



CALENDAR OF EVENTS

≈ SUMMER 2018 ≈



We welcome you and your loved ones to join us for some of our special programs and events. If you have any questions regarding your membership, or to join MyHealthy Advantage, please contact us at myhealthyadvantage@ctseniorcare.org or call 860.378.1268.

Blood Pressure Screenings:

Southington Community YMCA
29 High St., Southington.
Tuesdays, July 3 and Aug. 7, 9:30-10:30am. Sponsored by Hartford HealthCare Center for Healthy Aging staff.

Calendar House

388 Pleasant St., Southington.
Thursdays, July 5 and Aug. 2, 11am-noon. Sponsored by Hartford HealthCare Center for Healthy Aging staff.

Plainville Senior Center

200 East St., Plainville.
Thursdays, July 12 and Aug. 9, 1-2pm. Sponsored by Mulberry Gardens of Southington staff.

Calendar House

388 Pleasant St., Southington.
Tuesdays, July 24 and Aug. 28, 10-11am. Sponsored by Southington Care Center staff.

Wethersfield Community Center

30 Greenfield St., Wethersfield.
Thursday, July 26, 12:30-1:30pm. Sponsored by Cedar Mountain Commons and Jefferson House staff.

Memory Screenings

Hartford Hospital Family Health Center, 35 Talcottville Road, Vernon. Free. These confidential memory screenings average 10 minutes and consist of questions and tasks to assess memory. They do not diagnose any illness, but can indicate whether someone should follow up with a full medical exam. Presented by Jennifer McCaughey, MS, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. Appointments required.

RSVP to Jennifer McCaughey, 860.696.4623.

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

Support Groups

Bereavement Support Groups
Sponsored by Hartford HealthCare at Home Hospice Care

First and third Wednesdays of the month:

July 18 and Aug. 1 & 15, 2-3:30pm. Free. **Glastonbury Riverfront Community Center**, 300 Welles St., Glastonbury. Facilitator Bill Pilkington, supervisor for pastoral and bereavement services. **RSVP to 1.855.HHC.HERE/ 1.855.442.4373.**

Second and fourth Mondays of the month:

July 9 & 23 and Aug. 13 & 27, 1-2:15pm. **Hartford Hospital-Room 116**, 85 Jefferson St., Hartford. Facilitator *Andrea Burr*, pastoral counselor. **RSVP to 1.855.HHC.HERE/ 1.855.442.4373.**

First and third Thursdays of the month:

July 5 & 19 and Aug. 2 & 16, 11am-12:30pm. **Mansfield Center**, 34 Ledgebrook Drive. Facilitator *Ivan Bilyk*, pastoral counselor supervisor. **RSVP to 1.855.HHC.HERE/ 1.855.442.4373.**

Second and fourth Tuesdays of the month:

July 10 & 24 and Aug. 14 & 28, 5:30-6:30pm. **MidState Medical Center**, 435 Lewis Ave., Meriden. Facilitator *Doreen Bottone*, MidState chaplain. **RSVP to 1.855.HHC.HERE/ 1.855.442.4373.**

Second and fourth Wednesdays of the month:

July 11 & 25 and Aug. 8 & 22, 4:30-6pm. **William W. Backus Hospital**, 326 Washington St., Norwich. Facilitator *Thomas Flynn*, SC, pastoral counselor. **RSVP to 1.855.HHC.HERE/ 1.855.442.4373.**

Pet Grief Support Group

Tuesday, July 10, 6:30-8pm. Free. **Radiation Therapy Waiting Room**, 5 Highland St., New Britain. Our pets are our hearts. When they leave us, the hole is nearly unbearable. However, the loss of a companion animal is a marginalized loss. Unless one has been lucky enough to experience the love of an animal, it is difficult to understand. Join others who have sustained the loss of a beloved companion. All levels of participation are honored. Presented by *Dory Dzinski, LPC*. Sponsored by *Hartford Hospital*. **1.855.HHC.HERE/ 1.855.442.4373.**

