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SPRING 2021

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Bringing exercise to the home.

Hartford HealthCare's GoodLife Fitness program is now offering virtual classes to help you stay in shape from the comfort of your own home. All classes are done via Zoom and taught by our certified exercise physiologists. Classes are based on your ability and can be modified as you progress.

• $40 per month for two 30 minute group training sessions per week
• $25 per session for individual 1v1 training
• No long term commitment needed
• New members will receive two free trial classes

To learn more, contact GoodLifeFitness@hhchealth.org or call 860.462.6174.

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
Attr: MyHealthy Advantage Coordinator
80 Meriden Avenue
Southington, CT 06489
860.378.1268
Bonnie.Tormay@hhchealth.org

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hhcseniorservices.org

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

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
*managed by Hartford HealthCare

Mulberry Gardens
Assisted living and memory care
MulberryGardens.org
58 Mulberry Street
Plantsville, CT 06064
860.276.1020

Southington Care Center
Short-term rehabilitation, long-term care and outpatient therapy
SouthingtonCare.org
45 Meriden Avenue
Southington, CT 06489
860.621.9559

The Orchards at Southington
Independent and assisted living
SouthingtonOrchards.org
94 Hobart Street
Southington, CT 06489
860.628.5656

Cedar Mountain Commons
Independent and assisted living
CedarMountainCommons.org
3 John H. Stewart Drive
Newington, CT 06111
860.665.7901

Hartford HealthCare
Independence at Home
1.888.863.2771

Jefferson House
Short-term rehabilitation, long-term care and outpatient therapy
JeffersonHouse.org
1 John H. Stewart Drive
Newington, CT 06111
860.667.4453

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

Hartford HealthCare at Home
HHC@Home.org
888.863.2771

Hartford Hospital
Medical Group at Duncaster
860.380.5150

Other Hartford HealthCare Partners
Backus Hospital
Charlotte Hungerford Hospital
Hartford Hospital
Hartford HealthCare Medical Group
The Hospital of Central Connecticut
The Institute of Living
Integrated Care Partners
MidState Medical Center
Natchaug Hospital
Rushford
Windham Hospital
St. Vincent’s Medical Center
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Rushford
Windham Hospital
St. Vincent’s Medical Center
HartfordHealthCare.org

Choosing a Medicare Advantage plan is an important decision. To get the right coverage for the road ahead, you may need to choose between an HMO and a PPO plan.

**Original Medicare may not be enough**

When you sign up for Original Medicare, you are signing up for Parts A and B, which are provided by the Federal government. However, Original Medicare doesn’t provide complete coverage. It only covers about 80% of expenses. The remaining 20% is your responsibility and could add up to thousands of dollars each year. Plus, Original Medicare doesn’t include Part D prescription drug coverage.

**Completing your coverage**

In order to have enough coverage, many people choose a Medicare Advantage plan (Part C). Both HMO and PPO plans are offered by private insurance companies through the Medicare Advantage program, and they have similarities and differences:

**HMO and PPO similarities**

- Offers everything Medicare covers, and often includes additional benefits
- Available with prescription drug coverage
- Some plans have monthly premiums as low as $0

**HMO and PPO differences**

- **HMO:** You choose a primary care provider (PCP) to be your main doctor who keeps track of your care and refers you to specialists if needed
- **PPO:** You don’t have to choose a PCP, and you can access any doctor or hospital, but out-of-network doctors may cost more

**Which plan is right for you?**

We’d like you to know about CarePartners of Connecticut Medicare Advantage plans—the only Medicare Advantage HMO and PPO plans in the state of Connecticut created with Hartford HealthCare doctors to help you get the care you need.

CarePartners of Connecticut’s local, licensed Medicare Agents can answer all your Medicare questions and help find the plan that’s right for you. Call 1-844-267-2322 (TTY: 711) or visit carepartnersct.com to learn more today!
After living in the same house for 63 years, Barbara Armstrong didn’t want to downsize. Even though she and her husband, Wayne, were having difficulty keeping up with daily duties, she just didn’t want to move from Meriden. She didn’t want to start over in a new home. She didn’t want to have to decide what keepsakes to hold on to and what to pass on. Their five daughters knew that it was time. They were also concerned about their parents’ continued isolation at home as the pandemic continued. “We knew they needed more support,” said Nancy Kroeber, one of the daughters. “And we didn’t want them to have to deal with another winter.”

The family started researching independent and assisted living communities. Kroeber, having worked for Hartford HealthCare for many years, was familiar with The Orchards at Southington. “I like that The Orchards is part of a healthcare system with the insight and resources for addressing the needs of its residents through the pandemic,” she said.

When the family “visited” several communities, Barbara and Wayne liked the inviting, warm feel of The Orchards. It was not an easy decision but it was clearly the best fit for them, they said.

“It was very, very difficult to pack up and move away. But the time was right,” Barbara Armstrong recalled.

The Armstrongs moved to The Orchards in September 2020. “It was a little unsettling to move in at that time,” Kroeber said, referring to the pandemic. However, knowing stringent safety precautions were in place provided peace of mind as did the regular communication staff had with residents and families.

The couple soon knew they had made the right choice and felt like they belonged. “They put the residents’ safety and happiness first. Everyone is friendly and helpful,” Barbara Armstrong said. “We feel safe here.”

Residents and staff have received the COVID-19 vaccinations and the restrictions are slowly lifting. The Armstrongs are becoming more involved — joining in socially distanced fitness classes and activities, exercising in the GoodLife Fitness Center, eating in the dining room and continuing their daily walks in the neighborhood.

With their 67th anniversary approaching, the couple recently reflected on their lives together. Both from families with seven children, they met on a blind date in the early 1950s. Even while Wayne Armstrong was stationed in Virginia, he didn’t stop thinking about Barbara — every time he had a 72-hour leave, he would make the 1,200-mile round trip to Massachusetts and back to see her. After they got married, the family moved to Connecticut when he got a job at Pratt & Whitney. While he worked two jobs, she was in charge of keeping their home life running smoothly — from raising their daughters to mowing the lawn.

