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

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

Hartford HealthCare Senior Services
Attn: MyHealthy Advantage Coordinator
80 Meriden Avenue
Southington, CT 06489
860.378.1268
Sebastian.Trabucco@hhchealth.org

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Comparing your Medicare options can save you money

The Medicare Annual Election Period (AEP) happens once a year. Make sure you know your options and deadlines.

Know your dates
AEP runs October 15th through December 7th. During AEP, you have the opportunity to switch your Medicare plan and potentially improve your coverage. There are a lot of options out there, and with prices steadily on the rise everywhere, it’s more important than ever to evaluate your current Medicare plan.

It’s smart to review your coverage every year
It’s a good idea to review your plan each year, and make sure it provides the coverage and value you deserve. You may be able to greatly reduce what you pay for health coverage. Now is the time to make sure your current plan provides the coverage you need for 2023. Especially if your financial situation or health care needs have changed, or you recently moved.

Ask yourself these questions about your current Medicare coverage

Q: Are your premiums and overall costs as low as they could be?
Make sure your finances are protected by choosing a Medicare plan, such as a Medicare Advantage plan, with low maximum out-of-pocket costs, a low monthly premium, low copays, and prescription drug coverage included. With a Medicare Advantage plan, you get more benefits, coverage, and financial security than with Original Medicare, so you’re not stuck with unexpected costs.

Q: Do you need dental, vision, and hearing coverage?
Some Medicare Advantage plans include these benefits at no extra cost. Review your current plan to make sure it provides coverage to keep your teeth, eyes, and ears healthy.

Q: Are your prescriptions covered?
If you have a plan that covers prescription drugs, make sure your drugs are covered. If your current plan has a prescription drug deductible, look for a Medicare Advantage plan with a $0 prescription drug deductible.

Get answers to all your Medicare questions
As the state’s only Medicare Advantage plans built with, and guided by, Connecticut doctors, CarePartners of Connecticut puts your health and well-being at the center of care by providing support to doctors to help get you the best care possible.

Call us today at 1.844.267.2322 (TTY: 711), or visit carepartnersct.com/partners to learn more.
Contestants were asked a series of questions one being their secret to being young. “I just go with the flow, go with the times, do what you have to do and stay busy,” “My health,” “Get up every day,” was among the advice shared with the crowd.

Returning judges included Kathy Faber, of Kathy Faber Designs and Renee DiNino, radio personality of River 105.9. As a first time judge Rebecca Stewart, vice president for content strategy, planning and marketing, Hartford HealthCare joined the panel. Bronze sponsors included Trudy Main and George Laudenberger.

“The results are in. Ladies and gentlemen the 2022 Ms. Mulberry Gardens goes to Virginia DePaulo,” Haney announced. Virginia (Ginny) DePaulo, a resident of Mulberry Gardens, was crowned with a tiara and draped with the 2022 Ms. Mulberry Gardens satin sash.

Ginny was born on April 13, 1923. Her hometown is Southington, she has three children Anthony, Joan and William along with three grandkids. Ginny worked at General Electric in Plainville. She enjoys walking, golfing, reading, bocce and bowling. She once won a trophy in a woman’s golf competition.
Other contestants:

First Runner Up - Mary Ann Terzak
Second Runner Up - Margaret Forauer
Ms. Congeniality - Patricia Hall
Most Photogenic - Frances LaPila
Most Outgoing - Elizabeth Lemelin
Most Poised - Bente Sivertsen
Most Graceful - Jeanette St. George
Most Elegant - Mary Kline
Most Charming - Doris Nowakowski
Most Sophisticated - Lisa Arena
Best Sense of Humor - Deborah Dudzik
Best Dressed - Dorothy Cochran
Nicest Eyes - Jane Clark
Nicest Smile - Mary Ziomek
Preventing for Fall!

As the dog days of summer come to a close, we find ourselves making preparations for autumn. In New England, this special time of year comes with many traditions, such as apple picking, breaking out that warm sweater and attending the many festivals throughout the region. In addition to all of these fun activities, it is also important to keep safe and to make sure you and your home are prepared for the change in season. Being proactive in the fall months can help you stay ahead of the game when the unpredictable winter months arrive.

