Hartford HealthCare Senior Services, along with other Hartford HealthCare Partners, offer programs and services to keep you well.
As life has been turned upside down by the pandemic, caregiving has become more stressful than ever before – for the caregiver and the person with dementia. Hartford HealthCare Center for Healthy Aging, a not-for-profit member of Hartford HealthCare Senior Services, is offering suggestions for the caregiving journey:

- **Consistency is key. Stick to a schedule.** This helps the individual with dementia to stay calm. Schedules and routines/rhythms also work to lessen caregiver stress.

- **Flexibility can help reduce stress.** Go with the flow; adjust expectations as needed.

- **Limit the information you and your loved one with dementia are exposed to.** The news, radio, social media and conversations can be overwhelming and at times can increase fear and anxiety.

- **Adjust your standards from ideal to real.** Caregiver guilt is a harmful emotion because you are spending energy beating yourself up over faults that are imagined or unavoidable.

- **Try to change your negative thoughts to positive actions.** Caregiver worry can affect your mood and the way you care for yourself. Try setting a timer for 5 minutes and allow yourself to worry for only those 5 minutes. When the timer is up, focus on something positive.

- **Find healthy and helpful ways to address caregiver anger - a real and understandable emotion.** Consider practicing deep breathing, calling in to a virtual support group or try journaling.

- **When feeling overwhelmed by caregiver grief/sadness, expressing your emotions to others can help you receive the support you need.** Grief and sadness can be a very real part of loving someone who has dementia. Spending time together can highlight their changes or loss of abilities. Allow yourself to feel the sadness or the resentment but don’t be afraid to reach out to others.

- **It is OK to say yes to help.** Or to try things a new or different way. Caregiver defensiveness is normal in regular circumstances, but in light of the current COVID-19 precautions it can be even more challenging when others offer to assist or give you helpful suggestions.

- **There are many ways to combat loneliness and isolation caused by social distancing.** Connecting with friends and family, joining a virtual dementia support group and reminiscing about positive experiences can give you a boost.

To learn more about coping strategies, virtual support groups, and resources and services, call Hartford HealthCare Center for Healthy Aging 1.877.4AGING1/ 1.877.424.4641 or visit http://hhccenterforhealthyaging.org.
Throughout the pandemic and now as the state is reopening in phases, Hartford HealthCare skilled nursing communities have continually modified their delivery of care to ensure the health and safety of residents and short-term rehab patients.

“As things changed on almost a daily basis, we have consistently operated under the guidelines set by the state of Connecticut and the Department of Public Health to establish our best protocols,” said William Kowalewski, executive director of Southington Care Center. “And we continue to look to the expertise of Hartford HealthCare Department of Infectious Diseases. Our top priority is to ensure our environment continues to be safe for residents and staff.”

One of the priorities of Hartford HealthCare’s skilled nursing and senior living communities was keeping families informed about the precautions and collective health status. Regular communiques and phone calls about loved ones were a comfort to family members as were video chats.

At Jefferson House in Newington, Gerard O’Connor was admitted mid-March for short-term rehabilitation following a hospital stay. “My father’s stay was just at the time when the global pandemic had entered Connecticut and in which we as family could not visit. It sent the world into a scary standstill,” said his daughter Kathleen Riveiro, of Long Island.

Jefferson House provided daily updates about her father who was discharged after six weeks. “Our communication during this time was of utmost importance to us and very comforting... Thank you for being professional and putting the patient first during a time that was so hard for all of you,” Riveiro wrote in a letter to Executive Director Susan Vinal. She was happy to report that her father was resettling back home just in time for his 90th birthday.

Southington Care Center families knew the
community was doing everything possible to appropriately care for their loved ones. Rhonda Spellacy, of Bloomfield, missed visiting her mother, Donna Lane, to decorate her room for the seasons, coordinate outfits and watch favorite videos, especially “The Andy Griffith Show.” They used to take a ride to get french fries at a drive-through.

Instead, virtual visits became the new norm. Staff kept Spellacy informed about the status of the skilled nursing community and her mother. By mid-July they were enjoying in-person visits on the patio. “When we can get together again inside, we will resume what we were doing, working in her room and watching videos,” Spellacy said.

When COVID-19 “arrived” in the state, Jerome Home in New Britain was already prepared. Janet Parent Marino, of New Hampshire, was concerned about not being able to visit her mother and the isolation. Her 88-year-old mother, Jeannine Parent, buckled down for the duration and relayed to her daughter all Jerome Home staff was doing to keep residents safe. They soon mastered virtual calls.

“It has been frightening for the whole world,” the daughter said. But she knows her mother is safe at Jerome Home. “Everyone has been stellar. It has made my life easier.”

Hartford HealthCare’s skilled nursing and senior living communities continue to safely transition and are now accepting admissions. For more information, visit https://hartfordhealthcare.org/services/senior-services.

At Hartford HealthCare, we’ve taken extra precautions so you will be safe and complete your rehabilitation stay with us

Increased the cleaning frequency for all high-touch surface areas.

Complete cleaning in between each patient, and we clean and disinfect all patient care equipment after use on each patient.

When scheduling a short-term rehabilitation stay, we’ll ask you about your health and any symptoms.

HHC colleagues are tested and screened for symptoms and undergo temperature checks every time they enter our facilities, and they are tested as appropriate.

Colleagues and patients are required to wear masks. Please wear a mask or face covering when you arrive, or we’ll provide one for you.

All staff will be entering the room with full PPE and the patient will be encouraged to wear a mask while staff is in the room.

For additional safety, at this time visitors restrictions are in place and alternative outdoor visits and virtual visits are available.

