Mulberry Gardens resident’s genealogy book recaptures 375 years of her family’s history
Browsing the 666-page book she wrote seemed to bring her right back to the family farm.

Living the GoodLife
Throughout the years, GoodLife Fitness has helped countless older adults achieve a healthier life.

Hartford HealthCare adds geriatric care managers to assist navigating the aging process
Geriatric care management can be the answer when an older adult needs assistance.

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Are You Ready for the Medicare Annual Election Period (AEP)?

AEP happens once a year. Make sure you know your options and deadlines.

Know your dates
AEP runs October 15th through December 7th. During this time, you can shop for a new plan, switch your Medicare Advantage plan, change from Original Medicare to a Medicare Advantage plan, and add or remove prescription drug coverage*.

Make sure you are eligible to enroll
If you are new to Medicare, you will need to sign up for Medicare Part A and Part B before you can enroll in a Medicare Advantage plan during AEP.

If you already have a Medicare plan, make sure it meets your needs. You may be able to lower your monthly premium or copay amounts.

Don’t rely on coverage that falls short
Relying just on Parts A and B for coverage would only cover about 80% of your expenses.

The remaining 20% is your responsibility and could add up to thousands of dollars each year. To have enough coverage, many people select a Medicare Advantage Plan, known as a Part C plan, that includes Medicare Parts A and B benefits, and may also include supplemental benefits like dental and hearing, etc. These plans may also include a Part D plan to cover drug costs.

Get your questions answered
Give us a call at 1-844-267-2322 (TTY: 711). Our local, licensed Medicare Agents can help answer any of your questions about AEP.

We contract with other Medicare Advantage/Part D plans.

*You can also drop a Medicare Advantage plan and return to Original Medicare or cancel your current Part D plan.
Mulberry Gardens resident’s genealogy book recaptures 375 years of her family’s history

Candide Daigle Sedlik sat in the sunroom at Mulberry Gardens of Southington, pointing out photos in 3-inch-thick tome she braced in her lap. As she turned a page to a photo of a woman holding a pitchfork on top of a hay wagon, she started to laugh. “That’s me – wearing a dress. I was pretty good at stacking hay,” she recalled. “I don’t know why my mother didn’t have us wear some of my brothers’ hand-me-downs.”

There were dozens of images that provoked memories of her childhood growing up in the small community of Madawaska, Maine near the Canada border. Browsing the 666-page book she wrote seemed to bring her right back to the family farm – she became very animated when she saw a black and white snapshot of her grandparents’ house where she was born. “It was shakes with a yellow door and a teakettle on the stove.”

One of seven children, she left the homestead when she moved to Connecticut to pursue higher education. She was a secretary in the advertising department of Pratt and Whitney (not the aircraft company, she pointed out) and her husband, Harold, was a machine tool engineer. Together, they ran Sedlik Realty. They liked to travel and she pursued more traditional crafts such as braiding rugs and quilting. In the summer they would return to the Daigle family farm.

The husband and wife enjoyed writing and penned many articles centered on history, particularly about Aroostook County and northern Maine. When she found some old letters written by her grandmother, she knew she had to write a book. Her research recaps her family lineage back to 1643 beginning with Olivier Daigre from Poitou, France.

After 25 years of writing, researching at libraries and interviewing family members (while she was working full-time), the result was “Memories and Genealogy of a Daigle Family,” published in 2004. “When you come from a big family, there are always a lot of things to talk about,” she said. Though she typed it herself, the stories were easy to write: “I had lived it.”

When her husband died in 2014 and as she grew older, it was getting more challenging to live in their West Hartford home. In 2019, she made the move to Mulberry Gardens, the independent and assisted living community located at 58 Mulberry St. She joined in activities and enjoyed participating in that year’s Miss Mulberry Gardens Senior Pageant and being named first runner-up.

“I love living at Mulberry Gardens,” she said. “I wouldn’t change a thing.”

For more information about Mulberry Gardens of Southington, visit http://mulberrygardens.org.
Throughout the years, GoodLife Fitness has helped countless older adults achieve a healthier life by building energy, strength and endurance through one-to-one exercise. Individual’s goals have included building muscle strength, balance and cardiovascular health as well as self-esteem, while reducing the risk of falls and injuries. The end result has been a healthier and more confident quality of life.

GoodLife Fitness is able to offer the same guidance virtually, individuals are able to participate in two 30-minute group training sessions per week or pay $25 per one-on-one session in the privacy of their own homes. All locations are also open for in-person instruction.

GoodLife Fitness professionals are all certified exercise physiologists who are qualified to work with adults of varying fitness and health levels. Prior to starting, each person develops individual goals. The exercise specialist who guides the program develops a personalized fitness plan which is modified as a member progresses. Classes are based on ability and participation is contingent on the approval of the person’s primary care physician.

