Volunteer credits Jerome Home and GoodLife Fitness for his recovery – 2
An avid volunteer who relishes assisting Connecticut veterans is striving toward getting stronger and steadier at GoodLife Fitness

Laughter with LeaAnn – 4
We want everyone to enjoy life to the best of their abilities. Everyone can laugh – and we all need to laugh more

Exercise Program, Now Covered by Insurance, Beats Surgery for Peripheral Artery Disease – 9
Patients benefit from counseling and education in smoking cessation, exercise regimen and optimizing the medical therapy

Cover
Bartolomeo “Benny” Cammuso, front center, visits with some of the Southington Care Center health professionals who were instrumental in his recovery from a stroke. From left are Kerri McQuillan, Mark Colello and Sally Brennan.
It was wintry outside but Bartolomeo “Benny” Cammuso brought his sunny attitude inside as he diligently worked out on a cross-trainer in the GoodLife Fitness Center at Southington Care Center, located at 45 Meriden Ave. Mark Colello, exercise physiologist, stood by his side monitoring the 80-year-old’s progress throughout his 15-minute “ride.”

Six months ago, Cammuso couldn’t have pedaled at all. In February 2017, he had a serious stroke which brought his life to an abrupt halt. He was first hospitalized at The Hospital of Central Connecticut. For many townspeople, the news about this avid community volunteer was hard to believe – just the week before, Cammuso had received the Southington-Cheshire YMCA Person of the Year Award at the annual gala.

At first stabilized, he was then transferred to another hospital. “It was a life and death situation,” recalled his daughter, Lisa Cammuso. After a 30-day hospital stint, he moved to a rehab center where he spent more than three weeks. “He was still so weak,” she said.

His recovery began looking better in March after he was transferred to Southington Care Center, where he had volunteered for years. His three-month stay included physical, occupational and speech therapy. His family began to see progress – he was finally walking.

“Southington Care Center is a great rehab facility and it was great for his morale,” his daughter said.

Cammuso, an Italian native, is one of Southington’s best-known residents. Upon retirement from his 37-year career at General Electric, his volunteering became more than a full-time job with more than a dozen groups including Knights of Columbus, UNICO, Freemasons,
AARP, Elks, American Red Cross blood drives (he’s a Hall of Fame donor), and Southington Bread for Life, the local food program where he worked daily. He was even recognized with a $5,000 grant for Bread for Life from the New England Patriots Charitable Foundation.

As he increases his strength and mobility, Cammuso is eager to return to volunteering. However, his family reminds him that his health comes first. After he was discharged home on June 30, he returned to Southington Care Center for outpatient rehabilitation and now exercises twice weekly at the GoodLife Fitness Center. “He’s doing much better, even walking without his cane at home,” said Elena, his wife of 60 years.

“IT'S BEEN QUITE THE ORDEAL, AND HE DOESN'T REMEMBER MOST OF IT. HE STILL DOESN'T LIKE ASKING ANYONE FOR HELP,” his daughter said. But slowly, he is getting back to a little volunteering, ringing the bell for the Salvation Army and working at Bread for Life. “Southington Care Center is very good at what they do – they were the deciding factor in him getting back his health.”

Southington Care Center offers skilled nursing and rehabilitation services, and is a not for profit member of Hartford HealthCare Senior Services. For more information about Southington Care Center, visit http://southingtonorchards.org.

Volunteer credits Jerome Home and GoodLife Fitness for his recovery

NEW BRITAIN - An avid volunteer who relishes assisting Connecticut veterans is striving toward getting stronger and steadier at GoodLife Fitness so he can return to active duty at the Veterans Administration healthcare facility in Newington. Before his first debilitating fall while shoveling snow in January 2017, Joseph O’Brien was volunteering four days each week, escorting veterans to and from their appointments and assisting them wherever needed.

“I am not a veteran myself but I really enjoyed interacting with them and helping them out,” said O’Brien, a retired postal clerk and motor vehicle inspector.

Even a year after his terrible accident, the incident is vivid in his mind. A series of falls over the course of two days resulted in serious injuries to both his legs. Following surgery at Hartford Hospital, O’Brien recuperated for five months at Jerome Home, which offers skilled nursing, short-term rehabilitation, residential care, memory care and assisted living at 975 Corbin Ave. in New Britain. An integral compo-
nent of his treatment plan was inpatient therapy. "They took very good care of me," O’Brien recalled.

Upon discharge, the New Britain resident continued his outpatient rehabilitation at Jerome Home’s GoodLife Fitness Center, geared to older adults. Under the direction of an exercise physiologist, O’Brien has been working on building his core strength, balance and stamina through twice-weekly exercise sessions. "He is doing a great job and continuing to improve," said Maquita Parker, BS, the exercise professional who works one-on-one with O’Brien.

“I want to get back to normal and return to the veterans’ hospital,” he said. Parker has no doubt that with his determination and continued improvement, O’Brien will accomplish these goals.

GoodLife Fitness, a program of Hartford HealthCare, is geared toward the older adult to build energy, strength and endurance for an active lifestyle. GoodLife Fitness has eight locations, including Jerome Home.

For more information about the Jerome Home location, call 860.356.8247.

Maquita Parker, exercise professional, guides Joseph O’Brien through a series of challenging exercises at Jerome Home’s GoodLife Fitness Center.
On a recent Tuesday morning, plain silliness and hearty laughter filled The Orchards at Southington Community Room and spilled over into the hall, beckoning several curious people to peek in to see what exactly was going on.

“Pretend you are using ‘laughter shampoo’ and lather up those suds,” encouraged LeaAnn Blanchard, resident services coordinator at the independent and assisted living community located at 34 Hobart St. in Southington.

The 12 residents - gathered around her in a semi-circle - were soon massaging the imaginary “bubbles” in their hair and laughing loudly as they imagined the sensation. The peals of gaiety continued through nearly 10 more “exercises” as she encouraged the group to pretend their feet were stuck in glue – prompting great belly laughs.

The levity was all part of Laughter Yoga also known as Laughter with LeaAnn, which Blanchard leads at The Orchards and several area senior centers. Each program begins with a background on the benefits of laughter and how it is being effectively used around the world.

The program is more than just fun – laughter also has positive physical and mental benefits such as boosting the immune system, relieving aches and pains and burning calories while reducing stress, worry and negative emotions. The end result is a change in perspective of life, improvement in mood and greater socialization.

Blanchard, who joined The Orchards staff in December 2016, said she came upon information about the benefits of laughter and thought it would be perfect for the residents. “We want everyone to enjoy life to the best of their abilites. Everyone can laugh – and we all need to laugh more,” she said. “It’s a great way to start the day. The goal is that they leave feeling better than when they arrived.”

