Linda Greca, hairstylist at Cedar Mountain Commons, with her mother and resident, Mary Kunz.
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 offers 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
80 Meriden Avenue
Southington, CT 06489
860-378-1268
myhealthyadvantage@ctseniorcare.org

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HOW TO REACH US

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

CONNECCTICUT CENTER FOR HEALTHY AGING
Connecticut Center for Healthy Aging is a resource and assessment center for seniors and their families.
Three Center locations:
1-877-424-4641
cthehealthyaging.org

PARTICIPATING CLINICAL PARTNERS
HOFFMAN SUMMERWOOD COMMUNITY
hoffmansummerwood.org 860-523-3808

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

SOUTHWICHGTON CARE CENTER
southingtoncare.org
45 Meriden Avenue
Soutthington, CT 06489
860-621-9559

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

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

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

MULBERRY GARDENS
mulberrygardens.org
58 Mulberry Street
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860-357-4264

SOUTHWICHGTON CARE CENTER
southingtoncare.org
45 Meriden Avenue
Soutthington, CT 06489
860-621-9559

HARTFORD HEALTHCARE AT HOME
vnahealthcare.org
888-863-2771

HARTFORD HOSPITAL SENIOR PRIMARY CARE AT DUNCASTER
860-380-5150

OTHER HARTFORD HEALTHCARE PARTNERS
hartfordhealthcare.org

Backus Hospital
Hartford Hospital
The Hospital of Central Connecticut
MidState Medical Center
Windham Hospital
The Institute of Living
Natchaug Hospital
Rushford
Integrated Care Partners
Clinical Lab Partners
Hartford HealthCare Medical Group
Central Connecticut Senior Health Services awarded grant to **expand services** at Center for Healthy Aging

Central Connecticut Senior Health Services (CCSHS), a Hartford HealthCare Partner, recently celebrated a $2.1 million grant received from the Department of Social Services through the state’s “Strategic Plan to Rebalance Long-Term Services and Supports.” The funding enables CCSHS to promote and develop the Connecticut Center for Healthy Aging (CTCHA), a resource and assessment center for older adults and their families and/or caregivers. To acknowledge the grant, a ribbon cutting was held Dec. 3 at the CTCHA office at The Hospital of Central Connecticut, Bradley campus, in Southington.

The $9 million in first-time funding, which was awarded to seven skilled nursing providers, was announced on March 21 by Gov. Dannel P. Malloy. “Simply put, many people are looking for greater choice about where and how they receive care,” Malloy said, in a press release.

CCSHS received the funds to expand the CTCHA’s service options at its three hospital-based locations. The center serves as the single point of entry for people seeking information about senior care and related services, and streamlines the process of evaluating needs to lead to the coordination of necessary programs and interventions. The initiative is funded by federal and state Medicaid funding as well as state bond funds. Last year, the center served more than 5,000 older adults.

Services offered through the Center for Healthy Aging include free resources and assessments; and Geriatric Care Management—services provided by a Geriatric Care Manager to enhance care coordination; concierge services, such as connections to handyman services, lawn care, snow removal, pet walking, hair care and organizing services.

For more information, please call the Center at 1-877-424-4641, visit thehealthyaging.org or visit any of our three locations: The Hospital of Central Connecticut, Bradley and New Britain General campuses or MidState Medical Center.

“Central Connecticut Senior Health Services is very honored and excited to be selected for this opportunity to expand home and community-based services through the Connecticut Center for Healthy Aging. We are very grateful to be a part of this important initiative to provide the right care at the right time in the place of choice for all the seniors we serve within Hartford HealthCare.”

—Trish Walden, executive vice president, Central Connecticut Senior Health Services
92-year-old Good Life Fitness member proves fitness continues at all stages of life

Berlin resident Ruth Day easily lowers herself to the floor of the Good Life Fitness center at Jerome Home and positions her body to perform a plank, a core strength exercise. With her forearms, elbows and toes bearing her weight, from head to toe she is as rigid as a board, barely showing any exertion as she counts for 30 seconds.

“Great job, Ruth,” said Robert Schmelzer, exercise physiologist, as he reviewed her individualized exercise plan that also includes lunges, leg stretches and walking on the treadmill at her twice-weekly sessions. “Ruth is really impressive; she is the epitome of core strength.”

The plank is hard for many people, noted Robert, so the fact that Ruth at 92 years old can do it easily is truly remarkable.

