

Spring 2023

Advantage News

A publication for MyHealthy Advantage members



MyHealthy
Advantage



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 hhcseiorservices.org. Or, provide your name, address and phone number (and discount if you are a merchant) by contacting:

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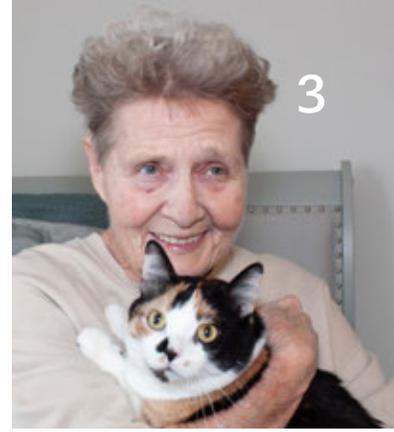
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HOW TO REACH US

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

Hartford HealthCare Center for Healthy Aging
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
*affiliated with
Hartford HealthCare

Mulberry Gardens
Assisted living, memory care and adult day center
MulberryGardens.org
58 Mulberry Street
Plantsville, CT 06479
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
34 Hobart Street
Southington, CT 06489
860.628.5656

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

Hartford HealthCare Independence at Home
HHCIndependenceathome.org
1.888.863.2771

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

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

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HHCatHome.org
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Hartford Hospital Medical Group at Duncaster
860.380.5150

Other Hartford HealthCare Partners
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Hartford HealthCare Medical Group
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The Institute of Living
Integrated Care Partners
MidState Medical Center
Natchaug Hospital
Rushford
Windham Hospital
St. Vincent's Medical Center
HartfordHealthCare.org



Veteran's Administration (VA) pension

By: Leaja Johnson

Veterans may be eligible for a Veteran's Administration (VA) pension even if they did not retire from the military. Some veterans serve a few years, complete an enlistment and never look back. VA Pension Aid & Attendance is for veterans who are over 65, home- or bed-bound and needing financial support for care.

This care could be in the home or a skilled nursing facility and the VA might provide funds. This benefit is used by thousands of veterans in CT.

To apply, you'll need:

- A copy of your discharge document (DD214). Your military service needs to be during wartime (WWII, the Korean or Vietnam Wars, or the Desert Storm/Global War on Terror).
- Less than \$140,000 in savings, annuity, 401K between you and your spouse. You can also own only one home and one car.
- VA form 21-2680 completed by your physician.

VA Pension Aid & Attendance is also an option for a surviving spouse. If the veteran passes first, the spouse could become eligible. They would follow the same process and provide the veteran's DD214.

The process can be complicated by contacting a certified veteran service officer at the CT Department of Veterans Affairs, federal VA office in Newington, Disabled American Veterans, Veterans of Foreign Wars or the American Legion.

Contact Sherri Vogt, veteran liaison, Hartford HealthCare Center for Healthy Aging, for help at sherri.vogt@hhchealth.org.

The Health Benefits of Pets



CarePartners

Cute, cuddly and... good for your health? According to the Centers for Disease Control and Prevention, having a pet is linked to several health benefits including decreased blood pressure, decreased feelings of loneliness and anxiety and increased physical activity and social opportunities.

Lower blood pressure

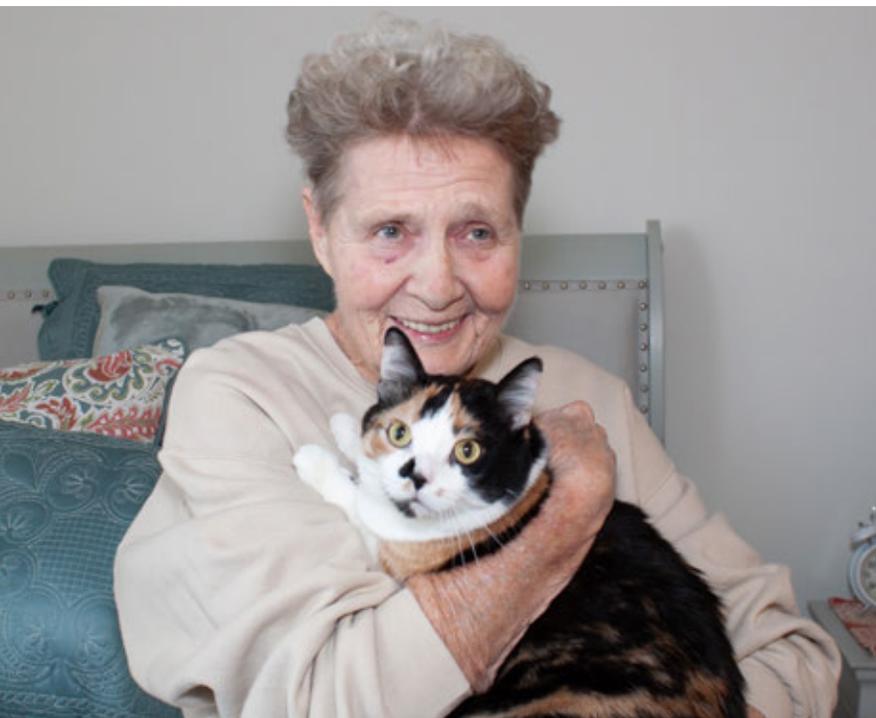
According to a study by the National Institutes of Health that analyzed dog and cat owners, pet owners experienced smaller increases in heart rate and blood pressure during periods of stress and increases returned to normal faster.