“I’m going to be laughing the whole day now,” said one resident when the 45-minute session ended.

“Laughter is the best medicine,” Blanchard said, quoting the familiar adage. “And it’s free.”

Laughter Yoga delivers boost to wellness at The Orchards at Southington

LeaAnn Blanchard, resident services coordinator, greets a resident of The Orchards with an elbow bump.
Laughter with LeaAnn

Wednesday, April 4, 10 am Free
Farmington Senior Center,
321 New Britain Avenue, Farmington

Did you know that laughter can be beneficial to your health? Did you know there is a difference between real and simulated laughter? Come learn some laughter exercises! Presented by LeaAnn Blanchard, resident services coordinator, The Orchards at Southington. Sponsored by The Orchards at Southington.

RSVP to Farmington Senior Center, 860.675.2490.

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

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

LeaAnn Blanchard, resident services coordinator, leads monthly Laughter with LeaAnn sessions at The Orchards and at various local senior centers.
A groundbreaking new study is changing the way doctors are able to treat people who have a stroke.

Dr. Amre Nouh is the Director of the Comprehensive Stroke Center at Hartford Hospital.

Q: What is this new study? What does it mean for stroke patients?
A: Basically, when a patient comes to the emergency department, they are evaluated right away. They get assessed clinically to see what kind of stroke severity there is, and what symptoms they are experiencing. They would get a CAT scan. Then based on the time window from what they presented with their symptoms, they would qualify for either a clot-busting medicine through an IV, or for an advance procedure, a catheter-based procedure going to the Angio-suite and pulling out a clot from the brain would help restore blood flow.

Now, with this new study, up to 24 hours out from stroke onset could be treatment candidates. So patients who wake up with stroke on-set, or they don’t remember when the stroke symptoms started, those are patients who historically couldn’t be treated, but now we can identify the subset of patients who can through advance imaging and offer treatments. This is revolutionary for stroke.

The most important thing to emphasize is still that time is brain, and the earlier you come to the hospital, the more options for treatment there are.

Q: What type of stroke patient could benefit from the new protocols?
A: Patients who come in who have a blockage in the blood vessels that can cause decreased blood flows to a part of the brain are the patients that would be identified as potential candidates for treatment. In the past, patients with those symptoms up to six hours would be candidates for treatment. But now, with this new study, it proves that with advanced imaging techniques, we could find patients who have salvageable brain tissue where the stroke process has not yet set in, and go after those patients’ clots and take them out with really good outcomes.

Q: Walk us through the process when a qualified stroke patient who comes for treatment: how does that work?
A: This is very exciting time for us in stroke because now we have this recent study called the DAWN trial that has proven that patients beyond the traditional six-hour mark up to 24 hours of stroke symptom on-set could benefit from treatment. That’s really exciting.

For more information on the Comprehensive Stroke Center at Hartford Hospital, visit:
YOU TUBE LINK: https://youtu.be/2X7PuhZejg4
From life changes and loss, new beginnings and sense of purpose are born

By Jennifer Doty, BSW, social worker, Mulberry Gardens of Southington

Changes and loss are a natural – and often difficult - reality of life. Losses can include the death of a spouse, child or best friend; of independence; of good health; being able to drive; or other issues.

Though loss is personal, you are not alone. Statistics indicate that 24 percent of the population of those 65 and older are widowed. Four out of five older adults are realizing a decline in health due to a chronic health condition. Though more people age 90 or older are driving, many are wisely putting away their car keys for their own safety and that of others.

However, loss doesn’t have to be negative. Change can bring positives, too: the opportunity for new beginnings. Where do you start when life has hit you hard? By taking one step at a time.

Try something different once a week. Is there a book club at the library? Do outdoor concerts interest you? Would you like to take a day trip to a nearby destination? What is happening at your senior center? Have you ever tried painting or pottery? How about nurturing flowers at a municipal garden? Volunteering at a local school or soup kitchen?

Part of the excitement is in the experience and creating a new you. These first small steps can lead to something much bigger: new friendships, newfound interests, connections with the community, feeling accomplished and gaining a sense of purpose.

With an open mind and sense of curiosity, the possibilities are endless. Welcome to your new exciting phase of life!

Jennifer Doty, BSW, is a social worker at Mulberry Gardens of Southington, 58 Mulberry St. in Plantsville, an assisted living, memory care and adult day community. In this role she guides and supports residents and their families in dealing with life changes and loss, providing them with coping strategies and embracing new beginnings.

Mulberry Gardens of Southington, a member of Hartford HealthCare Senior Services, is a not for profit assisted living, adult day and memory care community located at 58 Mulberry St. in Southington. For more information about Mulberry Gardens of Southington, visit http://mulberrygardens.org or call 860.276.1020.

New Potatoes with Pesto

In this recipe we use the first crop of the season, fresh baby new potatoes. They’re harvested before they’re fully mature leading to a more tender and creamy potato. No need to peel or slice, these potatoes can be roasted whole.

**Ingredients:**

(2) Cloves of Garlic, peeled and minced
½ tbsp Lemon Juice
½ tsp Lemon Peel
½ cup Parsley
½ cup Rosemary
3 tbsp Canola Oil
1.5 lbs New Potatoes, small
¼ cup Chives

**Directions:**

Blend parsley, chive, rosemary, oil, garlic, lemon juice, lemon peel and ½ teaspoon of salt. Cover and refrigerate. Preheat oven to 400 F. Toss potato with 1 tbsp oil, sprinkle generously with salt and pepper. Arrange potatoes on baking sheet and roast until golden brown and tender, about 30 minutes. Use spatula, transfer potatoes to large bowl and toss with pesto. Season with salt and pepper if needed.
Alzheimer’s disease not only robs loved ones of their memories, it can also make it challenging for them to understand basic questions and make them paranoid and fearful of even those who are familiar to them.

When it comes to communicating with someone who has Alzheimer’s, especially as a caregiver, Hartford HealthCare Center for Healthy Aging Dementia Specialist Michelle Wyman says it helps to understand that the disease robs people of such basic skills as problem solving and human interaction. Paranoia and anxiety are also heightened in Alzheimer’s patients, so gaining and keeping their trust is key.

