The 2023 Ms. Mulberry Gardens queen
Jacqueline Polanski
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

EDITOR
Erika Stinson

CONTRIBUTING WRITERS
Sebastian Trabucco
Leaja Johnson
Nancy Becker
Sherri Vogt

EVENTS COORDINATOR
Leaja Johnson
Sebastian Trabucco

PHOTOGRAPHY
Leaja Johnson
Rusty Kimball

GRAPHIC DESIGN
Kevin Field

HHCSeniorServices.org

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Hartford HealthCare Center for Healthy Aging
a resource and assessment center for seniors and their families.
For a Center location near you: 1.877.424.4641
HHCCenterForHealthyAging.org

Jerome Home / Arbor Rose
Assisted living, memory care, short-term rehabilitation and long-term care
JeromeHome.org
975 Corbin Avenue
New Britain, CT 06052
860.229.3707
*affiliated with Hartford HealthCare

Mulberry Gardens
Assisted living, memory care and adult day center
MulberryGardens.org
58 Mulberry Street
 Plantsville, CT 06479
860.276.1020

Soutthington Care Center
Short-term rehabilitation, long-term care and outpatient therapy
SoutthingtonCare.org
45 Meriden Avenue
Soutthington, CT 06489
860.621.9559

The Orchards at Soutthington
Independent and assisted living
SoutthingtonOrchards.org
34 Hobart Street
Soutthington, CT 06489
860.628.5656

Cedar Mountain Commons
Independent and assisted living
CedarMountainCommons.org
3 John H. Stewart Drive
Newington, CT 06111
860.665.7901

Hartford HealthCare Independence at Home
HHCIndependenceatHome.org
1.888.863.2771

Jefferson House
Short-term rehabilitation, long-term care and outpatient therapy
JeffersonHouse.org
1 John H. Stewart Drive
Newington, CT 06111
860.667.4453

Hartford HealthCare Rehabilitation Network
HHCRewhabNetwork.org
181 Patricia M. Genova Drive
Newington, CT 06111
860.696.2500

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HartfordHealthCare.org
By Leaja Johnson

Undying passion for art that traveled from Peru to Connecticut.

For as long as Raul Grande can remember – and, at 95, that’s a long time! – his consuming passion has been drawing.

The father of three daughters and grandfather of three, the Hartford HealthCare Independence at Home client was recently recognized for drawing a caricature of Geno Auriemma, coach of the 2023 UConn men’s basketball championship team. But, the accolades and achievements go much further back than that.

His passion for art was sparked when, as a child in Lima, Peru, he watched his first cousin draw magazine covers. Impressed, Grande fell in love with the art form, specifically caricatures.

Perfecting his craft day in and day out, Grande attended Bellas Artes, a post-secondary school in Lima, and became an art teacher. Yet, he only taught for a year, realizing he would rather draw than teach.

At 18, he started his professional career at a newspaper company, La Cronica, drawing fashion pictures, political caricatures and ads.

Grande’s other passion is soccer. At 12 years old, his team was down two goals with only 15 minutes left, when he went in he scored two goals in time to tie the game.

In 1957, he brought both his passions to the U.S., living first in Hartford then later in a Wethersfield home with a studio.

Here, while playing in local adult soccer clubs, Grande’s career path led him to the Hartford Courant. As a marketing artist for 14 years, his work was similar to what he did at La Cronica. This time, however, Grande earned the Heart & Crown Award in 1997 for best illustration of a boat in the Northeast’s biggest newspaper contest. Through the years, Grande also worked for big brands like Lord & Taylor, Macy’s, Robert Hall, Stykers and the New York Times.

These days, although officially retired, Grande still freelances, his in-home studio plastered with hundreds of his drawings of fashion, sports, caricatures and politics. His most recent work of art was created for Mercado 27, a Hartford Peruvian restaurant. Diners can see his work embodied in a well-dressed man eating a Peruvian foot-long sandwich.

He draws because he doesn’t want to stop. His creativity remains strong and will continue to live on for years. His next drawing, a second piece, can be found at Mercado 27.
With all the fanfare of more familiar beauty pageants, the annual Ms. Mulberry Gardens Senior Pageant made its 12-year mark this June.

