Coordination of care eases transition for accomplished resident

Maureen Lahickey, RN, director of admissions at Jefferson House with resident Rose Worobel
MyHealthy Advantage is a Connecticut 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 myhealthyadvantage.org. Or, provide your name, address and phone number (and discount if you are a merchant) by contacting:

Central CT Senior Health Services
Attn: MyHealthy Advantage Coordinator
80 Meriden Avenue
Southington, CT 06489
860-378-1268
myhealthyadvantage@ctseniorcare.org

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Nicole Spagnoletti

PHOTOGRAPHY
Anna Calafiore, Rusty Kimball, Cheryl Olson

myhealthyadvantage.org

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How to Reach Us

Central Connecticut Senior Health Services along with other Hartford HealthCare Partners offer programs and services to keep you well.

Connecticut Center for Healthy Aging
Connecticut Center for Healthy Aging is a resource and assessment center for seniors and their families.

Three Center locations:
1-877-4AGING1
cthealthyaging.org

Participating Community Affiliates
Hoffman Summerwood Community
hoffmansummerwood.org
860-523-3808

Hebrew Health Care
hebrewhealthcare.org
860-523-3800

Jerome Home / Arbor Rose
jeromehome.org
975 Corbin Avenue
New Britain, CT 06052
860-229-3707

Mulberry Gardens
mulberrygardens.org
58 Mulberry Street
Plantsville, CT 06479
860-276-1020

Marian Heights Adult Day Center
314 Osgood Avenue
New Britain, CT 06052
860-357-4264

Southington Care Center
southingtoncare.org
45 Meriden Avenue
Southington, CT 06489
860-621-9559

The Orchards at Southington
southingtonorchards.org
34 Hobart Street
Southington, CT 06489
860-628-5656

Cedar Mountain Commons
cedarmountaincommons.org
3 John H. Stewart Drive
Newington, CT 06111
860-663-7901

Jefferson House
jeffersonhouse.org
One John H. Stewart Drive
Newington, CT 06111
860-667-4453

VNA HealthCare
vnahealthcare.org
888-863-2771

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Connecticut Center for Healthy Aging... remaining independent at home

If you are concerned about an aging loved one and don’t know where to turn, the Connecticut Center for Healthy Aging can help. The Center for Healthy Aging is a free resource and assessment center with a goal of helping seniors attain an optimal quality of life, as well as helping family and friends find solutions to whatever challenges they are facing.

How can Geriatric Care Management help my loved one?

The Center’s Geriatric Care Management program starts with an extensive in-home assessment of a client’s needs whether they are medical, functional, cognitive, emotional or social. From this thorough evaluation, a complete plan of care is developed to meet the specific needs of the client and address loved ones’ concerns.

Geriatric Care Management benefits individuals who lack nearby family or friends to coordinate care, have multiple health issues, are confused, overwhelmed or have memory loss, can no longer perform daily personal care or follow a daily medication regimen, are unable to get to doctors’ appointments, or find life’s regular tasks and goals impossible to accomplish.

Geriatric Care Management offers enhanced services

You can have peace of mind knowing someone is always available who has your loved one’s best interests in mind. Services include:

• Client advocacy
• Communication with loved ones and professionals to keep them apprised of the well-being and evolving needs of the client
• Overseeing private caregivers in the home
• Screening, arranging and monitoring of home services to foster optimum independence and safety
• Evaluation and coordination of appropriate community resources
• Assistance with medication and physician appointments
• Health promotion and ongoing monitoring of chronic disease processes, with education and resources for the client and loved ones
• Coordination of care between the client, family, physician, and other healthcare providers
• Referral to government-funded support programs if needed
• Coordination and planning for assisted living or permanent care facility placement

For more information or to set up a personal needs assessment, please call 860-276-5293 (THOCC, Bradley Memorial campus), 860-224-5278 (THOCC, New Britain General campus) or 203-694-5721 (MidState Medical Center).
Rose Worobel has taken more than 30 trips throughout the world but it is Jefferson House in Newington that she now calls home. Recently, Rose “took” 25 residents on a canal boat trip in England, not literally, but through a slide program she presented in Jefferson House’s Laurel Room. Her program, “Boating in England,” began with history and segued into the experiences she shared with four friends in 1964.

Some people say that Rose’s life has been one big adventure including travel and hard work. Her first experience with Jefferson House was actually when she was in college during the 1930s; she worked there while on vacation.

At that time, Jefferson House was already 60 years old, having been created in 1873 as the Old People’s Home by a Special Act of the Connecticut Legislature. Located in Hartford, it was an alternative to the County Poorhouse. Even then, Jefferson House was committed to providing specialized care for the older population.

Rose began moving up the career ladder in the 1940s after college graduation, first working in insurance then later at Hamilton Standard; 35 years later she retired as a senior analytical engineer.

Now 93 years old, Rose resides at Jefferson House in a comfortable room decorated with favorite mementos, paintings and a large poster of the UConn Women’s Basketball team. “I like the staff here; they’re very nice,” she said.

She previously lived at the adjacent Cedar Mountain Commons, an independent and assisted living community. However, after she took a fall, healthcare professionals and Rose agreed that Jefferson House, a skilled nursing facility, would be the best residence for her.