She suggests a few basic tips:

- Approach the person from the front so you don’t startle them; then stand to the side to feel less confrontational
- Call them by name to get their attention
- Maintain eye contact. If the person is seated, crouch or sit down beside them
- Remove any distractions such as a television set

Dementia tips for caregivers

Tell them what you’ll be doing step by step, giving them time to process the information

Speak in a calm, low voice

Ask yes or no questions

Repeat their answers back to clarify

Patty O’Brien, also a dementia specialist with the Center for Healthy Aging, stresses that “dementia does not take away intelligence, it takes away function,” which may make the person argumentative or act impulsively without guilt or even memory of the behavior. Seventy percent wander, an emergency because half risk serious injury or death if not found within 24 hours.

There are 75,000 people in Connecticut living with dementia, and 175,000 caregivers. The number, O’Brien predicts, will triple by 2050.

For more information on dementia, go to hhccenterforhealthyaging.org. For help available through the Center for Healthy Aging at Windham Hospital, call 877.424.4641.
People living with Peripheral Artery Disease (PAD), a condition where blood flow to legs is poor because arteries are narrow or blocked, now have one more option for reducing pain and improving quality of life: a supervised exercise program.

The program, which can deliver similar outcomes to surgery including decreased leg cramping and better quality of life, is now covered by Medicare, Medicaid and most insurance plans.

One such offering is Hartford Hospital’s Cardiac Rehabilitation Program. Each 60-minute exercise session is conducted by registered nurses and cardiovascular exercise physiologists. Assessments, stretches and exercise evaluations with aerobic therapy help each patient progress through the 12-week program.

Participants attend 36 total sessions and may attend between three and five sessions each week.

“We’ve known since the 1990s that exercise therapy works for peripheral artery disease, but insurance didn’t cover it and Medicare didn’t cover it,” said Dr. Paul D. Thompson, chief of cardiology at the Hartford HealthCare Heart & Vascular Institute. “Now many patients can participate because they have it covered.”

The structure of the program offers guidance and encouragement from clinical experts, along with motivation from peers in a group environment.

“Patients benefit from counseling and education in smoking cessation, exercise regimen and optimizing the medical therapy,” said Dr. Parth S. Shah, FACS, a cardiology vascular surgeon. “These elements of the program help improve quality of life and reduce cardiovascular risk.”

A physician’s referral is required for participation in the program. The patient’s cardiologist or vascular doctor will complete an evaluation to see if the patient qualifies for the program. Specific testing to determine entry requirements will be part of the referral process.

If you are interested in more information, call Hartford Hospital’s Cardiac Rehabilitation Program at 860.972.2133. You can also call the program’s Farmington office at 860.696.0080.
The HHC 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>Merchant Name</th>
<th>Address</th>
<th>Offer</th>
</tr>
</thead>
<tbody>
<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>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>Beacon Pharmacy</td>
<td>609 North Main Street Southington</td>
<td>Free local Delivery</td>
</tr>
<tr>
<td>Beacon Prescriptions</td>
<td>543 West Main Street New Britain</td>
<td>Free prescription delivery. M-F, 9-6pm</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>Casey’s Image Consultants</td>
<td>51 North Main Street Suite 1BB, Southington</td>
<td>$20 off first time Ion Cleanse Footbath (Call for health restrictions) and/or $5 off my book, “Crawling Out, One Woman’s Journey to Break the Cycle of Abuse” while 1st edition supplies last</td>
</tr>
<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>
</tr>
<tr>
<td>Charter Financial – Insurance and Financial Services Co.</td>
<td>76 Batterson Park Road Farmington</td>
<td>Free financial consultation. Includes “Needs-analysis portfolio” and “Professional Recommendation”</td>
</tr>
<tr>
<td>Colony Optitians</td>
<td>60 Church Street Wallingford</td>
<td>20% off eyeglasses</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>
</tr>
<tr>
<td>Eyewear Glasses</td>
<td>55 Meriden Avenue Southington</td>
<td>15% off any pair of glasses</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>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>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>
</tbody>
</table>

*Please be aware that merchants may choose to discontinue their involvement at any time and that the MyHealthy Advantage News*
<table>
<thead>
<tr>
<th>Merchant</th>
<th>Address/Location</th>
<th>Discount/Service</th>
</tr>
</thead>
<tbody>
<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>Greenbackers</td>
<td>744 Murdock Avenue Meriden</td>
<td>10% off regularly priced items</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>Hearing Health &amp; Wellness Center</td>
<td>710 Main Street Clock Tower Sq. Plantsville</td>
<td>One free Battery Club membership with every hearing aid purchase.</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>Karma’s Closet</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>358 Scott Swamp Road Farmington</td>
<td>Free consultation to learn what your home is worth</td>
</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>Meriden YMCA</td>
<td>110 West Main Street Meriden</td>
<td>BE OUR GUEST, your MyHealthy Advantage card entitles you to one free visit at the Meriden YMCA located at 110 West Main Street, Meriden</td>
</tr>
<tr>
<td>October Kitchen</td>
<td>309 Green Road Manchester</td>
<td>10% off all menu items with the My Healthy Advantage Card. Cannot be used with any other coupon or promotion</td>
</tr>
<tr>
<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>
</tr>
<tr>
<td>Pelton’s Home Health Care</td>
<td>898 Silas Deane Highway Wethersfield</td>
<td>10% off in-store, retail purchases every Thursday</td>
</tr>
<tr>
<td>Plantsville Pharmacy</td>
<td>1 West Main Street Plantsville</td>
<td>10% prescription discounts on prescription not covered by insurance</td>
</tr>
<tr>
<td>Professional Vision Center</td>
<td>512 West Main Street Meriden</td>
<td>20% off all services</td>
</tr>
<tr>
<td>Serafino’s Pharmacy</td>
<td>36 North Main Street Southington</td>
<td>10% off prescriptions</td>
</tr>
<tr>
<td>Smokin’ With Chris</td>
<td>59 West Center Street Southington</td>
<td>10% off on Wednesdays all day with the MyHealthy Advantage card</td>
</tr>
<tr>
<td>Solinksy EyeCare LLC</td>
<td>Hartford, West Hartford, Newington, East Hartford and Enfield</td>
<td>Eyeglasses; $100 off full frame and lenses, Hearing aids; 10% off up to $300 and contacts; $50 off any purchase over $300.</td>
</tr>
</tbody>
</table>

Advantage Club will not be held responsible.
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

Special Programs and Events

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 3, May 1 & June 5, 9:30-10:30am  
Hosted by Hartford HealthCare Center for Healthy Aging staff.

**Calendar House**  
388 Pleasant St., Southington.  
Thursdays, April 5, May 3 & June 7, 11am-noon.  
Hosted by Hartford HealthCare Center for Healthy Aging staff.

