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MyHealthy Advantage is a Hartford HealthCare Center for Healthy Aging club membership program dedicated to the health and wellness of area residents 55 and above, at no charge. Participants can take advantage of offerings at a discounted rate or at no charge at all.

If you are interested in becoming a MyHealthy Advantage member, or are a merchant interested in offering a discount to our members, please visit hhcseniorservices.org. Or, provide your name, address and phone number (and discount if you are a merchant) by contacting:

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

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Hartford HealthCare Center for Healthy Aging

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

For a Center location near you: 1.877.424.4641
hhccenterforhealthyaging.org

Jerome Home / Arbor Rose
Assisted Living, Memory Care, Short-term rehabilitation and long-term care
jeromehome.org
975 Corbin Avenue
New Britain, CT 06052
860.229.3707

Mulberry Gardens
Assisted Living and Memory Care
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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
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Newington, CT 06111
860.696.2500

Hartford HealthCare at Home
hhc@home.org
1.800.HOMECARE

Hartford Hospital Senior Primary Care at Duncaster
860.380.5150

Hartford HealthCare Independence at Home
888.863.2771
hhc@home.org

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Hartford HealthCare Senior Services along with other Hartford HealthCare Partners offer programs and services to keep you well.
Seems that the Apple smartwatch can do it all — check email, send an SOS, get directions, open your garage door and order a pizza — but checking your heartbeat for atrial fibrillation might not make sense.

Dr. Steven Zweibel, director of electro-physiology at the Hartford HealthCare Heart & Vascular Institute, said the Apple watch’s newest application, recently approved for limited use by the Food and Drug Administration, has the potential to cause more anxiety, healthcare-related costs and even harm for patients who may not even have a problem at all by subjecting them to unnecessary treatments.

The application can take a recording of the wearer’s heart rhythm, known as an electrocardiogram (EKG), and detect AFib, or a rapid or skipped heartbeat.

While that sounds like a great help for people who have or are at risk for AFib — Dr. Zweibel said the danger lies in the false positive readings the app may generate.

“The average person who buys an Apple watch is not our patient age 65 or higher with risks of cardiac disease. It’s more the lower-risk population with a much lower incidence of AFib,” he said.

Dr. Zweibel says the condition only occurs in 1 or 2 percent of the population under the age of 65, but if the watch notices a disconnect between the wearer’s activity and his or her heart rate — no matter the person’s age — it can send an alert about the possibility that the wearer is in AFib. That, Dr. Zweibel predicted, could lead to significant anxiety and emergency visits to be checked.

“The Apple watch is approved for monitoring heart rhythms,” he said. “It specifically states during device setup that it is not to be used in patients with known AFib.”

As one who wears the watch himself, Dr. Zweibel said Heart & Vascular Institute cardiologists recommend that people with AFib get a different type of wearable device to monitor their heartbeat. The device attaches to their smartphone and is used with an accompanying application. From a pad attachment, the user can record a single-lead EKG that can be read by the company and sent along to the wearer’s doctor for any follow up.

“There is a lot of potential for gathering information from our patients and we are looking into the use of artificial intelligence to process data and alert doctors about problems,” Dr. Zweibel said. “But, we need to be realistic about what the Apple watch app is because it could open Pandora’s Box.”
Tom Brett, of West Hartford, proudly shows his catch of bass that he snagged this winter at Silver Lake in Berlin.

Inset: Tom Brett, left, works on building his arm strength under the guidance of Emil Johnson, director of the GoodLife Fitness program.
Tom Brett, a West Hartford resident, is proud of his many achievements including a 60-plus year marriage to his wife Patricia, three grown children, three holes-in-one and several fishing tournament trophies.

However, his most recent accomplishment may be his most momentous: in early February, this 85-year-old retiree was able to go ice fishing with his son, John, something he thought he’d never do again.

Last fall, Brett’s back and feet were hurting and he was slowing down. He was no longer able to do his weekly laps at Westfarms mall and figured he had to give up some of his favorite activities as part of getting older. “I lost confidence and was afraid to do things,” he recalled.

He began physical therapy for degenerative spine conditions at Hartford HealthCare Rehabilitation Network in West Hartford and was faithful to his home exercise program. When his sessions ended, his therapist Karen Edwards, PT, recommended he continue to build strength and stamina through regular exercise at GoodLife Fitness, an individualized exercise program geared toward the older adult to build energy, strength and endurance for an active lifestyle.

Following his doctor’s approval, Brett signed up for GoodLife Fitness at Jefferson House and was totally amazed when he learned the director was an enthusiastic fisherman himself. During a recent exercise workout, as Emil Johnson monitored Brett’s arm raises, the two anglers chatted about the best bait to use and why fish weren’t biting well this winter.

Brett said he considers it was no coincidence that he ended up at this particular GoodLife Fitness exercising twice weekly. Pairing with an avid angler who understood his goal gave him all the more motivation. “We had a mission. It all fell into place,” Brett explained. “Emil wanted me to succeed and really encouraged me. I’ve gained confidence in myself. My stenosis has receded a bit and my symptoms have slowed.”

After several months at GoodLife Fitness, Brett walked to and from his favorite spot Gay City Pond once again — one mile from the parking lot. He is back on the ice, too, feeling more confident with his balance and steady footing. He is also walking regularly at the mall.

“Opening day of fishing season is coming up. “The hardest part of starting an exercise regimen is committing to it. From day one, I knew Tom was all in. In only a couple of weeks, he started to notice the difference in his daily activities and reached his short term goal of going ice fishing this winter. He shows up every workout with a positive attitude and energy which is essential for success,” Johnson said.

Brett credits GoodLife Fitness and Johnson with his success. “Yes, it’s tough to get old but you’ve got to keep moving,” he said.

Hartford HealthCare offers GoodLife Fitness at eight locations. For more information about GoodLife Fitness at Jefferson House, call 860.462.6174.

For more information about GoodLife Fitness, a program of Hartford HealthCare, visit https://hhcseniorservices.org/health-wellness/goodlife-fitness.

Try GoodLife Fitness FREE for one month!
‘Soundtrack to My Life’ Tells Musical Life Stories of Jefferson House Residents

One day when David Woodmansee returned home, he encouraged his wife Sandy to listen to the song, “Could I Have This Dance?” made popular by singer Anne Murray in the 1980s. The two have been dancing to it ever since, most recently at their 44th anniversary party last fall at Jefferson House, the long-term care community at 1 John H. Stewart Drive in Newington, where they have lived since 2015. “The chef prepared a wonderful meal and people gathered to watch us dance,” Sandy Woodmansee recalled.

“Could I Have This Dance?” is still one of her favorites – so much that she included it in her “Soundtrack to My Life,” a collection of meaningful songs that hold special significance to her.

Music therapist Laura Famulare, MA, MT-BC, at Jefferson House, conceived of the project to give residents a way to tell life story through music. Some individuals had previously compiled their life stories in a more traditional way with words and photos through a project coordinated by the recreation department. “Soundtrack to My Life” gives people a chance to express themselves in a different way, with a musical component.

Famulare first provided residents with some questions such as, “What song reminds you of your childhood?, What song shares a life lesson?” to get them thinking about important life events. She then works one-on-one to compile the tunes and short narratives on a CD to eventually share with family and friends. “Every project is unique and tailored to each individual,” she said. “It’s like a musical photo album.”

Music has always been important to Woodmansee, who is a retired LPN. “I always liked to sing duets in the car with my sister,” she reminisced. She picked “Teddy Bears Picnic” and carousel music to signify her childhood memories including riding on a merry-go-round, also with her sister. “Melody of Love” by Billy Vaughn was the last song played at her wedding. “It was the way we felt,” she recalled, “Hold me in your arms, dear, dream with me…”

She was thrilled to make her own “Soundtrack to My Life,” she said. “I wanted to do this because I thought it would be a fun and joyous record to leave for my family and friends,” Woodmansee explained.
Famulare, who compiled her own personal soundtrack in the past, said the experience has been heartwarming for her. Not only has she learned new songs but more significantly she has connected with residents by learning their life stories — the happy and the sad — and what is most important to them.