“A any adult interested in improving their overall fitness and meeting their goals under the supervision of a qualified professional should join our program. Whether you are pre- or post-rehab or simply want to improve your quality of life, we cater to your individualized needs,” said Emil Johnson, GoodLife Fitness program manager.

To learn more, contact GoodLifeFitness@hhchealth.org or call 860.462.6174.

GoodLife Fitness, a program of Hartford HealthCare, is geared toward the older adult to build energy, strength and endurance for an active lifestyle. An exercise physiologist works one-to-one with each person to improve muscular strength, balance, cardiovascular health and self-esteem, while reducing the risk of falls and injuries. For more information and about the eight locations, visit https://hhcseniorservices.org/health-wellness/goodlife-fitness.

A growing body of evidence shows that the pandemic has profoundly changed how much people exercise, not only in the United States but around the world. To get back into or start a new routine follow these rules.

1. Set Goals and a Timeline
One way to motivate yourself, is by setting small, realistic, and measurable goals that you
MyHealthy Advantage Membership Registration Form

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

As a MyHealthy Advantage member, you will receive our quarterly magazine informing you of any new lectures or discounts. Please feel free to call 860.378.1268 or email: MyHealthyAdvantage@HHCHealth.org.

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

Sincerely,

MyHealthy Advantage Coordinator

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

Name: ________________________________
Address: ________________________________
Town: __________________________ State: __________________________ Zip Code: _______________________
Home Phone: ______________ Date of Birth: __________
Email: ________________________________

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

☐ Direct mail  ☐ Event/educational series  ☐ Friend
☐ Other – specific senior center (where), professional (who)
  __________________________________________________________________________________

Other interests / suggestions for future seminars:
  __________________________________________________________________________________

Signature: ________________________________

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

☐ YES!  ☐ NO THANK YOU
Apple Crumble with Yogurt and Honey

**METHOD**

1. Preheat the oven to 350F. Make sure to firmly pack the apples into what you’re using to measure them.
2. In a mixing bowl, toss together the apples, cornstarch, vanilla extract, lemon juice and brown sugar. Spray the baking dish with cooking spray and spread the mixture evenly.
3. Melt coconut oil and let cool. Mix together the water, almond flour, rice flour, melted coconut oil, brown sugar, salt and cinnamon in a mixing bowl. Spread evenly over the apple filling and bake in the oven for 30 to 40 minutes, or until the apples are juicy and tender and the topping is golden brown.
4. Remove from oven and let cool. Divide into 3 oz. portions. Serve each portion with 1 Tbsp of yogurt and drizzle 1/2 tsp of honey.

**NUTRITION FACTS**

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<th>TOTAL FAT</th>
<th>SAT FAT</th>
<th>TOTAL CARB</th>
<th>PROTEIN</th>
<th>DIETARY FIBER</th>
<th>SODIUM</th>
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</thead>
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<td></td>
<td>200</td>
<td>8g</td>
<td>3g</td>
<td>30g</td>
<td>4g</td>
<td>3g</td>
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</tbody>
</table>

**INGREDIENTS**

- 1 qt Frozen Apples, Sliced
- 3 Tbsp Cornstarch
- 2 tsp Vanilla Extract
- 4 Tbsp Dark Brown Sugar
- 2 sprays Cooking Spray
- 1 1/2 Tbsp Lemon Juice
- 1 1/2 Tbsp Almond Flour
- 4 1/2 oz Rice Flour
- 4 1/2 oz Coconut Oil
- 4 Tbsp Dark Brown Sugar
- 1 tsp Salt
- 1 tsp Ground Cinnamon
- 1 tsp Water
- 7 1/2 oz Fat Free Greek Yogurt
- 2 1/2 Tbsp Honey

Hartford HealthCare adds geriatric care managers to assist navigating the aging process

Family members who care for an older loved one can be overwhelmed by the responsibilities, difficulties in navigating the health care maze, trying to understand the changes in physical and mental abilities, arranging home assistance, tackling finances, driving to appointments – all while trying to keep their own life in order.

Geriatric care management can be the answer when an older adult needs assistance but the job is overwhelming for a family member or there is no one to help. Geriatric care managers - healthcare professionals with a background in nursing, social work, gerontology or psychology who specialize in elder issues – can be the solution.

Hartford HealthCare Center for Healthy Aging offers geriatric care management to help individuals and families access much-needed services, coordinate home assistance, and advocate. The Center of Healthy Aging, now with 13 locations, has been helping families throughout the state successfully achieve a better and safer quality of life.

The first step in developing a personalized geriatric care management plan is performing an extensive in-home assessment to determine the client’s needs whether they are medical,
Are you or someone you know experiencing the challenges of low vision?

Charlotte Hungerford Hospital and the Lions Low Vision Centers of Hartford and Litchfield counties partner together to help by providing free medical and financial support to those affected by assessing their sight limitations.