The Good Life Fitness program focuses on improving participants’ strength, mobility and balance, often to levels that they thought were in the past. “Regularly working with our exercise physiologists in developing an individualized routine using proper technique and exercise progression has proven to be a key component to what enables our clients to successfully age in place,” Schmelzer explained.

Ruth agreed. “It’s very helpful to me. If I miss a time, I immediately think about when can I make it up.”

She looks to Robert to keep her progressing through her 12-session cycle of exercises. “I showed my heart doctor my program and he said it was perfect. It has definitely increased my strength and stamina,” she said.
The program also provides socialization. Ruth brings one of her friends who uses a wheelchair. “I told her, ‘This is so funny; you are 93 and I’m 92 and I’m picking you up in my ‘92 Honda and we are going off to the gym,” she laughed.

She recommends the program and encourages others to stick with it on a regular basis. “Robert is a very knowledgeable instructor who has a wonderful way with people of all abilities,” she said. “He makes each person feel special, and is very patient and encouraging.”

Her dedication to a healthy lifestyle has enabled her to remain independent and active in her church and community service. “I try to be ever thankful.”

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**Become a member of the Good Life Fitness program at Southington Care Center or Jerome Home!**

Southington Care Center and Jerome Home are accepting enrollments for the Good Life Fitness program. Appointments can be made during the day or evening. Please call an exercise physiologist at either location listed below:

- **Southington Care Center**
  - 45 Meriden Avenue, Southington
  - Mark Colello, 860-621-9559

- **Jerome Home**
  - 975 Corbin Avenue, New Britain
  - Robert Schmelzer, 860-229-3707

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**MidState Medical Center updates LaPlanche Clinic with a new look**

Since 1979, the LaPlanche Clinic at the Meriden Senior Center has provided vital health care services to area seniors in need. This year, as the clinic celebrates its 35th anniversary, MidState Medical Center, together with the Meriden Senior Center, is thrilled to show off a newly outfitted and refreshed clinic.

The dated clinic underwent renovations in September, from fresh paint in soothing tones, to new furniture, and eye-pleasing décor.

“The LaPlanche Clinic looks pristine and beautiful. We are so pleased to show off our renovations to those we serve and the community. It could not be more fitting as the clinic celebrates 35 years of service this year,” said Connie Smith, RN, LaPlanche Clinic’s clinical coordinator.

The LaPlanche Clinic has been the result of a more than three decade-long partnership between the Meriden Senior Center and MidState Medical Center, in which the senior center provides the space for the clinic and the hospital provides nursing support.

Three days a week, nurse Connie consults with patients, performs health screenings like blood pressure and glucose checks, and makes referrals to other area health care providers. The clinic has served thousands of patients since its inception.

The LaPlanche Clinic is open Mondays, Tuesdays and Wednesdays until 2 p.m. Connie can be reached by calling 203-237-0300. A ribbon cutting to celebrate the renovated center is planned for March 25, 10 a.m. to 2 p.m.
Understanding pelvic health and rehabilitation

Nearly 25 million men and women across the United States deal with the issue of incontinence, according to the National Association for Continence.

Many people feel uncomfortable talking about their problem; many don’t want to discuss it with their doctors. On average, it takes people approximately nine years to begin to discuss what options are available.

Physical therapy is an option that may be used to address issues. Treatment options include the use of biofeedback and electrical stimulation, and exercise.

Studies show that treatment with a physical therapist specializing in pelvic floor muscle exercise programs has the best results for incontinence.

Many people with incontinence issues don’t know how to strengthen their pelvic floor, and have shortened or overactive muscles. Nearly 78 percent of women with chronic pelvic pain had poor ability to maintain pelvic floor muscle relaxation versus 20 percent in the healthy woman.

Studies have also shown that 75 percent of women with pelvic pain had common postural dysfunction. As physical therapists, we are the experts in treating postural dysfunctions due to musculoskeletal imbalances.

The therapists at Hartford HealthCare Rehabilitation Network have designed a program for individuals who have a pelvic floor muscle dysfunction. Each therapist specializing in pelvic health works with patients to determine the most effective course of treatment using an individualized plan specifically developed for each person.

Our goal is to educate patients about pelvic floor dysfunctions and provide strategies to minimize and eliminate pelvic floor disorder.