Their family continues to be number one and The Orchards continues to provide that connection. When The Orchards was restricted during the Christmas season, the extended family brought the holiday to them by caroling outside their window and bringing presents.

“I can’t think of one thing I don’t like about living here,” Wayne Armstrong said. “We made the right choice.”

To learn more about living at The Orchards at Southington, a not-for-profit member of Hartford HealthCare Senior Services, visit southingtonorchards.org or call 860.628.5656.
Wayne and Barbara Armstrong are all smiles on their wedding day of May 29, 1954. The smiles continue as they chat in the North Living Room at The Orchards at Southington.
If you’ve scheduled your first dose of the COVID-19 vaccine, use this guide on the day of your appointment. If you haven’t scheduled an appointment, please be patient: The state is currently not receiving enough doses from the federal government to meet demand.

**Why You Need an Appointment**

You need an appointment so we can track your vaccination in a medical record. It also ensures you get the proper second dose and we have enough vaccine on-site to administer. For safety reasons, please bring someone with you only if you need support.

To schedule an appointment, it may be easiest to use MyChartPlus at mychartplus.org. Remember to use E-CheckIn before your appointment. This will make sure we have all your information and that you are providing consent to get the vaccine.

If you prefer to schedule your appointment by phone, call the Hartford HealthCare Access Center at 860.827.7690 or toll-free at 833.943.5721. For questions or assistance with scheduling appointments through MyChartPLUS, please call 860.972.4993.

**Please note:** If you have insurance, your insurance will be billed for the vaccine and you will receive an Explanation of Benefits (EOB). For Medicare Advantage patients, traditional Medicare will be billed.

**When You Arrive for Your Vaccination**

- Parking is free.
- Remember to wear your mask when leaving your vehicle and at all times until you return to your vehicle.
- Get registered for the vaccine. A registration assistant will ask you a few questions and complete your appointment registration.

**It’s Your COVID-19 Vaccination Day**

- Get your vaccine card. If this is your first dose, you will be given a small card from the Centers for Disease Control and Prevention with your name and other information. Save this card for your second dose. (If this is your second dose, the registrar will check your card, so please remember to bring it with you.)
- Wait in line and please remember to stand at least 6 feet apart from others.
- Get your vaccine! A vaccinator will again check your information, swab a bit of your preferred upper arm with an alcohol rub, give you your shot, and place a small adhesive bandage there. It takes just a minute.
• Get your card completed. A staff member will complete your vaccine card with the type of vaccine you received and the date. (This may happen while you are in line to get your vaccine.)

• Wait about 15 minutes. Be prepared to sit in one of the chairs provided and wait about 15 minutes — the “observation time.” You may want to bring something to read or use your smartphone. Out of courtesy for others, please do not make phone calls or take photos while waiting.

You’re good to go! If you’re feeling fine, you can just leave after 15 minutes or so. If you have any issues while you are waiting, just tell any clinic staff member and they will be able to help you.

Are There Side Effects From the Vaccine?

Side effects are more commonly reported after the second dose and are more common in people under 55 years old. These side effects are usually mild to moderate, but in rare cases more severe. Studies of the vaccines are ongoing, so other side effects are possible.

Side effects that have been reported following COVID-19 vaccination include:
• Injection site pain, swelling, or redness
• Tiredness
• Headache
• Fever or chills
• Muscle or joint pain
• Nausea or vomiting
• Swollen lymph nodes
• Generally feeling unwell

(Continued on page 8)
What serious adverse events should I be aware of?

There is a small chance that the vaccine could cause a severe allergic reaction, usually occurring within a few minutes to an hour after vaccine administration. Signs could include difficulty breathing, swelling of your face or throat, a fast heartbeat, a rash, and dizziness or weakness. Studies of the vaccines are still ongoing, so other serious and unexpected side effects may occur.

What should I do if I experience an adverse reaction?

If you experience a severe allergic reaction (difficulty breathing, swelling of your face or throat, a fast heartbeat, dizziness, or weakness), call 911 or go to the nearest hospital. If you have other side effects that bother you or do not go away, call your healthcare provider.

After Your Vaccination

Get ready for Round 2. If this was your first dose, remember to schedule your second dose (a “booster shot”) within the right time frame: about 21 days later for the Pfizer vaccine, or about 28 days later for the Moderna vaccine.

To schedule your second dose, visit mychartplus.org or use the same access portal or phone helpline that you used to schedule your first dose. With mychartplus.org, remember to use the E-CheckIn before you arrive for your vaccination.

To learn more about eligibility and vaccine availability, visit https://portal.ct.gov/Coronavirus.

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From the Kitchen of The Orchards at Southington

**SUPERFOOD**

**INGREDIENTS**

- 1 ea Jalapeno Peppers
- 1/2 bunch Fresh Green Onions
- 8 oz Fresh Blueberries
- 1/8 tsp Salt
- 2 Tbsp Lime Juice
- 3/4 tsp Olive Oil
- 1/4 ea Red Onions, Finely Chopped
- 1/4 cup Fresh Basil, Chopped
- 1/4 cup Fresh Cilantro, Chopped
- <1/8 tsp Cayenne Pepper
- 4 ea Skinless Boneless Chicken Breast
- 1/8 tsp Salt

**METHOD**

1. Preheat grill to medium-high flame. Grill jalapeno peppers until slightly charred, turning frequently. When done, pull off stems and remove skin from peppers. Roughly chop the peppers then set aside for later use. Grill whole scallions until soft and charred, about 4 minutes, turning frequently. Remove from grill, let cool, and chop into small pieces.

