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To bridge the gap between mental health care and in-home services, Hartford HealthCare introduced the Behavioral Health Home Care program.

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
Antoinette.Ouellette@hhchealth.org

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hhcseniorservices.org

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

HHC 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
Assisted Living, Memory Care, Short-term rehabilitation and long-term care
jeromehome.org
975 Corbin Avenue
New Britain, CT 06052
860.229.3707

Mulberry Gardens
Assisted Living and Memory Care
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
Short-term rehabilitation, Long term care and Outpatient Therapy
southingtoncare.org
45 Meriden Avenue
Southington, CT 06489
860.621.9559

The Orchards at Southington
Independent and Assisted Living
southingtonorchards.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

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
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

Hartford HealthCare Independence at Home
860.863.2771
hhc@home.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
We want to help you stay well by providing healthcare that may lower your risk of illness or injury. Your Medicare benefit provides for an Annual Wellness Visit to ensure you, and we, are doing everything possible to promote your health and vitality. **This visit is completely covered by Medicare with no out-of-pocket expense.**

This is not a head-to-toe physical, and there is no “hands-on” examination. There are certain measurements that will be taken including vital signs and other measurements depending on your age and activity level.

**During the visit, your provider will:**

- Give you a health risk-assessment, including reviewing the information that you provide to us.
- Review your medical and family history, and update your medication list and names of your other providers.
- Screen for your risk of falls, functional and cognitive impairments, and mood disorders.
- Provide personalized health advice and recommendations for other wellness services and healthy life style changes.
- Provide a written 5-10 year screening schedule for appropriate preventive services.

Before your appointment, you will be asked to complete a short questionnaire about your health, which we will review during the visit. Please bring the following information with you to your appointment:

- A list of all of your health care providers
- Your Advance Directives
- All of your pill bottles, including over-the-counter, vitamins, supplements and herbal medications.

**You can benefit from this covered Wellness Visit once a year, so if you have not had one in the past year, please call your primary care physician or 877.707.4442 to make an appointment today.**
If you’re 50 or older, eating right doesn’t have to be complicated.

If you’re 50 or older, eating right doesn’t have to be complicated. Simply begin by shifting to healthier food and beverage choices. Here are ten examples of dos and don’ts that can help you get started.

Never skip breakfast
Eating breakfast is the best way to add fiber and protein into the diet. Whole grain cereal with low fat milk, oats topped with fruit and nuts, whole grain toast with eggs are all nutritious choices. Studies have shown consuming breakfast can also affect overeating throughout the whole day and overall weight gain.

Avoid foods high in added sugar
Added sugar is hidden in a diverse amount of foods such as cereals, pasta sauce, yogurts and beverages. Sugar basically adds calories and does not contribute to the nutritional value of food. Try to avoid foods that have sugar, fructose, corn syrup, dextrose or agave nectar listed in the first three ingredients.
Avoid starches and breads colored in white
Choose whole grains over processed white flour foods. Whole grain foods will provide more fiber and help with overeating. Choose whole grain cereals, wheat/rye breads, brown rice, wild rice, faro, rolled oats, quinoa, and barley.

Avoid skipping protein in your meals
Adequate high-quality protein in every meal is essential to maintain muscle as we age. Avoid processed meats such as hot dogs, sausage, bacon or salami. Try to include more lean meat, poultry, fish, beans, eggs, nuts, seeds, milk and cheese in your diet.

Never avoid fluids even if you’re not thirsty
The baseline fluid recommendation is 6-8 cups fluids per day for older adults unless contraindicated due to kidney or congestive heart failure. Coffee, tea, juice, milk, fruits/vegetables, soups and popsicles are all good sources of fluids.

Avoid eating too fast
Savor every bite of food and chew well or as best as you can. Eating slowly for 20-30 minutes each meal can give your brain time to register fullness and will also help your digestion.

Avoid mindless eating
Most older adults require less calories than when they were younger. Avoid oversized portions at home and while dining out. Snack on foods that are lower in fat and salt and are more nutrient dense. Choose snacks that contain some fiber and/or protein. Examples include: pre-cut fresh fruit or vegetables, homemade granola or high fiber cereal, nuts, finger food sandwiches or smoothies.

Avoid high salt foods
The new American Heart Association recommendation is to consume 1500-2300 milligrams(mgs) sodium per day. Packaged, prepared and canned foods contain the most sodium. Compare labels and choose the lower sodium foods. Most importantly, don’t salt your food at the table. Instead of using salt, try to experiment with herbs, spices, lemon juice or salt-free blends.

Never skimp on calcium intake
Older adults require up to 1200mg of calcium per day or 3-4 servings dairy/nondairy products. Try to include lower fat versions of milk, yogurt, cottage cheese, and cheese. Lactaid products, almond milk or soy products are good alternatives if lactose intolerant. Broccoli, kale, tofu and almonds can also add a small amount of calcium to your diet.

Never skimp on your fruits or vegetables
Eat a variety of colorful fruit and vegetables, especially dark green, red and orange. Try to incorporate 2-3 servings of each per day into meals and snacks. Fresh is always best, however frozen is a good alternative. Steaming, grilling or roasting are healthy preparation methods.