Hartford HealthCare Senior Services has three skilled nursing and rehabilitation communities:

Jefferson House
1 John H. Stewart Drive, Newington, CT 06111
JeffersonHouse.org, 860.667.4453

Southington Care Center
45 Meriden Ave., Southington, CT 06489
SouthingtonCare.org, 860.621.9559

Jerome Home
975 Corbin Ave., New Britain, CT 06052
JeromeHome.org, 860.229.3707* (Managed by Hartford HealthCare)
Cedar Mountain Commons becomes a safe haven for residents during COVID-19

In April 2019, when Dr. Stuart Markowitz moved his father Edwin from Long Island to Cedar Mountain Commons in Newington, he could never have imagined how the face of independent and assisted living would radically change one year later.

As COVID-19 began spreading across the United States, including in Connecticut, Hartford HealthCare began to take drastic measures to reduce the risk of exposure and care for those who were ill. Among the changes were stringent measures at the skilled nursing and assisted/independent living communities, including Cedar Mountain Commons. Staff and residents began wearing masks, the buildings were sanitized and cleaned continuously and visitors were no longer allowed.

Understandably, it has been a time of uncertainty. But the outcome has been positive and reassuring for those whose loved ones live at Cedar Mountain Commons, located at 3 John H. Stewart Drive.

As a physician, Dr. Markowitz, who is a senior vice president of Hartford HealthCare, knew firsthand the seriousness of the coronavirus. “I was aware very early on that the elderly and those with chronic conditions would be most at risk during this pandemic,” he said. “I was pleased to see that Cedar Mountain Commons took action very early to restrict access to the facility by visitors of any type. While this presented its own challenges for being able to see and visit with my dad, I recognized right away it was the safest thing to do and fully supported their efforts.”

Further safety steps included serving individual meals to residents in their rooms, a necessity that unfortunately led to isolation and reduced mobility.

“But again,” said Dr. Markowitz, “we fully understood and he did as well the necessity and value to doing this.”

Throughout the ensuing months, Cedar Mountain Commons communicated regularly with families through emails and newsletters about the policies and precautions as well as special activities, programs and services being provided. Staff and residents were screened daily with temperature and wellness checks.

“They offered telehealth visits with his physician as needed and quickly responded to any
MyHealthy Advantage

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

As a MyHealthy Advantage member, you will receive our quarterly magazine informing you of any new lectures or discounts. Please feel free to call 860.378.1268 or email: MyHealthyAdvantage@HHCHCHealth.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
Are you ready for the Medicare Annual Election Period (AEP)?

The Medicare AEP is your chance to choose a plan that’s right for you.

AEP happens once a year
On October 1st you can begin learning about AEP plan options. Enrollment runs October 15th through December 7th. During this time, you can make changes to your current plan, switch your Medicare Advantage plan, change from Original Medicare or your Supplemental plan to a Medicare Advantage plan, and add or remove prescription drug coverage.1

Are you happy with your current plan?
If you currently have a Medicare Advantage plan, make sure it meets your needs and budget. A Medicare Advantage plan provides more benefits, coverage, and financial security than Original Medicare and a level of coordinated care not available with Medicare Supplement plans. And, unlike fee-for-service plans, a Medicare Advantage plan offers comprehensive coverage without gaps. A low out-of-pocket maximum will limit the amount of medical expenses in a year, and you may able to reduce your PCP copay amounts.

Get ready for the Medicare AEP with CarePartners of Connecticut
If you have any questions about AEP, CarePartners of Connecticut can help. Our plans were created with doctors from Hartford HealthCare to take the hassle out of Medicare and make your health care experience less stressful.2 We have expanded our network of doctors, specialists, hospitals, and more – nearly TWICE as many as last year. Medicare Advantage plans put the health and well-being of members at the center of care. Call 1.844.267.2322 (TTY: 711) to learn more.

1During AEP, you can drop a Medicare Advantage plan and return to Original Medicare or cancel your current Part D plan. 2Other providers are available in our network.
When the coronavirus began to shut down the state, Hartford HealthCare Center for Healthy Aging took the initiative to connect families with important resources in new ways. Video conferencing provided in-home assessments without requiring an actual onsite visit. Using computer technology, email and the telephone, resource coordinators, dementia specialists and transitional care nurses continued to make personal connections to determine the best services.

When a spouse of a person with dementia became overwhelmed by responsibilities, a transitional care nurse ultimately connected the client to certified homecare services, dementia resources, respite care options and support groups, and coordinated communication with a licensed clinical social worker to assist with state programs and financial assistance.

“It is our goal to work with the client, caregiver supports and the healthcare team to provide personalized and safe care planning,” said Wendy Martinson, director of Hartford HealthCare Center for Healthy Aging.

With needs related to aging issues continuing to increase, Hartford HealthCare Center for Healthy Aging has expanded its service area to Bridgeport. Marleine St. Juste, with 15 years of experience in social services, holds expertise in mental health issues, developmental disabilities and substance abuse problems. A resource coordinator, she has been remotely assisting families while the Center for Healthy Aging office at St. Vincent’s Medical Center is closed. LaQueshia Ramsey, who holds social work experience and is based at the Hartford Hospital location, is providing similar services to those in the capital city area.

To learn more about Hartford HealthCare Center for Healthy Aging services, call 1.877.424.4641 or visit https://hhcseniorservices.org/services/center-for-healthy-aging.
Pumpkin seeds can be roasted as a snack. Pumpkins are typically used to make soups, pies and breads but can be included in a variety of dishes.

DID YOU KNOW?
The bright orange color of pumpkins is a giveaway that pumpkins are loaded with an important antioxidant, beta-carotene.

Pumpkins contain potassium, Vitamin A and are 90% water.

When choosing a fresh pumpkin, look for a pumpkin with 1 to 2 inches of stem left. Avoid pumpkins with blemishes and soft spots. It should be heavy, but shape is unimportant.

The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.

The top pumpkin production states are Illinois, Ohio, Pennsylvania and California.

Pumpkins range in size from less than a pound to over 1,000 pounds. The largest pumpkin ever grown weighed 1,140 pounds.