**Plainville Senior Center**  
200 East St., Plainville.  
Thursdays, April 12, May 10 & June 14, 1-2pm.  
Hosted by Mulberry Gardens of Southington staff.
Blood Pressure Screenings

Calendar House
388 Pleasant St., Southington.
Tuesdays, April 24, May 22 & June 26, 10-11am.
Hosted by Southington Care Center staff.

Wethersfield Community Center
30 Greenfield St., Wethersfield.
Thursdays, April 26, May 24 & June 28, 12:30-1:30pm.
Hosted by Cedar Mountain Commons and Jefferson House staff.

Memory Screenings

Thursdays, April 12, May 10 & June 14, 10am-noon. Free.
Elmwood Senior Center, 1106 New Britain Ave., West Hartford.
These confidential memory screenings average 10 minutes and consist of questions and tasks to assess memory. They do not diagnose any illness, but can indicate whether someone should follow up with a full medical exam. Presented by Amina Weiland, certified dementia practitioner, resource coordinator. Sponsored by Hartford HealthCare Center for Healthy Aging. Appointments required. RSVP to Elmwood Senior Center, 860.561.8180.

Cancer Screenings

Head and Neck Screenings
Thursday, April 12, 1-4pm. Free.
85 Seymour St., Suite 318, Hartford. Sponsored by Hartford HealthCare Cancer Institute.
Registration is not required.

Annual Skin Cancer Screening
Saturday May 5 10:00am – 2:00pm Annual Skin Screening.
85 Retreat Ave., Hartford. Sponsored by Hartford HealthCare Cancer Institute.
RSVP to 860.972.3078.

Surviving Lung Cancer: Screenings, Treatment and Prevention
Tuesday, April 10, 6-7:30pm. Free. Hartford Hospital Wellness Center at Blue Back Square 65 Memorial Road, Suite 425, West Hartford. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Support Groups

Cardiology Support Group
WomenHeart of Central Connecticut Support Network
Third Wednesday of the month, April 18, May 16 & June 20, 4:45-6pm. Free. Hospital of Central Connecticut – Bradley Memorial campus, Conference Room A, 81 Meriden Ave. Southington. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Bereavement Support Groups
Hosted by Hartford HealthCare at Home Hospice Care
First and third Wednesdays of the month: April 4 & 11, May 2 & 16 and June 6 & 20, 2-3:30pm. Free. Glastonbury Riverfront Community Center, 300 Welles St., Glastonbury. Facilitator Bill Pilkington, supervisor for pastoral and bereavement services. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Cancer Support Groups

Cancer Survivors and Cancer Support Group:
Third Wednesday of the month, April 18, May 16 & June 20, 5:30-7pm. Free. Hartford HealthCare Cancer Institute at the Hospital of Central Connecticut, 183 North Mountain Road, New Britain.
RSVP to 1.855.HHC.HERE/ 1.855.442.4373.
Cancer Support Groups

Breast Cancer Support Group
Third Wednesday of the month, April 18, May 16 & June 20, 5:30-7pm. Free. Hartford HealthCare Cancer Institute at the Hospital of Central Connecticut, Conference Room A or B, 183 North Mountain Road, New Britain. Facilitated by Lori Baranowski, RN. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Breast Cancer Support Group
Third Tuesday of the month, April 17, May 15 & June 19, 3:30-4:30pm. Free. MidState Medical Center, 435 Lewis Ave., Meriden. RSVP to Maureen Bracco, APRN. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Gynecological Cancer Support Group
First Monday of the month, April 2, May 7 & June 4, 6-7:30pm. Free. Hartford HealthCare Cancer Institute at the Hospital of Central Connecticut, Conference Room C, 183 North Mountain Road, New Britain. Facilitated by Maureen Bracco, APRN. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Look Good Feel Better

Alzheimer’s and Dementia Support Groups

First Tuesday of the month: April 3, May 1 & June 5, 11am-noon. Free. West Hartford Senior Center, 15 Starchel Road. Do you care for someone diagnosed with dementia? Are you looking for information and support? A support group provides emotional, 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 Elaine Reid, CDP, Hartford HealthCare Center for Healthy Aging. Hosted by West Hartford Senior Center and Hartford HealthCare Center for Healthy Aging. RSVP to Michelle, 860.666.7258.

Last Monday of the month: April 30 & June 25, 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 emotional, 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 Elaine Reid, CDP, Hartford HealthCare Center for Healthy Aging, and Sara Therion, MSW. Hosted by Duncaster and Hartford HealthCare Center for Healthy Aging. RSVP to Michelle, 860.666.7258 or Sara, 860.380.5012.

Second Tuesday of the month: April 17, May 15, June 19, 10am–11am. 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? 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 Robin Segal, 860.378.1278.

Second Tuesday of the month: April 10, May 8 & June 12, 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.

Third Tuesday of the month: April 17, May 15, June 19, 10am–11am. Free. Windham Hospital, Johnson Room, 112 Mansfield Ave, Willimantic. Do you care for someone diagnosed with dementia? Are you looking for information and support? A support group provides emotional, educational and social support. Topics to be discussed: communication techniques, caregiver support, benefits of activities, stages of the disease, family dynamics, safety issues. Hosted by Hartford HealthCare Center for Healthy Aging. RSVP to Jenn Doty, 860.456.6877.

Third Tuesday of the month: April 17, May 15 & June 19, 6:30-7:30pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., 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? Join our caregivers support group. Facilitated by Kate Rabinoff, MSW.
Dinner with the Doc

Dinner with the Experts: Future Planning
Wednesday, April 4, 5pm. Free. Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. A discussion about estate planning, advanced directives, Medicaid, assisted living, adult day care, and rehabilitation. Presented by Sharon Robinson, RN, BSN, MHA, Regional Director of Skilled Nursing Facilities Operations and Attorney Valerie DePaolo. Hosted by Mulberry Gardens of Southington. A complimentary light dinner will be served. RSVP to 860.276.1020.

Dinner with the Doc: Arthritis and Aging
Tuesday, May 8, 5:30pm. Free. Jefferson House, 1 John H. Stewart Drive, Newington. Arthritis – with more than 100 types - is very common but not well understood. Joint pain symptoms can include swelling, pain, stiffness and decreased range of motion. Learn more about types, causes, management and treatment. Presented by John Magaldi, MD, rheumatologist. Sponsored by Jefferson House. A complimentary light dinner will be served. RSVP to 1.855.HHC. HERE/1.855.442.4373.

