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
Bonnie.Tormay@hhchealth.org

EDITOR
Erika Stinson

GRAPHIC DESIGN
Hartford HealthCare Planning and Marketing

CONTRIBUTING WRITERS
Nancy Becker
Kaitlin Cuas
Ken Harrison
Leaja Johnson
Marc Levesque
Maquita Sellers
Rachna Valvani, MD
Sherri Vogt

EVENTS COORDINATOR
Leaja Johnson
Bonnie Tormay

PHOTOGRAPHY
Leaja Johnson
Rusty Kimball

HHCSeniorServices.org

HOW TO REACH US
Hartford HealthCare Senior Services, along with other Hartford HealthCare Partners, offer programs and services to keep you well.

Hartford HealthCare Center for Healthy Aging
HHC Center for Healthy Aging is 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
Southington, CT 06489
860.621.9559

The Orchards at Soutthington
Independent and assisted living
SoutthingOrchards.org
34 Hobart Street
Southington, 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
HHCRhabNetwork.org
181 Patricia M. Genova Drive
Newington, CT 06111
860.696.2500

Hartford HealthCare at Home
HHCAthome.org
888.863.2771

Hartford Hospital
Medical Group at Duncaster
860.380.5150

Other Hartford HealthCare Partners
Backus Hospital
Charlotte Hungerford
Hartford Hospital
Hartford HealthCare Medical Group
The Hospital of Central Connecticut
The Institute of Living
Integrated Care Partners
MidState Medical Center
Natchaug Hospital
Rushford
Windham Hospital
St. Vincent’s Medical Center
HartfordHealthCare.org

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Avoid high-pollen days
The amount of pollen in the air varies from day
to day but can be worse if the weather is warm,
dry, and windy.

Close the windows
On nice spring days, it’s tempting to open your
windows. But using air conditioning instead
during allergy season can help.

Wear the right clothes
A hat or headscarf can keep irritants out of your
hair, which prevents them from getting into your
eyes and nose later. Sunglasses can help prevent
pollen from getting in your eyes.

Try immune-boosting foods
Eating foods that help to fight inflammation such
as apples, flax seed, ginger, leafy.
Love is in the air at our assisted living community, The Orchards of Southington located at 34 Hobart Street, Southington. Melvin and Joanne’s love story begins a week after he moved into the community. It was love at first sight.

Joanne was chatting with her friends in the parlor when Mel walked in. It was love at first sight and an instant connection was made. Mel was initially too shy to approach Joanne, but from that moment forward, he insisted on finding out who the mysterious, outstandingly beautiful woman’s name.

As time passed, Mel finally got the courage to speak to Joanne and said, “I’d like to walk you home,” and this is where it all began. Joanne and Mel came from two different walks of life but that didn’t stop the two from learning to love again. They quickly discovered that they had much more in common. They share a love of knowledge, Joanne admired Mel for all his life’s accomplishments and his gentlemanly mannerisms. Mel enjoyed that Joanne was a headstrong, free-spirited and wise woman.

As their relationship grew, Mel knew Joanne was the woman he wanted to spend the rest of his life with. With the help of Hartford HealthCare GoodLife Fitness, a program geared to improving an active senior lifestyle, Mel and exercise physiologist, Christine Solomini-Swift, created a personalized program to help reach the goal of getting down on one knee safely. He worked toward the goal several times a week until he was ready to pop the big question.

One evening Mel built the courage to stroll his way into the community room pub during happy hour. Approaching Joanne, he successfully got down on one knee. The rest is history. The two have built a life at The Orchards of Southington and they plan to enjoy each other’s company and make memories to last.

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 http://mulberrygardens.org.

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. To learn more, visit https://hhcseniorservices.org/health-wellness/goodlife-fitness.
Care Management Corner

Welcome Spring!

Many of us welcome spring by taking on the task of doing a deep cleaning and getting organized. Our Geriatric Care Managers have put together some spring cleaning tips for your home safety, health and emergencies.

**Spring Cleaning Check List:**

**Home**
- Home Safety – clocks forward – test and replace the batteries in smoke and monoxide detectors.
- Home Safety – check dryer vent – it is recommended to have the vent cleaned yearly.
- Food Safety – spring is a great time to check the expiration dates of the food stored in your cabinets and pantry. This is also a great time to dispose of older cleaning products that are not used routinely.