INGREDIENTS

- 2lb Pumpkin, Fresh, Cubed
- 1 Tbsp Carola Oil
- 3/4 Tbsp Light Brown Sugar
- 1 Tbsp Honey
- 4 tsp Pecan Halves, Chopped
- 2 Tbsp Feta Cheese, Crumbled

METHOD

1. Mix oil, brown sugar and honey together. Toss with diced pumpkin. Roast in 350F degree oven until pumpkin is cooked through and lightly caramelized, about 20 to 30 minutes. Allow to cool completely before adding the cheese.

2. Toast the pecans in a 350F oven for 5-7 minutes until they become fragrant and brown slightly. Remove from the oven and allow to cool. Top the roasted pumpkin with the crumbled feta and pecans.

NUTRITION FACTS

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SERVES: 4
The HHC Center for Healthy Aging offers Concierge services.
860.276.5293 – HOCC, Bradley Memorial campus  |  203.694.5721 – MidState Medical Center
860.224.5278 – HOCC, New Britain General campus

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<tr>
<th>Name</th>
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<tr>
<td>Amston Home Transition</td>
<td>61 N. Plains Industrial Road #173, Wallingford</td>
<td>FREE in home evaluation and estimates for any services. 10% off cleanout/removal services.</td>
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<td>Solutions</td>
<td>203.678.9728</td>
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<tr>
<td>Aziago’s Restaurant</td>
<td>166 Queen St. Southington</td>
<td>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</td>
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<tr>
<td>860.426.1170</td>
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<tr>
<td>B &amp; V Jewelers</td>
<td>76 N. Main St. Southington</td>
<td>One free watch battery per person, not applicable on solar powered watches, Smart watches or on lithium batteries</td>
</tr>
<tr>
<td>860.276.2097</td>
<td></td>
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<tr>
<td>Barker Animation</td>
<td>1188 Highland Ave. Route 10, Cheshire</td>
<td>20% Collectors Star Club discount &amp; $1 off museum entrance fee</td>
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<tr>
<td>203.272.2222</td>
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<td>Beacon Pharmacy</td>
<td>609 N. Main St. Southington</td>
<td>Free local Delivery</td>
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<td>860.628.3972</td>
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<tr>
<td>Beacon Prescriptions</td>
<td>543 W. Main St. New Britain</td>
<td>Free prescription delivery. M-F, 9-6pm</td>
</tr>
<tr>
<td>860.225.6487</td>
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<tr>
<td>Bongiovanni Insurance &amp;</td>
<td>107 E. Main St. Meriden</td>
<td>10% off tax preparation</td>
</tr>
<tr>
<td>Financial LLC</td>
<td>203.237.7900</td>
<td></td>
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<td>Casey’s Image Consultants</td>
<td>51 N. Main St. 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>
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<tr>
<td>860.628.8857</td>
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<td>Century 21</td>
<td>441 N. Main St. Southington</td>
<td>$250 towards house cleaning when you buy or complete a home sale with Joyce Gibson</td>
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<td>203.213.4141</td>
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<tr>
<td>Colony Vision Care</td>
<td>60 Church St. Wallingford</td>
<td>20% off eyeglasses</td>
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<tr>
<td>203.265.7990</td>
<td></td>
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<tr>
<td>Drain Surgeon</td>
<td>228 Corbin Ave. New Britain</td>
<td>10% off any plumbing repair work in residential housing</td>
</tr>
<tr>
<td>860.229.6941</td>
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<tr>
<td>Eyewear Glasses</td>
<td>55 Meriden Ave. Southington</td>
<td>15% off any pair of glasses</td>
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<td>860.621.8215</td>
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<tr>
<td>Frank D. Marrocco, CPA</td>
<td>142 W. Main St. New Britain</td>
<td>Income Tax Preparation Services – 10% off</td>
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<tr>
<td>860.229.7479</td>
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<tr>
<td>Giovanni’s Pizzeria</td>
<td>714 West St. Southington</td>
<td>10% off Tue. &amp; Wed., pick-up only. Except when using a coupon.</td>
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<tr>
<td>860.621.2299</td>
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If you are a merchant interested in offering a discount to our members, please visit hhcseniorservices.org. Or provide your name, address, phone number and discount by calling 860.378.1268 or writing to: Hartford HealthCare Senior Services, Attn: MyHealthy Advantage Coordinator, 80 Meriden Ave., Southington, CT 06489
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<td>Graebers</td>
<td>203.235.6305</td>
<td>172 W. Main St. Meriden</td>
<td>10% off durable equipment &amp; prescription drugs/Free delivery to Meriden, Wallingford and Cheshire</td>
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<tr>
<td>Neck &amp; Back Pain Relief Center</td>
<td>860.620.9523</td>
<td>1601 Meriden-Waterbury Tpk., Mildale</td>
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<tr>
<td>Greenbackers</td>
<td>203.238.2516</td>
<td>744 Murdock Ave. Meriden</td>
<td>10% off regularly priced items</td>
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<tr>
<td>Hearing Health &amp; Wellness Center</td>
<td>860.426.9181</td>
<td>710 M. St., Clock Tower Square Plantsville</td>
<td>One free Battery Club membership with every hearing aid purchase.</td>
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<tr>
<td>Karma’s Closet</td>
<td>860.436.6055</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>860.681.6796</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>860.621.7799</td>
<td>40 Weston St., Suite A Hartford</td>
<td>10% off any item. Present card prior to check out</td>
</tr>
<tr>
<td>Lifeway Mobility</td>
<td>860.426.6386</td>
<td>774 S. Main St. Plantsville</td>
<td>$300 off the purchase of a new stairlift. Cannot be used with any other coupon or promotion</td>
</tr>
<tr>
<td>Meriden YMCA</td>
<td>203.235.6386</td>
<td>110 W. Main St. Meriden</td>
<td>BE OUR GUEST, your MyHealthy Advantage card entitles you to one free visit at the Meriden YMCA</td>
</tr>
<tr>
<td>Next Street Driver Rehab Services</td>
<td>860.417.5569</td>
<td>Call for locations.</td>
<td>After clinical assessment, $25 off for driving assessment and $50 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>
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<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>Professional Vision Center</td>
<td>203.269.2207</td>
<td>512 W. Main St. Meriden</td>
<td>20% off all services</td>
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<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>
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<tr>
<td>Serafino’s Pharmacy</td>
<td>860.628.7979</td>
<td>36 N. Main St. Southington</td>
<td>10% off prescriptions</td>
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<tr>
<td>Smokin’ With Chris</td>
<td>860.620.9133</td>
<td>59 W. Center St. Southington</td>
<td>10% off on Wednesdays all day with the MyHealthy Advantage card</td>
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<tr>
<td>Southington Cheshire YMCA</td>
<td>860.628.5597</td>
<td>29 High St., Southington 967 S. Main St., Cheshire</td>
<td>BE OUR GUEST, your MyHealthy Advantage Card entitles you to one free visit at the Southington Community YMCA</td>
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*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.
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.