By Stacey Head, DPT, WCS, Hartford HealthCare Rehabilitation Network

Pelvic Rehabilitation

NEW PELVIC REHABILITATION SITE!
Southington Care Center  860-378-1234

Hartford HealthCare Rehabilitation Network 860-696-2550

• Female pelvic pain sites:
  Berlin, Enfield, Glastonbury, West Hartford
  Blue Back Square, Willimantic

• Male pelvic pain sites:
  Berlin, Enfield, West Hartford Blue Back Square, Willimantic

Dinner with the Doc: Urology and You: Pelvic Health

Please join Southington Care Center in welcoming Dr. Ryan Dorin for their next series of “Dinner with the Doc” on Wednesday, March 11 from 5-7 p.m. at 45 Meriden Avenue, Southington. Dr. Dorin will discuss the reasons you should visit with your urologist as well as pelvic health and incontinence. Southington Care Center staff will also be on hand to discuss therapy options with their new pelvic health treatment therapist. Complimentary dinner will be served. Kindly RSVP to 860-621-9559—seating is limited. Please arrive no earlier than 4:45 p.m. for the dinner.
If you’ve had Medicare, Part B for longer than 12 months, are you aware that Medicare provides an annual wellness visit as a benefit to you at no charge? No deductible, no out-of-pocket expense—100 percent free.

You may ask, “What is an annual wellness visit?” As you can see from the name of this benefit, it’s a “visit.” It intentionally is not called an “annual wellness exam” because there is no hands-on examination by your health care provider. During this annual wellness visit, your health care provider will:

• Give you a health-risk assessment. This may include a questionnaire that you complete (with or without the help of your health care provider) before or during the visit that assesses your health status, injury risks, risky behaviors and urgent health needs.
• Review your medical and family history.
• Develop/update a list of current providers, durable medical equipment suppliers and medications.
• Take your height, weight, blood pressure and body-mass-index.
• Screen/test for any cognitive impairment. Cognitive impairment includes diseases such as Alzheimer’s or other forms of dementia. Medicare does not require that health care providers use a test to screen patients. Providers are asked to rely on their observation of the patient or on reports by the patient and others.
• Review risk factors for depression.
• Review functional ability and level of safety. This includes screening for hearing impairments and your risk of falling along with assessing your ability to perform activities of daily living such as bathing and dressing, and also your level of safety in your home.
• Provide personalized health advice and referrals to health education or preventive counseling services/programs such as weight loss, physical activity, smoking cessation, fall prevention and nutrition.
• Provide a written five- to 10-year screening schedule (like a checklist) for appropriate preventive services.

Annual wellness visits after your first visit may be slightly different. As part of subsequent wellness visits, your health care provider will:

• Update the health-risk assessment you completed.
• Update your medical and family history.
• Check your weight and blood pressure.
• Update your list of current medical providers and suppliers.
• Screen for cognitive issues.
• Update your written screening schedule from previous wellness visits.
• Update your list of risk factors and conditions and the care you are receiving or that is recommended.
• Provide health advice and referrals, if needed.

Remember, this is NOT a head-to-toe physical. Medicare does not cover an annual physical; however, you can still schedule one with your health care provider, but you will have to pay out of pocket. An annual wellness visit is covered by Medicare once every 12 months (11 full months must have passed since the last visit).

If you have not had an annual wellness visit in the past 12 months, please schedule an appointment with Hartford Hospital Senior Primary Care at Duncaster, 860-380-5150, located at 30 Loeffler Road, Bloomfield.
At home.” It’s where we feel comfortable, where we usually prefer to be. Sometimes, though, we all need some extra support and expertise to help us stay safe and healthy where we live.

That’s what we do. At VNA HealthCare, VNA East and Backus Home Health Care, our compassionate professionals know what it takes to provide care for patients and offer support for families and loved ones. So we’re changing our name to Hartford HealthCare at Home, so you can be assured you’re getting the same high-quality care you’ve come to trust throughout our integrated system.

Our new name will unite all our home health care organizations. Rest assured that our dedication to coordinating your care needs is the same as always. All of us at Hartford HealthCare at Home are committed to ensuring that everyone we serve receives the highest-quality choices in care, at the right time and in the right setting.

You will soon see our new name joining with the familiar logo of all of the Hartford HealthCare family: Backus Hospital, Hartford Hospital, MidState Medical Center, The Hospital of Central Connecticut and Windham Hospitals, in addition to our outpatient partners: Clinical Laboratory Partners, Hartford HealthCare Rehabilitation Network, Hartford HealthCare Medical Group and Central Connecticut Senior Health Services.