**Health**
- Medication Safety – check prescription and over-the-counter medications and supplements for expiration dates and discard them safely.
- Review your insurance cards to make sure they are current and in a safe place.
- Review your insurance bills for accuracy. Many times the first signs of financial fraud or identity theft appear in your bills. Keeping your medical bills and other invoices in order will allow you to quickly identify if there are fraudulent charges. When throwing away information with personal information on it, it’s always best to shred it.
- Organize medical information. Create a Personal Health Organizer and include a list of all your doctors, their phone numbers and their specialties.
- Keep an accurate list of all of the medications you take, including over-the-counter medications and herbal supplements. Keep in mind the medication list should also include eye drops, nose sprays, patches, and injections. Keeping a Personal Health Organizer is especially important in case there is a personal emergency. The organizer can be shared with your care team if the need arises.

**Emergencies**
- Emergency and backup plans – review your current plan and make changes as needed. If you don’t have a plan in place, talk with your family, friends and neighbors and make a plan. Consider loved ones who would need assistance to leave the home, such as a person living with dementia or someone requiring physical assistance to exit. If you are the primary caregiver, who will step in immediately when you are not present. Other considerations are your pets, the mail, deliveries and other special tasks that require daily or weekly attention in your home.

This may seem like an overwhelming task. The Center for Healthy Aging has knowledgeable and caring Geriatric Care Manager’s that can assist with getting you or your loved one’s home and medical information organized. They are especially skilled in medical issues related to seniors and are valuable advocates.

If interested in learning more about the Geriatric Care Management Program 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

Arctic Char
with parsley, walnut and almond pesto

Ingredients

6 oz. Italian Parsley, Chopped
1 1/2 ea. Garlic Cloves, Crushed
1 Tbsp. Walnut Halves & Pieces, Chopped
1/4 cup Almonds, Sliced
2 oz. Parmesan Cheese, Grated
1/2 ea. Fresh Lemon
1/8 tsp. Salt
1/8 tsp. Ground Black Pepper
2 Tbsp., 1/4 tsp. Canola Oil
4 ea. 4 oz. Arctic Char Filets

Method

■ Pre-heat grill. Meanwhile, in a food processor combine the parsley, parmesan, salt, pepper, oil, lemon juice, almonds and walnuts until it forms the consistency of a thick sauce. Keep any leftover pesto in the fridge.

■ Make sure the fish has no bones and is clean. Brush with oil and carefully place it on the grill skin side down. You should be able to cook it all the way with skin side down until an internal temperature of 145F is reached and the skin gets crisp. Remove from grill and serve with the pesto.
Thank you for your service.”

Some veterans have waited 60 years to hear that phrase, some never heard the words, “Welcome Home.” As time passed many of us did not look into our benefits, today is the day. There are resources and benefits available through the U.S. Department of Veterans Affairs (VA). Congress has passed new laws in recent years expanding and creating benefits that are in place and take effort to apply.

Benefits

- VA Pension Aid & Attendance
- Options for the final resting place

VA Pension Aid & Attendance is a benefit for wartime veterans that are homebound, bed-bound, in a skilled nursing facility, legally blind, and/or need help with daily living tasks. Hartford HealthCare offers home care services through Hartford HealthCare Independence at Home and assisted living communities at The Orchards, Mulberry Garden and Cedar Mountain Commons and long-term skilled care at the Southington Care Center, Jerome Home and Jefferson House. This pension might be able to offset the cost of care for these services. The VA has a household income limit allowed and this can be directly impacted by medical expenses paid out of pocket.

Our nation provides options for a final resting place for beloved veterans who served on active duty or retired with 20 years of service in the National Guard or Reserves. The VA has 155 national cemeteries in 42 states and Puerto Rico and you can review the list at www.cem.va.gov. CT Veterans cemetery is in Middletown, CT with over 13,000 veterans.

How do I apply?

- Proof of military service and dates served including medals listed on a government document called the DD214. Call the town clerk’s office and ask for a copy if you have misplaced it. If you served with the CT National Guard, call 860.883.4324 and they can send you a copy.

- Due to COVID, it could take a year to receive it, to apply you can call 314.801.0800 or www.archives.gov/veterans.

- Two criteria: veterans served during wartime and meet the income/asset requirements. “Wartime” is a federal definition that recognizes the military service that occurred during specific dates somewhere on the globe.

- Apply for VA benefits at VA in Newington or West Haven and complete the VA Form 1010EZ.

