Vestibular therapy helps clients gain balance and confidence
MyHealthy Advantage is a Connecticut 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 myhealthyadvantage.org. Or, provide your name, address and phone number (and discount if you are a merchant) by contacting:

Central CT Senior Health Services
Attn: MyHealthy Advantage Coordinator
45 Meriden Avenue
Southington, CT 06489
860-378-1268
myhealthyadvantage@ctseniorcare.org

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Expanding Services at the Center
3 The CT Center for Healthy Aging has added a Geriatric Care Manager for coordination of care.

Specialized Therapy
4 Southington Care Center offers specialized vestibular therapy.

Fasting for Accurate Results
6 Clinical Laboratory Partners explains the importance of fasting.

Choosing the Right Shovel
7 The Hartford Hospital Rehab Network explains how to avoid injury when shoveling.

Emergency Preparedness
8 New Britain EMS details four simple steps to prepare for an emergency.

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

CONNECTICUT CENTER FOR HEALTHY AGING
cthealthyaging.org

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

Three Center locations:
• Bradley Memorial campus
  81 Meriden Avenue
  Southington, CT 06489
  860-276-5293
• New Britain General campus
  100 Grand Street
  New Britain, CT 06050
  860-224-5278
• MidState Medical Center
  435 Lewis Avenue
  Meriden, CT 06450
  203-694-5721

JEROME HOME / ARBOR ROSE
jeromehome.org
975 Corbin Avenue
New Britain, CT 06052
860-229-3707

MULBERRY GARDENS
mulberrygardens.org
58 Mulberry Street
Plantsville, CT 06064
860-276-1020

MARIAN HEIGHTS
ADULT DAY CENTER
314 Osgood Avenue
New Britain, CT 06052
860-357-4264

SOUTHINGTON CARE CENTER
southingtoncare.org
45 Meriden Avenue
Southington, CT 06489
860-621-9559

THE ORCHARDS AT SOUTHTON
southingtonorchards.org
34 Hobart Street
Southington, CT 06489
860-628-5656

CEDAR MOUNTAIN COMMONS
cedarmountaincommons.org
3 John H. Stewart Drive
Newington, CT 06111
860-665-7901

JEFFERSON HOUSE
jeffersonhouse.org
One John H. Stewart Drive
Newington, CT 06111
860-665-4453

VNA HEALTHCARE
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Integrated Care Partners
Clinical Lab Partners
Hartford HealthCare Rehabilitation Network
Hartford HealthCare Medical Group
The Connecticut Center for Healthy Aging expands services

By Cheryl Olson

In mid-July, the Connecticut Center for Healthy Aging expanded its locations from The Hospital of Central Connecticut’s two campuses to include a third location within the Emergency Department at MidState Medical Center. In addition, the Center has added a Geriatric Care Manager to provide clients with coordination of care in order to improve quality of life and minimize future hospitalization. A Geriatric Care Manager is typically retained to serve as a trusted, proactive advisor for seniors’ health and well-being and serve as a communication liaison between all healthcare professionals and families.

The Connecticut Center for Healthy Aging is a free resource and assessment center for seniors and their families. It is really a starting point for people seeking information about what resources might be available to them and those they love. We think of it as one-stop-shopping to help them navigate the complexities of our healthcare system,” said Marc Levesque, MS, senior resource case manager.

Levesque says some of the newest offerings through the center include concierge services, like connections to handyman services, lawn care, snow removal, pet walking, hair care and organizing services.

Geriatric care management is also available for those who have family members living in another area, or for whatever reason, cannot be more involved. “We assist with escorting patients to their doctors’ appointments and serving as a communication liaison to enhance care coordination and the development of a personal care plan,” said Levesque.

Ask the Center

Q My loved one has Alzheimer’s disease and I’m feeling overwhelmed. What resources are there to help?

A For those with Alzheimer’s disease, one suggestion is to consider an adult day center which offers a social environment with hands-on activities for its members. Other options may include a home companion, caregiver classes offered through The Alzheimer’s Association, and caregiver support groups offered at various locations. Respite care grants are also available through the Alzheimer’s Association and Area Agency on Aging.*

Q My neighbor is a widow and her children live out of state. I try to help, but she needs more help than I can provide. Are there other resources to assist her?

A For those who live alone without family nearby, the Center's Geriatric Care Management team can coordinate care between your neighbor, her family, physician and other healthcare providers. We can also connect her with concierge services to help with minor repair, house cleaning or other necessary duties.*

*Do you have a question for the Center? Call us to set up a personal needs assessment! 860-276-5293 (THOCC, Bradley Memorial campus), 860-224-5278 (THOCC, New Britain General campus) 203-694-5721 (MidState Medical Center)
Kensington resident Graham Hall doesn’t have time to slow down. The 84-year-old and his wife, Lois, volunteer several times each week at Foodshare, the Hartford-area food distribution program, and are involved in other community service projects and family activities.

That’s why he was annoyed when he began having episodes of sudden dizziness and feelings as if the world were spinning. The sensation disrupted his daily activities and he often had to limit his activities.

Symptoms of a vestibular disorder can include imbalance, loss of sense of position in space, vertigo, nausea or vomiting, unclear vision or difficulty focusing.

“I felt apprehensive about going out. I couldn’t really go to social functions. And Lois would have to do all the driving,” Hall said.

His physician diagnosed him with the most common type of vertigo, benign paroxysmal positional vertigo (BPPV). Vertigo is defined as an illusion of motion but in common usage includes the sensation of loss of balance or position in space, i.e., a spinning sensation. There are three common causes of vertigo including:

• **BPPV** – Fluid in the inner ear responds to head and body movements and is key in keeping balance. With BPPV, calcium crystals in the ear canal disrupt the signals the inner ear sends to the brain, causing vertigo. This condition can occur for no known reason.

• **Meniere’s disease** – This disorder of the inner ear is thought to occur from the buildup of fluid and changing pressure. It may be accompanied by tinnitus (ringing in the ears) and loss of hearing.