**Alzheimer’s & Dementia Support Groups**

**Dementia Caregivers Support Group (call-in)**

Mondays: 10am, and Fridays: 2pm. 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, and stages of the disease, family dynamics and safety issues. Facilitated by Hartford HealthCare Center for Healthy Aging’s certified dementia specialists. Sponsored by Hartford HealthCare Center for Healthy Aging’s certified dementia specialists. **Registration is not required.** For more information, call 877.424.4641. To join Hartford HealthCare’s Virtual Meeting Room, call: 860.972.6338. Access code: 19623#.

**Diabetes Support Group**

**YMCA Diabetes Prevention Program**

This 12-week series incorporates exercise with education from health professionals including Hartford HealthCare registered dieticians, pharmacists and advanced practice registered nurses. This program is for individuals who have not already been diagnosed with Type 2 Diabetes. Participants receive a free three-month YMCA membership and guidance in the gym. For Southington residents only. **For more information, call Jolene Miceli, Southington Community YMCA, 860.426.9589 or email jmiceli@sccymca.org.**

**Walk to Wellness**

Tuesdays, Sept. 1, Oct. 6 & Nov. 10 & Dec. 1, 8:30am. HHC Wellness at Westfarms Rest and Relaxation Lounge, 1500 New Britain Ave. - 1st Floor - Nordstrom Wing, West Hartford. Topics will be announced closer to the events. Topic will

---

**Specialty Auto Cleaning & Detailing | 860.628.5011**

200 Clark St.
Milldale

15% off any service/free pickup & delivery in most areas

---

**Solinsky EyeCare LLC 860.236.4979**

1013 Farmington Ave.
West Hartford

Eyeglasses; $100 off Full frame and lenses; Hearing aids - 10% off up to $300. Contact Lenses - $50 off any purchase over $300

---

**The Dutiful Daughter, LLC 860.432.5503**

103 Thayer Road
Manchester

15% off packing, moving and content removal services.

---

**Town Fair Tire 203.467.8600**

750 Queen St.
Southington

5% off your total purchase at ANY Town Fair Tire in CT (Southington, Bristol, Wallingford, New Britain, etc.) With Code #38615

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**Wallingford Sew-Vac Center 203.269.2207**

95 Quinnipiac Ave.
Wallingford

Buy one vacuum cleaner bag and get second one 1/2 price

---

**Walsh & Massari 203.235.1681**

86 W. Main St.
Meriden

25% off all eye care services

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**Welcome Home Mortgage, LLC 860.761.1331**

1331 Silas Deane Highway
Wethersfield

Specializing in Reverse Mortgages.
Your appraisal fee refunded at closing

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(Continued next page)
Virtual Programs ❖ September ❖ ❖

Joint Replacement Patient Education - Backus Hospital Tuesdays, Sept. 1, 15, 29 and Oct. 6 & 20, 9am. Backus Medical Office Building - Conference Room, 330 Washington St., Norwich. This class is for patients who will undergo hip or knee replacement surgery, providing education on how to prepare for surgery and recovery. We strongly recommend and welcome your support person who will be with you after surgery. To register, call 1.855.HHC.HERE/ 1.855.442.4373 or visit hartfordhealthcare.org/Events.

Virtual Men's Health – A Path to Health & Wellness Wednesday, Sept. 2, 10am. Taking charge of your own health is an important. Understanding common areas of concern related to men will allow you to feel empowered about how to partner with your healthcare provider to live your best life. Presented by Nicholas Arsenault, transitional care nurse, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AG-ING1/ 1.877.424.4641. To register, call 1.855.HHC.HERE/ 1.855.442.4373 or visit hartfordhealthcare.org/Events.

Making the Most of Your Telemedicine Visit Thursday, Sept. 3, 10am. During the COVID-19 era, telemedicine visits have been utilized in high demand due to physical distancing measures and expansion of insurance coverage. Learn more about the different types of virtual services, pros and cons, and tips for environment, technology, and preparation. Presented by Kaitlin Cuas, transitional care nurse, Hartford HealthCare Center for Healthy Aging and Granby Senior Center. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AGING1/ 1.877.424.4641. RSVP to Granby Senior Center, 860.844.5352.

Mental Health First Aid Tuesday, Sept. 8, 8am. Free. Hartford Hospital - Institute of Living - Commons Building, 200 Retreat Ave., Hartford Room, 2nd Floor, Hartford. Just as CPR helps you assist an individual having a heart attack—even if you have no clinical training, Mental Health First Aid allows you to assist someone experiencing a mental health-related crisis. Learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. After attending all eight hours, you will be a certified Mental Health First Aider. To register, call 1.855.HHC.HERE/ 1.855.442.4373 or visit hartfordhealthcare.org/Events.