The two facilities, which are departments of Hartford Hospital, are among a handful of hospital-supported senior living communities in Connecticut.
Independent and Assisted Living at Cedar Mountain Commons

“Cedar Mountain Commons’ residents receive an array of services covering their every need,” said James Casey, executive director. Services include 24-hour staffing, housekeeping, maintenance, dining, transportation and an extensive social calendar. When residents need a hand with certain daily tasks or functions, the assisted living component comes into play by providing medication monitoring, bathing and dressing, as well as escorts to meals and activities.

Making the Transition with a Comprehensive Plan of Care

Many residents of Cedar Mountain Commons have transitioned to Jefferson House for either short-term rehabilitation after a hospital stay or for more advanced, long-term care, said Maureen Lahickey, RN, Jefferson House director of admissions. During the rehab stay, nursing develops a comprehensive care plan, while physical and occupational therapy work to improve the patients’ activities of daily living and mobility. Weekly rehab rounds are conducted to review each patient. The interdisciplinary team, consisting of nursing, rehabilitation, social services, dietician, recreation, care transition nurse and the Cedar Mountain Commons resident care director reviews the patients’ goals and progress to determine the most appropriate level of care at time of discharge. If a functional or cognitive decline necessitates long-term placement, Jefferson House makes every effort to accommodate the Cedar Mountain Commons resident.

“Such close collaboration between our communities is essential to ensure the quality of life and quality of function to those entrusted to our care,” Lahickey said.

Rehabilitation, Skilled Nursing and Palliative Care at Jefferson House

Jefferson House offers many levels of care to meet a variety of needs, including short-term/outpatient rehabilitation, skilled nursing and palliative care. In both locations, staff strives to know each person individually, appreciating their opinions, feelings and life experiences. Jefferson House Activities Director Mary Roche thought residents would enjoy seeing Rose’s travel slides. Indeed they did. “Next stop: Ireland,” Mary said.

Grants to Central Connecticut Senior Health Services fund community programs and services

Thanks to $4,000 in funding from the Southington United Way, Southington seniors will receive balance screenings and fall risk assessments from experts from Central Connecticut Senior Health Services. A new portable Biodex machine will travel to health fairs and senior centers to help seniors learn more about their risk for falls and how to prevent them.

Thanks to grant funding from the Women and Girls’ Fund of the Main Street Community Foundation, scholarships for the Good Life Fitness Program are available for Southington, Bristol, Plainville, Burlington, Plymouth and Wolcott women who meet certain income requirements. Call 860-651-9559 for more information.

Thanks to grant funding from the Community Chest of New Britain and Berlin, a supporting organization of the Community Foundation of Greater New Britain, scholarships for the Good Life Fitness program are available for residents of New Britain and Berlin who meet certain income requirements. Call 860-229-3707 for more information.

Central Connecticut Senior Health Services recently received a $185,000 grant from the Bradley Henry Barnes & Leila Upson Barnes Memorial Trust of the Main Street Community Foundation. This grant will assist in implementing an electronic medical records (EMR) system at Southington Care Center, Mulberry Gardens, The Orchards at Southington, and the CT Center for Healthy Aging with the goal of improving the healthcare and care transition experience of Southington seniors.

The Connecticut Center for Healthy Aging is in the midst of implementing a $25,000 grant from the Community Foundation of Greater New Britain to provide more outreach and screenings, better evaluate the impact of its work, and create a toolkit for healthcare providers and first responders.

Jerome Home has begun to implement an electronic medical records system on the New Britain campus. CHEFA (the Connecticut Health and Educational Facilities Authority) provided a $75,000 grant to Jerome Home to help launch this project.
As healthcare grows more and more complex, it becomes increasingly important that patients are active partners in their own health. Here are a few things you need to know to prepare for your next appointment.

1. Not all screening recommendations are the same. The most conservative recommendations generally come from the USPSTF (United States Preventive Services Task Force); but, there may be reasons to follow other guidelines. Ask your doctor why a given test is or is not being recommended.

2. A physical should be an individualized risk assessment. Make sure you update your physician on any significant changes in your family history. Web-based assessment tools such as the Gail model for Breast cancer screening or the Framingham Risk Assessment for Cardiovascular disease may apply and change your screening approach.

3. It is important to keep a personal record, your important diagnostic tests and lab results. Cumulative doses of radiation are a health concern. Ask for copies of important tests such as CT scans or cardiac stress tests. Inquire about accessing the patient portal. Often times a portal is a HIPPA secure way to send an email to your doctor or to the office. Your specialists should be communicating with your primary care doctor; but, carry your doctor’s fax number or business card with you and remind consultants to include your primary doctor in their communication.

4. Be honest and forthcoming. Often health concerns can be very sensitive and sometimes even embarrassing. It is important that your provider is aware of any smoking, prescription use or aging concerns. Your physician will only be able to give you the best possible care if he or she has all the relevant information. It might be helpful to write your concerns or email them prior to the appointment.

5. Bring your medications to your appointment particularly if you have recently been in the hospital. Subtle changes in medications can lead to unintended duplications or changes in dosage.

