A Lifetime of Service in Southington

Joe LaPorte
# Contents

## SPRING 2024

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Lifetime of Service in Southington</td>
<td>3</td>
</tr>
<tr>
<td>How to Honor Veterans Year Round</td>
<td>6</td>
</tr>
<tr>
<td>How to Safely Enjoy the Warmer Weather</td>
<td>7</td>
</tr>
<tr>
<td>Tips for Preventing Dehydration This Spring</td>
<td>8</td>
</tr>
<tr>
<td>How Aquatic Therapy Can Help You Heal From an Injury</td>
<td>9</td>
</tr>
<tr>
<td>Garden Pasta Salad</td>
<td>10</td>
</tr>
<tr>
<td>Special Programs &amp; Events</td>
<td>11</td>
</tr>
</tbody>
</table>

---

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

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

Hartford HealthCare Senior Services
Attn: MyHealthy Advantage Coordinator
80 Meriden Avenue
Southington, CT 06489
860.406.6468

**EDITOR**
Erika Stinson

**CONTRIBUTING WRITERS**
Elena Bisson
Shannon Flaherty

**EVENTS COORDINATOR**
Shannon Flaherty

**PHOTOGRAPHY**
Rusty Kimball

**GRAPHIC DESIGN**
Kevin Field

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**
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

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
HHCRehabNetwork.org
181 Patricia M. Genova Drive
Newington, CT 06111
860.696.2500

Hartford HealthCare at Home
HHCatHome.org
888.863.2771

Hartford Hospital
Medical Group at Duncaster
860.380.5150

Other Hartford HealthCare Partners
Backus Hospital
Charlotte Hungerford
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
HartfordHealthCare.org
Tips for managing loneliness this winter

The shorter days and colder weather of the winter season can take a toll on your mental health, sometimes leading to feelings of isolation and loneliness. If you’re feeling down, use these tips to stay better connected this winter.

Talk about it
Make a list of people in your life that you can talk to when you’re feeling low. Try scheduling time each week to check in. If you have loved ones who live far away, use technology like video calling to keep in touch.

Keep busy
Keeping busy can help combat loneliness—especially if your plans involve others. Look for events in your community through your local library or community center. You can also volunteer your time, which can lift your spirits and even introduce you to new people.

Enjoy quality “me” time
Find activities that you can do on your own that bring you a sense of peace, joy, or excitement. This may be listening to music, going for a walk, reading a book, getting a massage, meditating, or doing yoga.

Take care of yourself
When you’re not in the best place mentally, it may help to care for yourself physically. Remember to nourish your body with healthy and well-balanced meals, get 7-9 hours of sleep each night, and aim to move your body for 30 minutes a day, 5 days a week, at an intensity equivalent to a brisk walk.

Seek professional help if you need it
Feeling sad or isolated during the winter is normal for a lot of people. But if your sadness or anxiety causes physical ailments or prevents you from eating, sleeping, or keeping up with routine chores, speak to your health care provider or a mental health professional for additional help.

Get answers to all your Medicare questions
CarePartners of Connecticut Medicare Advantage plans remove barriers to provide easier, affordable access to the doctors and care you want. As the only local, not-for-profit Medicare Advantage plan in this state, our PPO and HMO plans were created by top-notch Connecticut doctors to connect you to quality care. Because connected is better.

Call 1-844-267-2322 (TTY: 711) with any questions, or visit carepartnersct.com/circle today.

Because connected is better.
Our Medicare Advantage plans remove barriers to provide easier, affordable access to the doctors and care you want. We are the only local, not-for-profit Medicare Advantage plan in this state, and our PPO and HMO plans were created by top-notch Connecticut doctors to connect you to quality care.

Learn more about how our Medicare Advantage plan options can provide your loved ones with the quality coverage they deserve.

Call 1-844-267-2322 (TTY: 711)
Visit carepartnersct.com/circle
Residents and families in Southington may not see Joe LaPorte’s physical footprint in the places they visit, but his presence is all over town. From the revitalized Southington Drive-In to the upper soccer fields at Recreation Park, generations of children and families have Joe to thank for countless memories and activities.

