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:

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

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myhealthyadvantage.org

HOW TO REACH US
Hartford HealthCare Senior 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.

Four Center locations:
1.877.424.4641
cthehealthyaging.org

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
860.665.7901

Jefferson House
jeffersonhouse.org
1 John H. Stewart Drive
Newington, CT 06111
860.667.4453

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

Hartford HealthCare at Home
hhc@home.org
888.863.2771

Hartford Hospital Senior Primary Care at Duncaster
860.380.5150

Other Hartford HealthCare Partners
hartfordhealthcare.org
Backus Hospital
Hartford Hospital
The Hospital of Central Connecticut
MidState Medical Center
Windham Hospital
The Institute of Living
Natchaug Hospital
Rushford
Integrated Care Partners
Hartford HealthCare Medical Group
If you’re diagnosed with dementia or Alzheimer’s, a specialist from the Connecticut Center for Healthy Aging can visit you for an assessment and provide information about programs and services in your community.

The Center also offers a five-week caregiver series and a free, 80-page Dementia Caregiver Resource Guide to help caregivers better understand the disease and how best to communicate and understand the behaviors of a dementia or Alzheimer’s patient.

But memory loss sometimes is reversible. The symptoms might look like Alzheimer’s or related dementia but caused by other medical problems.

Possible causes of reversible memory loss:
1. Medications
2. Minor head trauma, usually an injury
3. Depression or other mental health disorder
4. A B-12 (or other) vitamin deficiency

Don’t automatically think that someone with memory loss has Alzheimer’s disease. If you or a loved one has memory concerns, talk to your doctor.

The Connecticut Center for Healthy Aging is a resource and assessment center. For more information, or to reach a dementia specialist or to receive a free copy of the Dementia Caregiver Resource Guide, call 1.877.425.4641 or visit cthealthyaging.org.
Margery Wildey came down with shingles at the worst possible time, in the worst possible place – on vacation in the Dominican Republic, far from her Connecticut home and her local rheumatologist.

“My pain was so intense,” she says, “that I said in the hospital, ‘If you can’t get this pain under control, just shoot me.’”

Wildey, 71, spent four days in a Dominican Republic hospital. When she returned home, her doctor first tried opioids, then Lyrica, then the one that worked best, gabapentin. But it still didn’t relieve the pain of shingles, a reactivation of the chicken pox virus experienced by millions of Americans. That’s when her rheumatologist recommended the Hartford Hospital Pain Treatment Center.

“Up until I started at the pain clinic,” says Wildey, “I was going to bed every night with an ice pack on my head, and that’s with the pain medication. I would wake up crying in the night. I couldn’t take it.”

Fed up and out of options, Wildey attended an informational meeting about HILT stem laser treatment — a high-intensity light therapy available in Connecticut only at Hartford HealthCare that stimulates the patient’s own cells to decrease inflammation and heal damaged tissues around the painful areas.

“Before I started the laser treatment,” she says, “I had scratched all the freckles off the side of my face. It gets very itchy at the spot, and the pain would shoot down my forehead like a bolt of electricity.”

Wildey suffers from postherpetic neuralgia, nerve pain from damage related to the varicella zoster – the virus that causes both chickenpox and herpes zoster (shingles). An HILT laser treatment session takes only 10 to 15 minutes. Wildey puts on yellow goggles to protect her eyes, then the laser is applied to her forehead and the nerves around the ears.

“You feel a little warmth,” she says, “but it

The stem laser treatment that relieved her post-shingles pain
doesn’t hurt.”

Wildey says the laser treatments started working within two weeks. “I was skeptical,” she says. “I remembered walking out of that meeting telling my husband this was just another gimmick, but I was wrong. I was also hesitant to think it was working, but now I’m sure it’s making a big difference.”

Wildey has been undergoing laser treatments for three months. She started at three times a week, but now has one session every two weeks. Her pain level has dropped from a consistent 8 down to a 2 at most, with many days registering hardly any pain. She’s gone from taking 600 mg of gabapentin five times a day to just two-and-a-half pills a day.

Wildey applies a topical cream on her forehead twice a day, which she says eases the pain considerably. She’s also taking Procura at the request of the pain clinic, which she said makes her body feel more connected and whole. Her goal: Get off the gabapentin completely, use the laser treatment once a month and continue the Procura and topical cream as needed.

“I’m so much better, I have to make a conscious effort to take my medicine on time, because I don’t feel physical triggers,” she said. “Before, I would watch the clock and take it as soon as I could.”

For now, though, she has resumed all leisure activities. She’s confident enough to travel once again far from home. Look for her soon on a cruise ship: She’s leaving with her husband this week on her next adventure, pain-free.

Questions about healthy aging?
We have answers.