Dinner with the Experts: Caring for Your Aging Parents
Wednesday, May 9, 6:30-7:30pm. Free. Prosser Public Library, 1 Tunxis Ave. Bloomfield. As adult children take on caregiving responsibilities for their parents, they begin to manage their loved one’s finances, living situations, health issues, medical decisions and other daily activities. Learn about the impact on the physical and emotional health of caregivers and about community resources. Presented by Amina Weiland, CDP, CDCP, resource coordinator at Hartford HealthCare Center for Healthy Aging. Sponsored by Farmington Bank. A complimentary light dinner will be served. RSVP to Prosser Public Library, 860-243-9721.

Dinner with the Doc: What is Lymphedema?
Tuesday, May 15, 5pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. Lymphedema is swelling that generally occurs in the arms and/or legs, often caused by removal or damage to the lymph nodes during cancer treatment. Blockage prevents lymph fluid from properly draining which leads to swelling. While there is no cure, it can be managed with the proper care. Presented by Brian Byrne, MD. Sponsored by Jerome Home. A complimentary light dinner will be served. RSVP to 1.855.HHC. HERE/1.855.442.4373.

Dinner with the Doc: Dizziness What Sends Your World Spinning?
Tuesday, May 15, 5pm. Free. Southington Care Center, 45 Meriden Ave., Southington. A board-certified neurologist and physical therapist will discuss the causes, diagnoses and treatments for common causes of dizziness. Presented by Hartford Hospital Hearing and Balance Center’s Medical Director Marc Eisen and Kerri McQuillan, PT. Sponsored by Southington Care Center. A complimentary light dinner will be served. RSVP to 1.855.HHC. HERE/1.855.442.4373.

Dinner with the Experts: Building Resilience - Nutritional Strategies for Caregivers
Thursday, May 24, 6-7:30pm. Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford. When a parent needs care, stressed and overwrought caregivers either fail to eat or find that a bag of chips is a reward for a taxing day. Keeping yourself healthy are important in the caregiving journey. Learn the impacts on physical and emotional health of caregivers and introduce a healthy eating routine into your life. Presented by Amina Weiland, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging, and Paul Finney, chef and certified health coach, October Kitchen. Sponsored by Hartford HealthCare Center for Healthy Aging. A complimentary light dinner will be served. RSVP to Elmwood Senior Center, 860.561.8180.

Dinner with the Experts: Generics vs. Brand Drugs: Pricing and What Seniors Can Do to Be Drug Smart
Thursday, April 9, 3–5pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. Learn about the differences between generics vs. brand drugs. Presented by Addolorata M. Ciccone, PharmD, BCGP, geriatric clinical pharmacist, Jefferson House, Hartford HealthCare. Hosted by Hartford Hospital Senior Primary Care at Duncaster. RSVP to 860.380.5006.

Stroke: What are the Warning Signs?
Thursday, May 3, 3-5pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. Learn about the symptoms and signs of stroke, the risk factors for stroke.

The Art and Science of Graceful Aging

Generics vs. Brand Drugs: Pricing and What Seniors Can Do to Be Drug Smart
Thursday, April 9, 3–5pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. Learn about the differences between generics vs. brand drugs. Presented by Addolorata M. Ciccone, PharmD, BCGP, geriatric clinical pharmacist, Jefferson House, Hartford HealthCare. Hosted by Hartford Hospital Senior Primary Care at Duncaster. RSVP to 860.380.5006.

Stroke: What are the Warning Signs?
Thursday, May 3, 3-5pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. Learn about the symptoms and signs of stroke, the risk factors for stroke.

(Continued next page)

The Art and Science of Graceful Aging

Age-Related Memory Loss: What’s Normal, What’s Not
Thursday, June 14, 3-5pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. We’ve all misplaced keys, blanked on an acquaintance’s name, or forgotten a phone number. As we grow older, sometimes we worry if there is a problem. Presented by Dawn Murphy, MD, geriatric medicine, and Patty O’Brien, CDP, Alzheimer’s/dementia specialist, Hartford HealthCare Center for Healthy Aging. Hosted by Hartford Hospital Senior Primary Care at Duncaster. RSVP to Duncaster 860.380.5006.

Informational Events

Joint Replacement Patient Education – Hartford
Every Tuesday, April 2 to June 25, 11am-12:30pm. Free. Hartford Hospital Bone & Joint Ambulatory Services Building, 31 Seymour St., 4th Floor, Meeting Room 1, Hartford. Presented by Karen DePasquale, RN. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Laughter with LeaAnn
Wednesday, April 4, 10am. Free. Farmington Senior Center, 321 New Britain Ave., Farmington. Did you know that laughter can be beneficial to your health? Did you know there is a difference between real and simulated laughter? Come learn some laughter exercises! Presented by LeaAnn Blanchard, director of social services, The Orchards at Southington. Sponsored by The Orchards at Southington. RSVP to Farmington Senior Center, 860.675.2490.

Planning for the Future: The Value of In-Home Assessments
Wednesday, April 11, 10:30am. Free. Bristol Senior Center, 240 Stafford Ave., Bristol. Learn more about resources that are available to help someone stay safely at home and attain an optimal quality of life as well as other living options that are available to seniors. Presented by Michelle Lavoie, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Senior Services. RSVP to Bristol Senior Center, 860.584.7895.

Sleep & Medications
Thursday, April 12, 11:30am-12:15pm. Free. Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. Learn from the pharmacist about sleep and medication, what is safe and what should be avoided. Presented by Sean Jeffery, PharmD, CGP, FASCP, FNAP, AGSF, pharmacist with Integrated Care Partners Hartford HealthCare Group & clinical professor, University of Connecticut School of Pharmacy. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Healthy Backs
Thursday, April 12, 11am. Free. Wolcott Senior Center, 211 Nichols Road, Wolcott. Millions of people suffer from back pain – it is the leading cause of disability in the United States. Physical therapy can help to alleviate pain, build strength and stability and prevent back injuries. Presented by Benjamin Simaitis, PT, Hartford HealthCare Rehabilitation Network, will present the Healthy Back Program – a best practice model for healing, protecting and strengthening your back. Sponsored by Hartford HealthCare Senior Services. RSVP to Wolcott Senior Center, 203.879.8133.

Balance/Fall Risk
Monday, April 16, 10am. Free. Wallingford Senior Center, 238 Washington St., Wallingford. According to the CDC, 1 in 3 adults over age 64 falls every year causing thousands of deaths and millions of injuries. Find out how physical therapy can improve your balance through exercise and education and help reduce the risk of falling. Presented by Sarah Bozzuto, PT at Hartford HealthCare Rehab Network. Sponsored by Hartford HealthCare Senior Services. RSVP to Wallingford Senior Center, 203.265.7753.