Here are some suggestions for fall preparations for you and your home:

- Get your flu shot
- Change batteries in smoke detectors
- Test out winter equipment to make sure it will be ready to go when needed
- Bring in any outdoor furniture that you may have
- Check for drafts in the home
- Maintenance your vehicle

By making these preparations in the fall, you can get one step ahead as the colder months arrive. If you had more questions about planning for the winter or are interested in being connected to helpful resources, please call the Hartford HealthCare Center for Healthy Aging at 1.877.424.4641.
Herb-Infused Focaccia Bread

**Ingredients:**
- 2 garlic cloves
- Fresh or dry rosemary sprigs
- Fresh or dry thyme
- Fresh or dry sage
- 2 tbsp. oregano
- Optional 1 tbsp. red chili flakes
- 1 tbsp. black pepper
- 1 cup extra virgin olive oil
- 2 ½ cups all purpose flour
- 2 ¼ tsp. dry active yeast
- 1 tsp. honey
- 1 cup warm water

**Method:**
1. Mince or add the already fine garlic, thyme, rosemary, oregano, red chili flakes, sage and black pepper. On low heat, pour the extra virgin olive oil into a small saucepan with your herbs, stirring occasionally for about 10 minutes until aromatic. Set aside.
2. In a small saucepan, combine warm water, dry active yeast and honey. Let it sit for 5 minutes. Pour in 1 cup of the flour, and 1 teaspoon of the herb-infused olive oil. Mix until the flour is moist, just a few times. Let sit for 5 minutes. Pour in the rest of the flour and slowly fold it in, creating the dough. Transfer it into a slightly oiled large bowl and cover with a warm damp towel. Let it rise for 1 hour.
3. Preheat the oven to 450F. Pour 2 teaspoons of the herb-infused olive oil into a 9x13 dish, or any dish that has tall edges. Spread the oil evenly throughout. Transfer the risen dough into the dish and using your fingers, poke and prod it leaving divots and classic focaccia grooves. Cover and let rise for another 20 minutes.
4. Spread the remaining herb-infused olive oil on the dough, spread it around with your fingers as desired. Bake on top rack for 15-20 minutes until the top is golden and crunchy to the touch. Let cool on wire rack and enjoy!

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**MyHealthy Advantage Membership Registration Form**

*MyHealthy Advantage* is 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@HHCHhealth.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
The Center for Healthy Aging provides the following support:

The Center for Healthy Aging’s focus is to meet the needs of the communities it serves and as the needs change. With this- the Center for Healthy Aging team is excited to announce our new services under Home Safety Solutions.

Through the course of aging, an individual’s situation is bound to change; they may face health challenges such as a decrease in mobility, an increase in falls and a memory decline or their family situation may change. Seniors may find themselves alone, isolated and in need of additional assistance. They may entertain the thought of moving to senior housing or an assisted living community, but in the end, many will opt to remain in their home. However, to age in place safely, they’ll need additional support. Home safety technology devices may be a safe and economical first step before hiring a caregiver or complementing caregivers already assisting in the home.

As a new service of Hartford HealthCare Center for Healthy Aging, Home Safety Solutions offer technological devices that promote independence, safety, and improved quality of life for seniors.

Our range of solutions includes devices for fall prevention, emergency response, medication management, remote monitoring, home safety and the hearing impaired.

- Dementia Specialists provide personalized coaching sessions for CarePartners and other members of an individual’s healthcare team in addition to monthly support groups and educational series.

- Transitional Care Nurses perform a comprehensive assessment for individuals who may not otherwise be eligible for support in-home. They focus on home safety, medication reviews, disease-specific education and appropriateness for in-home services.

- Resource Coordinators are located in eleven locations across Connecticut to provide guidance and ongoing support throughout the aging process.

- Geriatric Care Management services offer high-level, personalized care coordination to individuals in need of support managing their health and overall wellness. This private pay, concierge service is aimed at helping individuals who may have complex health needs, lack family support and may be struggling to manage their daily routine.
Medical Alert Systems offer a fast, easy and affordable way to get help during an emergency, whether it be a medical issue, a fall, a fire, or any event that requires an immediate response.

Medicine Management smart and secure pillboxes that are practical, low-cost solution ensures you get the right dose of medications at the right time.

Fall & Wander Prevention offers tools to alert caregivers of a potential fall or wandering event.