The Lions Low Vision Center is now located at the Hartford HealthCare Rehabilitation Network office at the Sky Top Plaza, 1012 East Main Street in Torrington. The service is provided by appointment by Registered Occupational Therapist Michelle Whitford who has extensive training in low vision diagnoses and treatment.

“Low vision affects over two thirds of adults over 65 years of age. It’s our goal to ensure that older adults with low vision are able to maintain their independence and experience quality of life,” said Michelle Whitford.

Macular degeneration, glaucoma, or history of stroke or Diabetes, are the most common medical conditions causing low vision. Simple tasks may become more difficult and frustration often occurs with low vision. Although low vision can’t be corrected, there are many ways to make daily tasks easier.

Low vision is a condition that can’t be corrected by medical or surgical intervention or by eyeglasses. It limits an individual’s ability to complete many daily activities, which may include any of the following examples: reading and signing forms, reading the numbers on a clock, or difficulties locating steps, curbs or items within one’s home.

Patients begin with an assessment to determine their degree of vision loss and then an individualized plan is created with specific goals focused on providing assistance and improving their quality of life. Strategies are then developed to help people perform daily tasks, at times using tactile and talking products. Individuals are educated on availability of assistive technologies and learn to use their remaining vision effectively and live more safely and independently.

The service is covered by most insurances which are billed for services provided. The Lions Low Vision Centers supplies any devices a patient may need free of charge and may also assist in financial hardship situations. A physician referral for Occupational Therapy Low Vision is needed.

Call 860.496.0046 for more information and to schedule appointments.
<table>
<thead>
<tr>
<th>Merchant Name</th>
<th>Address</th>
<th>Offer Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amston Home Transition Solutions</td>
<td>61 N. Plains Industrial Road</td>
<td>FREE in home evaluation and estimates for any services. 10% off cleanout/removal services.</td>
</tr>
<tr>
<td></td>
<td>#173, Wallingford</td>
<td></td>
</tr>
<tr>
<td>Aziago’s Restaurant</td>
<td>166 Queen St.</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>
</tr>
<tr>
<td></td>
<td>Southington</td>
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<tr>
<td>B &amp; V Jewelers</td>
<td>76 N. Main St.</td>
<td>One free watch battery per person, not applicable on solar powered watches, smart watches or on lithium batteries.</td>
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<tr>
<td></td>
<td>Southington</td>
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<tr>
<td>Barker Animation</td>
<td>1188 Highland Ave.</td>
<td>20% Collectors Star Club discount &amp; $1 off museum entrance fee.</td>
</tr>
<tr>
<td></td>
<td>Route 10, Cheshire</td>
<td></td>
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<tr>
<td>Beacon Pharmacy</td>
<td>609 N. Main St.</td>
<td>Free local delivery.</td>
</tr>
<tr>
<td></td>
<td>Southington</td>
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<tr>
<td>Beacon Prescriptions</td>
<td>543 W. Main St.</td>
<td>Free prescription delivery. M-F, 9-6pm</td>
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<tr>
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<td>New Britain</td>
<td></td>
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<tr>
<td>Bongiovanni Insurance &amp; Financial LLC</td>
<td>107 E. Main St.</td>
<td>10% off tax preparation.</td>
</tr>
<tr>
<td></td>
<td>Meriden</td>
<td></td>
</tr>
<tr>
<td>Casey’s Image Consultants</td>
<td>51 N. Main St.</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></td>
<td>Suite 1BB, Southington</td>
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<tr>
<td>Century 21</td>
<td>441 N. Main St.</td>
<td>$250 towards house cleaning when you buy or complete a home sale with Joyce Gibson.</td>
</tr>
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<td></td>
</tr>
<tr>
<td>Colony Vision Care</td>
<td>60 Church St.</td>
<td>20% off eyeglasses.</td>
</tr>
<tr>
<td></td>
<td>Wallingford</td>
<td></td>
</tr>
<tr>
<td>Drain Surgeon</td>
<td>228 Corbin Ave.</td>
<td>10% off any plumbing repair work in residential housing.</td>
</tr>
<tr>
<td></td>
<td>New Britain</td>
<td></td>
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<tr>
<td>Eyewear Glasses</td>
<td>55 Meriden Ave.</td>
<td>15% off any pair of glasses.</td>
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<tr>
<td>Frank D. Marrocco, CPA</td>
<td>142 W. Main St.</td>
<td>Income tax preparation services – 10% off.</td>
</tr>
<tr>
<td></td>
<td>New Britain</td>
<td></td>
</tr>
<tr>
<td>Giovanni’s Pizzeria</td>
<td>714 West St.</td>
<td>10% off Tue. &amp; Wed., pick-up only. Except when using a coupon.</td>
</tr>
<tr>
<td></td>
<td>Southington</td>
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</tbody>
</table>