- Wartime service status is required to apply for a veteran service organization called The American Legion (AL). It is not required to apply for Disabled American Veterans (DAV) and the Veterans of Foreign Wars (VFW) require wartime dates with service in a war zone. Each organization has benefits to joining such as camaraderie and fellowship, local mission to support and help veterans and to lobby Congress for legislation to help veterans.

Resources

For more information contact Sherri Vogt at sherri.vogt@hhchealth.org or call 860.305.2865. Sherri is a third-generation U.S. Army Veteran who served during Desert Storm and is the Hartford HealthCare at Home Veterans Liaison continuing the mission to serve those who have served and their family members.

If you are a 70% service-connected disabled veteran or higher, the VA has a Caregivers Program. Please call 203.932.5711 x2297 and apply with VA form 1010CG.

For help from VA or how to apply call 800.827.1000 or apply online at www.VA.gov.

To explore options and eligibility please call Pam, CT DVA Cemetery Services Office at 860.616.3688. Arlington National Cemetery is not a VA cemetery and should be called directly at the veteran’s time of death to determine eligibility, 877.907.8585. You will need to provide a copy of the DD214 to prove characteristics, dates, and awards.
As Jerome Home celebrates 90 years of care within the community, comes new state-of-the-art memory care apartments at Arbor Rose. Arbor Rose will provide exceptionally safe and secure senior living for those who want to maintain an active lifestyle along with those in need of memory care.

“Very soon we will be able to offer them an exciting, newly designed, safe and secure neighborhood here at Arbor Rose,” said Karen Alix, retirement counselor, Arbor Rose at Jerome Home.

Arbor Rose at Jerome Home was established in 2008, the community started with 16 memory care apartments. Since then, Arbor Rose has recognized the need for care has increased. Thanks to the Jerome Home Board of Trustees and Hartford HealthCare Senior Services, the 19,000 square foot expansion will attend to the assisted living community of Arbor Rose.

The build features: an additional 20 new apartments for memory care, a Wellness Center that provides an enhanced level of care for those requiring short-term rehab and outpatient services, and a community offering a fitness program (GoodLife Fitness), a secure home-like environment for residents who struggle with Alzheimer’s or related dementia, assistance with activities of daily living and a fully equipped nursing and recreational staff that will provide individualized care.

“We enjoy watching the progress of the building site on the campus we share with Jerome Home. We are looking forward to Fall of 2022 when we will be opening the doors to this new memory care neighborhood in addition to a customized, state-of-the-art rehabilitation gym,” said Lori Toombs, executive director, Arbor Rose at Jerome Home.

Jerome Home, affiliated with Hartford HealthCare Senior Services, is located at 975 Corbin Ave. in New Britain. Jerome Home offers skilled nursing, inpatient/outpatient rehabilitation, residential care, memory care and assisted living. Arbor Rose, located on the Jerome Home campus, offers independent and assisted living with memory care. For more information about Arbor Rose and Jerome Home, visit www.jeromehome.org.
For over 35 years, Hartford HealthCare Independence at Home has been a trusted solution to help your loved ones remain independent in the comfort of their home. On Wednesday, January 26, Hartford HealthCare Independence at Home received the 2022 Best of Home Care – Provider of Choice Award from Home Care Pulse.

“During these trying times, this recognition is a true testament to the hard work and dedication our colleagues provide each and every day to our loyal clients. I could not be prouder of our teams’ accomplishments and persistence to always striving to do the best thing, kind thing, safe thing and the right thing to achieve Best of Home Care-Provider of Choice award,” says Katie Mauriello, senior director Hartford HealthCare Independence at Home.

Hartford HealthCare Independence at Home has proven its ability to provide quality care. The Provider of Choice Award is granted only to top-ranking home care providers, based on client satisfaction scores gathered by Home Care Pulse, an independent satisfaction research firm for home care.

“We’re excited to congratulate Hartford HealthCare Independence at Home for their well deserved achievement on earning the Best of Home Care – Provider of Choice Award,” says Todd Austin, President of Home Care Pulse. “It’s wonderful to see the hard work that Hartford HealthCare Independence at Home is putting in to provide high-quality care and employment – and their effort isn’t going unnoticed. This award allows them to provide proof of quality to potential new clients and caregivers.”

Hartford HealthCare Independence at Home, which has served the community for over 35 years, provides caregiving services across Connecticut.

To learn more, visit hartfordhealthcareathome.org/services/independence-at-home or call 1.800.HOMECARE (within Connecticut).

