Aquatic Therapy at Southington Care Center

MyHealthy Advantage
Aqua Therapy – 4
Working in the water can assist movement and strengthen and stretch weak and tight muscles.

Choosing a Caregiver – 6
Questions to ask and points to follow when choosing a private duty caregiver.

Exercise IS Medicine – 7
Let the American College of Sports Medicine help you achieve more optimal health.

Merchant Discounts – 9
Check out our merchant discounts for great savings!
During fiscal year 2015, contact specialists handled 331,479 calls and tallied more than 901,000 visits to the website 211ct.org, according to Alana Kroeber, director of Information Services.

2-1-1 recently launched the new expanded website and collaborated with the Connecticut Center for Healthy Aging to discuss and identify specific resources regarding senior care issues. 2-1-1 professionals also offered input into the Southington Resource Guide, which provides contact information regarding topics such as in-home services, dementia caregiver support, elder law services and more.

“Connecticut 2-1-1 is a great resource for the community,” said Wendy Martinson, program director of the Connecticut Center for Healthy Aging.

2-1-1, a program of United Way of Connecticut, is supported by the state of Connecticut and Connecticut United Ways. For more information, dial 2-1-1 or visit 211ct.org. For more information about the Connecticut Center for Healthy Aging, visit ctseniorcare.org.

2-1-1 and Connecticut Center for Healthy Aging collaborate in sharing senior services information

Seeking answers? During the past 40 years, United Way 2-1-1 has been the primary free health and human services call center that has come to the aid of millions of people seeking help or referrals anywhere in Connecticut.
When Martha Bourcier steps into the 92-degree water in the aquatic therapy pool at the Southington Care Center Rehabilitation Pavilion, she not only feels her pain slip away but also her concerns and worries of the day. This type of therapy is soothing to body and mind, she said, adding she feels more comfortable in the water than when doing more traditional physical exercises.

Bourcier’s surgeon, Dr. Stephen Calderon of Hartford Hospital, recommended aquatic therapy as part of her recovery process from lumbar fusion back surgery earlier this year. As her strength has improved, more traditional physical therapy has been incorporated into her individualized care plan designed to strengthen her core muscles including abdominals, back and hip muscles.

During the private 45-minute sessions in the 16-foot pool, Kerri McQuillan, RPT, and Laurel Whalen, RPT, Southington Care Center therapists, guide Bourcier through full body exercises such as walking and marching in the water as well as arm and leg movements.

“The pool is a gentler place for therapy; the warmer temperature helps decrease pain and increase flexibility. The buoyancy properties of water decrease weight bearing through the spine and lower extremities,” explained Kerri McQuillan, PT. “Working in the water can assist movement due to buoyancy and can also provide resistance while helping to strengthen and stretch weak and tight muscles.” The therapy is also recommended for patients with fibromyalgia, arthritis, pre- or post-operative knee or hip surgeries.

After 30 years of back problems and three surgeries, Bourcier is optimistic that living with pain is behind her. She is is enthusiastic about
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
- Free MyHealthy Advantage club membership

Call us at 1-877-4AGING1 (1.877.424.4641).

cthealthyaging.org

Questions about healthy aging?

We have answers.

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:

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- Geriatric Care Management
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cthealthyaging.org

Additional support sponsored by State of Connecticut and funded by Centers for Medicare and Medicaid Services. Visit MyPlaceCT.org or for more information, dial 2-1-1 from anywhere in Connecticut any time. Multilingual assistance and TDD also available.
1. Do you need hands-on care? Help around your home? Companionship?
   - If you need hands-on care you want to make sure that you find an agency which hires only Home Health Aides or Certified Nurses Aides. These people have taken specific training courses so they are able to properly and effectively care for people.
   - If you need help with cleaning your home or meal preparation then you need a homemaker.
   - If you would like someone to play cards with, read the newspaper out loud or take for a drive, then you may be interested in a companion.
   - All of these roles can be combined and tailored to your needs.

2. Make sure the caregiver has experience. The best way is to request a caregiver who has one or more years of experience.

3. Make sure someone from the private duty caregiving company comes out to your home and interviews you to find out your interests and your needs. This ensures they will make the best match of your needs and the caregiver’s experience and interests.