Joe and his wife Dolores LaPorte were both born, raised and married in Southington. They raised their two sons here and currently live at The Orchards on Hobart Street.

From volunteer to visionary

Back in the day, Joe was a salesman, working as an independent representative selling industrial chemical products. His schedule gave him a bit of flexibility and what he did with his time would change Southington forever and for the better.

When his sons came of age to play Little League, it wasn’t long before Joe was recruited as a coach. When they were in high school, the boys played soccer. “The coach said there was a need for a league,” recalls Joe. “So, we called a meeting and formed the Southington Youth Soccer League.”

Stories like these go on and on. Joe’s work on numerous initiatives can be seen throughout town. And of course, all the while, Dolores was right there, manning concession stands and fundraising, too. Joe is very humble and quick to credit all the others who helped turn visions into realities for the sake of children and families.
Assisted living is active living

Even now, it’s easy to see Joe’s success as a salesman and pioneer in Southington. He’s a people person, quick to make friends of strangers even after just a few minutes of meeting him.

For Joe and Dolores, enjoying assisted living doesn’t mean slowing down. “We are very active here,” says Joe. “We are in the choralier group and enjoy all the activities.” Without missing a beat, Dolores chimes in with a smile, “And I don’t have to cook or clean!” Joe also finds time to connect with friends who still live in town, meeting weekly for coffee.

Joe and Dolores’ son, Dan, still lives in Southington and, just like his parents, is very active in town and notes that Joe was supported by the community. “Southington is such a great community with the amount of generosity and volunteerism we have much to be thankful for, Dan notes. “Our community continues to step up to the plate time and time again to help so many age groups in our town.”

This might be Joe’s greatest reward. “Our legacy is seeing our kids enjoy the town where we grew up. Dolores and I could not be more grateful to the town of Southington, the many friends, volunteers and business owners for allowing us to live out our passion to hopefully leave the community a little bit better for future generations to enjoy.”

Joe’s legacy:

- Served on Parks Commission for 30 years
- Fundraised and supervised construction of Southington Drive-In pavilion and property
- Developed the upper soccer fields at Recreation Park
- Co-founded Southington Youth Soccer League, Western Little League and Southington Youth Wrestling League
- Founded the Southington High School Booster Club
- Served on Southington Town Council for two terms
- Served on the YMCA Board of Directors
- Served on the Bread for Life Committee
- Awarded the Unico Gold Medal, YMCA Person of the Year, Southington Chamber Public Service Award
Embracing digital alternatives not only reduces paper consumption but also minimizes waste, contributing to a greener and more sustainable future for our environment.

MyHealthy Advantage Membership Registration Form

*MyHealthy Advantage* is dedicated to the health and wellness of area residents 55 and over, at no charge. MyHealthy Advantage is a program brought to you by the Hartford HealthCare Center for Healthy Aging. MyHealthy Advantage club members can enjoy health-related activities, informational sessions, seminars and health fairs. Discounts to area merchants have been included as an added bonus to members. There is no fee for membership and participants can take advantage of offerings at a discounted rate or at no charge at all, however, at times there may be a small fee for some of the seminars.

As a *MyHealthy Advantage* member, you will receive our quarterly magazine informing you of any new lectures or discounts. Please feel free to call 860.406.6864 or email: *MyHealthyAdvantage@HHHealth.org*.

Thank you for your interest. We look forward to receiving your membership registration form!

Sincerely,

MyHealthy Advantage Coordinator

Mail to: Hartford HealthCare Senior Services Attention: MyHealthy Advantage Coordinator
80 Meriden Avenue, Southington, CT 06489

Name: __________________________________________
Address: _______________________________________
Town: __________________ State: ___ Zip Code: ___
Home Phone: __________________ Date of Birth: ___
Email: _________________________________________

How did you hear about *MyHealthy Advantage*, or entity within Hartford HealthCare?