• **Vestibular neuritis or labyrinthitis** – An infection, most commonly viral, can cause nerve inflammation in the inner ear, causing dizziness and imbalance.

Vestibular disorders can stop and start for intermittent periods of time. After a two-year period of dormancy, Hall’s BPPV flared up again. “I can feel it coming on,” he said.

Hall sought treatment at the outpatient rehabilitation center at Southington Care Center where he received specialized vestibular therapy from Kerri McQuillan, PT, who has years of experience working with patients with vertigo and imbalance issues.
Treatment of the condition varies with the diagnosis. Many types of vertigo can often be effectively treated with physical therapy, medication, surgery (this is the least common option and very rare) or waiting for it to resolve on its own.

Hall’s therapy began with an assessment of his stability and his condition’s effect on his daily life. He and McQuillan set goals including improved stability and gain in confidence. Canal repositioning was performed to move the crystals that were triggering his BPPV. Each week she challenged him with a variety of exercises during the 45-minute periods that were held in the 8,300-square-foot rehabilitation pavilion. She also gave Hall a routine of exercises to practice at home.

Balance involves not only the inner ear but the eyes and legs as well. As she had Hall work through positioning exercises and head movements, she carefully watched his actions and reactions. “Specialized exercises help the brain compensate. You can actually retrain your brain,” McQuillan said. Regular assessments continued throughout his five weeks of customized sessions.

Some of the exercises included balancing on pads of different densities, weight shifts, balance activities using various foot positions, lying down and turning to either side then sitting up, and walking as if on a tightrope.

While Hall performed the movements, McQuillan watched his eyes for abnormal movements as well as his gait, stability and strength. “You’re scoring normally,” she told him during one of his final therapy sessions.

“I love what I do,” McQuillan said. “It’s a fascinating area of physical therapy and very satisfying.”

For more information about specialized vestibular therapy at Southington Care Center, please call 860-378-1234.

Join Us for "Dinner with the Doc!"

Please join Southington Care Center as we host Dr. Matthew Raymond and Kerri McQuillan, PT, for "Dinner with the Doc" on Wednesday, March 26, 2014. They will discuss balance, falls and vertigo. Prior to the event, we will host free balance screenings for the community in our rehabilitation pavilion. Complimentary dinner will be provided. Screenings will run from 4-5 p.m. and the dinner from 5-7 p.m. Please RSVP to 860-621-9559.

“Specialized exercises help the brain compensate. You can actually retrain your brain.”

—Kerri McQuillan
Prior to coming to Clinical Laboratory Partners to have your blood drawn, your healthcare provider may ask you to fast for several hours before the test, or overnight. What does that mean for you?

What Is Fasting and Why Is It Necessary?
Fasting is when you do not consume food or drinks, with the exception of water, for a set period of time.

Food and beverages you consume are absorbed into your blood stream and could impact factors measured by certain tests. Tests to determine your lipid levels (cholesterol, triglycerides and HDL) usually require fasting. You also will be told to fast before glucose testing. If you don’t fast, or fast for a shorter time than prescribed, your tests could yield inaccurate results.

How Long Should I Fast?
Generally, before a lipid or a glucose tolerance test, you’ll be told to fast for eight hours. However, your clinician may advise you differently. Always follow his or her instructions.

Be sure to take your usual medications unless told otherwise by your healthcare provider.

Who We Are
Clinical Laboratory Partners (CLP) is a full-service clinical laboratory owned by Hartford HealthCare. CLP is led by industry visionaries nationally recognized as experts in pathology and laboratory medicine. Test laboratories located in Newington, Hartford, Meriden, Fairfield and Wallingford perform a total of 12.8 million tests annually. CLP provides a broad range of clinical and anatomic pathology services to clinicians, nursing homes, municipalities, hospitals and managed care organizations. Patients have access to over 80 locations to have their blood drawn.

More than just a diagnostics laboratory; CLP is an information delivery company helping clinicians make timely and accurate diagnosis leading to effective patient treatment and wellness plans.

Formed in 1998 as a merger of three area laboratories, CLP has made substantial contributions to the lab industry, patient care and community outreach over the past 15 years.

To find a Clinical Laboratory Partners draw site near you, call 800-286-9800 or visit clpct.com.
Avoiding strain by choosing the right shovel

Winter is here! And it doesn't matter how old or fit you are, clearing the snow off our sidewalks and driveways is hard work that can easily result in strains and pain. Recently, there has been an increase in the number of "ergonomically" designed shovels. Is it worth the extra money to purchase a new shovel? What qualities should you look for in a “good” snow shovel?

The Bent Handle
The Liberty Mutual Research Center for Safety and Health found that when people use a bent shaft snow shovel, they bend forward less than with a straight shaft shovel. By bending less, this may reduce the maximum spinal compressive and shear forces created when lifting the loaded shovel from the ground.

Metal vs. Plastic
Should you go for durability or safety? The tradeoff is that a metal shovel is more durable, but is the heavier shovel. This weight will result in fatigue faster. A plastic shovel may not last as long, but is the lightest material. A plastic shovel will be easier to lift and is recommended for that reason.

The Size of the Shovel
This, like any other piece of equipment, should match the person doing the shoveling. A taller, heavier person can use a larger bladed shovel with a longer shaft while a shorter, lighter person should use a shovel with a smaller blade and a shorter shaft.

Handles
The handles should allow for a free grip when wearing gloves or mittens. The cushioned "D" grip handle provides the best grip and comfort. Look for a fiberglass handle if possible. A fiberglass handle is up to three times stronger than wood and won't splinter, warp, or rot.