The Connecticut Center for Healthy Aging is a resource and assessment center designed to make it easy for seniors, their loved ones, and caregivers to access information and services to attain optimal quality of life including:

- Free resources and assessments
- Concierge services
- Geriatric Care Management
- Free MyHealthy Advantage club membership

Call us at 1-877-4AGING1 (1.877.424.4641).
cthealthyaging.org

Additional support sponsored by State of Connecticut and funded by Centers for Medicare and Medicaid Services. Visit MyPlaceCT.org or for more information, dial 2-1-1 from anywhere in Connecticut any time. Multilingual assistance and TDD also available.
A new ‘spa’ for Jerome Home residents

A new ‘spa’ for Jerome Home residents was transformed recently, with input from residents, after a renovation that included a special soaking tub, private dressing areas, new toilets, sinks and improved lighting.

It’s a safer and more pleasant environment for bathing or showering, adapted from a long-term care model that focuses on individual choice and a home-like environment while also acknowledging medical needs.

“I’m so glad that we could do this for our residents,” said Executive Director Lori Toombs.

Kimberley Fontaine, grant coordinator for Connecticut Health and Educational Facilities Authority – which contributed a $75,000 grant to the project – was among those attending a recent ceremony introducing the new bathing area.

Suggestions from Jerome Home residents helped create a calming environment for anyone who needs extensive assistance with daily activities, intensive therapy and nursing care. Among the most welcome improvements: a more spacious floor plan designed for wheelchair traffic.

The renovation emphasizes privacy and a calming, inviting atmosphere to improve residents’ quality of life. Two more bathing areas will be renovated.

Jerome Home, located at 975 Corbin Ave. in New Britain, is a 120-bed, not-for-profit member of Hartford HealthCare Senior Services that offers skilled nursing, short-term rehabilitation, residential care, memory care and assisted living. For more information, visit jeromehome.org.
How naturopathic treatment can change your life

When your life becomes overwhelmed with multiple acute illnesses or chronic diseases, maybe it's time to start treating your entire body instead of a specific health issue.

Naturopathic medicine uses a whole-body approach to patient care, with natural therapies like clinical nutrition, herbal remedies, manual therapy, exercise and lifestyle changes. For many people, it's a revelation.

“Who wouldn’t benefit from improved nutrition, increased exercise and a greater understanding of their personal physiology and disease process?” said Ken Kirk, ND, a naturopathic physician, who practices at Southington Care Center.

Naturopathic medicine takes a big-picture approach, focusing on the underlying cause rather than merely addressing the most obvious symptoms. A customized treatment plan starts with the patient's physiology, not the diagnosis, and combines modern and traditional methods. More natural and less invasive treatment encourages healing.

“The body has an amazing healing capacity and oftentimes there are things that we are doing that impede the body's healing potential,” Kirk said.

Well-rounded treatment requires a well-rounded physician. Naturopathic physicians are not natural-treatment specialists. They are traditional primary care providers, with supplemental training in clinical nutrition, herbal medicine, manual therapy and homeopathy. Kirk's specialty, natural family medicine, includes an emphasis on orthopedic and musculoskeletal dysfunction.

With the national movement toward healthful living, more people are embracing the naturopathic approach.

“Anyone who is seeking a more natural way to improve their health should consider naturopathic medicine,” Kirk said.

For more information about naturopathic medicine at Southington Care Center, call rehabilitation services at 860.378.1234.
It’s not easy to think about discussing with your doctor and your family the type of care you want if you become too sick to make decisions for yourself. But it’s the right and the kind thing to do, says Laurie St. John, RN, MSN, vice president of Hospice and Palliative Care, HHC Senior Services.

National Healthcare Decisions Day – April 16 – brings attention to having that conversation and doing that advance planning.

“We prepare for everything in life ... college, marriage, children, retirement. Having the conversation about the end of life is part of life,” said Colleen Mulkerin, Hartford Hospital director of Palliative Care, Social Work and Spiritual Care. “Advance planning is a way to keep your voice. It’s like an insurance policy. You’re organizing your care the way you want it to be organized, and you’re making it easier on your family, who won’t have to agonize over decisions.”

Advance care planning is a positive thing, she said. “It can make you think about the things you’d like to do with the rest of your life.”

For example, are there places you want to go, things you’d like to see and do? In other words, what’s on your bucket list? And what if you become seriously ill? Are there people you want someone in your family to contact? What’s most important to you? Does your family know what level of care you want if you’re too sick to decide yourself? Do you?

An advance directive is a legal document providing directions on how you want your medical care to be handled at the end of your life. In Connecticut, there are two types of advance directives:

• the living will or healthcare instructions
• the appointment of a healthcare representative.

Both can be accomplished with one document or can be done separately. The living will states how you wish to be cared for. If you name a healthcare representative, he or she uses the living will to make decisions on your behalf. If you don’t have a living will but do name a representative, your representative makes decisions in your best interests. Advance directives should be completed with your physician’s knowledge, and your family members should be told about your wishes. A copy of your advance directives should be kept with your other legal paperwork.