☐ Direct mail  ☐ Event/educational series  ☐ Friend
☐ Other – specific senior center (where), professional (who)
________________________________________________________________________

Other interests / suggestions for future seminars:
________________________________________________________________________
________________________________________________________________________

Signature: ________________________________

Are you interested in additional resources from the Hartford HealthCare Center for Healthy Aging?

☐ YES! ☐ NO THANK YOU
As spring approaches and families prepare to tidy up cemeteries after the cold winter months, people often wonder about the appropriate way to dispose of a worn or tattered American Flag. This question comes up because many people want to ensure that they treat the American Flag with respect, as it symbolizes national pride, freedom and justice.

It is recommended that the flags are dropped off at a local VFW or American Legion post, which often have an outside collection site. Many places like The Meriden American Legion, host a beautiful ceremony where they retire thousands of flags on Flag Day. This is done in a very large and controlled fire with a color guard standing by this solemn site.

Veterans are also eligible for a VA issued grave marker, which would be installed at the cemetery. Based on what the cemetery allows, it could either be an upright marker or a flat marker made of bronze, granite or marble. These are at no cost to the family and the CT Department of Veterans Affairs pays for the installment and can be claimed through VA form “40-1330”.

It is important to note that qualifications have changed and more Reservists and National Guard members are now eligible. Veterans and their families may also want to consider internment at Arlington National Cemetery or CT Veterans Cemetery in Middletown, CT. Eligibility can be discussed for proper planning and HHC’s Veterans Liaison would welcome the opportunity to assist you in this process.

As we bow our heads in tribute to our Veterans this Memorial Day, let us remember that this day is dedicated to honoring those we lost while they were defending our country. Across Connecticut, we have Veterans that served in World War II, peacetime, Korean War, Vietnam War, the Cold War and many that answered the calls after 9/11. Our country and community are deeply grateful for your service.

The Center for Healthy Aging offers assistance to Veterans and their families, ensuring they can stay safe at home through the help of technology. This includes emergency response systems, smartwatches and medication management dispensers, to name a few.

If you would like to discuss what benefits your Veteran or surviving spouse might be eligible for, please contact Hartford HealthCare Center for Healthy Aging at 877-424-4641, and schedule an appointment with Sherri Vogt, Army Veteran and Liaison.
Spring into Action: How to Safely Enjoy the Warmer Weather

By Nancy Becker

Spring is officially here and the warmer weather has many people excited to be outdoors. After a long winter season spent inside, the warmth of the sun and enjoying one’s favorite outdoor activities becomes much more appealing. As everyone starts to venture outside, it is important to keep safety at the top of mind. One way to ensure peace of mind is with the Smartwatch- Personal Emergency Response System (PERS).

The PERS Smartwatch is designed with the same technology as the in-home and mobile medical alert systems with added benefits. Its cutting-edge features are not only impressive but also take into consideration style and function.

One of the standout features of the PERS Smartwatch is its Fall Detection capability. Accidents happen, especially when navigating uneven terrain or simply walking in a familiar area with even surfaces. The Smartwatch’s advanced sensors can detect a fall and automatically trigger an alert, ensuring prompt assistance in the event of an emergency. This gives both the wearer and their loved ones ease of worry, knowing that help is easy to access.

The GPS location feature is another exciting feature, providing real-time tracking for the individual in case of an emergency. Whether they’re exploring a new park, visiting friends, or simply taking a scenic route, caregivers and families can easily locate their loved one by texting a phone number. This enhances safety and also encourages independence, allowing the wearer to venture out with confidence.

Monitoring health is a top priority for many of us and the PERS Smartwatch can also help with this. The Integrated Steps feature keeps track of daily activities and is made effortless, promoting an active and healthy lifestyle.

The PERS Smartwatch isn’t just a piece of technology; it’s meant to support independence and quality of life. As we bid farewell to winter hibernation, let’s get back into our outdoor adventures with tranquility offered by the PERS Smartwatch. Step into spring with confidence, vitality, and the freedom to explore, knowing that your safety is as close as your wrist.