Contestants, all residents of the Hartford HealthCare senior living community, were eager to participate. This year’s theme was “What a Wonderful World” and invited each contestant to showcase their uniqueness while being judged on elegance, poise and final interview.

Starting the pageant from the terrace, Paula DePinto, director of finance, Hartford HealthCare Community Network, welcomed the crowd.

“I would first like to thank the residents of Mulberry Gardens for opening up their home for such a wonderful event and welcome their friends, family and the staff who care for them,” she said, pausing. “But first, a question, and I wonder if any of you feel the same way. Why is it that every time I walk into this building, I always feel like I am walking on sunshine?”

Queued by the song “Walking on Sunshine,” a flash mob of staff members in yellow boas and pom-pom headbands paved the way as DePinto strolled to the lower level.

Friends, family, residents and staff filled a beautifully decorated lobby as this year’s 10 contestants competed for the crown of Ms. Mulberry Gardens. Contestants were sponsored by staff members who helped prepare them for the big day and ushered them into the event.

Scot Haney, meteorologist and co-host of Great Day CT and five-time pageant emcee, listened carefully as contestants shared their most precious moments, quirky facts and secrets to staying young. Talents ranged from gardening to baking to dancing and even professional bowling.

Secrets to staying young included: “Exercise and have fun” from Dolores Assaro; “Sleeping late and eating well” from Elizabeth Lemelin;

“Keep moving and stay positive” according to Mary Kline;

“Reading and dancing with a chair as my dance partner” from Candde Sedlik;

“I treat people well,” from Joanne Solimini; and

“Have a good time,” according to Kathleen Tanasi.
Returning judges included Kathy Faber, of Kathy Faber Designs, LLC, a judge since beginning; Renee DiNino, radio personality at River 105.9; and Rebecca Stewart, vice present for content strategy, planning and marketing, Hartford HealthCare. New and first-ever male judge, Michael J. Daglio, executive vice president and chief operating officer of Hartford HealthCare, joined the panel. This year’s gold sponsor was Hancock Pharmacy & Surgical INC., and the bronze sponsor was PERFECTEMP INC.

After contestant presentations, the judges deliberated as the audience enjoyed a musical performance by Jerry Limmer, Richard Daddario and Rebecca Russo. Soon, Haney was announcing the contest winner as Jacqueline Polanski, who was crowned with a tiara and draped with the 2023 Ms. Mulberry Gardens satin sash. Polanski was born in 1937 in NY, and raised her two children in Hartford. In one of her stories, she spoke of a rose bush inherited from her great-great-grandmother that offers some of the most fragrant, biggest roses. She was in a garden club, worked at the Cheshire nursery and owned her own design business arranging floral displays. She played golf at Hawks Landing and was also a painter. Some of her paintings were displayed in local boutiques.

Each contestant earned a sash and bouquet from Donna Johnson, recreation director, and Jacquelyn Gaulin, executive director, Mulberry Gardens. Other contestant awards were:

**First Runner-Up** – Joanne Solimini  
**Second Runner-Up** – Candide Sedlik  
**Ms. Congeniality** – Kathleen Tanasi  
**Nicest Eyes** – Burlyne Strom  
**Nicest Smile** – Mary Kline  
**Most Elegant** – Dolores Assaro  
**Most Charming** – Elizabeth Lemelin  
**Best Sense of Humor** – Elizabeth Derouin  
**Most Photogenic** – Margaret Hampp

Mulberry Gardens of Southington, a member of Hartford HealthCare Senior Services, is a not for profit assisted living, adult day and memory care community located at 58 Mulberry St. in the Plantsville section of Southington. For more information about Mulberry Gardens of Southington, visit [www.mulberrygardens.org](http://www.mulberrygardens.org).
In a case of life coming full circle, old friends Sally Smith and Anna Greco reconnected after years apart with the help of Hartford HealthCare Senior Services.

It had been years since the women saw each other until Sally was living in Cedar Mountain Commons and Anna in Jefferson House.