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
<table>
<thead>
<tr>
<th>Business Name</th>
<th>Address</th>
<th>Discount/Service Provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Graebers</td>
<td>172 W. Main St. Meriden</td>
<td>10% off durable equipment &amp; prescription drugs/Free delivery to Meriden, Wallingford and Cheshire</td>
</tr>
<tr>
<td>Neck &amp; Back Pain Relief Center</td>
<td>1601 Meriden-Waterbury Tpk., Milldale</td>
<td>10% off non-insurance covered items</td>
</tr>
<tr>
<td>Hearing Health &amp; Wellness Center</td>
<td>710 M. St., Clock Tower Square Plantsville</td>
<td>One free Battery Club membership with every hearing aid purchase.</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>40 Weston St., Suite A Hartford</td>
<td>10% off any item.</td>
</tr>
<tr>
<td>Lifeway Mobility</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>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>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>309 Green Road Manchester</td>
<td>10% off all menu items. Cannot be used with any other coupon or promotion.</td>
</tr>
<tr>
<td>Pals Power Washing, LLC</td>
<td>41 Riverside Court Southington</td>
<td>Free Cabot stain for all deck restorations or 10% off any house washing</td>
</tr>
<tr>
<td>Professional Vision Center</td>
<td>512 W. Main St. Meriden</td>
<td>20% off all services</td>
</tr>
<tr>
<td>Schmidt Lawn Care, LLC</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>36 N. Main St. Southington</td>
<td>10% off prescriptions</td>
</tr>
<tr>
<td>Smokin’ With Chris</td>
<td>59 W. Center St. Southington</td>
<td>10% off on Wednesdays all day.</td>
</tr>
<tr>
<td>Southington Cheshire YMCA</td>
<td>29 High St., Southington</td>
<td>One free visit at the Southington Community YMCA</td>
</tr>
<tr>
<td>Specialty Auto Cleaning &amp; Detailing</td>
<td>200 Clark St. Mildale</td>
<td>15% off any service/free pickup &amp; delivery in most areas</td>
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## Merchant Discounts

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<tr>
<th>Business Name</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Solinsky EyeCare LLC</td>
<td>860.236.4979</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>15% off packing, moving and content removal services.</td>
</tr>
<tr>
<td>Town Fair Tire</td>
<td>203.467.8600</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>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>25% off all eye care services</td>
</tr>
<tr>
<td>Welcome Home Mortgage, LLC</td>
<td>860.761.1331</td>
<td>Specializing in Reverse Mortgages. Your appraisal fee refunded at closing</td>
</tr>
</tbody>
</table>

## Special Programs and Events

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 and Dementia Support Group

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.

**First Tuesday of every month, 10-11am.**

Are you a caregiver and feeling overburdened? Are you responsible for making financial decisions, managing changes in behavior or even helping a loved one get dressed in the morning? This group is an affiliated support group of the Alzheimer’s Association Connecticut Chapter. Facilitated by Michelle Wyman, dementia specialist, Hartford HealthCare Center for Healthy Aging. This group is coordinated with the West Hartford Senior Center and sponsored by Hartford HealthCare Center for Healthy Aging and Alzheimer’s Association CT Chapter.
REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Virtual-Classes. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Third Monday of every month, 1-2:30pm.
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. This group is coordinated with the Berlin-DePeck Library and sponsored by Hartford HealthCare Center for Healthy Aging and Alzheimer’s Association CT Chapter. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Virtual-Classes. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Second Wednesday of every month, 6:30-8pm.
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. Sponsored by Hartford HealthCare Center for Healthy Aging and Southport Village Center. Registration required for the first time you join. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Virtual-Classes. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Call-in Dementia Caregivers Support Group
Fridays, 2-3pm.
This call-in support group includes topics such as communication techniques, caregiver support, benefits of activities, 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. 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#.

Virtual Memory Café
First Mondays: Sept. 13, Oct. 4, Nov. 1, & Dec. 6, 10:30-11:30am. The Virtual Memory Café is a welcoming place for people with memory loss, mild cognitive impairment and early dementia and for their families and friends. Memory Café offers an easy and fun way to socialize with others who have a shared experience. Facilitated by a dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Virtual-Classes. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Memory Screenings
Free virtual memory screenings are now available at your convenience through Hartford HealthCare Center for Healthy Aging. These confidential screenings average 20 minutes and consist of five questions to assess memory. They do not diagnose any illness but can indicate if someone should follow up with a full medical exam. To learn more or to schedule an appointment, call Hartford HealthCare Center for Healthy Aging, 1.877.424.4641.

Virtual Bereavement Support Groups
First and third Mondays, 1-2pm.
Facilitated by Nichol Burris. To RSVP, email nichol.burris@hhchealth.org.