---

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://hhccenterforhealthyaging.org or call 1.877.424.4641.
Tips for Preventing Dehydration This Spring

By Kelly Quinn BSN, RN

Preventing Dehydration:

• Hydration is replacing the water in your body and maintaining adequate fluids in your body.
• Staying hydrated is very important because it helps you stay healthy, maintain temperature and helps every part of your body to keep functioning — heart, brain, muscles etc.
• The human body does not store fluid — it must constantly be replaces.
• During the warm days and summer months, it is encourages that you increase your fluid intake.

Facts:

• How much water do people typically get from food?
  > 20% of daily fluid intake comes from food.
• Which factors impact the amount of fluid you need to stay properly hydrated?
  > Your age, health and the weather.
• The average adult loses how many cups of water per day naturally?
  > 10 cups (from breathing, sweating or passing urine).
• Why is water important for your body?
  > It removes waste, moves nutrients and cushions joints.

Dehydration is the lack or loss of too much fluid from your body, here are some symptoms to know:

• Difficulty maintaining your temperature.
• Dizziness.
• Light headedness.
• Palpitations.
• Increased heartbeat.
• Muscle cramps.

Signs to watch for:

• Headache.
• Fatigue.
• Weight loss.
• Increased heart rate.
• Low blood pressure.
• Decreased urination.
• Dark colored urine.
• Dry mouth, tongue and eyes.
• Constipation.
• Sunken eyeballs.
• Decreased functional ability.

For more information, please speak with your primary care provider about your specific health needs, including the fluid intake that is best for you.
AQUATIC THERAPY

How it Can Help You Heal From an Injury

By Elena Bisson

If you’re on the mend from an injury, don’t be surprised if your doctor or physical therapist suggests you head to the pool—even though it’s not summer. Unlike most pools you encounter, many therapy pools are warmed, allowing your muscles to relax so you can get the most out of your exercises. Aquatic therapy offers a way for patients of any age to decrease pain and increase mobility.

“Aquatic therapy is low-impact, which sets it apart from traditional therapies. And, being in the water provides cushioning for people with advanced pain and musculoskeletal issues,” says Amanda MacIntyre, a physical therapy assistant specializing in aquatic therapy rehabilitation with Hartford HealthCare.

Aquatic therapy also offers benefits that traditional therapy doesn’t, including:

- Lower risk of fall, which allows you to do more strenuous exercises or work on balance.
- Less impact on your joints and muscles, making it a great choice for those with chronic pain.
- Lower resistance, so you can do more targeted exercises without fatigue.

“Strengthening therapies can be land-based while mobility targeting therapies can be in the pool, so that you get a good mix of all the benefits,” says MacIntyre. If you have a condition that limits your mobility or impacts your muscle strength, you might find aquatic therapy to be even more helpful.

Some diagnoses include:

- Chronic pain
- Arthritis
- Recovery after back, knee or hip surgeries
- Stroke
- Spinal stenosis

Can I try aquatic therapy on my own?

If you want to test the waters and feel the benefit, MacIntyre suggests some moves for beginners:

- Water walking or jogging. In three feet of water, take 10-20 steps forward then backward, then side to side. Increasing your speed and distance will increase difficulty, or consider holding a kickboard if you need additional support.
- One leg stand/balance. In the water, stand by the side of the pool and raise one knee at a 90-degree angle to hip level, hold for 30 seconds. If you need extra support, grab onto the side of the pool.
- Side stepping. Keeping close to the pool wall, take 20 sideways steps in one direction then reverse. Hold your core firm and tight.

