WINTER 2018

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Cover – Jefferson House resident Marie Milardo

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

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

Hartford HealthCare Senior Services
Attn: MyHealthy Advantage Coordinator
80 Meriden Avenue
Southington, CT 06489
860-378-1268
Antoinette.Ouellette@hhchealth.org

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

Hartford HealthCare Senior Services
1 John H. Stewart Drive
Newington, CT 06111
860.667.4453

Hartford Hospital Senior Primary Care at Duncaster
860.380.5150

Hartford HealthCare Independence at Home
860.863.2771
hhc@home.org

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
Hartford HealthCare Medical Group
NEWINGTON – Throughout her 94 years of life, Marie Milardo has tried to be positive. Sometimes being upbeat was difficult, especially when her husband, Michael, was serving in the U.S. Army Air Corps, first in World War II and then in the Korean War. Marie Milardo held down the family home in Newington and raised their two sons, David and Mark. “I had to make a lot of decisions by myself,” she recalled. It was a wonderful neighborhood – children played in everyone’s yards and there were often get-togethers. “You have to grow the kids before you grow the grass,” she laughed. She was a legal stenographer but after earning her degree she became a fifth grade teacher and later, a reading consultant in Newington schools. “I couldn’t wait to get up and go to class. It was the best job in the world,” she said.

Marie and Michael Milardo imparted important values to their sons, including the honor of serving their country. “Our family served 66 years in total,” she stated proudly as she looked at the American flag on display in her room at Jefferson House. The flag was presented to her following her husband’s death in 1999.

She remained independent, even volunteering for six years at John Wallace Middle School in Newington where her son, David, was principal. As she got older, however, she knew an independent or assisted living community would be safest. In July 2010, she moved to Cedar Mountain Commons, located at 3 John H. Stewart Drive. It wasn’t long before she became known as Cedar Mountain Commons’ “cheerleader,” giving tours, telling many friends about her new home and joining in nearly every activity, especially playing games. “I loved it there; the people were wonderful.”

Earlier this year Milardo had health problems and acknowledged that she needed a higher level of care but did not want a personal health aide. Instead she chose to transition on the same campus to Jefferson House, located at 1 John H. Stewart Drive. There she could receive skilled nursing while maintaining her independence.

Milardo has made her new room her home, surrounding herself with family photos and things she loves. She is getting involved in activities and making new friends. The icing on her cake of life would be resuming playing bridge and she is hoping to connect with experienced players.

“I’m glad I can still get my feet on the floor and have a good time,” she said. Jefferson House is making that possible every day.

Jefferson House, a department of Hartford Hospital, offers short-term/outpatient rehabilitation, skilled nursing and palliative care. For more information about Jefferson House, visit jeffersonhouse.org. Cedar Mountain Commons, a department of Hartford Hospital, is a not for profit independent and assisted living community. For more information about Cedar Mountain Commons, visit cedarmountaincommons.org.
If Dan and Arlene Palmer wrote their intertwined life story, the book would have many chapters. The avid bibliophiles met and worked at New Britain Public Library for a combined 51 years and owned their own bookstore/tea shop, Leaves & Pages, for 14 years. Arlene, a New Britain historian, also penned three books about the city’s history and together they wrote “And Now We Go…” about their “adventures” at their shop.

Now retired, the couple could add a chapter about Southington Care Center, which they know very well. Arlene was a short-term rehabilitation patient three times following surgeries. And in October, Dan completed outpatient physical therapy after he fell off their back steps, damaging his knee and elbow.

The Palmers’ relationship with Southington Care Center began after Arlene had spinal stenosis surgery at the Hospital of Central Connecticut, New Britain campus. The surgeon recommended the Care Center for her aftercare and she was there five weeks recuperating. “Before I had my back done, I couldn’t walk more than 3 feet – even with a walker. On the first day [at the Care Center], the occupational therapist came in and in three seconds had me up and sitting on the side of the bed. There was no looking back,” she recalled.

The rehabilitation therapists developed a regimen that included aquatic and land therapies. “I made huge strides by the time I left,” she said.

Arlene returned for a second – and third – time after each knee surgery. “For my recoverations, I only wanted to go to Southington Care Center. Everyone is so good there – from maintenance to CNAs to RNs. They are all fabulous,” she said.

When Palmers retired in 2014 they planned to relocate from Burlington, Connecticut to Maine. Health problems, treatments and subsequent rehab therapy altered that dream. They have decided to stay in this area because of the relationships they have developed with their healthcare providers, including Southington Care Center and their primary care physician Craig Bogdanski, DO, who is also the assistant medical director there.