Less stress

Cortisol is a hormone activated by stress and studies have found that being around animals can decrease cortisol levels.

Less lonely

Pets are really good at making you smile – even if you're feeling down. As a trusted companion with unconditional love for their owners, pets can help those with depression feel less isolated. And playing with a dog or cat can elevate levels of serotonin and dopamine – nerve transmitters that are known to have pleasurable and calming properties.



Deb, resident of Mulberry Gardens and her cat Callie.



More physical activity

Owning a pet – especially a dog – requires a little energy. Dogs need exercise and require their owners to get moving. Taking the dog outside, playing fetch and taking the dog for a walk all help to benefit the physical activity of the dog owner (and the dog).

More social interactions

Having a dog means you are going outside, which is good for your physical health but also good for your social health. Interacting and engaging with people in your neighborhood regularly while walking your dog creates a stronger feeling of social connectedness, which is important to your overall health.



James, resident of The Orchards at Southington and his dog Lilly.

Get answers to all your Medicare questions

At Hartford HealthCare, we are committed to promoting your health while protecting your finances every step of the way. That's why we're proud to be part of CarePartners of Connecticut.

As one of the state's only Medicare Advantage plans built with and guided by, Connecticut doctors, CarePartners of Connecticut can help you find the right plan for your needs and budget. CarePartners of Connecticut Medicare Advantage plans provide relief by keeping costs low, including some of the lowest maximum out-of-pocket costs in the state.

To learn more, ask your insurance broker/agent, or call CarePartners of Connecticut directly at **1-844-267-2322 (TTY: 711)** or visit **www.carepartnersct.com**.

Representatives are available 8 a.m.–8 p.m., 7 days a week (Mon.–Fri. from Apr. 1–Sept. 30).

We contract with other Medicare Advantage/Part D plans. CarePartners of Connecticut complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-341-1507 (HMO)/1-866-632-0060 (PPO) (TTY: 711) Y0151_2023_204_C. ■

Does CBD Really Work?

5 Things You Should Know

By: Susan McDonald

The store shelves are lined with CBD products – gummies, drinks, lotion, even socks and sportswear. They promise to treat everything from anxiety to chronic pain, but does CBD actually work?

“CBD, short for cannabidiol, is well promoted by companies producing infused products so many people feel they know what it is and how it can help them. But, there is still a gap between what people know and do not know about CBD,” warns Godfrey Pearlson, MD, medical director of Olin Neuropsychiatry Research Center at the Institute of Living, part of Hartford HealthCare’s Behavioral Health Network.

Dr. Pearlson shares five facts you should know before you reach for the CBD.

CBD is not THC.

Most often produced in a laboratory or derived from hemp plants, cannabis’s non-psychoactive cousin, CBD does not make users feel high on its own.

“CBD is an important ingredient in medical cannabis, but it cannot produce a ‘high’ when taken alone,” he says. “There is also no evidence it is addicting.”

CBD may have health benefits.

CBD products in the correct doses may help address conditions including anxiety, insomnia and chronic pain. It can also effectively treat certain types of epileptic seizures and may help muscle spasticity from multiple sclerosis.

“The first medication the Food and Drug Administration (FDA) approved containing CBD was to reduce severe seizure activity in certain uncommon types of childhood epilepsy,” Dr. Pearlson says.

But many other health benefits of CBD have never been rigorously tested, in part because the federal government has been reluctant to explore the possible health benefits of any cannabis-related products, he adds.

Finding the right dose is important.

Many currently available over-the-counter forms of CBD contain only a few milligrams of the product. We don’t know that such low doses are necessarily helpful. Clinical trials of the drug for epilepsy and schizophrenia have used doses of 600-1000mg per day, Dr. Pearlson says.

However, higher doses can cause mild side effects – with some users reporting nausea, fatigue and irritability – and CBD can increase the effect of blood thinners and other medications.

“Always let your doctor know if you’re taking CBD because it can cause abnormalities in liver-related blood tests if taken in high doses,” he notes.

CBD is unregulated.

Sold as a supplement and not a medication, CBD is not regulated by the FDA. That means you can’t be sure of the safety and purity in products.

“We currently do not know the best dose or form of CBD for specific medical conditions, so users may not realize any benefits from products,” Dr. Pearlson says. Very recently, the FDA has taken steps to more closely regulate CBD.