To schedule an aquatic therapy appointment Call Southington Care Center 860.621.9559 or for other locations 833.277.1036
Ingredients:
- 1 tbsp. vegetable oil
- 1 tbsp. salt
- 4 cups Fusilli (or any type of pasta)
- 3 cups vegetables (carrots, broccoli, zucchini or other vegetables)

Dressing Ingredients:
- 2 tbsp. grainy mustard
- 2 garlic cloves, minced
- 1 ½ tbsp. lemon juice
- 1 ½ tbsp. sherry vinegar
- 6 tbsp. olive oil
- Salt and pepper
- 1 ½ tbsp. basil, chopped
- ½ cup parmesan cheese

Directions
1. Add oil and salt to pot of boiling water, add pasta and cook to your liking
2. Drain, rinse with cold water and set aside until dry
3. Boil or sauté vegetables until cooked to your liking
4. Combine mustard, garlic, lemon juice and sherry vinegar
5. Whisk in olive oil, season with salt and pepper, add the basil, parmesan cheese, toss the pasta, vegetables and dressing before serving
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 Shannon.Flaherty@hhchealth.org or call 860.378.1268.

**Caregiver Series**

**Dementia Caregiver Series**
The Dementia Caregiver Series is offered in April. Participants are encouraged to attend all five 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

Presented by a Certified Dementia Specialist from Hartford HealthCare Center for Healthy Aging.

Mulberry Gardens, 58 Mulberry St, Plantsville
Tuesday: April 2, 9, 16, 23, 30 | 5:30pm-7pm
RSVP to Mulberry Gardens at 860.276.1020

Estuary Council of Seniors, 220 Main Street, Old Saybrook
Tuesday: April 2, 9, 16, 23 | 11am
RSVP to 860.388.1611 EXT 211

**Healthy Brain**

**Healthy Brain Series**
The Healthy Brain Series is offered starting in April. Participants are encouraged to attend all five sessions. Presented by a certified dementia specialist from Hartford HealthCare Center for Healthy Aging.

**Topics include:**
- Session 1: Activities to Challenge Your Mind
- Session 2: Importance of Diet and Nutrition
- Session 3: Finding Meaningful Engagement as You Age
- Session 4: Importance of Sleep and Your Brain
- Session 5: Lessons for Living Longer from People Who Lived the Longest

Calendar House, 388 Pleasant St, Southington
Three-week series: session 2, session 3 and session 4 to be covered.

Wednesday: April 24, May 29, June 26 | 1:30pm-2:30pm
Call (1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/events

Canoe Brook Center, 46 Church St, Branford
Friday: April 5, 12, 19 | 10:30am
ELIGIBLE ONLY FOR BRANFORD RESIDENTS 60+, MEMBERSHIP REQUIRED, DUES $8 PER YEAR, RSVP TO Nancy Cohen at 203.315.0684

St Lawrence Church Hall, 7 Hemlock Drive, Killingworth
Wednesday: April 3, 10, 24, May 1, 8 | 11am
Sponsored by Killingworth Women’s Organization, St. Lawrence Church Healing Ministry, and the Killingworth Municipal Committee on Aging

Madison Senior Center, 29 Bradley Road, Madison
Thursday: April 4, 11, 18, 25, May 2 | 2pm
NO REGISTRATION NEEDED
MEMBERSHIP REQUIRED, $15 MADISON RESIDENTS, $20 NON-MADISON RESIDENTS
Call 203.245.5627
Memory Screenings

Memory screenings are now available at your convenience through Hartford HealthCare Center for Healthy Aging. These confidential screenings average 20 minutes. They do not diagnose any illness but can indicate if someone should follow up with a cognitive assessment.

To learn more or to schedule an appointment, call Hartford HealthCare Center for Healthy Aging, 1.877.424.4641.

In-Person:
West Hartford Senior Center, Elmwood Corner Branch, 1106 New Britain Ave., West Hartford Friday May 24 | 10:30am – 12pm (meeting 4th friday every other month now)
REGISTRATION REQUIRED:
Call 860.561.8180.

In-Person:
Estuary Council of Seniors, 220 Main Street, Old Saybrook Thursday: April 25, May 30, June 27 | 2pm – 4pm
REGISTRATION REQUIRED:
Call 860.388.1611 Ext. 211

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

These groups are affiliated support groups of the Alzheimer’s Association Connecticut Chapter.