4. Feel free to interview a few caregivers to ensure you find the right person.

5. Make sure your caregiver has been drug tested, had a DMV and national background check done by their private duty company, and has gone through HIPAA training. Also, it is important if you’re looking for care for your loved one with dementia, that the caregiver has had specific training in dementia care.

6. Lastly, you are in the driver’s seat. If your caregiver is not the perfect match for you, request changing caregivers.

For more information call 1.888.865.2771
Exercise IS Medicine!

There is no doubt that regular physical activity has positive effects on your health, and the more active you are the more of an effect it will have!

As the daylight gets shorter and the weather gets colder it gets harder and harder to maintain our normal activity levels. But that’s no excuse! Maintaining an active lifestyle this winter could be the difference between catching all of those aches, pains and sniffles and staying strong all season long!

The leading authority on exercise, the American College of Sports Medicine, can help you achieve more optimal health. Here’s what they recommend for exercise:

**Aerobic exercise**

- **How often?**
  At least five days per week of aerobic activity

- **What does aerobic mean?**
  Riding a bike, jogging, swimming – any activity that keeps your heart rate up the whole time

- **How much?**
  30 minutes each of those days at a moderate intensity (like brisk walking 3-4.5 mph), or 20 minutes instead at a vigorous intensity (like walking or jogging more than 5 mph)

- **Will I benefit even more if I exceed that?**
  Absolutely! If you do more than the 30 minutes of moderate level or 20 minutes of vigorous, you’ll benefit even more! The more you exercise the greater the health benefits. Research backs it up!

**Muscular endurance and strength exercise**

- **How often?**
  At least two days/week (can be done on same days as aerobic activity)

- **What does that mean?**
  Lifting weights, using exercise bands, any form of resistance to stress the muscles

Join GoodLife Fitness Programs at one of our locations today!

Southington Care Center
Southington | 860.378.1281

Jerome Home, New Britain | 860.356.8247

★ New location! – Cedar Mountain Commons, Newington | 860.665.7901
Join us for an exciting and fun-filled day with health information, speakers, screenings, demonstrations, and activities for everyone from children to seniors.

**Sunday, February 28, 2015**
**10:30 am – 3:30 pm**
The Aqua Turf Club
556 Mulberry Street
Plantsville, Connecticut

**FREE ADMISSION!**

- Kids area
- Screenings and giveaways
- Drawings
- Amber alert
- Child car seat safety check
- Blood pressure, cholesterol, glucose and bone density checks
- Balance screenings
- Sports medicine
- Live broadcast
  The River 104.9