2. Place 2/3 of the blueberries in a food processor. Pulse until coarsely chopped then transfer to a medium bowl. Add red onion, jalapeños, lime juice, and salt. Mix well. Add basil leaves, cilantro, remaining blueberries and oil. Stir to combine.

3. Sprinkle chicken breast with salt and cayenne pepper. Grill chicken for 4 minutes on each side, or until internal temperature reaches 165°F for 15 seconds.

4. Top chicken with blueberry salsa and garnish with grilled scallions.

**NUTRITION FACTS**

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<th>SAT FAT</th>
<th>TOTAL CARB</th>
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Many of us have been putting off our annual physicals and health screenings during the pandemic. However, now it is more important than ever to keep up with basic screenings and preventative measures.

Why? The best protection is early detection. Health screenings are a way to find medical conditions or diseases early while they are easier and less expensive to treat.

**Physical Exam:** After age 50, an annual physical is recommended. This includes an age-appropriate physical examination, review of medical history and medications, preventive screenings, necessary immunizations, discussion of mental health, and possible additional assessments to determine if other tests such as bone density, skin cancer and dementia are needed.

**Blood Pressure Screening:** High blood pressure often has no symptoms, however, it can increase the risk of congestive heart failure, stroke and kidney failure.

**Fasting Blood Test:** Fasting blood tests (requiring fasting 6 to 12 hours before) are conducted for: glucose (for pre-diabetes, diabetes); a lipid profile for cholesterol (for risk of heart disease or stroke); basic or comprehensive metabolic panel (for blood sugar, kidney and liver function); Vitamin B12 (for anemia and other problems); iron; and other reasons.

**Body Composition Screening:** This determines your body mass index (BMI) or the numerical value of weight in relation to height. A BMI above 25 is considered overweight.

**Hearing and Vision Screening:** Individuals age 65 and older should have eye and hearing exams every one to two years.

**Cancer Screenings**

**Colon Cancer Screening:** A colonoscopy helps identify colon cancers at a very early stage, making treating it a lot easier. There is also an at-home non-invasive stool test called Cologuard® that can be used and may indicate if more extensive testing is necessary.

**Women:**

**Breast Cancer Screening:** Mammograms are highly recommended to detect cancers at a very early stage and to be able to treat before it is too late.

**Cervical Cancer Screening:** Pap smears/vaginal exams help detect cervical cancers at an early stage.

**Bone Density Exam:** For anyone over 60 years of age and who is postmenopausal, a bone density exam helps determine how strong or weak your bones are. It also helps determine if you are at high risk for fractures.

**Men:**

**Prostate Cancer Screening:** Digital rectal exams can help determine any abnormalities in your prostate and the need for further testing. If you are having any urinary symptoms, it might be best to seek the care of an urologist for prostate cancer screening.

**Immunizations**

**Shingles:** For anyone older than 60

**Pneumonia:** Two different vaccinations, one year apart – Pneumovax® and Prevnar 13® for anyone 65 and older

**Flu:** Every year

**COVID-19:** As soon as eligible

Looking for a physician? Visit https://hartfordhealthcare.org/find-a-doctor
GoodLife Fitness Virtually Brings Exercise to the Home

Throughout the years, GoodLife Fitness has helped countless older adults achieve a healthier life by building energy, strength and endurance through one-to-one exercise. Individual’s goals have included building muscle strength, balance and cardiovascular health as well as self-esteem, while reducing the risk of falls and injuries. The end result has been a healthier and more confident quality of life.

Now GoodLife Fitness is able to offer the same guidance virtually while the eight physical locations remain closed to the public. For $40 each month, individuals are able to participate in two 30-minute group training sessions per week or pay $25 per one-on-one session in the privacy of their own homes. No long-term commitment is necessary. New members will receive two free trial classes.

GoodLife Fitness professionals are all certified exercise physiologists who are qualified to work with adults of varying fitness and health levels. Prior to starting, each person develops individual goals. The exercise specialist who guides the program develops a personalized fitness plan which is modified as a member progresses. Classes are based on ability and participation is contingent on the approval of the person’s primary care physician.

“Any adult interested in improving their overall fitness and meeting their goals under the supervision of a qualified professional should join our program. Whether you are pre- or post-rehab or simply want to improve your quality of life, we cater to your individualized needs,” said Emil Johnson, GoodLife Fitness program manager.

To learn more, contact GoodLifeFitness@hhchealth.org or call 860.462.6174.

GoodLife Fitness, a program of Hartford HealthCare, is geared toward the older adult to build energy, strength and endurance for an active lifestyle. An exercise physiologist works one-to-one with each person to improve muscular strength, balance, cardiovascular health and self-esteem, while reducing the risk of falls and injuries. For more information and about the eight locations, visit https://hhcseniorservices.org/health-wellness/goodlife-fitness.
## Merchant Discounts

