Ms. Senior Mulberry Gardens – 2
10th Mulberry Gardens Pageant showcases lives and legacies

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It’s easy, delicious and... healthier

Cover
Carole Milano, member of the Mulberry Gardens of Southington Adult Day Center, bows her head for the placement of the tiara signifying her as Ms. Senior Mulberry Gardens 2019.

Cover photo by Rusty Kimball
Did you know Connecticut has a wait list law for long-term care?

Prepare for long-term care by getting on the wait list now

It is difficult to plan for the future especially with so many unknowns. Will you or your loved one always be able to live at home safely and independently?

In preparation for the day when a skilled nursing community may be the wisest choice, Southington Care Center, located at 45 Meriden Ave. in Southington, maintains a wait list. Because the waiting period for admission depends on numerous factors, it is smart to put your name on the list in preparation for if “maybe someday” becomes “yes, there is a need now.”

Southington Care Center’s wait list is compiled and managed according to Connecticut State Law. Waiting lists are required by law and the skilled nursing facilities “must admit applicants in the order in which they are received, unless the law allows otherwise.” There are certain exceptions to the waiting list law which can be accessed at www.cga.ct.gov - search “nursing home waiting list.”

Putting your name on a waiting list for Southington Care Center is easy:

• Fill out a long-term care application that can be printed out online (http://southingtoncare.org – select “Departments & Services”) or just call and request one from the admissions department.

• Submit the substantially complete form to Southington Care Center. That’s it!

Advantages:

• It is free to be put on the waiting list.

• The application also covers admission to Jerome Horne in New Britain and Jefferson House in Newington, two skilled nursing communities under the Hartford HealthCare umbrella, if you indicate you want it shared with them.

• You cannot be removed from the list unless you make that request or if the facility cannot get in touch with you after a certain period of time.

• There is no obligation to ever be admitted to the facility if you don’t need placement.

Southington Care Center also offers short-term rehabilitation; outpatient rehabilitation including physical, occupational, speech, lymphedema, aquatic and naturopathic therapies; the GoodLife Fitness Program; and a holistic end-of-life care program. To schedule a visit, call the Southington Care Center admissions coordinator at 860.621.9559.

Southington Care Center is a not for profit member of Hartford HealthCare Senior Services. To learn more about Southington Care Center, visit http://southingtoncare.org.
Fly ME TO THE MOON

Photos by Rusty Kimball
Words of wisdom, gleaned from years of life experiences, were freely shared and taken to heart at the Ms. Senior Mulberry Gardens Pageant 2019 held June 14 at the independent and assisted living community. “Look on the bright side,” “Do whatever you can possibly do,” “Stay active and exercise,” “Live in the present” and “Have gratitude” were among the snippets of advice the 13 contestants shared with the crowd.

Scot Haney, WFSB-TV personality and third-time pageant emcee, humored the tips including using petroleum jelly to keep his skin looking youthful. His questions brought out stories of the women’s accomplishments such as playing the organ at Radio City Music Hall, helping to establish the Meriden Daffodil Festival, and writing a 666-page family history. Haney, a crowd favorite, brought out the best in each contestant, even crooning “Wouldn’t It Be Loverly” with Carole Milano, who at one time headlined a production of “My Fair Lady.”

“Fly Me to the Moon” marked the 10th year of the pageant held at Mulberry Gardens of Southington, located at 58 Mulberry St. This was established to celebrate the vitality of the residents and members of the two Mulberry Gardens adult day centers.

When the pageantry and interviewing concluded, Milano, a participant in the Southington Adult Day Center program, was crowned with the winner’s tiara and draped with the 2019 satin sash. Milano, well known as the founder of the Southington Arts Council and yoga teacher for 36 years, exclaimed, “I can’t believe this,” as she clasped her bouquet of white roses.

Other contestants were:
- Candide Sedlik – First Runner-Up
- Trudy Main – Second Runner-Up
- Carmen Charette – Most Charming
- Lucille Carlucci – Most Graceful
- Ola Coe – Nicest Hair
- Arlene Horrigan – Most Elegant
- Patricia Landry – Best Sense of Humor
- Kathryn Olson – Most Sophisticated
- Natalie Palazzolo – Ms. Congeniality
- Theresa Prairie – Nicest Eyes
- Eileen Paulick – Nicest Smile
- Rita Van Epps – Best Dressed

Returning judges included Kathy Faber, of Kathy Faber Designs; Kimberly Beaudoin, Mrs. USA Universal 2016, and Renee DiNino, iHeartMedia personality. Mara DeLuco, Ms. Junior Teen Plantsville and granddaughter of a Mulberry Gardens resident, greeted guests at the door.

“This is the best event of the year,” Haney said, following the pageant. “These women are so worthy of acknowledgement. It’s nice to see they are still going strong.”

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 St. in Southington. For more information about Mulberry Gardens of Southington, visit http://mulberrygardens.org.
Embracing the same vision to provide compassionate care, Hartford HealthCare at Home and Center for Hospice Care Southeastern Connecticut are now collaborating to widen the scope of those who can benefit from special services throughout the transition of life.

Center for Hospice Care Offerings include:

**Expressive Arts**
Creative outlets of expression allow complex and strong feelings to be conveyed in tangible forms when it is difficult to put emotions into words. In a safe, non-judgmental setting, Expressive Arts helps people of all ages to process the emotions related to loss.

**Pet Therapy**
The therapeutic value of pets has been evident since mankind and animals first coexisted. Studies have shown that petting an animal can reduce anxiety, lower blood pressure, and ease depression while increasing social interaction and relieving emotional pain. The Center for Hospice Care’s Pet Therapy dogs, all certified and healthy, are comfortable bonding with all people.

**Sentimental Journeys**
Patients near the end of life sometimes desire to visit places and people with special meaning. Sentimental Journeys enables them to fulfill their wishes. Any location in eastern Connecticut can be visited and patients are taken via ambulance with paramedic staff and medical assistance to grant a final request or reconnect with earlier life experiences.

**We Honor Veterans**
Caring for veterans is an honor. We Honor Veterans, a program sponsored by the National Hospice and Palliative Care Organization and the Department of Veterans Affairs, supports hospices in meeting the unique needs of veterans facing the end of life. We provide: education and outreach to the veteran community in New London County; specially trained clinical staff; and connection with patients who may wish to talk about their experiences before their death.

**Community Healing Garden**
Located at the Hospice Campus in Norwich, the Community Healing Garden engages all senses in a soothing yet rejuvenating natural sanctuary, overflowing with herbs, therapeutic plants, flowers, pergolas and walking paths and a fountain. A refuge of peace and light, the setting engages people of all ages.

For more information about the Center for Hospice Care, visit www.hospicesect.org or call 1.877.654.4035.
Things to know or do before:

- Know the location of the will, birth certificate, marriage (divorce) certificates, military discharge papers, Social Security information, life-insurance policies, pre-paid funeral services, financial documents, keys to safe deposit box/home safe and email/social media accounts and passwords.
- Ask the person’s wishes about funeral arrangements, organ donation, and burial or cremation.
- Have the person complete an advance directive, including a living will, which specifies wanted and unwanted procedures. The person should also appoint a healthcare representative/proxy to make medical decisions if he or she becomes incapacitated.
- If appropriate, consider a do-not-resuscitate order to be drawn up that tells healthcare professionals not to perform CPR if the person’s heart or breathing stops and restarting would not result in a meaningful life.
- Make sure the person gives copies of the documents to their doctors and a few family members or friends. Take the documents to the hospital if the person is admitted.

<table>
<thead>
<tr>
<th>Things to Know and What to Do When a Loved One Dies</th>
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<tbody>
<tr>
<td><strong>What to do after a loved one dies:</strong></td>
</tr>
<tr>
<td><strong>Get a legal pronouncement of death.</strong> If your loved one died in a hospital, a doctor can take care of this for you. If he or she died while in hospice, call your hospice nurse. If your family member is at home, call 911.</td>
</tr>
<tr>
<td><strong>Arrange for organ donation (if applicable).</strong> Check your loved one’s driver’s license and/or advance directive to see if he or she was an organ donor. If so, let hospital staff know immediately (or call a nearby hospital if your loved one died at home).</td>
</tr>
<tr>
<td><strong>Notify close friends and family.</strong> Every family is different, and there’s no one right way to do this. For some families, sharing the news in-person or over the phone is critical. For others, an email or text message may be alright.</td>
</tr>
<tr>
<td><strong>Decide what you’d like to do with your loved one’s body and arrange transportation.</strong> First, check to see if your loved one expressed any wishes about final disposition or had made prepayments to a funeral home or cemetery. If no wishes or plans have been stated, you have three main options:</td>
</tr>
<tr>
<td>– Call a funeral home. A funeral home can help you arrange either a burial or cremation. It is recommended in checking reviews and prices for a few different funeral homes before making a decision, as both can vary widely.</td>
</tr>
</tbody>
</table>
– Call a crematory. While you can arrange a cremation through a funeral home, there are also crematories that will work with you directly if you aren’t interested in the added services of a funeral director. A direct cremation through a crematory can be one-third of the cost of a direct cremation through a funeral home.

– Call a full-body donation organization. Your loved one may have already registered to be a body donor so check for paperwork. If he or she hasn’t, there are still many programs that accept donations from next of kin. Many medical school programs rely on body donations and will cover most costs and coordinate with other research programs.

If the deceased was a veteran, notify Veterans Administration (tel. 1.800.827.1000) to determine applicable benefits.

Arrange care for any pets or dependents. If your loved one was responsible for caring for people or pets, quickly find someone who can care for them temporarily while you figure out a long-term plan.

Call Social Security (tel. 1.800.772.1213) to notify them of the death (if the funeral home has not done so already).