6. Make a list of questions or concerns. If it’s a long list, share it with your doctor before the appointment. This will help your doctor focus on making sure all of your concerns are addressed. With enough warning, it might necessitate changing the length of your appointment.

7. Ask your physician where you can get more information. Be careful of the Internet. Sometimes information is not verified. Ask your physician for suggestions of trusted sites. Here are a few I recommend: www.mayoclinic.org, www.webmd.com

8. Lastly, consider and share with your physician what your personal health goals are. Your doctor is more apt to help you make health decisions that are right for you if he or she understands your priorities. Are you really ready to quit smoking? What is keeping you from making that decision? Do you have any particular fears or concerns about your health? These are just a few things to consider. Help your doctor to be the best possible advocate for your health and embrace the relationship as a partnership. Be healthy!

By Susan Levine, MD MPH

*See page 8 for a checklist to bring to your next doctor’s appointment!*
**Innovative training** for medical professionals in Central Connecticut

Mr. Jefferson was very cooperative while he was being examined. He didn’t talk as his vital signs and symptoms were being evaluated, but staff could tell how he was “feeling.” Afterward, Mr. Jefferson—actually a computerized simulation mannequin—was transported in a cargo van back to the Center for Education, Simulation and Innovation (CESI) at Hartford Hospital.

The Laerdal SimMan 3G displays lifelike vital signs, giving staff experience in evaluating symptoms that could signal medical emergencies including cardiac arrest, strokes or severe allergic reactions. The demonstration held at Jefferson House provided staff with an overview of the sophisticated technology, mobile van and training, funded by a grant from the Jefferson House Institute.

A CESI nurse educator and simulation technician will also train skilled nursing staff at Jerome Home in New Britain and Southington Care Center, two other Central Connecticut Senior Health Services communities. “The goal is to provide a safe learning environment where staff can learn new techniques for patient care and practice them on the mannequin,” said Amanda Watkins, RN, BSN, CCRN, mobile simulation instructor.

---

**Checklist for Doctor's Visit**

- Give update on family history: ________________________________
- Medication list (bring meds): ________________________________
- Side effects/symptoms from meds: ___________________________
- Health goals/concerns: ______________________________________
- Tests recommended and why? ________________________________
- Copies of diagnostic tests and lab results: ____________________
- Is there a patient portal for sending private emails to doc? ________
- If at specialist, give primary doc’s business card or fax: ________
- Other questions: __________________________________________
**MyHealthy Advantage**

**merchant discounts** | SPRING 2014

The Connecticut Center for Healthy Aging offers Concierge Services as well as Notary Public Services! Call 860-276-5293 (THOCC, Bradley Memorial campus), 860-224-5278 (THOCC, New Britain General campus) or 203-694-5721 (MidState Medical Center).