**Early days**

Their friendship dates to 1945, during WWII, when they both worked at Landers, Frary & Clark Manufacturing Company in New Britain now known as Assa Abloy located in Berlin. Sally was secretary to the vice president while Anna manufactured bullets and other war supplies for the troops. After a long day at work, they played on the company’s softball team at Walnut Hill Park. Anna played shortstop and Sally right field, and the physical proximity allowed them to chat during games and become really good friends.

**As life passes you by**

Eventually, however, they lost touch, living separate lives across the country as they found love, raised children and built families. Anna moved to California for about 10 years, where she got married and raised three of her children as Sally did the same in Connecticut.
Anna Greco and her husband celebrating 55 years of marriage.

Sally Smith and her husband, this photo is dated back to 1991.

From friends to family
That was, until Sally’s sister Florence and Anna’s brother Rudy wed. Sally and Anna reconnected at the wedding and then at various family gatherings afterwards.

Elaine, a shared niece, learned Anna was living at Jefferson House and, with Sally’s transition there, having someone so close to her in the same place gave Elaine and the rest of her family peace of mind. Nursing managers and staff diligently worked to get the two reconnected again. Anna called Sally, and they got together for the first time in January 2023, as Sally transitioned from Cedar Mountain Commons to Jefferson House.

At Jefferson House
Now living under one roof, exactly one floor away from each other, the women are regularly in contact. Anna calls Sally often to remind her of any sporting event as they share an undying love for sports and are avid Red Sox fans. The two look forward to spending more time together.

Pictured from the left are Sally Smith and Anna Greco at the Jefferson House lobby.
Traveling Couple

By Leaja Johnson

The beauty of Ireland is irresistible to one local couple, who have visited 15 times and aren’t filing their passports away just yet.

The couple, who live at Cedar Mountain Commons, are planning their first trip overseas since the pandemic, and will celebrate their 50th wedding anniversary by visiting Kerry, Limerick and Dublin.

“It’s our home away from home,” says Donald McSweegan (Don).

Homeland

Bridget McSweegan was very familiar with the beauty of the Emerald Isle, having immigrated from Tralee, Ireland, to Connecticut in 1954.

After proving, with the help of her aunt, that she was no threat or burden to the country, she was allowed into she came over and quickly found employment at the Connecticut General Insurance Company in Hartford, where she worked for 27 years.

“I loved my company, they gave me an opportunity. They built confidence in me because they respected the type of work I was doing,” she describes.

Man in uniform

Don, on the other hand, was born and raised in Hartford. He graduated from Weaver High School in 1957 and went to the Army where he pursued mechanics.

His service included 13 months in Korea in the seventh infantry division, and returned home to work for the post office in Windsor, Hartford and Rocky Hill for 34 years. Years later, in 1980, he became postmaster of Rocky Hill, retiring in 1993.

In the town of Cahirguillamore, County Limerick, there is a museum called Old Irish Ways. There was an extensive collection, from all over Ireland, of things from the past years. The picture shows the couple behind the bar of a complete Irish bar room.

While they were in Tralee, County Kerry, we paid a visit to cousin Kathleen Curtin, St. John’s Road, Tralee.
As worlds collide

The travelers’ paths first crossed in December 1970, at the Irish American Home Society’s annual Christmas celebration where they were dancing to Irish music.

In 1973, Bridget and Don married. For their honeymoon, they traveled to Ireland for the first time.

After the pair retired, they started a craft business making and selling angels that could hold flowers, musical instruments or songbooks. They downsized from their long-time home in Rocky Hill to a condo in Wethersfield, traveling as often as they could to Ireland.

Joining the Cedar Mountain Commons community

After Bridget suffered strokes in 2017 and 2022, the McSweegans considered moving into assisted living.

A neighbor suggested attending a Cedar Mountain Commons open house as the couple found themselves eating less and less.

“We walked in here and fell in love with it. The tour was so welcoming, “This place had all the answers,” says Don.

Lifetime travel partners

Their new living situation doesn’t affect their traveling spirit, however. This year’s trip will be the first time in first-class as they go to visit great nieces, nephews, other family members and friends while celebrating their love on a 15-day getaway.

They look forward to shopping at Stadum Mills, eating at the Brogue Inn and “having a cup of tea” with their friends.