Secure their property. If your loved one lived on their own, make sure his or her home and any vehicles are locked up. Remove any valuables. Arrange for ongoing property maintenance.

Notify the person’s employer. If the deceased was employed (or actively volunteering), call to let them know that your loved one has passed away. Determine any employment benefits like pay owed, life insurance policies, death benefits, pension plans and credit unions.

Ask the post office to forward mail. If the person lived alone, this will prevent mail from piling up and showing that the property is unoccupied. The mail may also help you identify bills that need to be paid and accounts that should be closed.

Obtain death certificates (usually from the funeral home or town hall in the town they died in). Get multiple copies (10-15); you’ll need them for financial institutions, government agencies, and insurers.

Consult with an attorney about probate (if necessary).

Notify any banks or mortgage companies. If you’re unsure of what accounts your loved one held, use their mail and any online accounts you have access to in order to identify what accounts may be open. Then, take copies of the death certificate to each bank and change ownership of the accounts.

Reach out to any financial advisors or brokers. Try to identify any additional financial and investment accounts that your loved one held. Work with each one to transfer ownership. You’ll likely need a death certificate for each account.

Notify life insurance companies. Fill out the claim form for any life insurance policies that the deceased had. Also, suggest to family who may have listed your loved one on their policies as a beneficiary to make the appropriate revisions.

Cancel all insurance policies. This could include health insurance, car insurance, homeowner’s insurance, etc. Depending on the policy, reach out to either the insurance company or your loved one’s employer to stop coverage. If the deceased was on Medicare, the Social Security office will inform them of the death, but if your loved one had Medicare Prescription Drug Coverage (Part D), a Medicare Advantage plan and/or a Medigap policy, you need to call each yourself to cancel.

Identify and pay important bills. Make a list of bills that are likely to be due (e.g. mortgage, car payments, electricity), and do your best to track them down via the person’s mail and online accounts. Set up a plan to ensure these bills continue to be paid on time.

Close credit card accounts. Leverage your loved one’s mail, wallet and any online accounts you have access to in order to identify open credit card accounts. For each one, you’ll likely need to call customer service and then email or mail a copy of the death certificate.

Notify credit reporting agencies. Provide copies of the death certificate to Experian, Equifax and TransUnion in order to minimize the chances of identity theft. It’s also a good idea to check your loved one’s credit history in another month or two to confirm that no new accounts have been opened.

Cancel the person’s driver’s license. This will also help to prevent identity theft. Go online or call your state’s DMV for instructions. Have a
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: bonnie.tormay@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
SOUTHINGTON – Sitting in the late afternoon sunshine on the new outdoor patio on May 15, Rose Griffin and other Southington Care Center residents witnessed the ribbon-cutting for the new garden room and therapeutic outdoor space. The new setting is a beautiful, relaxing haven for everyone, she said.

The second-floor project was designed to engage patients who have dementia with the outdoors, however, all residents and staff have been using the room and patio which feature comfortable seating, raised planters, a window wall and custom lighting. In considering the older population and skilled-nursing setting, great attention to detail had been taken.

Among those attending the event at 45 Meriden Ave. were board members and staff of the Main Street Community Foundation, which awarded the $150,000 grant from the Bradley Henry Barnes & Leila Upson Barnes Memorial Trust. “This space really expands and illustrates the vision that Bradley Barnes had to better lives in the Southington community. Bringing the outside in has enhanced the health and well-being of residents and staff. It’s amazing,” said Susan Sadecki, president and CEO of the Main Street Community Foundation.

Studies have shown that connection to nature and natural daylight is vital for physical, mental and emotional well-being. Residents are able to plant flowers, watch birds and butterflies, and experience the sights, sounds and feelings of outdoors.

Among the guests were donors of the new fireplace which was dedicated in the memory of residents Wallace Bickley and Mary “Mitzi” Kohl. Tracey Eck represented the Bickley family and a group of women who had known Kohl since childhood gathered around the fireplace for photos.

William Kowalewski, Southington Care Center executive director, thanked the foundation for making the vision a reality. “The Main Street Community Foundation and Southington Care Center have the same goals: to promote the well-being of those in our community,” he said.

Southington Care Center, located at 45 Meriden Ave., offers skilled nursing and rehabilitation services, and is a not for profit member of Hartford HealthCare Senior Services. For more information about Southington Care Center, visit http://southingtoncare.org.
By Anna Russo, RD, Southington Care Center

Sodium is a mineral that’s essential for life. It helps control your body’s fluid balance, sends nerve impulses and affects muscle function. However, many people eat far more than the recommended amount each day. In order to reduce your sodium intake, it’s important to know what to look for in the foods you eat.

Most Americans consume at least 3,400 mg of sodium per day, far greater than the Dietary Guidelines for Americans which recommends limiting sodium to less than 2,300 mg a day. Higher salt intake increases blood pressure and water retention and raises the risk of cardiovascular disease, kidney disease, urinary stones and osteoporosis.

It’s best to aim for about 1,500 mg daily. Eliminating salt at the table is the first step. Even a dash of salt can add 150 mg to your plate. Salt options include: sea salt, regular or non-iodized salt, kosher salt and Himalayan salt. Always check with your doctor before using salt substitutes, especially if you have kidney problems. Salt-free seasonings are a good option.

Reducing salt intake: easy, delicious and… healthier

Additional ways you can cut back on sodium:

- **Eat more fresh foods.** Most fresh fruits and vegetables are naturally low in sodium. Fresh meat is lower in sodium than processed meats or those that have been injected with a sodium-containing solution.

- **Start home-cooking.** Remove salt from recipes whenever possible. Get your taste buds’ attention by using herbs, spices and other flavorings to zing up your meals. Marinate with a variety of spices combined with an acid such as lemon, lime juice or vinegar – not a store-bought marinade.

- **Limit use of sodium-laden condiments.**

- **Read food labels.** Choose foods that are low in sodium preferably less than 140 mg. Watch for hidden salt such as monosodium glutamate, baking soda, baking powder, and sodium-based ingredients.

Taste for salt is acquired – decrease your use of salt gradually and your taste buds will adjust. As you use less salt, your preference for it diminishes, allowing you to enjoy the taste of the food itself, with heart-healthy benefits.

**INGREDIENTS:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1/2 tbsp</td>
<td>Olive Oil</td>
</tr>
<tr>
<td>2 cups</td>
<td>Onions, Fresh, Chopped</td>
</tr>
<tr>
<td>2 tbsp Minced Garlic Cloves, Fresh</td>
<td></td>
</tr>
<tr>
<td>2 lb</td>
<td>Pumpkin, Fresh, Cubed</td>
</tr>
<tr>
<td>4 1/2 cup</td>
<td>Water</td>
</tr>
<tr>
<td>1 1/2 tsp</td>
<td>Ground Cinnamon</td>
</tr>
<tr>
<td>3/4 tsp</td>
<td>Ground Allspice</td>
</tr>
</tbody>
</table>

**METHOD:**

Drizzle olive oil into a hot pot and sauté the onions and garlic for about 3 minutes until softened and slightly brown. Add the pumpkin and toss. Add water (just enough to submerge pumpkin) and bring to a boil. Lower the heat to simmer; cover with lid and cook for 20-30 minutes, until pumpkin is tender. Transfer to a blender; add seasoning and spices and blend until smooth. Return to pot and add the cream and stir to incorporate and until hot.

**CHEF’S NOTES:**

Garnish with toasted pumpkin seeds. Sugar Pie Pumpkin was used in this recipe. Sweetness and starch levels vary with pumpkin types so adjust seasoning and liquid as needed. Use caution when blending hot ingredients.

**CALORIES (kcal):** 120
**PROTEIN (g):** 2
**CARBOHYDRATE (g):** 20
**TOTAL FAT (g):** 5
**SODIUM (mg):** 410
**SAT FAT (g):** 2.5
**DIETARY FIBER (g):** 2

**Portion:** 1-1/2 cups

**Yields:** 6
Get Your Back On Track: The Hospital of Central Connecticut Opens New Spine Center

Adults struggling with acute back and neck pain issues now have access to specialized care at The Hospital of Central Connecticut Spine Center. The new center provides urgent and follow-up care for patients with new pain and injuries. The center, which accepts walk-ins and appointments, treats a variety of conditions, including:

- Back injuries
- Acute back and neck pain
- Acute on chronic back and neck pain
- Spinal stenosis
- Degenerative discs
- Pinched nerves
- Herniated discs
- Sciatica
- Muscle spasms
- Bulging discs

Patients may receive referrals for imaging, physical therapy, injections, pain management, and when appropriate, a surgical opinion. The center uses a multidisciplinary model, including clinicians from physiatry, behavioral health, pain management, spine surgery, emergency medicine, radiology, and more. To make an appointment, call 860.224.5535.

Hartford HealthCare Opens another Center for Healthy Aging at Backus Hospital

The Center for Health Aging at Backus, which is located on the hospital’s entry level across from the hospital library, will opened on June 13. The new center is the 11th to be opened by Hartford HealthCare Senior Services including centers at Hartford HealthCare acute care hospitals Hartford Hospital, Charlotte Hungerford, The Hospital of Central Connecticut, MidState Medical Center, and Windham Hospital. “While there are a lot of great organizations in the area that can give assistance to seniors, patients and families aren’t always aware of them,” said Kristine Johnson, resource coordinator, Hartford HealthCare Center for Healthy Aging. “The Center will not only make patients and families aware of these services, we’ll also connect them directly so they can get the help they need.” The Hartford HealthCare Center for Healthy Aging is a resource and assessment center designed to make it easier for seniors, their loved ones and caregivers to access essential information and services to attain the optimal quality of life. Johnson says the Center will connect clients to other services such as primary care providers, specialists, estate planning, and fitness programs just to name a few.
Angelina Gange, a resident of The Orchards at Southington, is nearing her 100th birthday. However, she has no problem recounting stories of her military service more than 70 years ago. Gange said her father was an air raid warden, her sister was a cadet nurse and her brother was in the Air Force so it was only natural for her to enlist, too, during World War II. She served for “two years, three months and 26 days” primarily in the medical corps where she trained air crews in a low pressure chamber.