**Brought to you by:**

**Premiere Sponsor:**
Bradley H. Barnes &
Leila U. Barnes Memorial Trust at

For information on sponsoring or exhibiting, call Antoinette Ouellette at 860.378.1268 or email aouellette@ctseniorcare.org.
https://www.midstatemedical.org/healthy_family_funfest.aspx
<table>
<thead>
<tr>
<th>Merchant Name</th>
<th>Address</th>
<th>Discounts/Services</th>
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<tbody>
<tr>
<td>Plantsville Pharmacy</td>
<td>1 West Main Street, Plantsville</td>
<td>10% prescription discounts on prescription not covered by insurance</td>
</tr>
<tr>
<td>Family Therapeutic Massage Center, LLC</td>
<td>860.276.1283</td>
<td>$10 off a one-hour session</td>
</tr>
<tr>
<td>The Dutiful Daughter, LLC</td>
<td>103 Thayer Road, Manchester</td>
<td>15% off packing, moving and content removal services</td>
</tr>
<tr>
<td>Meriden YMCA</td>
<td>110 West Main Street, Meriden</td>
<td>Meriden YMCA, BE OUR GUEST, your MyHealthy Advatage card entitles you to one free visit at the Meriden YMCA</td>
</tr>
<tr>
<td>Barker Animation</td>
<td>1188 Highland Avenue, Cheshire</td>
<td>20% Collectors Star Club discount and $1 off museum entrance fee</td>
</tr>
<tr>
<td>Subway</td>
<td>1231 East Main Street, Meriden</td>
<td>10% off all menu items</td>
</tr>
<tr>
<td>Welcome Home Mortgage, LLC</td>
<td>1331 Silas Deane Highway, Wethersfield</td>
<td>Specializing in reverse mortgages. Your appraisal fee refunded at closing</td>
</tr>
<tr>
<td>The Sandman Gallery Frame Shoppe &amp; Café</td>
<td>203.686.0000</td>
<td>15% all framing purchases and 15% off coffee &amp; dessert when available</td>
</tr>
<tr>
<td>Frank D. Marrocco, CPA</td>
<td>142 West Main Street, New Britain</td>
<td>10% off Income Tax Preparation Services</td>
</tr>
<tr>
<td>Grant Chiropractic Health Center, LLC</td>
<td>860.620.9523</td>
<td>10% off non-insurance covered items</td>
</tr>
<tr>
<td>Aziagos Restaurant</td>
<td>166 Queen Street, Southington</td>
<td>10% off dinner items from lunch items, excludes desserts. Dine-in only; not valid on holidays, cannot be used with any other coupon or promotion</td>
</tr>
<tr>
<td>Graebers</td>
<td>172 West Main Street, Meriden</td>
<td>10% off durable equipment &amp; prescription drugs. Free delivery to Meriden, Wallingford and Cheshire</td>
</tr>
<tr>
<td>Specialty Auto Cleaning &amp; Detailing</td>
<td>860.628.5011</td>
<td>15% off any service/free pickup &amp; delivery in most areas</td>
</tr>
<tr>
<td>Midas Mufflers &amp; Brakes</td>
<td>22 Quigley Road, Wallingford</td>
<td>$16.95 lube, oil and filter</td>
</tr>
<tr>
<td>Drain Surgeon</td>
<td>228 Corbin Avenue, New Britain</td>
<td>10% off any plumbing repair work in residential housing</td>
</tr>
<tr>
<td>Silver City Sports Bar &amp; Grill</td>
<td>275 Research Parkway, Meriden</td>
<td>15% off with the MyHealthy Advantage card</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.*
The Connecticut Center for Healthy Aging offers Concierge services as well as Notary Public services.
860.276.5293 – HOCC, Bradley Memorial campus • 203.694.5721 – MidState Medical Center
860.224.5278 – HOCC, New Britain General campus