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<td>1-800 GOT-JUNK</td>
<td>772 North Colony Road, Meriden</td>
<td>$20 discount off residential and business clutter removal services.</td>
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<td>Aziago's Restaurant</td>
<td>166 Queen Street, Southington</td>
<td>10% off dinner menu &amp; lunch items excluding desserts. Dine-in only; not valid holidays, not to be used with any other coupon/promo.</td>
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<td>Barker Animation</td>
<td>1188 Highland Avenue, Cheshire</td>
<td>20% Collectors Star Club discount &amp; $1 off museum entrance fee.</td>
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<td>Beacon Prescriptions</td>
<td>543 West Main Street, New Britain</td>
<td>Free prescription delivery. M-F, 9-6pm</td>
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<td>97 East Main Street, Meriden</td>
<td>10% off tax preparation.</td>
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<td>Captain Josiah Cowles Place</td>
<td>184 Marion Avenue, Southington</td>
<td>10% off daily rate, make reservations directly.</td>
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<tr>
<td>Century 21</td>
<td>441 North Main Street, Southington</td>
<td>$250 towards house cleaning when you buy or complete a home sale with Joyce Gibson.</td>
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<td>Cohen Good Life Center</td>
<td>New Britain General campus 100 Grand St., New Britain</td>
<td>20% off fitness program.</td>
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<td>Colony Opticians</td>
<td>60 Church Street, Wallingford</td>
<td>20% off eyeglasses.</td>
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<td>Drain Surgeon</td>
<td>228 Corbin Avenue, New Britain</td>
<td>10% off any plumbing repair work in residential housing.</td>
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<td>Eyewear Glasses</td>
<td>55 Meriden Avenue, Southington</td>
<td>15% off any pair of glasses.</td>
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<td>Family Therapeutic Massage Center, LLC</td>
<td>1006 S. Main Street, Plantsville</td>
<td>$10 off a 1 hour session.</td>
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<td>Frank D. Marrocco, CPA</td>
<td>142 West Main Street, New Britain</td>
<td>10% off income tax preparation services.</td>
</tr>
<tr>
<td>Gifts in a Basket</td>
<td>51 N. Main Street, Southington</td>
<td>10% off any basket, any day.</td>
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<tr>
<td>Giovanni's Pizzeria</td>
<td>714 West Street, Southington</td>
<td>10% off Tues. &amp; Wed. pick up only, except when using coupon.</td>
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<td>Good Life Fitness</td>
<td>Southington Care Center, Mulberry Gardens, Jerome Home/Arbor Rose</td>
<td>Become a NEW member of Good Life Fitness and receive your first month free.</td>
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<td>Graebier's Pharmacy</td>
<td>172 West Main Street, Meriden</td>
<td>10% off durable equipment &amp; prescriptions. Free delivery to Meriden, Wallingford, Cheshire.</td>
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<td>Grant Chiropractic Health Center, 860-863-0370</td>
<td>Dr. Carol Grant 1601 Meriden-Wtrby Tpke, Milldale</td>
<td>10% off non-insurance covered items.</td>
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<td>Greenbackers</td>
<td>744 Murdock Avenue, Meriden</td>
<td>10% off regularly priced items.</td>
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<td>Hallmark Framing &amp; Art</td>
<td>9 West Main Street, Plantsville</td>
<td>15% off custom framing.</td>
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<td>Hearing Health &amp; Wellness Center</td>
<td>710 Main Street, Clock Tower Square, Plantsville</td>
<td>One free Battery Club membership with every hearing aid purchase.</td>
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<td>Justine Hart, LMT, Massage Therapist</td>
<td>846 Atkins Street, Middletown</td>
<td>Call for appt. $61 for 1 hour; $36 for 1/2 hour; $85 for 1 1/2 hours.</td>
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<tr>
<td>Keller Williams Realty</td>
<td>Joyce Brown, 358 Scott Swamp Rd., Farmington</td>
<td>Free market evaluation of your home.</td>
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<td>La Vita Vintage</td>
<td>774 South Main Street, Plantsville</td>
<td>10% off any item. Present card prior to check out.</td>
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<td>Manor Inn</td>
<td>1636 Meriden-Waterbury Tpke, Southington</td>
<td>10% off on Wednesdays.</td>
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<td>Mary Kay®</td>
<td>Stephanie Vollaro, PO Box 177, Marian</td>
<td>10% off orders, gift baskets/certificates. Free shipping. 15% off for hostess.</td>
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<td>Midas Mufflers &amp; Brakes</td>
<td>1098 North Colony Road, Wallingford</td>
<td>$16.95 lube, oil and filter.</td>
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<td>MidState Medical Center Auxiliary Gift Shop and Café</td>
<td>435 Lewis Avenue, Meriden</td>
<td>Gift shop: 5% off – special exclusions apply. Café: 10% off.</td>
</tr>
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<td>Ninel's Dress Design</td>
<td>190 Market Square, Newington</td>
<td>10% off anything $35 and over (before tax).</td>
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<tr>
<td>Novy Jewelers</td>
<td>1050 Main Street, Newington</td>
<td>10% on purchases over $50.</td>
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<td>Nyren’s of New England Florist</td>
<td>456 N. Main Street, Southington</td>
<td>10% (excluding Teleflora).</td>
</tr>
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<td>Pals Power Washing, LLC</td>
<td>41 Riverside Court, Southington</td>
<td>Free Cabot stain for all deck restorations or 10% off any house washing.</td>
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<td>Pelton's Home Health Care</td>
<td>898 Silas Deane Highway, Wethersfield</td>
<td>10% off in-store, retail purchases every Thursday.</td>
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<td>Plantsville Pharmacy</td>
<td>1 West Main Street, Plantsville</td>
<td>10% prescription discounts.</td>
</tr>
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<td>Praline's Café</td>
<td>50 Center Street, Southington</td>
<td>10% off M-F until 5pm, $1 off cakes.</td>
</tr>
<tr>
<td>Precious Petals</td>
<td>98 East Main Street, Plainville</td>
<td>10% off (excludes wire service and Fascia's chocolates).</td>
</tr>
<tr>
<td>Professional Vision Cntr.</td>
<td>512 West Main Street, Meriden</td>
<td>20% off all services.</td>
</tr>
<tr>
<td>Rock Cats Baseball</td>
<td>PO Box 1718, New Britain</td>
<td>$5 reserved seat ticket to any Sunday home game (save $3). Limit 4 tickets. Show card at stadium box office.</td>
</tr>
<tr>
<td>Schmidt Lawn Care, LLC</td>
<td>P.O. Box 1035, Southington</td>
<td>10% off complete fall property clean-up or curbside leaf removal.</td>
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<th>Discount Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seconds, Please Consignment</td>
<td>1079 Queen Street, #12, Southington</td>
<td>10% off purchase - excludes Avon products.</td>
</tr>
<tr>
<td>Serafino’s Pharmacy</td>
<td>36 N. Main Street, Southington</td>
<td>10% off prescriptions.</td>
</tr>
<tr>
<td>Silver City Sports Bar &amp; Grill</td>
<td>275 Research Parkway, Meriden</td>
<td>15% off.</td>
</tr>
<tr>
<td>Smokin’ with Chris</td>
<td>59 West Center Street, Southington</td>
<td>10% off all day on Wednesdays.</td>
</tr>
<tr>
<td>Sovereign Bank</td>
<td>85 East Main Street, Plainville</td>
<td>Free financial portfolio review/check-up, estate planning, consultation and/or trust review.</td>
</tr>
<tr>
<td>Specialty Auto Cleaning &amp; Detailing</td>
<td>200 Clark Street, Milldale</td>
<td>15% off any service. Free pickup &amp; delivery in most areas.</td>
</tr>
<tr>
<td>Story Brothers, Inc.</td>
<td>84 Burritt Street, New Britain</td>
<td>10% off mechanical parts (excludes oil filters).</td>
</tr>
<tr>
<td>Subway</td>
<td>1231 East Main Street, Meriden</td>
<td>10% off all menu items.</td>
</tr>
<tr>
<td>Sugar Hill Building &amp; Design, LLC</td>
<td>46 Marlboro Glade, Tolland</td>
<td>15% off installation of 2 grab bars.</td>
</tr>
<tr>
<td>The Candy Jar</td>
<td>1068 Main Street, Newington</td>
<td>10% off any purchase.</td>
</tr>
<tr>
<td>The Dutiful Daughter</td>
<td>103 Thayer Road, Manchester</td>
<td>15% off packing, moving and content removal services.</td>
</tr>
<tr>
<td>The Sandman Gallery Frame Shoppe &amp; Café</td>
<td>14 West Main Street, Meriden</td>
<td>15% off all framing purchases. 15% off coffee and dessert when available.</td>
</tr>
<tr>
<td>The UPS Store</td>
<td>994 North Colony Road, Wallingford</td>
<td>10% copies, custom packing &amp; custom materials.</td>
</tr>
<tr>
<td>Thompson Candy, Inc.</td>
<td>80 South Vine Street, Meriden</td>
<td>10% off.</td>
</tr>
<tr>
<td>Town Fair Tire</td>
<td>750 Queen Street, Southington</td>
<td>5% off total purchase at any Town Fair Tire in CT.</td>
</tr>
<tr>
<td>Vision Dynamics</td>
<td>470 West Main Street, Cheshire</td>
<td>15% off all hand-held magnifiers in store.</td>
</tr>
<tr>
<td>Wallingford Sew-Vac Cntr.</td>
<td>95 Quinnipiac Avenue, Wallingford</td>
<td>Buy one vacuum cleaner bag and receive second one 1/2 price.</td>
</tr>
<tr>
<td>Wallingford Tire &amp; Auto</td>
<td>400 North Colony Street, Wallingford</td>
<td>10% off all labor on repairs; 5% off regular selling price of tires (cannot be combined with any other discounts).</td>
</tr>
<tr>
<td>Walsh &amp; Massari</td>
<td>86 West Main Street, Meriden</td>
<td>25% off all eye care services.</td>
</tr>
<tr>
<td>Welcome Home Mortgage, LLC</td>
<td>1331 Silas Deane Highway, Wethersfield</td>
<td>Specializing in reverse mortgages. Appraisal fee refunded at closing.</td>
</tr>
</tbody>
</table>

