ¼ cup Parmesan cheese

**Directions:**
Melt half stick butter in large pan or skillet; add onion, sauté until soft. Add wine to pan. Boil until almost evaporated. Add rice; stir to coat grains well. Stirring constantly over medium heat, add boiling stock gradually. When almost absorbed, add more stock, still stirring. Continue stirring and adding stock until all stock is almost absorbed. Cook until rice is al dente, but sauce is creamy. Add extra stock as needed. Correct seasoning to taste, stir cheese in risotto. Serve.

Light Therapy (HILT) laser, a new technology that is only available in Connecticut at the Hartford Hospital Pain Treatment Center. This treatment has been successful in reducing pain after only 10 to 15 minutes.

*For more information on the Pain Treatment Center and the services they offer, please call 860.696.PAIN.*

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**To Learn More About Shingles and Post Herpetic Neuralgia**

**Thursday September 20, 3-5 pm. Free.**
Duncaster, 40 Loeffler Road, Bloomfield
Post-herpetic neuralgia is a complication of shingles – caused by the chickenpox (herpes zoster) virus – that causes burning pain that remains after the rash and blisters disappear. The herpes zoster vaccine, which is recommended for older adults by the FDA, has been shown to greatly decrease the risk of shingles. Presented by Susan Woodson, Physician Assistant at the Hartford Hospital Pain Treatment Center. Hosted by Hartford Hospital Senior Primary Care at Duncaster. **RSVP to 860.380.5006.**

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**Help your neighbors: drivers needed**

Senior Transportation Services is looking for safe, reliable volunteer drivers willing to use their own car to assist Southington’s elderly residents to attend medical appointments. Must be willing to donate your time at least twice a month and your schedule will be arranged around your requirements. Secondary supplemental insurance also provided to drivers. **Call 860.224.7117 or email seniortransportationservices@yahoo.com.**
Acid reflux is that burning feeling in your chest or throat that sometimes happens after you eat. It’s a common complaint. But is it dangerous?

For most people, occasional acid reflux – more generally known as heartburn – is easily managed with medication and diet and lifestyle changes. But when a person’s acid reflux has progressed to Gastrointestinal Esophageal Reflux Disease, or GERD, it can be more concerning.

GERD is characterized not only by chronic heartburn, but also by symptoms like regurgitation of food or liquid, difficulty swallowing, coughing, wheezing or chest pain. There’s a greater concern if you’ve had uncontrolled symptoms for many years.

In about 15 percent of people, having GERD for a long time can lead to a condition called Barrett’s esophagus. This happens when the lining of the esophagus actually begins to change and resemble the tissue that lines your intestine. It can lead to precancerous cell changes in your esophagus and increase your risk of esophageal cancer.

Barrett’s esophagus is diagnosed by a minimally invasive procedure called an endoscopy. In this procedure, a thin, flexible tube with a camera is inserted down your throat to take a look at your esophagus. Don’t worry, though, because patients are given a sedative and aren’t in pain.

“The good news is if you do have Barrett’s, there are treatment options available,” said Dr. David Chaletsky, a gastroenterologist at Hartford Hospital.

The recommended treatment depends on a patient’s specific condition and individual needs, but radiofrequency ablation (RFA) is often the No. 1 treatment option.

“RFA involves a series of treatments, usually three, where we use heat energy to remove the abnormal tissue so a person’s risk of developing cancer goes back to an average person’s risk,” said Dr. Chaletsky.

Patients go home the same day.

Hartford Hospital is one of the busiest centers in the country for RFA and other endoscopic procedures.

To treat Barrett’s esophagus, doctors at Hartford Hospital can also use even more sophisticated techniques like cyroablation and an argon-laser therapy.

“We are a regional training center in the Northeast because we perform such a high volume of these procedures with very good outcomes,” said Dr. Chaletsky. “Our patients can rest assured they are receiving care from a team of doctors who are among the most experienced in this field.”

To learn more about advanced GI services at Hartford Hospital, go to www.hartfordhospital.org/advancedGI. To connect with one of our expert GI physicians, call 860.545.1888.
One of the trendier new self-help mantras is about becoming your “best self.” Those who work with the aging population know falling often gets in the way of being your “best self.”

According to the Centers for Disease Control and Prevention, more than one in four people over age 65 fall each year. And falling once doubles your risk of falling again. Though some falls lead to no harm, falls in those 65 and older often lead to serious injuries that greatly affect the person’s quality of life.

One way to help lower fall risk is to improve balance and walking ability. This often requires pushing patients a bit out of their comfort zone using the skills and expertise of a licensed therapist. This becomes especially apparent when you consider that walking itself has been referred to as a process of continuously falling and then catching ourselves as we “fall” forward into the next step.

Hartford HealthCare’s Safe Steps balance and fall prevention program aims to tailor the treatment approach to each person and cover all areas affecting balance and fall.

The first step is assessing the home environment for safety risks and fall hazards.