<table>
<thead>
<tr>
<th>Merchant Name</th>
<th>Phone Number</th>
<th>Address</th>
<th>Offer Description</th>
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</thead>
<tbody>
<tr>
<td>Southington YMCA</td>
<td>860.628.5597</td>
<td>29 High Street, Southington</td>
<td>BE OUR GUEST, your My Healthy Advantage Card entitles you to one free visit at the Southington Community YMCA</td>
</tr>
<tr>
<td>Karma’s Closet</td>
<td>860.436.6055</td>
<td>3153 Berlin Turnpike, Newington</td>
<td>15% off your total purchase. Excludes firm items</td>
</tr>
<tr>
<td>Keller Williams Realty</td>
<td>860.681.6796</td>
<td>358 Scott Swamp Road, Farmington</td>
<td>Free consultation to learn what your home is worth</td>
</tr>
<tr>
<td>Serafino’s Pharmacy</td>
<td>860.628.7979</td>
<td>36 North Main Street, Southington</td>
<td>10% off prescriptions</td>
</tr>
<tr>
<td>Wallingford Tire &amp; Auto</td>
<td>203.269.1417</td>
<td>400 North Colony Street, Wallingford</td>
<td>10% off all labor on repairs; 5% off regular selling price of tires (can’t be combined with any other discounts)</td>
</tr>
<tr>
<td>Pals Power Washing, LLC</td>
<td>860.919.8748</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>MidState Medical Center Auxilury Gift Shop</td>
<td>203.694.8109</td>
<td>435 Lewis Avenue, Meriden</td>
<td>5% off- special exclusions apply</td>
</tr>
<tr>
<td>Century 21</td>
<td>203.213.4141</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>Sugar Hill Building &amp; Design</td>
<td>860.875.9968</td>
<td>46 Marlboro Glade, Tolland</td>
<td>15% off installation of 2 grab bars</td>
</tr>
<tr>
<td>Vision Dynamics</td>
<td>203.271.1944</td>
<td>470 West Main Street, Cheshire</td>
<td>15% off all hand-held magnifiers in the store</td>
</tr>
<tr>
<td>Praline’s Café</td>
<td>860.620.9226</td>
<td>50 Center Street, Southington</td>
<td>10% off M-F until 5:00 pm, $1 off cakes</td>
</tr>
<tr>
<td>Professional Vision Center</td>
<td>203.238.7393</td>
<td>512 West Main Street, Meriden</td>
<td>20% off all services</td>
</tr>
<tr>
<td>Beacon Prescriptions</td>
<td>860.225.6487</td>
<td>543 West Main Street, New Britain</td>
<td>Free prescription delivery. M-F, 9 am–6:00 pm</td>
</tr>
<tr>
<td>Eyewear Glasses</td>
<td>860.621.8215</td>
<td>55 Meriden Avenue, Southington</td>
<td>15% off any pair of glasses</td>
</tr>
<tr>
<td>Smokin’ With Chris</td>
<td>860.620.9133</td>
<td>59 West Center Street, Southington</td>
<td>10% off on Wednesdays all day with the MyHealthy Advantage card</td>
</tr>
<tr>
<td>Colony Opticians</td>
<td>203.265.7990</td>
<td>60 Church Street, Wallingford</td>
<td>20% off eyeglasses</td>
</tr>
</tbody>
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<th>Address</th>
<th>Discount Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hearing Health &amp; Wellness Center</td>
<td>860.426.9181</td>
<td>710 Main Street, Plantsville</td>
<td>One free Battery Club membership with every hearing aid purchase</td>
</tr>
<tr>
<td>Giovanni's Pizzeria</td>
<td>860.621.2299</td>
<td>714 West Street, Southington</td>
<td>10% off Tues &amp; Wed, pick-up only. Except when using a coupon</td>
</tr>
<tr>
<td>Greenbackers</td>
<td>203.238.2516</td>
<td>744 Murdock Avenue, Meriden</td>
<td>10% off regularly priced items</td>
</tr>
<tr>
<td>Town Fair Tire</td>
<td>203.467.8600</td>
<td>750 Queen Street, Southington</td>
<td>5% off your total purchase at ANY Town Fair Tire in CT (Southington, Bristol, Wallingford, New Britain, etc)</td>
</tr>
<tr>
<td>Charter Financial – Insurance and Financial Services Co.</td>
<td>860.678.2908</td>
<td>76 Batterson Park Road, Farmington</td>
<td>Free financial consultation. Includes “Needs-analysis portfolio” and “Professional Recommendation”</td>
</tr>
<tr>
<td>La Vita Vintage</td>
<td>860.621.7799</td>
<td>774 South Main Street, Plantsville</td>
<td>10% off any item. Present card prior to check out</td>
</tr>
<tr>
<td>Story Brothers, Inc.</td>
<td>860.225.0159</td>
<td>84 Burritt Street, New Britain</td>
<td>10% off mechanical parts (excludes oil filters)</td>
</tr>
<tr>
<td>Justine Hart, LMT/Massage Therapist</td>
<td>860.301.4168</td>
<td>846 Atkins Street, Middletown</td>
<td>5% off any service</td>
</tr>
<tr>
<td>Walsh &amp; Massari</td>
<td>203.235.1681</td>
<td>86 West Main Street, Meriden</td>
<td>25% off all eye care services</td>
</tr>
<tr>
<td>Pelton’s Home Health Care</td>
<td>860.761.0008</td>
<td>898 Silas Deane Highway, Wethersfield</td>
<td>10% off in-store, retail purchases every Thursday</td>
</tr>
<tr>
<td>Hallmark Framing and Art</td>
<td>860.621.8885</td>
<td>9 West Main Street, Plantsville</td>
<td>20% off custom framing</td>
</tr>
<tr>
<td>Wallingford Sew-Vac Center</td>
<td>203.269.2207</td>
<td>95 Quinnipiac Avenue, Wallingford</td>
<td>Buy one vacuum cleaner bag and get second one 1/2 price</td>
</tr>
<tr>
<td>Bongiovanni Insurance and Financial, LLC</td>
<td>203.237.7900</td>
<td>97 East Main Street, Meriden</td>
<td>10% off tax preparation</td>
</tr>
<tr>
<td>Precious Petals</td>
<td>860.747.6100</td>
<td>98 East Main Street, Plainville</td>
<td>10% off (excludes wire service and Fascia’s chocolates)</td>
</tr>
<tr>
<td>The UPS Store</td>
<td>203.949.0050</td>
<td>994 North Colony Road, Wallingford</td>
<td>10% copies, custom packing &amp; custom materials</td>
</tr>
</tbody>
</table>