<table>
<thead>
<tr>
<th>Business Name</th>
<th>Contact Information</th>
<th>Address/Location</th>
<th>Discount Details</th>
</tr>
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<tbody>
<tr>
<td><strong>Amston Home Transition Solutions</strong> 203.678.9728</td>
<td>61 N. Plains Industrial Road #173, Wallingford</td>
<td>FREE in home evaluation and estimates for any services. 10% off cleanout/removal services.</td>
<td></td>
</tr>
<tr>
<td><strong>Aziago’s Restaurant 860.426.1170</strong></td>
<td>166 Queen St. Southington</td>
<td>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.</td>
<td></td>
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<tr>
<td><strong>B &amp; V Jewelers 860.276.2097</strong></td>
<td>76 N. Main St. Southington</td>
<td>One free watch battery per person, not applicable on solar powered watches, Smart watches or on lithium batteries.</td>
<td></td>
</tr>
<tr>
<td><strong>Barker Animation 203.272.2222</strong></td>
<td>1188 Highland Ave. Route 10, Cheshire</td>
<td>20% Collectors Star Club discount &amp; $1 off museum entrance fee.</td>
<td></td>
</tr>
<tr>
<td><strong>Beacon Pharmacy 860.628.3972</strong></td>
<td>609 N. Main St. Southington</td>
<td>Free local Delivery.</td>
<td></td>
</tr>
<tr>
<td><strong>Beacon Prescriptions 860.225.6487</strong></td>
<td>543 W. Main St. New Britain</td>
<td>Free prescription delivery. M-F, 9-6pm.</td>
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<tr>
<td>**Bongiovanni Insurance &amp; Financial LLC</td>
<td>203.237.7900**</td>
<td>107 E. Main St. Meriden</td>
<td>10% off tax preparation.</td>
</tr>
<tr>
<td><strong>Casey’s Image Consultants 860.628.8857</strong></td>
<td>51 N. Main St. Suite 1BB, Southington</td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td><strong>Century 21 203.213.4141</strong></td>
<td>441 N. Main St. Southington</td>
<td>$250 towards house cleaning when you buy or complete a home sale with Joyce Gibson.</td>
<td></td>
</tr>
<tr>
<td><strong>Colony Vision Care 203.265.7990</strong></td>
<td>60 Church St. Wallingford</td>
<td>20% off eyeglasses.</td>
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<tr>
<td><strong>Drain Surgeon 860.229.6941</strong></td>
<td>228 Corbin Ave. New Britain</td>
<td>10% off any plumbing repair work in residential housing.</td>
<td></td>
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<tr>
<td><strong>Eyewear Glasses 860.621.8215</strong></td>
<td>55 Meriden Ave. Southington</td>
<td>15% off any pair of glasses.</td>
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<tr>
<td><strong>Frank D. Marrocco, CPA 860.229.7479</strong></td>
<td>142 W. Main St. New Britain</td>
<td>Income Tax Preparation Services – 10% off.</td>
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<tr>
<td><strong>Giovanni’s Pizzeria 860.621.2299</strong></td>
<td>714 West St. Southington</td>
<td>10% off Tues &amp; Wed, pick-up only. Except when using a coupon.</td>
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*Please be aware that merchants may choose to discontinue their involvement at any time and that the MyHealthy Advantage Club will not be held responsible.*
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<tr>
<td><strong>Graebers</strong></td>
<td>172 W. Main St.</td>
<td>10% off durable equipment &amp; prescription drugs/Free delivery to Meriden, Wallingford and Cheshire</td>
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<tr>
<td>203.235.6305</td>
<td>Meriden</td>
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<tr>
<td><strong>Grant Chiropractic Health Center, LLC</strong></td>
<td>1601 Meriden-Waterbury Tpk., Milldale</td>
<td>10% off non-insurance covered items</td>
</tr>
<tr>
<td>[860.620.9523]</td>
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<tr>
<td><strong>Greenbackers</strong></td>
<td>744 Murdock Ave.</td>
<td>10% off regularly priced items</td>
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<tr>
<td>203.238.2516</td>
<td>Meriden</td>
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<tr>
<td><strong>Hearing Health &amp; Wellness Center</strong></td>
<td>710 Main St., Clock Tower Square Plantsville</td>
<td>One free Battery Club membership with every hearing aid purchase.</td>
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<tr>
<td>[860.426.9181]</td>
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<tr>
<td><strong>Karma's Closet</strong></td>
<td>3153 Berlin Tpk.</td>
<td>15% off your total purchase. Excludes firm items</td>
</tr>
<tr>
<td>860.436.6055</td>
<td>Newington</td>
<td></td>
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<tr>
<td><strong>Keller Williams Realty</strong></td>
<td>358 Scott Swamp Road</td>
<td>Free consultation to learn what your home is worth.</td>
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<tr>
<td>860.681.6796</td>
<td>Farmington</td>
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<tr>
<td><strong>La Vita Vintage</strong></td>
<td>774 S. Main St.</td>
<td>10% off any item. Present card prior to check out</td>
</tr>
<tr>
<td>860.621.7799</td>
<td>Plantsville</td>
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<tr>
<td><strong>Meriden YMCA</strong></td>
<td>110 W. Main St.</td>
<td>BE OUR GUEST, your MyHealthy Advantage card entitles you to one free visit at the Meriden YMCA</td>
</tr>
<tr>
<td>203.235.6386</td>
<td>Meriden</td>
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<tr>
<td><strong>Next Street Driver Rehab Services</strong></td>
<td>Call for locations.</td>
<td>After clinical assessment, $25 off for driving assessment and $50 off for both clinical and driving assessment</td>
</tr>
<tr>
<td>860.417.5569</td>
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<tr>
<td><strong>October Kitchen</strong></td>
<td>309 Green Road</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>860.533.0588</td>
<td>Manchester</td>
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<tr>
<td><strong>Pals Power Washing, LLC</strong></td>
<td>41 Riverside Court</td>
<td>Free Cabot stain for all deck restorations or 10% off any house washing</td>
</tr>
<tr>
<td>860.919.8748</td>
<td>Southington</td>
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<tr>
<td><strong>Professional Vision Center</strong></td>
<td>512 W. Main St.</td>
<td>20% off all services</td>
</tr>
<tr>
<td>203.269.2207</td>
<td>Meriden</td>
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<tr>
<td><strong>Schmidt Lawn Care, LLC</strong></td>
<td>P.O. Box 1035</td>
<td>10% off complete fall clean-up of property or curbside leaf removal</td>
</tr>
<tr>
<td>860.628.9781</td>
<td>Southington</td>
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<tr>
<td><strong>Serafino’s Pharmacy</strong></td>
<td>36 N. Main St.</td>
<td>10% off prescriptions</td>
</tr>
<tr>
<td>860.628.7979</td>
<td>Southington</td>
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<tr>
<td><strong>Smokin’ With Chris</strong></td>
<td>59 W. Center St.</td>
<td>10% off on Wednesdays all day with the MyHealthy Advantage card</td>
</tr>
<tr>
<td>860.620.9133</td>
<td>Southington</td>
<td></td>
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<tr>
<td><strong>Southington Cheshire YMCA</strong></td>
<td>29 High St., 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>860.628.5597</td>
<td>967 S. Main St., Cheshire</td>
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<tr>
<td>Business Name</td>
<td>Address</td>
<td>Discount/Service Details</td>
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<tr>
<td>Southington Cheshire YMCA</td>
<td>29 High St., Southington 967 S. Main St., Cheshire</td>
<td><strong>BE OUR GUEST</strong>, 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 St. 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>
</tr>
<tr>
<td>The Dutiful Daughter, LLC</td>
<td>103 Thayer Road Manchester</td>
<td>15% off packing, moving and content removal services.</td>
</tr>
<tr>
<td>Town Fair Tire</td>
<td>750 Queen St. 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 Ave. 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 St. 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 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 Ave., 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 Bonnie.Tormay@hhchealth.org or call 860.378.1268.