CBD comes in many forms.

The way you take CBD should depend on your comfort level, goals and the properties of the drug.

If you experience joint pain, for example, Dr. Pearlson suggests taking CBD orally. Rubbing a CBD-infused oil or lotion on the area, might help, although absorption through the skin is rather low.

Soaking in a tub full of water infused by a CBD bath bomb might feel good, but none of the drug will be absorbed into your body.

For anxiety, try a mouth spray that gets CBD into the bloodstream faster.

But most importantly, always check with an expert.

“It’s crucial that anyone trying something like CBD talk with their doctors first to be sure it won’t interfere with any other medication or therapy they’re on,” Dr. Pearlson stresses. “Secondly, only buy products from reputable sources. Some impure forms of CBD contain enough THC to cause the user to test positive on drug screens for cannabis.”

Cheerios, Nuts and Dried Fruit Bars



Ingredients:

Cheerios, Bulk	3-3/4 cup
Sunflower Seeds, Unsalted, Roasted	1/4 cup, 1 tbsp, 3/4 tsp
Almonds, Toasted Sliced	1/4 cup, 1 tbsp, 3/4 tsp
Cranberries, Dried	1 /3 cup, 2 tsp
Honey	1 /3 cup, 2 tbsp, 1 /2 tsp
Light Brown Sugar	1/4 cup, 1-1/2 tsp
Creamy Peanut Butter	3 tbsp
Imitation Vanilla Extract	1/2 tsp

Method:

1. Spray large mixing bowl with cooking spray.
2. Add cereal, sunflower seeds, sliced almonds and cranberries to the bowl. Mix using a rubber spatula.
3. Heat honey, sugar, peanut butter and vanilla in large heavy-bottomed sauce pan over medium heat, stirring constantly until mixture boils and is smooth.
4. Remove from heat. Pour mixture over cereal and mix well to coat.
5. Press mixture into greased full sheet pan.

Note: Place a piece of parchment paper on top of mixture and press with a rolling pin to assist. Cool at room temperature approximately 1 hour before portioning.

Yield: Cut each bar 8x8 cuts 64 each, 2x3 inch pieces

Allergens/Intolerances/Sensitivities: Peanuts, Tree Nuts, Wheat (At Risk), Alcohol, Gluten (At Risk)



Jerome Home

Senior Living

UPDATE

Jerome Home Ribbon Cutting

The Jerome Home team recently cut the ribbon on a new addition that expands senior living to those diagnosed with dementia and Alzheimer's, and a new wellness pavilion offering inpatient and outpatient services.

At Arbor Rose, 20 modern but homey memory care apartments opened, providing safe and secure senior living for those who want to maintain an active lifestyle along with and needing memory care.

Families can make a deposit for a memory care apartment at Arbor Rose.

The new build features:

- On-site dementia care experts and clinicians.
- On-going staff and family education and support for people with Alzheimer's and dementia.
- Private and shared suite apartments.
- Monthly rentals, no buy-in fees.
- Meals.
- Help with activities of daily living, medication management and other services.
- An expanded wellness pavilion of Jerome Home that includes a new outpatient rehabilitation gym for physical and occupational therapy, speech therapy, lymphedema therapy and GoodLife Fitness classes taught by certified exercise physiologists. ■

Spring Cleaning:

Lighten your load by making it a family affair



By Seana Kenefick

Overwhelmed at the thought of spring cleaning? Worried you may not be able to trim the hedges or wash the windows on your own? It may be time to call in resources to make spring cleaning a family affair.



Studies have shown that intergenerational activities – even chores! - are mutually beneficial for children and older adults. Time together, as well as increased sense of purpose and self-esteem are reasons to team up and check items off your cleaning list.

Let the most able-bodied person in the family do the climbing and heavy lifting. The tasks below are good for varying ages and abilities.

Low impact tasks

- Sweeping
- Washing windows
- Spreading seed or fertilizer in the yard
- Cleaning outdoor furniture
- Turning the outdoor water back on

Seated tasks

- Planting flowers
- Watering gardens
- Folding winter clothes to be stored
- Calling to schedule spring services



Age-friendly tasks

- Pulling weeds
- Carrying flowers and plants
- Picking up sticks

By working as a team, everyone can contribute, enjoy spending time together and complete the spring cleaning list. For more information, please call the Hartford HealthCare Center for Healthy Aging at 1.877.424.4641. ■



Early Detection and Treatment Help More People Than Ever Before Survive Cancer

By Robin Stanley

A cancer diagnosis can turn anyone's world upside down, but now more than ever, a diagnosis is no longer a death sentence. In fact, the American Cancer Society reports that deaths from cancer have dropped 33% since 1991.

"People are living longer in general and that includes cancer survivors," said Vipra Sharma, MD, MPH, an oncologist with the Hartford HealthCare Cancer Institute at St. Vincent's Medical Center in Bridgeport. "We have 17 million cancer survivors in the United States and that is expected to increase to 22 million by 2030."