For information about services provided by Hartford HealthCare at Home, please call 1-800-HOMECARE (1-800-466-3227).

Mark your calendars for Healthy Family FunFest!

Sunday, Feb. 22, 2015
10:30 a.m. - 3:30 p.m.
Aqua Turf Club
556 Mulberry Street, Plantsville

Join us for an incredibly exciting, fun day filled with health information, speakers, screenings, demonstrations, and activities for everyone from children to seniors. FREE ADMISSION!

See Tips for “100 Days and 100 Ways to Healthier” Go to: Healthy Family Fun Fest

Central Connecticut Senior Health Services
The Hospital of Central Connecticut at Bradley Memorial
### Merchant Discounts

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aziago's Restaurant</strong></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></td>
<td>1188 Highland Avenue, Cheshire</td>
<td>20% Collectors Star Club discount &amp; $1 off museum entrance fee.</td>
</tr>
<tr>
<td><strong>Beacon Prescriptions</strong></td>
<td>543 West Main Street, New Britain</td>
<td>Free prescription delivery. M-F, 9-6pm</td>
</tr>
<tr>
<td><strong>Bongiovanni Insurance &amp; Financial LLC</strong></td>
<td>97 East Main Street, Meriden</td>
<td>10% off tax preparation.</td>
</tr>
<tr>
<td><strong>Captain Josiah Cawles Place</strong></td>
<td>184 Marion Avenue, Southington</td>
<td>10% off daily rate, make reservations directly.</td>
</tr>
<tr>
<td><strong>Century 21</strong></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-Mass Mutual Fin. Grp.</strong></td>
<td>76 Batterson Park Rd., Farmington</td>
<td>Free financial consult.: needs analysis portfolio, pro. recommendation, restrictions apply.</td>
</tr>
<tr>
<td><strong>Cohen Good Life Center</strong></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></td>
<td>60 Church Street, Wallingford</td>
<td>20% off eyeglasses.</td>
</tr>
<tr>
<td><strong>Drain Surgeon</strong></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></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></td>
<td>1006 S. Main Street, Plantsville</td>
<td>$10 off a 1 hour session.</td>
</tr>
<tr>
<td><strong>Frank D. Marrocco, CPA</strong></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></td>
<td>51 N. Main Street, Southington</td>
<td>10% off any basket, any day.</td>
</tr>
<tr>
<td><strong>Giovanni’s Pizzeria</strong></td>
<td>714 West Street, Southington</td>
<td>10% off Tues. &amp; Wed. pick up only, except when using coupon.</td>
</tr>
<tr>
<td><strong>Good Life Fitness</strong></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></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, 860-863-0370</strong></td>
<td>Dr. Carol Grant 1601 Meriden-Wtrby Tpke, Milldale</td>
<td>10% off non-insurance covered items.</td>
</tr>
<tr>
<td><strong>The Connecticut Center for Healthy Aging</strong></td>
<td></td>
<td>The Connecticut Center for Healthy Aging offers Concierge Services as well as Notary Public Services! Call 860-276-5293 (HOCC, Bradley Memorial campus), 860-224-5278 (HOCC, New Britain General campus) or 203-694-5721 (MidState Medical Center).</td>
</tr>
</tbody>
</table>