When that trip is done, they’ll begin planning the next for 2024.

Veterans Benefits

Connecticut is a patriotic and proud state with more than 180,000 veterans who served in World War II, the Korean and Vietnam Wars, and since 1990 Desert Storm and the Global War on Terror. At Hartford HealthCare, we want to ensure that Veterans and their families can access the benefits available to them.

Eligibility for Veteran Affairs (VA) benefits can be determined by:

- Date of active service.
- Combat injuries or a service-connected disability.
- Active duty status.
- Income/asset limits.
- Functional needs/support required.

Hartford HealthCare’s, Veterans Liaison, Sherri Vogt can assist you and your family with applications for VA healthcare, benefits, and help you locate your DD214. To connect with Sherri call the Center for Healthy Aging at 1.877.424.4641
**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@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
Staying active when you’re older may seem like a chore but if you choose the right activity, it can feel almost leisurely, and when you enjoy your exercise routine you’re more likely to continue.

“Exercise doesn’t have to be boring! The more enjoyable your exercise is the more likely you are to stay active,” says Mitchell Nyser, exercise physiologist, Hartford HealthCare, GoodLife Fitness.

As you age your options may seem like an endless pit of nothingness but that isn’t the case.

5 best exercises for seniors

Exercise comes in a variety of shapes and forms, and looks different from person to person based on any physical, mental or emotional limitations. Nyser suggests trying the following exercises:

1. Ping Pong. Increasingly popular in the elderly population, this offers a range of physical and mental benefits while increasing strength and hand-eye coordination. Ping pong has also been shown to have positive cognitive benefits.

2. Swimming. This one activity exercises all parts of the body with minimal risk of injury. It can be a great form of exercise, especially for those with joint swelling or pain. Be cautious and remember to always swim with a partner.

3. Golf. A light, relaxing way to exercise outdoors, golf allows you to socialize and connect with Mother Nature, while helping with core strength and balance.

4. Gardening. While this may seem like a chore, it gets your body moving. It is a perfect outdoor exercise, allowing you to be creative and disconnect from everyday stressors.

5. Dancing. Shaking your groove thing means light-to-moderate cardio and learning new steps on the dance floor. You can join a dance class or pull up a video from YouTube. Most dance classes follow a regular schedule which means you will, too. Like golf, dance and dance classes are social activities.

“Your exercise journey does not have to look like someone else’s. Your fitness goals are forever changing for one reason or another, so do the activities that you enjoy!” Nyser says.

GoodLife Fitness can help you exercise

GoodLife Fitness is an individualized fitness and wellness program under close supervision and instruction of certified exercise physiologists. The program offers small group and personal exercise sessions.

Based on an initial assessment, a specific program will be designed for you. Pending assessment results and your fitness goals, you will work with a specialist on balance, strength and endurance. Medical clearance from your doctor is advised.
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 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, and stages of the disease, family dynamics and safety issues.

*First Tuesday of every month, Tuesdays: September 5, October 3, November 7 & December 5, 10-11am.*
Facilitated by Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging.

*Second Wednesday of every month, Wednesdays: September 13, October 11, November 8 & December 13, 6:30-8pm.*
Facilitated by Patty O’Brien, CDP, Hartford HealthCare Center for Healthy Aging.

*Third Monday of every month, Mondays: September 18, October 16, November 20 & December 18, 1-2:30pm.*
Facilitated by Patty O’Brien, CDP, Hartford HealthCare Center for Healthy Aging.

*Last Monday of every month, Mondays: September 25, October 30 & November 27, 10:30-12pm.*
Facilitated by Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging.

**REGISTRATION REQUIRED:**
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Events. Registration required for the first time you join. After you register, you’ll receive an email with easy instructions on joining the 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, Hartford HealthCare Center for Healthy Aging.


**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**
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 class.
Diabetes Prevention
YMCA Diabetes Prevention Program
Upcoming sessions:
Sessions starting Sept. 11–March 2024. 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.

Cancer Support Group
LIVESTRONG at the YMCA
Upcoming sessions: Sessions starting in September. 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 28-Dec 27. 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/Events.
After you register, you’ll receive an email with easy instructions on joining the class.