Remote Monitoring technology to give caregivers peace of mind when they can’t be there in person.

Home & Fire Safety protects your home from stove and microwave fires.

For the hearing impaired devices that use lights and vibration to help support those who are hearing impaired.

The Center for Healthy Aging Geriatric Care Manager (GCM) recently stepped in to assist a gentleman who was transitioning back home from a skilled nursing facility following a major surgery and long hospitalization. His wife and adult children were supportive of his wishes to return home, but were unsure of how to set up the right support. The GCM was able to arrange caregivers, schedule follow up appointments and communicate with the care team to ensure a smooth transition home. In addition to this, the GCM coordinated home safety solution technology including a Personal Emergency Response System to ensure that help was easily accessible in case of an emergency and offered peace of mind to the adult children who live out of state. An Electronic Medication Dispenser was also recommended as his medication regimen was more complex following his recent health issues.

For information on Home Safety Solutions, pricing and referrals:
Phone: 877.424.4641 | Email: Centerforhealthyaging@hhchealth.org

A few words from our client:
“These services have been invaluable”
“We would be lost without this support”
“The emergency response system was the perfect solution”
<table>
<thead>
<tr>
<th>Merchant Name</th>
<th>Phone Number</th>
<th>Address</th>
<th>Discount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amston Home Transition Solutions</td>
<td>203.678.9728</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>
</tr>
<tr>
<td>Aziago's Restaurant</td>
<td>860.426.1170</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>
</tr>
<tr>
<td>B &amp; V Jewelers</td>
<td>860.276.2097</td>
<td>72 Center 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>Barker Animation</td>
<td>203.272.2222</td>
<td>1188 Highland Ave. Route 10, Cheshire</td>
<td>20% Collectors Star Club discount &amp; $1 off museum entrance fee</td>
</tr>
<tr>
<td>Beacon Pharmacy</td>
<td>860.628.3972</td>
<td>609 N. Main St. Southington</td>
<td>Free local delivery</td>
</tr>
<tr>
<td>Beacon Prescriptions</td>
<td>860.225.6487</td>
<td>543 W. Main St. New Britain</td>
<td>Free prescription delivery. M-F, 9-6pm</td>
</tr>
<tr>
<td>Casey's Image Consultants</td>
<td>860.628.8857</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>
</tr>
<tr>
<td>Century 21</td>
<td>203.213.4141</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>
</tr>
<tr>
<td>Colony Vision Care</td>
<td>203.265.7990</td>
<td>60 Church St. Wallingford</td>
<td>20% off eyeglasses</td>
</tr>
<tr>
<td>Drain Surgeon</td>
<td>860.229.6941</td>
<td>228 Corbin Ave. New Britain</td>
<td>10% off any plumbing repair work in residential housing</td>
</tr>
<tr>
<td>Eyewear Glasses</td>
<td>860.621.8215</td>
<td>55 Meriden Ave. Southington</td>
<td>15% off any pair of glasses</td>
</tr>
<tr>
<td>Frank D. Marrocco, CPA</td>
<td>860.229.7479</td>
<td>142 W. Main St. New Britain</td>
<td>Income tax preparation services – 10% off</td>
</tr>
<tr>
<td>Giovanni's Pizzeria</td>
<td>860.621.2299</td>
<td>714 West St. Southington</td>
<td>10% off Tue. &amp; Wed., pick-up only. Except when using a coupon.</td>
</tr>
<tr>
<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>
</tr>
<tr>
<td>Neck &amp; Back Pain Relief Center</td>
<td>860.620.9523</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>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>
</tr>
<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>
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<td>Merchant Name</td>
<td>Contact Information</td>
<td>Offer Description</td>
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<tr>
<td>Keller Williams Realty</td>
<td>860.681.6796</td>
<td>Free consultation to learn what your home is worth</td>
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<tr>
<td>Lifeway Mobility</td>
<td>860.292.1111</td>
<td>$300 off the purchase of a new stairlift. Cannot be used with any other coupon or promotion.</td>
<td></td>
</tr>
<tr>
<td>Meriden YMCA</td>
<td>203.235.6386</td>
<td>BE OUR GUEST, your MyHealthy Advantage card entitles you to one free visit at the Meriden YMCA</td>
<td></td>
</tr>
<tr>
<td>Next Street Driver Rehab Services</td>
<td>860.417.5569</td>
<td>After clinical assessment, $25 off for driving assessment and $50 off for both clinical and driving assessment</td>
<td></td>
</tr>
<tr>
<td>October Kitchen</td>
<td>860.533.0588</td>
<td>10% off all menu items. 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>Free Cabot stain for all deck restorations or 10% off any house washing</td>
<td></td>
</tr>
<tr>
<td>Professional Vision Center</td>
<td>203.269.2207</td>
<td>20% off all services</td>
<td></td>
</tr>
<tr>
<td>Schmidt Lawn Care, LLC</td>
<td>860.628.9781</td>
<td>10% off complete fall clean-up of property or curbside leaf removal</td>
<td></td>
</tr>
<tr>
<td>Smokin’ With Chris</td>
<td>860.620.9133</td>
<td>10% off on Wednesdays all day.</td>
<td></td>
</tr>
<tr>
<td>Southington Cheshire YMCA</td>
<td>860.628.5597</td>
<td>One free visit at the Southington Community YMCA</td>
<td></td>
</tr>
<tr>
<td>Specialty Auto Cleaning &amp; Detailing</td>
<td>860.628.5011</td>
<td>15% off any service/free pickup &amp; delivery in most areas</td>
<td></td>
</tr>
<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>
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<tr>
<td>The Dutiful Daughter, LLC</td>
<td>860.432.5503</td>
<td>15% off packing, moving and content removal services.</td>
<td></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>
<td></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>
<td></td>
</tr>
<tr>
<td>Walsh &amp; Massari</td>
<td>203.235.1681</td>
<td>25% off all eye care services</td>
<td></td>
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<tr>
<td>Welcome Home Mortgage, LLC</td>
<td>860.761.1331</td>
<td>Specializing in Reverse Mortgages, Your appraisal fee refunded at closing</td>
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</tbody>
</table>
Virtual Alzheimer’s & 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 stages of the disease and family dynamics and safety issues.