First Tuesday of the month,
April 2, May 7, June 4 | 10am–11:30am
In-Person: West Hartford Senior Center, 15 Starkel Rd, West Hartford
No RSVP needed: for more information contact Michelle Wyman at 203.859.0303 or Michelle.Wyman@hhchealth.org

Last Tuesday of the month,
April 30, May 28, June 25 | 10:30am–12pm
In-Person: Duncaster, 40 Loeffler Rd, Bloomfield
REGISTRATION REQUIRED: for more information contact Michelle Wyman at 203.859.0303 or Michelle.Wyman@hhchealth.org

Last Monday of the month,
April 29, May 27, June 24 | 11am–12pm
In-Person: Brookfield Senior Center, 100 Pocono Road, Brookfield
REGISTRATION REQUIRED: call 1.800.272.3900.
For more information call Julianne Ramia at 860.929.6829 or email julianne.ramia@hhchealth.org

Hybrid (in-person or Zoom)
Berlin-Peck Memorial Library, 234 Kensington Road, Berlin or Zoom
RSVP to: Patty O’Brian call 203.859.1992 or email patty.obrian@hhchealth.org

Virtual (Zoom)
Second Wednesday of the month,
April 10, May 8, June 12 | 6:30pm-8pm
Call (1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/events

Virtual (Zoom or phone)
Phone Number: 1.646.876.9923
Meeting ID: 92408181873# US
Every Friday (except March 29) 2pm-3pm
NO RSVP NEEDED: For more information call Kristine Johnson at 860.425.5823 or email kristine.johnson@hhchealth.org
April

Walk to Wellness with Dr. Cameron Kia
Tuesday, April 2 | 9am-9:30am
1500 New Britain Ave West Hartford

Join us in-person for Walk to Wellness, a FREE monthly educational seminar presented in partnership with Westfarms Mall. Join Bone and Joint Institute orthopedic spine surgeon, Cameron Kia MD, to learn more about common spine related issues, specific causes of back pain, and minimally invasive treatment options. Plus, a Q&A with Dr. Kia will follow the presentation. After the presentation a light breakfast will be provided. Please use the mall’s main entrance between Macy’s Men’s and Texas de Brazil off New Britain Avenue (all other entrances will be locked). We will have wellness supplies including hand sanitizers and disposable masks. Please note, all COVID-19 safety guidelines will be adhered to. Seats will be spaced 3 feet apart.

Dinner with the Doc
Thursday April 11 6pm -7pm
Duncaster 40 Loeffler Road Bloomfield

Join us for this free dinner with Dr. Marc Eisen to gain an understanding on the dizzy patient. A light dinner will be served Dr. Eisen is from the Ear Specialty Group and the Dizzy Clinic

Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Events

May

Walk to Wellness with Dr. Cameron Kia
Tuesday, May 7 | 9am-9:30am
1500 New Britain Ave, West Hartford

Join us in-person for Walk to Wellness, a FREE monthly educational seminar presented in partnership with Westfarms Mall. Join Dr. Kia to learn more about Spine Care. Plus, a Q&A with Dr. Kia will follow the presentation. After the presentation, a light breakfast will be provided. Please use the mall’s main entrance between Macy’s Men’s and Texas de Brazil off New Britain Avenue (all other entrances will be locked). We will have wellness supplies including hand sanitizers and disposable masks. Please note, all COVID-19 safety guidelines will be adhered to. Seats will be spaced 3 feet apart.

June

Walk to Wellness
Tuesday, June 4 | 9am-9:30am
1500 New Britain Ave, West Hartford

Join us in-person for Walk to Wellness, a FREE monthly educational seminar presented in partnership with Westfarms Mall. Join us to learn more about a Health Topic. Plus, a Q&A will follow the presentation After the presentation, a light breakfast will be provided. Please use the mall’s main entrance between Macy’s Men’s and Texas de Brazil off New Britain Avenue (all other entrances will be locked). We will have wellness supplies including hand sanitizers and disposable masks. Please note, all COVID-19 safety guidelines will be adhered to. Seats will be spaced 3 feet apart.