The Palmers have become “celebrities” at Southington Care Center with most people greeting them by name, some stopping to chat. Thanks to their successful therapies, the couple

Southington Care Center Rehabilitation builds relationships with clients across Central Connecticut, including the Palmers of Burlington. In the therapy pavilion are, from left, Kerri McQuillan, RPT, Arlene Palmer, Dan Palmer and Laurie Lee, PT.

Burlington residents value relationship with Southington Care Center

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Kerri McQuillan, PT, assesses Arlene Palmer’s progress as she works out. Palmer said that her mobility and strength have improved significantly thanks to the physical therapy she received.

is enjoying retirement more because they are more active. They have regained the mobility and stamina to do yard work and visit family in Maine. They find it easier to walk to the dock on the lake by their home where they like to relax and read books.

They hope they won’t need further rehabilitation but are comforted in knowing that Southington Care Center is there. “They should name a wing after me,” Arlene joked. She continued, “I chalk up my healing to Southington Care Center. It really improved my quality of life.”

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MyHealthy Advantage Membership Registration Form

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

As a MyHealthy Advantage member, you will receive our quarterly magazine informing you of any new lectures or discounts. Please feel free to call 860-378-1268 or email: myhealthyadvantage@hhchealth.org.

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

Sincerely,

MyHealthy Advantage Coordinator

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

Name: __________________________
Address: __________________________
Town: __________________________
State: ___________ Zip Code: __________
Home Phone: __________ Date of Birth: ______
Email: __________________________

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

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

______________________________________________________________________________
______________________________________________________________________________

Other interests / suggestions for future seminars:
______________________________________________________________________________

Signature: __________________________

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

☒ YES! ☐ NO THANK YOU
Ingredients:
4 plump chicken breasts
3 tbsp. oil, halved
Black pepper (to taste)
3 sprigs fresh thyme
1 sprig fresh rosemary
3 garlic cloves
Salt (to taste)

Directions:
Heat a skillet over medium high heat. Drizzle the chicken breast with ½ of the oil, and then season the breast with a good crust of salt and pepper. Put chicken in the pan, then add the herbs, and garlic. When the skin has a nice golden color turn it over, until juice runs clear.

GoodLife Fitness supports member in weight loss journey to better health

It was the fear of stroke that motivated Berlin resident Pattie Wheeler to get fit. Stroke has impacted both sides of her family and she was afraid that if she continued her sedentary lifestyle that she could be next, placing the burden of her care on her husband and other family members.

Because she was overweight and out of shape, Wheeler, who just turned 70, wanted to start an exercise program, but not join a traditional gym. “Because of the difference in age, I would feel very uncomfortable with 20-year-olds,” she recalled. “I had gone to gyms before but never stayed with it. I needed someone to help and guide me. Doing exercises incorrectly can cause serious injury and can be worse than not exercising at all.”

Friends who work at the Jerome Home in New Britain told Wheeler about the GoodLife Fitness program which focuses on guided, individualized exercise. There, her exercise physiologist developed an exercise plan concentrating on building her core strength, stability and range of motion. During the past two years, she has worked out twice weekly at the GoodLife Fitness, a Hartford HealthCare program.

Wheeler knew that she needed a total lifestyle change which included eating a more Mediterranean diet of fresh fruits and vegetables and limiting processed foods. She also began walking regularly. “My physician was all for it. She’s very happy that my blood pressure has gone down,” she said, adding that her physician receives regular updates from her exercise physiologist.

Since joining GoodLife Fitness, Wheeler has also lost more than 35 pounds. “I was on track for a knee replacement but after losing the weight and working out to strengthen my leg muscles, my knee doesn’t bother me anymore.” Her better health has made it easier for her to pursue the social activities she enjoys and stave off depression, a problem that she knows can challenge many inactive seniors.

Wheeler has realized great success by
supplementing GoodLife Fitness with proper eating and increased activity. Her personal exercise physiologist has given her the confidence in knowing that she’s exercising correctly to lead to optimum results. “I’m very comfortable here,” she said, adding that she has encouraged a friend to join.

GoodLife Fitness is an individualized exercise program geared toward the older adult to build energy, strength and endurance for an active lifestyle. An exercise physiologist works one-to-one with each person to improve muscular strength, balance, cardiovascular health and self-esteem, while reducing the risk of falls and injuries. GoodLife Fitness has seven locations in central Connecticut. To learn more about GoodLife Fitness at Jerome Home, contact Maquita Parker, 860.356.8272.

Get Started Today!