Prepare for Surgery, Heal Faster Workshop Wednesdays, Sept. 9 or 23, 11am. $60/class. HHC Bone & Joint Institute (Fourth Floor, Room 2), 31 Seymour St., Hartford. Medical Studies show that people who prepare for an operation have less pain, fewer
complications and recover sooner. Peggy Huddleston’s five steps to prepare for surgery will help you calm preoperative jitters and visualize a positive recovery. The fee includes her book and relaxation CD. Registration is required for the patient. One support person may attend at no charge. They do not need to register separately, but indicate their first name and last name when asked if bringing a support person. This workshop is recommended one or two weeks before your operation, but even one day before can provide noticeable results. For more information, visit www.healfaster.com. To register, call 1.855.HHC.HERE/1.855.442.4373 or visit HartfordHealthCare.org/Events.

Screening Mammography - Catching Breast Cancer Early Thursday, Sept. 10, 12pm. Free. Hospital of Central Connecticut - Lecture Room 1 & 2, 100 Grand St., New Britain. Learn more about: the science of mammography, ultrasound, and CT scan; breast cancer surgical options; and treatments. To register, call 1.855.HHC.HERE/1.855.442.4373 or visit HartfordHealthCare.org/Events.

Dimensions of Wellness for the Older Adult Webinar Thursday, Sept. 10, 2pm. This interactive and engaging presentation reviews a wellness model that encompasses the following dimensions of wellness: physical, emotional, intellectual, spiritual, vocational and environmental. It is a guide to help you look closely at your life and recognize and celebrate your unique triumphs and what you’re already doing to live your best life. You might be wondering, “What might I like to change or add to my life to enhance my sense of well-being?” Join us and share ideas on what it means to be fully engaged in life! Presented by Lillian Swan, transitional care nurse, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AGING1/1.877.424.4641. RSVP to Cromwell Senior Center, 860.632.3447.

Night of Pinot & Prevention: Virtual Event Tuesday, Sept. 15, 7pm. Free. Join us for a dose of laughter and learn about heart disease in women, featuring award-winning comedian Kelly McFarland and WTNH anchor Sarah Code as emcee. During this event we will discuss: How heart disease is different in women; signs and symptoms; and tips for staying heart healthy. To register, call 1.855.HHC.HERE/1.855.442.4373 or visit HartfordHealthCare.org/Events.

Joint Replacement Patient Education Tuesdays, Sept. 15 or Oct. 20, 5pm. Backus Medical Office Building - Conference Room, 330 Washington St., Norwich. This class is for patients who will undergo hip or knee replacement surgery, providing education on how to prepare for surgery and recovery. We strongly recommend and welcome your support person who will be with you after surgery. To register, call 1.855.HHC.HERE/1.855.442.4373 or visit HartfordHealthCare.org/Events.

Do I Have Dementia? - Webinar Tuesday, Sept. 22, 5pm. A diagnosis of dementia can be frightening for those affected by the syndrome, their family members and caregivers. Presented by Patty O’Brien, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging, learn more about: signs and symptoms of dementia, different types of dementia and risk factors. A light dinner will be served. Seating is limited, registration is required. Sponsored by Hartford HealthCare Center for Healthy Aging and Southington Care Center. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AGING1/1.877.424.4641.
Dimensions of Wellness for Older Adults Webinar

Wednesday, Sept. 23, 10-11am.

This interactive and engaging presentation reviews a wellness model that encompasses the following dimensions of wellness: physical, emotional, intellectual, spiritual, vocational and environmental. It is a guide to help you look closely at your life and recognize and celebrate your unique triumphs and what you’re already doing to live your best life. You might be wondering, “What might I like to change or add to my life to enhance my sense of well-being?” Join us and share ideas on what it means to be fully engaged in life! Presented by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and Plainville Senior Center. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AG-ING1/1.877.424.4641. To register, call Plainville Senior Center, 860.747.5728.

Making the Most of Your Telemedicine Visit Webinar

Thursday, Sept. 24, 10am.

During the COVID-19 era, telemedicine visits have been utilized in high demand due to physical distancing measures and expansion of insurance coverage. Learn more about the different types of virtual services, pros and cons, and tips for environment, technology, and preparation. Presented by Kaitlin Cuas, transitional care nurse, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and Plainville Senior Center. Registration required. RSVP to Plainville Senior Center, 860.747.5728.

Exercise and Healthy Aging Webinar

Thursday, Sept. 24, 1pm.

Through the course of our life our bodies change. Our daily activities and habits shape our physiology. Exercise can be used as a tool to help prevent and fight disease and age-related decline. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness and Cromwell Senior Center. Registration required. For more information, call Hartford HealthCare Center for Healthy Aging, 1.855.HHC.HERE/1.855.442.4373 or go online to HartfordHealthcare.org/Webinars.

Safe, Secure, and Socialized Webinar

Wednesday, Sept. 30, 5pm.

Why assisted living is still a great option for seniors in light of COVID-19. From testing on site, to vitals monitoring, activity programs, hot meals, and generator powered buildings. Winter is approaching are you prepared to stay safe and thrive? Presented by Maley Hunt, executive director, and Christine Sampson, RN, Cedar Mountain Commons. Sponsored by Cedar Mountain Commons. Registration required. To register, call 1.855.HHC.HERE/1.855.442.4373 or go online to HartfordHealthcare.org/Webinars.

CBD and Pain Management Webinar

Thursday, Oct. 1, 10am. Free.

Learn more about: CBD use in relief of pain; commonly treated conditions; forms of CBD. Presented by Michael Peshka, RN, Hartford HealthCare Pain Treatment Center. Sponsored by Hartford HealthCare and Plainville Senior Center. To register, call Plainville Senior Center, 860.747.5728.

Understanding Sepsis Webinar

Wednesday, Oct. 7, 10am. Free.