*Merchant discounts*
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<thead>
<tr>
<th>Merchant Name</th>
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<th>Offer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greenbackers</td>
<td>744 Murdock Avenue, Meriden</td>
<td>10% off regularly priced items.</td>
</tr>
<tr>
<td>Hallmark Framing &amp; Art</td>
<td>9 West Main Street, Plantsville</td>
<td>15% off custom framing.</td>
</tr>
<tr>
<td>Hearing Health &amp; Wellness Center</td>
<td>710 Main Street Clock Tower Square, Plantsville</td>
<td>One free Battery Club membership with every hearing aid purchase.</td>
</tr>
<tr>
<td>Justine Hart, LMT, Massage Therapist</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>
</tr>
<tr>
<td>Keller Williams Realty</td>
<td>Joyce Brown 358 Scott Swamp Rd., Farmington</td>
<td>Free market evaluation of your home.</td>
</tr>
<tr>
<td>La Vita Vintage</td>
<td>774 South Main Street, Plantsville</td>
<td>10% off any item. Present card prior to check out.</td>
</tr>
<tr>
<td>Mary Kay®</td>
<td>Stephanie Vollaro PO Box 177, Marian</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>1098 North Colony Road, Wallingford</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>190 Market Square, Newington</td>
<td>10% off anything $35 and over (before tax).</td>
</tr>
<tr>
<td>Pals Power Washing, LLC</td>
<td>41 Riverside Court, Southington</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>898 Silas Deane Highway, Wethersfield</td>
<td>10% off in-store, retail purchases every Thursday.</td>
</tr>
<tr>
<td>Plantsville Pharmacy</td>
<td>1 West Main Street, Plantsville</td>
<td>10% prescription discounts.</td>
</tr>
<tr>
<td>Praline’s Café</td>
<td>50 Center Street, Southington</td>
<td>10% off M-F until 5pm, $1 off cakes.</td>
</tr>
<tr>
<td>Professional Vision Cntr.</td>
<td>512 West Main Street, Meriden</td>
<td>20% off all services.</td>
</tr>
<tr>
<td>Schmidt Lawn Care, LLC</td>
<td>P.O. Box 1035, Southington</td>
<td>10% off complete fall property clean-up or curbside leaf removal.</td>
</tr>
</tbody>
</table>

*Please be aware that merchants may choose to discontinue their involvement

*If you are a merchant interested in offering a discount to our members, please visit myhealthyadvantage.org. Central CT Senior Health Services, Attn: MyHealthy Advantage
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<thead>
<tr>
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</tr>
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<tbody>
<tr>
<td>Serafino’s Pharmacy</td>
<td>36 N. Main Street, Southington</td>
<td>10% off prescriptions.</td>
</tr>
<tr>
<td>Silver City Sports Bar &amp; Grill</td>
<td>275 Research Parkway, Meriden</td>
<td>15% off.</td>
</tr>
<tr>
<td>Smokin’ with Chris</td>
<td>59 West Center Street, Southington</td>
<td>10% off all day on Wednesdays.</td>
</tr>
<tr>
<td>Specialty Auto Cleaning &amp; Detailing</td>
<td>200 Clark Street, Milldale</td>
<td>15% off any service. Free pickup &amp; delivery in most areas.</td>
</tr>
<tr>
<td>Story Brothers, Inc.</td>
<td>84 Burritt Street, New Britain</td>
<td>10% off mechanical parts (excludes oil filters).</td>
</tr>
<tr>
<td>Subway</td>
<td>1231 East Main Street, Meriden</td>
<td>10% off all menu items.</td>
</tr>
<tr>
<td>Sugar Hill Building &amp; Design, LLC</td>
<td>46 Marlboro Glade, Tolland</td>
<td>15% off installation of 2 grab bars.</td>
</tr>
<tr>
<td>The Dutiful Daughter</td>
<td>103 Thayer Road, Manchester</td>
<td>15% off packing, moving and content removal services.</td>
</tr>
<tr>
<td>The Sandman Gallery Frame Shoppe &amp; Café</td>
<td>14 West Main Street, Meriden</td>
<td>15% off all framing purchases. 15% off coffee and dessert when available.</td>
</tr>
<tr>
<td>The UPS Store</td>
<td>994 North Colony Road, Wallingford</td>
<td>10% copies, custom packing &amp; custom materials.</td>
</tr>
<tr>
<td>Town Fair Tire</td>
<td>750 Queen Street, Southington</td>
<td>5% off total purchase at any Town Fair Tire in CT.</td>
</tr>
<tr>
<td>Vision Dynamics</td>
<td>470 West Main Street, Cheshire</td>
<td>15% off all hand-held magnifiers in store.</td>
</tr>
<tr>
<td>Wallingford Sew-Vac Cntr.</td>
<td>95 Quinnipiac Avenue, Wallingford</td>
<td>Buy one vacuum bag pack and receive a second one half off.</td>
</tr>
<tr>
<td>Wallingford Tire &amp; Auto</td>
<td>400 North Colony Street, Wallingford</td>
<td>10% off all labor on repairs; 5% off regular selling price of tires (cannot be combined with any other discounts).</td>
</tr>
<tr>
<td>Walsh &amp; Massari</td>
<td>86 West Main Street, Meriden</td>
<td>25% off all eye care services.</td>
</tr>
<tr>
<td>Welcome Home Mortgage, LLC</td>
<td>1331 Silas Deane Highway, Wethersfield</td>
<td>Specializing in reverse mortgages. Appraisal fee refunded at closing.</td>
</tr>
</tbody>
</table>

*Please be aware that merchants may choose to discontinue their involvement at any time and that the MyHealthy Advantage Club will not be held responsible.