*Please be aware that merchants may choose to discontinue their involvement at any time and that the MyHealthy Advantage Club will not be held responsible.
Welcome to our spring calendar of events! As the weather gets warmer, we hope you enjoy spending some time outdoors and look forward to having you join us for many of our exciting programs and events. If you have any questions regarding your membership, please contact us at myhealthyadvantage@ctseniorcare.org or call 860-378-1268.

Screenings

Free Blood Pressure Screenings
Southington Community YMCA
29 High St., Southington
Every 1st Tuesday, 9:30-10:30 a.m.
April 1, May 6, June 3

Stop & Shop
1309 Corbin Ave., New Britain
Every 2nd Wednesday, 10-11 a.m.
April 9, May 14, June 11

Plainville Senior Center
200 East St., Plainville
Every 2nd Thursday, 1-2 p.m.
April 10, May 8, June 12

Price Chopper, 410 Queen St., Southington, Every 3rd Monday, 10-11 a.m.
April 21, May 19, June 16

Calendar House
388 Pleasant St., Southington
12:30-1:30 p.m. April 23,
May 28, June 25
11 a.m.-12 p.m. April 3,
May 1, June 5

Cheshire Community YMCA
967 South Main St., Cheshire
Every 4th Wednesday
9:30-10:30 a.m.
April 23, May 28, June 25

Wethersfield Senior Center
30 Greenfield St., Wethersfield
April 24, May 22, June 26
12:30-1:30 p.m.

Free Balance Screenings
Provided by a licensed physical therapist, registration required.
• Southington Care Center: 860-378-1234
• Jerome Home: 860-229-3707

Blood Glucose & Cholesterol Screenings
The Hospital of Central CT, New Britain campus, April 10, $15 fee.
For appointments, call 860-224-5433.

Educational Breakfasts, Lunches & Dinners

Lunch & Learn
DINE WITH A DENTIST
CT Center for Healthy Aging
The Hospital of Central Connecticut
Bradley Memorial campus
81 Meriden Avenue, Southington
Special guests: Dr. Sunita Kalluri, graduate of NYU, and Maegan Connolly, RDH, graduate of Lincoln College of New England. Come learn how to best take care of your teeth.
April 17, 12-1 p.m.
RSVP, 1-877-4AGING1.