Continued on next page
special programs and events

Second and fourth Wednesdays, 1-2:30pm.
Facilitated by Bill Pilkington. To RSVP, email bill.pilkington@hhchealth.org.

Call-in Bereavement Support Group
Thursdays, 1-2:30pm. Call 860.972.6338; code: 22528#.
Sponsored by Hartford HealthCare at Home Hospice Program. For more information and to register, please email the facilitator. After you register, you'll receive an email with easy instructions on joining the virtual class.

Diabetes Prevention
YMCA Diabetes Prevention Program
This series, which incorporates exercise with education, 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, 18 years old and older. For more information, contact Jolene Miceli, Southington Community YMCA, 860.426.9589 or email jmiceli@sccymca.org.

Cancer Support Group
LIVESTRONG at the YMCA
This 12 week program meets twice a week for 60-90 minutes, using traditional exercise methods to ease you back into fitness and help you maintain a healthy weight. You'll focus on:
- Building muscle mass and strength
- Increasing flexibility and endurance
- Improving confidence and self-esteem.
Plus, learn about wellness, stress reduction techniques and guidance in the gym. For Southington residents only, 18 years old and older. For more information, contact Jolene Miceli, Southington Community YMCA, 860.426.9589 or email jmiceli@sccymca.org.

Heart Health
YMCA Heart Healthy Program
This series, which incorporates exercise with education, is for individuals who want to decrease their heart disease risk. Participants receive a free three-month YMCA membership and support is critical to a woman’s recovery and well-being and can help women make informed decisions about their health and care. 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. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Virtual-Classes. After you register, you’ll receive an email with easy instructions on joining the virtual class.
Stroke Support Group

Virtual Stroke Support Group
This group provides support and education for stroke survivors and their caregivers/families. Facilitated by Christina Collin, stroke coordinator. For dates and times, contact Christina Collin, 860.224.5900, ext. 6468.

Movement Disorders and Other Neurodegenerative Conditions: Support for Caregivers

Movement Disorders and Other Neurodegenerative Conditions: Support for Caregivers
First and Third Tuesdays: Sept. 7, 21, Oct. 5, 19 and Nov. 2 & 16, 10:30-11:30am.
Each session spotlights a different caregiver/care-partner topic. Participants can share and contribute their own thoughts and experiences related to the session topic. Sessions take place bi-weekly through Zoom. Please contact a group leader if you haven’t attended before; there may be some changes in the schedule. 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@hhchealth.org or jennifer.mccaughey@hhchealth.org.

A Celebration of Seniors Award Ceremony

A celebration event will be held at Hartford HealthCare’s Wellness Lounge at Westfarms shopping mall in Farmington on September 10 at 10 am to applaud our winners.

For more information contact Bonnie.Tormay@hhchealth.org or fill out the form at HartfordHealthCare.org/celebrateseniors
Virtual Programs

SEPTEMBER

All About Vein Disease
Wednesday, Sept. 1, 12-1pm.

Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: risk factors, diagnosis, signs and symptoms, treatments and care. Plus, Q&A with the speaker will follow the presentation. Presented by Jeffrey Takahashi, MD. Sponsored by Hartford HealthCare and MidState Radiology Associates LLC. REGISTRATION REQUIRED: Call 1.855.hhC.hERE (1.855.442.4373) or go to hartfordhealthCare.org/virtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Understanding Deep Brain Stimulation (DBS)
Wednesday, Sept. 1, 12-1pm.

In this informational session, join Sarah Zurek, RN, Deep Brain Stimulation Program coordinator, to learn about DBS as a treatment option for Parkinson’s disease, essential tremor and dystonia. Q&A with the speaker will follow the presentation. REGISTRATION REQUIRED: Call 1.855.hhC.hERE (1.855.442.4373) or go to hartfordhealthCare.org/virtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Managing Chronic Back Pain
Wednesday, Sept. 8, 10-11am.

In this interactive presentation, learn more about: defining pain, risk factors and causes, and ways to manage back pain. Q&A with the speaker will follow the presentation. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.hhC.hERE (1.855.442.4373) or go to hartfordhealthCare.org/virtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Aging and Your Eyes
Wednesday, Sept. 8, 5-6pm.

In this FREE info session, join board-certified ophthalmic surgeon, Mary Gina Ratchford, MD, to learn more about general eye care as you age & common eye conditions, cataract surgery, and glaucoma treatment. Q&A with the doctor will follow the presentation. REGISTRATION REQUIRED: Call 1.855.hhC.hERE (1.855.442.4373) or go to hartfordhealthCare.org/virtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Renewing Your Spirit
Thursday, Sept. 9, 12-1pm.