On Flag Day, June 14, she and 14 other residents were recognized for their military service during the unveiling of the Wall of Honor at The Orchards at Southington, an assisted and independent senior living community located at 34 Hobart St. The wall features a scrolling monitor displaying the names, details of service and photos – then and now – of the community veterans. Emblems representing all five branches of the military and a plaque of the Pledge of Allegiance accent the wall.

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

Amston Home Transition Solutions
203.265.2299
61 N. Plains Industrial Road #173, Wallingford
FREE in home evaluation and estimates for any services. 10% off cleanout/removal services.

Aziagos Restaurant
860.426.1170
166 Queen Street Southington
10% off dinner items from lunch items, excludes desserts. Dine-in only; not valid on holidays, cannot be used with any other coupon or promotion.

B & V Jewelers
860.276.2097
76 N. Main St. Southington
One free watch battery per person, not applicable on solar powered watches, Smart watches or on lithium batteries.

Barker Animation
203.272.2222
1188 Highland Avenue Route 10, Cheshire
20% Collectors Star Club discount & $1 off museum entrance fee

Beacon Pharmacy
860.628.3972
51 N. Main Street Southington
Free local Delivery

Beacon Prescriptions
860.225.6487
543 West Main Street New Britain
Free prescription delivery. M-F, 9-6pm

Bongiovanni Insurance and Financial LLC | 203.237.7900
97 East Main Street Meriden
10% off tax preparation

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
**merchant discounts**

<table>
<thead>
<tr>
<th>Business Name</th>
<th>Address</th>
<th>Discount/Service</th>
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<tbody>
<tr>
<td>Casey’s Image Consultants</td>
<td>51 North Main Street Suite 1BB, Southington</td>
<td>First time customer $10 off perm, First time customer $10 off color, invite a friend and receive $10 off after your second perm or color. Call for an appointment</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>Charter Financial – Insurance and Financial Services Co.</td>
<td>76 Batterson Park Road Farmington</td>
<td>Free financial consultation. Includes “Needs-analysis portfolio” and “Professional Recommendation”</td>
</tr>
<tr>
<td>Colony Optitians</td>
<td>60 Church Street Wallingford</td>
<td>20% off eyeglasses</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>Eyewear Glasses</td>
<td>55 Meriden Avenue Southington</td>
<td>15% off any pair of glasses</td>
</tr>
<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>Giovannni’s Pizzeria</td>
<td>714 West Street Southington</td>
<td>10% off Tues &amp; Wed, pick-up only. Except when using a coupon.</td>
</tr>
<tr>
<td>Graebers</td>
<td>172 W. Main Street Meriden</td>
<td>10% off durable equipment &amp; prescription drugs/Free delivery to Meriden, Wallingford and Cheshire</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>Greenbackers</td>
<td>744 Murdock Avenue Meriden</td>
<td>10% off regularly priced items</td>
</tr>
<tr>
<td>Hearing Health &amp; Wellness Center</td>
<td>710 Main Street Clock Tower Sq. Plantsville</td>
<td>One free Battery Club membership with every hearing aid purchase.</td>
</tr>
<tr>
<td>Justine Hart, LMT/Massage Therapist</td>
<td>846 Atkins Street Middletown</td>
<td>5% off any service</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>
</tr>
<tr>
<td>La Vita Vintage</td>
<td>774 South Main Street Plantsville</td>
<td>10% off any item. Present card prior to check out</td>
</tr>
<tr>
<td>Meriden YMCA</td>
<td>110 W. Main Street Meriden</td>
<td>BE OUR GUEST, your MyHealthy Advantage card entitles you to one free visit at the Meriden YMCA</td>
</tr>
</tbody>
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*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.*
<table>
<thead>
<tr>
<th>Merchant Discount Offer</th>
<th>Phone Number</th>
<th>Address</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Next Street Driver Rehab Services</td>
<td>860.417.5569</td>
<td></td>
<td>After clinical assessment, $25.00 off for driving assessment and $50.00 off for both clinical and driving assessment.</td>
</tr>
<tr>
<td>October Kitchen</td>
<td>860.533.0588</td>
<td>309 Green Road Manchester</td>
<td>10% off all menu items with the My Healthy Advantage Card. Cannot be used with any other coupon or promotion.</td>
</tr>
<tr>
<td>Pals Power Washing, LLC</td>
<td>860.919.8748</td>
<td>41 Riverside Court Southington</td>
<td>Free Cabot stain for all deck restorations or 10% off any house washing.</td>
</tr>
<tr>
<td>Pelton’s Home Health Care</td>
<td>860.761.0008</td>
<td>898 Silas Deane Highway Wethersfield</td>
<td>10% off in-store, retail purchases every Thursday.</td>
</tr>
<tr>
<td>Professional Vision Center</td>
<td>203.269.2207</td>
<td>512 West Main Street Meriden</td>
<td>20% off all services.</td>
</tr>
<tr>
<td>Schmidt Lawn Care, LLC</td>
<td>860.628.9781</td>
<td>P.O. Box 1035 Southington</td>
<td>10% off complete fall clean-up of property or curbside leaf removal.</td>
</tr>
<tr>
<td>Serafino’s Pharmacy</td>
<td>860.628.7979</td>
<td>36 N. Main Street Southington</td>
<td>10% off prescriptions.</td>
</tr>
<tr>
<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>
</tr>
<tr>
<td>Southington Cheshire YMCA</td>
<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>
</tr>
<tr>
<td>Specialty Auto Cleaning &amp; Detailing</td>
<td>860.628.5011</td>
<td>200 Clark Street Milldale</td>
<td>15% off any service/free pickup &amp; delivery in most areas.</td>
</tr>
<tr>
<td>Solinksy EyeCare LLC</td>
<td>860.236.4979</td>
<td>1013 Farmington Ave., West Hartford</td>
<td>Eyeglasses; $100 off Full frame and lenses; Hearing aids - 10% off up to $300. Contact Lenses - $50 off any purchase over $300.</td>
</tr>
<tr>
<td>The Dutiful Daughter, LLC</td>
<td>860.432.5503</td>
<td>103 Thayer Road Manchester</td>
<td>15% off packing, moving and content removal services.</td>
</tr>
<tr>
<td>The Sandman Gallery Frame Shoppe &amp; Cafe</td>
<td>203.686.0000</td>
<td>14 West Main Street Meriden</td>
<td>15% all framing purchases/15% off coffee &amp; dessert when available.</td>
</tr>
<tr>
<td>Town Fair Tire</td>
<td>203.467.8600</td>
<td>750 Queen Street Southington</td>
<td>5% off your total purchase at ANY Town Fair Tire in CT (Southington, Bristol, Wallingford, New Britain, etc.) With Code #38615.</td>
</tr>
<tr>
<td>Wallingford Sew-Vac Center</td>
<td>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>Walsh &amp; Massari</td>
<td>203.235.1681</td>
<td>86 W. Main Street Meriden</td>
<td>25% off all eye care services.</td>
</tr>
<tr>
<td>Welcome Home Mortgage, LLC</td>
<td>860.761.1331</td>
<td>1331 Silas Deane Highway Wethersfield</td>
<td>Specializing in Reverse Mortgages. Your appraisal fee refunded at closing.</td>
</tr>
</tbody>
</table>

*Advantage Club will not be held responsible.*
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 Bonnie.Tormay@hhchealth.org or call 860.378.1268.

### Blood Pressure Screenings

**Southington Community YMCA**  
29 High St., Southington.  
**Tuesdays, Sept. 3, Oct. 1, Nov. 5 and Dec. 3, 9:30-10:30am.**  
Sponsored by Hartford HealthCare Center for Healthy Aging staff.

**Wethersfield Community Center**  
30 Greenfield St., Wethersfield.  
**Wednesdays, Sept. 4, Oct. 2, Nov. 6 and Dec. 4, 11am-12pm.**  
Sponsored by Cedar Mountain Commons and Jefferson House staff.

**Calendar House**  
388 Pleasant St., Southington.  
**Thursdays, Sept. 5, Oct. 3, Nov. 7 and Dec. 5, 11am-noon.**  
Sponsored by Hartford HealthCare Center for Healthy Aging staff.

**Plainville Senior Center**  
200 East St., Plainville.  
**Wednesdays, Sept. 11, Oct. 9, Nov. 13 and Dec. 11, 12:30-1:30pm.**  
Sponsored by Hartford HealthCare Center for Healthy Aging 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. Sponsored by Hartford HealthCare Center for Healthy Aging.