Do you know what sepsis is and why it’s so important to know? Join us for a presentation on the basics, what the signs are to look for, how to prevent it, and ensure that TIME is on your side to help save
lives from sepsis. Presented by Nicholas Arsenault, transitional care nurse, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AG-ING/ 1.877.424.4641. To register, call 1.855.HHC.HERE/ 1.855.442.4373 or visit HartfordHealthCare.org/Events.

Making the Most of Your Tele-Medicine Visit Webinar
Wednesday, Oct. 7, 10:30am. During the COVID-19 era, telemedicine visits have been utilized in high demand due to physical distancing measures and expansion of insurance coverage. Learn more about the different types of virtual services, pros and cons, and tips for environment, technology, and preparation. Presented by Kaitlin Cuas, transitional care nurse, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and Meriden Senior Center. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AG-ING/ 1.877.424.4641. To register, call 1.855.HHC.HERE/ 1.855.442.4373 or visit HartfordHealthCare.org/Events.

Advantages of Assisted Living for those with Memory Loss Webinar
Wednesday, Oct. 7, 2-3pm. Free. Learn more about:

- The Importance of Socialization
- Maintaining Proper Nutrition
- Assistance Managing Medication
- Plus Q&A with the experts

Presented by Marie Terzak, sales counselor, Jacquelyn Gaulin, executive director, and Jennifer Doty, social worker, Mulberry Gardens of Southington. Sponsored by Mulberry Gardens of Southington. To register, call 1.855.HHC.HERE/ 1.855.442.4373 or go online to Hartford HealthCare.org/Webinars.

Prepare for Surgery, Heal Faster Workshop
Monday, Oct. 12, or Wednesday, Oct. 28, 11am. $60/class. HHC Bone & Joint Institute (Fourth Floor, Room 2), 31 Seymour St., Hartford. Medical Studies show that people who prepare for an operation have less pain, fewer complications and recover sooner. Peggy Huddleston’s five steps to prepare for surgery will help you calm preoperative jitters and visualize a positive recovery. The fee for the program includes her book and relaxation CD. Registration is required for the patient. One support person may attend at no charge. They do not need to register separately, but indicate their first name and last name when asked if bringing a support person. This workshop is recommended one or two weeks before your operation, but even one day before can provide noticeable results. For more information, visit www.healfaster.com. To register, call 1.855.HHC.HERE/ 1.855.442.4373 or visit HartfordHealthCare.org/Events.

Better Balance and Heart
Thursday, Oct. 15, 12-1pm. Get to know Jolene Miceli, Health & Wellness Director at the Southington YMCA, to learn more about balance and exercise programs. Health, wellness and social responsibility in the community are primary goals of the Southington-Cheshire Community YMCA. Q&A will follow the presentation with Jolene. Sponsored by Hartford HealthCare Center for Healthy Aging and Southington-Cheshire Community YMCAs. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AG-ING/ 1.877.424.4641. To register, call 1.855.HHC.HERE/ 1.855.442.4373 or visit HartfordHealthCare.org/Events.

Selecting An Assisted Living Community
Wednesday, Oct. 21, 2-3pm. When maintaining a private home, indoor and outdoor tasks can become overwhelming. However, taking the next step in life can be daunting. Concerns may include: Is independent or assisted living the right choice? Is it safe – what precautions are being taken? What information do I provide? Can I afford it? Antoinette Ouellette, retirement counselor at The Orchards at Southington, will answer these and other
questions during this virtual meeting. Sponsored by The Orchards at Southington. To register, call 1.855.HHC.HERE/1.855.442.4373 or go online to HartfordHealthCare.org/Webinars.

Depression Webinar: An Introduction to the Disorder Oct. 27, 6:30pm. Hartford Hospital Online Class, Hartford. Join our interactive educational session right from the comfort of your phone, computer, or tablet. The seminar includes information about: what it is; diagnosis and information; resources and support; plus, LIVE Q&A with the expert. To register, call 1.855.HHC.HERE/1.855.442.4373 or go online to hartfordhealthcare.org/Webinars.

Focused Awareness Meditation Webinar Thursday, Oct. 29, 10am or 1pm. Focused Awareness Meditation is a simple, five-step technique. Learn how this scientifically based practice can help you to feel more relaxed, focused and calm. Participants are asked to bring a large towel or a small blanket with them for proper positioning in their chair. Presented by Evan Gross, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness and Granby Senior Center. RSVP to Granby Senior Center, 860.844.5352.

Expectant Grandparents Oct. 28, 7pm. Backus Hospital - Birthing Center, Conference Room, 326 Washington St., Norwich. This class is designed to bring expectant grandparents up-to-date with current information about pregnancy and childbirth, breast and bottle feeding, home safety for babies and toddlers, and variations in newborn and baby care. Includes discussion of grandparents’ role today. This class is for grandparents only! To register, call 1.855.HHC.HERE/1.855.442.4373 or visit HartfordHealthCare.org/Events.

Heart Healthy Behaviors Tuesday, Nov. 3, 1pm. Heart disease is the leading cause of death worldwide in both men and women. Research has identified factors that increase a person’s risk for coronary heart disease. The more risk factors you have, the higher your chance of developing heart disease. Learn what risk factors you can control that may lower your risk for developing heart disease. Presented by Lillian Swan, transitional care nurse, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and South Windsor Senior Center. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AG-ING1/ 1.877.424.4641. To register, call 1.855.HHC.HERE/1.855.442.4373 or go online to HartfordHealthCare.org/Webinars.

Home Safety & Fall Reduction for Aging in Place Webinar Thursday, Nov. 5, 10:45am. Many older adults value the comfort of living in their own home. From a clinician’s perspective, there are some aging considerations worth knowing in terms of environmental modification, fall prevention, and polypharmacy dangers to make home even safer.