Whatever your age is, it’s never too late to make a few healthy diet changes to lead a better quality life.
— Anna Russo, RD, Southington Care Center
Music therapy embraces new technologies to engage residents and staff

Fading eyesight prevents Marilyn Duncan, a Jefferson House resident, from playing piano as she did years ago or engaging in many activities. However, when music therapist Laura Bunker, MA, MT-BC, introduced her to the Beamz, an innovative electronic instrument, Duncan, 93, eagerly raised her hand to wave it through the laser beam, creating a rainbow of sounds.

During a small group gathering, residents smiled broadly as they were introduced to the Beamz, which engages people of all abilities, promotes fine and gross motor skills, and stimulates the brain through music and games. “I never saw anything like this,” exclaimed Jennie.

Spicy Gingered Beef and Snap Pea Salad

Gingered Dressing Ingredients:
- 1/4 cup reduced-sodium soy sauce
- 1/4 cup rice vinegar
- 1 (1-inch) piece peeled fresh ginger, grated
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon sesame oil
- 2 teaspoons chili paste
- 1 clove garlic, minced

Directions:
Whisk together 1/4 cup reduced-sodium soy sauce, 1/4 cup rice vinegar, 1-inch piece peeled fresh ginger-grated, 2 tablespoons chopped fresh cilantro, 1 tablespoon sesame oil and 2 teaspoons chili paste with garlic until well blended. Makes about 2/3 cups.

Gingered Beef Ingredients:
- 3/4 pound flank steak, thinly sliced across the grain, then chopped
- 1 tablespoon canola oil
- 2 cloves garlic, minced
- 1 teaspoon grated fresh ginger
- Salt and ground pepper, to taste
- 1 (8.75 oz.) package snap peas
- 1 red, yellow, or orange bell pepper, seeded and sliced
- 1/2 cup onion, chopped
- 1 small cucumber, diced
- 1/4 cup chopped peanuts
- Chopped fresh cilantro (optional)
- Fresh lime wedges

Directions:
1. Combine beef, oil, garlic and ginger in medium bowl; toss to coat evenly. Season with salt and pepper to taste. Cook beef mixture in nonstick skillet over medium-high heat, sauté beef until thoroughly cooked. Using slotted spoon, place beef in medium bowl, mix with 2 tablespoons Gingered Dressing.
2. Combine salad blend, snap peas from pouch, bell pepper, onion and cucumber in large bowl. Toss with Gingered Dressing, to taste, Transfer to serving platter or serving plates.
3. Spoon beef over salad. Sprinkle on top chopped peanuts and cilantro. Squeeze lime wedges over, as desired.
This technology is just one aspect of the grant-funded music therapy program that Bunker leads. The results have been remarkable, reaching residents who are uncommunicative, sparking memories and uplifting many, said Susan Vinal, executive director of Jefferson House, a department of Hartford Hospital which offers short-term/outpatient rehabilitation, skilled nursing and palliative care. “Music evokes a positive attitude that follows them throughout the day,” she said.

Bunker provides individual and group music therapy sessions, has formed a choral group and helped residents write a song. When someone is anxious or agitated, often it takes only a minute to be soothed by a favorite tune. “Residents have a wide variety of diagnoses and music therapy can be a good complementary treatment. The goal is to improve the quality of life,” Bunker said.

For more information about Jefferson House, located at 1 John H. Stewart Drive, call 860.667.4453 or visit www.jeffersonhouse.org.
8 Signs You Might Need an Eye Exam

Ideally, one eye exam every year should help you stay on top of your eye health, but some people require more than one exam a year. It is important to know when you need to schedule an exam, especially if you are over the age of 50.

Here are 8 signs you should get an exam on the calendar soon:

1. Your eyes are red, dry, itchy, or you are seeing spots, flashes of light, or floaters.
2. You have diabetes or another health condition that affects your eyes. Also, if you have a family history of conditions like diabetes or glaucoma you may need exams more often, especially as you move into your 50s and beyond.
3. You can’t remember when you last had an eye exam. If it’s been longer than a year, you’re overdue.
4. You have difficulty driving at night and seeing street signs in the dark.
5. You experience eye strain, headaches and/or blurred vision after spending an extended amount of time in front of a computer screen.
6. You get motion sick, dizzy, or have trouble following a moving target.
7. You hold books or the newspaper further away from your face and squint or close one eye to read them clearly.
8. You notice any changes in your vision, especially after an incident of head trauma.

Your eyes are precious. So why take chances with anyone but the most experienced surgeons and the most advanced technology? Our 40 board-certified ophthalmologists perform more cataract and glaucoma surgeries than anyone in Connecticut. And we’re just as proud of our outstanding patient satisfaction ratings. To make an appointment, call 1.855.HHC.EYES.

For more information on eye health and conditions like cataracts and glaucoma, visit www.eyesurgerycenter.org. To find an experienced eye surgeon, call 1.855.HHC.EYES.
Let’s Have a Conversation

By Laurie G St John, RN, MSN
Interim Vice President Hartford Healthcare Community Network

In hospice we are often called to assist patients and families in the process of making end of life decisions. Unfortunately this often occurs after the person is cognitively able to share their wishes. Families often have a difficult time when they are called to quickly come up with a plan without input from their loved ones. Family members cannot always agree on treatment options.