When more people have completed their personal soundtracks, Famulare said she’d like to have a get-together for people to share their favorite songs and memories. “Certain songs have the ability to transport you back in time to a specific memory or place. Through this project, we’ve been able to explore and capture those musical memories in a more permanent way. It’s been a wonderful experience!” she said.

Jefferson House, a Hartford HealthCare community, offers skilled nursing and inpatient/outpatient rehabilitation. For more information about Jefferson House, visit http://jeffersonhouse.org.

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
Navigating the Aging Process

A Geriatric Care Manager Just Might Be the Best Move

What is a geriatric care manager?
Geriatric care managers are healthcare professionals with a background in nursing, social work, gerontology or psychology who specialize in elder care issues and are trained to help family caregivers by:
• Assessing the particular needs of a client, the level of care needed, and the living situation to help maintain their independence.
• Helping them navigate the medical system
• Planning and coordinating care to help improve their quality of life

Benefits to hiring a geriatric care manager
Geriatric care managers can help you:
1. Save money
2. Make better decisions
3. Navigate the medical system
4. Supervise care and advocate for your loved one in a facility
5. Find caregiver support

How to get started
Our Geriatric Care Management program starts with an extensive in-home assessment of a client’s needs whether they are medical, functional, cognitive, emotional or social. Based on the assessment, an individual plan of care and recommendations are developed to meet their specific needs.

Geriatric care management benefits individuals who:
• Lack nearby family or friends to coordinate care
• Are overwhelmed or confused navigating the complex healthcare system
• Have multiple health issues

• Need assistance to get to doctors’ appointments
• Struggle to perform personal care or follow a daily medication regimen

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

To speak with a Geriatric Care Manager and find out if this would benefit you or a loved one, please call Hartford HealthCare Center for Healthy Aging, 1.877.424.4641 or visit hhchealthyaging.org.

Hartford HealthCare Center for Healthy Aging, a not for profit member of Hartford HealthCare Senior Services, is a resource and assessment center designed to enhance access to services and information related to attaining optimal quality of life for seniors and their caregivers.
Memory Screening for Dementia-Related Diseases: Simple and Easy

Why should I get a memory screen?
A loss of memory does not always mean you have dementia, but can be a symptom of other ongoing issues in your life such as stress, lack of sleep and anxiety. Getting screened is the first step in finding out if you have a memory problem related to a neurocognitive disorder.

Losing your keys or forgetting names is common and many people wonder when a person should get a memory screen. Consider getting a memory screen if:

- You are concerned about lapses in your memory
- You suspect you have early signs of dementia
- You are having difficulty with daily tasks
- You are forgetting new or personal information

Even if you aren’t experiencing symptoms, screening is recommended for anyone who has a family history of dementia, specifically if the family members affected are siblings, parents and grandparents. This is especially important if they developed the disease under the age of 60.

Women are twice as likely to develop the disease and therefore should also consider screening.

Why get screened when dementia is not curable?
“It is a question we get all the time,” said Patty O’Brien, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. “One of the advantages of early diagnosis is the opportunity it provides to start planning for the future while you are still able to clearly articulate your goals and wishes.”

Hartford HealthCare Center for Healthy Aging dementia specialists provide free, confidential memory screenings at multiple locations and in-home. For more information or to schedule an appointment, call Hartford HealthCare Center for Healthy Aging, 877.424.4641.

Hartford HealthCare Center for Healthy Aging, a not for profit member of Hartford HealthCare Senior Services, is a resource and assessment center designed to enhance access to services and information related to attaining optimal quality of life for seniors and their caregivers.

Screenings average 15 minutes and consist of a list 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.

Wednesday, April 10, 12:30-1:30 pm
Plainville Senior Center, 200 East St., Plainville FREE. Facilitated by Jennifer Doty, BSW, Mulberry Gardens of Southington. Sponsored by Mulberry Gardens of Southington. RSVP to Plainville Senior Center, 860.747.5728

Sunday, May 5, 9-10 am
Windsor Senior Center, 599 Matianuck Ave., Windsor FREE. Facilitated by Amina Weiland, resource coordinator, Hartford Healthcare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Windsor Senior Center, 860.627.1425

Thursday, May 30, 10-12 pm
Windsor Locks Senior Center, 41 Oak Street, Windsor Locks FREE. Facilitated by Amina Weiland, resource coordinator, Hartford Healthcare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Windsor Senior Center, 860.627.1425
Superfoods and Nutrition for Spring

By Lou Roca, Director of Dining Services and Executive Chef, Cedar Mountain Commons

Spring is a time for awakening and it is right around the corner! The growing season is beginning soon and eating fresh, in-season vegetables, which are at the peak of freshness, ensures that they are packing the most nutrients. Leafy greens, aka, “Superfoods,” such as arugula, chard, lettuce and spinach to name a few, will be available fresh and locally, from April through May. Of course you can purchase throughout the year now due to the ability to transport these foods quickly from their growing region to your local markets.

Some ‘food for thought’

Dark greens are a good source of nutrients including iron, calcium, vitamins A, K, and C, fiber, potassium and folate. The most common leafy greens are spinach, escarole, collards, kale, turnip greens, arugula, mustard greens, watercress, beet greens and dark green lettuces. Spinach was first cultivated over 2,000 years ago and became popular in America in the early 1800s. Mustard greens lend a peppery flavor to food and originated in India more than 5,000 years ago. Leafy greens are a great way to fill up your plate with fewer than 20 calories per cup!

Greens are typically thought of in salads but they can also be streamed, roasted, grilled or baked. Use them in conjunction with other ingredients to add variety, taste and increased nutrition. Enjoy!

Cedar Mountain Commons, located at 3 John H. Stewart Drive in Newington, is a not for profit independent and assisted living community. For more information about Cedar Mountain Commons, visit http://cedarmountaincommons.org.

### Kale & Mushroom Rice Bowl

**Portion:** 12 ounces
**Serves:** 4

#### Ingredients

- 2/3 cup Brown Rice
- 1 1/3 cup Cold Water
- 1 qt Kale, Chopped
- 1 qt, 2 cup Boiling Water
- 2 ea Portobello Mushrooms, Cut in Strips
- 1 tsp Less Sodium Soy Sauce
- 1 Tbsp Extra Virgin Olive Oil
- 1/8 tsp Ground Black Pepper
- 1/2 tsp Kosher Salt
- 2 Tbsp Chopped Peanuts, Unsalted
- 1/4 cup Cilantro, Fresh

#### Method

1. Rinse rice and then place in a medium saucepot. Cover rice with water, bring to a boil over medium high heat. Reduce heat to very low simmer. Cover to steam rice for 20 minutes.
2. Place kale in a steamer over boiling water. Cover and cook until the kale is tender, about 5 to 10 minutes. Remove kale from the steamer and drain excess water. Set aside.
3. Heat olive oil in a skillet over medium heat. Add sliced Portobello mushrooms and sauté for a few minutes until tender, turning occasionally. Add low sodium soy sauce and ground black pepper. Add the steamed kale to the sauté pan and toss with the mushrooms. Sprinkle with salt.
4. To make individual rice bowls, add steamed brown rice to each bowl. Top with a generous amount of kale and mushroom sauté. Garnish with chopped peanuts and fresh cilantro.

#### Nutrition Facts

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Cooking for One

In the kitchen, 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 at Mulberry Gardens of Southington and Cedar Mountain Commons.