First Tuesday of every month, Tuesdays: Sept. 6, Oct. 4, Nov. 1 & Dec. 6, 10-11am.
Facilitated by Michelle Wyman, LSW, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging.

Second Wednesday of every month, Wednesdays: Sept. 14, Oct. 12, Nov. 9 & Dec. 14, 6:30-8pm.
Facilitated by Patty O’Brien, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging.

Facilitated by Patty O’Brien, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging.

Last Monday of every month, Mondays: Sept. 26, Oct. 31 & Nov. 28, 10:30-11:30am.
Facilitated by Michelle Wyman, LSW, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging.

REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. Registration required for the first time you join. After you register, you’ll receive an email with easy instructions on joining the virtual class.

These groups are affiliated support groups of the Alzheimer’s Association Connecticut Chapter.

Call-in Dementia Caregivers Support Group
Every Friday, 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 Kristine Johnson, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Registration is not required.


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.

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 Sebastian.Trabucco@hhchealth.org or call 860.378.1268.
Virtual Bereavement Support Groups

First and third Mondays, 1-2:30pm.
Facilitated by Nichol Burris.
To RSVP, email nichol.burris@hhchealth.org.

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

Second and fourth Tuesdays, 1-2:20pm.
Facilitated by Jim Mercurio.
To RSVP, email james.mercurio@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.

Cancer Support Group

LIVESTRONG at the YMCA
Upcoming sessions: Sessions starting in Sept. Every Tuesdays and Thursdays, 1-2:30pm.
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 and improving confidence and self-esteem. Plus, learn about wellness, stress reduction techniques and how to continue healthful habits after the program has ended. Just as important, LIVESTRONG at the YMCA encourages a warm spirit of community—a safe comfortable place for you to build companionship with others affected by cancer and share stories and inspiration. LIVESTRONG at the YMCA provides you with individualized attention and an approach to recovery that targets the areas you need to rebuild. There’s no competition here—physical activities are tailored to match your abilities.
For more information, contact Jolene Miceli, Southington Community YMCA, 860.426.9589 or email jmiceli@sccymca.org.

Heart Health

YMCA Heart Healthy Program
Upcoming sessions: Sessions starting June 29-Dec. 28. Every Wednesday, 5:30-6:30pm.
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 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.