Common hazards – risk factors are known as extrinsic, or external risk factors – may include:

- Clutter
- Crowded walking spaces
- Loose throw rugs
- Insufficient lighting
- Low or unsafe sitting surfaces
- Low toilet seat
- Bed height too high or low
- Thresholds not clearly marked
- Stairs in disrepair and/or in lack of railing(s), etc.

Modifications that can reduce fall risk include:

- Placing commonly used items in the kitchen at easy-to-reach heights
- Adding bathroom safety equipment such as grab bars, raised toilet seat, and shower chair or bench
- Installing anti-slip strips on stairs
- Placing fluorescent tape around thresholds or on stair edges
- Adding night-lights, for starters

The Safe Steps therapist will provide a comprehensive and evidence-based assessment of what we call intrinsic risk factors for falls, including:

- Being on multiple and/or high-risk medications
- Foot problems/inappropriate footwear
- Vision, sensory, balance and perceptual impairments
- Certain medical conditions
- Physical impairments

The Safe Steps therapist is specially trained to provide a comprehensive, individualized and evidence-based assessment of these variables to develop a treatment plan aimed at maximizing your quality of life and level of independence. As a therapist working with aging adults, I know there’s nothing more rewarding than helping people take one small step each day to being their safest, most independent, and most functional self.

Talk to your doctor and see if the Hartford HealthCare Safe Steps balance and fall prevention program may be right for you.

For more information about the Safe Steps program, call Hartford HealthCare at Home, 1.800.HOMECARE/1.800.466.3227, or for the Jefferson House location, call 860.667.4453.

Jefferson House, a department of Hartford Hospital, offers short-term/outpatient rehabilitation, skilled nursing and palliative care. Jefferson House is located at 1 John H. Stewart Drive, Newington. For more information about Jefferson House, visit http://jeffersonhouse.org. Hartford HealthCare Rehabilitation Network is a not for profit Hartford HealthCare partner. To learn more, visit HHCRehabNetwork.org.
## Merchant Discounts

**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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<td>51 North Main Street Suite 1BB, Southington</td>
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<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>
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<td>Charter Financial – Insurance and Financial Services Co.</td>
<td>76 Batterson Park Road Farmington</td>
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<td>Drain Surgeon</td>
<td>228 Corbin Avenue New Britain</td>
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<td>Eyewear Glasses</td>
<td>55 Meriden Avenue Southington</td>
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<td>172 W. Main Street Meriden</td>
<td>10% off durable equipment &amp; prescription drugs/Free delivery to Meriden, Wallingford and Cheshire.</td>
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<td>3153 Berlin Tpk. Newington</td>
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<td>1 West Main Street Plantsville</td>
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<td>203.269.2207</td>
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<td>20% off all services</td>
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<td>Schmidt Lawn Care, LLC</td>
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<td>P.O. Box 1035 Southington</td>
<td>10% off complete fall clean-up of property or curbside leaf removal</td>
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<td>Serafino's Pharmacy</td>
<td>860.628.7979</td>
<td>36 N. Main Street Southington</td>
<td>10% off prescriptions</td>
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<td>Smokin' With Chris</td>
<td>860.620.9133</td>
<td>59 W. Center Street Southington</td>
<td>10% off on Wednesdays all day with the MyHealthy Advantage card</td>
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<td>860.628.5597</td>
<td>29 High Street Southington</td>
<td>BE OUR GUEST, your MyHealthy Advantage Card entitles you to one free visit at the Southington Community YMCA</td>
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</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.*
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

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**Specialty Auto Cleaning & Detailing | 860.628.5011**
- 200 Clark Street
- Milldale
- 15% off any service/free pickup & delivery in most areas

**Solinsky EyeCare LLC | 860.236.4979**
- 1013 Farmington Ave., West Hartford
- Eyeglasses; $100 off Full frame and lenses; Hearing aids - 10% off up to $300. Contact Lenses - $50 off any purchase over $300

**The Dutiful Daughter, LLC | 860.433.5503**
- 103 Thayer Road
- Manchester
- 15% off packing, moving and content removal services.

**The Sandman Gallery Frame Shoppe & Cafe | 203.686.0000**
- 14 West Main Street
- Meriden
- 15% all framing purchases/15% off coffee & dessert when available

**Town Fair Tire | 203.467.8600**
- 750 Queen Street
- Southington
- 5% off your total purchase at ANY Town Fair Tire in CT (Southington, Bristol, Wallingford, New Britain, etc.) With Code #38615

**Wallingford Sew-Vac Center | 203.269.2207**
- 95 Quinnipiac Avenue
- Wallingford
- Buy one vacuum cleaner bag and get second one 1/2 price

**Walsh & Massari | 203.235.1681**
- 86 W. Main Street
- Meriden
- 25% off all eye care services

**Welcome Home Mortgage, LLC | 860.761.1331**
- 1331 Silas Deane Highway
- Wethersfield
- Specializing in Reverse Mortgages. Your appraisal fee refunded at closing

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**Blood Pressure Screenings**

**Southington Community YMCA**
- 29 High St., Southington.
- Tuesdays, Sept. 4, Oct. 2, Nov. 6 and Dec. 4, 9:30-10:30am.
- Sponsored by Hartford HealthCare Center for Healthy Aging staff.