**Hartford HealthCare**  
**HealthCenter**, 35 Talcottville Road, Vernon.  
**Free.** Facilitated by Jennifer McCaughey, MS, resource coordinator, Hartford HealthCare Center for Healthy Aging. **RSVP to Jennifer McCaughey, 860.696.4623.**

**Hartford HealthCare**  
**HealthCenter**, 2 Northwestern Drive, Bloomfield.  
**Free.** Facilitated by Amina Weiland, CDP, CDCP, resource coordinator. **RSVP to Amina Weiland, 860.286.3236.**

**Hartford HealthCare Center for Healthy Aging at Charlotte Hungerford**, 540 Litchfield St., Torrington.  
**Free.** Facilitated by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. **RSVP to Jennifer Labrie, 860.496.6240.**

**Wednesday, Sept. 11, 9:30am-noon.**  
Vernon Senior Center, 135 Bolton Road, Vernon.  
Facilitated by Adrienne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. **RSVP to Vernon Senior Center, 860.870.3680.**

**Wednesday, Sept. 11, 10-11:45am.**  
Windsor Senior Center, 599 Matianuck Ave., Windsor.  
Free. Facilitated by Amina Weiland, CDP, CDCP, resource coordinator. **RSVP to Windsor Senior Center, 860.285.1992.**

**Wednesday, Sept. 18, 1-4pm.**  
**Free.** Southbury Senior Center, 561 Main St., Southbury.  
Facilitated by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. **RSVP to Kathy Anderson, 203.262.0651.**

**Wednesday, Oct. 9, 1-3pm.**  
**Free.** New Hartford Senior Center, 530 Main St., 3rd Floor, New Hartford.  
Facilitated by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. **RSVP to Diane Barrett, 860.379.3980.**

**Wednesday, Oct. 9, 12:30-1:30pm.**  
**Free.** Plainville Senior Center, 200 East St., Plainville.  
Facilitated by Jennifer Doty, BSW, Mulberry Gardens of Southington. **RSVP to Plainville Senior Center, 860.747.5728.**

**Tuesday, Oct. 29, 9am-noon.**  
**Free.** Lebanon Senior Center, 37 W. Town St., Lebanon.  
Facilitated by Adrianne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. **RSVP to Lebanon Senior Center, 860.379.3980.**

**Wednesday, Oct. 29, 1-3pm.**  
Vernon Senior Center, 135 Bolton Road, Vernon.  
Facilitated by Amina Weiland, CDP, CDCP, resource coordinator. **RSVP to 1.855.hhcHere/1.855.442.4373.**

**Wednesday, Oct. 29, 1-3pm.**  
**Free.** Southbury Senior Center, 561 Main St., Southbury.  
Facilitated by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. **RSVP to Kathy Anderson, 203.262.0651.**

### Bereavement Support Groups

Sponsored by Hartford HealthCare at Home Hospice Care

**First and third Wednesdays:**  
Sept. 4 & 18, Oct. 2 & 16, Nov. 6 & 20, and Dec. 4 & 18, 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.**

**First and third Thursdays:**  
Sept. 5 & 19, Oct. 3 & 17, Nov. 7 & 21, and Dec. 5 & 19, 11am-12:30pm.  
**Free.** Mansfield Center.  
Facilitator Ivan Bilyk, pastoral counselor supervisor. **RSVP to 1.855.HHC.HERE/1.855.442.4373.**


Alzheimer’s and Dementia Support Group

First Tuesdays: Sept. 3, Oct. 1, Nov. 5 and Dec. 3, 10-11am. Free. West Hartford Senior Center, 15 Starkel Road, West Hartford. Do you care for someone diagnosed with dementia? A support group provides emotional, educational and social support. Topics include: communication techniques, caregiver support, benefits of activities, stages of the disease, family dynamics and safety issues. Facilitated by 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 Wyman, 860.667.4459.


Second Wednesdays: Sept. 11, Oct. 9, Nov. 13 and Dec. 11, 6:30-8pm. Free. Southington Care Center, Anna Fanelli Room, 45 Meriden Ave., Southington. See description above. This group is an affiliated support group of the Alzheimer’s Association Connecticut Chapter. Facilitated by Patty O’Brien, dementia specialist, Hartford HealthCare Center for Healthy Aging. Hosted by Southington Care Center and Hartford HealthCare Center for Healthy Aging. RSVP to Patty O’Brien, 860.628.3833.


Diabetes Support Group

YMCA Diabetes Prevention Program
Tuesdays and Thursdays, Sept. 17 through Dec. 5. Free. Southington Community YMCA, Spirit Mind Body Center, 130 N. Main St., Southington. Sessions are offered 12:30 or 7pm. This 12-week series incorporates exercise with education from health professionals including Hartford HealthCare registered dieticians, pharmacists, and advanced practice registered nurses. Participants receive a free three-month YMCA membership and guidance in the gym. For Southington residents only. For more information, contact Jolene Miceli, Southington Community YMCA, 860.426.9589 or email jmiceli@sccymca.org.

Parkinson’s Disease Support

Beat Parkinson’s Today
Mondays and Thursdays: Sept. 2, 5, 9, 12, 16, 19, 23, 26 & 30, Oct. 3, 7, 10, 14, 17, 21, 24, 28 & 31, Nov. 4, 7, 11, 14, 18, 21, 25, 28 and Dec. 2, 5, 9, 12, 16 & 19. Beginner – 2pm; Bronze – 3pm. Free. Chase Family Movement Disorders Center, 35 Talcottville Road, Suite 3, Community Well and Education Room, Vernon-Rockville. Beat Parkinson’s Today is an exercise program that can improve the quality of life of people with movement disorders by performing exercises that are functional to everyday living. Classes consist of boxing and functional interval exercises. Every workout is scalable to each individual. Classes encourage brain activation, challenge balance and stability, and teach proper technique and form. Registration required. RSVP online at www.beatpdtoday.com or call 860.463.3747.

Deep Brain Stimulation (DBS) Patient Seminar
Wednesday, Sept. 4, 12-2pm. Free. Chase Family Movement Disorders Center, 35 Talcottville Road, Suite 3, Community Well and Education Room, Vernon-Rockville. This seminar is 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. Presented by Sarah Johnson, RN, BSN, Deep Brain Stimulation Program coordinator. Food and beverages provided. Registration required. RSVP to Sarah Johnson, 860.549.6258.

Heart Disease Support Group

Women with Heart Disease is the nation’s only patient-centered organization serving the 48 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. Presented by various speakers. RSVP to 1.855.HHC. HERE/ 1.855.442.4373.

Movement Disorders and Other Neurodegenerative Conditions
Fourth Tuesdays, Sept. 24, Oct. 22 and Nov. 26, 3:30-5pm. Free. Hartford HealthCare, Chase Family Movement Disorders Center, 35 Talcottville Road, Suite 3, Community Well and Education Room, Vernon-Rockville. This monthly support group for caregivers provides an opportunity to share their experiences and receive inspiration, guidance and validation in a safe, compassionate environment. Presented by Amanda Brill, LCSW and Jennifer McCaughey, MS, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Amanda Brill, 860.696.4653 or email Amanda.Brill@hhchealth.org.

Stroke Support Groups

Wednesday, Sept. 11 and Nov. 13, 3pm. Free. MidState Medical Center, 435 Lewis Ave., Conference Room 7 (3rd Floor), Meriden. This group provides support and education for stroke survivors and their caregivers/families. Light refreshments will be served. Facilitated by Christina Collin, stroke coordinator. Registration is not required. For questions, contact
special programs and events

Christina Collin, 860.224.5900, ext. 6468.

**Wednesday**, Oct. 9 and Dec. 11, 3pm. **Free**. Hospital for Special Care, 2150 Corbin Ave., New Britain. See description above. Facilitated by Christina Collin, stroke coordinator. Registration is not required. For questions, contact Christina Collin, 860.224.5900, ext. 6468.

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**Cancer Support Groups**

**LIVESTRONG at the YMCA**

**Free**. Cheshire Community YMCA, 961/967 S. Main St., Cheshire. Have you, or someone you know, been diagnosed with cancer? Whether in treatment, in remission, or you have beaten it, you are eligible to participate in the LIVESTRONG at the YMCA program. The Cheshire Community YMCA is seeking participants for the next session. Small group class meets twice weekly for 12 weeks. A full YMCA membership is included during the program. For more information, contact John Phillips at 203.272.3150, ext. 511 or email jphillips@sccymca.org.

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**Informational Events**


**MidState Medical Center**

**Annual Cancer Survivors Day**

Sunday, Sept. 8, 2-4pm. **Free**. Hubbard Park, 999 W. Main St., Meriden. This afternoon is dedicated to our cancer survivors. Join us for this celebration of life. Music, fun and balloonist for the kids. Hear stories from patients and caregivers. RSVP to Denise Jones-Gagne, 203.694.8631 or email Denise.Jones-Gagne@hhchealth.org.

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**QiGong: Freedom from Stress**

Saturday, Sept. 7, Monday, Nov. 11, 10am-12pm. **Free**. Hartford HealthCare Cancer Institute, 183 N. Mountain Road, Conference Room B/C, New Britain. Learn how to calm your mind and release tension from your body using very gentle ancient Chinese healing exercises called QiGong (“Chee-Gong”) while also learning how to handle all your emotions with ease and self-compassion. Presented by Lauren Ciborowski. Sponsored by Hartford HealthCare. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

**QiGong: Healing for Cancer Survivors**

Thursday, Sept. 5, 1pm. **Free**. Plainville Senior Center, 200 East St., Plainville. New guidelines from the American College of Physicians say the first line of therapy for chronic back pain should be non-drug treatments. Learn various approaches to minimizing lower back pain. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. Sponsored by Southington Care Center. RSVP to Plainville Senior Center, 860.747.5728

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**Dementia and Caregiving: Focusing on the Person while Understanding the Disease Progression. Thursdays, Sept. 5, 12, 19 & 26 and Oct. 3, 2-3:30pm. **Free**. Berlin Senior Center, 33 Colonial Drive, Berlin. Are you caring for someone with dementia? Do you want to more about the progression of the disease and good communication tips? Would you like to be able to recognize common behaviors and know how to respond?

Five-week program includes:

- **Week 1** – Overview of Dementia
- **Week 2** – Basics of Good Communication and Understanding Behaviors
- **Week 3** – Safety in the Environment and how to structure a day with activities
- **Week 4** – Taking Care of the Caregiver and Care Options
- **Week 5** – Legal and Financial

Presented by Patty O’Brien, CDP, and Michelle Wyman, LSW, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Berlin Senior Center, 860.828.7006.