“This conversation is a lifecycle event, not an end-of-life event,” Mulkerin said. “You can complete the paperwork without a lawyer or notary. It’s easy. And if you already have an advance directive in place, you should review it because things change. Advance care planning is a process. Where are you?”

“So many people know they should have the conversation, but only about 25 percent have had it,” said Dr. Ross Albert with Hartford HealthCare at Home Hospice. He also is involved with The Conversation Project, which is dedicated to helping people discuss their wishes for end-of-life care. “We see people who are really sick,” he said. “By the time they’re in the hospital, a lot of time has been lost with their primary care physician, family and friends.”

The medical community isn’t built to talk about end-of-life care, Mulkerin said. The Connecticut Hospital Association is working to help providers become better able to have these discussions.

• For free tools to start and structure the conversation with loved ones, go to www.nhdd.org.
• Resources are available on the Hartford Hospital Website.
• Tools also are available at The Conversation Project (http://theconversationproject.org/).
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<tr>
<th>Merchant Name</th>
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<tr>
<td>Plantsville Pharmacy</td>
<td>1 West Main Street Plantsville</td>
<td>10% prescription discounts on prescription not covered by insurance</td>
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<tr>
<td>The Hospital of Central Connecticut</td>
<td>100 Grand Street New Britain</td>
<td>20% off fitness program</td>
</tr>
<tr>
<td>Family Therapeutic Massage Center, LLC</td>
<td>1006 South Main Street Southington</td>
<td>$10 off a one-hour session</td>
</tr>
<tr>
<td>The Dutiful Daughter, LLC</td>
<td>103 Thayer Road Manchester</td>
<td>15% off packing, moving and content removal services</td>
</tr>
<tr>
<td>Meriden YMCA</td>
<td>110 West Main Street Meriden</td>
<td>Meriden YMCA, BE OUR GUEST, your My Healthy Advantage card entitles you to one free visit at the Meriden YMCA Located at 110 West Main Street Meriden</td>
</tr>
<tr>
<td>Barker Animation</td>
<td>1188 Highland Avenue Cheshire</td>
<td>20% Collectors Star Club discount &amp; $1 off museum entrance fee</td>
</tr>
<tr>
<td>Subway</td>
<td>1231 East Main Street, Meriden</td>
<td>10% off all menu items</td>
</tr>
<tr>
<td>Welcome Home Mortgage, LLC</td>
<td>1331 Silas Deane Highway Wethersfield</td>
<td>Specializing in Reverse Mortgages. Your appraisal fee refunded at closing</td>
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<tr>
<td>The Sandman Gallery Frame Shoppe &amp; Café</td>
<td>14 West Main Street Meriden</td>
<td>15% all framing purchases/15% off coffee and dessert when available</td>
</tr>
<tr>
<td>Frank D. Marrocco, CPA</td>
<td>142 West Main Street New Britain</td>
<td>Income Tax Preparation Services – 10% off</td>
</tr>
<tr>
<td>Grant Chiropractic Health Center, LLC</td>
<td>1601 Meriden-Waterbury Turnpike Milldale</td>
<td>10% off non-insurance covered items</td>
</tr>
<tr>
<td>Aziagos Restaurant</td>
<td>166 Queen Street Southington</td>
<td>10% off dinner items from lunch items, excludes desserts. Dine-in only; not valid on holidays, can not be used with any other coupon or promotion</td>
</tr>
<tr>
<td>Graebers</td>
<td>172 West Main Street Meriden</td>
<td>10% off durable equipment &amp; prescription drugs/FREE delivery to Meriden, Wallingford and Cheshire</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>Midas Mufflers &amp; Brakes</td>
<td>22 Quigley Road Wallingford</td>
<td>$16.95 lube, oil and filter</td>
</tr>
<tr>
<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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*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.
### MyHealthy Advantage

The Connecticut Center for Healthy Aging offers Concierge services as well as Notary Public services.