If you are a merchant interested in offering a discount to our members, please visit myhealthyadvantage.org. Or provide your name, address, phone number and discount by calling 860.378.1268 or writing to: Hartford HealthCare Senior Services, Attn: MyHealthy Advantage Coordinator, 80 Meriden Avenue, Southington, CT 06489
Screenings

Blood Pressure Screening
Southington Community YMCA, 29 High Street, Southington, Tuesdays: Jan. 5, Feb. 2 and March 1 from 9:30–10:30 am.

Blood Pressure Screening
Calendar House, 388 Pleasant Street, Southington. Thursdays: Jan. 7, Feb. 4 and March 3, 11 am–12 pm.

Blood Pressure Screening
Shop Rite, 750 Queen Street, Southington. Tuesdays: Jan. 12, Feb. 9, and March 8, 11 am–12 pm.

Blood Pressure Screening
Plainville Senior Center, 200 East Street, Plainville. Thursdays: Jan. 14, Feb. 11 and March 10, 1–2:00 pm.

Blood Pressure Screening
Calendar House, 388 Pleasant Street, Southington. Tuesdays: Jan. 26, Feb. 23 and March 22, 10–11:00 am.

Blood Pressure Screening
Cheshire Senior Center 967 South Main Street, Cheshire. Tuesdays: Jan. 26, Feb. 23 and March 22, 12 noon–1:00 pm.

Blood Pressure Screening
Wethersfield Senior Center 30 Greenfield Street Feb. 25 and March 24, 12:30–1:30 pm.

Support groups

Alzheimer’s Support Group
Living with Alzheimer’s disease or a related memory disorder is challenging. The group covers topics including communication techniques, caregiver support, wandering, religion, music, behavior, family dynamics, validation breakthrough, and more. Hosted by Mulberry Gardens of Southington, 58 Mulberry Street in Plantsville. Tuesdays: Jan. 12, Feb. 9, and March 8, 10:30–11:30 am. Led by Jennifer Doty, BSW. RSVP to Marie Terzak at 860.276.1020.

Brain Tumor Support Group
Hartford Hospital Helen & Harry Gray Cancer Center, Taylor Conference Room, 85 Retreat Avenue, Hartford. Group for patients and caregivers living with a brain tumor. Thursday, Jan. 7, from 6:30–8 pm. Registration required. Please call 1.855.HHC.HERE or visit us online at hartfordhospital.org.

Brain Tumor Support Group
Hartford Hospital Helen & Harry Gray Cancer Center, Taylor Conference Room, 85 Retreat Avenue, Hartford Group for patients and caregivers living with a brain tumor. Thursday, Feb. 4, 6:30-8 pm. Registration required. Please call 1.855.HHC.HERE or visit us online at hartfordhospital.org.

Caregivers Support Group
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? Please join Arbor Rose at Jerome Home every third Wednesday of the month at 6:30-7:30 pm, for our caregiver support group. Jan. 20, Feb. 17 and March 16. Facilitators are Kate Rabinoff and Mary Roberts. To RSVP, please call Kate Rabinoff at 860.229.3707.

Lung Cancer Support Group
Gateway Medical Park 300 Western Boulevard, Glastonbury. Group for patients and caregivers living with lung cancer. Tuesday, March 1, 6–7:00 pm. Medical Registration required. Please call 1.855.HHC.HERE.

Breast Cancer Support Group
Gateway Medical Park 300 Western Boulevard, Glastonbury. Learn about hormone blockers, medication side effects and role of hormone therapies in treating breast cancer. Presented by Dr. Patricia DeFusco. Thursday, Feb. 18, 6–7:30 pm. Medical Registration required. Please call 1.855.HHC.HERE or visit us online at hartfordhospital.org.