Suffering From Knee or Hip Pain?
Wednesday, April 18, 6:30-8pm. Free. Farmington Public Library (Community Room), 6 Monteith Drive, Farmington. Learn about the causes of common knee or hip pain and treatment options. Presented by Robert Carangelo, MD. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Healthy Backs
Wednesday, April 18, 2pm. Free. Berlin Senior Center, 33 Colonial Drive, Berlin. Millions of people suffer from back pain - it is the leading cause of disability in the United States. Physical therapy can help to alleviate pain, build strength and stability and prevent back injuries. Presented by Robert Carangelo, MD. RSVP to 1.855.HHC.HERE/1.855.442.4373.
special programs and events

present the Healthy Back Program - a best practice model for healing, protecting and strengthening your back. Sponsored by Hartford HealthCare Senior Services. RSVP to Berlin Senior Center, 860.828.7006.

How to Fall Safely
Thursday, April 19, 10am. Free. Plainville Senior Center, 200 East St., Plainville. Sometimes, there’s no way to avoid a fall. However, you can at least prepare properly. Learn how to fall down the correct way forwards or backwards and all the details on how to do it safely to reduce the risk or lessen the severity of injury. Presented by Maquita Parker, exercise physiologist, Jerome Home. Sponsored by Hartford HealthCare Senior Services. RSVP to Plainville Senior Center, 860.747.5728.

How to Make the Most of Your Doctors Appointments
Thursday, April 19, 11am-noon. Free. Manchester Senior Center, 549 Middle Turnpike E, Manchester. On average, doctor appointments are only 15 minutes long! Learn how to make the most out of your appointment through various tips and strategies to ensure the optimal visit with your physician. Presented by Jennifer McCaughey, MS, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Manchester Senior Center, 860.647.3211.

Stress Management

Navigating the ‘What Ifs’ in Your ‘Golden Years’
Monday, May 7, 10:30am. Free. Cheshire Senior Center, 240 Maple Ave., Cheshire. Prepare for your “Golden Years” by learning about the varying levels of care available; what types of housing, funding sources and resources are in the community? Discussion will include the differences between being proactive vs. reactive. Presented by Marc Levesque, senior resource case manager, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Cheshire Senior Center, 203.272.8286.

Healthy Backs
Wednesday, May 9, 10:30am. Free. Bristol Senior Center, 240 Stafford Ave., Bristol. Millions of people suffer from back pain - it is the leading cause of disability in the United States. Physical therapy can help to alleviate pain, build strength and stability and prevent back injuries. Learn more about the best practice model for healing, protecting and strengthening your back. Presented by Brian Kelly, PT, with Hartford HealthCare Rehabilitation Network. Sponsored by Hartford HealthCare Senior Services. RSVP to the Bristol Senior Center, 860.584.7895.

Naturopathic medicine and How it Can Help Cardiovascular Disease
Wednesday, May 9, 12:30pm. Free. Wallingford Senior Center, 238 Washington St., Wallingford. This program will focus on naturopathic medicine and how it can be used to prevent, manage and treat cardiovascular disease. Presented by Ken Kirk, ND, Southington Care Center. Sponsored by Southington Care Center. RSVP to Wallingford Senior Center, 203.265.7753.

Focused Awareness Meditation
Wednesday, May 9, 2pm, Free. Berlin Senior Center, 33 Colonial Drive, Berlin. Focused Awareness Meditation is a simple, five-step technique. Learn how this scientifically based practice can help you to feel more relaxed, focused and calm. Participants are asked to bring a large towel or a small blanket with them for proper positioning in their chair. Instructor Ann Minor, RN-BC, HN-BC, is a holistic nurse and meditation specialist. Sponsored by Southington Care Center. RSVP to Berlin Senior Center, 860.828.7006.

Managing Your Medication
Thursday, May 10, 11:30am-12:15pm. Free. Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. Learn from the pharmacist about pain and medications - what’s safe to take and what medications to avoid. Presented by Sean Jeffery, PharmD, CGP, FASCP, FNAP, AGSF, pharmacist with Integrated Care Partners Hartford HealthCare Group & clinical professor, University of Connecticut School of Pharmacy. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.
Supporting a friend or Loved One with Cancer
Tuesday, May 15, 10-11am. Free. Plainville Senior Center, 200 East St., Plainville. Join us in a discussion about the psychological, physical, social, and spiritual impact that cancer causes for patients and loved ones. This session will be both educational and interactive. Presented by Paulette Schwartz, LCSW, and Bill Pilkington, supervisor for pastoral care. Sponsored by Hartford HealthCare at Home. RSVP to Plainville Senior Center, 860.747.5728.

Understanding Allergy Medication

Each year, approximately 45 million Americans, or 1 in 6 people, complain about headaches, which can negatively impact your work, personal life and quality of life. Physical therapy can help to alleviate symptoms. Learn more about how to lessen the frequency and intensity of the headaches. Danielle Messier, physical therapist, Hartford HealthCare Rehabilitation Network, will discuss how therapy and manual medicine are key components to headache care at Hartford HealthCare. Sponsored by Hartford HealthCare Rehabilitation Network. RSVP to West Hartford Senior Center, 860.561.7583.

Dizziness, What Causes It?
Wednesday, June 6, 2pm. Free. Berlin Senior Center, 33 Colonial Drive, Berlin. Approximately 35% of people over the age of 40 suffer from dizziness, and 80% of those who have symptoms of vertigo have an inner ear disorder. Learn about vestibular therapy and how rehab can help make your world stop spinning. Presented by Misty Durkee, PT, Hartford HealthCare Rehabilitation Network. RSVP to Berlin Senior Center, 860.828.7006.

Tired of Living with Back & Sciatic Pain?
Tuesday, May 22, 6-7:30pm. Free. Farmington Public Library (Community Room), 6 Monteith Drive, Farmington. Learn about back and sciatic pain, treatments and management. Presented by Sean Es mendes, MD. RSVP to Plainville Senior Services. 860.747.5728.

Healthy Eating for Weight Loss
Wednesday, June 6, 11am. Free. Plainville Senior Center, 200 East St., Plainville. Learn how to eat healthy and be conscious of healthy eating throughout our lives. What does it mean to be healthy as we age? Presented by Mara Davis, RD, Hartford Hospital. Sponsored by Hartford HealthCare Senior Services. RSVP to Plainville Senior Center, 860.747.5728.

Cooking for One
Monday, June 11, 1pm. Free. Cheshire Senior Center, 240 Maple Ave., Cheshire. Cooking for one can seem lonely and confusing, why do all recipes feed so many people? We will share easy, healthy recipes sure to tempt your taste buds! Presented by Peter Fescoe, director of dining services. Sponsored by Mulberry Gardens of Southington. RSVP to Cheshire Senior Center, 203.272.8286.