**Plainville Senior Center**
- 200 East St., Plainville.
- Thursdays, Sept. 13, Oct. 11, Nov. 8 and Dec. 13, 1-2pm.
- Sponsored by Mulberry Gardens of Southington staff.

**Calendar House**
- 388 Pleasant St., Southington.
- Thursdays, Sept. 6, Oct. 4, Nov. 1 and Dec. 6, 11am-noon.
- Sponsored by Hartford HealthCare Center for Healthy Aging staff.

**Wethersfield Community Center**
- 30 Greenfield St., Wethersfield.
- Thursday, Sept. 27, Oct. 25, and Dec. 27 12:30-1:30pm.
- Sponsored by Cedar Mountain Commons and Jefferson House staff.

**Calendar House**
- 388 Pleasant St., Southington.
- Tuesdays, Sept. 25, Oct. 23 and Nov. 27, 10-11am.
- Sponsored by Southington Care Center staff.
Memory Screenings
Schedule an appointment for a free, confidential memory screening. These confidential memory screenings average 10 minutes and consist of questions and tasks to assess memory. They do not diagnose any illness, but can indicate whether someone should follow up with a full medical exam.


Bereavement Support Groups
Sponsored by Hartford HealthCare at Home Hospice Care
First and third Wednesdays of the month:
Sept. 5 & 19, Oct. 3 & 17, Nov. 7 & 21, and Dec. 5 & 19, 2-3:30pm. Free. Glastonbury Riverfront Community Center, 300 Welles 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:

First and third Thursdays of the month:
Sept. 6 & 20, Oct. 4 & 18, Nov. 1 and Dec. 6 & 20, 11am-12:30pm. Mansfield Center, 34 Ledgebrook Drive. 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 & 25, Oct. 9 & 23, Nov. 13 & 27 and Dec. 11, 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. 4, Oct. 2, Nov. 6 and Dec. 4, 10-11am. Free. West Hartford Senior Center, 15 Starkel Road, West Hartford. Do you care for someone diagnosed with dementia? Are you overburdened? Are you responsible for making financial decisions, managing changes in behavior, or even helping a loved one get dressed in the morning? 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. Facilitated by Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging, and Elaine Reid, CDP. Sponsored by West Hartford Senior Center and Hartford HealthCare Center for Healthy Aging. RSVP to Michelle Wyman, 860.666.7258.

Last Monday of the month:
Sept. 24, Oct. 29, and Nov. 26, 10:30am-noon. Free. Duncaster, 40 Loeffler Road, Bloomfield. See first listing for description. Facilitated by Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging, and Sara Therion, MSW. Sponsored by Duncaster and Hartford HealthCare Center for Healthy Aging. RSVP to Michelle Wyman, 860.666.7258 or Sara, 860.380.5012.

(Continued from page 13)

Center for Healthy Aging, and Robin Segal, therapeutic recreation director/dementia recreation, Southington Care Center. This group is an affiliated support group of the Alzheimer’s Association Connecticut Chapter. Sponsored by Southington Care Center and Hartford HealthCare Center for Healthy Aging. RSVP to Robin Segal, 860.378.1278.

Second Tuesday of the month:

Third Tuesday of the Month:

Third Tuesday of the month:
Sept. 18, Oct. 16, Nov. 20 and Dec. 18, 6:30-7:30pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. See first listing for description. Facilitated by Kate Rabinoff, MSW, LCSW, resident services coordinator. Sponsored by Arbor Rose at Jerome Home. RSVP to Kate Rabinoff, 860.229.3707.

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**Parkinson’s Disease Support**

**Deep Brain Stimulation (DBS) Patient Seminar**
Wednesday, Sept. 5, 5-7pm; Friday, Sept. 14, 1-2:30pm; and Friday, Oct. 5, 1-2:30pm. Free. Chase Family Movement Disorders Center 35 Talcottville Road, (Suite 3, Community Wellness and Education Room) Vernon-Rockville. This free seminar is intended for patients and family members who want to learn more about DBS for Parkinson’s disease, essential tremor, or dystonia. Participants will also have the opportunity to speak with patients who have already gone through the procedure and ask questions. Registration required. RSVP to Sarah Johnson, RN, BSN, DBS program coordinator, 860.870.6388.

**Parkinson’s Disease Support Group**

**Parkinson’s Disease Support Group**
Thursday, Nov. 29, 5-6:30pm. Free. Institute of Living - Todd Building, Bunker Room, 200 Retreat Ave., Hartford. Peer-run support group based firmly on a belief of self-help, mutual respect and understanding where people can safely share their experiences of voices, visions, unusual sensory problems. The group offers and opportunity for people to accept and find meaning in their experiences that help them regain power over their lives. RSVP to 860.545.7665.