Dementia Support Group
At 200 Retreat Avenue, Hartford. Donnelly Conference Room, 1st Floor. Please join us as we bring together experts and those who want guidance, direction, and support through this journey. Let’s work together, help each other and exchange ideas. Space is limited – reservations are required. Tuesdays starting Jan. 5, Feb. 2 and March 1, from 11:30 am–12:30 pm. Please call 860.545.7665 for reservations.

Friendship Club
Located at 314 Osgood Ave., New Britain. Looking to belong to a great group of friends? Join Marian Heights Friendship Club and enjoy transportation, activities, meals, exercise and more. Our mission at Marian Heights Adult Day Center is to provide the highest quality community-based day program in a safe and positive environment. We provide care to individuals with a variety of socialization and cognitive needs. Polish speakers are available. Tuesdays, 10 am–2:00 pm Jan. 12, Feb. 9, and March 8. Call Mary Roberts for more information and to RSVP at 860.357.4264.

Educational presentations

Cooking Demo
Meriden Senior Center 22 West Main Street, Meriden. Liquid Nitrogen and Ice Cream! Those are two items you don’t expect to hear in the same sentence! Join Southington Care Center Chef Jack Hodes as he creates quick freeze ice cream with liquid nitrogen right before your eyes! Jack will create mini portions to meet even the most unique culinary preferences. Need low fat? Dairy free? We can do that! Tuesday, March 15, 11:30 am–12:30 pm. Space is limited. Please call 203.237.0066.

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

Berlin Senior Center, 33 Colonial Drive, Berlin. Presented by Kerry Lee, MD, of Hartford HealthCare, this free program will focus on how problems with the feet and ankles may actually be the first sign of a more serious medical condition. Sponsored by Hartford HealthCare Senior Services. Wednesday, Jan. 13, 1–2:30 pm. Space is limited. Please RSVP to the Berlin Senior Center, 860.828.7006.

Dinner with the Doc

Hebrew Health, 1 Abrahams Boulevard, West Hartford. Please join Hebrew Healthcare as we present Dr. Paul Thompson for a discussion on everything you want to ask a cardiologist. This FREE event will be at Tuesday, Jan. 12 from 5–7:00 pm. Please RSVP to 855.HHC.HERE (855.442.4373).

Dinner with the Doc

Treatment options for Acid Reflux. This FREE event is hosted by Southington Care Center, 45 Meriden Avenue, Southington. Discover how newer, minimally invasive surgical interventions are helping people find relief and get off their medications. Wednesday, Jan. 20, 5–7:00 pm. Space is limited so please RSVP at 855.HHC.HERE (855.442.4373).

Dinner with the Experts

This FREE event is hosted by Arbor Rose at Jerome Home, 975 Corbin Avenue, New Britain. Paul Czepiga, Esq. and Sharon Robinson, RN present: Future Planning Night, a discussion about estate planning, advance directives, Medicaid, Long term care and rehabilitation. March 22, from 5–7:00 pm. Space is limited. Please RSVP at 860.229.3707.

Dementia and Caregivers Series

At the Southington Library 255 Main Street, Southington. Join us for this FREE five-week program. Jan. 26—Overview of Dementia Feb. 2—Basics of Good Communications and Understanding Behaviors Feb. 9—Safety in the Environment & How to Structure a Day with Activities Feb. 16—Taking Care of the Caregiver and Care Options Feb. 23—Legal and Financial issues. Hosted by the Connecticut Center for Healthy Aging. From 1–2:30 pm, Attendees should attend all sessions. Space is limited. Please RSVP to 1.877.424.4641.

Dementia and Caregivers Series

At the Wallingford Senior Center, 238 Washington Street, Wallingford. Join us for this FREE five week educational program on Thursdays: Jan. 28—Overview of Dementia Feb. 4—Basics of Good Communications and Understanding Behaviors Feb. 11—Safety in the Environment & How to Structure a Day with Activities Feb. 18—Taking Care of the Caregiver and Care Options Feb. 25—Legal and Financial issues. Hosted by the Connecticut Center for Healthy Aging. Attendees should attend all sessions. 10:30 am–12 pm. Space is limited. Please RSVP to 1.877.424.4641.