Or, provide your name, address, phone number and discount by calling 860-378-1268 or writing to:
Coordinator, 80 Meriden Avenue, Southington, CT 06489
Blood Glucose & Cholesterol Screenings
The Hospital of Central CT New Britain campus, Jan. 6, 11 a.m.-1 p.m., $15 fee. For appointments, 860-224-5753.

Educational Breakfasts, Lunches & Dinners

FALLS & FRACTURES
CT Center for Healthy Aging HOCC, New Britain General campus 100 Grand St., New Britain Join us for an educational session on preventing falls and fractures with David Santoro of Hartford Hospital's Bone & Joint Institute. Complimentary lunch provided. Jan. 8, 12-1 p.m. RSVP, 877-424-4641—seating is limited.

KNOW YOUR RESOURCES
West Hartford Senior Center 15 Starkel Road, West Hartford Marc Levesque, MS, sr. resource case manager, will discuss the Center for Healthy Aging as a resource and assessment center for seniors and their families. Complimentary lunch provided by Cedar Mountain Commons and Jefferson House. Jan. 21, 1-2 p.m. RSVP, 860-561-7583.

URGENT OR PRIMARY CARE?
CT Center for Healthy Aging HOCC, Bradley Memorial campus 81 Meriden Ave., Southington Dr. Eric Hobert, Medical Director of Emergency Services at HOCC, Bradley campus, will explain the difference between urgent and primary care, and the circumstances for which each are appropriate. Enjoy complimentary lunch. Feb. 19, 12-1 p.m. RSVP, 1-877-424-4641.

MANAGING BACK PAIN: CONSERVATIVE TREATMENT AND SURGICAL CARE OPTIONS
Jefferson House 1 John H. Stewart Dr., Newington Presenter Dr. Lauren Burke of the Bone and Joint Institute will discuss managing back pain. Complimentary lunch is provided. March 3, 12-1 p.m. RSVP, 860-667-4453—seating is limited.

DINE WITH A DOC LUNCHEON: FALLS IN THE ELDERLY
Arbor Rose at Jerome Home 975 Corbin Ave., New Britain Join Dr. Sowmya Kurtakoti for an educational luncheon presentation on falls in the elderly. Dr. Kurtakoti is a physician at Hartford Hospital Senior Primary Care at Duncaster. Complimentary lunch will be served. March 11, 12-1 p.m. RSVP, 860-229-3707—seating is limited.

THE SILENT CANCER
CT Center for Healthy Aging HOCC, New Britain General campus 100 Grand St., New Britain Dr. Christine Bartus will present on "The Silent Cancer" in honor of colorectal cancer awareness month. Signs, symptoms and screening information will be provided along with Q&A with the physician. Complimentary lunch will be provided. March 12, 12 p.m. RSVP, 1-877-424-4641—seating is limited.

Dinner Presentations

DINNER WITH A DOC: UROLOGY AND YOU: PELVIC HEALTH
Southington Care Center 45 Meriden Ave., Southington Please join Southington Care Center in welcoming Dr. Ryan Dorin for our next series of “Dinner with a Doc.” Dr. Dorin will discuss the reasons you should visit with your urologist as well as pelvic health and
incontinence. Southington Care Center staff will also be on hand to discuss therapy options with their new pelvic health treatment therapist. March 11, 5-7 p.m. RSVP, 860-621-9559.

DINNER WITH THE EXPERTS: MEDICARE/MEDICAID
Hebrew Health Care
1 Abrahms Boulevard, West Hartford
Doreen Beattie, vice president of nursing services and Irene Blumenthal, vice president of community services at Hebrew Health Care, along with Sharon Robinson, director of senior care coordination of Central Connecticut Senior Health Services, will be on our panel for this informative presentation about understanding Medicare/Medicaid payments. March 26, 5-7 p.m. Enjoy complimentary dinner. Please arrive no earlier than 4:45 p.m. RSVP, 860-545-1888.