Wednesday, April 17, 11 am | FREE
Wallingford Senior Center,
238 Washington St., Wallingford
Sponsored by Mulberry Gardens of Southington
RSVP to Wallingford Senior Center, 203.265.7753

Tuesday, April 23, 10 am | FREE
West Hartford Senior Center,
15 Starkel Road, West Hartford
Sponsored by Mulberry Gardens of Southington
RSVP to West Hartford Senior Center, 860.561.7583

Tuesday, May 7, 12-1 pm | FREE
Newington Senior and Disabled Center,
120 Cedar St., Newington
Sponsored by Cedar Mountain Commons
RSVP to the Newington Senior and Disabled Center, 860.665.8778

Wednesday, June 5, 1:30 pm | FREE
Southington Calendar House,
388 Pleasant St., Southington
Sponsored by Mulberry Gardens of Southington
RSVP to Southington Calendar House, 860.621.3014

‘Tis the Season

Highlight local and seasonal produce with vibrant colors and great nutritional value. Presented by Peter Fescoe, Director of Dining Services, Mulberry Gardens of Southington and Cedar Mountain Commons.

Thursday, May 23, 1 pm | FREE
Plainville Senior Center, 200 East St., Plainville
Sponsored by Mulberry Gardens of Southington
RSVP to Plainville Senior Center, 860.747.5728

Friday, June 7, 12 pm | FREE
Newington Senior Center,
120 Cedar St., Newington
Sponsored by Cedar Mountain Commons
RSVP to the Newington Senior and Disabled Center, 860.665.8778

Mix and Match Cooking

Recipes with ingredients to Mix and Match for a Week’s Worth of Meals. We will share easy, healthy recipes sure to tempt your taste buds! Presented by Peter Fescoe, Director of Dining Services, Mulberry Gardens of Southington and Cedar Mountain Commons.

Tuesday, June 18, 10 am | FREE
West Hartford Senior Center,
15 Starkel Road, West Hartford
Sponsored by Cedar Mountain Commons
RSVP to West Hartford Senior Center, 860.561.7583
## Merchant Discounts

### Aziagos Restaurant
**860.426.1170**
166 Queen Street
Southington

- 10% off dinner items from lunch items, excludes desserts. Dine-in only; not valid on holidays, cannot be used with any other coupon or promotion

### B & V Jewelers
**860.276.2097**
76 N. Main St.
Southington

- One free watch battery per person, not applicable on solar powered watches, Smart watches or on lithium batteries

### Barker Animation
**203.272.2222**
1188 Highland Avenue
Route 10, Cheshire

- 20% Collectors Star Club discount & $1 off museum entrance fee

### Beacon Pharmacy
**860.628.3972**
51 N. Main Street
Southington

- Free local delivery

### Beacon Prescriptions
**860.225.6487**
543 West Main Street
New Britain

- Free prescription delivery. M-F, 9-6pm

### Bongiovanni Insurance and Financial LLC | **203.237.7900**
97 East Main Street
Meriden

- 10% off tax preparation

### Casey’s Image Consultants
**860.628.8857**
51 North Main Street
Suite 1BB, Southington

- First time customer $10 off perm, First time customer $10 off color, invite a friend and receive $10 off after your second perm or color. Call for an appointment

### Century 21
**203.213.4141**
441 North Main Street
Southington

- $250 towards house cleaning when you buy or complete a home sale with Joyce Gibson

### Colony Vision
**203.265.7990**
60 Church Street
Wallingford

- 20% off eyeglasses

### Drain Surgeon
**860.229.6941**
228 Corbin Avenue
New Britain

- 10% off any plumbing repair work in residential housing

### Eyewear Glasses
**860.621.8215**
55 Meriden Avenue
Southington

- 15% off any pair of glasses

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### Help your neighbors: drivers needed

Senior Transportation Services is looking for safe, reliable volunteer drivers willing to use their own car to assist Southington’s elderly residents to attend medical appointments. Must be willing to donate your time at least twice a month and your schedule will be arranged around your requirements. Secondary supplemental insurance also provided to drivers. **Call 860.224.7117 or email seniortransportationservices@yahoo.com.**
<table>
<thead>
<tr>
<th>Business Name</th>
<th>Address</th>
<th>Service/Discount</th>
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<tbody>
<tr>
<td><strong>Frank D. Marrocco, CPA</strong></td>
<td>142 West Main Street, New Britain</td>
<td>Income Tax Preparation Services – 10% off</td>
</tr>
<tr>
<td><strong>Giovanni's Pizzeria</strong></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><strong>Graebers</strong></td>
<td>172 W. Main Street, Meriden</td>
<td>10% off durable equipment &amp; prescription drugs/Free delivery to Meriden, Wallingford and Cheshire</td>
</tr>
<tr>
<td><strong>Grant Chiropractic Health Center, LLC</strong></td>
<td>1601 Meriden-Waterbury Turnpike Milldale</td>
<td>10% off non-insurance covered items</td>
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<tr>
<td><strong>Greenbackers</strong></td>
<td>744 Murdock Avenue, Meriden</td>
<td>10% off regularly priced items</td>
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<tr>
<td><strong>Hallmark Framing and Art</strong></td>
<td>9 W. Main Street, Plantsville</td>
<td>20% off custom framing</td>
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<tr>
<td><strong>Hearing Health &amp; Wellness Center</strong></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><strong>Justine Hart, LMT/Massage Therapist</strong></td>
<td>846 Atkins Street, Middletown</td>
<td>5% off any service</td>
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<tr>
<td><strong>Karma's Closet</strong></td>
<td>3153 Berlin Tpke, Newington</td>
<td>15% off your total purchase. Excludes firm items</td>
</tr>
<tr>
<td><strong>Keller Williams Realty</strong></td>
<td>358 Scott Swamp Road, Farmington</td>
<td>Free consultation to learn what your home is worth</td>
</tr>
<tr>
<td><strong>La Vita Vintage</strong></td>
<td>774 South Main Street, Plantsville</td>
<td>10% off any item. Present card prior to check out</td>
</tr>
<tr>
<td><strong>Meriden YMCA</strong></td>
<td>110 W. Main Street, Meriden</td>
<td><strong>BE OUR GUEST</strong>, your MyHealthy Advantage card entitles you to one free visit at the Meriden YMCA</td>
</tr>
<tr>
<td><strong>October Kitchen</strong></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><strong>Pals Power Washing, LLC</strong></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><strong>Pelton's Home Health Care</strong></td>
<td>898 Silas Deane Highway, Wethersfield</td>
<td>10% off in-store, retail purchases every Thursday</td>
</tr>
<tr>
<td><strong>Professional Vision Center</strong></td>
<td>512 West Main Street, Meriden</td>
<td>20% off all services</td>
</tr>
<tr>
<td><strong>Schmidt Lawn Care, LLC</strong></td>
<td>P.O. Box 1035, Southington</td>
<td>10% off complete fall clean-up of property or curbside leaf removal</td>
</tr>
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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.*

(Continued next page)
## Merchant Discounts

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<tr>
<th>Merchant Name</th>
<th>Address</th>
<th>Discount/Service</th>
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<tr>
<td>Serafino's Pharmacy</td>
<td>36 N. Main Street Southington</td>
<td>10% off prescriptions</td>
</tr>
<tr>
<td>Smokin' With Chris</td>
<td>59 W. Center Street Southington</td>
<td>10% off on Wednesdays all day with the MyHealthy Advantage card</td>
</tr>
<tr>
<td>Southington Cheshire YMCA</td>
<td>29 High Street Southington</td>
<td>BE OUR GUEST, your MyHealthy Advantage Card entitles you to one free visit at the Southington Community YMCA</td>
</tr>
<tr>
<td>Specialty Auto Cleaning &amp; Detailing</td>
<td>200 Clark Street Milldale</td>
<td>15% off any service/free pickup &amp; delivery in most areas</td>
</tr>
<tr>
<td>Solinsky EyeCare LLC</td>
<td>1013 Farmington Ave., West Hartford</td>
<td>Eyeglasses: $100 off Full frame and lenses; Hearing aids - 10% off up to $300. Contact Lenses - $50 off any purchase over $300</td>
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<tr>
<td>The Dutiful Daughter, LLC</td>
<td>103 Thayer Road Manchester</td>
<td>15% off packing, moving and content removal services.</td>
</tr>
<tr>
<td>The Sandman Gallery Frame Shoppe &amp; Cafe</td>
<td>14 West Main Street Meriden</td>
<td>15% all framing purchases/15% off coffee &amp; dessert when available</td>
</tr>
<tr>
<td>Town Fair Tire</td>
<td>750 Queen Street Southington</td>
<td>5% off your total purchase at ANY Town Fair Tire in CT (Southington, Bristol, Wallingford, New Britain, etc.) With Code #38615</td>
</tr>
<tr>
<td>Wallingford Sew-Vac Center</td>
<td>95 Quinnipiac Avenue Wallingford</td>
<td>Buy one vacuum cleaner bag and get second one 1/2 price</td>
</tr>
<tr>
<td>Walsh &amp; Massari</td>
<td>86 W. Main Street Meriden</td>
<td>25% off all eye care services</td>
</tr>
<tr>
<td>Welcome Home Mortgage, LLC</td>
<td>1331 Silas Deane Highway Wethersfield</td>
<td>Specializing in Reverse Mortgages. Your appraisal fee refunded at closing</td>
</tr>
</tbody>
</table>