**Chronic Back Pain**

**Thursday, Sept. 5, 1pm. Free.** Plainville Senior Center, 200 East St., Plainville. New guidelines from the American College of Physicians say the first line of therapy for chronic back pain should be non-drug treatments. Learn various approaches to...
Medicare 101: Understanding Your Options  
Monday, Sept. 9, 5:30-7pm. Free. The Hospital of Central Connecticut, 100 Grand St., Lecture Room 1 & 2, New Britain. Medicare 101 focuses on the basics of Medicare and understanding your Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose your plan; and your options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Marissa Hiebel, Medicare educator. Light refreshments will be served. Sponsored by Hartford HealthCare and Integrated Care Partners.

Pinot & Prevention: A Night out in Southington  
Tuesday, Sept. 10, 6-8:30pm. $20, must be made by credit card. Aqua Turf Club, Wagon Room, 556 Mulberry St., Plantsville. Learn more about: Heart disease in women, how to prevent heart disease, and the latest treatment options. Presented by Heather Swales, MD, cardiologist, director, Women’s Heart Wellness Center. Wine and dessert included. Registration deadline is Sept. 3. Sponsored by The Hospital of Central Connecticut and Running with Scissors. RSVP to 1.855.HHC. HERE/ 1.855.442.4373.

Healthy Brain Series  
Mondays, Sept. 9, 16 and 23, 10:30am. Free. Cheshire Senior Center, 240 Maple Ave, Cheshire. This three-part series offers 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: Maintaining good nutrition for optimal brain health  
Session 2: Importance of mental and physical exercise and sleep for optimum brain health  
Session 3: Managing stress and learning the benefit of being social and having a purpose for a healthy brain

Presented by Patty O’Brien, CDP, and Michelle Wyman, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Cheshire Senior Center, 203.272.8286.

Introduction to Mental Health Benefits and Services  
Tuesday, Sept. 10, 6:30-7:45pm. Free. Institute of Living, 200 Retreat Ave., Massachusetts Cottage, Group Room (1st Floor), Hartford. The Mental Health Benefits lecture provides participants an overview of benefit programs available for individuals with mental health disabilities. Presented by Patricia Graham, BA, Institute of Living. Sponsored by Hartford HealthCare Institute of Living. Registration required. RSVP to 1.855.HHC. HERE/ 1.855.442.4373.

Dementia and Caregiving: Focusing on the Person While Understanding the Disease Progression. Tuesdays, Sept. 10, 24, Oct. 15, Nov. 12 and Dec. 3 6:30-8pm. Free. Avon Senior Center, 635 W. Avon Road, Avon. Are you caring for someone with dementia? Do you want to more about the progression of the disease and good communication tips? Would you like to be able to recognize common behaviors and know how to respond? Five-week program includes:

Sept. 10 – Overview of Dementia  
Sept. 24 – Legal and Financial  
Oct. 15 – Basics of Good Communication and Understanding Behaviors  
Nov. 12 – Safety in the Environment and how to structure a day with activities  
Dec. 3 - Taking Care of the Caregiver and Care Options

Presented by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Avon Senior Center, 860.675.4355.
How to Fall Safely  
Wednesday, Sept. 11, 1-2pm.  
Free. Winsted Senior Center, 80 Holabird Ave., Winsted.  
Avoiding slips, trips and falls isn’t always easy. Learn how to fall safely – backwards and forwards – and reduce the risk or lessen the severity of injury. Presented by Mitchell Nyser, exercise physiologist, GoodLife Fitness. Sponsored by GoodLife Fitness. RSVP to Winsted Senior Center, 860.379.4252.

Managing Chronic Back Pain  
Wednesday, Sept. 11, 11:30am.  
Free. West Hartford Senior Center, 15 Starkel Road, West Hartford. New guidelines from the American College of Physicians say the first line of therapy for chronic back pain should be non-drug treatments. Presented by Evan Gross, exercise physiologist. Sponsored by GoodLife Fitness. RSVP to West Hartford Senior Center, 860.561.7583.

Understanding Digestive Disorders  
Thursday, Sept. 12, 6:30pm.  
Free. Hartford HealthCare Wellness Center at Blue Back Square, 65 Memorial Road, Suite 425, West Hartford. Learn more about causes of chronic constipation, how to manage symptoms, and dietary recommendations. Q&A with the doctor will follow. Presented by Maria Johnson, MD, board-certified gastroenterologist. Sponsored by Hartford HealthCare. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Calm Your Mind, Heal Your Body  
Sunday, Sept. 15, 1-3pm. Free.  
Are you dealing with a health issue that gets aggravated when you feel stressed? According to the American Medical Association, over 90% of all illness is stress-related. Calm your mind and release tension from your body using very gentle ancient Chinese healing exercises called QiGong (“Chee-Gong”) while maximizing your body’s natural ability to heal. Presented by Lauren Ciborowski and Rachel Gaull Brophy. Sponsored by Hartford HealthCare. Call for location. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Medicare 101  
Monday, Sept. 16, 1pm. Free.  
Gateway Medical Park, 305 Western Blvd., Education Room, Suite C, Glastonbury. Medicare 101 focuses on the basics of Medicare and understanding your Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose your plan; and your options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Marissa Hiebel, Medicare educator. Light refreshments will be served. Sponsored by Hartford HealthCare Senior Services. Seating is limited, registration required. RSVP to Wallingford Senior Center, 203.265.7753.

YMCA Diabetes Prevention Program  
Tuesdays and Thursdays, Sept. 17 through Dec. 5. Free.  
Southington Community YMCA, Spirit Mind Body Center, 130 N. Main St., Southington. Sessions are offered 12:30 or 7pm. This 12-week series incorporates exercise with education from health professionals including Hartford HealthCare registered dieticians, pharmacists, and advanced practice registered nurses. Participants receive a free three-month YMCA membership and guidance in the gym. For Southington residents only. For more information, contact Jolene Miceli, Southington Community YMCA, 860.426.9589 or email jmiceli@sccymca.org.
Dementia and Caregiving: Focusing on the Person while Understanding the Disease Progression. Tuesdays, Sept. 17, 24, Oct. 1, 8 & 15, 6-7:30pm. Free. Litchfield Community Center, 421 Bantam Road, Litchfield. Are you caring for someone with dementia? Do you want to more about the progression of the disease and good communication tips? Would you like to be able to recognize common behaviors and know how to respond? Five-week program includes:

**Session 1 – Overview of Dementia**

**Session 2 – Basics of Good Communication and Understanding Behaviors**

**Session 3 – Safety in the Environment and how to structure a day with activities**

**Session 4 – Taking Care of the Caregiver and Care Options**

**Session 5 – Legal and Financial**

Presented by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Jennifer Labrie, 860.496.6240.**

How to Fall Safely

Wednesday, Sept. 18, 1:30pm. Free. Calendar House, 388 Pleasant St., Southington. Avoiding slips, trips and falls isn’t always easy. Learn how to fall safely – backwards and forwards - and reduce the risk or lessen the severity of injury. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. **Sponsored by GoodLife Fitness. RSVP to Calendar House, 860.621.3014.**

Dementia and Caregiving: Focusing on the Person while Understanding the Disease Progression

**Wednesdays, Sept. 18, 25, Oct. 2 & 9, 10-11:30am. Free. Windsor Locks Senior Center, 41 Oak St., Windsor Locks. Are you caring for someone with dementia? Do you want to more about the progression of the disease and good communication tips? Would you like to be able to recognize common behaviors and know how to respond? Five-week program includes:**

**Week 1 – Overview of Dementia**

**Week 2 – Basics of Good Communication and Understanding Behaviors**

**Week 3 – Safety in the Environment and how to structure a day with activities**

**Week 4 – Taking Care of the Caregiver and Care Options**

Focusing on the person while understanding the disease progression. Presented by Amina Weiland, CDP, CDCP, resource coordinator, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Windsor Locks Senior Center, 860.627.1425.**

Understanding Alzheimer’s Disease

**Thursday, Sept. 19, 6:30-8:30pm. Free. Bristol Public Library, 5 High St., Meeting Room 2, Bristol. Learn more about: risk factors for Alzheimer’s Disease, signs and symptoms of Alzheimer’s Disease, treatment options and new research findings. Q & A with the doctor will follow. Refreshments will be served. Seating is limited, registration is required. Presented by Amy Sanders, MD, FAAN, Director, Hartford HealthCare Ayer Neuroscience Institute. Sponsored by Hartford HealthCare Ayer Neuroscience Institute. RSVP to 1.855.HHC. HERE/ 1.855.442.4373.**

Live Well with Chronic Conditions

**Mondays, Sept. 23, 30, Oct. 7, 14, 21 & 28, 9-11:30am. Free. Windham Hospital, 112 Mansfield Ave., 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, CDP, CDCP, and Joseph Zuzel, resource coordinators, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Joseph Zuzel, 860.456.6785.**

Anxiety Disorders: An Introduction

**Tuesdays, Sept. 24 and Dec. 3, 6:30-7:45pm. Free. Institute of Living, 200 Retreat Ave., Massachusetts Cottage (1st floor), Hartford. This lecture is for families and friends of individuals who have an anxiety disorder or a related disorder. Participants will acquire a basic understanding of anxiety disorders, their treatments and specific suggestions to help them better cope with the illness. Registration required. Facilitated by Laura Durst. Sponsored by Hartford HealthCare Institute of Living. RSVP to Laura Durst, 860.545.7324.**
Medicare 101: Understanding Your Options
Wednesday, Sept. 25, 5-6:30pm. Free. MidState Family HealthCenter, 435 Lewis Ave., Conference Center 1 & 2, Meriden. Medicare 101 focuses on the basics of Medicare and understanding your Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose your plan; and your options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Marissa Hiebel, Medicare educator. Light refreshments will be served. Sponsored by Hartford HealthCare and Integrated Care Partners. Seating is limited, registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Suffering from Knee and Hip Pain?
Wednesday, Sept. 25, 3-5pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. Learn more about: non-surgical treatment for arthritis; when to consider joint replacement surgery; and types of procedures and recovery times. Q&A with the orthopedic surgeon will follow. Presented by Daniel Witmer, MD. Sponsored by Hartford HealthCare Senior Services and Duncaster. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Navigating the ‘What Ifs’ In Your Golden Years
Thursday, Sept. 26, 1pm. Free. Vernon Senior Center, 135 Bolton Road, Vernon. Prepare for your “Golden Years” by learning about: the varying levels of care available; types of housing; funding sources; and community resources. Discussion will include the differences between being proactive vs. reactive. Presented by Jennifer McCaughey, MS, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Vernon Senior Center, 860.870.3680.