Women’s Heart Disease Support Group
Third Wednesday of every month, 4:45-6pm.
First Wednesday of the month, 6-7pm.
The Women’s Heart of Central Connecticut and Fairfield County Support Network is a peer-to-peer patient support and education group for women living with heart disease. This 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/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Diabetes Prevention

YMCA Diabetes Prevention Program
Every Monday, 5:30-6:30pm.
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.
**Stroke Support Group**

Virtual Stroke Support Group  
Second Wednesday of every month, 3-4pm.  
This group provides support and education for stroke survivors and their caregivers/families. Facilitated by Christina Collin, stroke coordinator, at the Hospital for Special Care in New Britain. Contact Christina Collin for registration, 860.224.5900, ext. 6468.

**Surgical Weight Loss**

Surgical Weight Loss Info Session  
Call for dates and times.  
In this virtual class, learn about the process to get surgical weight loss, risks and complication and lifestyle changes necessary to succeed. A LIVE Q&A with the experts will follow the presentation. 
REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to whatwillyougain.org. After you register, you’ll receive an email with easy instructions on joining the virtual class.

**Medicare**

Medicare’s Annual Enrollment Period: Why Stop?  
Virtual: Oct. 13, 24 & Nov. 9, 14. Call for times.  
In-Person: Oct. 3, 19, Nov. 1, 28 & Dec. 5. Call for times and locations.  
Join us to learn about Medicare’s Annual Enrollment Period including: how the enrollment period works and things to consider when shopping for a Medicare plan. Plus, Q&A with the expert. 
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 101: Understanding Your Options  
Virtual: Oct. 6, 12, 17, 26, Nov. 2, 7, 15, 21 & Dec. 1. Call for times.  
In-Person: Oct. 10 & Nov. 16. Call for times and locations.  
Medicare 101 focuses on the basics of Medicare and understanding your Medicare options. Learn how it works: the different parts of the Medicare; when to enroll; how to choose your plan; and your options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Sara Mitchell, Medicare educator, 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.

**Aging and Brain Health**

Aging and Brain Health  
Wednesday Sept. 13, 12-1pm  
Speakers: Dr. Robert Dicks, MD, FACP, geriatric medicine, Hartford Health Care and Dr. Anthony Rinaldi, PsyD, ABPP-CN, co-director of Center for Cognitive Health, Hospital for Special Care  
Panel of Physical, Occupational and Speech Therapists  
- Normal Aging  
- When to be Concerned – Signs/Symptoms  
- Next Steps – Assessment and Treatment Options  
This presentation will be offered in person and remotely  
In-person: Hospital for Special Care  
2150 Corbin Avenue  
New Britain, CT 06053  
RSVP: Crystal Schindo cschindo@hfsc.org  
In person space is limited so register early. Masks are required for attendance.  
For remote access, link will be emailed after registration.
Virtual Programs

The Center for Healthy Aging hosts a free weekly interview with experts from the healthcare field. These events explore a variety of health and wellness topics and also offer a chat feature for attendees to ask questions. No registration is required and events can be attended live on Facebook or viewed at a later date. For a calendar of upcoming topics visit: https://www.facebook.com/HHCHealthyAging

Join us every Wednesday from 1:30-2pm on our Hartford HealthCare Center for Healthy Aging Facebook page.

September

How to Fall Safely
Wednesday, Sept. 7, 10-11am.
Join our interactive class right from the comfort of your phone, computer, or tablet and learn more about: 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. If you are aware of the inevitability of a fall, you can at least prepare properly to fall. Plus, Q&A with the host will follow the presentation. Presented by Mitchell Nyser, exercise physiologist, 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
Tuesday, Sept. 27, 12-1pm.
Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: bone and joint health, benefits of moving to maintain bone health and exercises to promote healthy bones and joints. Plus, Q&A with the host will follow the presentation. Presented by Erica Bruno, exercise physiologist, 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.

Memory Loss and When to Worry
Tuesday, Sept. 27, 1-2pm.
Join this virtual class to learn the differences between mild forgetfulness, more serious memory problems, causes of memory loss, tips to have the tough conversation about dementia and how to discuss the next steps. Presented by Michelle Wyman, dementia specialist, 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.