Alzheimer's and Dementia Support Group

First Tuesday of the month: July 3 and Aug. 7, 10-11am. Free. **West Hartford Senior Center**, 15 Starkel Road, West Hartford. Do you care for someone diagnosed with dementia? Are you looking for information and support? A support group provides emotional, educational and social support. Topics include: communication techniques, caregiver support,

benefits of activities, stages of the disease, family dynamics, safety issues. Facilitators are Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging, and Elaine Reid, CDP. *Sponsored by West Hartford Senior Center and Hartford HealthCare Center for Healthy Aging.* **RSVP to Michelle Wyman, 860.666.7258.**

Last Monday of the month:

July 30 and Aug. 27, 10:30 am-noon. Free. Duncaster, 40 Loeffler Road, Bloomfield. Do you care for someone diagnosed with dementia? Are you looking for information and support? A support group provides emotional, educational and social support. Topics include: communication techniques, caregiver support, benefits of activities, stages of the disease, family dynamics, safety issues. Facilitators are Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging, and Sara Therion, MSW. *Sponsored by Duncaster and Hartford HealthCare Center for Healthy Aging.* **RSVP to Michelle Wyman, 860.666.7258 or Sara, 860.380.5012.**

Second Wednesday of the month:

July 11 and Aug. 8, 6:30-8:30pm. Free. Southington Care Center, Anna Fanelli Room, 45 Meriden Ave., Southington. 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? Facilitated by Patty O'Brian, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging, and Robin Segal, therapeutic recreation director/dementia recreation, Southington Care Center. This group is an affiliated support group of the Alzheimer's Association Connecticut Chapter. *Sponsored by Southington Care Center and*

Hartford HealthCare Center for Healthy Aging. **RSVP to Robin Segal, 860.378.1278.**

Second Tuesday of the month:

July 10 and Aug. 14, 10:30-11:30am. Free. Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. Are you a caregiver and feeling over-burdened? Are you responsible for making financial decisions, managing changes in behavior, or even helping a loved one get dressed in the morning? Join our caregivers support group. Facilitated by Jenn Doty, BSW, social worker. *Sponsored by Mulberry Gardens of Southington.* **RSVP to Jenn Doty, 860.276.1020.**

Third Tuesday of the month:

July 17, 6:30-7:30pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. Are you a caregiver and feeling over-burdened? Are you responsible for making financial decisions, managing changes in behavior, or even helping a loved one get dressed in the morning? Join our caregivers support group. Facilitated by Kate Rabinoff, MSW, LCSW, social worker. *Sponsored by Arbor Rose at Jerome Home.* **RSVP to Kate Rabinoff, 860.229.3707.**

The Art and Science of Graceful Aging

The Art and Science of Graceful Aging Palliative and Hospice Care

Thursday, July 12, 3-5pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. Palliative medicine is compassionate care of the whole person and loved ones with a focus on meeting physical, emotional and spiritual needs. Palliative and hospice care emphasize relief of suffering, achieving an optimum quality of life, and enhanced communications between the integrated care team and those

served to preserve the patient's dignity and support the end-of-life journey. Presented by Ross Albert, MD, PhD, Chief, Palliative and Hospice Medical Director, Hartford Hospital. *Sponsored by Hartford HealthCare Senior Primary Care at Duncaster.* **RSVP to Duncaster, 860.380.5006.**

Signs and Symptoms of Heart Disease

Thursday, Aug. 23, 3-5pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. Heart disease is the leading cause of death for men and women in the U.S. New information on attaining a heart-healthy lifestyle, knowing signs and symptoms, and innovative procedures are resulting in better outcomes. Presented by Gaurav Rana, MD, Hartford HealthCare Medical Group. *Sponsored by Hartford Hospital Senior Primary Care at Duncaster.* **RSVP to Duncaster, 860.380.5006.**

Informational Events

Anti-Inflammatory Cooking Series

Tuesdays, July 3 to July 24, 10am-1pm. \$180 per person. Institute of Living, Center Building, 200 Retreat Ave., Hartford. This four-week anti-inflammatory cooking series is plant-based - no meat. Meat is considered by experts as inflammatory. Learn creative and delicious ways to prepare your plant-based meals without refined starches and sugars or high-fat in our state-of-the-art demonstration kitchen.