As a hospice professional I always encourage people to talk about “End of Life” with family members and select a Healthcare Representative to act as a spokesperson for any medical decisions. This often opens the door to meaningful discussions as to what is important to our loved ones and the initiation of Advanced Directives.

Advance Directives in Connecticut have two parts:

Selecting a health care representative

A health care representative is a person whom you authorize in writing to make any and all health care decisions on your behalf including the decision whether to withhold or withdraw life support systems. A health care representa-
MyHealthy Advantage Membership Registration Form

MyHealthy Advantage is a club card 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

phone: 860.378.1268 / email:  myhealthyadvantage@hhchealth.org

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

MyHealthy Advantage

merchant discounts*

SPRING 2017

Plantsville Pharmacy
860.628.2385

1 West Main Street
Plantsville

10% prescription discounts on prescription not covered by insurance

Family Therapeutic Massage Center, LLC | 860.276.1283

1006 South Main Street
Southington

$10 off a one-hour session

The Dutiful Daughter, LLC
860.432.5503

103 Thayer Road
Manchester

15% off packing, moving and content removal services
<table>
<thead>
<tr>
<th><strong>Meriden YMCA</strong></th>
<th>203.235.6385</th>
<th>110 West Main Street</th>
<th>Meriden</th>
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<tbody>
<tr>
<td>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>
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<tr>
<th><strong>Barker Animation</strong></th>
<th>203.272.2222</th>
<th>1188 Highland Avenue</th>
<th>Cheshire</th>
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<tr>
<td>20% Collectors Star Club discount &amp; $1 off museum entrance fee.</td>
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<th><strong>Subway</strong></th>
<th>203.237.0123</th>
<th>1231 East Main Street</th>
<th>Meriden</th>
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<tr>
<td>10% off all menu items.</td>
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<tr>
<th><strong>Welcome Home Mortgage, LLC</strong></th>
<th>860.761.1331</th>
<th>1331 Silas Deane Highway</th>
<th>Wethersfield</th>
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</thead>
<tbody>
<tr>
<td>Specializing in Reverse Mortgages. Your appraisal fee refunded at closing.</td>
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<tr>
<th><strong>The Sandman Gallery Frame Shoppe &amp; Café</strong></th>
<th>203.686.0000</th>
<th>14 West Main Street</th>
<th>Meriden</th>
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<tbody>
<tr>
<td>15% all framing purchases/15% off coffee and dessert when available.</td>
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<tr>
<th><strong>Frank D. Marrocco, CPA</strong></th>
<th>860.229.7479</th>
<th>142 West Main Street</th>
<th>New Britain</th>
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<tr>
<td>Income Tax Preparation Services – 10% off.</td>
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<tr>
<th><strong>Grant Chiropractic Health Center, LLC</strong></th>
<th>860.620.9523</th>
<th>1601 Meriden-Waterbury Turnpike</th>
<th>Milldale</th>
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<tr>
<td>10% off non-insurance covered items.</td>
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<tr>
<th><strong>Aziagos Restaurant</strong></th>
<th>860.426.1170</th>
<th>166 Queen Street</th>
<th>Southington</th>
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<tbody>
<tr>
<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>
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<tr>
<th><strong>Graebers</strong></th>
<th>203.235.6305</th>
<th>172 West Main Street</th>
<th>Meriden</th>
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<tbody>
<tr>
<td>10% off durable equipment &amp; prescription drugs/Free delivery to Meriden, Wallingford and Cheshire.</td>
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<tr>
<th><strong>Specialty Auto Cleaning &amp; Detailing</strong></th>
<th>860.628.5011</th>
<th>200 Clark Street</th>
<th>Milldale</th>
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<tbody>
<tr>
<td>15% off any service/free pickup &amp; delivery in most areas.</td>
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<tr>
<th><strong>Midas Mufflers &amp; Brakes</strong></th>
<th>203.265.0953</th>
<th>22 Quigley Road</th>
<th>Wallingford</th>
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<tr>
<td>$16.95 lube, oil and filter.</td>
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<tr>
<th><strong>Drain Surgeon</strong></th>
<th>860.229.6941</th>
<th>228 Corbin Avenue</th>
<th>New Britain</th>
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<tr>
<td>10% off any plumbing repair work in residential housing.</td>
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<tr>
<th><strong>Silver City Sports Bar &amp; Grill</strong></th>
<th>203.238.2380</th>
<th>275 Research Parkway</th>
<th>Meriden</th>
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<tbody>
<tr>
<td>15% off with the MyHealthy Advantage card.</td>
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<table>
<thead>
<tr>
<th><strong>Southington Cheshire YMCA</strong></th>
<th>860.628.5597</th>
<th>29 High Street</th>
<th>Southington</th>
</tr>
</thead>
<tbody>
<tr>
<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>
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<tr>
<th><strong>Karma's Closet</strong></th>
<th>860.436.6055</th>
<th>3153 Berlin Tpk.</th>
<th>Newington</th>
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<tbody>
<tr>
<td>15% Off your total purchase. Excludes firm items.</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.*
### Merchant Discounts