October

Stress Management
Wednesday, Oct. 5, 12:30-1:30pm.
Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: how our body responds to stress/distress; and different relaxation techniques. Plus, Q&A with the host will follow the presentation. Presented by Christine Solimini-Swift, exercise physiologist, 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 the Holidays
Thursday, Oct. 13, 10-11am.
The holiday season can be a source of joy and stress for anyone, however when you factor in dementia there is more that needs to be considered. Join as we discuss useful tips to ensure you set the person living with dementia up for success, as well as the care-partner, during the holidays. Presented by Kristine Johnson, dementia specialist, 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.
November

Building Better Bones & Joints
Wednesday, Nov. 2, 12-1pm.
Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: bone and joint health, benefits of moving to maintain bone health and exercises to promote healthy bones and joints. Plus, Q&A with the host will follow the presentation. Presented by Erica Bruno, exercise physiologist, 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.

Managing Chronic Back Pain
Wednesday, Nov. 9, 2-3pm.
Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: defining back pain, risk factors and cases, and ways to manage back pain. Plus, Q&A with the host will follow the presentation. Presented by Lisa Murawski, exercise physiologist, 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.

Exercise & Healthy Aging
Tuesday, Nov. 15, 11am-12pm.
Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: benefits of daily activities to shape physiology, how exercise can be used as a tool to fight disease and age-related decline. Plus, Q&A with the host will follow the presentation. Presented by Michele Boisvert, exercise physiologist, 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.

Can Colors Influence Dementia?
Tuesday, Nov. 15, 6-7pm.
The simple answer is yes. Whether aging in place or living in a community, using color and contrast in your environment can assist those with dementia navigate life safely. Join us as we discuss the power of colors, when to use high contrast and when to apply low contrast. Presented by Patty O’Brien, dementia specialist, 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.
Staying on Your Feet on the Ice & Snow
Wednesday, Nov. 16, 10-11am.
Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: keeping yourself safe this winter, learn a few basic things we can do to prevent falls and injuries in the ice and snow with better shoes, clothing and awareness. Plus, Q&A with the host will follow the presentation. Presented by Mitchell Nyser, exercise physiologist, 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.

Virtual Series

Dementia Caregiver Series
The Dementia Caregiver Series is offered starting in July. Participants are encouraged to attend all five sessions. Presented by a certified dementia specialist from Hartford HealthCare Center for Healthy Aging.

Topics include:
- 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 a Certified Dementia Specialist from Hartford HealthCare Center for Healthy Aging.

December

Exercise and Stress Reduction
Wednesday, Dec. 7, 12:30-1:30pm.
Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: what stress is, when you are chronically stressed learn how physical activity can help reduce your stress and which exercises are best. Plus, Q&A with the host will follow the presentation. Presented by Christine Solimini-Swift, exercise physiologist, 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 Be Aware of Your Surroundings
Wednesday, Dec. 7, 2-3pm.
Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: how to avoid slips, trips and falls, how to make your home safer and exercises to keep you alert at all times. Plus, Q&A with the host will follow the presentation. Presented by Lisa Murawski, exercise physiologist, 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.

Healthy Brain Series
The Healthy Brain Series is offered starting in August. Participants are encouraged to attend all five sessions. Presented by a certified dementia specialist from 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

Presented by a Certified Dementia Specialist from Hartford HealthCare Center for Healthy Aging.

Fridays: Oct. 7, 14, 21, 28 & Nov. 4 | 10:30-11:30am.
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.
**Open Houses**

**Cedar Mountain Commons**  
3 John H. Stewart Drive  
Newington  
**Wednesday, Sept. 14 | 3-7pm**  
**Thursday, Oct. 13 | 3-7pm**  
**Sunday, Nov. 13 | 10am-2pm and Wednesday, Dec. 7 | 3-7pm**  
Call Nicole Higgins to schedule a tour, 860.665.7901.

**The Orchards at Southington**  
34 Hobart Street  
Southington  
**Thursday, Sept. 22 | 4-7pm**  
**Thursday, Oct. 13 | 4-7pm**  
**Saturday, Nov. 19 | 9am-1pm and Thursday, Dec. 8 | 4-7pm**  
Call Antoinette Ouellette to schedule a tour, 860.628.5656.