- Jerome Home/Arbor Rose
  860.356.8247
  975 Corbin Avenue, New Britain

- Mulberry Gardens of Southington
  860.276.1020
  58 Mulberry Street, Plantsville

- Southington Care Center
  860.378.1281
  45 Meriden Avenue, Southington

- Windham Hospital
  860.456.6821
  112 Mansfield Avenue, Willimantic

- Cedar Mountain Commons
  860.665.7901
  3 John H. Stewart Drive, Newington

New Location!

- Hartford HealthCare Family Health Center
  860.286.3235
  2 Northwestern Drive, Bloomfield

Pattie Wheeler continues to build strength and stamina through exercising at the Jerome Home GoodLife Fitness program.
The number of Americans with reported high blood pressure increased dramatically according to the new guidelines on hypertension released by the American Heart Association, the American College Cardiology on Nov 13.

The standard, the first change in 14 years, is now 130/80 mm Hg, down from the guideline established in 1993, 140/90. The most obvious consequence of the new recommendations: 46 percent of U.S. adults are now considered hypertensive, compared with 32 percent under the old guidelines. An estimated 59 percent of African American men are now classified as having high blood pressure - an overnight increase from 42 percent.

What’s behind the numbers? Blood pressure is the force with which blood is pumped out of the heart. Hypertension occurs when blood moves through the arteries at a higher-than-normal pressure. It is recorded as two numbers — the systolic pressure (top number) reflects the heart beating, while the diastolic pressure (bottom number) reflects pressure when the heart is relaxing between beats.

The announcement acknowledges that patients previously considered normal or prehypertensive were actually at risk for heart disease and even death. Yet the report forecasts the majority of people newly classified as hypertensive will actually not need medication. This is more of a lifestyle alert. The lowered standard gives people a better chance to address their condition with exercise, weight loss, better diet, less sodium and moderate alcohol use.

The new guidelines also include new categories, including Elevated, Stage 1 and Stage 2 Hypertension (previous guidelines in parenthesis):

- Less than 120/less than 80: Normal (Normal)
- 120-129/less than 80: Elevated blood pressure (Prehypertension)
- 130-139 or 80-89: Stage 1 hypertension (Prehypertension)
- 140-159 or 90-99: Stage 2 hypertension (Stage 1 hypertension)
- Greater-equal 160/greater-equal 100: Stage 2 hypertension (Stage 2 hypertension)

Lifestyle therapy, under the new guidelines, is likely for most people in the Elevated (120-129, 130/80 to 139/89 systolic) range, but not those with clinical cardiovascular disease. Medication is the likely recommendation for people with Stage 2 hypertension.

Your primary care physician can help you determine whether or not you need lifestyle changes and/or medication for hypertension. ■

Looking for a primary care physician? Visit the Hartford HealthCare Medical Group at https://hartfordhealthcaremedicalgroup.org

For a Hartford HealthCare blood pressure clinic near you see pages 10&11.
Hartford Hospital recently welcomed two new hyperbaric oxygen therapy chambers to its Wound Healing & Hyperbaric Medicine Center. The transparent acrylic chambers deliver 100 percent oxygen at a pressure greater than atmospheric pressure, which improves oxygen delivery to all tissues in the body.

Hyperbaric oxygen therapy (HBOT) is used to treat more than a dozen medical conditions including diabetic foot ulcers, radiation injuries to tissue and bone, necrotizing infections, compromised skin grafts and skin flaps, as well as some types of arterial insufficiency and ischemia.

HBOT increases the blood’s ability to carry oxygen to wound tissue and enhances white blood cell activity. HBOT also accelerates the formation of blood vessels at the wound site. As a result, the therapy helps reduce swelling, fight infection and produce healthy tissue.

The new hyperbaric oxygen chambers replace the multiplace hyperbaric chamber which was used at Hartford Hospital for the past decade. The new hyperbaric oxygen chambers offer a private space for each patient to rest or watch television or movies during each two-hour treatment session.

“Hyperbaric oxygen therapy is an important treatment option most commonly used for certain diabetic foot infections and other challenging chronic conditions. The new chambers have been very positively received by our patients,” said Dr. Sara Case, medical director of the Wound Healing and Hyperbaric Medicine Center at Hartford Hospital.

Chronic wounds affect 6.7 million people in the U.S. An aging population and increasing rates of diseases and conditions such as diabetes, obesity and the late effects of radiation therapy contribute to the chronic wound epidemic. Left untreated, chronic wounds can lead to a diminished quality of life.