*MyHealthy Advantage*

**SPRING 2017**

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

- **860.276.5293** – HOCG, Bradley Memorial campus
- **203.694.5721** – MidState Medical Center
- **860.224.5278** – HOCG, New Britain General campus

<table>
<thead>
<tr>
<th>Business Name</th>
<th>Address</th>
<th>Discount/Service Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keller Williams Realty</td>
<td>358 Scott Swamp Road</td>
<td>Free consultation to learn what your home is worth</td>
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<tr>
<td></td>
<td>Farmington</td>
<td></td>
</tr>
<tr>
<td>Serafino’s Pharmacy</td>
<td>36 North Main Street</td>
<td>10% off prescriptions</td>
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<td>Southington</td>
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<tr>
<td>Wallingford Tire &amp; Auto</td>
<td>400 North Colony Street</td>
<td>10% off all labor on repairs; 5% off regular selling price of tires (can’t be combined with any other discounts)</td>
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<td>Wallingford</td>
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<tr>
<td>Pals Power Washing, LLC</td>
<td>41 Riverside Court</td>
<td>Free Cabot stain for all deck restorations or 10% off any house washing</td>
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<td></td>
<td>Southington</td>
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<tr>
<td>MidState Medical Center</td>
<td>435 Lewis Avenue</td>
<td>5% off- special exclusions apply</td>
</tr>
<tr>
<td>Auxiliary Gift Shop</td>
<td>Meriden</td>
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<tr>
<td>Century 21</td>
<td><strong>203.213.4141</strong></td>
<td>441 North Main Street</td>
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<tr>
<td>Sugar Hill Building &amp; Design</td>
<td>46 Marlboro Glade</td>
<td>15% off installation of 2 grab bars</td>
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<td>Tolland</td>
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<tr>
<td>Praline’s Café</td>
<td><strong>860.620.9226</strong></td>
<td>10% off M-F until 5pm, $1 off cakes</td>
</tr>
<tr>
<td>Professional Vision Center</td>
<td>50 Center Street</td>
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<tr>
<td></td>
<td>Southington</td>
<td>20% off all services</td>
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<tr>
<td>Professional Vision Center</td>
<td>512 West Main Street</td>
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<td></td>
<td>Meriden</td>
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<tr>
<td>Beacon Prescriptions</td>
<td>543 West Main Street</td>
<td>Free prescription delivery. M-F, 9-6pm</td>
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<tr>
<td></td>
<td>New Britain</td>
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<tr>
<td>Eyewear Glasses</td>
<td><strong>860.621.8215</strong></td>
<td>15% off any pair of glasses</td>
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<tr>
<td></td>
<td>55 Meriden Avenue</td>
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<td></td>
<td>Southington</td>
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<tr>
<td>Smokin’ With Chris</td>
<td>59 West Center Street</td>
<td>10% off on Wednesdays all day with the MyHealthy Advantage card</td>
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<tr>
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<td>Southington</td>
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<tr>
<td>Colony Opticians</td>
<td><strong>203.265.7990</strong></td>
<td>20% off eyeglasses</td>
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<td></td>
<td>60 Church Street</td>
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<td>Wallingford</td>
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<tr>
<td>Hearing Health &amp; Wellness Center</td>
<td>710 Main Street</td>
<td>One free Battery Club membership with every hearing aid purchase</td>
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<tr>
<td></td>
<td>Plantsville</td>
<td></td>
</tr>
<tr>
<td>Giovanni’s Pizzeria</td>
<td>714 West Street</td>
<td>10% off Tues &amp; Wed, pick-up only. Except when using a coupon</td>
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<td>Greenbackers</td>
<td>203.238.2516</td>
<td>744 Murdock Avenue Meriden</td>
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<tr>
<td>Town Fair Tire</td>
<td>203.467.8600</td>
<td>750 Queen Street Southington</td>
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<td>Charter Financial – Insurance</td>
<td>860.678.2908</td>
<td>76 Batterson Park Road Farmington</td>
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<td>and Financial Services Co.</td>
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<td>La Vita Vintage</td>
<td>860.621.7799</td>
<td>774 South Main Street Plantsville</td>
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<td>Story Brothers, Inc.</td>
<td>860.225.0159</td>
<td>84 Burritt Street New Britain</td>
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<td>Justine Hart, LMT/Massage</td>
<td>860.301.4168</td>
<td>846 Atkins Street Middletown</td>
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<td>Therapist</td>
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<td>Walsh &amp; Massari</td>
<td>203.235.1681</td>
<td>86 West Main Street Meriden</td>
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<td>Pelton’s Home Health Care</td>
<td>860.761.0008</td>
<td>898 Silas Deane Highway Wethersfield</td>
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<td>Hallmark Framing and Art</td>
<td>860.621.8885</td>
<td>9 West Main Street Plantsville</td>
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<td>Wallingford Sew-Vac Center</td>
<td>203.269.2207</td>
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<td>Bongiovanni Insurance and</td>
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<td>Precious Petals</td>
<td>860.747.6100</td>
<td>98 East Main Street Plainville</td>
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<td>The UPS Store</td>
<td>203.949.0050</td>
<td>994 North Colony Road Wallingford</td>
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<td>Crouchley Chiropractic Center</td>
<td>860.665.0001</td>
<td>21 Garfield Street Newington</td>
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If you are a merchant interested in offering a discount to our members, please visit hhcseniorservices.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
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 Antoinette.Ouellette@hhchealth.org or call 860.378.1268.