July 3: Anti-Inflammatory Breakfasts That Will Knock Your Socks Off!

July 10: Anti-Inflammatory Lunches that are Simple & Satisfying

July 17: Anti-Inflammatory Dinners for Busy People

July 24: **Anti-Inflammatory Desserts and Snacks that Will Make Your Heart Sing!**

Presented by Chef Jeanne Tennis. Sponsored by Hartford Hospital. Reservations required. 1.855.HHC. HERE/ 1.855.442.4373.

Staying Hydrated

Tuesday, July 10, 10:30-11:30am. Free. Windsor Senior Center, 599 Matianuck Ave., Windsor. Learn the importance of staying hydrated, and the symptoms someone may experience when they are dehydrated. Presented by Kaitlin Cuas, MSN, RN, Transitional Care Nurse, Hartford HealthCare Center for Healthy Aging. Sponsored by American Eagle Financial Credit Union. RSVP to Windsor Senior Center, 860.285.1992.

Dehydration, Know the Warning Signs

Wednesday, July 11, 10:30-11:30am. Free. Bristol Senior Center 240 Stafford Ave., Bristol. How important is water to your day? Learn the signs and symptoms of dehydration and how to prevent it. Presented by Stacey Scapeccia, exercise physiologist, Southington Care Center. Sponsored by Hartford Health GoodLife Fitness. RSVP to Bristol Senior Center, 860.584.7895.

What is the Difference between Generic and Name Brand Drugs?

Wednesday, July 11, 12:30pm. Free. Berlin Senior Center, 33 Colonial Drive, Berlin. The discussion will compare and contrast generic and brand name drugs to better understand the similarities and differences, including pricing. Learn what seniors can do to be "drug smart." Medication safety tips include: keeping track of your medications, starting and stopping medications as directed, taking medications correctly, and storing and disposing medications properly. Presented by Addolorata M.

Ciccione, PharmD., geriatric clinical pharmacist, Jefferson House. Sponsored by Jefferson House. RSVP to Berlin Senior Center, 860.828.7006.

Aromatherapy & Expressive Arts: Essential Oils Sculpture

Wednesday, July 11, 6-8:30pm, Free. Hospital of Central Connecticut, New Britain campus, Lecture Room 1, 100 Grand St., New Britain. Learn the benefits of aromatherapy and sensory therapy, as well as the use of guided imagery and sculpture as a form of self-expression. Participants will get in touch with their inner-child, as they make their own calming naturopathic play-dough. Take home a personal blend of your own. CONSIDERATIONS: Essential oils bare strong fumes. This workshop is NOT recommended for those with sensitivity to smell. Presented by Lauren Ciborowski. 1.855.HHC. HERE/ 1.855.442.4373.

Soul Collage: Summertime Fun

Thursday, July 12, 6-9pm. Free. Hospital of Central Connecticut, New Britain campus, Lecture Room 1, 100 Grand St., New Britain. What does summer mean for you? Barbecues with family and friends? Beach time? We will honor summer and all the fun that it can bring. SoulCollage is a fun way to work with pictures to discover the ongoing story of you. You select images that speak to you and create small collages that form a visual journal. It's a powerful and fun creative process. No artistic talent is required. All materials will be provided. Presented by Lisa Huppert. 1.855.HHC.HERE/ 1.855.442.4373.