THE AGING EYE
CT Center for Healthy Aging
The Hospital of Central Connecticut
New Britain General campus
100 Grand Street, New Britain
Dr. Bezahler, an ophthalmologist with The Hospital of Central Connecticut, will discuss symptoms, treatment and prevention for issues such as cataracts and glaucoma.
May 8, 12-1 p.m.
RSVP, 1-877-4AGING1.

5 WAYS TO MINIMIZE MEMORY PROBLEMS
Hoffman SummerWood Community
160 Simsbury Road, West Hartford
Join Pamela K. Atwood, MA, CDP, CLL, Hebrew Health Care’s director of dementia care services for a workshop on boosting memory and minimizing the risk of getting progressive diseases. May 20, 12-1:30 p.m. RSVP, Valerie Bartos, 860-523-3808.

LUNCH & LEARN WITH THE LIBRARY!
CT Center for Healthy Aging
The Hospital of Central Connecticut
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81 Meriden Avenue, Southington
Susan Smayda, director of the Southington Public Library, will share information about the services the library can provide for the community. June 19, 12-1 p.m.
RSVP, 1-877-4AGING1.

Dinner with a Doc
COMPLICATIONS OF DIABETES
Arbor Rose at Jerome Home
975 Corbin Avenue, New Britain
Enjoy complimentary dinner while speaker Dr. Babigian speaks about the complications of diabetes and how to deal with side effects through prevention and management. April 22, 5-7 p.m.
RSVP, Denise Lebrocquy, 860-229-3707.

CAREGIVERS’ DINNER
Mulberry Gardens at Marian Heights
314 Osgood Avenue, New Britain
Patty O’Brien from the Alzheimer’s Association will discuss behaviors and communication while caring for your loved one with dementia.
April 30, 5-6:30 p.m. Care can be provided for your loved one during presentation. RSVP by April 25, Tonya Lok, 860-357-4264.

COLORECTAL CANCER: DIAGNOSIS & TREATMENT
Mulberry Gardens at Marian Heights
314 Osgood Avenue, New Britain
Dr. Rafal Barczak, a colorectal surgeon from the Hartford HealthCare Medical Group, will discuss the diagnosis and treatment of colorectal cancer including the importance of colonoscopy screenings. Complimentary dinner. RSVP, 860-357-4264 (Polish speaking physician). May 14, 5-7 p.m.
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RSVP, Tonya Lok, 860-357-4264.
NEW INNOVATIONS IN STROKE REHAB
Jefferson House
One John H. Stewart Drive
Newington
Enjoy complimentary dinner while Dr. Monti discusses new innovations with stroke rehab. Complimentary dinner provided—seating is limited. May 20, 5-7 p.m. RSVP to 860-667-4453.

KEEP MOVING! RELIEF FROM JOINT PAIN
Southington Care Center
45 Meriden Avenue, Southington
Southington Care Center welcomes The Hospital of Central Connecticut, MidState Medical Center and the Arthritis Foundation, as they discuss what you can do to prevent arthritis, or control how arthritis affects your daily life. Three board certified orthopedic surgeons will present an overview of arthritis, as well as non-surgical and surgical treatments: Drs. Michael T. LeGeyt, Robert M Belniak, and Robert J. Carangelo. There will also be an arthritis exercise demonstration. Complimentary dinner served. May 20, 6-8 p.m. RSVP, 1-800-321-6244.

Wellness Presentations

A DIAGNOSIS OF DUCTAL CARCINOMA IN SITU: STAGE 0 BREAST CANCER
Gateway Medical Park #300
300 Western Boulevard
Glastonbury
Join Dr. Jimenez, a member of the surgical oncology practice of Hartford HealthCare Medical Group, for a class on DCIS. An educational program about Ductal Carcinoma in S itu (DCIS): diagnosis and treatment options. In this seminar, you will learn: What is DCIS? How is DCIS diagnosed? How is DCIS treated? April 1, 6:30-8 p.m. Registration req’d. 860-545-1888.

UNDERSTANDING PEYRONIE’S DISEASE
Hartford Hospital Family Wellness Center, 100 Simsbury Road, Avon
Peyronie’s Disease is a disorder of the penis that causes disfunction and disfigurement. Presented by Dr. James Graydon, a board-certified urologist, you will learn about the physiology behind Peyronie’s Disease, the predisposing factors for Peyronie’s treatment options. April 3, 6:30-8 p.m. Registration req’d. RSVP, 860-545-1888.

SURGICAL WEIGHT LOSS: GENERAL EDUCATION SESSION
Join Drs. Papasavas & Tishler for an educational session focused on patients who are ready to start the program or just want to learn more about surgical weight loss. The program is presented from the first step to post-operative follow-up. An open Q&A session follows the presentation. Park in public garage and bring your ticket for validation. Registration req’d. 860-246-2071.

• Hartford Hospital
80 Seymour Street, Hartford
April 1, April 16, April 30, May 13, June 3, June 18 3-5:30 p.m.

• Hartford Hospital Family Health Center
1559 Sullivan Avenue, S. Windsor
April 7, 5-6:30 p.m.

• Hartford Hospital Family Health Center
100 Hazard Avenue, Enfield
May 6, 5-6:30 p.m.