**Special Programs and Events**

**Alzheimer’s & 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, and stages of the disease, family dynamics and safety issues.

**First Tuesday of every month, 10-11am.**

Are you a caregiver and feeling overburdened? 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. Facilitated by Michelle Wyman, dementia specialist, Hartford HealthCare Center for Healthy Aging. This group is coordinated with the West Hartford Senior Center and sponsored by Hartford HealthCare Center for Healthy Aging and Alzheimer’s Association CT Chapter. **REGISTRATION REQUIRED:** Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

**Second Wednesday of every month, 10-11am.**

Facilitated by Adrianne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. **REGISTRATION REQUIRED:** Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

**Third Monday of every month, 1-2:30pm.**

This group is an affiliated support group of the Alzheimer’s Association Connecticut Chapter. Facilitated by Patty O’Brien, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and Duncaster. **REGISTRATION REQUIRED:** Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

**Younger Onset Dementia Caregiver Support Group**

Third Wednesdays: April 21, May 19 and June 16, 1-2pm. Facilitated by Adrianne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. **REGISTRATION REQUIRED:** Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

**Last Monday of every month, 10:30-11:30am.**

Facilitated by Michelle Wyman, dementia specialist, Hartford HealthCare Center for Healthy Aging. **REGISTRATION REQUIRED:** Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

**Second Wednesday of every month, 6:30-8pm.**

This group is an affiliated support group of the Alzheimer’s Association Connecticut Chapter. Facilitated by Patty O’Brien, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and Southington Care Center. **REGISTRATION REQUIRED:** Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.
Call-in Dementia Caregivers Support Group
Fridays, 2pm.
This call-in support group includes topics such as communication techniques, caregiver support, benefits of activities, stages of the disease, family dynamics and safety issues. Facilitated by Hartford HealthCare Center for Healthy Aging’s certified dementia specialists. Sponsored by Hartford HealthCare Center for Healthy Aging. Registration is not required. For more information, call 877.424.4641. To join Hartford HealthCare’s Virtual Meeting Room, call: 860.972.6338. Access code: 19623#.

Memory Café
Mondays, 10:30-11:30am.
The Virtual Memory Café is a welcoming place for people with memory loss, mild cognitive impairment and early dementia and for their families and friends. Memory Café offers an easy and fun way to socialize with others who have a shared experience. Facilitated by a dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. Registration REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Memory Screenings
Free virtual memory screenings are now available at your convenience through Hartford HealthCare Center for Healthy Aging. These confidential screenings average 20 minutes and consist of five questions to assess memory. They do not diagnose any illness but can indicate if someone should follow up with a full medical exam. To learn more or to schedule an appointment, call Hartford HealthCare Center for Healthy Aging, 1.877.424.4641.

Virtual Bereavement Support Groups
First and third Mondays, 1-2pm. Facilitated by Nichol Burris. To RSVP, email nichol.burris@hhchealth.org.
Second and fourth Wednesdays, 1-2:30pm. Facilitated by Bill Pilkington. To RSVP, email bill.pilkington@hhchealth.org.
Call-in Bereavement Support Group, Thursdays, 1-2:30pm. Call 860.972.6338; code: 22528#.
Sponsored by Hartford HealthCare at Home Hospice Program. For more information, contact Jolene Miceli, Southington Community YMCA, 860.426.9589 or email jmiceli@sccymca.org.

Diabetes Prevention
YMCA Diabetes Prevention Program
This series, which incorporates exercise with education, is for individuals who have not already been diagnosed with Type 2 diabetes. Participants receive a free three-month YMCA membership and guidance in the gym. For Southington residents only, 18 years old and older. For more information, contact Jolene Miceli, Southington Community YMCA, 860.426.9589 or email jmiceli@sccymca.org.

Metamorphosis: Honoring the Sacred Journey of Grief
Second and fourth Friday of every month effective Feb. 12, 11am-12pm.
This webinar will provide a caring and compassionate environment that allows participants to explore and understand the nature of loss, grief and recovery. Learn more about: recognizing your personal grieving process; developing coping techniques; and integrating your experiences with intentional awareness and reflection. Mindfulness techniques include meditation, journal writing and connecting with nature. Facilitated by Jennifer Johnson, pastoral counselor. Sponsored by Hartford HealthCare at Home Hospice Program. For more information, email jennifer.johnson@hhchealth.org. After you register, you’ll receive an email with easy instructions to join the virtual class.

Stroke Support Group
Virtual Stroke Support Group
This group provides support and education for stroke survivors and their caregivers/families. Facilitated by Christina Collin, stroke coordinator. For dates and times, contact Christina Collin, 860.224.5900, ext. 6468.