If you are a merchant interested in offering a discount to our members, please visit hhseniorservices.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 2, May 7 and June 4, 9:30-10:30am. Sponsored by Hartford HealthCare Center for Healthy Aging staff.

Calendar House  
388 Pleasant St., Southington.  
Wednesdays, April 10, May 8 and June 12, 11am-noon. Sponsored by Hartford HealthCare Center for Healthy Aging staff.

Plainville Senior Center  
200 East St., Plainville  
Thursdays, April 11, May 9 and June 13, 1-2pm. Sponsored by Mulberry Gardens of Southington staff.

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

**Memory Screenings**

Schedule an appointment for a free, confidential memory screening. 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.

**Hartford HealthCare**  
**Health Center, 35 Talcottville Road, Vernon.** Free. Screenings conducted by Jennifer McCaughey, MS, resource coordinator, Hartford HealthCare Center for Healthy Aging. Appointments required. RSVP to Hartford HealthCare Family Health Center, 860.696.4623.

**Hartford HealthCare Health Center, 2 Northwestern Dr., Bloomfield.** Free. Screenings conducted by Amina Weiland, CDP, CDCP, resource coordinator, Hartford HealthCare Center for Healthy Aging. Appointments required. RSVP to Amina Weiland, 860.286.3236.

**Charlotte Hungerford Hospital, 540 Litchfield St., Torrington.** Free. Screenings conducted by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. Appointments required. RSVP to Jennifer Labrie, 860.496.6240.

**Windsor Locks Senior Center, 41 Oak St., Windsor Locks.** Facilitated by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. Appointments required. RSVP to Windsor Locks Senior Center, 860.627.1425.

**Windsor Senior Center, 599 Matianuck Ave., Windsor.** Facilitated by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. Appointments required. RSVP to Windsor Senior Center, 860.627.1425.


Monday, April 29, 1pm- 4pm. Free. Winsted Senior Center 80 Holabird Ave., Winsted. Facilitated by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. Appointments required. RSVP to Winsted Senior Center, 860.379.4252.

Thursday, May 30, 10am-12pm. Free. Windsor Locks Senior Center, 41 Oak St., Windsor Locks. Facilitated by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. Appointments required. RSVP to Windsor Locks Senior Center, 860.627.1425.

Wednesday, June 5, 9-10:30am. Free. Windsor Senior Center, 599 Matianuck Ave., Windsor. Facilitated by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. Appointments required. RSVP to Windsor Senior Center, 860.627.1425.

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Bereavement Support Groups
Sponsored by Hartford HealthCare at Home Hospice Care

First and third Wednesdays: April 3 & 17, May 1 & 15, and June 5 & 19, 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.


First and third Thursdays: April 4 & 18, May 2 & 16 and June 6 & 20, 11am-12:30pm. Free. Mansfield Center, 34 Ledgebrook Drive. Facilitator Ivan Bilyk, pastoral counselor supervisor. RSVP to 1.855.HHC.HERE / 1.855.442.4373.


Alzheimer’s and Dementia Support Group
Do you care for someone diagnosed with dementia? A support group provides emotional, educational and social support. Topics include: communication techniques, caregiver support, benefits of activities, stages of the disease, family dynamics, safety issues.

First Tuesdays: April 2, May 7, June 4, 11:30am. Free. Institute of Living - Donnelly Conference Room, 200 Retreat Ave., Hartford. This is an educational and support group that brings together experts and those who want guidance, direction and support through this journey. To register, call 860.545.7665.

First Tuesdays: April 2, May 7 and June 4, 10-11am. Free. West Hartford Senior Center, 15 Starkel Road, West Hartford. Facilitators are Michelle Wyman, dementia specialist, Hartford HealthCare Center for Healthy Aging, and Elaine Reid. Hosted by West Hartford Senior Center and Hartford HealthCare Center for Healthy Aging. RSVP to Michelle Wyman, 860.667.4459 or Sara, 860.380.5012.


Second Wednesdays: April 10, May 8 and June 12, 6:30-7:30pm. Free. Southington Care Center, Anna Fanelli Room, 45 Meriden Ave., Southington. This group is an affiliated support group of the Alzheimer’s Association Connecticut Chapter. Facilitated by Patty O’Brien, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Southington Care Center and Hartford HealthCare Center for Healthy Aging. RSVP to Patty O’Brien, 860.628.3833.

Last Mondays: April 29 and June 24, 10:30am–noon. Free. Duncaster, 40 Loeffler Road, Bloomfield. Facilitated by Michelle Wyman, LSW, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging, and Sara Therion, MSW. Sponsored by Duncaster and Hartford HealthCare Center for Healthy Aging. RSVP to Michelle Wyman, 860.667.4459 or Sara, 860.380.5012.
Diabetes Support Group
Mondays, April 15, May 20, June 17, 5:30-6:45pm. Free. Hospital Central Connecticut, New Britain Campus, 100 Grand St. (Diabetes Classroom), New Britain. Share your experience, obtain support from others, and learn tips on managing diabetes. Whether you are recently diagnosed, or have lived with diabetes for many years, you are invited to join. RSVP to 1.855.442.4373/1.855.442.4373.

Parkinson’s Disease Support
Movement Disorders and Other Neurodegenerative Conditions: Support for Caregivers
Fourth Fridays: April 23, May 28, June 25, 3:30-5pm. Free. Hartford HealthCare Family Health Center, Chase Family Community Wellness and Education Room, 35 Talcottville Road, Vernon. Topics include the many facets of caregiving in a safe and compassionate environment. Caregivers can share their experiences and receive inspiration, guidance and validation. RSVP to Amanda Brill, 860.696.4653 or Amanda.brill@hhchealth.org.

Dinner with the Doc
Living with Back Pain
Tuesday, May 7, 5-7pm. Free. Southington Care Center, 45 Meriden Ave., Southington. Learn more about disc herniation, spinal stenosis and common causes of back pain; conservative management of lumbar disc disease; role of surgery, and more. Presented by Hussein Alahmadi, MD, Neurosurgery, and Jonathan Sylvain, DPT. A light complimentary dinner will be served. Sponsored by Southington Care Center. Seating is limited; registration required. RSVP to 1.855.442.4373.

Eyes and Aging
Thursday, May 16, 5-7pm. Free. Jefferson House, 1 John H. Stewart Drive, Newington. Presented by Mary Gina Ratchford, MD, Hartford Hospital Eye Surgery. Sponsored by Jefferson House. Seating is limited; registration required. Call for more information and RSVP to 1.855.442.4373.

Learn More About the Spine Center
Tuesday, June 4, 5-7pm. Free. Arbor Rose and Jerome Home, 975 Corbin Ave., New Britain. Presented by Subramani Seetharama, MD. Sponsored by Arbor Rose at Jerome Home. A light complimentary dinner will be provided. Seating is limited; registration required. Call for more information and RSVP to 1.855.442.4373.