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**Join An Amazing Group**

If you have not yet LIKED our Center for Healthy Aging Facebook page – now is the time! Join us live every Wednesday at 1:30pm.

If you miss us earlier in the day, visit our page later on to view the recording.

[www.facebook.com/HHCHealthyAging](http://www.facebook.com/HHCHealthyAging)

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<thead>
<tr>
<th>Date</th>
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<th>Topic</th>
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<tbody>
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<td>1:30pm</td>
<td>Lymphedema Awareness</td>
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<td>Spring Training/Exercise</td>
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<td>April 20</td>
<td>1:30pm</td>
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<td>Parkinson’s Awareness Month</td>
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<td>May 4</td>
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<td>National Mental Health Month</td>
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<td>May 11</td>
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<td>National Women’s Checkup Day/Mother’s Day</td>
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<td>May 18</td>
<td>1:30pm</td>
<td>CHA Overview (English)</td>
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<td>May 25</td>
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<td>Memorial Day</td>
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<td>June 1</td>
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<td>Cancer Survivors Day (June 6th)</td>
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<td>June 8</td>
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<td>Pride</td>
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<td>June 15</td>
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<td>Men’s Health Month</td>
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<td>June 22</td>
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<td>June 29</td>
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<td>Summer Safety</td>
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**HHCHealthyAging**

Are you caring for a loved one with dementia? For more support - join our private Hartford HealthCare Center for Healthy Aging Support Group by going to [https://www.facebook.com/groups/HHCHealthyAging/about](https://www.facebook.com/groups/HHCHealthyAging/about)
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<th>Merchant Discounts</th>
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<tr>
<td><strong>Amston Home Transition Solutions</strong>&lt;br&gt;203.678.9728</td>
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<td><strong>Aziago’s Restaurant</strong>&lt;br&gt;860.426.1170</td>
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<td><strong>B &amp; V Jewelers</strong>&lt;br&gt;860.276.2097</td>
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<td><strong>Barker Animation</strong>&lt;br&gt;203.272.2222</td>
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<td><strong>Beacon Pharmacy</strong>&lt;br&gt;860.628.3972</td>
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<td><strong>Beacon Prescriptions</strong>&lt;br&gt;860.225.6487</td>
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<td><strong>Casey’s Image Consultants</strong>&lt;br&gt;860.628.8857</td>
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<td><strong>Century 21</strong>&lt;br&gt;203.213.4141</td>
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<td><strong>Colony Vision Care</strong>&lt;br&gt;203.265.7990</td>
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<td><strong>Drain Surgeon</strong>&lt;br&gt;860.229.6941</td>
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<td><strong>Eyewear Glasses</strong>&lt;br&gt;860.621.8215</td>
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<td><strong>Frank D. Marrocco, CPA</strong>&lt;br&gt;860.229.7479</td>
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<td><strong>Giovanni’s Pizzeria</strong>&lt;br&gt;860.621.2299</td>
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<td><strong>Graebers</strong>&lt;br&gt;203.235.6305</td>
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<td><strong>Neck &amp; Back Pain Relief Center</strong>&lt;br&gt;860.620.9523</td>
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<td>Hearing Health &amp; Wellness</td>
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<td>Next Street Driver Rehab</td>
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<td>Professional Vision Center</td>
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<td>Schmidt Lawn Care, LLC</td>
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<td>Smokin’ With Chris</td>
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<td>Southington Cheshire YMCA</td>
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<td>The Dutiful Daughter, LLC</td>
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<td>Town Fair Tire</td>
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<td>Wallingford Sew-Vac Center</td>
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<td>Walsh &amp; Massari</td>
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<td>Welcome Home Mortgage, LLC</td>
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carepartnersct.com

CarePartners of Connecticut is an HMO plan with a Medicare contract. Enrollment in CarePartners of Connecticut depends on contract renewal. Other providers are available in our network. H5273_2020_341_C
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.

**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: April 5, May 3 & June 7, 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.

**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.**

**Third Monday of every month, Mondays: April 18, May 16 & June 20, 1-2:30pm. This group is an affiliated support group.**

Alzheimer’s Association Connecticut Chapter. Facilitated by Patty O’Brien, dementia specialist, Hartford HealthCare Center for Healthy Aging. Registration required for the first time you join.

**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.**

**Mondays: April 25 & June 27, 10:30-11:30am.**

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.

**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.**

**Second Wednesday of every month, Wednesdays: April 13, May 11 & June 8, 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. Registration required for the first time you join.