Continued on page 16
Cancer Support Group

Gynecological Cancer Support Group
Mondays, April 5, May 3 and June 7, 6–7:30pm.
This interactive support group is for women impacted by all gynecological cancers.
REGISTRATION REQUIRED:
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Movement Disorders and Other Neurodegenerative Conditions: Support for Caregivers

Movement Disorders and Other Neurodegenerative Conditions: Support for Caregivers
First and Third Tuesdays, April 6 & 20, May 4 & 18 and June 1 & 15, 10-11am.
Each session spotlights a different caregiver/care-partner topic. Meetings begin with a brief clinician-led presentation. Afterwards, participants can share and contribute their own thoughts and experiences related to the session topic. Sessions will take place bi-weekly through Zoom. Facilitated by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and the Department of Rehabilitation Services–State Unit on Aging, Connecticut Dept. of Public Health, and North Central Area Agency on Aging.
REGISTRATION REQUIRED: Call Amina Weiland, 860.286.3236. Last day of registration is April 14.

Live Well with Chronic Pain Telephonic Workshop
Mondays, April 26, May 3, 10, 17, 24 & 31, 2-3pm.
Participants are encouraged to attend all sessions. For those with chronic pain brought on by health conditions, each day can be a struggle. The free six-week telephonic workshop, “Live Well with Chronic Pain Toolkit,” will provide practical tools to help individuals to develop self-management skills and the confidence to take control of chronic pain. Weekly meetings with a trained Live Well leader enhance the experience and can help to alleviate social isolation prevalent at this time. Topics will include: understanding and managing symptoms; dealing with stress and difficult emotions; learning how to safely maintain physical activity and improve flexibility; setting achievable weekly goals; as well as questions and answers with the facilitator. Facilitated by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and the Department of Rehabilitation Services–State Unit on Aging, Connecticut Dept. of Public Health, and North Central Area Agency on Aging.
REGISTRATION REQUIRED: Call Amina Weiland, 860.286.3236. Last day of registration is April 14.

Virtual Programs

APRIL

Stress Management
Thursdays, April 1, May 6 and June 3, 11am-12pm.
In this interactive presentation, learn more about: what stress truly is and the three types of it; how our body responds to stress/distress; and different relaxation techniques. Q&A will follow. Presented by Christine Solimini-Swift, exercise physiologist, GoodLife Fitness. Sponsored by GoodLife Fitness.
REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Caregiving Through COVID-19
Monday, April 5, 1-2pm.
COVID-19 has been particularly hard for many people, including caregivers. In this interactive presentation, learn more about: how to recognize caregiver fatigue and create a self-care plan; identifying and accessing resources; and discovering tools to create a successful day. Q&A will follow. Presented by Adrienne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging.
REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Understanding Lymphedema
Wednesday, April 7, 11am-12pm.
The World Health Organization estimates that over 250 million people worldwide live with lymphedema or chronic swelling. It is a disease that can cause pain, limit our mobility and cause us to be insecure about ourselves. In this interactive presentation, learn more about: the causes and effects of swelling; ways to manage it; and how participation in skilled occupational and physical therapy can help. Presented by a certified lymphedema therapist from Hartford HealthCare Rehabilitation Network. **Sponsored by Hartford HealthCare Rehabilitation Network.** **REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

**Home Safety & Fall Reduction for the Older Adult**
**Thursdays, April 8, May 20 and June 17, 1-2pm.**
Many older adults value the comfort of living in their own home. From a clinician’s perspective, there are some aging considerations worth knowing in terms of environmental modification, fall prevention and polypharmacy dangers to make home even safer. Presented by Marc Levesque, resource coordinator, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging.** **REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

**Building Better Bones & Joints**
**Thursday, April 8, 11am-12pm.**
In this interactive presentation, learn more about: bone and joint health; benefits of moving to maintain bone health; and the best exercises for your bones and joints. Q&A will follow. Presented by Julie Sopchak, exercise physiologist, GoodLife Fitness. **Sponsored by Hartford HealthCare GoodLife Fitness.** **REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

**Navigating the ‘What Ifs’ in Your ‘Golden Years’**
**Tuesday, April 13, 11am-12pm.**
In this interactive presentation, learn more about: the varying levels of care available; and the types of housing, funding sources and resources in the community. Discussion will include the differences between being proactive vs. reactive. Presented by Marc Levesque, resource coordinator, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging.** **REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

**Understanding Arthritis**
**Tuesday, April 13, 1-2pm.**
In this interactive presentation, learn more about: dietary factors; how free radicals and trauma can cause arthritis; how arthritis is diagnosed; and what you can do to prevent it. Q&A will follow. Presented by Evan Gross, exercise physiologist, GoodLife Fitness. **REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

**Making the Most of Your Telemicine Appointment**
**Wednesday, April 14, 10-11am.**
Telemicine visits have been utilized in high demand due to physical distancing measures and expansion of insurance coverage. Learn more about: the different types of virtual services; pros and cons; and tips for environment, technology and preparation. Presented by Katie Cuas, transitional care nurse, Hartford HealthCare Center.
Advantage News

Special Programs and Events

(Continued from page 17)

for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Importance of Proper Posture
Wednesday, April 14, 10:30-11:30am.
In this interactive presentation, learn more about: how poor posture can lead to numerous muscular-skeletal problems, including back pain, neck pain, and joint issues as well as what you can do to improve it. Presented by Michele Boisvert, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Exercise & Healthy Aging
Friday, April 16, 1-2pm.
Topics include: benefits of daily activities to shape physiology, exercise can be used as a tool to fight disease and age-related decline and types of exercise. Q&A will follow. Presented by Joanna Weir, exercise physiologist, Hartford HealthCare GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Managing Chronic Back Pain
Wednesday, April 21, 11am-12pm.
In this interactive presentation, learn more about: defining pain; risk factors and causes; and ways to manage back pain. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Caring for Your Aging Parents
Tuesday, April 20, 12-1pm.
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. This interactive presentation will discuss the impact on the physical and emotional health of caregivers and offer community resources to prepare for the caregiving journey. Presented by Jennifer McCaughey, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Hospitalization Happens
Friday, April 23, 2-3pm.
A trip to the hospital can be stressful for people with Alzheimer’s disease or another dementia and their caregivers. Being prepared for emergency and planned hospital visits can relieve some of that stress. This presentation suggests...
ways to help you prepare and tips for making your visit to the emergency room or hospital easier. Q&A will follow. Presented by Patty O’Brien, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