**Tai Chi & Qi Gong for Parkinson’s**
Wednesdays, Sept. 5 through Dec. 19, 3:30-4:30pm. Free. Hartford HealthCare Chase Family Movement Disorders Center, 35 Talcottville Road - Suite 6, Vernon-Rockville. Calm your mind and energize your body with the deep breathing and slow, flowing movements of these ancient Chinese healing exercises. Learn simple, gentle exercises everyone can do (sitting or standing) to reduce pain and stiffness; increase balance, coordination, strength and flexibility; improve sleep, boost immune function, and improve overall health. Presented by Risa Gaull Brophy. RSVP to 1.855.HHC.HERE/1.855.442.4373.

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**Support Groups**

**Ostomy Support Group**
Wednesdays, Sept. 19, Oct. 17, Nov. 21 and Dec. 19, 6:30-7:30pm. Free. Hartford HealthCare Cancer Institute at THOCC, 183 N. Mountain Road - Oncology Waiting Area, 2nd Floor, New Britain. This group provides input and support to the person who has an ostomy or a family member taking care of a loved one with an ostomy. The focus is on information, education and advocacy as well as providing people with an intestinal or urinary diversion a place where they are accepted and supported socially to improve the quality of life. RSVP to 1.855.HHC.HERE/1.855.442.4373.
The Art and Science of Graceful Aging

First Tuesday of the month: The Art and Science of Graceful Aging. Shingles and Post Herpetic Neuropathy
Thursday, Sept. 20, 3-5pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. Post-herpetic neuropathy is a complication of shingles – caused by the chickenpox (herpes zoster) virus – that causes burning pain that remains after the rash and blisters disappear. The herpes zoster vaccine, which is recommended for older adults by the FDA, has been shown to greatly decrease the risk of shingles. Presented by Susan Woodson, PA at Hartford Hospital Pain Treatment Center. Hosted by Hartford Hospital Senior Primary Care at Duncaster. RSVP to 860.380.5006.

Dinner with the Experts

Tuesday, October 2, 5:00. Free. Arbor Rose at Jerome Home, 975 Corbin Avenue, New Britain. Lions Low Vision Center will present how to maintain quality of life, in the least restrictive living environment, by incorporating strategies and support systems, including adaptive equipment, home modifications, orthotics, balance and safety strategies, and assistive technology for memory and speech concerns. Sponsored by Arbor Rose at Jerome Home. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

WomenHeart of Central Connecticut Support Group

Wednesdays, Sept. 19, Oct. 17, Nov. 21 and Dec. 19, 4:45–6pm. Free. THOCC, Bradley Memorial Campus - Conference Room A, 81 Meriden Ave., Southington. For women with heart disease. The Hospital of Central Connecticut is the first hospital in New England to be a founding member of the WomenHeart National Alliance. WomenHeart: The National Coalition for Women with Heart Disease is the nation’s only patient-centered organization serving the 42 million American women living with or at risk for heart disease and is dedicated to women’s heart health through patient support, education and advocacy. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Chronic Disease and Anxiety

Thursday, Nov. 15, 3-5pm. Free. Chronic disease is not only characterized by ongoing, debilitating physical problems but can be augmented by anxiety, depression and isolation. Understanding the underlying causes and learning coping strategies can be effective in managing all aspects of chronic disease. Presented by Laurel Reagan, APRN, director of Behavioral Health. Hosted by Hartford Hospital Primary Care at Duncaster. RSVP to 860.380.5006.

Dinner with the Doc

Understanding Glaucoma
Tuesday, Sept. 25, 5pm. Free. Southington Care Center, 45 Meriden Ave., Southington. Learn about the latest medical and surgical options to help improve quality of life for people living with glaucoma, one of the main causes of blindness. However, proactive treatment and medical advances can protect the eyes against serious vision loss. Presented by Geoffrey Emerick, MD, Hartford Hospital Eye Surgery Center. Hosted by Hartford Hospital Senior Primary Care at Duncaster. RSVP to 860.380.5006.

Informational Events

Exercise for Healthy Aging
Thursday, Sept. 13, 10:30-11:15am. Free. Windham Senior Center, 47 Crescent Drive, Windham. Our bodies change throughout the course of life - our daily activities and habits shape our physiology. Exercise can be used as a tool to help prevent and fight disease and age-related decline. Presented by Joanna Weir, exercise physiologist, GoodLife Fitness. Sponsored by GoodLife Fitness. RSVP to Windham Senior Center 860.465.4524.

Balance Screenings
Wednesday, Sept. 19, 1:30pm. Free. Calendar House, 388 Pleasant St., Southington. Balance screenings can play an important role in preventing falls. Presented by Dr. Ken Kirk, PT, Southington Care Center. Sponsored by Southington Care Center. RSVP to 860.621.3014.