This is a time to recharge and refresh your spirit. Learn ways to renew your spirit through
music, nature, self-talk and written word. This talk will help you create opportunities that can work for you. Presented by Paulette Schwartz, director of Human Centered Care, Hartford HealthCare. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Understanding How Hernias Affect You
Wednesday, Sept. 15, 5-6:30pm. In this free virtual information session, join board certified general surgeons, Edward Hannoush, MD and Vladimir Daoud, MD, to learn more about how hernias affect you, associated signs and symptoms, when you should seek medical care and different treatment options. Q&A with the speakers will follow the presentation. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Growing Older Can Bring New Purpose
Tuesday, Sept. 14, 11am-12pm. In this free info session learn more about: Physical changes and what we can do, mental changes and how to combat them and how to continue to live an active and engaging life. Q&A with the speaker will follow. Presented by Evan Gross, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Importance of Proper Posture
Wednesday, Sept. 15, 11am-12pm.
In this interactive presentation, learn more about: how poor posture can lead to numerous muscular-skeletal problems, including back pain, neck pain, and joint issues as well as what you can do to improve it. Presented by Michele Boisvert, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

How to Fall Safely
Thursday, Sept. 16, 10-11am. Sometimes, there’s no way to avoid a fall. If you are aware of the inevitability of a fall, you can at least prepare properly to fall. In this virtual presentation, learn how to fall down the correct way forwards or backwards, all the details on how to do it safely to reduce the risk or lessen the severity of injury. Presented by Mitchell Nyser, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Stress Management
Tuesday, Sept. 21, 11am-12pm.
In this interactive presentation, learn more about: what stress truly is and the three types of it; how our body responds to stress/distress; and different relaxation techniques. Presented by Christine Solimini-Swift, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Building Better Bones & Joints
Wednesday, Sept. 22, 11am-12pm.
In this interactive presentation, learn more about: bone and joint health, benefits of moving to maintain bone health, and the best exercises for your bones and joints. Q&A with the speaker will follow. Presented by Julie Sopchak, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.
Pelvic Health 101: What You Need to Know
Wednesday, Sept. 22, 12-1pm.
In this interactive presentation learn more about: Pelvic health for both men and women, symptoms, causes and treatment options. Q&A with the expert will follow. Presented by Laura Robbins, PT, DPT, Hartford HealthCare. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Memory Loss: When to Worry
Thursday, Sept. 23, 6-7pm.
In this free presentation, learn more about: differences between mild forgetfulness and more serious memory problems, causes of memory loss and when to see a doctor and questions to ask. Presented by Patty O’Brien, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Understanding Lymphedema
Monday, Sept. 27, 11am-12pm.
The World Health Organization estimates that over 250 million people worldwide live with lymphedema or chronic swelling. It is a disease that can cause pain, limit our mobility and cause us to be insecure about ourselves. In this interactive presentation, learn more about: the causes and effects of swelling, ways to manage it, and how participation in skilled occupational and physical therapy can help. Presented by a certified lymphedema therapist from Hartford HealthCare Rehabilitation Network. Sponsored by Hartford HealthCare Rehabilitation Network. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll
receive an email with easy instructions on joining the virtual class.

**Dementia Comes to Dinner**  
**Wednesday, Sept. 29, 6-7pm.**  
Eating and mealtimes present unique challenges throughout the disease progression, this program will share tips and techniques to improve meal times. Presented by Adrianne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging.** **REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Virtual-Classes. After you register, you’ll receive an email with easy instructions on joining the virtual class.

**OCTOBER**

**Understanding Lymphedema**  
**Tuesday, Oct. 5, 1-3pm.**  
The World Health Organization estimates that over 250 million people worldwide live with lymphedema or chronic swelling. It is a disease that can cause pain, limit our mobility and cause us to be insecure about ourselves. In this interactive presentation, learn more about: the causes and effects of swelling; ways to manage it; and how participation in skilled occupational and physical therapy can help. Presented by a certified lymphedema therapist from Hartford HealthCare Rehabilitation Network. **Sponsored by Hartford HealthCare Rehabilitation Network.** **REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Virtual-Classes. After you register, you’ll receive an email with easy instructions on joining the virtual class.

**Understanding How Hernias Affect You**  
**Wednesday, Oct. 13, 5-6:30pm.**  
In this FREE, live virtual info session, join board certified general surgeon at Hartford Hospital and Hartford HealthCare Digestive Health Center’s Dr. Chike Chukwumah to learn about how hernias affect you. Dr. Chukwumah will discuss different types of hernias and their associated signs and symptoms, when you should seek medical care, and different treatment options available. **REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Virtual-Classes. After you register, you’ll receive an email with easy instructions on joining the virtual class.