Wellness Presentations
GOOD LIFE FITNESS INFORMATIONAL SESSIONS Please join us for an open gathering with our Good Life Fitness team. Learn more about the Good Life Fitness program, take a tour of our gym, meet the exercise physiologists and enjoy some light appetizers.

• Southington Care Center
45 Meriden Ave., Southington Jan. 5 & Feb. 9, 5-6 p.m. RSVP, 860-621-9559.

• Jerome Home
975 Corbin Ave., New Britain Feb. 4 & March 4, 2-3:30 p.m. RSVP, 860-229-3707

WEIGH YOUR OPTIONS
11 South Road, Suite 130 Farmington
Weigh Your Options’ is a non-surgical weight-loss program, including medically monitored, low-calorie diet programs, nutrition counseling, diet and exercise education and other services. Facilitated by Ashley Pisani, RN, BSN. Thursdays, Jan. 15, Feb. 26, March 26, 6-7 p.m. RSVP, 800-321-6244.

HEAD & NECK CANCERS: PREVENTION & TREATMENT
The Hartford Hospital Family Wellness Center 100 Simsbury Road, Avon Hartford Hospital invites you to join board-certified physician Dr. Clinton Kuwada to learn about head and neck cancer risk factors and their prevention and treatments. This free educational seminar will provide you with valuable information on: increasing trends in oropharyngeal cancer in the U.S.; understanding the relationship of HPV and oropharyngeal cancer; and the role of vaccination in preventing HPV related cancers. Jan. 29, 6:30-8 p.m. Register online at harthosp.org or by calling 860-545-1888 (toll free, 1-800-545-7664).

MAINTAINING YOUR HEALTH AS YOU AGE: ENGAGING THE HEALTH CARE SYSTEM
Hartford Hospital Senior Primary Care at Duncaster 30 Loeffler Road, Bloomfield Dr. Michael Lindberg, Physician in Chief for the Geriatric and Palliative Medicine Institute at Hartford HealthCare will be presenting, “Maintaining Your Health as You Age: Engaging the Health Care System.” This interactive session will help individuals optimize their experiences with the health care system, keep control over their own health care, and understand the importance of preventive care through all stages of life. Feb. 19, 3-4 p.m. Snow date, Feb. 26. Reg. req’d, 860-380-5006—seating very limited.

Support Groups
Cancer Support Groups
BOSOM BUDDIES
MidState Medical Center 435 Lewis Ave., Meriden Horwitz Conf. Ctr., 2nd Floor, Rm. 1 1st Wed. monthly, 3:30-4:30 p.m. Jan. 7, Feb. 4, March 4 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 req’d.

ART THERAPY
MidState Medical Center 435 Lewis Ave., Meriden Cancer Center Conf. Rm. Thursdays, Jan. 8-March 26 6-7 p.m. A program to help people touched by cancer find strength and hope through creative expression. No artistic skill is necessary for participation. Reg. req’d., Amanda Salzano, 203-694-8631.

PROSTATE CANCER SUPPORT GROUP
MidState Medical Center 435 Lewis Ave., Meriden 3rd Floor, Conf. Rm. 7 Men in various stages of treatment and recovery share their experiences. Spouses and significant others are welcome. Join in for an informal chat a half-hour prior to the meeting. Support issues alternate with guest speakers. Jan 8 & March 5, 6-7 p.m. Snacks will be available at 5:30 p.m. Reg. preferred, Sharon Jackson, RN, 203-694-8433.

LEUKEMIA, LYMPHOMA, HODGKIN’S DISEASE, MULTIPLE MYELOMA SUPPORT GROUP
MidState Medical Center 435 Lewis Ave., Meriden Horwitz Conf. Center, 2nd Fl., Rm. 1 Every 2nd Wed. monthly 5:30-7 p.m. Jan. 14, Feb. 11, March 11. 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 req’d.

HISPANIC WOMEN’S CANCER SUPPORT GROUP
MidState Medical Center
435 Lewis Ave., Meriden Cancer Center Conference Rm.
Every 3rd Thurs. 6:30-8 p.m.
Spanish-speaking women with a diagnosis of breast cancer are invited to join. Group leader, Tina Rodriguez, 203-694-8249.