Look Good, Feel Better

Monday, July 16, 2-4pm. Free. MidState Medical Center, rear of cafeteria, 435 Lewis Ave., Meriden. American Cancer

Society's Look Good, Feel Better program is for women undergoing cancer treatment. Presented by American Cancer Society. RSVP to Denise Jones-Gagne, 203.694.8631.

Dehydration, Know the Warning Signs

Wednesday, July 18, 10:30-11:30am. Free. Farmington Senior Center, 321 New Britain Ave., Unionville. How important is water to your day? Learn the signs and symptoms of dehydration and how to prevent it. Presented by Christine Solimini-Swift, exercise physiologist, The Orchards at Southington. Sponsored by Hartford HealthCare GoodLife Fitness. RSVP to Farmington Senior Center, 860.675.2490.

How to Identify the Experience of Anxiety and When Anxiety Becomes Problematic

Wednesday, July 18, 3-4pm. Free. Cedar Mountain Commons, 3 John H. Stewart Drive, Newington. Tools to cope with stress and/or anxiety. Presented by Laurel Regan, APRN, director of Behavioral Health, Hartford Hospital. Sponsored by Cedar Mountain Commons. Light refreshments will be served. Registration required. RSVP to 1.855.HHC. HERE/ 1.855.442.4373.

Reiki Training II

Wednesday, July 18, 6-9pm. \$165. Hospital of Central Connecticut, New Britain campus, Lecture Room 1, 100 Grand St., New Britain. This Level II Reiki Training is for those who have completed Level I. Here the student explores Reiki in greater depth; learns three of the Master Symbols and how to use them to accelerate the healing process, as well as how to give distance healing. Students receive a Level II Attunement. Presented by Priscila Gale. 1.855.HHC.HERE/ 1.855.442.4373.

Growing Older Can Bring New Purpose; What is Yours?

Friday, July 27, 9:30am. Free. Plainville Senior Center, 200 East St., Plainville. Growing older changes things: Our physical beings, our outlook on life, our wisdom. Has your purpose changed along the way? Learn how physical changes can affect our mindset and vice versa. Celebrate what you have to offer along this journey called life. Presented by Mark Colello, exercise physiologist, Southington Care Center. Sponsored by Southington Care Center. **RSVP to Plainville Senior Center, 860.747.5728.**

Balance, Flexibility and the Dreaded Fear of Falling!

Monday, Aug. 6, 1pm. Free. Cheshire Senior Center, 240 Maple Ave., Cheshire. The fear of falling is a major health problem (but a natural one) among seniors, and actually has a name, basophobia. Learn how to: reduce environmental risks; take charge of your physical condition; and boost your bone strength. Presented by Mark Colello, exercise physiologist, Southington Care Center. Sponsored by Southington Care Center. **RSVP to Cheshire Senior Center, 203.272.8286.**

Preventing Falls in Older Adults: Hartford HealthCare Safe Steps Program and Fall Risk Mobility Screens

Tuesday, Aug. 7, noon. Free. Wethersfield Senior Center, 30 Greenfield St., Wethersfield. This 30-minute talk will explore facts and misconceptions about falls in seniors, safety precautions, and how exercise and therapy can be instrumental in minimizing the risk of falls. This includes a synopsis of what the Hartford HealthCare Safe Steps Program offers. Fall risk mobility screenings for patrons will be offered including comparison to average norms for their age. Presented by Sharon Treat, MSPT,

Jefferson House. Sponsored by Jefferson House. **RSVP to Wethersfield Senior Center, 860.721.2979.**

Interpersonal Boundaries

Wednesday, Aug. 8, 1pm. Free. Berlin Senior Center, 33 Colonial Drive, Berlin. We will discuss interpersonal boundaries and how to define them. Presented by LeaAnn Blanchard, resident services coordinator, The Orchards at Southington. Sponsored by The Orchards at Southington. **RSVP to Berlin Senior Center, 860.828.7006.**