Call 860.972.1153 for more information or to schedule an appointment.
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<thead>
<tr>
<th>Merchant Name</th>
<th>Address</th>
<th>Discount Details</th>
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<tbody>
<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>Barker Animation</td>
<td>1188 Highland Avenue, Cheshire</td>
<td>20% Collectors Star Club discount &amp; $1 off museum entrance fee</td>
</tr>
<tr>
<td>Beacon Pharmacy</td>
<td>609 North Main Street, Southington</td>
<td>Free local Delivery</td>
</tr>
<tr>
<td>Beacon Prescriptions</td>
<td>543 West Main Street, New Britain</td>
<td>Free prescription delivery. M-F, 9-6pm</td>
</tr>
<tr>
<td>Bongiovanni Insurance and Financial LLC</td>
<td>97 East Main Street, Meriden</td>
<td>10% off tax preparation</td>
</tr>
<tr>
<td>Casey’s Image Consultants</td>
<td>51 North Main Street, Suite 1BB, Southington</td>
<td>$20 off first time Ion Cleanse Footbath (Call for health restrictions) and/or $5 off my book, “Crawling Out, One Woman’s Journey to Break the Cycle of Abuse” while 1st edition supplies last</td>
</tr>
<tr>
<td>Century 21</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>Charter Financial – Insurance and Financial Services Co.</td>
<td>76 Batterson Park Road, Farmington</td>
<td>Free financial consultation. Includes “Needs-analysis portfolio” and “Professional Recommendation”</td>
</tr>
<tr>
<td>Colony Optitians</td>
<td>60 Church Street, Wallingford</td>
<td>20% off eyeglasses</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>Eyewear Glasses</td>
<td>55 Meriden Avenue, Southington</td>
<td>15% off any pair of glasses</td>
</tr>
<tr>
<td>Frank D. Marrocco, CPA</td>
<td>142 West Main Street, New Britain</td>
<td>Income Tax Preparation Services – 10% off</td>
</tr>
<tr>
<td>Giovanni’s Pizzeria</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>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>
</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.
<table>
<thead>
<tr>
<th>Merchant Name</th>
<th>Address</th>
<th>Offer</th>
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</thead>
<tbody>
<tr>
<td>Grant Chiropractic Health Center, LLC</td>
<td>1601 Meriden-Waterbury Turnpike Milldale</td>
<td>10% off non-insurance covered items</td>
</tr>
<tr>
<td>Greenbackers</td>
<td>744 Murdock Avenue Meriden</td>
<td>10% off regularly priced items</td>
</tr>
<tr>
<td>Hallmark Framing and Art</td>
<td>9 West Main Street Plantsville</td>
<td>20% off custom framing</td>
</tr>
<tr>
<td>Hearing Health &amp; Wellness Center</td>
<td>710 Main Street Clock Tower Sq. 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>5% off any service</td>
</tr>
<tr>
<td>Karma’s Closet</td>
<td>3153 Berlin Tpk. Newington</td>
<td>15% Off your total purchase. Excludes firm items</td>
</tr>
<tr>
<td>Keller Williams Realty</td>
<td>358 Scott Swamp Road Farmington</td>
<td>Free consultation to learn what your home is worth</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>Meriden YMCA</td>
<td>110 West Main Street Meriden</td>
<td>BE OUR GUEST, your MyHealthy Advantage card entitles you to one free visit at the Meriden YMCA located at 110 West Main Street, Meriden</td>
</tr>
<tr>
<td>October Kitchen</td>
<td>309 Green Road Manchester</td>
<td>10% off all menu items with the My Healthy Advantage Card. Cannot be used with any other coupon or promotion</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 on prescription not covered by insurance</td>
</tr>
<tr>
<td>Professional Vision Center</td>
<td>512 West Main Street Meriden</td>
<td>20% off all services</td>
</tr>
<tr>
<td>Serafino’s Pharmacy</td>
<td>36 North Main Street Southington</td>
<td>10% off prescriptions</td>
</tr>
<tr>
<td>Smokin’ With Chris</td>
<td>59 West Center Street Southington</td>
<td>10% off on Wednesdays all day with the MyHealthy Advantage card</td>
</tr>
<tr>
<td>Solinsky EyeCare LLC</td>
<td>Hartford, West Hartford, Newington, East Hartford and Enfield</td>
<td>Eyeglasses; $100 off full frame and lenses, Hearing aids; 10% off up to $300 and contacts; $50 off any purchase over $300.</td>
</tr>
</tbody>
</table>

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### Merchant Discounts

**BE OUR GUEST**, your MyHealthy Advantage Card entitles you to one free visit at the Southington Community YMCA located at 29 High Street, Southington.