**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.**
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 Hartford HealthCare Center for Healthy Aging’s certified dementia specialists.

Registration is not required.

Virtual Memory Café
First Monday of every month, Mondays: April 4, May 2 & June 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.

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 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, 1-2:30pm
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

Call-in Bereavement Support 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 Upcoming sessions:
• April 4-Aug. 29
• Sept. 12-March 13
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: April 4-June 25
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
Special Programs & Events

Movement Disorders and Other Neurodegenerative Conditions: Support for Caregivers

First and Third Tuesdays: April 5, 19, May 3, 17, June 7 and 21.

Our in-person support group continues to be virtual at this time and we would like you to join us! Participants can share and contribute thoughts and experiences related to being a care partner. Sessions will take place bi-weekly through Zoom and we encourage everyone to connect via audio and video if possible. Please contact a group leader if you have not attended before, as there may be some changes in the meeting 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 Disorders Center.

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:
June 29-Dec. 7

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.

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.
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

Surgical Weight Loss
Surgical Weight Loss Info Session Call for dates & 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.

Virtual Programs
April
Understanding Lymphedema
Friday, April 1, 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. 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, a Q&A 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.

Virtual Youth Mental Health First Aid
Saturdays: April 2, May 14 & Saturday, June 4, 8:30am.
Under national guidelines, participants must be 18 years or older. In this virtual class, learn more about: the learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. After attending all 6 hours, you will be a certified Youth Mental Health First Aider.
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, April 5, 11am-12pm.**
Join this virtual 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 best exercises for your bones and joints. Presented by Julie Sopchak, 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.

Introduction to Depression  
**Tuesday, April 5, 6pm.**
Join Hartford HealthCare Institute of Living 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.

How to Fall Safely  
**Wednesday, April 6, 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, 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, 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.

Understanding Deep Brain Stimulation  
**Wednesdays: April 6 and May 4, 12pm.**
In this virtual info session, join Sarah Zurek, RN, BSN, Deep Brain Stimulation Program Coordinator to learn about DBS as a treatment option for Parkinson’s disease, essential tremor and dystonia. Q&A 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.

Exercise and Healthy Aging  
**Tuesday, April 19, 11am-12pm.**
Join this virtual class right from the comfort of your phone, computer or tablet and learn more about: benefits of daily activities to shape physiology, exercise can be used as a tool to fight disease and age-related decline, types of exercise. Plus, a Q&A 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/**
**Virtual Classes.** After you register, you’ll receive an email with easy instructions on joining the virtual class.

**Focused Awareness Meditation**
**Wednesday, April 20, 10-11am.**
Join this virtual class to learn more about: scientifically based practice of meditation, how to feel more relaxed, focused and calm and simple five-step technique. Presented by Mitchell Nyser, exercise physiologist, Hartford HealthCare GoodLife Fitness. **Plus, Q&A 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.

**Hospitalizations Happen:**
**Supporting People with Dementia**
**Friday, April 22, 10-11am.**
A trip to the hospital can be stressful for people with dementia and their caregivers. Being prepared for emergency and planned hospital visits can relieve some of that stress. Join Patty O’Brien as she will share ways to help you prepare for making your visit to the emergency room or hospital easier. 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.

**May**

**Virtual Mental Health First Aid**
**Saturday, May 7, 8:30am.**
Under national guidelines, participants must be 18 years or older. In this virtual class, learn more about: the risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. After attending all 7.5 hours, you will be a certified Mental Health First Aider.

**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.

**Introduction to Bipolar Disorders**
**Tuesday, May 10, 6pm.**
In this virtual class, join the Hartford HealthCare Institute of Living Family Resource Center to gain helpful information about the diagnosis of bipolar disorder 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.

**Building Better Bones & Joints**
**Tuesday, May 10, 11am-12pm.**
Join this virtual 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 best exercises for your bones and joints. **Plus, a Q&A will follow the presentation.**

Presented by Julie Sopchak, 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.
Understanding Lymphedema  
Tuesday, May 10, 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. 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.

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  
Thursday, May 19, 11am-12pm.
Join this virtual 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. 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.

The Heart of Caregiving  
Tuesday, May 24, 11am-12pm.
Join this virtual class to learn more about the benefits and challenges of caregiving a loved one with a dementia, caregiver strain and simple tips to manage this and ways to help the caregiver. 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.