Tree of Life: Wire Sculpture

Wednesday, Aug. 8, 6-8:30pm. Free. EMS Education Department, ERC, Fourth Floor, 560 Hudson St., Hartford. The Tree of Life is a universal symbol found in spiritual traditions around the world. In many cases, it serves as a visual metaphor, reflecting upon various elements of life. In this workshop, you will not only begin to discover/rediscover aspects of yourself, but you may also begin to actively cultivate your Tree of Life to reflect the kind of person you wish to be moving forward. In a warm and welcoming setting, you will explore this ancient concept as you make a beautiful wire-wrapped Tree of Life ornament. All materials provided. Presented by Lauren Ciborowski. **1.855.HHC.HERE/ 1.855.442.4373.**

Relax the Body, Quiet the Mind

Tuesday, Aug. 14, 11am. Free. Plainville Senior Center, 200 East St., Plainville. Learn the benefits of stress management to improve health. Presented by Christine Solimini-Swift, exercise physiologist, The Orchards at Southington. Sponsored by The Orchards at Southington. **RSVP to Plainville Senior Center, 860.747.5728.**

Knowing More about Arthritis

Wednesday, Aug. 15, 10:30am. Free. Wallingford Senior Center, 238 Washington St., Wallingford.

Learn how dietary factors, free radicals and trauma can cause arthritis as well as how arthritis is diagnosed and what you can do to prevent it. Presented by Christine Solimini-Swift, exercise physiologist, The Orchards at Southington. Sponsored by The Orchards at Southington. **RSVP to Wallingford Senior Center, 203.265.7753.**

Seasonal Cooking, What Does This Mean?

Wednesday, Aug. 15, 10:30am. Free. Bristol Senior Center, 240 Stafford Ave., Bristol. Seasonal cooking, what does this mean? We will be highlighting local and seasonal produce with vibrant colors and great nutritional value. Presented by Peter Fescoe, director of dining services, Mulberry Gardens of Southington. Sponsored by Mulberry Gardens of Southington. **RSVP to Bristol Senior Center, 860.584.7895.**

Healthy Backs

Wednesday, Aug. 15, 10:30am. Free. Farmington Senior Center, 321 New Britain Ave., Unionville. Millions of people suffer from back pain - it is the leading cause of disability in the United States. Physical therapy can help to alleviate pain, build strength and stability and prevent back injuries. Learn more about Healthy Backs, a best practice model for healing, protecting and strengthening your back. Presented by Jonathan Sylvain, PT, Hartford HealthCare Rehabilitation Network. Sponsored by Hartford HealthCare Senior Services. **RSVP to Farmington Senior Center, 860.675.2490.**

Reiki III/Master Training

Wednesday, Aug. 15, 6-9pm. Standard Fee. Hospital of Central Connecticut, New Britain campus, Lecture Room 1, 100 Grand St., New Britain. Level III/ Master Teacher Reiki Training is where the student learns

(Continued on next page)

additional Master Symbols, how to use them as well as how to give Attunements to other. Students receive their final Level III/Master Teacher Attunement. Presented by Priscila Gale. 1.855.HHC.HERE/ 1.855.442.4373.

Healthy Brain Check-up: Memory Screening

Thursday, Aug. 16, 10:30-11:30am. Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford. Learn the importance of memory screening and discuss strategies to keep your brain healthy. Presented by Amina Weiland, CDP, CDCP, certified dementia practitioner, resource coordinator. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Elmwood Senior Center, 860.561.8180.**

QiGong for Depression

Tuesday, Aug. 21, 5:30-7:30pm. Free. Hospital of Central Connecticut, New Britain campus, Lecture Room 1, 100 Grand St., New Britain. Clear your mind, energize your body, and lift your spirit with these ancient Chinese healing exercises. QiGong (Chee-Gong) means "Energy Work" and is a gentle system of exercises that stimulate and balance Qi (Energy) in the body for health emotional balance and a peaceful spirit. Presented by Lauren Ciborowski. 1.855.HHC.HERE/ 1.855.442.4373.