<table>
<thead>
<tr>
<th>Business Name</th>
<th>Address/Location</th>
<th>Discount/Service</th>
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<tbody>
<tr>
<td>Specialty Auto Cleaning &amp; Detailing</td>
<td>200 Clark Street Milford</td>
<td>15% off any service/free pickup &amp; delivery in most areas</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</td>
<td>46 Marlboro Glade Tolland</td>
<td>15% off installation of 2 grab bars</td>
</tr>
<tr>
<td>The Sandman Gallery Frame Shoppe &amp; Cafe</td>
<td>14 West Main Street Meriden</td>
<td>15% all framing purchases/15% off coffee &amp; 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 your total purchase at ANY Town Fair Tire in CT with code #38615 (Southington, Bristol, Wallingford, New Britain, etc.)</td>
</tr>
<tr>
<td>Vision Dynamics</td>
<td>470 West Main Street Cheshire</td>
<td>15% off all hand-held magnifiers in the store</td>
</tr>
<tr>
<td>Wallingford Sew-Vac Center</td>
<td>95 Quinnipiac Avenue Wallingford</td>
<td>Buy one vacuum cleaner bag and get second one 1/2 price</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. Your appraisal fee refunded at closing</td>
</tr>
</tbody>
</table>

If you are a merchant interested in offering a discount to our members, please visit hhcseniorservices.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

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### Special Programs and Events

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 Antoinette.Ouellette@hhchealth.org or call 860.378.1268.

#### Blood Pressure Screenings

**Southington Community YMCA**
29 High St., Southington.
Tuesdays, Jan. 2, Feb. 6 and March 6, 9:30-10:30am.
Hosted by Hartford HealthCare Center for Healthy Aging staff.

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#### Calendar House

388 Pleasant St., Southington.
Thursdays, Jan. 4, Feb. 1 and March 1, 11am-noon.
Hosted by Hartford HealthCare Center for Healthy Aging staff.

#### ShopRite

750 Queen St., Southington.
Tuesdays, Jan. 9, Feb. 13 and March 13, 11am-noon.
Hosted by The Orchards at Southington staff.
Blood Pressure Screenings

Plainville Senior Center
200 East St., Plainville.
Thursdays, Jan. 11, Feb. 8 and March 8, 1-2pm.
Hosted by Mulberry Gardens of Southington staff.

Calendar House
388 Pleasant St., Southington.
Tuesdays, Jan. 23, Feb. 27 and March 27, 10-11am.
Hosted by Southington Care Center staff.

Wethersfield Community Center
30 Greenfield St., Wethersfield.
Thursdays, Jan. 25, Feb. 22 and March 22, 12:30-1:30pm.
Hosted by Cedar Mountain Commons and Jefferson House staff.

Memory Screenings
Schedule an appointment for a free, confidential memory screening. Hartford HealthCare Family Health Center, 2 Northwestern Drive, Bloomfield.

Memory screenings average 10 minutes, and consist of questions and tasks to assess memory. They do not diagnose any illness, but can indicate whether someone should follow up with a full medical exam. RSVP to Mulberry Gardens, 860.276.1020.

Support Groups

Bereavement Support Groups

First and third Wednesdays of the month: Jan. 3 & 17, Feb. 7 & 21 and March 7 & 21, 2-3:30pm. Free. Glastonbury Riverfront Community Center, 300 Wells St., Glastonbury. Facilitator Bill Pilkington, supervisor for pastoral and bereavement services. RSVP to 1.855.HHC.HERE (1.855.442.4373)


First and third Thursdays of the month: Jan. 4 & 18, Feb. 1 & 15 and March 1 & 15, 11am-12:30pm. Free. Mansfield Center, 34 Ledgebrook Drive. Facilitator Ivan Bilyk, pastoral counselor supervisor. RSVP to 1.855.HHC.HERE (1.855.442.4373)

Second and fourth Tuesdays of the month: Jan. 9 & 23, Feb. 13 & 27 and March 13 & 27, 5:30-6:30pm. Free. MidState Medical Center, 435 Lewis Ave., Meriden. Facilitator Doreen Bottone, MidState chaplain. RSVP to 1.855.HHC.HERE (1.855.442.4373)


Alzheimer’s and Dementia Support Group

First Tuesday of the month: Jan. 2, Feb. 6 and March 6, 10-11am. Free. West Hartford Senior Center, 15 Starkel Road, West Hartford. Do you care for someone diagnosed with dementia? A support group provides emotional, educational and social support. Topics include: communication techniques, caregiver support, benefits of activities, stages of the disease, family dynamics, safety issues. Facilitators are Michelle Wyman, LSW, CDP Hartford HealthCare Center for Healthy Aging, and Elaine Reid, CDP. Hosted by West Hartford Senior Center and Hartford HealthCare Center for Healthy Aging. RSVP to Michelle, 860.666.7258.