860.276.5293 – HOCC, Bradley Memorial campus  
203.694.5721 – MidState Medical Center  
860.224.5278 – HOCC, New Britain General campus

<table>
<thead>
<tr>
<th>Business Name</th>
<th>Phone Number</th>
<th>Address</th>
<th>Discount/Service Details</th>
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<tbody>
<tr>
<td>Silver City Sports Bar &amp; Grill</td>
<td>203.238.2380</td>
<td>275 Research Parkway, Meriden</td>
<td>15% off with the MyHealthy Advantage card</td>
</tr>
<tr>
<td>Southington Cheshire YMCA</td>
<td>860.628.5597</td>
<td>29 High Street, Southington</td>
<td>BE OUR GUEST, your My Healthy Advantage Card entitles you to one free visit at the Southington Community YMCA located at 29 High Street Southington</td>
</tr>
<tr>
<td>Karma’s Closet</td>
<td>860.436.6055</td>
<td>3153 Berlin Tpk., Newington</td>
<td>15% Off your total purchase. Excludes firm items</td>
</tr>
<tr>
<td>Keller Williams Realty</td>
<td>860.681.6796</td>
<td>358 Scott Swamp Road, Farmington</td>
<td>Free consultation to learn what your home is worth</td>
</tr>
<tr>
<td>Serafinó’s Pharmacy</td>
<td>860.628.7979</td>
<td>36 North Main Street, Southington</td>
<td>10% off prescriptions</td>
</tr>
<tr>
<td>Wallingford Tire &amp; Auto</td>
<td>203.269.1417</td>
<td>400 North Colony Street, Wallingford</td>
<td>10% off all labor on repairs; 5% off regular selling price of tires (can’t be combined with any other discounts)</td>
</tr>
<tr>
<td>Pals Power Washing, LLC</td>
<td>860.919.8748</td>
<td>41 Riverside Court, Southington</td>
<td>Free Cabot stain for all deck restorations or 10% off any house washing</td>
</tr>
<tr>
<td>MidState Medical Center Auxilury Gift Shop</td>
<td>203.694.8109</td>
<td>435 Lewis Avenue, Meriden</td>
<td>5% off- special exclusions apply</td>
</tr>
<tr>
<td>Century 21</td>
<td>203.213.4141</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>
</tr>
<tr>
<td>Sugar Hill Building &amp; Design</td>
<td>860.875.9968</td>
<td>46 Marlboro Glade, Tolland</td>
<td>15% off installation of 2 grab bars</td>
</tr>
<tr>
<td>Vision Dynamics</td>
<td>203.271.1944</td>
<td>470 West Main Street, Cheshire</td>
<td>15% off all hand-held magnifiers in the store</td>
</tr>
<tr>
<td>Praline’s Café</td>
<td>860.620.9226</td>
<td>50 Center Street, Southington</td>
<td>10% off M-F until 5PM, $1 off cakes</td>
</tr>
<tr>
<td>Professional Vision Center</td>
<td>203.238.7393</td>
<td>512 West Main Street, Meriden</td>
<td>20% off all services</td>
</tr>
<tr>
<td>Beacon Prescriptions</td>
<td>860.225.6487</td>
<td>543 West Main Street, New Britain</td>
<td>Free prescription delivery. M-F, 9-6PM</td>
</tr>
<tr>
<td>Eyewear Glasses</td>
<td>860.621.8215</td>
<td>55 Meriden Avenue, Southington</td>
<td>15% off any pair of glasses</td>
</tr>
<tr>
<td>Smokin’ With Chris</td>
<td>860.620.9133</td>
<td>59 West Center Street, Southington</td>
<td>10% off on Wednesdays all day with the MyHealthy Advantage card</td>
</tr>
<tr>
<td>Colony Opticians</td>
<td>203.265.7990</td>
<td>60 Church Street, Wallingford</td>
<td>20% off eyeglasses</td>
</tr>
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If you are a merchant interested in offering a discount to our members, please visit myhealthyadvantage.org.
Or provide your name, address, phone number and discount by calling 860.378.1268 or writing to:
Hartford HealthCare Senior Services, Attn: MyHealthy Advantage Coordinator, 80 Meriden Avenue, Southington, CT 06489

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<td>Hearing Health &amp; Wellness Center</td>
<td>710 Main Street, Plantsville</td>
<td>One free Battery Club membership with every hearing aid purchase</td>
</tr>
<tr>
<td>Giovanni’s Pizzeria</td>
<td>714 West Street, Southington</td>
<td>10% off Tues &amp; Wed, pick-up only. Except when using a coupon</td>
</tr>
<tr>
<td>Greenbackers</td>
<td>744 Murdock Avenue, Meriden</td>
<td>10% off regularly priced items</td>
</tr>
<tr>
<td>Town Fair Tire</td>
<td>750 Queen Street, Southington</td>
<td>5% off your total purchase at ANY Town Fair Tire in CT (Southington, Bristol, Wallingford, New Britain, etc)</td>
</tr>
<tr>
<td>Charter Financial – Insurance</td>
<td>76 Batterson Park Road Farmington</td>
<td>Free financial consultation. Includes “Needs-analysis portfolio” and “Professional Recommendation”</td>
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<tr>
<td>and Financial Services Co.</td>
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</tr>
<tr>
<td>La Vita Vintage</td>
<td>774 South Main Street, Plantsville</td>
<td>10% off any item. Present card prior to check out</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>Justine Hart, LMT/Massage Therapist</td>
<td>846 Atkins Street, Middletown</td>
<td>5% off any service</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>Pelton’s Home Health Care</td>
<td>898 Silas Deane Highway</td>
<td>10% off in-store, retail purchases every Thursday</td>
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<td></td>
<td>Wethersfield</td>
<td></td>
</tr>
<tr>
<td>Hallmark Framing and Art</td>
<td>9 West Main Street, Plantsville</td>
<td>20% off custom framing</td>
</tr>
<tr>
<td>Wallingford Sew-Vac Center</td>
<td>95 Quinnipiac Avenue, Wallingford</td>
<td>Buy one vacuum cleaner bag and get second one 1/2 price</td>
</tr>
<tr>
<td>Bongiovanni Insurance and Financial LLC</td>
<td>97 East Main Street, Meriden</td>
<td>10% off tax preparation</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>The UPS Store</td>
<td>994 North Colony Road Wallingford</td>
<td>10% copies, custom packing &amp; custom materials</td>
</tr>
<tr>
<td>Crouchley Chiropractic Center</td>
<td>21 Garfield Street, Newington</td>
<td>10% off non insurance covered service</td>
</tr>
</tbody>
</table>
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 myhealthyadvantage@ctseniorcare.org or call 860.378.1268.