(Continued next page)
special programs and events

(Continued from page 15)

To Take or Not to Take: Over-the-Counter Medications Friday, Sept. 21, 10am. Free. Plainville Senior Center, 200 East St., Plainville. Are you among the 81% of seniors who take over-the-counter (OTC) medications? Join us for a conversation about when and how to select OTC products. Learn about possible risks, side effects and drug interactions for common cough, cold, reflux, sleep and pain medications. Learn how to use, store and dispose of OTCs. Presented by Addolorata Ciccone, PharmD, BCGP, geriatric pharmacist, Jefferson House. Sponsored by Jefferson House. RSVP to Plainville Senior Center, 860.747.5728.

Avoiding Caregiving Stress: Strategies for Building Resilience Monday, Sept. 24, 11am-noon. Free. North Haven Memorial Library, 17 Elm St., North Haven. Studies show that family caregivers experience significant physical strain, emotional stress and financial burden of caring for their loved ones. Participants will have a variety of tools to manage stress, minimize caregiver burden, and avoid burnout which can lead to domestic abuse. Stress management strategies will be introduced, along with goal setting. Presented by Amina Weiland, CDP, CDCP, resource coordinator. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to North Haven Memorial Library, 203.239-5803.

Cooking for One Wednesday, Sept. 26, 1pm. Free. Berlin Senior Center, 33 Colonial Drive Berlin. Cooking for one person can seem lonely and confusing. Why do all recipes feed so many people? We will share easy, healthy recipes sure to tempt your taste buds! Presented by Lou Roca, director of Dining Services, Cedar Mountain Commons. Sponsored by Cedar Mountain Commons. RSVP to Berlin Senior Center, 860.828.7006.

Laughter with LeaAnn Wednesday, Oct. 3, 10:30am. Free. Bristol Senior Center, 240 Stafford Ave., Bristol. 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, The Orchards at Southington. Sponsored by The Orchards at Southington. RSVP to the Bristol Senior Center 860.584.7895.

Navigating the ‘What Ifs’ in Your ‘Golden Years’ Thursday, Oct. 11, 6-7pm. Free. Brookdale South Windsor – 1715 Ellington Road, South Windsor. Prepare for your “Golden Years” by learning about the varying levels of care available; what types of housing, funding sources and resources are in the community? Discussion will include the differences between being proactive vs. reactive. Presented by Jennifer McCaughey, resource coordinator, Hartford Hospital Center for Healthy Aging. Sponsored by Hartford Hospital Center for Healthy Aging. RSVP to Brookdale South Windsor, 860.644.4485.

How to Fall Safely Wednesday, Oct. 17, 1pm. Free. Berlin Senior Center 33 Colonial Drive, Berlin. Sometimes, there’s no way to avoid a fall. However, you can prepare properly to fall – whether it’s forwards or backwards – and do it safely to reduce the risk or lessen the severity of injury. Presented by Emil Johnson, program manager, GoodLife Fitness. Sponsored by GoodLife Fitness. RSVP to Calendar House, 860.621.3014.

Balance, Flexibility and the Dreaded Fear of Falling! Thursday, Oct. 18, 1pm. Free. Beckish Senior Center, 188 Route 66, Columbia. The fear of falling is natural and actually has a name: basophobia. Learn more about this major health risk by: reducing environmental risks; taking charge of your physical condition; boosting your bone strength. Presented by Joanna Weir, exercise physiologist, GoodLife Fitness. Sponsored by GoodLife Fitness. RSVP to Beckish Senior Center, 860.228.0759.

How to Fall Safely Monday, Oct. 22, 1pm. Free. Farmington Senior Center, 321 New Britain Ave., Unionville. Sometimes, there’s no way to avoid a fall. However, you can prepare properly to fall – whether it’s forwards or backwards – and do it safely to reduce the risk or lessen the severity of injury. Presented by Emil Johnson, program manager, GoodLife Fitness. Sponsored by
**Cough and Cold Medicines**

**Wednesday, Nov. 7, 1pm. Free. Berlin Senior Center, 33 Colonial Drive, Berlin.**
Topics include what medicines are safe, and how to take them. Presented by Christina Polomoff, PharmD, BCACP, BCGP, clinical pharmacist, Hartford HealthCare Integrated Care Partners and assistant clinical professor at University of Connecticut School of Pharmacy. Sponsored by Hartford HealthCare Senior Services. RSVP to 855.HHC.HERE/855.442.4373.

**Cough and Cold Medicines**

**Wednesday, Nov. 14, 10:30-11:30am. Free. Bristol Senior Center, 240 Stafford Ave. Bristol.**
Topics include what medicines are safe and how to take them. Presented by Sean Jeffery, PharmD, CGP, FASCP, FNAP, AGSF, pharmacist, Integrated Care Partners Hartford HealthCare Group, and clinical professor, University of Connecticut School of Pharmacy. Sponsored by Hartford HealthCare Senior Services. RSVP to 855.HHC.HERE/855.442.4373.