Ripped Paper Collage

Wednesday, Aug. 29, 6-9pm. Free. Hospital of Central Connecticut, New Britain campus, Lecture Room 1, 100 Grand St., New Britain. Join this fun class using paper adhesive and a variety of different papers (wrapping, homemade, napkins, washi and other exotic papers) to tear and put together to depict various scenes or abstract visions. Materials will be supplied, but feel free to bring any papers you want

to incorporate. No previous experience required! Presented by Lisa Huppert. 1.855.HHC.HERE/ 1.855.442.4373.

Depression and Anxiety in Parkinson's disease

Thursday, July 12, noon-1pm. Free. The Hospital of Central Connecticut, New Britain campus, 100 Grand St., New Britain, Lecture Room 2. Learn about depression and anxiety in patients with Parkinson's disease. Presented by Joy Antonelle de Marcaida, MD. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to 1.855.HHC.HERE/ 1.855.442.4373.**

Downsizing and Loving it

Thursday, Aug. 16, noon-1pm. Free. The Hospital of Central Connecticut, Bradley campus, 81 Meriden Ave., Southington. Learn about how to navigate moves such as the emotional (letting go), logistical ("where does one begin?"), and how to move seamlessly into a new phase that can often be uplifting and freeing. Presented by Bear Beatty, real estate agent. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to 1.855.HHC.HERE/ 1.855.442.4373.**

Hartford HealthCare Center for Healthy Aging Informational Series

Healthy Brains

Fridays, July 10, 17, 24 & 31, Noon-1pm. Free. New London Senior Center, 120 Broad St., New London. Join us for our four-part series on keeping memory strong with tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions.

July 10: Intro – Eat Brain Foods & Stay Hydrated

July 17: Challenge Your Mind Daily – Activities to Stay Sharp

July 24: Count Sheep – Be Creative and Have Fun

July 31: Coping with Stress and Change while Remaining Positive – Find a Purpose

Presented by Adrienne DeVivo, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to New London Senior Center, 860.447.5232.**

Healthy Brains

Thursdays, Aug 2, 9, 16, 23 & 30, 10:30-11:30am. Free. Windham Hospital, 112 Mansfield Ave., Willimantic. Join us for our five-part series on keeping memory strong with tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions.

Aug. 2: Intro: Eat Brain Foods & Stay Hydrated

Aug. 9: Challenge Your Mind Daily – Activities to Stay Sharp

Aug. 16: Coping With Changes and Managing Stress – Be Social

Aug. 23: Count Sheep – Be Creative and Have Fun

Aug. 30: Be Positive – Find A Purpose

Presented by Adrienne DeVivo, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RVSP to Adrienne DeVivo, 860.456.6877.**

Keeping Memory Strong

Thursdays, Aug. 2, 9, 16, 23 & 30, 1-2pm. Free. South Windsor Senior Center, 150 Nevers Road, South Windsor. Join us for this five-part series on Healthy Minds. Learn activities that will challenge your brain while having fun. Attendees are encouraged to attend all sessions. Topics are:

- Aug. 2: Intro – Eat Brain Foods & Stay Hydrated**
- Aug. 9: Challenge Your Mind Daily – Activities to Stay Sharp**
- Aug. 16: Coping With Changes and Managing Stress – Be Social**
- Aug. 23: Count Sheep – Be Creative and Have Fun**
- Aug. 30: Be Positive – Find A Purpose**

Presented by Patty O'Brian, Michelle Wyman, dementia specialists, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. **RSVP to South Windsor Senior Center, 860.648.6361.**

Open Houses

Cedar Mountain Commons

3 John H. Stewart Drive, Newington. **Saturdays, July 14 and Aug. 4, 10am–2pm.** Stop by for information or call: **860.665.7901.**