Heart Safety
One other important aspect of shoveling snow involves heart safety. If you are going to dig in, follow these guidelines for safe snow shoveling:

- Be sure to dress warmly, covering your head, neck and chest.
- Cut the icy cold by breathing through a scarf.
- Take your time. Shovel in 15-minute intervals.
- Lift small amounts of snow and take frequent breaks.
- Use the correctly sized and designed shovel (as mentioned previously) – a smaller shovel will cut down the strain on your heart by not allowing you to lift a heavy load.
- If you start to experience any chest discomfort, shortness of breath or unusual symptoms, seek medical attention immediately!

For more information on proper body mechanics while shoveling, log onto rehab.harthosp.org.

References:
Yards filled with downed trees and power lines, basements flooded with water, phone and internet connections disconnected, and blocked roads, are just a few of the effects of severe weather and disasters. Hurricane Irene, Winter Storm Alfred, Superstorm Sandy, and Blizzard Nemo have undoubtedly left a lasting impact on our families and our communities for years to come. Citizens, businesses, non-profits, community groups, and government officials must act as a Whole Community to ensure resiliency, to rebound and grow stronger following a disaster.

Besides hurricanes, our region can be impacted by many emergencies including: pandemics, cyber-attacks, power failures, transportation accidents, and workplace violence. Imagine Interstate 84 being closed for days, or an electrical outage lasting weeks.

Although you might not have been personally affected by an emergency or disaster, chances are you will in the future. Unfortunately our experiences lead us to believe, “It will never happen to me.” In reality, many experts explain that disasters are becoming more common, and they are affecting more people each year. Studies show that people who plan for disasters, respond to emergencies better than those who do not. Fortunately for our families and communities, we can take four simple steps to become more resilient during and after emergencies.

**Be Aware**
- Think about what emergencies can affect you, your neighborhood, and your community.
- First responders are often overwhelmed during disasters and may not be able to provide immediate help like normal.
- Preparing will allow you to be more safe and comfortable during a disaster.
- Follow advice from emergency officials, concerned family members, friends, and healthcare providers.

**Plan**
- Create an emergency plan by writing down personal, emergency contact and medical information.
- Plan with people you trust including neighbors, friends, and companions.
- Be sure to think about your pets and service animals’ needs. Animals can become frightened, panicked and disoriented.

**Prepare**
- Create an emergency kit. Some items to include are: water, non-perishable food, radio with extra batteries, first aid kit, flashlight, clothes and money (cash and coins).
- If you have an access or functional need, consider preparing essential supplies and medical equipment, like oxygen, medication, and batteries.
- Learn how to shelter in place, and find out where your community’s shelter is located. Be sure to come to the shelter with all the supplies you need.

**Connect with Community**
- Sign up for CT Alert and your local emergency alert system.
- Volunteer with a Community Emergency Response Team, Medical Reserve Corp, Red Cross, community group, or local shelter.
- Assist those in need, neighbors and friends during emergencies.

For more emergency preparedness information, please visit getreadycapitolregion.org.

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**The Readys! Emergency Preparedness Training for People with Access and Functional Needs**