All About Vein Disease
Tuesday, April 27, 12-1pm.
Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: risk factors for vein disease, diagnosis of vein disease, treatment of vein disease (including newest technologies, a non-thermal Vena Seal Procedure) and insurance coverage for treatment. Plus, LIVE Q&A with the expert. Presented by Jeffery Takahaski, MD. Sponsored by Hartford HealthCare and Vein Centers of CT, Proud Member of MidState Radiology Associates. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Ending Loneliness: Finding a Meaningful Life
Wednesday, April 28, 2-3pm.
Loneliness is recognized as a public health issue. The research evidence is clear that loneliness has affected individuals’ physical, mental and emotional health. In this presentation, we will examine the causes of loneliness and find meaningful ways to fulfill your life. Presented by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Keys to Consider:
Driving and Dementia
Friday, April 30, 10-11am.
In this interactive presentation, learn more about: the progression of dementia; how dementia affects the skills needed to drive; and safety concerns. Q&A will follow. Presented by Kristine Johnson, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

MAY
How to Fall Safely
Tuesday, May 4, 10-11am.
Sometimes, there’s no way to avoid a fall. If you are aware of the inevitability of a fall, you can at least prepare properly to fall. In this virtual presentation, learn how to fall down the correct way forwards or backwards, all the details on how to do it safely to reduce the risk or lessen the severity of injury. Presented by Mitchell Nyser, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Understanding Lymphedema
Wednesday, May 5, 11am-12pm.
The World Health Organization estimates that over 250 million people worldwide live with lymphedema or chronic swelling. It is a disease that can cause pain, limit our mobility and cause us to be insecure about ourselves. In this interactive presentation, learn more about: the causes and effects of swelling; ways to manage it; and how participation in skilled occupational and physical therapy can help. Presented by a certified lymphedema therapist from Hartford HealthCare Rehabilitation Network. Sponsored by Hartford HealthCare Rehabilitation Network. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Stress Management
Thursday, May 6, 11am-12pm.
In this interactive presentation,
learn more about: what stress truly is and the three types of it; how our body responds to stress/distress; and different relaxation techniques. Presented by Christine Solimini-Swift, exercise physiologist, GoodLife Fitness. **Sponsored by GoodLife Fitness.** **REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

**Advance Directives: Who Would Speak for You?**
**Thursday, May 13, 12-1pm.**
In this interactive presentation, learn more about: palliative programs; advance directives; and family planning assistance. Presented by Colleen Mulkerin, MSW, director of Palliative, Social Work and Spiritual Care Programs. **REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

**Men’s Health: Tips for Good Health Later in Life**
**Tuesday, May 18, 1-2pm.**
Taking charge of your own health is an important. Understanding what are some common areas of concern related to men are will allow you to feel empowered about how to partner with your healthcare provider to live your best life. Presented by Nicholas Arsenault, transitional care nurse, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging.** **REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

**Exercise & Healthy Aging**
**Friday, May 14, 1-2pm.**
In this interactive presentation, learn more about: benefits of daily activities to shape physiology; and how exercise can be used as a tool to fight disease and age-related decline and types of exercise. Q&A will follow. Presented by Joanna Weir, exercise physiologist, Hartford HealthCare GoodLife Fitness. **Sponsored by Hartford HealthCare GoodLife Fitness.** **REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

**Navigating the ‘What Ifs’ in your ‘Golden Years’**
**Tuesdays, May 11, 11am-12pm.**
In this interactive presentation, learn more about: the varying levels of care available; and the types of housing, funding sources and resources in the community. Discussion will include the differences between being proactive vs. reactive. Presented by Marc Levesque, resource coordinator, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging.** **REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

**Let’s Talk About the Brain**
**Friday, May 14, 10-11am.**
In this interactive presentation, learn more about: important tasks and functions of your brain; keeping your brain healthy; symptoms of normal age-related brain changes vs. symptoms of dementia. Q&A will follow. Presented by Michelle Wyman, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging.** **REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

**Understanding Arthritis**
**Tuesday, May 11, 1-2pm.**
In this interactive presentation, learn more about: dietary factors; how free radicals and trauma can cause arthritis; how arthritis is diagnosed; and what you can do to prevent it. Q&A will follow. Presented by Evan Gross, exercise physiologist, GoodLife Fitness. **REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

**Home Safety & Fall Reduction for the Older Adult**
**Thursday, May 20, 1-2pm.**
Many older adults value the comfort of living in their own home. From a clinician’s perspective, there are some aging considerations worth knowing in terms of environmental modification, fall prevention and polypharmacy dangers to make home even safer. Presented by Marc Levesque, resource coordinator, Hartford HealthCare Center for Healthy Aging. **REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.
for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

The Best Gift is You: Putting Yourself First
Wednesday, May 26, 2-3pm.
It is important to make self-care a priority to meet your physical, emotional, and spiritual needs. Participants will learn the causes and symptoms of stress and explore different creative self-care strategies. Presented by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