Dementia and Caregiving

Bristol Library, 5 High Street, Bristol. Focusing on the Person while Understanding the Disease Progression. March 1—Overview of Dementia March 8—Basics of Good Communications and Understanding Behaviors March 15—Safety in the Environment & How to Structure a Day with Activities March 22—Taking Care of the Caregiver and Care Options March 29—Legal and Financial issues. Hosted by the Connecticut Center for Healthy Aging. 10–11:30 am. Each Caregiver will receive a copy of our 80-page Dementia Caregiver Resource Guide. Space is limited. Attendees should attend all sessions. Please RSVP 1.877.424.4641.

The Art & Science of Aging Gracefully.

Monthly seminars: Tips to Improve Health by HHC.

Sleep & Aging

At Duncaster, 40 Loeffler Road, Bloomfield. Presented by Dr. Sowmya Kurakoti. Monday Jan. 21, 3–5:00 pm. Space is limited. Please RSVP, 860.380.5006.

Headaches, Migraines and Treatments

At Duncaster, 40 Loeffler Road, Bloomfield. Presented by Renee Kane, MSN, APRN, ANP-BP. Thursday Feb. 18, 3–5:00 pm. Space is limited. Please RSVP, to 860.380.5006.

Nutrition & Your Brain

At Duncaster, 40 Loeffler Road, Bloomfield. Presented by Sheila Murphy, APRN. Thursday, March 24, 3–5:00 pm. Space is limited. Please RSVP, to 860.380.5006.

Informational Events

Seasonal Affective Disorder

Meriden Senior Center 22 West Main Street, Meriden. Learn what it is and how to find ways to cope with it. With Jackie McDaniel, PHD of Rushford. Tuesday, Jan. 19, 10:30–11:30 am. Please RSVP to 203.237.0066.

Seasonal Affective Disorder

Bristol Senior Center 240 Stafford Avenue, Bristol. How to recognize the symptoms and find ways to cope. Presented by Colleen Johnstone, LCSW from Rushford February 3, from 10:30–11:30 am.
Arthritis Management & Exercise
Arbor Rose at Jerome Home
975 Corbin Avenue, New Britain.
Please join us for an information presentation by David Santoro, director of Operations, HHC Bone & Joint Institute at Hartford Hospital. He will discuss arthritis management and the utilization of an appropriate exercise program.
Friday, Jan. 22, 10–11:00 am.
Space is limited; please RSVP to 860.229-3707. Refreshments will be served.

Prostate Cancer Myths vs. Facts
At the Berlin Senior Center
33 Colonial Drive, Berlin.
Presented by Dr. Paul Pyo, urological surgeon from Midstate Medical Center. Wednesday, Feb. 10, 1–2:30 pm.
Please RSVP to 855.HHC.HERE (855.442.4373).

Protect Your Back, Good Mechanics for Work and Home
Calendar House, 388 Pleasant Street, Southington.
How everyday movements: Standing, sitting, sleeping, lifting, carrying and reaching can all affect your back health. Presented by Lori-Jean Lacaria, PT, of Southington Care Center.
Thursday, Feb. 11, 1:30–3 pm.
Please RSVP to 860.621.3014.

How to be Heart Smart
Meriden Senior Center, 22 West Main Street, Meriden.
Learn how keeping your heart smart, keeps your body healthy. Presented by Catherine Callahan, APRN, Heart Failure Center & Outpatient Cardiology Clinic, THOCC, New Britain Campus. Tuesday, Feb. 16, from 10:30-11:30 am. Please RSVP to 203.237-0066.

Hip and Knee replacement – What to ask your doctor before your procedure
Calendar House
388 Pleasant Street, Southington.
Presented by Laurie Lee, RPT, of Southington Care Center.
Thursday, March 10, 1:30–3:00 pm.
Please RSVP to 860.621.3014.

Connecticut Center for Healthy Aging
Informational Series
Best Communication
Calendar House
388 Pleasant Street, Southington.
This free program, presented by Michelle Wyman, LSW, dementia specialist with the Connecticut Center for Healthy Aging, will present insights into communicating with and understanding loved ones with Alzheimer’s disease or dementia. Sponsored by Connecticut Center for Healthy Aging.
Thursday, Jan. 14, 1:30-2:30 pm.
Registration required. Please RSVP to Calendar House, 860.621.3014.