Continued on next page >>
Special Programs & Events

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 class.

Medicare

Medicare’s Annual Enrollment Period: Why Stop?
Virtual: Oct. 5, 18 & Nov. 6, 29. Call 1.855.442.4373 for times.
In-Person: Oct. 19, 30, Nov. 8, 27 & Dec. 4.
Call 1.855.442.4373 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/Events.
After you register, you’ll receive an email with easy instructions on joining the class.

Medicare 101: Understanding Your Options
Call 1.855.442.4373 for times.
In-Person: Sept. 14, 27, Oct. 4 & Nov. 9.
Call 1.855.442.4373 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/Events.
After you register, you’ll receive an email with easy instructions on joining the class.

Community Education

Understanding Lymphedema
Friday, September 8, 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. Join a Certified Lymphedema Therapist (CLT) from Hartford HealthCare Rehabilitation Network, to learn more about the causes and effects of swelling, ways to manage it and how participation in skilled Occupational and Physical Therapy can help. Plus, Q&A with the host will follow the presentation.
REGISTRATION REQUIRED:
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Events.
After you register, you’ll receive an email with easy instructions on joining the class.

How to Fall Safely
Wednesday, September 13, 1-2pm.
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, all the details on how to do it safely to reduce the risk or lessen the severity of injury. Plus, Q&A 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/Events.
After you register, you’ll receive an email with easy instructions on joining the class.
Exercise & Healthy Aging
Tuesday, September 19, 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 Michelle Boisvert, exercise physiologist, Hartford HealthCare, GoodLife Fitness.
REGISTRATION REQUIRED:
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Events.
After you register, you’ll receive an email with easy instructions on joining the class.

October

Brain Health, What Can I Do?
Tuesday, October 10, 10-11am.
Brain health is a critical piece of your overall health. It underlies your ability to communicate, make decisions, problem-solve and live a productive and useful life. Because the brain controls so much of daily function, it is arguably the single most valuable organ in the human body. Join this class to learn tips and tricks to brain health. Presented by Patty O’Brien, dementia specialist, Hartford HealthCare Center for Healthy Aging.
Cromwell Senior Center, 41 West St., Cromwell CT 06416
REGISTRATION REQUIRED:
Call the Cromwell Senior Center to RSVP at 860.632.3447.

Understanding Lymphedema
Monday, October 16, 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. Join a Certified Lymphedema Therapist (CLT) from Hartford HealthCare Rehabilitation Network, to learn more about the causes and effects of swelling, ways to manage it and how participation in skilled Occupational and Physical Therapy can help. Plus, Q&A with the host will follow the presentation.
REGISTRATION REQUIRED:
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Events.
After you register, you’ll receive an email with easy instructions on joining the class.

Importance of Proper Posture
Thursday, October 12, 11am-12pm.
Join our interactive class right from the comfort of your phone, computer or tablet and 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. Plus, Q&A will follow the presentation. Presented by Michelle Boisvert, exercise physiologist, Hartford HealthCare, GoodLife Fitness.
REGISTRATION REQUIRED:
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Events.
After you register, you’ll receive an email with easy instructions on joining the class.

It Starts with Hello,
Late Stage Dementia
Tuesday, October 24, 6-7pm.
The progression of dementia brings cognitive and physical changes throughout the disease. How do we meet a person’s social needs when verbal communication becomes difficult? Join us to discuss ways to interact with and engage a person who is living in the later stages of dementia. Presented by Kristine Johnson, dementia specialist, Hartford HealthCare Center for Healthy Aging.
Elmbrook Village, 380 Salem Turnpike, Bozrah CT 06334
REGISTRATION REQUIRED:
Call Elmbrook Village to RSVP at 860.861.9704.

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Special Programs & Events

Exercise and Stress Reduction Friday, October 27, 1-2pm.
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, 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/Events. After you register, you’ll receive an email with easy instructions on joining the class.

November

Staying on Your Feet on the Ice & Snow Wednesday, November 15, 1-2pm.
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/Events. After you register, you’ll receive an email with easy instructions on joining the class.