❖ November ❖

Keeping Memory Strong Webinar Wednesday, Nov. 4, 10-11am. Join us for a presentation on keeping memory strong. This program will offer tips to keep your brain sharp and activities to challenge the mind - all while having fun. Presented Michelle Wyman, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and West Hartford Senior Center. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AG-ING1/ 1.877.424.4641. To register, call 1.855.HHC.HERE/1.855.442.4373 or visit HartfordHealthCare.org/Events.
Presented by Kaitlin Cuas, transitional care nurse, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and Cheshire Senior Center. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AG-ING1/1.877.424.4641. RSVP to Cheshire Senior Center, 203.272.8286.

Storm Preparedness: How Can You be Ready? Webinar
Tuesday, Nov. 10, 11:30am.
Prevention and preparedness build the foundation to make a positive impact when it comes to a medical emergency during a storm. Steps to prepare your health, emergency plans considerations for long term health conditions, and essential tips for during a storm will be discussed. Presented by Kaitlin Cuas, transitional care nurse, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and Meriden Senior Center. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AG-ING1/1.877.424.4641. RSVP to Cheshire Senior Center, 203.272.8286.

Prepare for Surgery, Heal Faster Workshop
Wednesdays, Nov. 11 or 25, 11am. $60/class. HHC Bone & Joint Institute (Fourth Floor, Room 2), 31 Seymour St., Hartford. Medical Studies show that people who prepare for an operation have less pain, fewer complications and recover sooner. Peggy Huddleston’s five steps to prepare for surgery will help you calm preoperative jitters and visualize a positive recovery. The fee for the program includes her book and relaxation CD. Registration is required for the patient. One support person may attend at no charge. They do not need to register separately, but indicate their first name and last name when asked if bringing a support person. This workshop is recommended one or two weeks before your operation, but even one day before can provide noticeable results. For more information, visit www.healfaster.com. To register, call 1.855.HHC.HERE/1.855.442.4373 or visit HartfordHealthCare.org/Events.

Staying Hydrated Webinar
Monday, Nov. 11, 11:30am-12:30pm. New Hartford Senior Center, 530 Main St., New Hartford. Learn the importance of stay hydrated, strategies to stay hydrated, and the symptoms someone may experience when they are dehydrated. Presented by Nicholas Arsenault, transitional care nurse, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AG-ING1/1.877.424.4641. RSVP to New Hartford Senior Center, 860.379.3980.

Nutrition and the Anti-Inflammatory Diet
Thursday, Nov. 12, 12-1pm. Free. Learn more about: allergy and immunology; functional medicine, herbal medicine and pain management; and anti-inflammatory diet. Presented by Eric Secor, MD, associate medical director of integrative medicine at H & HG Cancer Center and Hartford Hospital. Sponsored by Hartford HealthCare Center for Healthy Aging. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AG-ING1/1.877.424.4641. To register, call 1.855.HHC.HERE/1.855.442.4373 or visit HartfordHealthCare.org/Events.
Helpful Hints for Happy Holidays Webinar
Tuesday, Nov. 17, 10am. Tips for making the holiday season stress-free and enjoyable for you and your loved one with dementia. Presented by a dementia specialist from Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AG-ING1/ 1.877.424.4641. To register, call 1.855.HHC.HERe/1.855.442.4373 or visit HartfordHealthCare.org/Events.

December

Staying on Your Feet on the Ice & Snow
Tuesday, Dec. 1, 1pm. Keep yourself safe this winter—learn a few basic things we can do to prevent falls and injuries in the ice and snow. Presented by Mitchell Nyser, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness and South Windsor Senior Center. To register, call 1.855.HHC.HERe/1.855.442.4373 or go online to HartfordHealthCare.org/Webinars.

Understanding Arthritis Webinar
Wednesday, Dec. 2, 10-11am. 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 Evan Gross, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness and West Hartford Senior Center. To register, call 1.855.442.4373 or go online to HartfordHealth-Care.org/Webinars.

Storm Preparedness: How can you be ready?
Tuesday, Dec. 8, 1pm. Prevention and preparedness build the foundation to make a positive impact when it comes to a medical emergency during a storm. Steps to prepare your health, emergency plans considerations for long term health conditions, and essential tips for during a storm will be discussed. Presented by Kaitlin Cuas, transitional care nurse, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and South Windsor Senior Center. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AG-ING1/ 1.877.424.4641. To register, call 1.855.HHC.HERe/1.855.442.4373 or go online to HartfordHealthCare.org/Webinars.

Helpful Hints for Happy Holidays Webinar
Tuesday, Dec. 8, 6pm. Tips for making the holiday season stress-free and enjoyable for you and your loved one with dementia. Presented by a dementia specialist from Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AG-ING1/ 1.877.424.4641. To register, call 1.855.HHC.HERe/1.855.442.4373 or visit HartfordHealthCare.org/Events.

Prepare for Surgery, Heal Faster Workshop
Wednesdays, Dec. 9 or 23, 11am. $60/class. HHC Bone & Joint Institute (Fourth Floor, Room 2), 31 Seymour St., Hartford. Medical Studies show that people who prepare for an operation have less pain, fewer complications and recover sooner. Peggy Huddleston’s five steps to prepare for surgery will help you calm preoperative jitters and visualize a positive recovery. The fee for the program includes her book and relaxation CD. Registration is required for the patient. One support person may attend at no charge. They do not need to register separately, but indicate their first name and last name when asked if bringing a support person. This workshop is recommended one or two weeks before your operation, but even one day before can provide noticeable results. For more information, visit www.healfaster.com. To register, call 1.855.HHC.HERe/1.855.442.4373 or visit HartfordHealthCare.org/Events.
Let’s Talk About the Brain
Tuesday, Dec. 15, 1pm. The brain is an amazing three-pound organ that controls all functions of the body, interprets information from the outside world, and embodies the essence of the mind and soul. The brain controls our thoughts, memory and speech, movement of the arms and legs, and the function of many organs within our body. Program will include: the four tasks of the brain; six functions of the brain; what the brain needs to stay healthy; normal changes in the brain as we age. Presented by Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthcare and South Windsor Senior Center. 