Blood Pressure Screenings

Southington Community YMCA
29 High St., Southington. Tuesdays, April 4, May 2, June 6, 9:30-10:30am. Hosted by Hartford HealthCare Center for Healthy Aging staff.

Calendar House
388 Pleasant St., Southington. Thursdays, April 6, May 4, June 1, 11am-noon. Hosted by Hartford HealthCare Center for Healthy Aging staff.

ShopRite
750 Queen St., Southington. Tuesdays, April 11, May 9, June 13, 11am-noon. Hosted by The Orchards at Southington staff.

Plainville Senior Center
200 East St., Plainville. Thursdays, April 25, May 23, June 27, 10-11am. Hosted by South- ington Care Center staff.

Wethersfield Community Center
30 Greenfield St., Wethersfield. Thursdays, April 27, May 25, June 22, 12:30-1:30pm. Hosted by Cedar Mountain Commons and Jefferson House staff.

Bereavement Support Groups
Hosted by Hartford HealthCare at Home Hospice Care

First and third Wednesdays of the month: April 5 & 19, May 3 & 17, June 7 & 21, 2-3:30pm. Free. Glastonbury Riverfront Community Center, 300 Wells St., Glastonbury. Facilitator Bill Pilkinson, supervisor for pastoral and bereavement services. To RSVP, call 1.855.HHC.HERE/1.855.442.4373.


First and third Thursdays of the month: April 6 & 20, May 4 & 18, June 1 & 15, 11am-12:30pm. Mansfield Center, 34 Ledgebrook Drive. Facilitator Ivan Bilyk, pastoral counselor supervisor. To RSVP, call 1.855.HHC.HERE/1.855.442.4373.

Second and fourth Thursdays of the month: April 11 & 25, May 9 & 23, June 13 & 27, 5:30-6:30pm. MidState Medical Center, 435 Lewis Ave., Meriden. Facilitator Doreen Bottone, MidState chaplain. RSVP to 1.855.HHC.HERE/1.855.442.4373.


Alzheimer’s and Dementia Support Group

Last Monday of the month: April 24, May 29, June 26, 10:30am-noon. Free. Duncaster, 40 Loeffler Road, Bloomfield. Do you care for someone diagnosed with dementia? Are you looking for information and support? A support group provides emo- tional, educational and social support. Topics to be discussed: communication techniques, caregiver support, benefits of activities, stages of the disease, family dynamics, safety issues. Facilitators are Michelle Wyman, LSW, CDP, and Sara Therion, MSW, Hartford HealthCare Center for Healthy Aging. Hosted by Duncaster and Hartford HealthCare Center for Healthy Aging. RSVP to Michelle, 860.276.5399 x4404 or Sara, 860.380.5012.

Second Wednesday of the month: April 12, May 10, June 14, 6:30-7:30pm. Free. Southington Care Center – Anna Fanelli Room, 45 Meriden Ave. 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? This group is an affiliated support group of the Alzheimer’s Association Connecticut Chapter. Hosted by Southington Care Center and Hartford HealthCare Center for Healthy Aging. RSVP to Stacy Carleton, 860.378.1286.

Second Tuesday of the month: April 11, May 9, June 13, 10:30-11:30am. Free. Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. 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? Join our caregivers support group. Facilitated by Jenn Doty, BSW. Hosted by Mulberry Gardens of Southington. RSVP to Jenn Doty, 860.276.1020.
Friendship Club

Tuesdays, April 11, May 9, June 13, 10am-2pm. Free. Marian Heights Adult Day Center, 314 Osgood Ave., New Britain. Polish speakers are available. Looking to belong to a great group of friends? Join the Friendship Club at Mulberry Gardens at Marian Heights Adult Day Center or Mulberry Gardens of Southington and enjoy transportation, activities, meals, exercise and more. Our mission is to provide the highest quality community-based program in a safe and positive environment. We provide care to individuals with a variety of socialization and cognitive needs. For more information and to RSVP, call Marian Heights Adult Day Center at 860.357.4264.

OR

Thursdays, April 20, May 18, June 15, 10am-2pm. Free. Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. For more information and to RSVP, call Mulberry Gardens of Southington at 860.276.1020.