Importance of Proper Posture Friday, November 17, 1-2pm.
Join our interactive class right from the comfort of your phone, computer or tablet and 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. Plus, Q&A 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/Events. After you register, you’ll receive an email with easy instructions on joining the class.

Helpful Hints for the Holidays Monday, November 20, 12-1pm.
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.
New London Senior Center, 10 Brainard St., New London CT 06320
REGISTRATION REQUIRED:
Call the New London Senior Center to RSVP at 860.447.5232.

Understanding Lymphedema Monday, November 20, 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. Join a Certified Lymphedema Therapist (CLT) from Hartford HealthCare Rehabilitation Network, to learn more about the causes and effects of swelling, ways to manage it and how participation in skilled Occupational and Physical Therapy can help. Plus, Q&A with the host will follow the presentation.
REGISTRATION REQUIRED:
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Events. After you register, you’ll receive an email with easy instructions on joining the class.

December

Exercise and Stress Reduction Wednesday, December 6, 1-2pm.
Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: what stress is and when you are chronically stressed, and 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 Mitchell Nyser, exercise physiologist, Hartford HealthCare, GoodLife Fitness.
REGISTRATION REQUIRED:
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Events. After you register, you’ll receive an email with easy instructions on joining the class.
Staying on Your Feet on the Ice & Snow
Friday, December 15, 1-2pm.
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 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/Events.

Movement Disorders and Parkinson's
Thursday, November 9
Dinner: 5pm.
Presentation: 5:30-6:30pm.
Join this free dinner with an expert to gain an understanding on the complexities of the conditions of movement disorders and Parkinson's and innovative advancements in their diagnosis and management. Presented by Dr. de Marcaida, M.D. Hartford HealthCare Chase Family Movement Disorders Center. A light complimentary dinner will be served. Seating is limited, registration required.
REGISTRATION REQUIRED:
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Events.

Home Safety
Monday, December 18, 12-1pm.
In the world of dementia, home safety considerations are an important part of setting your loved one up for success. Understanding cognitive and function changes that occur with disease progression can help us provide a safe environment. Presented by Kristine Johnson, dementia specialist, Hartford HealthCare Center for Healthy Aging.
New London Senior Center, 10 Brainard St., New London CT 06320
REGISTRATION REQUIRED:
Call the New London Senior Center to RSVP at 860.447.5232.

Dinner with the Expert
Falls with Orthopedic Injuries
Wednesday, September 27
Dinner: 5pm.
Presentation: 5:30-6:30pm.
Join this free dinner with an expert to gain a deeper understanding of falls and orthopedic injuries, equipping yourself with the knowledge to proactively protect yourself and your loved ones from potential accidents and their long-term consequences. Presented by Dr. Mike, OP, PT, Jerome Home Outpatient Therapy, and Maquita Sellers, exercise physiologist, Jerome Home. A light complimentary dinner will be served. Seating is limited, registration required.
REGISTRATION REQUIRED:
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Events.

Virtual Series
Dementia Caregiver Series
The Dementia Caregiver Series is offered starting in September. Participants 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 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.

In-Person:
Cromwell Senior Center, 41 West St., Cromwell CT, 06416
Fridays: September 15, 22, 29, October 6 & 13 | 10-11:30am.
REGISTRATION REQUIRED: Please call the Cromwell Senior Center to RSVP at 860.632.3447.

Virtual:
Mondays: September 25, October 2, 9, 16 & 23 | 6-7:30pm.
REGISTRATION REQUIRED:
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Events.
After you register, you’ll receive an email with easy instructions on joining the class.

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Special Programs & Events

Healthy Brain Series
The Healthy Brain Series is offered starting in September. 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: Activities to Challenge Your Mind
• Session 2: Importance of Diet and Nutrition
• Session 3: Finding Meaningful Engagement as You Age
• Session 4: Importance of Sleep and Your Brain
• Session 5: Lessons for Living Longer from People Who Lived the Longest

In-Person: New London
New London Senior Center,
10 Brainard St., New London CT 06320
Mondays: Sept. 25, Oct. 2, 16, 30 & 6 | 12-1pm.
REGISTRATION REQUIRED:
Please call the New London Senior Center to RSVP at 860.447.5232.