The overall five-year cancer survival rate in 1979 was 49 percent and has since increased to 70 percent. The reason? Early detection and treatment.

"We have better screenings including mammograms, colonoscopies and pap smears," Dr. Sharma said. "We have started using surgery, radiation therapy and chemotherapy in different ways. We have newer drugs, such as targeted therapy and immunotherapy which are extending and saving lives."

The Cancer Society report, *Cancer Statistics 2023*, also points to a major reduction in cervical cancer connected with widespread use of the vaccine for the human papillomavirus (HPV). Overall, the drop across cancer types has averted about 3.8 million deaths.

Keep screening appointments

Dr. Sharma said it is important to see your primary care provider annually to make sure you are up-to-date on screenings.

"It is now recommended to receive a colonoscopy earlier, at age 45," said Dr. Sharma. "Many patients do not understand why a colonoscopy

is important. I try to explain that it is one of the few tests where we can prevent cancer from happening. It is unfortunate when you meet patients who have never had a colonoscopy because they never knew it needed to be done."

While we have come a long way with early detection and treatments, there is still work to be done, especially for patients who have survived cancer.

"Chemotherapy treatments do impact quality of life," Dr. Sharma said. "Some patients have long-term fatigue or pain. It can affect their work-life and their emotional and psychological well-being."

Cancer survivors face the risk of recurrence or developing other cancers. Continued surveillance by an oncologist and lifestyle changes such as a healthy diet, exercise and regular cancer screenings is recommended.

Local resources

The Hartford HealthCare Cancer Institute Survivorship program offers a wide array of resources, including:

- A specially trained APRN helps patients with care plans that include a personalized list of potential issues.
- Psychologists and social workers provide counseling to help patients deal with the emotional impact of the experience.
- Dietary counseling.
- Smoking cessation.
- Integrative medicine such as massage therapy, yoga, acupuncture and Reiki to help deal with the physical and emotional effects of treatment.

Southington Community YMCA Center for Healthy Aging Wellness Collaboration

By: Katie Cuas

UPDATE

Three years after a vision was born, Hartford HealthCare Center for Healthy Aging opened a location in the Southington Community YMCA to provide seniors with important health and wellness information.



“A supportive community with healthcare experts is beneficial for all but especially older adults who may have difficulty navigating through the healthcare and social system or want to learn more on conditions common in older adults. This collaboration will continue to welcome newcomers and provide educational services that align with health prevention and wellness,” Cuas adds.

Part of the Center for Healthy Aging’s presence in the Southington YMCA is hosting monthly health talks with expert speakers from Hartford HealthCare on such topics as Parkinson’s disease, brain health, Medicare and diabetes.

Led by transitional care nurses Kaitlin Cuas and Lillian Swan, a Center for Healthy Aging workgroup tapped dementia specialists and resource coordinators to provide expertise during office hours on the first Thursday and third Tuesday of each month. The office is at the YMCA, 29 High St., Southington.

“Having the Center for Healthy Aging at the YMCA will make it easier for members to receive blood pressure and memory screenings, community resources and education as they come to get exercise for the day,” Cuas says.

Hartford HealthCare Center for Healthy Aging is a not for profit member of Hartford HealthCare Senior Services. Each of the 11 resource and assessment centers are designed to enhance access to services and information related to attaining optimal quality of life for seniors and their caregivers. For more information about Hartford HealthCare Center for Healthy Aging, visit <http://hhcenterforhealthyaging.org> or call 1.877.424.4641

In partnership with



Hartford HealthCare
Center for Healthy Aging



“Tune in each **Wednesday at 1:30pm** for the **Center for Healthy Aging** live segments on Facebook. We hope you’ll join us for upcoming topics, including Parkinson’s Awareness, Honoring our Veterans, Alzheimer’s and Brain Awareness, along with continuing to meet the whole CHA team.”



Five Ways to Start a New Fitness Journey

By: Leaja Johnson

Tired of the exercise routine you have in place? Maybe it's time for something new to get back into your groove.

"Health is forever and constantly changing in life. The best way to maintain good health is with a consistent long-term strategy," says Mitchell Nyser, exercise physiologist with Hartford HealthCare's GoodLife Fitness program.

He shares five ways to help you start a new fitness journey:

1. Talk to a medical professional.

Before making any drastic lifestyle changes to your diet or exercise program, check with your doctor. Certain medical conditions or medications require special attention when changing your diet or exercise habits.



2. Set realistic goals. Start with exercising a couple of days a week and work your way up from there. Starting 5-7 days can cause you to burn out quickly. A slower start allows your body to adjust to the increased activity levels and makes you more likely to stick with it.



3. Schedule time for exercise.

Having a schedule and following it makes it easier to prioritize your health.



4. Get a workout partner.

Having someone to share the journey makes it more likely to continue toward your goals.