**Creative Communications: The Use of ‘Fiblets’**  
**Thursday, Oct. 14, 6-7pm.**  
Communication is impacted differently throughout the stages of dementia and many caregivers report that it is stressful. This program will share creative communication tips to better connect with your loved one with dementia. Presented by Patty O’Brian, CDP, dementia specialist. **Sponsored by Hartford HealthCare Center for Healthy Aging.** **REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Virtual-Classes. After you register, you’ll receive an email with easy instructions on joining the virtual class.

**An Introduction to Anxiety Disorders**  
**Tuesday, Oct. 19, 6-7pm.**  
In this FREE webinar, join the IOL’s Family Resource Center to gain helpful information about various Anxiety Disorders and how family and friends can be supportive to individuals living with anxiety. **REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Virtual-Classes. After you register, you’ll receive an email with easy instructions on joining the virtual class.
The Best Gift is You: Putting Yourself First
Wednesday, Oct. 20, 2-3pm
Making self-care a priority can be difficult for many people. However, self-care is important for physical, emotional and spiritual health. The free virtual session, will include the causes and symptoms of stress and different creative self-care strategies. Presenter will be Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Ways to Pay For Long-Term Care
Thursday, Oct. 21, 12-1:15pm
In this free presentation, learn more about: The ABCs of long-term care planning, comparing the costs, and the pros and cons of today’s options and what to do if it’s too late...and you have no coverage. Plus, Q&A session with the speaker. Presented by Armen A. Abrahamian, long-term care strategies. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Could Your Changing Vision Be Glaucoma
Wednesday, Oct. 21, 5-6pm.
About three million Americans have been diagnosed with glaucoma, and it is the leading cause of blindness worldwide. Join board certified ophthalmologist of Hartford HealthCare Eye Surgery Center, Dr. Martin Seremet, as he discusses signs and symptoms of glaucoma, who is at risk, and the different treatment options available. A live Q&A with Dr. Seremet will follow the presentation. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Understanding Arthritis
Wednesday, Oct. 27, 11am-12pm.
Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: causes of arthritis and how it is diagnosed, prevention tips. Plus, Q&A will follow the presentation. Sponsored by Hartford HealthCare GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Helpful Hints for Happy Holidays
Thursday, Nov. 4, 6-7pm.
In this free, LIVE webinar session, join dementia specialist, Kristine Johnson to learn more about making the holiday season easier to navigate and enjoyable for you and your loved one with dementia. Q&A with the expert will follow the presentation. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Exercise & Healthy Aging
Tuesday, Nov. 16, 11am-12pm.
Join this interactive class right from the comfort of the phone, computer or tablet and learn more about how to avoid slips, trips and falls. Q&A with the speaker will follow. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.
more about: Benefits of daily activities to shape physiology, exercise can be used as a tool to fight disease and age-related decline and types of exercise. Q&A with the speaker will follow. Presented by Michele Boisvert, exercise physiologist, Hartford HealthCare GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Virtual-Classes. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Intro to Dementia
Tuesday, Nov. 16, 6-7pm.
In this FREE webinar, join the IOL’s Family Resource Center to gain general information about the diagnosis of dementia, ways to manage, and how family and friends can be supportive to individuals living with the diagnosis. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Virtual-Classes. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Building Better Bones & Joints
Wednesday, Nov. 17, 11am-12pm.
In this interactive presentation, learn more about: bone and joint health; benefits of moving to maintain bone health; and the best exercises for your bones and joints. Q&A with the speaker will follow. Presented by Julie Sopchak, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Virtual-Classes. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Ending Loneliness:
Finding a Meaningful Life
Wednesday, Nov. 17, 2-3pm.
Loneliness is recognized as a public health issue that, according to research, affects individuals’ physical, mental and emotional health. Presented by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging, will discuss the causes of loneliness and meaningful ways to find fulfillment. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Virtual-Classes. After you register, you’ll receive an email with easy instructions on joining the virtual class.

DECEMBER

How to Fall Safely
Wednesday, Dec. 1, 10-11am.
Sometimes, there’s no way to avoid a fall. If you are aware of the inevitability of a fall, you can at least prepare properly to fall. Learn how to fall down the correct way forwards or backwards, and all the details on how to do it safely to reduce the risk or lessen the severity of injury. Presented by Mitchell Nyser, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Virtual-Classes. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Understanding Lymphedema
Thursday, Dec. 9, 2-3pm.
The World Health Organization estimates that over 250 million people worldwide live with lymphedema or chronic swelling. It is a disease that can cause pain, limit our mobility and cause us to be insecure about ourselves. In this interactive presentation, learn more about: the causes and effects of swelling; ways to manage it; and how participation in skilled occupational and physical therapy can help. Presented by a certified lymphedema therapist from Hartford HealthCare Rehabilitation Network. Sponsored