• Gateway Medical Park #300
300 Western Boulevard
Glastonbury
June 12, 5-6:30 p.m.

WOMEN AND HEART DISEASE: GET THE FACTS
Southington Community YMCA
29 High Street, Southington
Join Dr. Swales and the Connecticut Center for Healthy Aging for a program on heart health! Learn why it is so important for women to be aware of heart disease. Understand how heart attack symptoms can differ between men and women and some of the common lifestyle factors you can control to reduce your risk of heart disease. April 21, 12-1 p.m. RSVP, 1-877-4AGING1.

UNDERSTANDING BLADDER CANCER
Hartford Hospital Family Wellness Center
100 Simsbury Road, Avon
Drs. Joseph Wagner & Jeffrey Kamradt from Hartford Hospital’s Tallwood Urology & Kidney Institute and the Helen & Harry Gray Cancer Center present a program providing information for anyone facing bladder cancer, caring for someone with bladder cancer or concerned about the risks of bladder cancer. A patient and a caregiver will share their experiences with the disease. April 22, 6:30-8 p.m. RSVP, 860-545-1888.

UNDERSTANDING KIDNEY STONES
Hartford Hospital Family Health Center
1559 Sullivan Avenue, S. Windsor
Learn about the types of stones, risk factors, treatment options and follow up recommendations from Dr. Jeffrey Morgenstern, a board certified urologist and Dr. Jarrod Post, a board certified nephrologist, both with the Tallwood Urology and Kidney Institute at Hartford Hospital. April 29, 6:30-8 p.m. RSVP, 860-545-1888.

LIFE AFTER PROSTATE CANCER
Gateway Medical Park #300
300 Western Boulevard, Glastonbury
This seminar will provide you with valuable information on: Improving your quality of life after prostate cancer treatment, ways to obtain better bladder control, treatment options for erectile dysfunction following prostate cancer. Spouses, significant others and guests are strongly encouraged to attend. Seminar is geared specifically for patients who are one year or more post treatment. May 15, 6:30-8 p.m. Reg. req’d. 860-545-1888.
**Alzheimer's Support Group**
Mulberry Gardens
58 Mulberry Street, Plantsville
Every 2nd Tuesday monthly
10:30-11:30 a.m.
April 8, May 13, June 10
The group covers topics including communication techniques, caregiver support, wandering, religion, music, behavior, family dynamics, validation breakthrough, and more. Led by Jennifer Doty, BSW and Lori Pisani, Activities Director.
RSVP, Marie Terzak, 860-276-1020. Call Marie to schedule free care for loved ones during group session.

**Be Heart Smart: Women and Heart Disease**
The Hospital of Central Connecticut
New Britain General, Lect. rm. 2
100 Grand Street, New Britain

**Be Heart Smart: What You Need to Know**
The Hospital of Central Connecticut, New Britain General
100 Grand Street, New Britain
Speaker: Dr. Justin Lundbye, chief of cardiology at THOCC.
April 4, 3-4 p.m.
RSVP, 860-224-5694.

**Bereavement Support Groups**
MidState Medical Center
435 Lewis Avenue, Meriden
1st Floor, Napier Chapel
Every 2nd and 4th Tuesday monthly
5:30-6:30 p.m.
April 8-June 24
This professionally facilitated interfaith group is to assist people in understanding grief as a natural response to loss, to allow the expression of feelings, to provide mutual support and to effect appropriate life adjustment to loss. Doreen Bottone, BCC, 203-694-8369. Reg. not required.

Jefferson House
One John H. Stewart Drive
Newington
Every 2nd and 4th Tuesday monthly
2:30-4 p.m.
April 8-June 24
Facilitator Linda Cronkhite, LCSW of VNA HealthCare will facilitate the group providing support to those suffering from the loss of a loved one. Refreshments available.
RSVP, 203-694-8631.

**Support Groups**
Cancer Center–Art Therapy
MidState Medical Center
435 Lewis Avenue, Meriden
Cancer Center Conference Room
Thursdays, April 1-June 30,
6-7 p.m. A program to help people touched by cancer find strength and hope through creative expression. No artistic skill is necessary for participation. RSVP, Amanda Salzano, 203-694-8631.

**Bosom Buddies**
MidState Medical Center
435 Lewis Avenue, Meriden
Horwitz Conference Center
2nd Floor, Room 1
1st Wed. monthly, 3:30-4:30 p.m.
April 2, May 7, June 4
Support group offering physical, emotional and educational support for women with breast cancer. Kathy Clements, RN, OCN, 203-694-8631. Reg. not required.

The Lifeline Personal Emergency Response System ensures people with special needs who live alone can get quick assistance when needed. With the press of a button, Lifeline can connect you to the right help for the situation such as emergency services or just the assistance of a family member or friend to help you back on your feet. Contact us at 1-888-863-2771 or Lifeline@hhchealth.org.
disease with Dr. Heather Swales, director of Women’s Wellness Program at The Hospital of Central Connecticut. April 11, 3-4 p.m., RSVP, 860-224-5694.