**Staying on Your Feet on Ice and Snow**

**Wednesday, Dec. 5, Free. Bristol Senior Center, 240 Stafford Ave., Bristol.**
Keep yourself safe this winter - learn a few basic things we can do to prevent falls and injuries in the ice and snow. Presented by Christine Solimini-Swift, exercise physiologist, The Orchards at Southington. Sponsored by The Orchards at Southington. RSVP to Bristol Senior Center, 860.584.7895.

**Dementia Comes to Dinner: Managing the Holiday for People with Memory Loss**

**Tuesday Dec. 4, 3-4 pm Free. Arbor Rose at Jerome Home 975 Corbin Avenue, New Britain.**
The hectic holiday season can fluster anyone, but for people with Alzheimer’s disease or dementia, the noisy crowds, breaks in the routine and unfamiliar muscle that may cause pain over a large area, leading to difficulty performing everyday tasks. This event will focus on dry needling as a treatment approach that releases the tight muscle bands and can lead to decreased pain and improve function. Presented by Matt Reynolds, physical therapist, Hartford Hospital Rehabilitation Network.

**RSVP begins Sept. 7 to Plainville Senior Center, 860.747.5728.**

**Do You Think You Have Acid Reflux?**

**Tuesday, Nov. 6, 10am. Free. Cheshire Senior Center, 240 Maple Ave., Cheshire.**
Learn about natural ways to present heartburn and medications that can help or ones that worsen stomach acid. Presented by Christina Polomoff, PharmD, BCACP, BCGP, clinical pharmacist, Hartford HealthCare Integrated Care Partners and assistant clinical professor at University of Connecticut School of Pharmacy. Sponsored by Hartford HealthCare Senior Services. RSVP to 855.HHC.HERE/855.442.4373.

**Relax the Body, Quiet the Mind**

**Wednesday, Nov. 14, 1:30pm. Free. Calendar House, 388 Pleasant St., Southington.**

**Do you suffer from painful or tender muscles? Learn about Dry Needling**

**Nov. 8, 3pm. Free. Plainville Senior Center, 200 East St., Plainville.**
Trigger points are irritable, hard “knots” within a muscle that may cause pain over a large area, leading to difficulty performing everyday tasks. This event will focus on dry needling as a treatment approach that releases the tight muscle bands and can lead to decreased pain and improve function. Presented by Matt Reynolds, physical therapist, Hartford Hospital Rehabilitation Network.

**RSVP to Plainville Senior Center, 860.675.2490.**

**Second Annual Life After Stroke Conference**

“Resilience: Adjusting to and Thriving in Your Changed Life”

**Saturday, Nov. 3, 10am-2pm. Free. Hospital for Special Care, 2150 Corbin Ave., New Britain.**
Speakers include a psychologist, social worker, rehab therapist, stroke survivor and caregiver. A light lunch will be served. Space is limited – registration required. RSVP to Anita Laven, 860.827.1958, ext. 5495 or alaven@hfsc.org.
(Continued from page 17)

visitors can trigger extreme anxiety and spoil festivities for everyone. During the presentation, Patty O’Brien, Dementia Specialist will offer effective strategies to help overcome challenges often associated with the holiday season, and help ensure a happy holiday for all. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Arbor Rose at 860.229.3707.

Holiday and Seasonal Blues
Monday, Dec. 10, 10:30am Free. Cheshire Senior Center, 240 Maple Ave., Cheshire. Learn about the effects of holiday and seasonal blues and ways to prevent them. Presented by Laurel Reagan, APRN, director of Behavioral Health at Home, and Dorsanne Tinker, RN. Sponsored by Hartford HealthCare at Home. RSVP to Cheshire Senior Center, 203.272.8286.

Holiday Fair
Thursday, Dec. 13, 9am-4pm. Free admission. Arbor Rose at Jerome Home, 975 Corbin Avenue, New Britain. Get a jump start on your holiday shopping featuring homemade crafts, jewelry, drawings prizes, bake sale and much more. For more information, please call Sandy Brown, 860.229.3707.