Join Arbor Rose at Jerome Home and New Britain EMS for an educational event on emergency planning on Wednesday, January 22nd from 12:30-2:00 p.m. Following Winter Storm Alfred, Hurricane Irene, and Superstorm Sandy, the State’s healthcare, social service, and first responder community recognized the need to provide training for the community to be more comfortable and resilient during and after an emergency or disaster. RSVP to 860-229-3707—space is limited.
<table>
<thead>
<tr>
<th>Merchant Discounts</th>
<th>Location</th>
<th>Offer Description</th>
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<tbody>
<tr>
<td><strong>Aziagos Restaurant</strong>&lt;br&gt;860-426-1170</td>
<td>166 Queen Street, Southington</td>
<td>10% off dinner menu &amp; lunch items excluding desserts. Dine-in only; not valid holidays, not to be used with any other coupon/promo.</td>
</tr>
<tr>
<td><strong>Barker Animation</strong>&lt;br&gt;203-272-2222, x223</td>
<td>1188 Highland Avenue, Cheshire</td>
<td>10% Collectors Star Club discount &amp; $1 off museum entrance fee.</td>
</tr>
<tr>
<td><strong>Beacon Prescriptions</strong>&lt;br&gt;860-225-6487, press 6</td>
<td>543 West Main Street, New Britain</td>
<td>Free prescription delivery. M-F, 9-6pm - 20% off vitamins, minerals &amp; Windmill brand products.</td>
</tr>
<tr>
<td><strong>Bongiovanni Insurance &amp; Financial LLC</strong>&lt;br&gt;203-237-7900</td>
<td>97 East Main Street, Meriden</td>
<td>10% off tax preparation.</td>
</tr>
<tr>
<td><strong>Century 21</strong>&lt;br&gt;860-426-0772</td>
<td>441 North Main Street, Southington</td>
<td>$250 towards house cleaning when you buy or complete a home sale with Joyce Gibson.</td>
</tr>
<tr>
<td><strong>Charter Oak Insurance &amp; Financial Srvcs.</strong>&lt;br&gt;860-922-4032</td>
<td>41 Regency Court, Bristol</td>
<td>Free financial consult.: needs analysis portfolio, pro. recommendation, restrictions apply.</td>
</tr>
<tr>
<td><strong>Cohen Good Life Center</strong>&lt;br&gt;860-224-5753</td>
<td>New Britain General campus 100 Grand St., New Britain</td>
<td>20% off fitness program.</td>
</tr>
<tr>
<td><strong>Colony Opticians</strong>&lt;br&gt;203-265-7990</td>
<td>60 Church Street, Wallingford</td>
<td>20% off eyeglasses.</td>
</tr>
<tr>
<td><strong>Drain Surgeon</strong>&lt;br&gt;860-229-6941</td>
<td>228 Corbin Avenue, New Britain</td>
<td>10% off any plumbing repair work in residential housing.</td>
</tr>
<tr>
<td><strong>Eyewear Glasses</strong>&lt;br&gt;860-621-8215</td>
<td>55 Meriden Avenue, Southington</td>
<td>15% off any pair of glasses.</td>
</tr>
<tr>
<td><strong>Family Therapeutic Massage Center, LLC</strong>&lt;br&gt;860-276-1283</td>
<td>790 S. Main Street, 1st floor, Southington</td>
<td>$10 off a 1 hour session.</td>
</tr>
<tr>
<td><strong>Frank D. Marrocco, CPA</strong>&lt;br&gt;860-229-7479</td>
<td>142 West Main Street, New Britain</td>
<td>10% off income tax preparation services.</td>
</tr>
<tr>
<td><strong>Gifts in a Basket</strong>&lt;br&gt;860-628-4658</td>
<td>51 N. Main Street, Southington</td>
<td>10% off any basket, any day.</td>
</tr>
<tr>
<td><strong>Giovanni’s Pizzeria</strong>&lt;br&gt;860-621-2299</td>
<td>714 West Street, Southington</td>
<td>10% off Tues. &amp; Wed. pick up only, excludes use with coupon.</td>
</tr>
<tr>
<td><strong>Good Life Fitness</strong>&lt;br&gt;860-276-5293</td>
<td>Southington Care Center, Mulberry Gardens, Jerome Home/Arbor Rose</td>
<td>Become a NEW member of Good Life Fitness and receive your first month free.</td>
</tr>
<tr>
<td><strong>Graeber's Pharmacy</strong>&lt;br&gt;203-235-6305</td>
<td>172 West Main Street, Meriden</td>
<td>10% off durable equipment &amp; prescriptions. Free delivery to Meriden, Wallingford, Cheshire.</td>
</tr>
<tr>
<td><strong>Grant Chiropractic Health Center, 860-620-9523</strong></td>
<td>Dr. Carol Grant 1601 Meriden-Wtrby Tpke, Milldale</td>
<td>10% off non-insurance covered items.</td>
</tr>
<tr>
<td><strong>Greenbackers</strong>&lt;br&gt;203-238-2516</td>
<td>744 Murdock Avenue, Meriden</td>
<td>10% off regularly priced items.</td>
</tr>
<tr>
<td><strong>Hallmark Framing &amp; Art</strong>&lt;br&gt;860-621-8885</td>
<td>9 West Main Street, Plantsville</td>
<td>15% off custom framing.</td>
</tr>
<tr>
<td><strong>Hearing Health &amp; Wellness Center</strong>&lt;br&gt;860-426-9181</td>
<td>710 Main Street, Suite 8, Plantsville</td>
<td>One free Battery Club membership with every hearing aid purchase.</td>
</tr>
<tr>
<td><strong>Justine Hart, LMT, Massage Therapist, 860-301-4168</strong></td>
<td>846 Atkins Street, Middletown</td>
<td>Call for appt. $61 for 1 hour; $36 for 1/2 hour; $85 for 1 1/2 hours.</td>
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*Merchants may discontinue their involvement at any time and the MyHealthy Advantage Club will not be held responsible.*
<table>
<thead>
<tr>
<th>Business Name</th>
<th>Contact Information</th>
<th>Discount Details</th>
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<tbody>
<tr>
<td>La Vita Vintage</td>
<td>860-621-7799</td>
<td>10% off any item. Present card prior to check out.</td>
</tr>
<tr>
<td>Manor Inn</td>
<td>860-628-9877</td>
<td>10% off on Wednesdays.</td>
</tr>
<tr>
<td>Mary Kay®</td>
<td>860-426-0744</td>
<td>10% off orders, gift baskets/certificates. Free shipping. 15% off for hostess. Free skin care consultation.</td>
</tr>
<tr>
<td>Midas Mufflers &amp; Brakes</td>
<td>203-265-0953</td>
<td>$16.95 lube, oil and filter.</td>
</tr>
<tr>
<td>MidState Medical Center Auxiliary Gift Shop and Café</td>
<td>435 Lewis Avenue, Meriden</td>
<td>Gift shop: 5% off – special exclusions apply. Café: 10% off.</td>
</tr>
<tr>
<td>Ninel’s Dress Design</td>
<td>860-665-7264</td>
<td>10% off anything $35 and over (before tax).</td>
</tr>
<tr>
<td>Novey Jewelers</td>
<td>860-666-9758</td>
<td>10% on purchases over $50.</td>
</tr>
<tr>
<td>Nyren’s of New England Florist 860-628-6636</td>
<td>456 N. Main Street, Southington</td>
<td>10% (excluding Teleflora).</td>
</tr>
<tr>
<td>Pals Power Washing, LLC</td>
<td>860-919-8748</td>
<td>Free Cabot stain for all deck restorations or 10% off any house washing.</td>
</tr>
<tr>
<td>Pelton’s Home Health Care</td>
<td>860-761-0008</td>
<td>10% off in-store, retail purchases every Thursday.</td>
</tr>
<tr>
<td>Plantsville Pharmacy</td>
<td>860-628-2385</td>
<td>10% prescription discounts.</td>
</tr>
<tr>
<td>Pralines Café</td>
<td>860-620-9226</td>
<td>10% off M-F until 5pm, $1 off cakes.</td>
</tr>
<tr>
<td>Precious Petals</td>
<td>860-747-6100</td>
<td>10% off (excludes wire service and Fascia’s chocolates).</td>
</tr>
<tr>
<td>Professional Vision Cntr. 203-238-7393</td>
<td>512 West Main Street, Meriden</td>
<td>20% off all services.</td>
</tr>
<tr>
<td>Raymou and Flanigan</td>
<td>860-665-9732</td>
<td>10% off total in store purchase. Discount cannot be combined with any other offer. Excludes advertised sales items, American Leather Comfort Sleepers, ComforPedic, iComfort, iSeries, Sealy Optimum, and Tempur-Pedic.</td>
</tr>
<tr>
<td>Rock Cats Baseball</td>
<td>860-224-8383</td>
<td>$5 reserved seat ticket to any Sunday home game. Limit 4 tickets. Show card at stadium box office.</td>
</tr>
<tr>
<td>Schmidt Lawn Care, LLC</td>
<td>860-628-9781</td>
<td>10% off fall property clean-up or curbside leaf removal.</td>
</tr>
<tr>
<td>Seconds, Please Consignment 860-747-6200</td>
<td>1079 Queen Street, #12, Southington</td>
<td>10% off purchase - excludes Avon products.</td>
</tr>
</tbody>
</table>