**Look Good… FEEL BETTER**

MidState Medical Center  
435 Lewis Avenue, Meriden  
2nd Monday monthly, 2-4 p.m.  
April 14, May 12, June 16
A program for women undergoing cancer treatment, featuring a licensed cosmetologist to provide supportive techniques on skin, makeup, and hair care. Reg. req’d. RSVP, 203-694-8631.

**Diabetes Support Group**

MidState Family Health Center  
61 Pomeroy Ave., Meriden  
Conference Room 1  
Thursdays, 10-11 a.m.
This group offers individuals with diabetes an opportunity to meet with other people who have diabetes. Diabetes Center Nurses & Dietitians, 203-694-5425. Registration not required.

**Caregiver Support Group**

Arbor Rose at Jerome Home  
975 Corbin Avenue, New Britain  
Every 3rd Wednesday monthly, 6:30-7:30 p.m.  
April 16, May 21, June 18
Are you a caregiver and feeling over-burdened? Are you responsible for making financial decisions, managing changes in behavior, or helping a loved one get dressed in the morning? RSVP, Kate Lubin, 860-229-3707.

**Hispanic Women’s Cancer Support Group**

MidState Medical Center  
435 Lewis Avenue, Meriden  
Cancer Center Conference Room  
3rd Thursday of every month  
6:30-8 p.m.  
April 17, May 15, June 19
Spanish-speaking women with a diagnosis of breast cancer are invited to join group leader Tina Rodriguez. Registration req’d. 203-694-8249.

**Prostate Cancer Support Group**

MidState Medical Center  
435 Lewis Avenue, Meriden  
3rd Floor, Conference Room 7  
Thursdays, 6-7 p.m.
Men in various stages of treatment and recovery share their experiences. Spouses and significant others are welcome. Join in for informal chat a half-hour prior to the meeting. Support issues alternate with guest speakers. Snacks will be available at 5:30 p.m. RSVP, Sharon Jackson, RN, 203-694-8433.

**Arbor Rose at Jerome Home**  
975 Corbin Avenue, New Britain
Come take a tour of our beautiful community. Arbor Rose offers independent living, assisted living and memory care. Sundays, 10 a.m.-2 p.m. April 13, May 18, June 15 Call 860-229-3707 to schedule a tour with Denise Lebroad, retirement counselor.

**Mulberry Gardens of Southington**

58 Mulberry Street, Plantsville
Please join Marie Terzak, retirement counselor, for coffee and a tour. Come learn more about independent living, assisted living, and adult day care services. Saturday, May 3, June 7, 10 a.m.-2 p.m. RSVP, 860-276-1020.

**Social Activities**

**Bridge Club**

The Orchards at Southington  
34 Hobart Street, Southington  
Every Monday, 1:30 p.m.
Join the Bridge Club and meet new friends! RSVP, 860-628-5656.

**Friendship Club**

Mulberry Gardens at Marian Heights  
314 Osgood Avenue, New Britain  
2nd Tues. monthly, 10 a.m.-2 p.m.  
April 8, May 13, June 10
Enjoy complimentary lunch, activities, transportation and exercise while meeting new friends. By invitation only, call Tonya Lok, 860-357-4264.

**Good Life Functional Fitness**

Hoffman SummerWood  
160 Simsbury Road, West Hartford  
Come and tour our award-winning senior living community and learn about the many amenities we offer, including fine kosher dining. Sundays, 12-4 p.m. April 6, May 4, June 22. For more information or to schedule a tour, call Valerie Bartos, director of community relations, 860-523-3808.
Moving You to a Better Health with the Lebed Method

MidState Medical Center
435 Lewis Ave., Meriden
Every Monday (except holidays)
5:15-6:15 p.m. A therapeutic program of exercise and movement to music for those who have experienced breast cancer, other cancers or chronic illnesses. Designed to help women experience total body movement and ease adjustment to a new body image. Barbara Moulthrop, 203-694-8631. Registration required.

Pilates for Breast Cancer Survivors

MidState Medical Center
435 Lewis Ave., Meriden
Horwitz Conference Center
2nd Floor, Rooms 2 & 3
Every Thursday, 5-6 p.m.
Following breast cancer treatment, many women fear resuming an active lifestyle. Pilates provides a gentle reintroduction to exercise. Physician permission required. Reg. req’d. 203-694-8631.

Social Events, Activities and Classes

Runner’s Training Program

Southington Care Center
45 Meriden Ave., Southington
Have you ever wanted to run a 5K or compete in a similar race that is gaining in popularity? Reach your goals with our new training program. This program will help you prepare for any current or future event by developing well-rounded strength and endurance which will not only help you succeed, but also avoid common overuse injuries related to distance running. There are two different programs available. A weekly group session or a weekly group session and two semi-private training sessions. Please call for dates and pricing. 2:30-3:15 p.m. RSVP, Mark Colello, 860-378-1281.

Diabetes Group Education Classes

MidState Medical Center
Diabetes Center
61 Pomeroy Ave., Meriden
Classes run several days a week at different times, please call for availability. The Diabetes Center provides group education for diabetes management. Information presented includes specific skills and behaviors to reduce the risk of complications. Classes are open to people with diabetes and a support person. *Physician referral required. Call for information on cost/insurance coverage. Registration required. 203-694-5425.