5. Remember: Your health is a marathon, not a sprint! Personal health is a lifelong journey. If you have a setback, or skip a few days, just get right back on schedule.



Fit and fabulous

The benefits of starting your fitness journey, Nyser says, can produce such positive changes as:

- Increased energy levels and improved mood
- Protection against common diseases such as heart disease, high blood pressure, diabetes and cancer
- Improved cognitive functions
- Decreased loneliness
- Strengthened sense of independence
- Reduced risk of falls

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. To learn more, visit <https://hhcseniorservices.org/health-wellness/goodlife-fitness> or call 877.4AGING1 (toll-free) (877.424.4641).



<p>Amston Home Transition Solutions 203.678.9728</p>	<p>61 N. Plains Industrial Road #173, Wallingford</p>	<p>FREE in home evaluation and estimates for any services. 10% off cleanout/removal services.</p>
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<p>Barker Animation 203.272.2222</p>	<p>1188 Highland Ave. Route 10, Cheshire</p>	<p>20% Collectors Star Club discount & \$1 off museum entrance fee.</p>
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<p>Casey's Image Consultants 860.628.8857</p>	<p>51 N. Main St. Suite 1BB, Southington</p>	<p>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</p>
<p>Century 21 203.213.4141</p>	<p>441 N. Main St. Southington</p>	<p>\$250 towards house cleaning when you buy or complete a home sale with Joyce Gibson.</p>
<p>Colony Vision Care 203.265.7990</p>	<p>60 Church St. Wallingford</p>	<p>20% off eyeglasses</p>

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Eyewear Glasses 860.621.8215	55 Meriden Ave. Southington	15% off any pair of glasses
Frank D. Marrocco, CPA 860.229.7479	142 W. Main St. New Britain	Income tax preparation services – 10% off
Giovanni's Pizzeria 860.621.2299	714 West St. Southington	10% off Tue. & Wed., pick-up only. Except when using a coupon.
Graebers 203.235.6305	172 W. Main St. Meriden	10% off durable equipment & prescription drugs/Free delivery to Meriden, Wallingford and Cheshire.
Neck & Back Pain Relief Center 860.620.9523	1601 Meriden-Waterbury Tpk., Milldale	10% off non-insurance covered items
Hearing Health & Wellness Center 860.426.9181	710 M. St., Clock Tower Square Plantsville	One free Battery Club membership with every hearing aid purchase.
Karma's Closet 860.436.6055	3153 Berlin Tpk. Newington	15% off your total purchase. Excludes firm items
Keller Williams Realty 860.681.6796	358 Scott Swamp Road Farmington	Free consultation to learn what your home is worth.

Lifeway Mobility
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Meriden YMCA
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110 W. Main St.
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BE OUR GUEST, your MyHealthy Advantage card entitles you to one free visit at the Meriden YMCA.

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After clinical assessment, \$25 off for driving assessment and \$50 off for both clinical and driving assessment.

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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 Sebastian.Trabucco@hhchealth.org or call 860.378.1268.

Virtual 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, Tuesdays: April 4, May 2 & June 6 | 10-11am.
West Hartford Senior Center, 15 Starkel Rd., West Hartford, CT 06117

Facilitated by Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging.

Second Wednesday of every month, Wednesdays: April 12, May 10 & June 14 | 6:30-8pm.

Facilitated by Patty O'Brian, CDP, Hartford HealthCare Center for Healthy Aging.

REGISTRATION REQUIRED:

Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. Registration required for only the first time you join

Third Monday of every month, Mondays: April 17, May 15 & June 19 | 1-2:30pm.

Zoom or In-person: Berlin-Peck Memorial Library

Facilitated by Patty O'Brian, CDP, Hartford HealthCare Center for Healthy Aging.

RSVP to:

Patty O'Brian, 203.859.1992 or Patty.Obrian@hhchealth.org

Last Monday of every month, Mondays: April 24, May 29 & June 26 | 10:30am-12pm.

In-person: Duncaster, 40 Loeffler Rd., Bloomfield, CT 06002.

Facilitated by Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging.

RSVP to:

Michelle Wyman, 203.859.0303 or Sara Janowski-Therion, 860.380.5012

Call-in Dementia Caregivers Support Group Every Friday, 2-3pm.

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 Kristine Johnson, CDP, Hartford HealthCare Center for Healthy Aging. Registration is not required.

For more information, call 877.424.4641.

To join, call 1.646.876.9923, Meeting ID: 92408181873#

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.

Friday, April 28 | 10:30am-12pm.
Bishops Corner Branch, West Hartford Senior Center, 15 Starkel Rd., West Hartford, CT 06117

RSVP to:

Bishops Corner Branch, 860.561.7583

Friday, May 26 | 10:30am-12pm.
Elmwood Corner Branch, West Hartford Senior Center, 1106 New Britain Ave., West Hartford, CT 06117

RSVP to: Elmwood Corner Branch, 860.561.8180

Friday, June 23 | 10:30am-12pm.
Bishops Corner Branch, West Hartford Senior Center, 15 Starkel Rd., West Hartford, CT 06117

RSVP to: Bishops Corner Branch, 860.561.7583



Virtual and In Person Bereavement Support Groups

Sponsored by Hartford HealthCare at Home Hospice Program. For more information and to register, please email the facilitator.