Estate Planning: Are you Prepared?
Thursday, Dec. 17, 12-1pm. Free. Learn about: elder law and estate planning; VA benefits; long-term planning; asset protection; and more. Q & A will follow the presentation. Presented by Steven Rubin, Certified Elder Law Attorney. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AG-ING1/ 1.877.424.4641. To register, call 1.855.HHC.HERE/ 1.855.442.4373 or go online to Hartford HealthCare.org/Webinars.

Series

Medicare 101: Understanding your options
Webinars will be held:
September: 1, 3, 8, 9, 10, 15, 17, 21, 24 & 29
October: 1, 5, 6, 8, 12, 13, 15, 20, 22, 26, 27 & 28
November: 2, 3, 5, 9, 11, 12, 16, 19, 23, 24 & 30
To see the times available, call the number below.
Medicare 101 focuses on the basics of Medicare and understanding the Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose a plan; and options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by a Medicare educator from Hartford HealthCare Integrated Care Partners. Sponsored by Hartford HealthCare and Integrated Care Partners. Seating is limited, registration required. To register, call 1.855.HHC.HERE/ 1.855.442.4373 or visit HartfordHealthCare.org/Events.

Live Well with Chronic Conditions Virtual Workshop
Mondays, Sept. 14, 21, 28, Oct. 5, 12, 19 & 26, 10am-12:30pm. Join this free six-week workshop and learn how to better manage your ongoing health condition. Participants will need a computer, tablet or cell phone and a reliable internet connection. A technology training session will be provided prior to starting the workshop. You will learn:

1) Techniques to deal with frustration, fatigue, and pain
2) How to communicate effectively with family, friends and healthcare professionals
3) How to make healthy eating and physical activity choices
4) How to manage stress and deal with difficult emotions
5) Problem solving and decision making skills
6) Action Planning.
Materials will be sent directly to participants at no cost and include a Living a Healthy Life book and relaxation CD. Workshops take place once a week for six weeks, for up to 2.5 hours. Presented by Amina Weiland and Joseph Zuzel, resource coordinators, Hartford
Dementia Caregiver Virtual Series
Fridays, Sept. 11, 18, 25, Oct. 2 & 9, 10-11:30am. Free.
Learn more about:
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: Overview of Community Resources that may be Helpful.

Presented by certified dementia specialists, Hartford HealthCare Center for Healthy Aging. Sponsor by Hartford HealthCare Center for Healthy Aging. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AG-ING1/ 1.877.424.4641. To register, call 1.855.HHC.HERE/ 1.855.442.4373 or visit HartfordHealthCare.org/Events.

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Healthy Brain Series Webinar
Wednesdays, Sept. 2, 9, 16, 23 & 30, 1:30pm. This five-part series will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions. Sessions will cover:

Session 3: Overview of Community Resources that may be Helpful.

Presented by certified dementia specialists, Hartford HealthCare Center for Healthy Aging. Sponsor by Hartford HealthCare Center for Healthy Aging. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AG-ING1/ 1.877.424.4641. To register, call 1.855.HHC.HERE/ 1.855.442.4373 or visit HartfordHealthCare.org/Events.
Session 1:
**Challenge your mind daily:** Activities to keep your mind sharp

Session 2:
**Feeding the brain:** The importance of diet and hydration

Session 3:
**Benefits of a purposeful life:** Finding meaningful engagement as you age

Session 4:
**Good sleep and brain power:** The importance of sleep and your brain

Session 5:
**The Blue Zones:** Lessons for living longer from the people who’ve lived the longest

Presented by Patty O’Brien, CDP, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AG-ING1/ 1.877.424.4641. To register, call 1.855.HHC.HERE/ 1.855.442.4373 or go online to HartfordHealthCare.org/Webinars.

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**Healthy Brain Virtual Series**

**Tuesdays, Sept. 8, 15 & 22, 10:30am.** This three-part series will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions. Sessions will cover:

**Session 1:**
**Challenge your mind daily:** Activities to keep your mind sharp

**Session 2:**
**Feeding the brain:** The importance of diet and hydration

**Session 3:**
**Benefits of a purposeful life:** Finding meaningful engagement as you age

**Session 4:**
**Good sleep and brain power:** The importance of sleep and your brain

**Session 5:**
**The Blue Zones:** Lessons for living longer from the people who’ve lived the longest.

Presented by Michelle Wyman, LSW, CDP, and Patty O’Brien, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and Southington Calendar House. For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AG-ING1/ 1.877.424.4641. To register, call 1.855.HHC.HERE/ 1.855.442.4373 or go online to HartfordHealthCare.org/Webinars.

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**Movement Disorders and Other Neurodegenerative Conditions: Support for Caregivers-Virtual Series**

**First and Third Tuesdays: Sept. 1 & 15, Oct. 6 & 20, Nov. 3 & 17, Dec. 1 & 15 10-11am.** Free. Our in-person monthly support group is going virtual for the time being and we would like you to join us! Each session will spotlight a different caregiver/care-partner topic. Meetings will begin with a brief clinician led presentation. Afterwards, participants can share and contribute their own thoughts and experiences related to the session topic. Sessions will take place bi-weekly through Zoom and we encourage everyone to connect via audio and video if possible. Facilitated by Jennifer McCaughey, MS, CDP; Amanda Brill, LCSW and Jennifer Lambert, LCSW. Sponsored by Hartford HealthCare Center for Healthy Aging and Chase Family Movement Disorder Center.

RSVP to Amanda Brill, amanda.brill@hhchealth.org or Jennifer McCaughey, jennifer.mccaughey@hhchealth.org.
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