Last Monday of the month:
Jan. 29, Feb. 26 and March 26, 10:30am–noon. Free. Duncaster, 40 Loeffler Road, Bloomfield. Do you care for someone diagnosed with dementia? A support group provides emotional, educational and social support. Topics to be discussed: communication techniques, caregiver support, benefits of activities, stages of the disease, family dynamics, safety issues. Facilitators are Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging, and Sara Therion, MSW. Hosted by Duncaster and Hartford HealthCare Center for Healthy Aging. RSVP to Michelle, 860.666.7258 or Sara, 860.380.5012.

Second Wednesday of the month: Jan. 10, Feb. 14 and March 14, 6:30-7:30pm. Free. Southington Care Center, Anna Fanelli Room, 45 Meriden Ave., Southington. 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? This group is an affiliated support group of the Alzheimer’s Association Connecticut Chapter. Hosted by Southington Care Center and Hartford HealthCare Center for Healthy Aging. RSVP to Kate Rabinoff, 860.380.5006.

Second Tuesday of the month: Jan. 9, Feb. 13 and March 13, 10:30-11:30am. Free. Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. Are you a caregiver and feeling overburdened? Are you responsible for making financial decisions, managing changes in behavior, or even helping a loved one get dressed in the morning? Join our caregivers support group. Facilitated by Jenn Doty, BSW. Hosted by Mulberry Gardens of Southington. RSVP to Jenn Doty, 860.276.1020.

Third Tuesday of the month: Jan. 16, Feb. 20 and March 20, 6:30–7:30pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. Are you a caregiver and feeling overburdened? Are you responsible for making financial decisions, managing changes in behavior, or even helping a loved one get dressed in the morning? Join our caregivers support group. Facilitated by Jenn Doty, BSW. Hosted by Arbor Rose. RSVP to Jenn Doty, 860.229.3707.

Educational Presentations

Dinner with the Experts: Future Planning
Thursday, March 15, 5:30pm, Free. Arbor Rose, 975 Corbin Ave., New Britain. This program focuses on estate planning, advanced directives, Medicaid, assisted living, adult day care, and rehabilitation. Presented by Sharon Robinson, RN, BSN, MHA, Regional Director of Skilled Nursing Facilities Operations, and Mark Hanover, regional marketing manager, Senior Planning Services. A light complimentary dinner will be served. RSVP to Arbor Rose at 860.229.3707.

Dinner with the Experts: Future Planning
Wednesday, April 4, 5pm. Free. Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. This program focuses on estate planning, advanced directives, Medicaid, assisted living, adult day care, and rehabilitation. Presented by Sharon Robinson, RN, BSN, MHA, Regional Director of Skilled Nursing Facilities Operations, and Attorney Valerie DePaolo. Hosted by Mulberry Gardens of Southington. A light complimentary dinner will be served. RSVP to Mulberry Gardens, 860.276.1020.

Dinner with the Doc: Stroke, What are the Warning Signs?
Tuesday, March 6, 5–7pm. Free. Southington Care Center, 45 Meriden Ave., Southington. Learn about the symptoms and signs of stroke, the risk factors and how to reduce your risks. Presented by Mark Alberts, MD, Physician in Chief, Hartford HealthCare Ayer Neuroscience Institute and Chief. Hosted by Southington Care Center. RSVP to 1.855.HHC.HERE (1.855.442.4373)

Dinner with the Docs: How Women Can Stay Healthy as They Age
Thursday, March 29, 6-8pm. Free. The Orchards at Southington, 34 Hobart St., Southington. Discussion will focus on health issues affecting women as they age, including cardiology, endocrinology and movement disorders. Presented by Heather Suales, MD, Michelle D’Agostine, MD, and Manmeet Kaur, MD. Hosted by The Orchards at Southington. A light complimentary dinner will be served. RSVP to 1.855.HHC.HERE (1.855.442.4373)
The Art and Science of Graceful Aging: How do Medication, Diet and Exercise Impact Rheumatic Disease?  
Thursday, March 15, 3pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. This is the third-program of a three-part series about rheumatic disease, a painful condition affecting the joints and muscles. Discussion will focus on the importance of medication, diet and exercise in effectively managing rheumatic disease. Learn how a rheumatologist can identify the best ways to manage your condition. Presenter will be John Magaldi, MD, rheumatologist. Hosted by Hartford Hospital Senior Primary Care at Duncaster. RSVP to Duncaster, 860.380.5006.