After you register, you'll receive an email with easy instructions on joining the virtual class.

First and third Mondays, 1-3:30pm.

Facilitated by Nichol Burris.

To RSVP, email nichol.burris@hhchealth.org.

Second and fourth Wednesdays, 2-2:30pm.

Facilitated by Bill Pilkington. Riverfront Community Center, 300 Welles St, Glastonbury

To RSVP, email bill.pilkington@hhchealth.org.

Second and fourth Tuesdays, 2-3:30pm.

Facilitated by Jim Mercurio.

To RSVP, email james.mercurio@hhchealth.org.

Call-in Bereavement Support Group Thursdays, 1-2:30pm.

Call 860.972.6228; code: 22528#.

Diabetes Prevention

YMCA Diabetes Prevention Program Upcoming sessions: Sessions starting April 3 through Sept. 18. Every Monday, 5:30-6:30pm.

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.



Cancer Support Group

LIVESTRONG at the YMCA Upcoming sessions: Sessions starting in April. Every Tuesdays and Thursdays, 1-2:30pm.

This 12-week program meets twice a week for 60-90 minutes, using traditional exercise methods to ease you back into fitness and help you maintain a healthy weight. You'll focus on: Building muscle mass and strength; increasing flexibility and endurance and improving confidence and self-esteem. Plus, learn about wellness, stress reduction techniques and how to continue healthful habits after the program has ended. Just as important, LIVESTRONG at the YMCA encourages a warm spirit of community—a safe comfortable place for you to build companionship with others affected by cancer and share stories and inspiration. LIVESTRONG at the YMCA provides you with individualized attention and an approach to recovery that targets the areas you need to rebuild. There're no competition here—physical activities are tailored to match your abilities.

For more information, contact Jolene Miceli, Southington Community YMCA, 860.426.9589 or email jmiceli@sccymca.org.

Heart Health

YMCA Heart Healthy Program Upcoming sessions: Session occur every Wednesday, 5:30-6:30pm.

This series, which incorporates exercise with education, is for individuals who want to decrease their heart disease risk. 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.

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Women's Heart Disease Support Group

Third Wednesday of every month, 4:45-6pm.

First Wednesday of the month, 6-7pm.

The Women's Heart of Central Connecticut and Fairfield County Support Network is a peer-to-peer patient support and education group for women living with heart disease. This support is critical to a woman's recovery and well-being and can help women make informed decisions about their health and care. 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.

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 on joining the virtual class.

Stroke Support Group

**Virtual Stroke Support Group
Second Wednesday of every month, 3-4pm.**

This group provides support and education for stroke survivors and their caregivers/families. Facilitated by Christina Collin, stroke coordinator, at the Hospital for Special Care in New Britain.

Contact Christina Collin for registration, 860.224.5900, ext. 6468.

Surgical Weight Loss

Surgical Weight Loss Info Session.

In this virtual class, learn about the process to get surgical weight loss, risks and complication and lifestyle changes necessary to succeed.

A LIVE Q&A with the experts will follow the presentation.

Dates and times vary by location. For more information and to register:

Visit HartfordHealthCare.org/VirtualClasses, Call 1.855.HHC.HERE (1.855.442.4373) or go to whatwillyougain.org.

After you register, you'll receive an email with easy instructions on joining the virtual class.

Medicare

Understanding the Medicare Savings Programs

Virtual: April 19, 12-1pm, May 22, 5-6pm & June 29, 5-6pm.

"Understanding the Medicare Savings Programs" focuses on the Medicare Savings Plans (MSP) and other programs available to help you save on the cost of healthcare. Learn more about the 4 programs available under the MSP, the Medicaid program, Medicare Special Needs Plans, Extra Help (Part D) and more! Presented by Sara Mitchell, Medicare Educator, 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 on joining the virtual class.



Medicare 101: Understanding Your Options

Virtual: April 3, 12, 18, 27, May 3, 11, 15, 24, 30 & June 8, 14, 19, 27.

Call for times, 860.256.1929.

Medicare 101 focuses on the basics of Medicare and understanding your Medicare options. Learn how it works: the different parts of the Medicare; when to enroll; how to choose your plan; and your options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Sara Mitchell, Medicare educator, 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 on joining the virtual class.

Virtual Programs

APRIL

Brain Health: What Can I Do? Friday, April 7 | 1-2pm

Brain health is a critical piece of your overall health. It underlies your ability to communicate, make decisions, problem-solve and live a productive and useful life. Because the brain controls so much of daily function, it is arguably the single most valuable organ in the human body. Join this class to learn tips and tricks to brain health. Presented by Patty O'Brian, CDP, dementia specialist, Hartford HealthCare, Center for Healthy Aging.