Aging and Memory
Cognitive Research: Studies and Advances in Memory
Wednesday, April 3, 3-5pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. Presented by Amy Sanders, MD, Hartford HealthCare. Sponsored by Hartford HealthCare at Duncaster. Seating is limited; registration required. RSVP to 1.855.442.4373.

Aging and Memory Care: Community Resources
Wednesday, May 1, 3-5pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. Learn more about memory care and community resources. Presented by Amy Sanders, MD, Hartford HealthCare, Patty O’Brien, dementia specialists, Hartford HealthCare Center for Healthy Aging, and Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare at Duncaster. Seating is limited; registration required. RSVP to 1.855.442.4373.

Navigating the “What If” in Your Golden Years
Monday, April 1, 2pm. Free. Middletown Senior Center, 61 Durant Terrance, Middletown. As we approach our “Golden Years," what are the varying levels of care available; types of housing; funding sources; resources in the community? Learn about being proactive instead of reactive. Presented

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Special Programs and Events

(Continued from page 17)

by Marc Levesque, senior resource case manager, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. Seating is limited; registration required. RSVP to Middletown Senior Center, 860.638.4540.

Yoga for Cancer Survivors
Monday, April 1-May 27, 4pm. Free. Hospital of Central Connecticut, Hartford HealthCare Cancer Institute of Central Connecticut, 183 North Mountain Road, New Britain. Gentle yoga class led by a certified yoga teacher. Yoga mats are available; wear comfortable clothing. Must have physician’s note. Seating is limited and registration is required. Seating is limited; registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Strategies and Resources for Healthy Aging
Wednesday April 3, 2pm. Free. North Haven Memorial Library, 17 Elm Street, North Haven. Strategies and Resources for Healthy Aging. Learn about strategies for healthy aging as well as resources to help support yourself as you age. Presented by Marc Levesque, senior resource case manager, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. Seating is limited; registration required. RSVP to North Haven Memorial Library, 203.239.5803.

Eating Healthy for Weight Loss
Thursday, April 4, 10am. Free. Plainville Senior Center, 200 East St., Plainville. How to eat healthy and be conscious of healthy eating throughout our lives. Presented by Tracey Luciani, registered dietician. Sponsored by Southington Care Center. Seating is limited; registration required. RSVP to Plainville Senior Center, 860.747.5728.

Therapeutic Art Group
April 4 & 18, May 2 & 16 and June 6 & 20, 5:30-7pm. Helen and Harry Gray Cancer Center - Taylor B Conference, 85 Retreat Ave, Hartford. Therapeutic Arts and Support Groups provide

Vernon-Rockville. Learn to calm your mind and energize your body with the deep breathing and slow, flowing movements of these ancient Chinese healing exercises. Learn simple, gentle exercises everyone can do (sitting or standing) to reduce pain and stiffness; increase balance, coordination, strength and flexibility; improve sleep; and more. Seating is limited; registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Navigating the “What If” in Your Golden Years
Wednesday, April 3, 7-8pm. Free. Church of the Resurrection, 115 Pond Hill Road, Wallingford. As we approach our “Golden Years,” what are the varying levels of care available; types of housing; funding sources; resources in the community? Learn about being proactive instead of reactive. Presented by Marc Levesque, senior resource case manager, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. Seating is limited; registration required. RSVP to Church of the Resurrection, 203.265.1694.

Art Therapy
Thursdays, April 4, June 13, 6pm. Free. MidState Medical Center - Conference Room 7, 3rd Floor, Meriden. Art Therapy is a program designed to help people touched by cancer find the strength and hope through creative expression. No artistic skill is necessary for participation. Led by a certified art therapist. Seating is limited; registration required. For more information, call 203.694.8631. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Tai Chi & QiGong
for Parkinson’s
Wednesdays, April 3-May 29, 10:30-11:30am. Free. Hartford HealthCare Chase Family Movement Disorders Center, 35 Talcottville, Road Suite 6,
cancer patients, survivors and caregivers with a safe and relaxing environment to process and share their journeys through treatment and recovery. These sessions offer new and inventive art directives, such as Inside/Outside Masks, Image Cardmaking, Zen Garden Therapy, sculpture directives, and many more. No artistic ability is required. **Seating is limited; registration required.** RSVP to 860.754.6154.

**Managing Chronic Back Pain**  
Wednesday, April 10, 10:30am. Free. Bristol Senior Center, 240 Stafford Ave, Bristol. New guidelines from the American College of Physicians say the first line of therapy for Chronic Back Pain should be non-drug treatments. Presented by Christine Solimini-Swift, exercise physiologist, The Orchards at Southington. **Sponsored by The Orchards at Southington. Seating is limited; registration required.** RSVP to Bristol Senior Center, 860.584.7895.

**Understanding Lymphedema**  
Wednesday, April 10, 1pm. Free. Wallingford Senior Center, 238 Washington St., Wallingford. The World Health Organization estimates that over 250 million people worldwide live with lymphedema or chronic swelling. Learn about the causes and effects of swelling, ways to manage it and how participation in skilled occupational and physical therapy can help. Presented by Theresa Plant, occupational therapist, Hartford Hospital Rehabilitation Network. **Sponsored by Hartford HealthCare Senior Services. Seating is limited; registration required.** RSVP to Wallingford Senior Center, 860.265.7753.

**Handling the Stress and Emotions of Caregiving**  
Thursday, April 11, 4pm. Free. Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. Caring for a person with dementia is often an emotional “whirlwind.” “Handling the Stress and Emotions of Caregiving” is an informative and interactive workshop that offers emotional coping strategies that caregivers need. Learn to: identify major causes of stress in caring for a person with dementia; understand how thinking styles can intensify stress reactions; learn concrete tools for managing physical health and emotional well-being; and more. Presented by Thomas Finn., PhD., clinical psychologist. Refreshments will be served. **Sponsored by Mulberry Gardens of Southington. Seating is limited; registration required.** RSVP to Mulberry Gardens, 860.276.1020.

**Art Therapy for Cancer Survivors**  
Thursdays, April 11 & 25, May 9 & 23, and June 13 & 27, 5:30pm. Free. Hartford HealthCare Cancer Institute of Central Connecticut, 183 North Mountain Road, New Britain. This is a program to help people touched by cancer find strength and hope through creative expression. No artistic ability is required. Presented by Samantha Cronin. **Sponsored by Hartford HealthCare Cancer Institute of Central Connecticut. Seating is limited; registration required.** RSVP to 1.855.HHC.HERE/1.855.442.4373.

**Navigating the Cancer Journey**  
Friday, April 12, 10-11am. Free. Backus Hospital, Backus Medical Office Building - Conference Room, 330 Washington St., Norwich. Support class for patients and families. Covers topics such as communicating with your medical team, understanding diagnosis and treatment, available support services, and addressing transportation and financial concerns. **Seating is limited; registration required.** RSVP to 860.425.3870.

**Tame Your Tension**  
Saturday, April 13, 1-4pm. Free. Hartford Hospital Wellness Center at Blue Back Square, 65 Memorial Road, Suite 425, Wethersfield. Are you feeling stressed out, anxious, or overwhelmed? Learn how to break to experience greater peace and love your life again. Participants will learn practical techniques, mindset secrets to release, find out the key to emotional freedom, and discover an ancient Chinese method to calm your mind. **Seating is limited; registration required.** RSVP to 1.855.HHC.HERE/1.855.442.4373.

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Depression: An Introduction to the Disorder
Tuesday, April 16, 6:30-7:45pm. Free. Institute of Living - Massachusetts Cottage, 1st Floor Group Room, 200 Retreat Ave., Hartford. This lecture is for families of individuals who suffer with depression. Participants will acquire a basic understanding of major depression, its treatments and specific suggestions to help them better cope with the illness. Sponsored by Hartford HealthCare Family Resource Center, Institute of Living. Seating is limited; registration required. RSVP to Laura, 860.545.7324.