Making Change Simple
Wednesday, Oct. 2, 4:30pm. Free. Cedar Mountain Commons, 3 John H Stewart Drive, Newington. Relocation can be physically and mentally exhausting. The planning, packing, moving, and dealing with your home can cause anxiety and sleepless nights. Join the professionals at Amston Real Estate to learn more about making change simple. Presented by Amston Real Estate Home Transition Solutions. Refreshments will be served. Seating is limited, registration is required. Sponsored by Cedar Mountain Commons. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Healthy Brain Series
Wednesdays, Oct. 2, 10, 16, 23 & 30, 12:30pm. Free. East Windsor Senior Center, 125 Main St., Broad Brook. See description above. Presented by Patty O’Brien, CDP, and Michelle Wyman, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to East Windsor Senior Center, 860.292.8262.

Caring for Your Aging Parents
Wednesday, Oct. 2, 6:30pm. Free. Rockville Public Library, 52 Union St., Vernon. As adult children take on caregiving responsibilities for their parents, they begin to manage their loved one’s finances, living situations, health issues, medical decisions, and other daily activities. Learn more about the impact on the physical and emotional health of caregivers and community resources to prepare for the caregiving journey. Presented by Jennifer McCaughey, MS, resource coordinator. Sponsored by Hartford Health Care Center for Healthy Aging. RSVP to Rockville Public Library, 860.875.5892.
Walktober at Center for Hospice Care  
**Friday, Oct. 4, 10-11am. Free.**
227 Dunham St., Norwich. The Center of Hospice Care Healing Garden engages all the senses in a soothing yet rejuvenating natural sanctuary. Enjoy a walk through Center for Hospice Care’s Healing Garden and experience aromatic herbs and traditionally therapeutic plants for the nose, flowers and succulent garden patterns for the eye, and a beautiful centerpiece waterfall fountain for the ear. Benches under the dappled light of four pergolas look out on four distinctly different garden plots. For children, there is an all-weather “imbarimba” to make music and a community vegetable garden. 
*Supported by The Last Green Valley National Heritage Corridor Walktober 2019. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.*

Understanding Lymphedema  
**Monday, Oct. 7, 1pm. Free.**
Farmington Senior Center, 321 New Britain Ave., Unionville. The World Health Organization estimates that over 250 million people worldwide live with lymphedema or chronic swelling that causes pain and limits mobility. Topics will include: the causes and effects of swelling, ways to manage it, and how participation in skilled occupational and physical therapy can help. Presented by Sonia Bourgeulas, OTR/L CLT-LANA, Hartford Hospital Rehabilitation Network. 
*Supported by Hartford HealthCare Senior Services. RSVP to Farmington Senior Center, 860.675.2490.*

Medicare 101: Understanding Your Options  
**Monday, Oct. 7, 11am. Free.**
North Haven Memorial Library, 17 Elm St., North Haven. Medicare 101 focuses on the basics of Medicare and understanding your Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose your plan; and your options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Marissa Hiebel, Medicare educator. Light refreshments will be served. 
*Sponsored by Hartford HealthCare and Integrated Care Partners. Seating is limited, registration required. RSVP to North Haven Library, 203.239.5803.*

Do You Suffer From Painful or Tender Muscles? Learn about Dry Needling  
**Tuesday, Oct. 8, 1pm. Free.**
Granby Senior Center, 15 N. Granby Road - #C, Granby. Trigger points are irritant, hard “knots” within a muscle that may cause pain over a large area, leading to difficulty performing everyday tasks. Learn more about 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. 
*Sponsored by Hartford HealthCare Senior Services. RSVP to Granby Senior Center, 860.844.5352.*

Caring for Your Aging Parents and Relatives  
**Tuesday, Oct. 8, 6pm. Free.**
Plainville Senior Center, 200 East St., Plainville. As adult children take on caregiving responsibilities for their parents, they begin to manage their loved one’s finances, living situations, health issues, medical decisions, and other daily activities. Learn more about the impact on the physical and emotional health of caregivers and community resources to prepare for the caregiving journey. Presented by Amina Weiland, CDP, CDCP, resource coordinator, Hartford HealthCare Center for Healthy Aging. 
*Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Plainville Senior Center, 860.747.5728.*

Keeping Memory Strong  
**Wednesday, Oct. 9, 1:30pm. Free.**
Calendar House, 388 Pleasant St., Southington. This program will offer tips to keep your brain sharp and activities to challenge the mind, all 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 Calendar House, 860.621.3014.*

Memory Screenings  
**Wednesday, Oct. 9, 12:30-1:30pm. Free.**
Plainville Senior Center, 200 East St., Plainville. Administered by Jennifer Doty, BSW, Mulberry Gardens of Southington. 
*Sponsored by Mulberry Gardens of Southington. Appointments required. RSVP to Plainville Senior Center, 860.747.5728.*

Introduction to Zentangle  
**Saturday, Oct. 12, 9am-12pm. Free.**
Hartford HealthCare Cancer Institute, 183 N. Mountain Road, New Britain. Zentangle is a method of creating abstract art through structured patterns. The relaxed focus provides benefits which may include reduced stress and anxiety, relaxation, and enhanced creativity. Introductory students will learn a brief background on this practice as well as several basic patterns. Everyone will create artwork to keep and supplies will be provided. Presented by Laura Marks. 
*RSVP to 1.855.HHC.HERE/ 1.855.442.4373.*
Community QiGong & Energy Mural
Sunday, Oct. 13, 10am-12pm. Free. This workshop combines the healing benefits of QiGong, movement therapy and creative expression. Participants will learn ancient Chinese exercises of QiGong (“Chee-Gong”) using soft pastels to create a personalized sized mural. Join us for a morning of self-exploration and relaxation – No artistic skill or previous experience is required. Facilitated by Lauren Ciborowski and Risa Brophy. Call for location. RSVP to 1.855.HHC.HERE/1.855.442.4373.

CHOICES Counseling
Wednesday, Oct. 16, Nov. 13 and Dec. 4, 9:30-11:30am. Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford. CHOICES, CT’s State Health Insurance Assistance Program (SHIP), provides free, in-depth, personalized counseling to seniors and people with disabilities who need unbiased help with the growing complexities of Medicare coverage. Presented by Amina Weiland, CDP, CDCP, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Elmwood Senior Center, 860.561.8180.

Families Dealing with Major Mental Illness Support Group
Thursdays, Sept. 5 & 9, Oct. 3 & 17, Nov. 7 & 21 and Dec. 5 & 19, 5:15-6:30pm. Free. Institute of Living, 200 Retreat Ave., Center Building, Hartford. This group is for family and friends of individuals who have schizophrenia, bipolar or other related mental illness. Meets on the first and third Thursday of each month. Registration required. Sponsored by Hartford HealthCare Institute of Living. RSVP to Laura Durst, 860.545.7665.

Understanding Arthritis
Wednesday, Oct. 23, 10am. Free. Wallingford Senior Center, 238 Washington St., Wallingford. Learn how dietary factors, free radicals and trauma can cause arthritis as well as how arthritis is diagnosed and what you can do to prevent it. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. Sponsored by Southington Care Center. RSVP to Wallingford Senior Center, 203.265.7753.

Understanding Lymphedema
Thursday, Oct. 24, 10:30am. Free. Meriden Senior Center, 22 W Main St., Meriden. The World Health Organization estimates that over 250 million people worldwide live with Lymphedema or chronic swelling that can cause pain and limit mobility. Topics include: the causes and effects of swelling, ways to manage it and how participation in skilled occupational and physical therapy can help. Presented by Lynn Beard OTR/L, CLT-LANA, Hartford Hospital Rehabilitation Network. Sponsored by Hartford HealthCare Senior Services. RSVP to Meriden Senior Center, 203.237.0066.

Understanding Medicare Part D
Thursday, Oct. 24, 5pm. Free. Windham Hospital, 112 Man- sfield Ave., Bernard Desrosier Room, Willimantic. This educational seminar focuses on Medicare Part D drug coverage and includes: what Part D is, what your options are, and how to get help with your prescription drugs. Learn more about Part D’s structure and terms and get answers to your questions. Light refreshments will be served. Presented by Marissa Hiebel and Erika Holleron, Medicare educators. Sponsored by Hartford HealthCare and Integrated Care Partners. Seating is limited, registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Dehydration – Know the Warming Signs
Friday, Oct. 25, 10am. Free. Newington Senior & Disabled Center, 120 Cedar St., Newington. Learn the importance of staying hydrated, strategies to stay hydrated and the symptoms someone may experience when they are dehydrated. Presented by Kaitlin Cuas, MSN, RN, Transitional Care Nurse. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Newington Senior & Disabled Center, 860.665.8778.