*The CT Center for Healthy Aging offers Concierge Services! Call 860-276-5293 (THOCC, Bradley Memorial campus), 860-224-5278 (THOCC, New Britain General campus) or 203-694-5721 (MidState Medical Center). Need a Notary? Call Donna Hechler at 860-378-1219*
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<tr>
<td><strong>Serafino’s Pharmacy</strong></td>
<td>36 N. Main Street, Southington</td>
<td>10% off prescriptions.</td>
</tr>
<tr>
<td><strong>Silver City Sports Bar &amp; Grill</strong></td>
<td>275 Research Parkway, Meriden</td>
<td>10% off.</td>
</tr>
<tr>
<td><strong>Smokin’ with Chris</strong></td>
<td>59 West Center Street, Southington</td>
<td>10% off all day on Wednesdays.</td>
</tr>
<tr>
<td><strong>Southington Bed &amp; Breakfast</strong></td>
<td>Captain Josiah Cowles Place 184 Marion Avenue, Southington</td>
<td>10% off daily rate, make reservations directly.</td>
</tr>
<tr>
<td><strong>Sovereign Bank</strong></td>
<td>85 East Main Street, Plainville</td>
<td>Free financial portfolio review/check-up, estate planning, consultation and/or trust review.</td>
</tr>
<tr>
<td><strong>Specialty Auto Cleaning &amp; Detailing</strong></td>
<td>200 Clark Street, Milldale</td>
<td>15% off any service. Free pickup &amp; delivery in most areas.</td>
</tr>
<tr>
<td><strong>Story Brothers, Inc.</strong></td>
<td>84 Burritt Street, New Britain</td>
<td>10% off mechanical parts (excludes oil filters).</td>
</tr>
<tr>
<td><strong>Subway</strong></td>
<td>1231 East Main Street, Meriden</td>
<td>10% off all menu items.</td>
</tr>
<tr>
<td><strong>Sugar Hill Building &amp; Design, LLC</strong></td>
<td>46 Marlboro Glade, Tolland</td>
<td>15% off installation of 2 grab bars.</td>
</tr>
<tr>
<td><strong>The Candy Jar</strong></td>
<td>1068 Main Street, Newington</td>
<td>10% off any purchase.</td>
</tr>
<tr>
<td><strong>The Dutiful Daughter</strong></td>
<td>103 Thayer Road, Manchester</td>
<td>15% off packing, moving and content removal services.</td>
</tr>
<tr>
<td><strong>The Sandman Gallery Frame Shoppe &amp; Café</strong></td>
<td>626 East Main Street, Meriden</td>
<td>15% off all framing purchases. 15% off coffee and dessert when available.</td>
</tr>
<tr>
<td><strong>The UPS Store</strong></td>
<td>994 North Colony Road, Wallingford</td>
<td>10% copies, custom packing &amp; custom materials.</td>
</tr>
<tr>
<td><strong>Thompson Candy, Inc.</strong></td>
<td>80 South Vine Street, Meriden</td>
<td>10% off.</td>
</tr>
<tr>
<td><strong>Town Fair Tire</strong></td>
<td>750 Queen Street, Southington</td>
<td>5% off total purchase at any Town Fair Tire in CT.</td>
</tr>
<tr>
<td><strong>Vision Dynamics</strong></td>
<td>470 West Main Street, Cheshire</td>
<td>15% off all hand-held magnifiers in store.</td>
</tr>
<tr>
<td><strong>Wallingford Sew &amp; Vac</strong></td>
<td>95 Quinnipiac Avenue, Wallingford</td>
<td>10% off labor on all repairs (cannot be combined with any other offer).</td>
</tr>
<tr>
<td><strong>Wallingford Tire &amp; Auto</strong></td>
<td>400 North Colony Street, Wallingford</td>
<td>10% off labor on repairs; 5% off regular selling price of tires (cannot be combined with any other discounts).</td>
</tr>
<tr>
<td><strong>Walsh &amp; Massari</strong></td>
<td>86 West Main Street, Meriden</td>
<td>25% off all eye care services.</td>
</tr>
<tr>
<td><strong>Welcome Home Mortgage, LLC</strong></td>
<td>1331 Silas Deane Highway, Wethersfield</td>
<td>Specializing in reverse mortgages. Appraisal fee refunded at closing.</td>
</tr>
</tbody>
</table>

*Need a Notary? Call Donna Hechler at 860-378-1219 or Mulberry Gardens, by appointment, at 860-276-1020.*
Screenings

Free Blood Pressure Screenings
Southington Community YMCA
29 High St., Southington
Every 1st Tuesday, 9:30-10:30 a.m.
Jan. 7, Feb. 4, March 4

Stop & Shop
1309 Corbin Ave., New Britain
Every 2nd Wednesday, 10-11 a.m.
Jan. 8, Feb. 12, March 12

Plainville Senior Center
200 East St., Plainville
Every 2nd Thursday, 1-2 p.m.
Jan. 9, Feb. 13, March 13

Price Chopper, 410 Queen St., Southington
Every 3rd Monday, 10-11 a.m.
Jan. 20, Feb. 17, March 17

Calendar House
388 Pleasant St., Southington
12:30-1:30 p.m.
Jan. 22, Feb. 26, March 26,
11 a.m.-12 p.m.
Jan. 2, Feb. 6, March 6

Cheshire Community YMCA
967 South Main St., Cheshire
Every 4th Wednesday
9:30-10:30 a.m.
Jan. 22, Feb. 26, March 26

Wethersfield Senior Center
30 Greenfield St., Wethersfield
Jan. 23, Feb. 27, March 27
12:30-1:30 p.m.