**Screenings**

**Blood Pressure Screening**  
Southington Community YMCA  
29 High Street, Southington. Hosted by the Connecticut Center for Healthy Aging staff.  
**Tuesdays, April 5, May 3 & June 7, 9:30–10:30 am.**

**Blood Pressure Screening**  
Calendar House  
388 Pleasant Street, Southington. Hosted by the Connecticut Center for Healthy Aging staff.  
**Thursdays, April 7, May 5 and June 2, 11 am–noon.**

**Blood Pressure Screening**  
ShopRite  
750 Queen Street, Southington. Hosted by The Orchards of Southington staff.  
**Tuesdays, April 12, May 10 and June 14, 11 am–noon.**

**Blood Pressure Screening**  
Plainville Senior Center  
200 East Street, Plainville. Hosted by the Mulberry Gardens of Southington staff.  
**Thursday, June 9, 1–2 pm.**

**Support Groups**

**Alzheimer’s Support Group**  
Mulberry Gardens of Southington  
58 Mulberry Street in Plantsville. Alzheimer’s Support Group  
Living with Alzheimer’s disease or a related memory disorder is challenging. The group covers topics including communication techniques, caregiver support, wandering, religion, music, behavior, family dynamics, validation breakthrough, and more. Led by Jennifer Doty, BSW.  
**Tuesdays, April 12, May 10 and June 14, 10:30-11:30 am. Space is limited. RSVP to Marie Terzak at 860.276.1020.**

**Caregivers Support Group**  
Arbor Rose at Jerome Home  
975 Corbin Avenue, New Britain  
Are you a caregiver and feeling over-burdened? Are you responsible for making financial decisions, managing changes in behavior, or even helping a loved one get dressed in the morning? Facilitator is Kate Rabinoff, MSW.  
**Every third Wednesday of the month: April 20, May 18 and June 15, 6:30–7:30 pm. Space is limited. RSVP to Kate Rabinoff at 860.229.3707.**

**Friendship Club**  
Marian Heights Adult Day Center  
314 Osgood Avenue, New Britain. Looking to belong to a great group of friends? Join Marian Heights Friendship Club and enjoy transportation, activities, meals, exercise and more. Our mission is to provide the highest quality community-based day program in a safe and positive environment. We provide care to individuals with a variety of socialization and cognitive needs. Polish speakers are available.  
**Tuesdays, April 12, May 10 and June 14, 10 am–2 pm. For more information and to RSVP, call 860.357.4264.**

**Educational Presentations**

**Cooking Demo**  
**Liquid Nitrogen and Ice Cream – Calendar House**  
388 Pleasant Street, Southington. Southington Care Center Chef Jack Hodes will create quick freeze ice cream with liquid nitrogen right before your eyes, making mini portions to meet even the most unique culinary preferences. Need low fat? Dairy-free? We can do that!  
**Thursday, June 9, 1:30–2:30 pm. Space is limited. RSVP to 860.621.3014.**

**Dinner with the Expert**  
**Southington Care Center**  
**Tuesday, April 26, 5-7 pm. Space is limited. RSVP to 860.621.9559.**

**Dinner with the Doc**  
**Arbor Rose at Jerome Home**  
975 Corbin Avenue, New Britain. Solutions for Urinary Incontinence and Overactive Bladder. Topics include the causes of urinary incontinence; how your doctor may evaluate urinary incontinence; effective behavioral and medical solutions for urinary incontinence; and overactive bladder. Complimentary dinner. Presented by Dr. Richard Kershon, urologic surgeon, Hartford HealthCare Medical Group.  
**Thursday, April 28, 5–7 pm. Space is limited. RSVP to 855.HHC HERE (855.442.4373).**
Educational Presentations

Afternoon with the Expert
Jefferson House
1 John H. Stewart Drive, Newington.
Medication Safety: a free pharmacy education program to discuss tips on taking medications safely. Presented by Addolorata Ciccone, PharmD, geriatric clinical pharmacist.
Tuesday, May 10, 2–3 pm.
Space is limited. RSVP to 855.HHC.HERE/855.442.4374.