Advanced Zentangle Class
Saturday, Oct. 26, 1-4pm. Free. Hartford HealthCare Medical Group, 1290 Silas Deane Highway, Wethersfield. This class is open to those who have previously taken at least one introduction to Zentangle class with this instructor. We will explore more complex tangles, and ways to layer and combine them. We will also experiment with various colors, textures, mediums, and shapes. Bring your starter kit. Facilitated by Laura Marks. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Depression: An Introduction to the Disorder
Tuesday, Oct. 29, 6:30-7:45pm. Free. Institute of Living, 200 Retreat Ave., Massachusetts Cottage (1st floor), Hartford. This lecture is for families of individuals who suffer with depression. Participants will acquire a basic understanding of major depression, its treatments and specific suggestions to help them better cope with the illness. Registration required. RSVP to 860.545.7324.
Story Art
Saturday, Nov. 2, 9am-12pm. Free. Hartford HealthCare Medical Group, 1290 Silas Deane Highway, Room 103, Wethersfield. Experience periods of guided meditation, followed by creative writing and art making. Channel your thoughts and visions on paper, to create a beautiful collage. No artistic skill is needed and all materials will be provided. Get in touch with your inner-self and de-stress while immersing yourself in expressive art. Facilitated by Donna Codighini. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Managing the Holidays for People with Memory Loss
Tuesday, Nov. 5, 5pm. Free. Charlotte Hungerford Center, Conference Room, 780 Litchfield St., Torrington. 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 visitors can trigger extreme anxiety. Learn effective strategies to help overcome challenges often associated with the holiday season. Presented by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Plainville Senior Center, 860.474.5728.

Health Screenings You Need as an Older Adult
Tuesday, Nov. 5, 12:30pm. Free. East Windsor Senior Center, 125 Main St., Broad Brook. Older adults can live stronger and longer by making sure they get all the health screenings recommended by their doctor. Learn what health screenings are recommended and how often you should have them. Presented by Jennifer McCaughey, MS, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to East Windsor Senior Center, 860.292.8262.

Stress Management

Dementia and Caregiving: Focusing on the Person while Understanding the Disease Progression
Tuesdays, Nov. 5, 12, 19 & 26 and Dec. 3, 2:30-4pm. Free. Plainville Senior Center, 200 East St., Plainville. Are you caring for someone with dementia? Do you want to more about the progression of the disease and good communication tips? Would you like to be able to recognize common behaviors and know how to respond? Five-week program includes:

- Session 1 – Overview of Dementia
- Session 2 – Basics of Good Communication and Understanding Behaviors
- Session 3 – Safety in the Environment and how to structure a day with activities
- Session 4 – Taking Care of the Caregiver and Care Options
- Session 5 – Legal and Financial

Presented by Patty O’Brien and Michelle Wyman, dementia specialists, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Plainville Senior Center, 860.747.5728.

The Best Gift is You: Putting Yourself First
Wednesday, Nov. 6, 10:30am. Free. Windsor Locks Senior Center, 41 Oak St., Windsor Locks. Make self-care a priority to meet your physical, emotional and spiritual needs. Participants will learn the causes and symptoms of stress and explore different creative self-care strategies. Presented by Amina Weiland and Luz Renteria, resource coordinators, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Windsor Locks Senior Center, 860.627.1425.

Dementia Lecture: An Introduction
Tuesday, Nov. 12, 6:30-7:45pm. Free. Institute of Living, 200 Retreat Ave., Donnelly Building, Conference Room, Hartford. This program is for family members and friends of individuals who have dementia or a related disorder. Topics include: a basic understanding of the disorder; treatment; and specific suggestions to help family members and friends better cope with the illness. Facilitated by Glynis Cassis, LCSW, Family Resource Center. Registration required. RSVP to Paula Rego, case worker, 860.545.7665.

Greater Mystic Chamber of Commerce Business After Hours at Center for Hospice Care
Tuesday, Nov. 12, 5:30-7:30pm. 227 Dunham St., Norwich. Enjoy food, beverages and raffle prizes, and meet your neighbors in the Greater Mystic Chamber of Commerce business community. Entry fee at the door is $10 for GMCC members and $20 for guests, and there is an option for invoicing. RSVP to 1.855.HHC.HERE/1.855.442.4373.
**Staying on Your Feet on the Ice and Snow**  
**Wednesday, Nov. 13, 1:30pm. Free.** Calendar House, 388 Pleasant St., Southington. Avoiding slips, trips and falls isn’t always easy. Learn how to fall safely – backwards and forwards – and reduce the risk or lessen the severity of injury. Presented by Lisa Murawska, exercise physiologist, GoodLife Fitness. **Sponsored by GoodLife Fitness. RSVP to Calendar House, 860.621.3014.**

**Breast Health for Women Over 55**  
**Wednesday, Nov. 13, 1pm. Free.** Winsted Senior Center, 80 Holabird Ave., Winsted. Learn about early detection and the most advanced screening technology and detection services. Presenter Tammy Rouleau, RN, Breast Health Nurse Navigator at Charlotte Hungerford Hospital, works with a team of medical specialists and cancer care staff members to ensure that women are fully supported if they need assistance related to breast cancer education and treatment. **Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Winsted Senior Center, 860.379.4252.**

**Navigating the ‘What Ifs’ in Your Golden Years**  
**Wednesday, Nov. 13, 1pm. Free.** Enfield Senior Center, 299 Elm St., Enfield. Prepare for your “Golden Years” by learning about: the varying levels of care available; types of housing; funding sources; and community resources. Discussion will include the differences between being proactive vs. reactive. Presented by Jennifer McCaughey, MS, resource coordinator. **Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Enfield Senior Center, 860.763.7425.**

**Keeping Memory Strong**  
**Wednesday, Oct. 9, 11:30am-12:30pm. Free.** New Hartford Senior Center, 530 Main St., 3rd Floor, New Hartford. Did you know that there are typical age-related changes that happen in our brain? Learn the difference between normal changes and signs of concern. Join us for strategies to keep your brain healthy and mind sharp along with challenging, fun activities. Presented by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Diane Barrett, 860.379.3980.**

**Keeping Memory Strong**  
**Friday, Nov. 15, 2-3pm. Free.** Oakville Community Center & Senior Services, 311 Falls Ave., Oakville. See description above. Presented by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Catherine Dinsmore, 860.945.5250 by Nov. 14.**

**Medicare 101: Understanding Your Options**  
**Tuesday, Nov. 19, 12pm. Free.** Hartford HealthCare HealthCenter, 1559 Sullivan Ave., Second Floor, Suite 223, South Windsor. Medicare 101 focuses on the basics of Medicare and understanding your Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose your plan; and your options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Marissa Hiibel, Medicare educator. Light refreshments will be served. **Sponsored by Hartford HealthCare and Integrated Care Partners. Seating is limited, registration required. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.**

**Bipolar: An Introduction to the Disorder**  
**Tuesday, Nov. 26, 6:30-7:45pm. Free.** Institute of Living, 200 Retreat Ave., Massachusetts Cottage (1st Floor), Hartford. This program is for families and friends of individuals who have bipolar or a related disorder. Participants will acquire a basic understanding of bipolar disorder, its treatments, and specific suggestions to help them better cope with the illness. Registration required. **Sponsored by Hartford HealthCare Institute of Living. RSVP to Laura Durst, 860.545.7324.**

**Navigating the ‘What Ifs’ in Your Golden Years**  
**Wednesday, Nov. 27, 10:30am. Free.** Bristol Senior Center, 240 Stafford Ave., Bristol. Prepare for your “Golden Years” by learning about: the varying levels of care available; types of housing; funding sources; and community resources. Discussion will include the differences between being proactive vs. reactive. Presented by Michelle Lavoie, resource coordinator, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Senior Services. RSVP to Bristol Senior Center, 860.584.7895.**

**Understanding Medicare Part D**  
**Monday, Dec. 2, 5pm. Free.** Gateway Medical Park, 305 Western Blvd., Education Room, Suite C, Glastonbury. This educational seminar focuses on Medicare Part D drug coverage and includes: what Part D is, what your options are, and how to get help with your prescription drugs. Learn more about Part D’s structure and terms and get answers to your questions. Light refreshments will be served.
Presented by Marissa Hiebel and Erika Holleron, Medicare educators. Sponsored by Hartford HealthCare and Integrated Care Partners. Seating is limited, registration required. RSVP to 1.855.HHC. HERE/ 1.855.442.4373.

Medicare 101: Understanding Your Options Tuesday, Dec. 3, 5:30-7pm. Free. Hartford HealthCare HealthCenter, Vernon Wellness Center, 35 Talcottville Rd., Vernon. Medicare 101 focuses on the basics of Medicare and understanding your Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose your plan; and your options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Marissa Hiebel, Medicare educator. Light refreshments will be served. Sponsored by Hartford HealthCare and Integrated Care Partners. Seating is limited, registration required. RSVP to 1.855.HHC. HERE/ 1.855.442.4373.


WomenHeart of Central Connecticut Support Network Third Wednesdays: Sept. 18, Oct. 16, Nov. 20 and Dec. 18, 4:45-6pm. Free. The Hospital of Central Connecticut, Bradley Memorial Campus, 81 Meriden Ave., Conference Room A, Southington. WomenHeart: The National Coalition for Women with Heart Disease is the nation’s only patient-centered organization serving the 48 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. Presented by various speakers. RSVP to 1.855.HHC. HERE/ 1.855.442.4373.