Free Balance Screenings
Provided by a licensed physical therapist, registration required.
• Southington Care Center: 860-378-1234
• Jerome Home: 860-229-3707

Blood Glucose & Cholesterol Screenings
The Hospital of Central CT, New Britain campus,
Jan. 7, 11 a.m.-1 p.m., $15 fee. For appointments, call 860-224-5433.

Educational Breakasts, Lunches & Dinners

Lunch & Learn

ORAL HEALTH
CT Center for Healthy Aging
The Hospital of Central Connecticut
New Britain General campus
100 Grand Street, New Britain
Students of the Lincoln College of New England Dental Hygiene Program will discuss oral hygiene, current trends in dental ailments, and prevention.
Jan. 9, 12-1 p.m.
RSVP, Marc Levesque, 860-224-5278.

HEALTHY EATING ON A BUDGET
Arbor Rose at Jerome Home
975 Corbin Avenue, New Britain
Speaker Kailee Conrad, RD at ShopRite in Southington and Wallingford will show you how to eat healthy on a budget, discuss good shopping habits, how to best use coupon and flyer savings, keep the freshness of your foods and stretch your food dollar!
Feb. 17, 11:30 a.m.-1 p.m.
RSVP, 860-229-3707.

SPRING CLEANING PREP
CT Center for Healthy Aging
The Hospital of Central Connecticut
Bradley Memorial campus
81 Meriden Avenue, Southington
Spring into spring cleaning! Learn some organizing tips and tricks from Gary Schwartz, an organization and estate guidance professional.
Feb. 20, 12-1 p.m.
RSVP, Marc Levesque, 860-276-5293.

Lunch & Learn, continued

LIFE IS SHORT, WEAR YOUR PARTY PANTS!
CT Center for Healthy Aging
The Hospital of Central Connecticut
New Britain General campus
100 Grand Street, New Britain
Join speaker Nathan Salinas from Rushford for a discussion about staying involved in the community, and remaining passionate with new activities.
March 13, 12-1 p.m.
RSVP, Marc Levesque, 860-224-5278.

Dinner with a Doc

PROSTATE AND KIDNEY COMPLICATIONS
Cedar Mountain Commons
3 John H. Stewart Drive, Newington
Enjoy complimentary dinner while speaker Dr. Dorin, urologist from the Tallwood Urological and Kidney Institute, discusses a variety of complications that people may face including infection, prostate issues, kidney issues and incontinence. What can be done about these complications and when is it a sign of something more?
Jan. 7, 5-7 p.m.
Please arrive no earlier than 4:45 p.m.
RSVP, Katie Mauriello, 860-665-7901.

NATUROPATHIC MEDICINE
Southington Care Center
45 Meriden Avenue, Southington
Enjoy complimentary dinner while speaker Dr. Kenneth Kirk discusses Naturopathic Medicine which seeks to treat the whole person, and remove underlying causes of illness, rather than supressing symptoms.
Jan. 22, 5-7 p.m.
Snow date is January 29th. Please arrive no earlier than 4:45 p.m.
RSVP, 860-621-9559.
Dinner with a Doc, continued

ANTIBIOTICS
Arbor Rose at Jerome Home
975 Corbin Avenue, New Britain
Enjoy complimentary dinner while speaker Dr. Virginia Bieluch from the Infectious Disease department of The Hospital of Central Connecticut discusses the proper use of antibiotics.
March 12, 5-7 p.m. Please arrive no earlier than 4:45 p.m. RSVP, 860-229-3707.

BALANCE, FALLS & VERTIGO
SOUTHINGTON CARE CENTER
45 Meriden Avenue, Southington
Enjoy complimentary dinner while speakers Dr. Matthew Raymond and Kerri McQuillan, RT, discuss balance, falls, and vertigo. Prior to the event, we will host free balance screenings for the community in our rehabilitation gymnasium.
March 26. Screenings run from 4-5 p.m. and the dinner from 5-7 p.m. RSVP, 860-621-9559.

Wellness Presentations

UNDERSTAND PROSTATE CANCER SCREENING: KNOW YOUR STATS
Hartford Hospital Family Wellness Center
100 Simsbury Road, Avon
The Urology Care Foundation has teamed with the National Football League to encourage men to talk with their doctors about their risk of prostate cancer. Ryan Dorin, MD & Joseph Wagner, MD, board certified urologists, will discuss risk factors for prostate cancer at this free seminar.

THE READYS! EMERGENCY PREPAREDNESS TRAINING FOR PEOPLE WITH ACCESS AND FUNCTIONAL NEEDS
Arbor Rose at Jerome Home
975 Corbin Avenue, New Britain
Join Arbor Rose at Jerome Home and New Britain EMS for an educational event on emergency planning. Following Winter Storm Alfred, Hurricane Irene, and Superstorm Sandy, the State’s healthcare, social service, and first responder community recognized the need to provide training for the community to be more comfortable and resilient during and after an emergency or disaster. Jan. 22, 12:30-2 p.m. RSVP, 860-229-3707.

PELVIC ORGAN PROLAPSE: WHAT IT MEANS & WHAT CAN BE DONE
Hartford Hospital Family Wellness Center, 100 Simsbury Road, Avon
Dr. Adam Steinberg is a nationally recognized fellowship trained urogynecologist practicing at Hartford Hospital. Also presenting, is Elena Tunitsky, MD. She is specialized in female pelvic medicine & reconstructive pelvic surgery. Learn about different types of incontinence and pelvic organ prolapse, various surgical and nonsurgical treatment options, and what you can do to relieve your symptoms. Feb. 18, 6:30-8 p.m. Reg. req’d, 860-545-1888, www.harthosp.org/communityeducation.