Healthy Brain Life Style Series
At the Plainville Senior Center
200 East Main Street, Plainville.
This FREE five-program series on Fridays focuses on Healthy Brain lifestyles.
Feb. 26—Eat brain food and stay hydrated
March 4—Physical and mental activities
March 11—Coping with change and managing stress
March 18—Benefits of Sleep
April 1—Keeping a Positive Attitude
Hosted by the Connecticut Center for Healthy Aging.
From 10–11:00 am.
Space is limited. Please RSVP to 860.747.5728.

Lunch and Learn
Presented by the Center for Healthy Aging
Lunch and Learn
At THOCC, New Britain Campus.
A free Lunch and Learn is planned for Pharmacy Education, presented by Sean Jeffery, PharmD, CGP, FASCP, FNAP, and Director of Clinical Pharmacy Services with ICP. Thursday Jan. 14, 12–1:00 pm.
Space is limited. Please RSVP to 1.877.424.4641.

Lunch and Learn
The Hospital of Central Connecticut, Bradley Campus, Conference Room A. A free Lunch and Learn with Catherine Callan, APRN from HOCC-Heart Failure Resource Center & Outpatient Cardiology Clinic.
Thursday, Feb. 18, from 1-2:00 pm.
Space is limited so please RSVP to 1.877.424.4641.

Meet the Author
Arbor Rose, 975 Corbin Avenue, New Britain. Please join us for an event with John Banks, author of “Hidden History of Connecticut Union Soldiers”, who will discuss the creation of the book and the rich history and the local stories behind it. Books will be available for purchase.
Saturday Jan.16, from 10–11:30 am. Please reserve a seat now for this rare opportunity 860.229.3707. Refreshments will be served.

All Open Houses hosted from 10:00 am–2:00 pm
Open Houses:
Mulberry Gardens of Southington
58 Mulberry Street, Plantsville

Cedar Mountain Commons,
3 John H. Stewart Drive, Newington.
Saturdays: Jan. 9, Feb. 6 and March 5, 860.665.7901.

Arbor Rose 975 Corbin Avenue, New Britain.
Sunday, Jan. 17, February 21 and March 20, 860.229.3707

The Orchards of Southington
34 Hobart Street, Southington.
Saturdays: Jan. 23, Feb.6, Feb.20, March 12, March 26, 860.628.5656

Marion Heights Adult Day Center
314 Osgood Avenue, New Britain.
Wednesday, Jan. 13, 860.357.4264.
Live Well program provides new tools for chronic disease self-management

The Connecticut Center for Healthy Aging is presenting a new free six-week program geared to those experiencing chronic diseases and conditions. Live Well: Chronic Disease Self-Management will be introduced at an informational session on Friday, Jan. 15, from 10 to 11:00 am, at the Hospital of Central Connecticut, Bradley Memorial campus, 81 Meriden Avenue, conference room A.

The six workshops will be held on Fridays, from 10 am to 12:30 pm, beginning January 22 and ending February 26. A snow date will be available on March 4. To fully benefit, it is suggested that participants attend all sessions.

“The Live Well program can help people get back to being in charge of their own lives, rather than being captive to their ongoing health conditions”

— Marc Levesque, MS, senior resource coordinator at the Connecticut Center for Healthy Aging.

The program is built upon three underlying assumptions:

1. Regardless of the chronic condition, people have similar problems and concerns and face similar challenges.
2. People can learn the skills needed to better manage their disease and the day-to-day issues they face.
3. People who understand and take control of their condition will be healthier and happier.

Those individuals living with diabetes, depression, heart disease, arthritis, pain and anxiety or caring for someone with an ongoing health problem are among those who may benefit from the Live Well program. Workshops may feature the topics of healthy eating, exercise, effective communication, problem solving and setting goals, according to facilitators Jessica Dakin, BSN, CMC, geriatric care manager, and Michelle L. Lavoie, resource coordinator.

Registration is required. To register, call the Connecticut Center for Healthy Aging, toll-free, at 1.877.4AGING1 (1.877.424.4641) or 860.276.5293.

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