Cooking for One
Wednesday, April 17, 11am. Free. Wallingford Senior Center, 238 Washington St., Wallingford. Cooking for one can seem lonely and confusing. Learn easy, healthy recipes sure to tempt your taste buds! Presented by Peter Fescoe, director of dining, Mulberry Gardens of Southington. Sponsored by Mulberry Gardens of Southington. Seating is limited; registration required. RSVP to Wallingford Senior Center, 203.265.7753.

WomenHeart of Central Connecticut Support Network
Wednesdays, April 17, May 15, and June 19, 4:45pm-6pm. Free. Hospital Central Connecticut, Bradley Memorial Campus (Conference Room A), 81 Meriden Ave., Southington. WomenHeart: The National Coalition for Women with Heart Disease is the nation’s only patient-centered organization serving the 48 million American women living with or at risk for heart disease and is dedicated to women’s heart health through patient support, education and advocacy. Seating is limited; registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Challenge Your Mind - Daily Activities to Stay Sharp
April 18, 5-6.30pm. Free. Windsor Locks Senior Center, 41 Oak St., Windsor Locks. Cognitive and social engagement have been shown to be protective against cognitive decline. Participants will learn how their memory works and discover creative ways to sharpen their mind. Presented by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by October Kitchen and Hartford HealthCare Center for Healthy Aging. A complimentary light dinner will be provided by October Kitchen. Seating is limited; registration required. RSVP to Windsor Locks Senior Center, 860.627.1425.

How to Be Aware of Your Surroundings
Tuesday, April 23, 1pm. Free. Newington Senior & Disabled Center, 120 Cedar St., Newington. Avoiding slips, trips and falls. Presented by Emil Johnson, program manager, GoodLife Fitness. Sponsored by Jefferson House. Seating is limited; registration required. RSVP to the Newington Senior and Disabled Center, 860.665.8778.

Understanding the Complexities of Medication
Wednesday, April 24, 1:30pm. Free. Calendar House, 388 Pleasant St., Southington. Are you overwhelmed by the long list of drugs you have to take? Do you often reach for an over-the-counter medication? Get the most benefit from your medications - and stay safe in the process. Presented by Christina Polomoff, PharmD, clinical pharmacist, Hartford HealthCare Integrated Partners and assistant clinical professor at University of Connecticut School of Pharmacy. Sponsored by Hartford HealthCare Senior Services. Seating is limited; registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

QiGong for Cancer
Wednesdays, April 24 and May 22, 6-8pm. Free. Hartford Hospital Family Health Center, 339 West Main St., Avon. This workshop is intended for cancer patients, survivors, and their friends and family. Calm your mind, recover your vital energy, and reclaim your health with these ancient Chinese healing techniques. QiGong (Chee-Gong”) means “Energy Work” - considered to be the “mother” of Tai Chi” these are simple gentle mind-body exercises everyone can do (sitting or standing). Seating is limited; registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.
Peripheral Arterial Diseases

Friday, April 26, 10am. Free. Plainville Senior Center, 200 East St., Plainville. Presented by Parth Shah, MD, FACS, director, Vascular and Endovascular Surgery, The Hospital of Central Connecticut and Hartford Hospital. Sponsored by Hartford HealthCare Senior Services. Seating is limited; registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Medicare 101

Monday, April 29, 11-11:30am. Free. Meriden Senior Center, 22 W. Main St., Meriden. Medicare 101 is a free educational seminar focused on what Medicare is and how it works; Medicare Advantage Plans; Medicare Supplement Plans; Prescription Drug Plans; when to enroll; how to choose your Medicare plan. Presented by Marissa Hiebel, Medicare educator. Sponsored by Hartford HealthCare Senior Services. Seating is limited; registration required. RSVP to Meriden Senior Center, 203.237.0066.

Aging and Memory Care:

Community Resources

Wednesday, May 1, 3-5pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. Learn more about memory care and community resources. Presented by Amy Sanders, MD, Hartford HealthCare, Patty O’Brien, dementia specialists, Hartford HealthCare Center for Healthy Aging and Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. Hosted by Duncaster and Hartford HealthCare Center for Healthy Aging. Seating is limited; registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Coping with Changes and Managing Stress

Thursday, May 2, 1:30-2:30pm. Free. Simsbury Public Library, 725 Hopmeadow St., Simsbury. Change is challenging; however, we can always choose how to manage the transition. Explore how attitude and lifestyle play a role and find stress management strategies that fit into your lifestyle. Presented by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Simsbury Public Library and Center for Healthy Aging. Seating is limited; registration required. RSVP to Simsbury Senior Center, 860.658.3273 or Simsbury Public Library, 860.658.7663.

Buried in Treasure: The Nature and Treatment of Hoarding Disorder

Friday, May 3, 9am-4pm. Cost: $150. Hospital of Central Connecticut, New Britain campus - Lecture Room 1 & 2, 100 Grand St., New Britain. Enrollment closes on April 26. Early Bird discount registrations ends on April 12. Topics include: understanding the prevalence and impact of hoarding disorder; the biological and psychological aspects of hoarding behavior; cognitive-behavioral strategies for patients with hoarding disorder; and more. Presenter David F. Tolin, PhD, is the founder and director of the Anxiety Disorders Center at the Institute of Living; an adjunct professor of Psychiatry at Yale University School of Medicine; past-president of the Clinical Psychology Division of the American Psychological Association; a principal investigator for the National Institutes of Health; author; and featured on several TV series. Seating is limited; registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Live Well with Chronic Pain

Mondays, May 6, 13, 20, June 3, 10 & 17, 10am-12:30pm. Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford. For those with chronic pain brought on by health conditions, this workshop provides practical tools to help develop self-management skills and the confidence to take control of your chronic pain. The six-week workshop covers topics such as healthy eating, dealing with difficult emotions, planning, the Moving Easy Program, and better breathing. Participants are encouraged to attend all sessions. Presented by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging and Barbara Womer, community health educator for North Central Area Agency on Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and North Central Area Agency on Aging. Seating is limited; registration required. RSVP to Elmwood Senior Center, 860.561.8180.

Cooking for One

Tuesday, May 7, 12-1pm. Free. Newington Senior and Disabled Center, 120 Cedar St., Newington. Cooking for one can seem lonely and confusing. Learn easy, healthy recipes sure to tempt your taste buds! Presented by Lou Roca, Dining Director at Cedar Mountain Commons. Sponsored by Cedar Mountain Commons. Seating is limited; registration required. Continued on page 22
RSVP to the Newington Senior and Disabled Center, 860.665.8778.

**Keeping Memory Strong**
Wednesday, May 8, 1:30pm. Free. Calendar House, 388 Pleasant St., Southington. This program will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Presented by Patty O’Brien, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. Seating is limited; registration required. RSVP to Calendar House, 860.621.3014.

**Stress Management**
Wednesday, May 8, 10:30am. Free. Wallingford Senior Center, 238 Washington St., Wallingford. Learn how to recognize the signs and symptoms of stress and coping skills. Presented by Laurel Reagan, APRN, director of Behavior Health and Social Work Services. Sponsored by Hartford HealthCare at Home. Seating is limited; registration required. RSVP to Wallingford Senior Center, 203.265.7753.

**Navigating the “What If” in Your Golden Years**
Thursday, May 23, 1pm. Free. Prospect Senior Center, 6 Center St, Prospect. As we approach our “Golden Years,” what are the varying levels of care available; types of housing; funding sources; resources in the community? Learn about being proactive instead of 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 Prospect Senior Center, 203.758.5300.

**Caring for Your Aging Parents**
Tuesday, May 21, 5pm. Free. West Hartford Senior Center, 15 Starkel Road, West Hartford. 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 more about the impact on the physical and emotional health of caregivers and community resources to prepare for the caregiving journey. Presented by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Senior Services. Seating is limited; registration required. RSVP to West Hartford Senior Center, 860.561.7583.