June

Introduction to Anxiety Disorders
Tuesday, June 7, 6pm.
In this virtual class, join the Hartford HealthCare Institute of Living 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/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Managing Chronic Back Pain
Wednesday, June 8, 2-3pm.
Join this interactive presentation, learn more about defining pain, risk factors and causes, and ways to manage back pain. Plus, a Q&A 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.

How to Fall Safely
Thursday, June 9, 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, all the details on how to do it safely to reduce the risk or lessen the severity of injury. Plus, a 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/VirtualClasses. After you register, you’ll receive an email with easy instructions on joining the virtual class.

Building Better Bones & Joints
Friday, June 10, 11am-12pm.
Join this virtual 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 best exercises for your bones and joints. Plus, a Q&A will follow the presentation. Presented by Julie Sopchak, 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.

What to Expect in Middle Stage Dementia
Monday, June 13, 6-7pm.
Essentials to prepare you for dementia. In this session Kristine Johnson, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging, will discuss changes in the brain and how this effects function during middle stage disease, safety considerations, enhancing communication and meeting social and engagement needs.

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, June 29, 2-3pm.
Join this virtual class to learn more about how to avoid slips, trips and falls. Plus, a Q&A 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.
Special Programs & Events

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 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.

- **Tuesdays**: April 5, 12, 19, 26 & May 3, 1:30-3pm.
- **Or**
- **Mondays**: April 25, May 2, 9, 16 & 23, 6-7:30pm.
- **Or**
- **Thursday**: June 2, 9, 16, 23 & 30, 10:30am-12pm.

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 the Medicare Savings Programs

April 20, 12-1pm, May 19, 5-6pm & June 20, 12-1pm.

This virtual class focuses on the Medicare Savings Programs (MSP). Learn more about the 4 programs available under the MSP, the Medicaid program, Medicare Special Needs Plans, Extra Help (Part D), and more! Presented by Medicare Educator, Sara Mitchell. 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.

Medicare

**Medicare 101: Understanding Your Options**
April 4, 13, 21, 25, May 4, 12, 16, 25, June 2, 6, 15, 23 & 27.

Call for times.

Medicare 101 focuses on the basics of Medicare and understanding your Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose your plan; and your options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Medicare Educator, Sara Mitchell. 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.

**Understanding the Medicare Savings Programs**
April 20, 12-1pm, May 19, 5-6pm & June 20, 12-1pm.

This virtual class focuses on the Medicare Savings Programs (MSP). Learn more about the 4 programs available under the MSP, the Medicaid program, Medicare Special Needs Plans, Extra Help (Part D), and more! Presented by Medicare Educator, Sara Mitchell. 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

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.

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.

**Thursdays: March 31, April 7, 14, 21 & 28, 2-3pm.**

Or

**Tuesdays: May 3, 10, 17, 24 & 31, 6-7pm**

Or

**Tuesdays: May 31, June 7, 14, 21 & 28, 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

- **Saturday, April 2 | 9am-1pm**
- **Thursday, May 12 | 3-7pm**
- **Thursday, June 9 | 3-7pm**

Call Marie Pugliese to schedule a tour, 860.665.7901

**The Orchards at Southington**
34 Hobart Street
Southington

- **Wednesday, April 20 | 4-7pm**
- **Saturday, May 7 | 9am-1pm**
- **Wednesday, June 8 | 4-7pm**

Call Antoinette Ouellette to schedule a tour, 860.628.5656.

**Arbor Rose at Jerome Home**
975 Corbin Avenue
New Britain

- **Sunday, April 24 | 10am-2pm**
- **Monday, May 23 | 4-7pm**
- **Tuesday, June 28 | 4-7pm**

Call Karen Alix to schedule a tour, 860.229.3707

**Mulberry Gardens of Southington**
58 Mulberry Street
Plantsville

- **Saturday, April 30 | 9am-1pm**
- **Wednesday, May 25 | 3-6pm**
- **Wednesday, June 29 | 3-6pm**

Call Marie Terzak to schedule a tour, 860.276.1020.
Sometimes, the best gift does not come in a box.

This year, why not give your loved one the gift of independence? Independence at Home helps people remain at home, with the support they need to stay safe and healthier.

**Independence at Home offers:**
- Personal care aides
- Homemakers/companions
- Service assistants
- Live-in caregivers
- Personal emergency response systems

You can trust our care meets the highest standards with our certified nursing assistants. And because we’re part of Hartford HealthCare, we can connect you to other services, if needed. Call toll-free 888.863.2771.