Future Planning
Mulberry Gardens of Southington
58 Mulberry Street, Plantsville.
A discussion about estate planning, advanced directives, Medicaid, long-term care and rehabilitation. Presented by Sharon Robinson, RN, regional director of Skilled Nursing Operations, Hartford HealthCare Senior Services and Valerie DePaolo, Esq.
Tuesday, April 5, 5–7 pm. Space is limited. RSVP to 860.276.1020.

Informational Events

Thyroid and Aging: What You Need to Know.
Elmwood Senior Center
1106 New Britain Avenue, West Hartford. Presented by MaryBeth A. Moore, PA-C, MPH of Hartford HealthCare Medical Group.
Tuesday, April 5, 9:30–10:30 am.
Space is limited. RSVP to 860.561.8180.

Seniors & Medication: Too many? Too dangerous?
Meriden Senior Center
22 West Main Street, Meriden. Presented by Sean Jeffrey, PharmD, CGP, FASC, FASCP, FNAP, AGSF, and pharmacist with Integrated Care Partners.
Friday, April 8, 10:30–11:30 am.
Space is limited. RSVP to 855.HHC.HERE/855.442.4373.

Head and Neck Cancer: What Do I Need to Know?
Cheshire Senior Center
240 Maple Avenue, Cheshire. Presented by Dr. Howard Boey.
Monday, April 11, 10–11 am.
Space is limited. RSVP to 855.HHC.HERE/855.442.4373.

Managing your Diabetes
Wolcott Senior Center
211 Nichols Road, Wolcott. Managing your diabetes requires awareness. Presented by Claire Liva-Erris, RD, with Hartford HealthCare at Home.
Tuesday April 12, 11 am–12 pm.
Space is limited. RSVP to 203.879.8133.

Seasonal Affective Disorder
Calendar House
Thursday April 14, 1:30–2:30 pm.
Space is limited.
RSVP to 860.621.3014.

The Art & Science of Aging Gracefully. Monthly Seminars: Tips to Improve Health by HHC

Skin Cancer Awareness
Duncaster
40 Loeffler Road, Bloomfield. Presented by Dr. Frank Santoro and Lindita Vinca, APRN.
Friday, April 29, 3–5 pm. Space is limited. RSVP to 860.380.5006.

Healthy Aging & Your Feet
Duncaster
40 Loeffler Road, Bloomfield. Presented by Dr. Jeffrey Tencer, DPM.
Thursday May 19, 3–5 pm. Space is limited. RSVP to 860.380.5006.

Managing Chronic Arthritis Pain
Duncaster
40 Loeffler Road, Bloomfield. Presented by Dr. Eric Secor, ND, PhD, LAc.
Thursday, June 16, 3–5 pm. Space is limited. RSVP to 860.380.5006.

Growing Older in America
Wallingford Senior Center
238 Washington Street, Wallingford. Older adults today are blessed with life expectancy that is longer than ever. Adults are faced with stressors which are specific to this longevity. Presented by Debra Hanratty, clinical social worker, Rushford.
Tuesday, May 10, 10–11:00 am.
Space is limited. RSVP to 203.265.7753.

Healthy Weight Loss
Southington Care Center
Wolcott Senior Center, 211 Nichols Road, Wolcott. Putting on excess weight as we age is common. Join us as we discuss ways to prevent weight gain as we age. Presented by Anna Russo, RD., from Southington Care Center.
Tuesday May 10, 11 am–noon.
Space is limited. RSVP to 203.879.8133.

The Aging Eye
Hosted by Calendar House
388 Pleasant Street, Southington. Discussion will focus on cataracts, glaucoma, macular degeneration and other ailments of the eye. Presented by Dr. Ronald Bezahler of The Hospital of Central Connecticut.
Thursday, May 12, 1:30–2:30 pm.
Space is limited. RSVP to 855.HHC.HERE/855.442.4374.

Living with Spinal Stenosis
Farmington Senior Center
321 New Britain Avenue, Unionville. Living with Spinal Stenosis, including causes and diagnosis. Presented by David Santoro, MBA, OTR/L, director of Hartford HealthCare Bone and Joint Institute.
Wednesday, April 20, 11:30 am–12:30 pm. Space is limited. RSVP to 860.675.2490.