Educational Presentations

Lunch with the Doc: Living Well with Heart Failure

Dinner with the Doc: Restoring Sight with a Beam of Light
Tuesday, June 6, 5-7pm. Free. Southington Care Center, 45 Meriden Ave. Learn more about cataracts, risk factors and treatment options, and the newest technologies available for cataract surgery. Presented by Mary Gina Ratchford, board certified ophthalmologist. Hosted by Southington Care Center. A light complimentary dinner will be served. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Dinner with the Doc: Understanding Foot and Ankle Problems
Thursday, June 29, 5pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. Learn about common foot issues associated with aging as well as how problems with your feet and ankles may actually be the first sign of more serious medical conditions. Presented by Kerri Lee, DPM, podiatry. Sponsored by Hartford HealthCare Senior Services. A light complimentary dinner will be served. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Dinner with the Doc: Understanding Foot and Ankle Problems
Thursday, June 6, 5-7pm. Free. Southington Care Center, 45 Meriden Ave. Learn more about cataracts, risk factors and treatment options, and the newest technologies available for cataract surgery. Presented by Mary Gina Ratchford, board certified ophthalmologist. Hosted by Southington Care Center. A light complimentary dinner will be served. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

The Art and Science of Graceful Aging

Health Screenings: What Do You Need?
Thursday, April 5, 3pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. Health Screenings: What Do You Need? There can be confusion about when, and how often, to have screening evaluations, such as colonoscopies, mammograms and prostate cancer screenings. Hosted by Hartford Hospital Senior Primary Care at Duncaster. RSVP to Duncaster, 860.380.5006.

Driving and Aging... Yes You Can
Thursday May 18, 3:00pm, Free. Duncaster, 40 Loeffler Road, Bloomfield. Safe driving tips; signs that your driving skills are changing; where to have your driving skills evaluated?

Presented by Robert Dicks, MD Geriatric Medicine. Hartford Hospital Senior Primary Care at Duncaster. Hosted by Hartford Hospital Senior Primary Care at Duncaster. RSVP to Duncaster, 860.380.5006.

Prehab: Preparing for Elective Orthopedic Surgery
Thursday, June 14, 3pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. Preparing your body for elective orthopedic surgery can support the best post-surgery outcome possible. Presented by Durgesh Nagarkatti, MD, orthopedic surgeon. Hosted by Hartford Hospital Senior Primary Care at Duncaster. RSVP to Duncaster, 860.380.5006.

Informational Events

Living With Back Pain? New Treatments May Be Right for You
Tuesday, April 4, 6:30-7:30pm. Free. MidState Medical Center, 435 Lewis Ave., Horowitz Conference Center, Room VII. Learn more about common conditions that cause back pain like spinal stenosis and spondylolisthesis and advanced surgical options including robotic spine surgery. We’re first in the state and Northeast to offer the Mazor X System for robotic spine surgery - sophisticated technology that helps surgeons gain more precision and accuracy. Greater accuracy means greater safety and better outcomes for patients. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Balance, Flexibility and the Fear of Falling
Monday, April 10, 2pm. Free. Bristol Senior Center, 240 Stafford Ave., Bristol. The (natural) fear of falling is a major health problem among seniors, and actually has a name: basophobia. Learn how to: reduce environ-

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mental risks; take charge of your physical condition; boost your bone strength; and more. Presented by Mark Colello, exercise physiologist, South- ington Care Center. Sponsored by Southington Care Center. RSVP to Southington Care Center. RSVP to Bristol Senior Center, 860.584.7895.

Basics of Diabetes
Wednesday, April 5, 1pm. Free. Berlin Senior Center, 33 Colonial Drive, Berlin. Learn the basics of diabetes and helpful strategies such as healthy eating that can prevent or manage diabetes, details on healthy foods and the appropriate amounts of carbohydrates. Presented by Anne Young, MS, RD, CDE. Sponsored by Hartford HealthCare Senior Services. RSVP to Berlin Senior Center, 860.828.7006.

Healthy and Fun Desserts
Monday, April 17, 10-11am. Free. Meriden Senior Center, 22 W. Main St., Meriden. When health is a top concern — whether it is because you’re dieting or simply living a healthy lifestyle — desserts can seem off-limits. But they don’t have to be! There are several ways to satisfy a sweet tooth without jeopardizing your health goals. Presented by Heather Hitchcock, Hartford HealthCare Senior Services Outreach Manager, and Kathy Matula, Recreation Coordinator, Meriden Senior Center. Sponsored by Hartford HealthCare Senior Services. RSVP to Meriden Senior Center, 203.237.0066.

Men’s Health: What Your Urologist Would Like You to Know
Wednesday, April 19, 10am. Free. Wallingford Senior Center, 238 Washington St., Wallingford. Benign Prostatic Hyperplasia? Cancer? Urinary Obstruction? Is your head swirling with medical terms and definitions? Join Paul Pyo, MD, urologic surgeon, Hartford HealthCare, as he discusses what you need to know and when you should be concerned. Sponsored by Hartford HealthCare Senior Services. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Naturopathy and Healthy Aging
Tuesday, April 18, 10am. Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford. Join Ken Kirk, ND, PT, Southington Care Center, as he discusses theories behind the aging process, why some people age better than others and what factors of aging are in our control. Sponsored by Southington Care Center. RSVP to Elmwood Senior Center, 860.561.8180.