Informational Events

Informational Session: Preparing for Hip or Knee Surgery  
Jan. 3, 8, 15, 22 & 29, Feb. 5, 12, 19 & 26 and March 5, 12, 19 & 26, 11am–12:30pm. Free. Hartford Hospital Bone & Joint Ambulatory Services Building, 31 Seymour St., 4th Floor, Meeting Room 1, Hartford. This class is for patients who will undergo hip or knee replacement surgery, providing education on how to prepare for the surgery and recovery. This class is NOT for patients undergoing a shoulder replacement surgery. Presented by Karen DePasquale, RN. RSVP to 1.855.HHC.HERE (1.855.442.4373)

Aromatherapy & Expressive Arts: Essential Oils Sculpture  
Wed. Jan. 10, 6–8:30pm. Free. Hartford Hospital Family Center, 339 W. Main St., Avon. This workshop focuses on the benefits of aromatherapy and sensory therapy, in addition to the use of guided imagery and sculpture as a form of self-expression. In a relaxing environment, participants will get in touch with their inner-child, as they make their own calming naturopathic play-clay. Come learn about the benefits of essential oils and take home a personal blend of your own. CONSIDERATIONS: Essential oils bare strong fumes. This workshop is NOT recommended for those with sensitivity to smell. Presented by Lauren Ciborowski, Art of Healing program coordinator. Sponsored by Hartford Hospital. RSVP to 1.855.HHC.HERE (1.855.442.4373)

Crystal Singing Bowls Sound Healing  
Tue., Jan. 9, Friday, Feb. 2 and Tue., Feb. 6, 6–9pm. Free. Wethersfield Health Center, 1290 Silas Deane Highway, Wethersfield. Our bodies are largely comprised of water, and water is liquid crystal. Science has proven that every atom emits its own vibrational frequency; therefore our cells, our organs, blood, bone, fascia and muscle give off vibrational frequency. Recipients often feel more energized, balanced, reduced pain and peaceful along with gaining deeper insight and perspective along with more clarity of thought. You may sit or lie down (bring yoga mat, blanket, pillow, eye covering and water). Presented by Crystal Gale. Sponsored by Hartford Hospital. RSVP to 1.855.HHC.HERE (1.855.442.4373)

What is a Gluten-Free Diet?  
Tuesday, Jan. 9, 11am. Free. Plainville Senior Center, 200 East. St., Plainville. Learn about gluten-free diets and who can benefit. Presented by Mara Davis, RD, Hartford Hospital. RSVP to Plainville Senior Center, 860.747.5728.

The Relationship Between Posture & Pain  
Wednesday, Jan. 10, 1–2:30pm. Free. Windsor Senior Center, 599 Matianuck Ave., Windsor. This presentation explores how posture can influence total body pain and how posture changes body structures such as the spine. Learn how to prevent and reverse pain using exercise. Presented by Aaron Russ, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare Center for Healthy Aging, Bloomfield. RSVP to Windsor Senior Center 860.285.1992.

Let’s Get Organized Today!  
Monday, Jan. 22, 2-3pm. Free. Cedar Mountain Commons, 3 John H. Stewart Drive, Newington. Are you tired of living under all that clutter and don’t know where to start? Be guided, motivated and inspired in this quest from chaos to calm. With her “Judgment-Free Zone” approach, Jeannette Westwood will help create balance and harmony to feel at home inside and out. Presented by Jeannette Westwood, estate sales specialist, clutter eliminator. RSVP to Cedar Mountain Commons, 860.665.7901.

Caregiver Stress: What are the Signs and Symptoms?  
Tuesday, Jan. 23, 10:30-11:30am. Free. Norwich Senior Center, 8 Mahan Drive, Norwich. Learn how to recognize the signs and symptoms of stress, and how to cope with stress. Presented by Dorsanee Tinker, RN. Sponsored by Hartford HealthCare at Home. RSVP to Norwich Senior Center, 860.889.5960.

Laughter with LeaAnn  
Wednesday, Jan. 24, 1pm. Free. Berlin Senior Center, 33 Colonial Drive, Berlin. Did you know that laughter can be beneficial to your health? continued on next page
Did you know there is a difference between real and simulated laughter? Learn laughter exercises with LeaAnn Blanchard, Social Services director, The Orchards at Southington. Sponsored by The Orchards at Southington. RSVP to Berlin Senior Center, 860.828.7006.