**Healthy Brain Series**
Wednesdays, May 15, 22, 29; June 5, 12; 10:30-11:30am. Free. Bristol Senior Center, 240 Stafford Ave, Bristol. This five-part series will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions. **Session 1:** Intro – Eat Brain Foods & Stay Hydrated; **Session 2:** Challenge Your Mind Daily – Activities to Stay Sharp; **Session 3:** Coping with Changes and Managing Stress – Be Social; **Session 4:** Count Sheep – Be Creative and Have Fun; **Session 5:** Be Positive – Find a Purpose. Presented by Patty O’Brien and Michelle Wyman, dementia specialists, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Senior Services. Seating is limited; registration required. RSVP to Calendar House, 860.621.3014.

**Medicare 101**
Wednesday, May 22, 1:30pm. Free. Calendar House, 388 Pleasant St., Southington. Medicare 101 is a free educational seminar focused on what Medicare is and how it works; Medicare Advantage Plans; Medicare Supplement Plans; Prescription Drug Plans; when to enroll; how to choose your Medicare plan. Presented by Marissa Hiebel, Medicare educator. Sponsored by Hartford HealthCare Senior Services. Seating is limited; registration required. RSVP to Calendar House, 860.621.3014.

**Dementia Lecture: An Introduction**
Tuesday, May 21, 6:30-7:45pm. Free. Hartford Hospital - Institute of Living, 200 Retreat Ave., Hartford. This program is for family members and friends of individuals who have dementia or a related disorder. It will present a basic understanding of the disorder, its treatment, along with specific suggestions to help family members and friends better cope with the illness. Presented by Glynis Cassis, LCSW. Sponsored by Hartford HealthCare Family Resource Center, Institute of Living. Seating is limited; registration required. RSVP to Laura, 860.545.7324.

**‘Tis the Season**
Thursday, May 23, 1pm. Free. Plainville Senior Center, 200 East St., Plainville. Highlight local and seasonal produce with vibrant colors and great nutritional value. Presented by Peter Fescos, director of Dining Services, Mulberry Gardens of Southington. Sponsored by Mulberry Gardens of Southington.
Tame Your Tension
Sunday, May 26, 1-4pm. Free. Wethersfield Hartford Hospital Medical Group, 1290 Silas Deane Highway, Wethersfield. Are you feeling stressed out, anxious, or overwhelmed? Learn how to break to experience greater peace and love your life again. Participants will learn practical techniques, mindset secrets to release, find out the key to emotional freedom, and discover an ancient Chinese method to calm your mind. Presented by Risa Gaull Brophy. Seating is limited; registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Be Positive - Find a Purpose
Thursday, May 30, 1:30-2:30pm. Free. Simsbury Public Library, 725 Hopmeadow St., Simsbury. Research shows that being connected and going out with friends really can help you live longer; lower your Alzheimer’s risk and more. Learn the importance and benefits of being socially engaged as you age. Presented by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. Seating is limited; registration required. RSVP to Simsbury Senior Center, 860.658.3273 or Simsbury Public Library, 860.658.7663.

Anxiety Disorders: An Introduction
Tuesday, June 4, 6:30-7:45pm. Free. Hartford Hospital - Institute of Living, Massachusetts Cottage, 200 Retreat Ave., Hartford. Sponsored by Hartford HealthCare Family Resource Center, Institute of Living. Seating is limited; registration required. RSVP to Laura, 860.545.7324.

How to Fall Safely
Thursday, June 6, 10am. Free. Plainville Senior Center, 200 East St., Plainville. Sometimes, there’s no way to avoid a fall. However, knowing how to fall the correct way forwards or backwards, to do it safely, can reduce the risk or lessen the severity of injury. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. Sponsored by The Orchards at Southington. Seating is limited; registration required. RSVP to Plainville Senior Center, 860.747.5728.
Fitness. Sponsored by Southington Care Center. **Seating is limited; registration required.** RSVP to Plainville Senior Center, 860.747.5728.

**’Tis the Season**
Friday, June 7, 12pm. Free.
Newington Senior Center, 120 Cedar St., Newington.
Highlight local and seasonal produce with vibrant colors and great nutritional value. Presented by Lou Roca, Dining Director at Cedar Mountain Commons. **Sponsored by Cedar Mountain Commons. Seating is limited; registration required.** RSVP to the Newington Senior and Disabled Center, 860.665.8778.

**Naturopathy and Healthy Aging**
Monday, June 10, 10:30am. Free.
Cheshire Senior Center, 240 Maple Ave., Cheshire.
Learn more about naturopathic medicine and how it can be used to prevent, manage and treat cardiovascular disease. Presented by Ken Kirk, physical therapist, Southington Care Center. **Sponsored by Southington Care Center. Seating is limited; registration required.** RSVP to Cheshire Senior Center, 203.272.8286.

**Focused Awareness Meditation**
Wednesday, June 12, 10am. Free.
Farmington Senior Center, 321 New Britain Ave, Unionville.
Focused Awareness Meditation is a simple, five-step technique to help people feel more relaxed, focused and calm. Participants are asked to bring a large towel or small blanket with them for proper positioning in their chair. Presented by Christine Solimini-Swift, exercise physiologist. **Sponsored by The Orchards at Southington. Seating is limited; registration required.** RSVP to Farmington Senior Center, 860.675.2490.

**Mix and Match Cooking**
Tuesday, June 18, 10am. Free.
West Hartford Senior Center, 15 Starkel Road, West Hartford.
Easy and healthy recipes with ingredients to mix and match for a week’s worth of meals to tempt your taste buds! Presented by Lou Roca, director of Dining Services, Cedar Mountain Commons. **Sponsored by Cedar Mountain Commons. Seating is limited; registration required.** RSVP to West Hartford Senior Center, 860.561.7583.

**Staying Hydrated**
Tuesday, June 18, 10:45am. Free.
Windsor Locks Senior Center, 41 Oak Street, Windsor Locks.
Learn the importance of stay hydrated, strategies to stay hydrated, and the symptoms someone may experience when they are dehydrated. Presented by Kaitlin Cuas, MSN, RN, Transitional Care Nurse. **Sponsored by American Eagle Financial Credit Union and Hartford HealthCare Center for Healthy Aging.** RSVP to Windsor Locks Senior Center, 860.627.1425.

**Do You Think You Have Acid Reflux?**
Tuesday, June 18, 10am. Free.
Wallingford Senior Center, 238 Washington St., Wallingford.
Learn about natural ways to present heartburn and medications that can help or worsen stomach acid. Presented by Sean Jeffery, PharmD, and Christina Polomoff, PharmD, both of Integrated Partners Hartford HealthCare Group & professors, University of Connecticut School of Pharmacy. **Sponsored by Hartford HealthCare Senior Services. Seating is limited; registration required.** RSVP to 1.855.HHC.HERE/1.855.442.4373.

**Mix and Match Cooking**
Tuesday, June 18, 10am. Free.
West Hartford Senior Center, 15 Starkel Road, West Hartford.
Easy and healthy recipes with ingredients to mix and match for a week’s worth of meals to tempt your taste buds! Presented by Lou Roca, director of Dining Services, Cedar Mountain Commons. **Sponsored by Cedar Mountain Commons. Seating is limited; registration required.** RSVP to West Hartford Senior Center, 860.561.7582.

**Healthy Brain Series**
Wednesdays, June 19, 26, July 3, 10 & 17, 10:30-11:30am. Free.
Wallingford Senior Center, 238 Washington St., Wallingford.
This five-part series will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions. **Session 1:** Intro – Eat Brain Foods & Stay Hydrated; **Session 2:** Challenge Your Mind Daily – Activities to Stay Sharp; **Session 3:** Coping with Changes and Managing Stress – Be Social; **Session 4:** Count Sheep – Be Creative and Have Fun; **Session 5:** Be Positive – Find a Purpose. Presented by Patty O’Brien and Michelle Wyman, dementia specialists, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging.** **Seating is limited; registration required.** RSVP to Wallingford Senior Center, 203.265.7753.
Growing Old Can Bring New Purpose
Wednesday, June 19, 10:30am. Free. Bristol Senior Center, 240 Stafford Ave, Bristol. Growing older changes things: Our physical beings, our outlook on life, our wisdom. We’ve changed but there is still more to do in life. Are you ready to embrace a new purpose? Presented by Christine Solimini-Swift, exercise physiologist. Sponsored by The Orchards at Southington. Seating is limited; registration required. RSVP to Bristol Senior Center, 860.584.7895.