Optimizing your Health
Bristol Senior Center
Wednesday, May 4, 10:30–11:30 am.
Space is limited. RSVP to 860.584.7895.
Informational Events

**Breast Health and Seniors**
Meriden Senior Center
22 West Main Street, Meriden.
Breast health basics, including the importance of self-examination and consistent health maintenance. Presented by Tina Rodriguez, Cancer Center outreach educator of MidState Medical Center.
Tuesday, May 17, 10:30–11:30 am.
Space is limited.
RSVP to 203.237.0066.

**Connecticut Medical Marijuana**
Elmwood Senior Center
1106 New Britain Avenue, West Hartford. This topic will cover the actual registration process and elements of the law, along with qualifying conditions and dispensary experience. Presented by Karen Larsen of the Hartford Healthcare Medical Group and Geri Ann Bradley, Pharmacist, the Healing Corner.
Thursday, May 19, 11:30 am–12:30 pm.
Space is limited.
RSVP to 860.561.8167.

**The Aging Ear**
Farmington Senior Center
321 New Britain Avenue, Unionville.
Will discuss the functions of the three sections of the adult ear. Presented by Dr. Howard Boey.
Wednesday, June 15, 10:30–11:30 am.
Space is limited.
RSVP to 855.HHC.HERE (855.442.4373).

**Navigating the ‘What Ifs’ in Your Golden Years**
Meriden Senior Center
22 West Main Street, Meriden.
Presented by Marc Levesque, MS, of the Connecticut Center for Healthy Aging.
Tuesday, June 21, 10:30–11:30 am.
Space is limited.
RSVP to 203.237.0066.

Connecticut Center for Healthy Aging
Informational Series

**Dementia and Caregivers Series.**
**Touchpoints at Farmington**
20 Scott Swamp Road, Farmington.
Join us for this free five-week program. (Thursdays, April–May)
April 14
Overview of Dementia
April 21
Basics of Good Communications and Understanding Behaviors
April 28
Safety in the Environment and How to Structure a Day with Activities
May 5
Taking Care of the Caregiver and Care Options
May 12
Legal and Financial issues
Hosted by the Connecticut Center for Healthy Aging.
6–7:30 pm. Space is limited.
RSVP to Ellie Cyr, 860.677.7707

**Live Well Chronic Disease Self-Management program**
Hospital of Central Connecticut
Bradley Memorial campus,
Conference Room A
81 Meriden Avenue, Southington.
The six-week series begins on Friday, April 29 from 10–11:00 am.
The six-week series begins on Friday, April 29, 10 am–12:30 pm, with the last class on May 27.
The program is built upon three underlying assumptions:
1. Regardless of the chronic condition, people have similar problems and concerns and face similar challenges.
2. People can learn the skills needed to better manage their disease and the day-to-day issues they face.
3. People who understand and take control of their condition will be healthier and happier.
Hosted by the Connecticut Center for Healthy Aging.
Space is limited.
RSVP to 1.877.4AGING1 (1.877.424.4641).

**Dementia and Caregivers Series.**
Hartford HealthCare Senior Primary Care at Duncaster
30 Loeffler Road, Bloomfield.
Join us for this free five-week program. (Thursdays, May–June)
May 19
Overview of Dementia
May 26
Basics of Good Communications and Understanding Behaviors
June 2
Safety in the Environment and How to Structure a Day with Activities
June 9
Taking Care of the Caregiver and Care Options
June 16
Legal and Financial issues
Hosted by the Connecticut Center for Healthy Aging.
6–7:30 pm. Space is limited.
RSVP to 1.877.4AGING1, (1.877.424.4641).

**Dementia and Caregivers Series**
Berlin Peck Library
234 Kenssington Road, Berlin
30 Loeffler Road, Bloomfield.
Join us for this free five-week program. (Tuesdays, May–June)
May 24
Overview of Dementia
May 31
Basics of Good Communications and Understanding Behaviors
June 7
Safety in the Environment and How to Structure a Day with Activities
June 14
Taking Care of the Caregiver and Care Options
June 21
Legal and Financial issues
Hosted by the Connecticut Center for Healthy Aging.
6:30–8 pm. Space is limited.
RSVP to 1.877.4AGING1 (1.877.424.4641).
Dementia and Caregivers Series.
MidState Medical Center, East Campus
61 Pomeroy Avenue, Meriden.
Join us for this free five-week program. (Tuesdays, May–June)
May 31
Overview of Dementia
June 7
Basics of Good Communications and Understanding Behaviors;
June 14
Safety in the Environment and How to Structure a Day with Activities
June 21
Taking Care of the Caregiver and Care Options
June 28
Legal and Financial Issues.
Hosted by the Connecticut Center for Healthy Aging.
This seminar is free. 10:30 am–12:00 pm.
Space is limited. RSVP to 1.877.4AGING1 (1.877.424.4641).