Lunch and Learn
Lunch and Learn: Live and Feel Better
Thursday, Sept. 13, noon-1pm. Free. The Hospital of Central Connecticut, New Britain campus, 100 Grand St. Lecture Room 2, New Britain. Learn about ways to eating healthy. Presented by Paul Finney, chef. A complimentary light lunch will be served. Sponsored by Hartford HealthCare Center for Healthy Aging. Seating is limited; registration required. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Lunch and Learn: Branching Out
Thursday, Oct. 18, noon-1pm. Free. The Hospital of Central Connecticut, Bradley campus, 81 Meriden Ave., Southington. Learn about the effects of holiday season, and help ensure a happy holiday for all. Sponsored by Hartford HealthCare Center for Healthy Aging. A complimentary light lunch will be served. Sponsored by Hartford HealthCare Center for Healthy Aging. Seating is limited; registration required. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Lunch and Learn: The Importance of Advance Directives
Thursday, Nov. 8, noon-1pm. Free. The Hospital of Central Connecticut, New Britain campus, 100 Grand St. Lecture Room 2, New Britain. Learn about advance healthcare directive/living will and why it’s important to have one. Presented by Holly Bessoni-Lutz RN, MSN, COS-C, director of Hospice and Palliative Care. A complimentary light lunch will be served. Sponsored by Hartford HealthCare Center for Healthy Aging. Seating is limited; registration required. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Lunch and Learn: How to Shop for In-Home Care
Thursday, Dec. 20, noon-1pm. Free. The Hospital of Central Connecticut, Bradley campus, 81 Meriden Ave., Southington. There may be a time that you or a family member needs a little help. Learn how to shop for in-home care if that day should ever arise. Presented by Eva Baranowski and Karen Marino, Hartford HealthCare at Home. A complimentary light lunch will be served. Sponsored by Hartford HealthCare Center for Healthy Aging. Seating is limited; registration required. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Hartford HealthCare Center for Healthy Aging Informational Series

Healthy Brain Series
Mondays, Sept. 10, 17, 24, Oct. 1, 15, 1-2:30pm. Free. Canterbury Town Hall, 1 Municipal Drive, Canterbury. This five-part series will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions.

Session 1: Intro – Eat Brain Foods & Stay Hydrated
Session 2: Challenge Your Mind Daily – Activities to Stay Sharp
Session 3: Coping with Changes and Managing Stress – Be Social
Session 4: Count Sheep – Be Creative and Have Fun
Session 5: Be Positive – Find a Purpose

Presented by Adrienne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging, Windham Hospital. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Canterbury Library, 860.546.9022.
sessions. Presented by Patty O’Brian, CDP, and Michelle Wyman, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Plainville Senior Center, 860.747.5728.

Healthy Brain Series
Thursdays, Sept. 13, 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8-11am. Free. East Hartford Senior Center, 70 Canterbury St., East Hartford. See first listing for session details. Participants are encouraged to attend all sessions. Presented by Patty O’Brian, CDP, and Michelle Wyman, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to East Hartford Senior Center, 860.895.1517.

Healthy Brain Series
Thursdays, Oct. 4, 11, 18, 25, Nov. 1, 10-11am. Free. Vernon Senior Center 135 Bolton Road, Vernon. See first listing for session details. Participants are encouraged to attend all sessions. Presented by Adrianne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging, Windham Hospital. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Vernon Senior Center, 860.870.3680.

Healthy Brain Series

Healthy Brain Series
Thursdays, Nov. 8, 15, 29, Dec. 6 & 13, 10:30-11:30am. Free. Windham Senior Center, 47 Crescent St, Willimantic. See first listing for session details. Participants are encouraged to attend all sessions. Presented by Adrianne DeVivo, Dementia Specialists, from Hartford HealthCare Center for Healthy Aging, Windham Hospital. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Windham Senior Center 860.423.4524.

CHOICES Counseling
CHOICES Counseling Event
Medicare Annual Open Enrollment: The HHC Center for Healthy Aging is hosting a CHOICES Counseling Event which offers the opportunity to sit one on one with a CHOICES counselor. CHOICES counselors advise, educate and empower individuals to navigate the increasingly complex Medicare program and help beneficiaries make choices among a vast array of options to best meet their needs. This event will include:
• Counseling in Medicare A, B, C, D
• Questions answered about traditional Medicare vs. Medicare Advantage Plans
• Eligibility Screening for Low Income Subsidy and Medicare Savings Programs

CHOICES Counseling locations and times. Free.
Friday, Nov. 2, 9am-noon THOCC, Bradley campus, 81 Meriden Ave., Conference Room A, Southington

Friday, Nov. 16, 9am-noon Jefferson House, 1 John H. Stewart Drive, Laurel Room, Newington

Friday, Nov. 30, 9am-noon THOCC, New Britain campus, 100 Grand St., Lecture Room 1, New Britain

Sponsored by Hartford HealthCare Center for Healthy Aging.
***Limited availability – appointments are required. To register, call 1-877-424-4641.

CHOICES Counseling Events at Elmwood Senior Center

CHOICES COUNSELING
Schedule an appointment for a free CHOICES counseling session at any one of our 10 Hartford HealthCare Center for Healthy Aging offices. To find the nearest location and schedule an appointment, contact Hartford HealthCare Center for Healthy Aging, 1.877.424.4641.
Open Houses

Cedar Mountain Commons

Arbor Rose
975 Corbin Ave., New Britain Sundays, Sept. 9, Oct. 21 and Nov. 18, 10am-2pm. Just stop by. Information: 860.229.3707.

The Orchards at Southington

Mulberry Gardens of Southington
58 Mulberry St., Plantsville. Saturday, Sept. 15 and Nov. 10, 10am-2pm. Just stop by. Information: 860.276.1020.