Elder Care Planning
Thursday, April 20, 11am. Free. Wolcott Senior Center, 211 Nichols Road, Wolcott. Looking to the long term is wise; it’s tough to make decisions in a crisis situation. Join Attorney Amy E. Orlando as she discusses the future of aging services in Connecticut, funding sources and how to navigate the health care system with confidence. Orlando, an accredited attorney and federal fiduciary with the Veterans Administration, practices in the areas of elder law, special needs, estate planning, estate administration and taxation. Sponsored by Hartford HealthCare Senior Services. RSVP to Wolcott Senior Center, 203.879.8133.

Naturopathic Medicine and Autoimmune Disease
Friday, April 21, 10am. Free. Plainville Senior Center, 200 East St., Plainville. Modern day society has contributed to an epidemic of immune system imbalance and autoimmune disorders through the foods we eat, the stress of our daily lives, and the growing number of toxins we are exposed to on a routine basis. Learn more about theories behind autoimmune disease and how the unique approach of naturopathic medicine may offer help to those suffering with chronic disease. Presented by naturopathic physician Ken Kirk, ND, PT, Southington Care Center, as he discusses theories behind the aging process, why some people age better than others and what factors of aging are in our control. Sponsored by Southington Care Center. RSVP to Southington Care Center. To RSVP, call Calendar House, 860.621.3014.

Urinary Incontinence in Women
Friday, May 19, 10am. Free. Plainville Senior Center, 200 East St., Plainville. Discussion will include types of urinary incontinence and available treatment options. Presented by Shanna Gannon, PA-C, urologic surgery,
Mental Health 101  
Thursday, June 1, 6:30pm.  
Free. Plainville Public Library, 56 E Main St., Plainville. Mental Health 101 Program will focus on relevant mental health issues including opioid/heroin epidemic, schizophrenia, depression/anxiety, dementia and bi-polar disorders. Local resources are also available to assist residents of New Britain, Southington and Plainville. A complimentary light dinner will be served. Presented by Laurel Reagan, APRN, director of Behavioral Health, Hartford HealthCare at Home, and Pat Rehmer, RN, MSN, president, Behavioral Health Network, Hartford HealthCare. Sponsored by Hartford HealthCare at Home. RSVP to Plainville Senior Center, 200 East St., Plainville. 860.747.5728.

Home Care Resources  
Friday, June 9, 10am. Free. Plainville Senior Center, 200 East St., Plainville. Learn about home care resources including private home care; when to bring in additional help; differences between home care and private duty; how to shop for private duty; what additional resources exist and how to access them. Presented by Nick Morella, manager of Community Relations, Hartford HealthCare Independence at Home. Sponsored by Hartford HealthCare Independence at Home. RSVP to Plainville Senior Center, 860.747.5728.

Healthy Eating for Seniors  
Thursday, June 15, 1:30pm. Free. Calendar House, 388 Pleasant St., Southington. There’s no question about it: Our bodies change as we age. Seniors have very different nutritional needs than children and younger adults. Join Jennifer Petrucci, director of dining services, Southington Care Center, as she discusses how age-related changes can affect the way your body processes food, which influences your dietary needs and affects your appetite. Sponsored Southington Care Center. RSVP to Calendar House, 860.621.3014.

Lunch and Learn  
How to Navigate through Complex Legal Issues  
Thursday, April 20, noon-1pm. Free. The Hospital of Central Connecticut, Bradley Campus, 81 Meriden Ave., Southington. Join Hartford HealthCare Center for Healthy Aging for a Lunch & Learn. Attorney Daniel O. Tully, partner of Kilbourne & Tully, P.C., will present on how to navigate through complex legal issues of elder law. Space is limited. A complimentary light lunch will be served. RSVP to Hartford HealthCare Center for Healthy Aging, 1.877.424.4641.

Depression in Seniors  
Thursday, May 11, noon-1pm. Free. The Hospital of Central Connecticut, New Britain Campus, 100 Grand St., New Britain. Join Hartford HealthCare Center for Healthy Aging for a Lunch & Learn. Depression is common in individuals over the age of 65 and affects seniors differently than younger adults. Learn the signs and symptoms of depression and what can be done help. Presented by Laurel Regan, APRN, director of Behavioral Health. Space is limited. A complimentary light lunch will be served. RSVP to Hartford HealthCare Center for Healthy Aging, 1.877.424.4641.

Learn about Veterans Benefits  

Hartford HealthCare Center for Healthy Aging Informational Series  
Dementia and Caregiving Series: Focusing on the Person While Understanding the Disease Progression  
Five-week series: Wednesdays, April 5 to May 3, 6-7:30pm. Free. Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. Learn strategies and effective communication tips to better understand and relate to the individual with memory loss. April 5: Overview of Dementia; April 12: Basics of Good Communications and Understanding Behaviors; April 19: Safety in the Environment and How to Structure a Day with Activities; April 26: Taking Care of the Caregiver and Care Options; May 3: Legal and Financial. Presented by Michelle Wyman, LSW, CDP, and Patty O’Brian, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. Hosted by Hartford HealthCare Center for Healthy Aging. Space is limited. RSVP to Hartford HealthCare Center for Healthy Aging, 1.877.424.4641.