**Arbor Rose at Jerome Home**  
975 Corbin Avenue  
New Britain  
**Tuesday, Sept. 27 | 4-7pm**  
**Monday, Oct. 24 | 4-7pm**  
**Saturday, Nov. 26 | 10am-2pm and Monday, Dec. 19 | 4-7pm**  
Call Karen Alix to schedule a tour, 860.229.3707.

**Mulberry Gardens of Southington**  
58 Mulberry Street  
Plantsville  
**Wednesday, Sept. 28 | 3-6pm**  
**Wednesday, Oct. 26 | 3-6pm**  
**Saturday, Nov. 19 | 10am-2pm and call to schedule in Dec.**  
Call Marie Terzak to schedule a tour, 860.276.1020.

**Jefferson House Renovations**  
For almost 140 years, Jefferson House has been providing excellent long-term care and rehabilitation services to seniors. Jefferson House is proud to share the completion of special renovations made to the Hitchcock unit, including a revamped nurse’s station. Renovations have incorporated new, state-of-the-art, open spaces for residents, their family members and staff to enjoy.

**Opening this Winter**  
**Arbor Rose Memory Care Apartments.**  
Call 860.229.3707
Obituary Scams

Sadly, there are many obituary (death announcement) scams and fraud risks that you should be aware of when a loved one dies and you decide to make public announcements. This is mainly because scammers are always looking for easy targets to steal their identities and commit various crimes.

It’s traditional for families to write and publish an obituary in the local newspaper or online when a family member passes away. This act serves to celebrate their family member’s life and memory. However, this practice can come with some dangers. Before preparing your family members’ obituary, take a moment to educate yourself on the possible risks involved.

Obituary scams typically start with information gleaned from death notices. Fraudsters harvest facts commonly included in obituaries — such as the deceased’s birth date, where the person lived and worked, and family members’ names — to start building a profile for identity theft.

Some examples of fraud committed with information garnered from obituaries include:
- Accessing personal bank accounts
- Opening lines of credit
- Obtaining healthcare
- Filing fraudulent tax returns

Like most other scams, money is the primary motivation for obituary fraud. In the event of a death in the family, it isn’t just the decedent’s personal finances that become vulnerable. Surviving family members, friends, and professional connections can become targets as well. Scammers can victimize surviving spouses or other family members by pretending to be debt collectors, government officials, or life insurance agents.

Below are some “red flags” or warning signs that a scammer may be targeting you:
- Phone calls, texts, or emails rather than official mail from government officials.
- Debt collectors who stress “immediate” payment or use of other scare tactics.
- Being instructed to pay debt via wire transfer or gift cards.
- Bills for credit activity after account holder’s death.

Tips on writing a “safer” obituary:
- Don’t put too much personal information in an obituary. Leave out details that could be used for identity theft, such as the deceased’s date and place of birth, middle name, maiden name, mother’s maiden name or employment history.
- Consider omitting detailed personal information regarding those grieving, like names and current hometowns of children, grandchildren and siblings.
- Don’t include the deceased’s home address. If the obituary also notes the date and time of the funeral, burglars can break into the presumably empty house during the service.

Here are some proactive steps you can make to minimize the risk of obituary scams after a loved one passes away:
- Report a loved one’s death to Social Security as soon as possible by calling 800.772.1213.
- Send a copy of the death certificate to the IRS so that officials can flag the deceased’s tax account.
- Notify banks and other financial institutions that the late loved one used. If you close accounts, ask that they be listed as “Closed: Account holder is deceased.”
- Notify major credit reporting bureaus (Equifax, Experian and TransUnion) so that they can place a death notice in the deceased’s credit file. This should prevent fraudulent applications for credit from being approved.
- Get a copy of the deceased’s credit report right after death and a few months later, to check for fraudulent activity.

Protect yourself:
Remember that scammers use personal information to play on your emotions and get what they want. Never send money; give credit card information; online account details; or copies of personal documents to anyone you don’t know or trust. If in doubt, seek the advice of a professional, such as a trusted lawyer, accountant or financial advisor.

To report obituary scams or theft of a deceased person’s identity to the Federal Trade Commission
https://reportfraud.ftc.gov/#!/ or at 877.382.4357.
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.

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*An affiliate of Hartford HealthCare.