**Berlin Senior Center,
33 Colonial Dr., Berlin, CT 06037**

RSVP to: Berlin Senior Center,
860.828.7006

Building Better Bones & Joints Tuesday, April 11 | 11am-12pm

Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: bone and joint health, benefits of moving to maintain bone health and exercises to promote healthy bones and joints. Plus, Q&A will follow the presentation. Presented by Erica Bruno, 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 on joining the virtual class.



Stress Management Thursday, April 13 | 2-3pm

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, 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 on joining the virtual class.

Understanding Lymphedema Monday, April 17 | 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. Join a Certified Lymphedema Therapist (CLT) from Hartford HealthCare Rehabilitation Network, to learn more about the causes and effects of swelling, ways to manage it and how participation in skilled Occupational and Physical Therapy can help.



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 on joining the virtual class.

Memory Loss: When to Worry Monday, April 17 | 1:30-2:30pm

Join this class to learn the differences between mild forgetfulness, more serious memory problems, causes of memory loss, tips to have the tough conversation about dementia and how to discuss the next steps. Presented by Michelle Wyman, LSW, CDP, dementia specialist, Hartford HealthCare, Center for Healthy Aging.

**Wilson Branch, Windsor Public
Library, 365 Windsor Ave.,
Windsor, CT 06095**

RSVP to: Gabbie Barnes, 860.285.1931

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**Exercise & Healthy Aging
Tuesday, April 18 | 11am-12pm**

Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: benefits of daily activities to shape physiology, how exercise can be used as a tool to fight disease and age-related decline and the best types of exercise for you. Plus, Q&A will follow the presentation. Presented by Michelle Boisvert, 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 on joining the virtual class.

**Caring for the Care-Partner
Monday, April 24 | 12-1pm**

Supporting a person with dementia is not "one size fits all". As the disease progresses and a person living with dementia will need increasing help, Care-Partners may have a lot to juggle. Join us for a discussion on how to support yourself and others as care-partners by learning coping skills, processing grief, identifying what you are feeling, the importance of self-care and managing stress. Presented by Kristine Johnson, CDP, dementia specialist, Hartford HealthCare, Center for Healthy Aging.

New London Senior Center, 120 Broad St., New London, CT 06320

RSVP to: New London Senior Center, 860.447.5232



Blue Zones: Lessons for Living Longer, Healthier Lives

Monday, April 24 | 1:30-2:30pm

Those who live in what has been coined the "blue zones" live in very different parts of the world. Yet they have a common theme that is believed to lead to longer, healthier, happier lives. Join us for a discussion on the 9 common sense healthy habits practiced by communities with the highest rate of centenarians across the world. Presented by Michelle Wyman, LSW, CDP, dementia specialist, Hartford HealthCare, Center for Healthy Aging.

Wilson Branch, Windsor Public Library, 365 Windsor Ave., Windsor, CT 06095

RSVP to: Gabbie Barnes, 860.285.1931

**Understanding Behaviors
Tuesday, April 25 | 6-7pm**

When a person is living with dementia, the brain changes they are experiencing may cause personality changes or behavioral challenges. Join us for a conversation to learn how to recognize changes in behavior as a way of communication, also known as Expressive Communication. Why challenging behaviors may occur and tips and techniques on how to respond to behaviors, will also be discussed. Presented by Kristine Johnson, CDP, dementia specialist, Hartford HealthCare, Center for Healthy Aging.

Elmbrook Village, 380 Salem Turnpike, Bozrah, CT 06334

RSVP to: Elmbrook Village, 860.861.9704

**Managing Chronic Back Pain
Tuesday, May 9 | 11am-12pm**

Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: defining pain, risk factors and causes of back pain and ways to manage your back pain. Plus, Q&A will follow the presentation. Presented by Erica Bruno, 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 on joining the virtual class.

**Understanding Arthritis
Thursday, May 11 | 2-3pm**

Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: causes of arthritis, how arthritis can be diagnosed and what to do from there and prevention tips to get ahead of the diagnoses. Plus, Q&A will follow the presentation. Presented by Christine Solimini-Swift, 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 on joining the virtual class.

Importance of Proper Posture Tuesday, May 16 | 11am-12pm

Join our interactive class right from the comfort of your phone, computer or tablet and 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. Plus, Q&A will follow the presentation. Presented by Michelle Boisvert, 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 on joining the virtual class.

Memory Loss: When to Worry Friday, May 19 | 1-2pm

Join this class to learn the differences between mild forgetfulness, more serious memory problems, causes of memory loss, tips to have the tough conversation about dementia and how to discuss the next steps. Presented by Patty O'Brian, LSW, dementia specialist, Hartford HealthCare, Center for Healthy Aging.