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Dementia and Caregiving: Focusing on the Person while understanding the Disease Progression
Five-week series: Tuesdays, June 13 to July 18, 6-7:30pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. Learn strategies and effective communication tips to better understand and relate to the individual with memory loss. Five-week series: June 13: Overview of Dementia; June 20: Basics of Good Communication and Understanding Behaviors; June 27: Safety in the Environment and how to structure a day with activities; July 11: Taking Care of the Caregiver and Care Options; July 18: Legal and Financial Issues. RSVP to Hartford HealthCare Center for Healthy Aging, 1.877.424.4641.

Live Well Series
Live Well Chronic Disease Self-Management
Tuesdays, April 4 to May 9, 10am-12:30pm. Free. Farmington Library, 6 Montieth Drive, Farmington. Participants should attend all sessions. Presented by Michelle Wyman, LSW, CDP, life enrichment coach, and Jessica Dakin BSN, CMC, CDP, Hartford HealthCare Center for Healthy Aging. This program is built on 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. Space is limited. RSVP to Hartford HealthCare Center for Healthy Aging, 1.877.424.4641.

Open Houses
Cedar Mountain Commons

Arbor Rose
975 Corbin Ave., New Britain. Sundays, April 23, May 21, June 11, 10am-2pm. Just stop by. Information: 860.229.3707.

The Orchards at Southington
34 Hobart St., Southington. Saturdays, April 15, May 13, June 10, 10am-2pm. Just stop by. Information: 860.628.5656.

Mulberry Gardens of Southington
58 Mulberry St., Plantsville. Saturdays, April 1, May 6, June 3, 10am-2pm. Just stop by. Information: 860.276.1020.

Mulberry Gardens at Marion Heights
314 Osgood Ave., New Britain. Tours are available Mondays to Fridays, 10am-2pm. 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. RSVP to Marian Heights Adult Day Center, 860.357.426

Free Memory Screening
Memory Screenings
Thursday, April 6, 1-3pm, Free. Plainville Senior Center, 200 East St. Plainville. Screenings conducted by Jennifer Doty, BSW. Sponsored by Mulberry Gardens of Southington. RSVP to Plainville Senior Center, 860.747.5728.

Healthy Brain Series
Healthy Brain Series; Keeping Your Memory Strong at All Ages
Fridays, March 31 through June 28, 11am-noon. Free. Mansfield Senior Center, 303 Maple Road, Mansfield. Patty O’Brien, Alzheimer’s and dementia specialist, Hartford HealthCare Center for Healthy Aging, will present a five-part series on Healthy Minds. Attendees are encouraged to attend all sessions. Each of the five sessions will cover the following topics:
1. Intro — Eat Brain Foods and Stay Hydrated
2. Be Physically Active — Challenge your Mind Daily, Activities to Stay Sharp
3. Coping with Changes & Managing Stress — Be Social
4. Count Sheep — Be Creative and Have Fun
5. Be Positive — Find a Purpose. RSVP to Mansfield Senior Center, 860.487.9870.
Aging adults face a number of challenges unique to the older population – a loss of independence, chronic health conditions, the passing away of loved ones, and an altered financial situation as they enter retirement.

One area that is often overlooked, however, is the impact of these changes on mental health.

Around seven million American adults over the age of 65 experience depression each year, according to the Centers for Disease Control and Prevention. Seniors who are homebound are especially vulnerable – more than 40 percent suffer from two to three co-existing medical and psychiatric conditions.

To bridge the gap between mental health care and in-home services, Hartford HealthCare introduced the Behavioral Health Home Care program.

The Behavioral Health Home Care program offers a comprehensive range of behavioral health services for homebound adults, including assessments and individualized treatment planning; medication management and education; short-term psycho-therapy; and family education and support. The multidisciplinary team includes specially trained nurses and occupational therapists, social workers and home health aides.

“Often times, the seniors we meet have never seen a psychiatrist or received any formal psychiatric treatment,” said Laurel Reagan, APRN, Director of Behavioral Health for Hartford HealthCare at Home. “We work closely with their primary care providers to make sure they’re prescribed the right medications, and help both the patient and caregivers learn strategies for changing behaviors and coping with stress.”

Education is often the simplest solution, since seniors can face a number of diagnoses and medications that they may not fully understand.

“Many patients are overwhelmed by their prognosis,” said Reagan. “They end up in and out of the emergency room, but often don’t have the opportunity to learn everything they need to improve their quality of life. So we take the time to teach the patient and their family about their conditions and medications.”

Although Behavioral Health Home Care’s services focus on mental health, the emphasis is on a holistic approach to wellness.

For more information on Behavioral Health HomeCare, visit HHCatHome.org or call 1.800.HOMECARE.
A full life for people with Alzheimer’s

We’re helping people with Alzheimer’s and other forms of dementia to lead complete and fulfilling lives, despite their diagnosis. We offer:

• Highly trained staff nationally certified in Alzheimer’s care
• Day programs for community members with dementia
• Beautiful, homelike assisted living facilities, with small neighborhood dining and living areas
• Power generators and quiet care technology to keep our residents safe
• Visiting physicians
• Easy access to other care, as needed, through our partnership with Hartford HealthCare

For more information, call 860.276.1020 or visit mulberrygardens.org

Mulberry Gardens of Southington
Connect to healthier."