Arbor Rose, 975 Corbin Ave., New Britain. **Sundays, July 15 and Aug. 19, 10am–2pm.** Stop by for information or call: **860.229.3707.**

The Orchards at Southington

34 Hobart St., Southington. **Saturdays, July 14 and Aug. 11, 10am–2pm.** Stop by for information or call: **860.628.5656.**

Mulberry Gardens of Southington

58 Mulberry St., Plantsville. **Saturday, Aug. 11, 10am–2pm.** Stop by for information or call: **860.276.1020.**

Mulberry Gardens at Marian Heights

314 Osgood Ave., New Britain. **Tours are available Mondays to Fridays, 10am–2pm.** The mission of the Mulberry Gardens at Marian Heights Adult Day Center is to provide the highest quality community-based day program in a safe and positive environment. Care is provided to individuals with a variety of socialization and cognitive needs. Polish speakers on staff. **RSVP to Marian Heights Adult Day Center, 860.357.4264.**

Healthy Brains

Fridays, July 10, 17, 24 & 31, noon-1pm. Free. New London Senior Center, 120 Broad St, New London. Join us for our four-part series on keeping memory strong with tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions.

July 10: Intro – Eat Brain Foods & Stay Hydrated

July 17: Challenge Your Mind Daily – Activities to Stay Sharp

July 24: Count Sheep – Be Creative and Have Fun

July 31: Coping Stress and Change While Remaining Positive – Find a Purpose

Presented by Adrienne DeVivo, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to New London Senior Center 860.447.5232.**

Healthy Brains

Thursdays, Aug 2, 9, 16, 23 & 30, 10:30–11:30am. Free. Windham Hospital, 112 Mansfield Ave., Willimantic. Join us for our five-part series on keeping memory strong with tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions.

Aug. 2: Intro – Eat Brain Foods & Stay Hydrated

Aug. 9: Challenge Your Mind Daily – Activities To Stay Sharp

Aug. 16: Coping with Changes and Managing Stress – Be Social

Aug. 23: Count Sheep – Be Creative and Have Fun

Aug. 30: Be Positive – Find a Purpose

Presented by Adrienne DeVivo, CDP, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for*

Healthy Aging. **RVSP to Adrienne DeVivo, 860.456.6877.**

Veterans Coffee Talk

Tuesdays, July 3 and Aug. 7, 8:30-9:30am. Free. Windham Hospital, 112 Mansfield Ave., Willimantic, Bernard Derosier Room. Hartford HealthCare Center for Healthy Aging at Windham Hospital is hosting a monthly 'coffee talk' and support group for veterans on the first Thursday of every month.

Topics may include: presumptive diseases, service-connected disabilities, Aid & Attendance, CT Veterans Wartime Service Medal, burial allowances for survivors of veterans, how to obtain a copy of your DD214 (Discharge Papers), and more. Wayne Rioux, a Vietnam-era Army veteran and Hartford HealthCare's veterans liaison, leads the group. Complimentary coffee and refreshments will be served. **RSVP to Hartford HealthCare Center for Healthy Aging, 860.456.6785.**

Eastern Region Support Groups

Alzheimer's and Dementia Support Group

Third Tuesday of the month: Aug. 21, 10–11am. Free. Windham Hospital, Johnson Room, 112 Mansfield Ave., Willimantic. Do you care for someone diagnosed with dementia? Are you looking for information and support? A support group provides emotional, educational and social support. Topics include: communication techniques, caregiver support, benefits of activities, stages of the disease, family dynamics, safety issues. Facilitated by Adrienne DeVivo, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Adrienne DeVivo, 860.456.6877. ■**

MyHealthy Advantage

80 Meriden Ave., Southington, CT 06489
<https://hhcseniorservices.org/myhealthyadvantage>

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**Hartford HealthCare and Tufts Health Plan join forces
to create a new Connecticut health plan**