LIFE AFTER PROSTATE CANCER
Helen & Harry Gray Cancer Ctr.
80 Fisher Drive, Avon
Annually in Connecticut about 850 men are treated surgically for prostate cancer. Another 800 to 1000 are treated with radiation. Many of these patients sustain damage to bladder control and erectile ability. This seminar will provide valuable information on ways to obtain a better quality of life, better bladder control, and treatment options for erectile dysfunction following prostate cancer. March 1, 6:30-8 p.m. Reg. req’d, 860-545-1888, www.harthosp.org/communityeducation.

GUIDE TO GOOD LIFE CHOICES
Jerome Home
975 Corbin Avenue, New Britain
Good Life Choices is dedicated to inspiring adults to lead the "Good Life" through healthy eating and exercise. The topic will focus on "Waking from Hibernation" - making a healthy & active lifestyle a way of life. Includes a cooking demonstration and expert advice from Kailee Conrad, RD from ShopRite. March 10, 2-3 p.m. RSVP, 860-229-3707.

Support Groups

Cancer Center–Art Therapy
MidState Medical Center
435 Lewis Avenue, Meriden
Cancer Center Conference Room
Every Thursday, 6-7 p.m.
Jan. 2–March 27. A program to help people touched by cancer find strength and hope through creative expression. No artistic skill is necessary for participation. RSVP, Amanda Salzano, 203-694-8631.
Support Groups, continued

**Prostate Cancer Support Group**
MidState Medical Center
435 Lewis Avenue, Meriden
3rd Floor, Conference Room 7
Thursdays, 6-7 p.m. Jan. 2-March 6
Men in various stages of treatment and recovery share their experiences. Spouses and significant others are welcome. Join in for informal chat a half-hour prior to the meeting. Support issues alternate with guest speakers. Snacks will be available at 5:30 p.m. RSVP, Sharon Jackson, RN, 203-694-8433.

**Bosom Buddies**
MidState Medical Center
435 Lewis Avenue, Meriden
Horwitz Conference Center
2nd Floor, Room 1
1st Wed. monthly, 3:30-4:30 p.m.
Jan. 8, Feb. 5, March 5
A sharing and caring support group offering physical, emotional and educational support for women with breast cancer. Kathy Clements, RN, OCN, 203-694-8631. Reg. not required.

**Leukemia, Lymphoma, Hodgkin’s Disease, Multiple Myeloma Support Group**
MidState Medical Center
435 Lewis Avenue, Meriden
Horwitz Conference Center
2nd Floor, Room 1
Every 2nd Wednesday monthly, 5:30-7 p.m.
Jan. 8, Feb. 12, March 12
Open communication is critical for coping with all the feelings that arise during illness. Join our professionally-led group to meet with other patients and caregivers with diagnoses of Leukemia, Lymphoma, Hodgkin’s disease, or multiple myeloma. Kathy Clements, RN, OCN and Diane Lafferty, 203-694-8631. Reg. not required.

**Understanding Bladder Cancer**
Hartford Hospital Family Healthcare Center
1260 Silas Deane Hwy, Wethersfield
Urology & Kidney Institute and the Helen & Harry Gray Cancer Center will present a program providing information and support for anyone facing bladder cancer, caring for someone with bladder cancer or concerned about the risks of bladder cancer. Dr. Meraney, board-certified in urology and fellowship-trained in robotics and uro-oncology will provide an overview of risk factors, signs and symptoms, confirming a diagnosis and treatment options. A patient and a caregiver will share their experiences with the disease. Jan. 9, 6-8 p.m. Reg. req’d, 860-545-1888, www.harthosp.org/communityeducation.

**Look Good… FEEL BETTER®**
MidState Medical Center
435 Lewis Avenue, Meriden
2nd Monday monthly, 2-4 p.m.
Jan. 13, Feb. 10, March 10
A program for women undergoing cancer treatment, featuring a licensed cosmetologist to provide supportive techniques on skin, makeup, and hair care. RSVP, 203-694-8631. Reg. req’d.

**Bereavement Support Group**
MidState Medical Center
435 Lewis Avenue, Meriden
1st Wed. monthly, 5:30-7 p.m.
Jan. 14-March 25
This professionally facilitated interfaith group is to assist people in understanding grief as a natural response to loss, to allow the expression of feelings, to provide mutual support and to effect appropriate life adjustment to loss. Doreen Bottone, BCC, 203-694-8369. Reg. not required.

**Alzheimer's Support Group**
Mulberry Gardens
58 Mulberry Street, Plantsville
Every 2nd Tuesday monthly
10:30-11:30 a.m.
Jan. 14, Feb. 11, March 11
The group covers topics including communication techniques, caregiver support, wandering, religion, music, behavior, family dynamics, validation breakthrough, and more. Led by Jennifer Doty, BSW and Lori Pisani, Activities Director, who will provide you with hints, community support and a safe environment to listen or share your thoughts. RSVP, Marie Terzak, 860-276-1020. Call Marie to schedule free care for loved ones during group session.

**Caregiver Support Group**
Arbor Rose at Jerome Home
975 Corbin Avenue, New Britain
Every 3rd Wednesday monthly, 6:30-7:30 p.m.
Jan. 15, Feb. 19, March 19
Are you a caregiver and feeling over-burdened? Are you responsible for making financial decisions, managing changes in behavior, or helping a loved one get dressed in the morning? RSVP, Kate Lubin, 860-229-3707.

**Women’s Cancer Support Group**
MidState Medical Center
435 Lewis Avenue, Meriden
Radiation Oncology Waiting Area
3rd Monday monthly, 6-7:30 p.m.
Jan. 20, Feb. 17, March 17
In times of crisis, our strength comes from each other. Join Diane Lafferty, LCSW and Kathy Clements, RN for this group of women coping with a cancer diagnosis. 203-694-8631. Reg. not required.
**Diabetes Support Group**
MidState Family Health Center
61 Pomeroy Ave., Meriden
Conference Room 1
Every Thursday, 10-11 a.m.
Call for Dates. This group offers individuals with diabetes an opportunity to meet with other people who have diabetes. Diabetes Center Nurses & Dietitians, 203-694-5425. Reg. not required.