Center for Hospice Care’s Tree of Life Thursday, Dec. 5, 5:30-7:30pm. Free. Three Rivers Community College, 574 New London Turnpike, Norwich. The holiday season can be a beautiful and festive time, filled with celebrations and love. However, it can also be a time in which we feel sadness as we miss those we love. The annual Tree of Life Remembrance gives the community a chance to come together to honor the lives and memories of our loved ones. The ceremony not only adds light to seasonal darkness but to the light in each of us dimmed by loss. Participants can purchase a light to remember a loved one – all donations support end-of-life care for patients and families. Free bereavement services available. For gifts received before Nov. 28, the loved one’s name will be on a banner with the lit tree from Dec. 6 through Jan. 30 (weather permitting). RSVP by Nov. 29 to events@hospicesect.org or by calling 860.848.5699.

Staying on Your Feet on the Ice and Snow Wednesday, Dec. 18, 1pm. Free. Plainville Senior Center, 200 East St., Plainville. Avoiding slips, trips and falls isn’t always easy. Learn how to fall safely – backwards and forwards - and reduce the risk or lessen the severity of injury. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. Sponsored by Southington Care Center. RSVP to Plainville Senior Center, 860.747.5728.

LIVESTRONG at the YMCA Free. Cheshire Community YMCA, 961/967 S. Main St., Cheshire. Have you, or someone you know, been diagnosed with cancer? Whether in treatment, in remission, or you have beaten it, you are eligible to participate in the LIVESTRONG at the YMCA program. The Cheshire Community YMCA is seeking participants for the next session. Small group class meets twice weekly for 12 weeks. A full YMCA membership is included during the program. For more information, contact John Phillips at 203.272.3150, ext. 511 or email jphillips@sccymca.org.

Lunch and Learn

Get to Know Your New Britain Senior Center Thursday, Sept. 12, 12-1pm. Free. Hartford HealthCare Cancer Institute at The Hospital of Central Connecticut, 183 N. Mountain Road, Conference Room A & B, New Britain. The New Britain Senior Center is a great community resource for activities, programs and information on problems and issues. Learn about all the great services and programs available at the New Britain Senior Center. Presented by Rex Cone, director of New Britain Senior Center. A light complimentary 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.

Medicare 101 Thursday, Oct. 17, 12-1pm. Free. The Hospital of Central Connecticut, Bradley Memorial Campus, 81 Meriden Ave., Conference Room A, Southington. Medicare 101 focuses on the basics of Medicare and understanding your Medicare options. Learn
how it works; the different parts of Medicare; when to enroll; how to choose your plan; and your options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Marissa Hiebel, Medicare educator. A light complimentary 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.

Medicare 101
Thursday, Nov. 14, 12-1pm. Free. Hartford HealthCare Cancer Institute at The Hospital of Central Connecticut, 183 N. Mountain Road, Conference Room A & B, New Britain. See description above. Presented by Marissa Hiebel, Medicare educator. A light complimentary 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.

The Best Gift is You: Putting Yourself First
Thursday, Dec. 19, 12-1pm. Free. The Hospital of Central Connecticut, Bradley Memorial Campus, 81 Meriden Ave., Conference Room A, Southington. Learn about how to make your self-care a priority to meet your physical, emotional and spiritual needs, and the causes and symptoms of stress while exploring different self-care strategies. Presented by Amina Weiland, CDP, CDCP, resource coordinator, Hartford HealthCare Center for Healthy Aging. A light complimentary 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.

Suffering from Knee & Hip Pain?
Thursday, Sept. 12, 6-7:30pm. Free. Hop Meadow Country Club, 85 Firetown Road, Simsbury. Learn more about: non-surgical treatment for arthritis, when to consider joint replacement surgery, and types of procedures and recovery times. Q&A with the orthopedic surgeon will follow the presentation. Presented by Daniel Witmer, MD. A light complimentary dinner will be served. Sponsored by Hartford HealthCare Senior Services and McLean. Seating is limited, registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Suffering from Knee & Hip Pain?
Wednesday, Sept. 25, 3pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. Learn more about: non-surgical treatment for arthritis, when to consider joint replacement surgery, and types of procedures and recovery times. Q&A with the orthopedic surgeon will follow the presentation. Presented by Daniel Witmer, MD. A light complimentary dinner will be served. Sponsored by Hartford HealthCare Senior Services and McLean. Seating is limited, registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Suffering from Knee & Hip Pain?
Tuesday, Oct. 8, 5-7pm. Free. Jefferson House, 1 John H. Stewart Drive, Newington. Learn more about: the anatomy of a human joint; symptoms and types of arthritis; and the non-surgical and surgical treatment options at the state-of-the art Hartford HealthCare Bone & Joint Institute at Hartford Hospital. Presented by Robert Carangelo, MD, Orthopedic Surgeon, Orthopedics Associates of Hartford. A light complimentary dinner will be served. Sponsored by Jefferson House. Seating is limited, registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Tired of Living with Back and Sciatic Pain?
Thursday, Oct. 10, 6-8pm. Free. McLean, 75 Great Pond Road, HealthCenter, Simsbury. Learn more about: Common conditions that cause back pain like spinal stenosis and spondylolisthesis; advanced surgical options including robotic spine surgery; the new Hartford HealthCare Bone & Joint Institute at Hartford Hospital – the first in the Northeast 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 Jesse G. Eisler, MD, PhD. A light complimentary dinner will be served. Sponsored by Hartford HealthCare Senior Services and McLean. Seating is limited, registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Dinner with the Doc

Dinner with the Expert: Medicare 101
Tuesday, Oct. 15, 5-7pm. Free. Southington Care Center, 45 Meriden Ave., Southington. Medicare 101 focuses on the basics of Medicare and understanding your Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose your plan; and your options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Marissa Hiebel, Medicare educator. A light complimentary dinner will be served. Sponsored by Southington Care Center. Seating is limited, registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

(Continued next page)
Center for Healthy Aging
Informational Series

Live Well with Chronic Conditions
Windham Hospital, 112 Mansfield Ave., 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, CDP, CDCP, resource coordinator and Joseph Zuzel, resource coordinator, Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Joseph Zuzel, 860.456.6785.

Healthy Brain Series
Wednesdays, Oct. 2, 9, 16, 23 & 30, 12:30pm. Free.
East Windsor Senior Center, 125 Main St., Broad Brook. See description above. 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 Windsor Senior Center, 860.292.8262.

Open Houses


Mulberry Gardens at Marian Heights, 314 Osgood Ave., New Britain. Tours are available Mondays to Fridays, 10am-2pm. The mission of the Mulberry Gardens at Marian 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 on staff. RSVP to Marian Heights Adult Day Center, 860.357.4264.

Greater Mystic Chamber of Commerce Business After Hours at Center for Hospice Care
Tuesday, Nov. 12, 5:30-7:30pm.
227 Dunham St., Norwich. Enjoy food, beverages and raffle prizes, and meet your neighbors in the Greater Mystic Chamber of Commerce business community. Entry fee at the door is $10 for GMCC members and $20 for non-members.

Walktober at Center for Hospice Care
Friday, Oct. 4, 10-11am. Free.
227 Dunham St., Norwich. The Center of Hospice Care Healing Garden engages all the senses in a soothing yet rejuvenating natural sanctuary. Enjoy a walk through Center for Hospice Care’s Healing Garden and experience aromatic herbs and traditionally therapeutic plants for the nose, flowers and succulent garden patterns for the eye, and a beautiful centerpiece waterfall fountain for the ear. Benches under the dappled light of four pergolas look out on four distinctly different garden plots. For children, there is an all-weather “imbarimba” to make music and a community vegetable garden. Sponsored by The Last Green Valley National Heritage Corridor Walktober 2019. RSVP to 1.855.HHC. HERE/ 1.855.442.4373.

Freedom from Smoking – Butt Out
Backus Outpatient Care Center, 111 Salem Turnpike, Norwich. Quitting smoking is the best thing you can do to improve your health. This eight-session evidence-based program is a proven way to kick the habit. Presented by Annette McDonald. Registration required. RSVP to 1.855.HHC. HERE/ 1.855.442.4373.
Center for Hospice Care’s Tree of Life
Thursday, Dec. 5, 5:30-7:30pm. Free. Three Rivers Community College, 574 New London Turnpike, Norwich. The holiday season can be a beautiful and festive time, filled with celebrations and love. However, it can also be a time in which we feel sadness as we miss those we love. The annual Tree of Life Remembrance gives the community a chance to come together to honor the lives and memories of our loved ones. The ceremony not only adds light to seasonal darkness but to the light in each of us dimmed by loss. Participants can purchase a light to remember a loved one – all donations support end-of-life care for patients and families. Free bereavement services available. For gifts received before Nov. 28, the loved one’s name will be on a banner with the lit tree from Dec. 6 through Jan. 30 (weather permitting). RSVP by Nov. 29 to events@hospicesect.org or by calling 860.848.5699.

Dementia and Caregiving: Focusing on the Person while Understanding the Disease Progression
Tuesdays, Sept. 17, 24, Oct. 1, 8 & 15, 6-7:30pm. Free. Litchfield Community Center, 421 Bantam Road, Litchfield. Are you caring for someone with dementia? Do you want to more about the progression of the disease and good communication tips? Would you like to be able to recognize common behaviors and know how to respond? Five-week program includes:

Session 1 – Overview of Dementia
Session 2 – Basics of Good Communication and Understanding Behaviors
Session 3 – Safety in the Environment and how to structure a day with activities
Session 4 – Taking Care of the Caregiver and Care Options
Session 5 – Legal and Financial

Presented by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Jennifer Labrie, 860.496.6240.

Managing the Holidays for People with Memory Loss
Tuesday, Nov. 5, 5pm. Free. Charlotte Hungerford Center, Conference Room, 780 Litchfield St., Torrington. 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 visitors can trigger extreme anxiety. Learn effective strategies to help overcome challenges often associated with the holiday season. Presented by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging.
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Dr. James Cardon, Cardiologist, Hartford HealthCare