Medicare 101
Friday, June 28, 10:30am-12pm. Free. West Hartford Senior Center, 15 Starkel Road, West Hartford. Medicare 101 is a free educational seminar focused on what Medicare is and how it works; Medicare Advantage Plans; Medicare Supplement Plans; Prescription Drug Plans; when to enroll; how to choose your Medicare plan. Presented by Marissa Hiebel, Medicare educator. Sponsored by Hartford HealthCare Senior Services. Seating is limited; registration required. RSVP to West Hartford Senior Center, 860.561.7583.

Lunch and Learn
Lunch and Learn: Technology in Your Home
Thursday, May 9. 12-1pm. Free. Hospital of Central Connecticut - Cancer Center, 183 North Mountain Road, New Britain, Conference Room A & B. How can you make your home a smart home? Gain control of your home environment by using a range of low to high-tech solutions, including available smart devices. Presented by Kristopher Thompson. Sponsored by Hartford HealthCare Center for Healthy Aging. A light complimentary lunch will be served. Seating is limited; registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Lunch and Learn: Staying Hydrated
Thursday, June 20, 12-1pm. Free. Hospital of Central Connecticut - Bradley Memorial campus, 81 Meriden Ave., Southington, Conference Room A. Learn the importance of stay hydrated, strategies to stay hydrated, and the symptoms someone may experience when they are dehydrated. Speaker is Nick Arsenault, transitional care nurse, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. A light complimentary lunch will be served. Seating is limited; registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Hartford HealthCare Center for Healthy Aging Informational Series
Dementia and Caregiving: Focusing on the Person while Understanding the Disease Progression
Tuesdays, May 7, 14, 21, 28, June 4, 5-6.30pm. Free. The Hungerford Center, Conference Room, 780 Litchfield St., Torrington. Are you caring for someone with dementia? Learn tips at this five-week educational program. Participants are encouraged to attend all sessions.

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sessions. **Session 1**: Overview of Dementia; **Session 2**: Basics of Good Communication and Understanding Behaviors; **Session 3**: Safety in the Environment and how to structure a day with activities; **Session 4**: Taking Care of the Caregiver and Care Options; **Session 5**: Legal and Financial Issues. Presented by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging at Charlotte Hungerford**. **Seating is limited; registration required. RSVP to Jennifer Labrie, 860.496.6240.**

**Healthy Brain Series**

**Wednesdays, June 19, 26, July 3, 10 & 17, 10:30-11:30am.** **Free.** Wallingford Senior Center, 238 Washington St., **Wallingford.** This five-part series will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions. **Session 1**: Intro – Eat Brain Foods & Stay Hydrated; **Session 2**: Challenge Your Mind Daily – Activities to Stay Sharp; **Session 3**: Coping with Changes and Managing Stress – Be Social; **Session 4**: Count Sheep – Be Creative and Have Fun; **Session 5**: Be Positive – Find a Purpose. Presented by Patty O’Brien and Michelle Wyman, dementia specialists, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging**. **Seating is limited; registration required. RSVP to Wallingford Senior Center, 203.265.7753.**

**Assisted Living Open Houses**

**Cedar Mountain Commons**
3 John H. Stewart Drive, Newington. **Saturdays, April 27, May 4 and June 1, 10am-2pm. Just stop by. Information: 860.665.7901.**

**Arbor Rose**
975 Corbin Ave., New Britain. **Sundays, April 28, May 19 and June 23, 10am-2pm. Just stop by. Information: 860.229.3707.**

**The Orchards at Southington**
34 Hobart St., Southington. **Saturdays, April 13, May 4 and June 8, 10am-2pm. Just stop by. Information: 860.628.5656.**

**Mulberry Gardens of Southington**
58 Mulberry St., Plantsville. **Saturdays, April 13, May 18 and June 8, 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, 860.357.4264.**

**Veterans Coffee Talk**
**First Tuesdays, 8:30-9:30am.** **Free.** Windham Hospital, 112 Mansfield Ave., Willimantic, **Bernard Derosier Room.** Hartford HealthCare Center for Healthy Aging at Windham Hospital hosts a monthly “coffee talk” and support group for veterans. Wayne Rioux, a Vietnam-era Army veteran and Hartford HealthCare’s veterans liaison, leads the group. Topics may include: presumptive diseases, service-connected disabilities, aid & attendance, Connecticut Veterans Wartime Service Medal, burial allowances for survivors of veterans, and more. Complimentary coffee and refreshments will be served. **RSVP to Hartford HealthCare Center for Healthy Aging, 860.456.6785.**

**Navigating the Cancer Journey**
**Friday, April 12, 10-11am.** **Free.** Backus Hospital, Backus Medical Office Building - Conference Room, 330 Washington St., Norwich. **Support class for patients and families covers topics such as communicating with your medical team, understanding diagnosis and treatment, available support services, and addressing transportation and financial concerns. Sponsored by Hartford HealthCare Backus Hospital. Seating is limited; registration required. RSVP to 860.425.3870.**
Memory Screening
Charlotte Hungerford, 540 Litchfield St., Torrington. Free. 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. Screenings conducted by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. Appointments required. RSVP to 860.496.6240.

Alzheimer’s Caregiver Support Group

Lunch and Learn: Growing Older Can Bring New Purpose
Thursday, April 25, 12-1pm. Free. Charlotte Hungerford Hospital, 540 Litchfield St., Torrington, Library Conference Room. Growing older can bring about changes both physically and in our outlook on life. Learn ways to improve activities of daily living through exercise by improving strength, balance and flexibility. Presented by Amanda S. Hill, rehabilitation manager, Charlotte Hungerford Hospital. Sponsored by Hartford HealthCare at Home and Hartford HealthCare Center for Healthy Aging. A light complimentary lunch will be served. Seating is limited and registration is required. RSVP to Jennifer Labrie, 860.496.6240.

To Take or Not to Take OTC Meds
April 10, 1-2pm. Free. Winsted Senior Center, 80 Holabird Ave., Winsted. Are you among the 81% of seniors who take over the counter (OTC) medications? Learn about how to select OTC medications; possible risks, side effects and drug interactions for common cough, cold, reflux, sleep and pain medications; and how to use, store and dispose of OTCs. Presented by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. Seating is limited; registration required. RSVP to Winsted Senior Center, 860.379.4552.

Keeping Memory Strong
Thursday, April 11, 10:30-11:30am. Free. Litchfield Community Center, 421 Bantam Road, Litchfield. Learn ways to keep your brain healthy and mind sharp along with challenging fun activities. Presented by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. Seating is limited.

Memory Screening
Monday, April 29, 1-4pm. Free. Winsted Senior Center, 80 Holabird Ave., Winsted. 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. Screenings conducted by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. Appointments required. RSVP to Winsted Senior Center, 860.379.4252.

Alzheimer’s Caregiver Support Group
First Thursdays: May 2, June 6, 10:30am-11:30am. Free. Litchfield Community Center, 421 Bantam Road, Litchfield. Facilitated by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to 860.496.6240.
An exceptional senior living community.

The Orchards at Southington provides a worry-free and peace of mind all-inclusive lifestyle for seniors 55+. We offer a service-rich environment which allows seniors the freedom to do the things they enjoy most without all the worry of upkeep, security, or unexpected financial burdens of owning their own home.

To schedule a tour, call 860.628.5656.

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