Stress Management
Tuesday, Dec. 7, 11am-12pm.
In this interactive presentation, learn more about: what stress truly is and the three types of it; how our body responds to stress/distress; and different relaxation techniques. Pre-sented by Christine Solimini-Swift, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Virtual-Classes. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Understanding and Responding to Behavior Changes
Wednesday, Dec. 8, 6-7pm.
A closer look at what behavior means and why challenging behaviors may occur for someone living with a dementia. We will discuss tips and techniques for how to respond when dementia causes unpredictable behaviors. Presented by Michelle Wyman, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Virtual-Classes. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Continued on next page
An Introduction to Depression
Tuesday, Dec. 14, 6-7pm.
In this FREE webinar, join the IOL’s Family Resource Center to gain helpful information about the diagnosis of depression and how family and friends can be supportive to individuals living with the disorder. REGISTRATION REQUIRED: Call 1.855.hhC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Growing Older Can Bring New Purpose
Thursday, Dec. 14, 11am–12pm.
In this free info session learn more about: Physical changes and what we can do, mental changes and how to combat them and how to continue to live an active and engaging life. Q&A with the speaker will follow. Presented by Evan Gross, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Medicare
Medicare 101: Understanding Your Options
Dates include:
Sept. 1, 8, 13, 15, 20, 22, 27 & 29
Oct. 4, 6, 7, 12, 14, 18, 19, 20, 26, 27 & 28
Nov. 1, 3, 4, 8, 9, 11, 15, 16, 17 & 30
Dec. 1 & 2
Call for times.
Topics include: Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Coverage. Presented by Marissa Hiebel and Sara Mitchell, Medicare educators. Sponsored by Hartford HealthCare and Integrated Care Partners. REGISTRATION REQUIRED: Call 1.855.hhC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Virtual Series
Dementia Caregiver Series
The Dementia Caregiver Series is offered at various dates and times. Participants should select one series and are encouraged to attend all five sessions.
Topics include:
Session 1: Overview of dementia
Session 2: Basics of Good Communication and Understanding Behaviors
Session 3: Safety in the Environment

Help your neighbors: drivers needed
Senior Transportation Services is looking for safe, reliable volunteer drivers willing to use their own car to assist Southington’s elderly residents to attend medical appointments. Must be willing to donate your time at least twice a month and your schedule will be arranged around your requirements. Secondary supplemental insurance also provided to drivers. Call 860.224.7117 or email SeniorTransportationServices@Yahoo.com.
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 a certified dementia specialist from Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging.

**Wednesdays:** Sept. 1, 8, 15, 22 & 29, 1-2:30pm.

OR

**Wednesdays:** Oct. 6, 13, 20, 27 & Nov. 3, 6-7:30pm.

OR

**Tuesdays:** Nov. 2, 9, 16, 23 & 30, 10-11:30am.

REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Virtual Classes. After you register, you’ll receive an email with easy instructions on joining the virtual class.

**Live Well Chronic Conditions Self-Management Virtual Workshop**

**Mondays:** Sept. 13, 20, & 27 Oct. 4, 11, 18 & 25, 2-4pm.

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, resource coordinator, Hartford HealthCare Center for Healthy Aging and Carley Taft, Community Health Educator, North Central Area Agency on Aging. Sponsored by Hartford HealthCare Center for Healthy Aging.

REGISTRATION REQUIRED: Call Amina Weiland, 860.286.3236 or email amina.weiland@hhchealth.org.

**Healthy Brain Series**
The Healthy Brain Series is offered at various dates and times. Participants should select one series and are encouraged to attend all five sessions. Presented by a certified dementia specialist from Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging.

**Topics include:**

**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

**Tuesdays:** Sept. 7, 14, 21, 28 & Oct. 5, 2-3pm.

OR

**Thursdays:** Oct. 7, 14, 21, 28 & 4, 11am-12pm.

OR

**Mondays:** Nov. 1, 8, 15, 22 & 29, 6-7pm.

**REGISTRATION REQUIRED:**
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Virtual Classes. After you register, you’ll receive an email with easy instructions on joining the virtual class.
More options in assisted living.

It’s time to consider one of Hartford HealthCare’s assisted living communities. Live in your own space without the worry of maintaining a home or being alone too much. Enjoy as many activities as you wish, including transportation for appointments and errands as well as special excursions and events.

- Beautiful studio, one- and two-bedroom apartments.
- Monthly rentals, no buy-in fees.
- Meals included.
- Live independently, with optional services such as assistance with daily living, medications and more.
- Highest safety standards, including rigorous COVID-19 precautions, one of many benefits of the Hartford HealthCare integrated care network.

To learn more, visit HartfordHealthCare.org/livebetter or call 860.681.9909.

Cedar Mountain Commons
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Newington, CT

Mulberry Gardens
58 Mulberry Street
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The Orchards at Southington
34 Hobart Street
Southington, CT

Arbor Rose*
975 Corbin Ave.
New Britain, CT

*An affiliate of Hartford HealthCare.