LOOK GOOD, FEEL BETTER®
HOCC, New Britain General campus, 100 Grand St., New Britain, Lecture Rm. 1
Makeup class for women currently undergoing cancer treatment. Free makeup is provided through donations in the cosmetic industry, especially for sensitive skin undergoing radiation and chemotherapy. Jan. 26, Feb. 16, March 30, 2-4 p.m. RSVP, Marcia Anderson, 860-224-5299.

Bereavement Support Group
MidState Medical Center
435 Lewis Ave., Meriden
1st Floor, Napier Chapel
Every 2nd & 4th Tues. 5:30-6:30 p.m.
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 affect appropriate life adjustment.

Memory Care Support Groups
DEMENTIA SUPPORT AND EDUCATION GROUP
Institute of Living, Donnelly Building
200 Retreat Avenue, Hartford,
1st Floor Conference Room
Facilitated by Glynis Cassis, LCSW and Nancy March, LCSW
A support group for caregivers of loved ones with dementia. Jan. 6, Feb. 3, March 3, 11:30-12:30 p.m. RSVP, 860-545-7665.

ALZHEIMER’S SUPPORT GROUP
Mulberry Gardens
58 Mulberry St., Plantsville
Every 2nd Tuesday monthly
10:30-11:30 a.m.
Jan. 13, Feb. 10, March 10
A support group for families and caregivers discussing communication techniques, caregiver support, wandering, religion, music, behavior, family dynamics, validation breakthrough, and more. Led by Jennifer Doty, BSW. RSVP, Marie Terzak, 860-276-1020. Call Marie to schedule free care for loved ones during group session.

Weight Loss Surgery Support Group
MidState Family Health Center
61 Pomeroy Ave., Meriden
Every 2nd Wed., 5:30-6:30 p.m.
Jan. 14, Feb. 11, March 11
A wonderful opportunity for pre-operative patients and their families to learn from experienced weight loss surgery patients. Closed meetings are for post-operative patients only. For more information on topics and to register, go to midstateweightloss.org. Reg. req’d, 1-866-668-5070.

MyHealthy Advantage

The Lifeline Personal Emergency Response System ensures people with special needs who live alone can get quick assistance when needed. With the press of a button, Lifeline can connect you to the right help for the situation such as emergency services or just the assistance of a family member or friend to help you back on your feet. Contact us at 1-888-863-2771 or Lifeline@hhchealth.org.
Open Houses

Mulberry Gardens of Southington
58 Mulberry St., Plantsville
Join Marie Terzak, retirement counselor, for coffee and a tour and learn more about assisted living, memory care and adult day care. 10 a.m.-2 p.m. Saturdays: Jan. 3 & 31. RSVP, 860-276-1020.

Cedar Mountain Commons
3 John H. Stewart Dr., Newington
Join us for snacks and a tour of our scenic community. 10 a.m.-2 p.m. Saturdays: Jan. 10, Feb. 7, March 7. For info or to schedule a tour, call Marie Pugliese, retirement counselor, 860-665-7901.

Arbor Rose at Jerome Home
975 Corbin Ave., New Britain
Come take a tour of our beautiful community. Arbor Rose offers independent living, assisted living and memory care. 10 a.m.-2 p.m. Sundays: Jan. 11, Feb. 15, March 15. Call 860-229-3707 to schedule a tour with Denise Lebrocquy, retirement counselor.

The Orchards at Southington
34 Hobart St., Southington
Find yourself at home with The Orchards at Southington. Join Edesa Ciscar, retirement counselor, for coffee and a tour of our beautiful community. 10 a.m.-2 p.m. Sundays: Jan. 11, Feb. 8, March 7 & 21. For info or to schedule a tour, 860-628-5656.

Activities, Events and Wellness Classes

BRIDGE CLUB
The Orchards at Southington
34 Hobart St., Southington
Mondays, 1:30 p.m. Join the Bridge Club and meet new friends! RSVP, 860-628-5656.
The Connecticut Center for Healthy Aging is a resource and assessment center designed to make it easy for seniors, their loved ones, and caregivers to access information and services to attain optimal quality of life including:

- Free Resources and Assessments
- Concierge Services
- Geriatric Care Management
- Complimentary MyHealthy Advantage Club Membership

Stop in at any of our three locations, call us at 1-877-424-4641, or we’ll visit you!

- The Hospital of Central Connecticut, Bradley Memorial campus
- The Hospital of Central Connecticut, New Britain General campus
- MidState Medical Center

www.cthealthyaging.org • 1-877-4AGING1 (1-877-424-4641)