**Open Houses**
**The Orchards at Southington**
34 Hobart Street, Southington
Find yourself at home with The Orchards of Southington. Join Edesa Ciscar, retirement counselor, for coffee and a tour of our beautiful community.
Saturdays, 10 a.m.-2 p.m.
Jan. 4 & 18, Feb. 8 & 22,
March 8 & 22. To schedule a tour, call 860-628-5656.

**Cedar Mountain Commons**
3 John H. Stewart Drive, Newington
Join us for snacks and a tour of our scenic community with Katie Mauriello, retirement counselor.
Please call 860-665-7901 for more information.
Sunday, Jan. 12, March 9
Saturday, Feb. 8 & April 5
10 a.m.-2 p.m.

**Arbor Rose at Jerome Home**
975 Corbin Avenue, New Britain
Come take a tour of our beautiful community. Arbor Rose offers independent living, assisted living and memory care.
Sundays, 10 a.m.-2 p.m.
Jan. 19, Feb. 16, March 16
Feel free to call 860-229-3707 to schedule a tour with Denise Lebrocquy, retirement counselor.

**Mulberry Gardens of Southington**
58 Mulberry Street, Plantsville
Please join Marie Terzak, retirement counselor, for coffee and a tour. Come learn more about independent living, assisted living, and adult day care services.
Saturday, Feb. 1, March 1
10 a.m.-2 p.m. Please RSVP to 860-276-1020.

**Social Activities**
**Bridge Club**
The Orchards at Southington
34 Hobart Street, Southington
Every Monday, 1:30 p.m.
Join the Bridge Club and meet new friends! RSVP, 860-628-5656.

**Friendship Club**
Marian Heights Adult Day Center
314 Osgood Avenue, New Britain
2nd Tues. monthly, 10 a.m.-2 p.m.
Jan. 14, Feb. 11, March 11
Enjoy complimentary lunch, activities, transportation and exercise while meeting new friends. Polish services available.
By invitation only, call Tonya Lok, 860-357-4264.

**Good Life Functional Fitness**
Arbor Rose at Jerome Home
975 Corbin Avenue, New Britain
Function Room
Join Jerome Home’s Exercise Physiologist, Robert Schmelzer, for a program aimed at helping you maintain your ability to move freely and improve control and balance!
Held once a week for adults who have experience exercising or are regularly active. Each Friday in March and April, 11:30-12:15 p.m.
RSVP, 860-356-8247 (please call for pricing).

**Pilates for Breast Cancer Survivors**
MidState Medical Center
435 Lewis Ave., Meriden
Horwitz Conference Center
2nd Floor, Rooms 2 & 3
Every Thursday, 5-6 p.m.
Following breast cancer treatment, many women fear resuming an active lifestyle. Pilates provides a gentle reintroduction to exercise. Physicin permission required. Reg. req’d, 203-694-8631.

**Sun Style Tai Chi**
The Orchards at Southington
34 Hobart Street, Southington
The movements of Tai Chi emphasize weight transference which helps balance and prevents falls. Led by Jennifer Wade Vauter, BS.ED, CPT, this is a continuously running program on Saturdays, beginning Jan. 25, 9:15-10 a.m. $55 for six weeks or $15 per class.
RSVP to Jennifer Wade Vauter, 860-628-5656, x140.

**Healthy Steps: Moving You to a Better Health with the Lebed Method**
MidState Medical Center
435 Lewis Ave., Meriden
Every Monday (except holidays)
5:15-6:15 p.m.
A therapeutic program of exercise and movement to music for those who have experienced breast cancer, other cancers or chronic illnesses. Designed to help women experience total body movement and ease adjustment to a new body image. Barbara Moulthrop, 203-694-8631. Reg. required.

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**Inventory of Events**

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Runner’s Training Program
Southington Care Center
45 Meriden Ave., Southington
Have you ever wanted to run a 5K or compete in a similar race that is gaining in popularity? Reach your goals with our new training program. This program will help you prepare for any current or future event by developing well-rounded strength and endurance which will not only help you succeed, but also avoid common overuse injuries related to distance running. There are two different programs available. A group session once a week plus a personal training session once a week for 8 weeks: $85. A group session once a week plus a personal training session three times a week for 8 weeks: $175. Begins March 7-May 2, 2:30-3:15 p.m. RSVP, Mark Colello, 860-621-9559.

Diabetes Group Education Classes
Diabetes Center
61 Pomeroy Ave., Meriden
Classes run several days a week at different times, please call to see what days are best for you. The Diabetes Center provides group education for diabetes management. Whether a person is newly diagnosed or has had diabetes for some time, they can benefit from the information presented including specific skills and behaviors to reduce the risk of complications. Classes are open to people with diabetes and a support person. *Physician referral required. Call for information on cost/insurance coverage. 203-694-5425. Reg. req’d.

Focus Group
Central CT Communications (including the Bristol Press, New Britain Herald, Newington Town Crier and Wethersfield Post) is looking for participants to be part of a focus group. Receive a $25 Stop & Shop gift card for participating.

- Jan. 9, The Orchards
  34 Hobart St., Southington
  3-4 p.m. Age group 71+
  4:30–5:30 p.m. Age group 55-70
  RSVP, 860-628-5656

- Jan. 14, Cedar Mountain
  Commons 3 John H. Stewart Dr.,
  Newington
  3-4 p.m. Age group 71+
  4:30–5:30 p.m. Age group 55-70
  RSVP, 860-665-7901

- Jan. 15, Jerome Home/Arbor Rose
  975 Corbin Ave., New Britain
  3-4 p.m. Age group 71+
  4:30–5:30 p.m. Age group 55-70
  RSVP, 860-229-3707