JUNE

Understanding Lymphedema
Wednesday, June 2, 11am-12pm.
The World Health Organization estimates that over 250 million people worldwide live with lymphedema or chronic swelling. It is a disease that can cause pain, limit our mobility and cause us to be insecure about ourselves. In this interactive presentation, learn more about: the causes and effects of swelling; ways to manage it; and how participation in skilled occupational and physical therapy can help. Presented by a certified lymphedema therapist from Hartford HealthCare Rehabilitation Network. Sponsored by Hartford HealthCare Rehabilitation Network. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Stress Management
Thursday, June 3, 11am-12pm.
In this interactive presentation, learn more about: what stress truly is and the three types of it; how our body responds to stress/distress; and different relaxation techniques. Presented by Christine Solimini-Swift, exercise physiologist, GoodLife Fitness. Sponsored by GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Navigating the ‘What Ifs’ in Your ‘Golden Years’
Thursday, June 10, 11am-12pm.
In this interactive presentation, learn more about: the varying levels of care available; and the types of housing, funding sources and resources in the community. Discussion will include the differences between being proactive vs. reactive. Presented by Marc Levesque, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Building Better Bones & Joints
Thursday, June 10, 11am-12pm.
This program focuses on bone and joint health, benefits of moving to maintain bone health and the best exercises for your bones and joints. Q&A will follow. Presented by Julie Sopchak, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Making the Most of Your Doctor’s Appointment
Wednesday, June 16, 1-2pm.
On average, doctor appointments are only 15 minutes long. In this virtual presentation, 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, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

They Say I Have Dementia - What Does That Mean?
Wednesday, June 16, 6-7pm.
A diagnosis of dementia can be frightening for those affected by the syndrome, their family members and caregivers. In this virtual presentation, learn more about: signs and symptoms of dementia; dif-
Special Programs and Events

(Continued from page 21)

ferent types of dementia; and risk factors. Presented by Patty O’Brien, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Music Therapy & Healing
Thursday, June 17, 12-1pm.
In this interactive presentation, learn more about the therapeutic modality of sound, structures, emotions and possibilities to help people with a variety of needs, physical, communicative and social benefits in a variety of settings, including homes, nursing homes, private practice, hospitals and rehabilitation settings. Q&A will follow. Presented by Laura Famulare, MA, MT-BC, music therapist. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Avoid Becoming a Victim of Fraud and Scams
Thursday, June 17, 1-2pm.
Scams and frauds can occur in every demographic and can happen to anyone. COVID-19 is not the only pandemic you should protect yourself from. In this interactive presentation, learn more about: how well-known scams work; tactics that scammers use; how to protect yourself; and what to do if you think you have been scammed. Presented by Lillian Swan, transitional care nurse, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Home Safety & Fall Reduction for the Older Adult
Thursday, June 17, 1-2pm.
Many older adults value the comfort of living in their own home. From a clinician’s perspective, there are some aging considerations worth knowing in terms of environmental modification, fall prevention, and polypharmacy dangers to make home even safer. Presented by Marc Levesque, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

What is Dementia?
Friday, June 18, 1-2pm.
In this interactive presentation, learn more about: what dementia is; causes of dementia; the most common types; how to diagnose; current treatments; and ways to keep your brain strong. Q&A will follow. Presented by Michelle Wyman, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Managing Chronic Back Pain
Wednesday, June 23, 11am-12pm.
In this interactive presentation, learn more about various approaches to minimizing lower back pain with non-drug treatments. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

Medicare
Medicare 101: Understanding Your Options
Dates include: April 5, 7, 8, 12, 14, 15, 19, 21, 22, 26, 28 & 29; May 3, 5, 6, 10, 12, 13, 17, 19, 20, 24, 26 & 27; and June 2, 3, 7, 9, 10, 14, 16, 17, 21, 23, 24, 28 & 30. Call for times. Topics include: Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Coverage. Presented by Marissa Hiebel and Lisa Benton, Medicare educators. Sponsored by Hartford HealthCare and Integrated Care Partners. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.
Medicare 103: Roadmap to Retirement
Tuesdays, April 6, 13, 20 & 27; May 4, 11, 18 & 25; and June 1, 8, 15, 22 & 29. Call for times.
Medicare 103 focuses on transitioning from your employer plan to Medicare, including important things to consider if you’re planning to retire this year, your Medicare coverage options, and valuable resources such as websites and checklists. Presented by Marissa Hiebel and Lisa Benton, Medicare Educators. **Sponsored by Hartford HealthCare and Integrated Care Partners.** REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

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**Virtual Series**

**Dementia Caregiver Series**

**Thursdays, April 8, 15, 22 & 29, 1:30-3pm.**

This five-part series covers:

- **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:** Overview of Community Resources that May Be Helpful

Presented by a certified dementia specialist from Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging.** REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

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**Healthy Brain Series**

**Wednesdays, April 7, 14, 21, 28 and May 5, 2-3pm.**

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. Sessions will cover:

- **Session 1:** Challenge Your Mind Daily: Activities to Keep Your Mind Sharp
- **Session 2:** Feeding the Brain: The Importance of Diet and Hydration
- **Session 3:** Benefits of a Purposeful Life: Finding Meaningful Engagement as You Age
- **Session 4:** Good Sleep and Brain Power: The Importance of Sleep and Your Brain
- **Session 5:** The Blue Zones: Lessons for Living Longer from the People Who’ve Lived the Longest

Presented by a certified dementia specialist from Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging.** REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.

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**Live Well with Chronic Pain Workshop**

**Mondays, April 26, May 3, 10, 17 & 24, 2-3pm.**

In this interactive presentation, learn more about: understanding and managing symptoms, maintaining physical activity and improve flexibility, setting achievable weekly goals, and Q&A with the expert. Facilitated by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. **Sponsored by Hartford HealthCare Center for Healthy Aging.** The last day of registration is April 14. REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. After you register, you’ll receive an email with easy instructions to join the virtual class.
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- Monthly rentals, no buy-in fees.
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- Highest safety standards in place, including rigorous COVID precautions, one of many benefits of being part of the Hartford HealthCare integrated care network.

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To schedule a tour, call 860.665.7901 | CedarMountainCommons.org