In-Person: Wethersfield
Wethersfield Senior Center,
30 Greenfield St., Wethersfield CT 06109
Thursdays: Oct. 5, 12, 19, 26 & Nov. 2 | 11am-12pm.
REGISTRATION REQUIRED:
Please call the Wethersfield Senior Center to RSVP at 860.721.2770.

In-Person: Hartford
Avery Heights, 550 Avery Heights, Hartford CT 06106
Wednesdays: Sept. 20, Oct., 4, 18, Nov., 1 & 15 | 6-7pm.
REGISTRATION REQUIRED:
Please call Sioban Cefarelli to RSVP at 860.953.1201 ext. 403.

In-Person: Newington
Newington Senior & Disabled Center,
120 Cedar St., #2665, Newington CT 06111
Wednesdays: Nov. 1, 8, 15, 22 & Dec. 6 | 1-2pm.
REGISTRATION REQUIRED:
Please call the Newington Senior & Disabled Center to RSVP at 860.665.8778.

In-Person: Norwich
Rose City Senior Center,
8 Mahan Dr., Norwich CT 06360
Mondays: Nov. 6, 13, 20, 27 & Dec. 4 | 1-2pm.
REGISTRATION REQUIRED:
Please call the Norwich Senior Center to RSVP at 860.889.5960.

Open Houses

Cedar Mountain Commons
3 John H. Stewart Drive, Newington.
Wednesday, September 13, 3-7pm,
Wednesday, October 11, 3-7pm,
Wednesday, November 15, 3-7pm and
Wednesday, December 6, 3-7pm.
Call Nicole Higgins to schedule a tour, 860.665.7901.

Arbor Rose at Jerome Home
975 Corbin Ave., New Britain.
Tuesday, September 12, 4-7pm,
Sunday, October 22, 10am-2pm,
Sunday, November 19, 10am-2pm and
Tuesday, December 19, 4-7pm.
Call Karen Alix to schedule a tour, 860.229.3707.

The Orchards at Southington
34 Hobart St., Southington.
Thursday, September 7, 3-6pm,
Wednesday, October 18, 3-6pm,
Saturday, November 11, 9am-1pm and
Wednesday, December 13, 3-6pm.
Call Antoinette Ouellette to schedule a tour, 860.628.5656.

Mulberry Gardens of Southington
58 Mulberry St., Plantsville.
Wednesday, September 27, 3-6pm,
Wednesday, October 25, 3-6pm,
Wednesday, November 29, 3-6pm and
call to schedule in December.
Call Marie Terzak to schedule a tour, 860.276.1020.
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 2024. 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 one of the state’s only Medicare Advantage plans built with, and guided by Connecticut doctors, CarePartners of Connecticut can help you find the right plan for your needs and budget.

Request your FREE Medicare Buyer’s Guide today by calling 1.844.267.2322 or visit carepartnersct.com/askaep. Your Medicare Buyer’s Guide will arrive in October and includes helpful information on choosing the right plan for you — no obligation.

Representatives are available 8 a.m.–8 p.m., 7 days a week (Mon.–Fri. from Apr. 1–Sept. 30). Other providers are available in our network. CarePartners of Connecticut complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity). ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-341-1507 (HMO)/1-866-632-0060 (PPO)/TTY: 711. Y0151_2024_5_C
Start Living Again

Enjoy exceptional living at Cedar Mountain Commons, a complete senior living community. Do the things you love most without the worry of owning and maintaining a home or being isolated or alone too much. Meet new friends, and enjoy a lifestyle that includes as many activities as you wish, including exercise classes, transportation for appointments and errands as well as special excursions and events.

- Beautiful studio, one- and two-bedroom apartments in a serene mountainside setting.
- Monthly rentals, no buy-in fees.
- Meals included.
- Live independently, knowing services such as assistance with daily living, medication management and more are available if you choose.
- Additional nursing care and rehabilitation on the same campus, at Jefferson House
- Cedar Mountain Commons is part of the Hartford HealthCare integrated care network.

To schedule a tour or a trial stay, call 860.665.7901

3 John H. Stewart Drive, Newington, CT
CedarMountainCommons.org