Learning How to Manage Stress
Wednesday, June 13, 10:30am. Free. Bristol Senior Center, 240 Stafford Ave., Bristol. In our rapidly changing world stress is inevitable. The best way to handle this stress is to learn healthy coping strategies. Learn more about the causes and symptoms of stress, and several techniques to decrease stress and anxiety in your everyday life. Presented by Laurel Reagan, APRN. Sponsored by Hartford HealthCare Healthy Minds at Home. RSVP to Bristol Senior Center, 860.584.7895.

Understanding Medication and Constipation

Dizziness, what sends your world spinning?
Wednesday, June 6, 2-3 pm. Free. Berlin Senior Center, 33 Colonial Drive, Berlin. Approximately 35% of people over the age of 40 suffer from dizziness, and 80% of those who have symptoms of vertigo have an inner ear disorder. Learn about vestibular therapy and how rehab can help make your world stop spinning. Presented by Misty Durkee, PT, Hartford HealthCare Rehabilitation Network. RSVP to Berlin Senior Center, 860.828.7006.

Supporting a friend or Loved One with Cancer
Tuesday, May 15, 10-11am. Free. Plainville Senior Center, 200 East St., Plainville. Join us in a discussion about the psychological, physical, social, and spiritual impact that cancer causes for patients and loved ones. This session will be both educational and interactive. Presented by Paulette Schwartz, LCSW, and Bill Pilkington, supervisor for pastoral care. Sponsored by Hartford HealthCare at Home. RSVP to Plainville Senior Center, 860.747.5728.

Understanding Allergy Medication

Each year, approximately 45 million Americans, or 1 in 6 people, complain about headaches, which can negatively impact your work, personal life and quality of life. Physical therapy can help to alleviate symptoms. Learn more about how to lessen the frequency and intensity of the headaches. Danielle Messier, physical therapist, Hartford HealthCare Rehabilitation Network, will discuss how therapy and manual medicine are key components to headache care at Hartford HealthCare. Sponsored by Hartford HealthCare Rehabilitation Network. RSVP to West Hartford Senior Center, 860.561.7583.

Dizziness, What Causes It?
Wednesday, June 6, 2pm. Free. Berlin Senior Center, 33 Colonial Drive, Berlin. Approximately 35% of people over the age of 40 suffer from dizziness, and 80% of those who have symptoms of vertigo have an inner ear disorder. Learn about vestibular therapy and how rehab can help make your world stop spinning. Presented by Misty Durkee, PT, Hartford HealthCare Rehabilitation Network. RSVP to Berlin Senior Center, 860.828.7006.

Tired of Living with Back & Sciatic Pain?
Tuesday, May 22, 6-7:30pm. Free. Farmington Public Library (Community Room), 6 Monteith Drive, Farmington. Learn about back and sciatic pain, treatments and management. Presented by Sean Es mendes, MD. RSVP to Plainville Senior Services. 860.747.5728.

Healthy Eating for Weight Loss
Wednesday, June 6, 11am. Free. Plainville Senior Center, 200 East St., Plainville. Learn how to eat healthy and be conscious of healthy eating throughout our lives. What does it mean to be healthy as we age? Presented by Mara Davis, RD, Hartford Hospital. Sponsored by Hartford HealthCare Senior Services. RSVP to Plainville Senior Center, 860.747.5728.

Cooking for One
Monday, June 11, 1pm. Free. Cheshire Senior Center, 240 Maple Ave., Cheshire. Cooking for one can seem lonely and confusing, why do all recipes feed so many people? We will share easy, healthy recipes sure to tempt your taste buds! Presented by Peter Fescoe, director of dining services. Sponsored by Mulberry Gardens of Southington. RSVP to Cheshire Senior Center, 203.272.8286.

Learning How to Manage Stress
Wednesday, June 13, 10:30am. Free. Bristol Senior Center, 240 Stafford Ave., Bristol. In our rapidly changing world stress is inevitable. The best way to handle this stress is to learn healthy coping strategies. Learn more about the causes and symptoms of stress, and several techniques to decrease stress and anxiety in your everyday life. Presented by Laurel Reagan, APRN. Sponsored by Hartford HealthCare Healthy Minds at Home. RSVP to Bristol Senior Center, 860.584.7895.

Understanding Medication and Constipation
special programs and events

Lunch and Learn

Substance Abuse in Seniors
Thursday, April 19, noon-1pm.
Free. Hospital of Central Connecticut, Bradley Campus, 81 Meriden Ave., Southington.
Learn about substance abuse in seniors and what can be done to help someone with a substance abuse problem. Presented by Laurel Reagan, APRN. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Seniors and Medications – Too Many? Too Dangerous?
Monday, June 18, 10am. Free. Wallingford Senior Center, 238 Washington St., Wallingford.
What you should know before taking medications. Presented by Sean Jeffery, PharmD, CGP, FASCP, FNAP, AGSF, pharmacist with Integrated Care Partners Hartford HealthCare Group & clinical professor, University of Connecticut School of Pharmacy. Sponsored by Hartford HealthCare Senior Services. RSVP to 855.HHC.HERE/855.442.4373.

Do You Suffer from Painful or Tender Muscles? Learn about Dry Needling
Thursday, June 28, 3pm. Free. West Hartford Senior Center, 15 Starkel Road, West Hartford.
Trigger points are irritable, hard ‘knots’ within a muscle that may cause pain over a large area, leading to difficulty performing everyday tasks. Dry needling is a treatment approach that releases the tight muscle bands and can lead to decreased pain and improve function. Presenter is Matt Reynolds, physical therapist, Hartford Hospital Rehabilitation Network. RSVP to West Hartford Senior Center, 860.561.7583.

Movement Disorders
Thursday, June 21, noon-1pm. Free. Hospital of Central Connecticut, Bradley campus, 81 Meriden Ave., Southington.
Learn about how potential tremor disorders are diagnosed, options in managing your tremors as well as surgical options available. Presented by Dr. Durarte Machado, MD, Neurology. Sponsored by Hartford HealthCare Center for Healthy Aging. A complimentary light lunch will be served. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Healthy Brain Series: Keeping Memory Strong
Thursdays, April 5, 12, 19, 26 & May 3, 1-2.30pm. Free. Hartford Hospital, Jefferson Building, 85 Jefferson St., Room 118, Hartford.
At this five-part series on Healthy Minds, learn activities that will challenge your brain while having fun. Attendees are encouraged to attend all sessions. The five sessions will cover: April 5: Intro - Eat Brain Foods and Stay Hydrated; April 12: Challenge your Mind Daily - Activities to Stay Sharp; April 19: Coping with Changes & Managing Stress - Be Social; April 26: Count Sheep - Be Creative and Have Fun; May 3: Be Positive - Find a Purpose. Presented by Michelle Wyman, LSW, CDP, and Patty O’Brien, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Hartford HealthCare Center for Healthy Aging, 1.877.424.4641 or HHC.CenterRSVP@hhchealth.org.