Lunch and Learn Presented by the Connecticut Center for Healthy Aging

Lunch and Learn: Planning for Your Future Health Wishes
THOCC, Bradley Memorial campus
81 Meriden Ave., Southington.
Presented by Laurie St. John, RN, MSN, vice president of Hospice and Palliative Care, Hartford HealthCare at Home.
Thursday, April 21, noon–1:00 pm.
Space is limited. RSVP to 1.877.4AGING1 (1.877.424.4641).

Lunch and Learn: How to Make the Most of Your Doctor’s Visit.
Cancer Center of the Hospital of Central Connecticut
183 North Mountain Road, Plainville.
Presented by Wendy Martinson, RN, MSN, program director of the Connecticut Center for Healthy Aging.
Thursday May 12, noon–1:00 pm.
Space is limited. RSVP to 1.877.4AGING1 (1.877.424.4641).

Lunch and Learn: If it's Not Alzheimer’s, What is It?
Understanding Various Forms of Dementia.
The Hospital of Central Connecticut, New Britain campus
100 Grand Street, New Britain.
Presented by Patty O’Brien, CDP, patient and family engagement coordinator, Connecticut Center for Healthy Aging.
Thursday, June 16, noon–1:00 pm.
Space is limited. RSVP to 1.877.4AGING1 (1.877.424.4641).

The Art of Bronzing
Arbor Rose
975 Corbin Avenue, New Britain.
Michael McLaughlin is a bronze sculptor and a lifelong Connecticut resident who will present a unique look into this art. Refreshments will be served.
Thursday, May 12, 2:00 pm. Space is limited. RSVP to 860.229.3707.

Open Houses:
All are hosted 10 am–2 pm, unless posted.

Open House
Mulberry Gardens of Southington
58 Mulberry Street, Plantsville.
Wednesday, April 20, 4–7:00 pm.
Saturday, May 7 and June 11.
Just stop by.
Information: 860.276.1020.

Open House
Cedar Mountain Commons
3 John H. Stewart Drive
Newington. (Saturdays)
April 9, May 7 and June 4.
Just stop by.
Information: 860.665.7901.

Open House
Arbor Rose
975 Corbin Avenue, New Britain. (Sundays)
April 17, May 15 and June 12.
Just stop by.
Information: 860.229.3707.

Open House
The Orchards of Southington,
34 Hobart Street, Southington.
(Saturdays, April–June)
April 9 & 30, May 14,
June 4 & 25. Just stop by.
Information: 860.628.5656.

Open House
Marion Heights Adult Day Center,
314 Osgood Avenue, New Britain.
The mission of the Mulberry Gardens at Marian Heights Adult Day Center is to provide the highest quality community-based day program in a safe and positive environment. Care is provided to individuals with a variety of socialization and cognitive needs. Polish speakers on staff.
Wednesday, April 20. RSVP to 860.357.4264.

Spring Events:

Spring Basket Bonanza
Lobby at Arbor Rose
975 Corbin Avenue, New Britain.
Please join us for our Annual Spring Basket Bonanza. Gift baskets of all kinds will be on display in our Tickets are available for purchase, winners will be drawn at 4 pm on April 21, and you do not need to be present to win. All proceeds will benefit the Alzheimer’s Association Walk to End Alzheimer’s.
Tuesday, April 19–Thursday, April 21. Call 860.229.3707 for more information.

Golf Tournament
Soutthington Country Club
150 Savage Street, Southington.
Please join us for the First Annual Steve McCarty Memorial Gold Tournament. All proceeds to benefit the Southington Care Center.
Friday, April 22, call 860.716.8973 to register a team or sponsor.

Walk to Wellness
Westfarms Mall Rest & Relaxation Lounge (near Nordstrom)
Join us at the Hartford HealthCare Walk to Wellness to hear Dr. Richard Taboada of the Hartford Hospital Pain Treatment Center as he discusses the anatomy of shingles and the associated pain, treatment in the early and chronic stages.
Tuesday, April 5, from 8:30–9:30 am.
Jerome Home opens outpatient rehabilitation services to the public

Outpatient rehabilitation services with a physician’s referral are now available to the public at Jerome Home, a not-for-profit member of Hartford HealthCare Senior Services. An accident, surgery or chronic medical condition often demand aftercare and maintenance. Jerome Home’s services also include pain disorders, Lymphedema therapy, musculoskeletal disorders, orthopedic conditions and reconditioning after illness or injury.

Jerome Home Outpatient Rehabilitation Services has a private entrance and convenient parking. For more information, call 860.356.8233.

Jerome Home offers skilled nursing, short-term rehabilitation, residential care, memory care and assisted living, and is a not-for-profit member of Hartford HealthCare Senior Services. For more information about Jerome Home, visit jeromehome.org.

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