Educational Programs

Parkinson’s Exercise Group
“Keep It Movin’”
Tuesdays and Thursdays, 12:30-1:30pm. $80. Sullivan Senior Center, 88 E. Albert St., Torrington. To register, call 860.482.4610. http://www.torringtonparkinsonssupport-group.com

Exercise for Healthy Aging
Thursday, Sept. 13, 10:45-11:30am. Free. Windham Senior Center, 47 Crescent Drive, Windham. Throughout life, our bodies change - our daily activities and habits shape our physiology. Exercise can be used as a tool to help prevent and fight disease and age-related decline. Presented by Joanna Weir, exercise physiologist, GoodLife Fitness. Sponsored by GoodLife Fitness. RSVP to Windham Senior Center 860.465.4524.

Pulmonary Fibrosis Support Group
Meetings held quarterly on Tuesdays call for schedule, 3-4:30pm. Charlotte Hungerford Center Conference Room, 780 Litchfield St., Torrington. To register, call 860.496.9381. http://www.pulmonaryfibrosis.org

Torrington Parkinson’s Support Group
Every fourth Saturday of each month, 10am. Sullivan Senior Center, 88 E. Albert St., Torrington. To register, call 860.482.4610. http://www.torringtonparkinsonssupport-group.com

Northwestern Corner Support Groups

Alzheimer’s Support Group
Third Wednesdays, 7-9pm. Charlotte Hungerford-Small Dining Room – Ground Floor, 540 Litchfield St., Torrington. To RSVP, call 860.496.6439.

Cancer Caregiver Support Group
Third Wednesday, 11am-noon. 200 Kennedy Drive, First Floor Radiation Consultation Room, Torrington. To register, call 860.489.6718.

Arthritis Exercise Group
Mondays and Fridays, 10-11am, 11am-noon. $50. Sullivan Senior Center, 88 E. Albert St., Torrington. Registration required. RSVP to Mandy Hill, director of Rehabilitation, 860.496.6669.

Pulmonary Fibrosis Support Group
Meetings held quarterly on Tuesdays call for schedule, 3-4:30pm. Charlotte Hungerford Center Conference Room, 780 Litchfield St., Torrington. To register, call 860.496.9381. http://www.pulmonaryfibrosis.org

Screenings

Blood Pressure Screenings
Every Tuesday, 9-11am. Free. Brooker Memorial, 157 Litchfield St., Torrington. To register, call 860.489.1328

Balance, Flexibility and the Dreaded Fear of Falling!
Thursday, Oct. 18, 1pm. Free. Beckish Senior Center 188 Route 66, Columbia. The fear of falling is natural and actually has a name: basophobia. Learn more about this major health risk by:
This five-part series will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions.

**Session 1:** Intro – Eat Brain Foods & Stay Hydrated

**Session 2:** Challenge Your Mind Daily – Activities to Stay Sharp

**Session 3:** Coping with Changes and Managing Stress – Be Social

**Session 4:** Count Sheep – Be Creative and Have Fun

**Session 5:** Be Positive – Find a Purpose

Presented by Adrianne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging, Windham Hospital. 

**Sponsored by Hartford HealthCare Center for Healthy Aging.**

**RSVP to Canterbury Library, 860.546.9022.**

**Healthy Brain Series**

**Tuesdays, Oct. 9, 16, 23. Free.**

Lebanon Senior Center, 37 W. Town St, Lebanon. This three-part series will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions.

**Oct. 9:** Intro – Eat Brain Foods & Stay Hydrated

**Oct. 16:** Importance of Challenging Your Mind and Getting Sleep

**Oct. 23:** Coping with changes while staying positive

Presented by Adrianne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging, Windham Hospital.

**Sponsored by Hartford HealthCare Center for Healthy Aging.**

**RSVP to Lebanon Senior Center 860.642.3040.**

**Live Well with Chronic Conditions**

**Mondays, Oct. 1, 8, 15, 22, 29, Nov. 5, 9-11:30am. Free.**

Windham Hospital, 112 Mansfield Avenue, Willimantic. Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease, chronic pain, anxiety or depression? Or do you care for someone who does? Live Well with Chronic Conditions is a community-based six-week workshop series for adults and their caregivers who want to learn ways to manage their chronic diseases. Presented by Amina Weiland and Joseph Zuzel, dementia specialists, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging.**

**RSVP to 1.877.424.4641.**
Questions about aging? We have a center full of answers.

It can feel overwhelming trying to keep up with the needs of aging parents or loved ones. We can help. The Hartford HealthCare Center for Healthy Aging, with locations throughout Connecticut, offers expert advice from geriatric care specialists, who will put together personalized solutions for you or those you care for. To start getting answers, visit hhcseniorservices.org or call 860.496.6240. It’s another way that Hartford HealthCare is helping you connect to healthier.