Dementia: An Introduction with licensed clinical social worker, Glynis Cassis
Tuesday, June 4 | 6pm-7:15pm
Zoom

In this FREE webinar, join the IOL’s Family Resource Center to gain general information about the diagnosis of dementia, ways to manage, and how family and friends can be supportive to individuals living with the diagnosis.

REGISTER REQUIRED:
HartfordHealthCare.org/VirtualClasses

Living Longer: It’s Not Just About Your Genes with Physician Assistant, Brad Biskup
Wednesday, June 12 | 7pm-8pm
Zoom

In this FREE webinar, join the Hartford HealthCare Heart & Vascular Institute Lifestyle Medicine Expert Brad Biskup, PA-C, to learn more about some of the longest living populations in the world and the lifestyle practices they incorporate for longevity. Brad will touch on the famous Blue Zones and offer ways you can make your lifestyle more Blue Zone-friendly. He’ll also discuss why a simpler life leads to a longer life.

REGISTRATION REQUIRED by phone:
1.855.HHC.HERE
Medicare

Medicare 101: Understanding Your Options
Virtual: April 3, 9, 18, 24, 29, May 9, 15, 20,
June 4, 12, 17, 27 Call 1.855.442.4373 for times.

Medicare 101 focuses on the basics of Medicare and understanding your Medicare options. Learn how it works; the different parts of 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, a Medicare educator. Sponsored by Hartford HealthCare and Integrated Care Partners.

REGISTRATION REQUIRED:
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Events. After you register, you’ll receive an email with easy instructions on joining the class.

*Schedule subject to change. Please call for most up to date information

Understanding the Medicare Savings Programs
Virtual: April 16, May 22, June 24
Call 1.855.442.4373 for times.

“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. Sponsored by Hartford HealthCare and Integrated Care Partners.

REGISTRATION REQUIRED:
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Events. After you register, you’ll receive an email with easy instructions on joining the class.

*Schedule subject to change. Please call for most up to date information

Exercise for Healthy Aging with Director of GoodLife Fitness, Maquita Sellers
Wednesday, May 29 | 5pm-6pm

In celebration of national senior health and fitness day, join CarePartners of Connecticut and Jerome Home in an educational session on how to utilize exercise as a tool. Discussion will surround how our bodies change throughout the course of life and how our daily activities and habits shape our physiology. Find out how exercise can prevent and fight disease and age-related decline. Light snacks will be provided during the discussion.

REGISTRATION REQUIRED:
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Events. After you register, you’ll receive an email with easy instructions on joining the class.

Open House

Cedar Mountain Commons
3 John H. Stewart Drive, Newington.

Thursday, April 11, 3pm-6pm,
Saturday, May 25, 10am-12pm, and
Wednesday, June 12 | 3pm-6pm.

Call Kristin Grenier to schedule a tour, 860.665.7901.

Arbor Rose at Jerome Home
975 Corbin Ave., New Britain.

Sunday, April 21, 10am-2pm,
Sunday, May 19 | 10am-2pm, and
Thursday, June 27, 4pm-7pm.

Call Karen Alix to schedule a tour, 860.229.3707.

The Orchards at Southington
34 Hobart St., Southington.

Thursday, April 11, 3pm-7pm,
Thursday, May 2 | 3pm-7pm, and
Thursday, June 6, 3pm-7pm.

Call Jessica Carlone to schedule a tour, 860.628.5656.

Mulberry Gardens of Southington
58 Mulberry St., Plantsville.

Wednesday, April 3, 3pm-6pm,
Wednesday, May 8 | 3pm-6pm, and
Wednesday, June 5, 3pm-6pm.

Call Antoinette Ouelette to schedule a tour, 860.276.1020.
Sometimes, the best gift does not come in a box.

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 healthy.

Independence at Home offers:
- Assistance with personal care
- Homemakers/companions
- Live-in caregivers
- Personal emergency response systems

With our caregivers, you can trust our services meet the highest standards. As members of a larger system, we can connect you to other services, if needed. Call toll-free 860-703-1760.

We solely provide non medical care and our license number which is HCA0000148.