Berlin Senior Center, 33 Colonial Dr., Berlin, CT 06037

RSVP to: Berlin Senior Center, 860.828.7006

Community Resources Monday, May 22 | 12-1pm

Dementia is a progressive set of brain diseases that include changes in cognition and function throughout the disease. Join us for a discussion on how to start planning for the changing needs of a person living with dementia as well as their care-partner. We will discuss planning considerations including legal and financial, levels of care and community resources and funding options. Presented by Kristine Johnson, CDP, dementia specialist, Hartford HealthCare, Center for Healthy Aging.

New London Senior Center, 120 Broad St., New London, CT 06320

RSVP to: New London Senior Center, 860.447.5232

Understanding Lymphedema Tuesday, May 23 | 2-3pm

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. Join a Certified Lymphedema Therapist (CLT) from Hartford HealthCare Rehabilitation Network, to learn more about the causes and effects of swelling, ways to manage it and how participation in skilled Occupational and Physical Therapy can help.

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 on joining the virtual class.



How to Fall Safely Wednesday, May 31 | 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. 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. Plus, Q&A will follow the presentation. Presented by Mitchell Nyser, 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 on joining the virtual class.

Continued on next page >>



JUNE

Summer Safety

Tuesday, June 6 | 10:30-11:30am

Safety concerns for a person living with dementia may change as the disease progresses. Summertime can present additional challenges to consider. Join us for a discussion on safety considerations to plan for, to help you be better prepared. Presented by Kristine Johnson, CDP, dementia specialist, Hartford HealthCare, Center for Healthy Aging.

**Colchester Senior Center,
95 Norwich Ave.,
Colchester, CT 06415**

RSVP to: Colchester Senior Center,
860.537.3911

Focused Awareness Meditation

Wednesday, June 14 | 10-11am

Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: scientifically based practice of meditation, how to feel more relaxed, focused and calm in a simple five-step technique. Plus, Q&A will follow the presentation. Presented by Mitchell Nyser, 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 on joining the virtual class.



Understanding Lymphedema Wednesday, June 14 | 12-1pm

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. Join a Certified Lymphedema Therapist (CLT) from Hartford HealthCare Rehabilitation Network, to learn more about the causes and effects of swelling, ways to manage it and how participation in skilled Occupational and Physical Therapy can help.

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 on joining the virtual class.

Introduction to Alzheimer's

Friday, June 30 | 1-2pm

Alzheimer's disease, is something we hear about online, in commercials, on news stations and in many other parts of life. However, we are never told much about Alzheimer's disease other than the devastating impacts it has. Join us for a conversation for an overview of Alzheimer's disease. We will discuss the symptoms or signs to look for, how the disease progresses and what are possible causes. Presented by Patty O'Brian, CDP, dementia specialist, Hartford HealthCare, Center for Healthy Aging.

**Berlin Senior Center,
33 Colonial Dr., Berlin, CT 06037**

RSVP to: 860.828.7006

Virtual Series

Windsor Dementia Caregiver Series

The Dementia Caregiver Series is offered starting in May in-person in Windsor, CT. Participants are encouraged to attend all five monthly sessions.

Topics include:

- **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 Michelle Wyman, LSW, CDP, and Patty O'Brian, CDP from Hartford HealthCare Center for Healthy Aging.

**Mondays, May 1, 8, 15, 22
& June 5 | 1:30-3pm**

**Windsor Public Library
323 Broad Street,
Windsor CT 06095**

REGISTRATION REQUIRED:

Call Windsor Public Library to RSVP, 860.285.1925.



Open Houses



Cedar Mountain Commons

3 John H. Stewart Drive,
Newington.

Wednesday, April 5 | 4-7pm

Wednesday, May 17 | 4-7pm *and*

Wednesday, June 7 | 4-7pm.

Call Nicole Higgins to schedule
a tour, 860.665.7901.



The Orchards at Southington

34 Hobart St.,
Southington.

Saturday, April 22 | 9am-1pm,

Wednesday, May 24 | 3-7pm *and*

Thursday, June 15 | 3-7pm.

Call Antoinette Ouellette to
schedule a tour, 860.628.5656.



Arbor Rose at Jerome Home

975 Corbin Ave.,
New Britain.

Sunday, April 16 | 11am-3pm

Tuesday, May 16 | 4:30-7:30pm *and*

Saturday, June 24 | 10am-2pm.

Call Karen Alix to schedule
a tour, 860.229.3707.



Mulberry Gardens of Southington

58 Mulberry St.,
Plantsville.

Wednesday, April 26 | 3-6pm

Wednesday, May 24 | 3-6pm *and*

Wednesday, June 28 | 3-6pm.

Call Marie Terzak to schedule
a tour, 860.276.1020.

MyHealthy Advantage

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80 Meriden Ave., Southington, CT 06489
hhcseniorservices.org

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This year, why not give your loved one the gift of independence? Independence at Home helps people remain at home, with the support they need to stay safe and healthier.

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- Personal emergency response systems

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