Dementia Caregiver Series: Focusing on the Person While Understanding the Disease Progression
Thursdays, April 12, 19, 26, May 3, 10, 5.30-7.30pm. Free. Avery Heights, 705 New Britain Ave., Hartford. At this five-week series, learn strategies and effective communication tips to better understand and relate to the individual with memory loss. Attendees are encouraged to attend all sessions. The five sessions will cover: April 12: Overview of Dementia; April 19: Basics of Good Communications and Understanding Behaviors; April 26: Safety in the Environment and How to Structure a Day with Activities; May 3: Taking Care of the Caregiver and Care Options; May 10: Legal and Financial. Presented by Michelle Wyman, LSW, CDP, and Patty O’Brien, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. Sponsored by Avery Heights. RSVP to 860.953.1201, ext. 426.

(Continued next page)
Healthy Brain Series: Keeping Memory Strong
Mondays, May 7, 14 & 21, June 4 & 11, 1:30-2:30pm, Free. Farmington Senior Center 321 New Britain Ave., Unionville. At this five-part series on Healthy Minds, learn activities that will challenge your brain while having fun. Attendees are encouraged to attend all sessions. The five sessions will cover:
May 7: Intro - Eat Brain Foods and Stay Hydrated;
May 14: Challenge your Mind Daily - Activities to Stay Sharp;
May 21: Coping with Changes & Managing Stress - Be Social;
June 4: Count Sheep - Be Creative and Have Fun;

Open Houses
Cedar Mountain Commons, 3 John H. Stewart Drive, Newington. Saturdays, April 21, May 5 and June 2, 10am-2pm. Just stop by. Information: 860.665.7901.

The Orchards at Southington, 34 Hobart St., Southington. Saturdays, April 14, May 5 & June 9, 10am-2pm. Just stop by. Information: 860.229.3707.

Mulberry Gardens at Marian 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, 860.357.4264.

Cancer Survivors Support Group
Wednesdays, April 4 to May 30, 5:30-7pm. Free. Windham Hospital - Johnson Room, 112 Mansfield Ave., Willimantic. Facilitated by Mary Horan, director of Pastoral Care. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Nutrition for Cancer Patients
Thursday, May 17, 5-6pm, Free. Backus Hospital, 330 Washington St., Norwich. Presented by Mary Beth Green. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Art Therapy for Cancer Patients
Second Thursdays, April 10, May 15 & June 12, 4:30-6:30pm. Free. Backus Hospital, 330 Washington St., Norwich. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Alzheimer’s and Dementia Support Group
Third Tuesday of the Month, April 24, May 15, June 19 10am-11am. Free. Windham Hospital, Johnson Room, 112 Mansfield Ave, Willimantic. Do you care for someone
diagnosed with dementia? Are you looking for information and support? A support group provides emotional, educational and social support. Topics to be discussed: communication techniques, caregiver support, benefits of activities, stages of the disease, family dynamics, safety issues. Hosted by Hartford HealthCare Center for Healthy Aging. RSVP to Adrianne, 860.456.6877.

Screenings

**Oral, Head & Neck Cancer Screening**
Thursday, April 26, 9am-noon. Free. Backus Hospital Conference Room 1, 2 and 3, 326 Washington St., Norwich. RSVP to 1.855.HHC.HERE/1.855.442.4373.

**Eastern Region Hartford HealthCare Center for Healthy Aging Informational Series**

**Healthy Brain Series**
Fridays, May 11, 18 & 25, 12:15-2pm. Free. Chaplin Senior Center, 132 Chaplin St., Chaplin. This three-part series on keeping memory strong will offer tips to keep your brain sharp and activities to challenge the mind while having fun. Participants are encouraged to attend all sessions. **April 11:** Eat Brain Foods and Stay Hydrated; **April 18:** Challenge your Mind Daily - Activities to Stay Sharp; **April 25:** Coping with Changes, Managing Stress & Finding Purpose. Presented by Adrianne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to 860.455.1327.

**Healthy Brain Series**
Mondays, April 9, 16 & 23, 1-2pm. Free. Montville Senior Center, 12 Maple Ave., Uncasville. This three-part series on keeping memory strong will offer tips to keep your brain sharp and activities to challenge the mind while having fun. Participants are encouraged to attend all sessions. **April 9:** Eat Brain Foods and Stay Hydrated; **April 16:** Challenge your Mind Daily - Activities to Stay Sharp; **April 23:** Coping with Changes, Managing Stress & Finding Purpose. Presented by Adrianne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to 860.848.0422.

**Healthy Brain Series**
Thursdays, May 10, 17 & 24, 12:15-1:15pm. Free. Griswold Senior Center, 22 Soule St, Jewett City. This three-part series on keeping memory strong will offer tips to keep your brain sharp and activities to challenge the mind while having fun. Participants are encouraged to attend all sessions. **May 10:** Eat Brain Foods and Stay Hydrated; **May 17:** Challenge your Mind Daily- Activities to Stay Sharp; **May 24:** Coping with Changes, Managing Stress & Finding Purpose. Presented by Adrianne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to 860.647.9196.

**Veterans Coffee Talk**
First Thursday of the month, 8:30-9:30am. Free. Bernard Derosier Room, left side, Windham Hospital, 112 Mansfield Ave., Willimantic. Hartford HealthCare Center for Healthy Aging at Windham Hospital is hosting a monthly ‘coffee talk’ and support group for veterans. Topics may include: presumptive diseases, service-connected disabilities, Aid & Attendance Veterans Wartime Service Medal, burial allowances for survivors of veterans, how to obtain a copy of your DD214 (Discharge Papers). Presented by Wayne Rioux, a Vietnam-era Army veteran and Hartford HealthCare’s veterans liaison. Complimentary coffee and refreshments will be served. RSVP to Hartford HealthCare Center for Healthy Aging, 860.456.6785.
Mulberry Gardens of Southington –
A premier assisted living, adult day & memory care community.

Mulberry Gardens is the perfect place to call home with fine dining, socialization, exercise, and a caring staff to meet any personal care needs. Call to find out about our Winter Special and arrange for a visit!

58 Mulberry Street
Plantsville, Connecticut
mulberrygardens.org

Call Marie Terzak for a complimentary lunch & tour!
860-276-1020