Maintaining Muscle Mass as We Age
Wednesday, Jan. 24, 10:30–11:30am. Free. Bristol Senior Center, 240 Stafford Ave., Bristol. Age-related muscle loss is a natural part of aging. Learn how it’s possible to slow or even reverse that loss with regular exercise. Presented by Maquita Parker, exercise physiologist and director of GoodLife Fitness at Jerome Home. Sponsored by Jerome Home. RSVP to Bristol Senior Center 860.584.7895.

Learn about Your Fall Risk and How to Prevent Them
Thursday, Jan. 25, 1-2pm. Free. Vernon Senior Center, 25 Park Place, Vernon. According to the CDC, 1 in 3 adults over age 64 falls every year causing thousands of deaths and millions of injuries. Find out how physical therapy can improve your balance through exercise and education, and help reduce the risk of falling. Presented by Megan Root, PT, Hartford Hospital Rehabilitation Network. Sponsored by Vernon Family Health Center. RSVP to Vernon Senior Center 860.870.3680.

Do You Suffer from Headaches? Learn How Physical Therapy Can Help
Thursday, Jan. 25, 10:30-11:30am. Free. Cheshire Senior Center, 240 Maple Ave., Cheshire. Approximately 45 million Americans, or 1 in 6 people, complain about headaches each year. They can negatively impact your work, personal life and quality of life. Physical therapy can help to alleviate symptoms and provide education on how to lessen the frequency and intensity of the headaches. Dan Fisher, physical therapist, Hartford HealthCare Rehabilitation Network, will discuss how therapy and manual medicine are key components to headache care at Hartford HealthCare. Presented by Dan Fisher, PT, MS, OCS, CMP. Sponsored by Hartford HealthCare Rehabilitation Network. RSVP to Cheshire Senior Center, 203.272.8286.

Navigating the “What Ifs” in Your Golden Years
Wednesday, Jan. 31, 10am, Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford. Discussion will focus on frequently asked questions related to the “Golden Years.” What are the varying levels of care; what types of housing, funding sources, and resources are available? Discussion will include being proactive vs. reactive. Presented by Marc Levesque, MS, senior resource case manager, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Elmwood Senior Center, 860.561.8180.

Balance, Flexibility and the Dreaded Fear of Falling!
Wednesday, Feb. 21, 1pm, Free. Berlin Senior Center, 33 Colonial Drive, Berlin. The fear of falling is a major health problem (but a natural fear) among seniors, and actually has a name, basophobia. Learn how to: reduce environmental risks; take charge of your physical condition; boost your bone strength. Presented by Quyntin Adams, exercise physiologist, Cedar Mountain Commons. Sponsored by Cedar Mountain Commons. RSVP to Berlin Senior Center, 860.828.7006.

Laughter with LeaAnn
Thursday, Feb. 22, 10:30am. Free. Cheshire Senior Center, 240 Maple Ave., Cheshire. Did you know that laughter can be beneficial to your health? Did you know there is a difference between real and simulated laughter? Learn laughter exercises with LeaAnn Blanchard, Social Services director, The Orchards at Southington. Sponsored by The Orchards at Southington. RSVP to Cheshire Senior Center, 203.272.8286.

Exercise and Healthy Aging
Wednesday, March 14, 1:30-3pm. Free. Prosser Public Library, 1 Tunxis Ave., Bloomfield. Through the course of life, our bodies change. Our daily activities and habits shape our physiology. Exercise can be used as a tool to help prevent and fight disease and age-related decline. Presented by Aaron Russ, exercise physiologist. Sponsored by Farmington Bank. RSVP to 860.243.9721.

What are the Benefits of Meditation?

Navigating the “What If” in your Golden Years
Monday, March 19, 11am. Free. Wolcott Senior Center, 211 Nichols Road, Wolcott. Discussion will focus on frequently asked questions related to the “Golden Years.” What are the varying levels of care; what types of housing, funding sources, and resources are available? Discuss-
sion will include being proactive vs. reactive. Presented by Marc Levesque, MS, senior resource case manager, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Wolcott Senior Center, 203.879.8133.

Cooking for One
Wednesday, March 21, 1pm. Free. Berlin Senior Center, 33 Colonial Drive, Berlin. In the kitchen, cooking for one can seem lonely and confusing - why do all recipes feed so many people? We will share easy, healthy recipes sure to tempt your taste buds! Presented by Lou Roca, director of food services, Cedar Mountain Commons. Sponsored by Cedar Mountain Commons. RSVP to Berlin Senior Center, 860.828.7006.

Naturopathic Medicine and How it Can Help Cardiovascular Disease
Wednesday, March 21, 10:30am. Free. Bristol Senior Center, 240 Stafford Ave, Bristol. Learn about naturopathic medicine and its role in managing cardiovascular disease including high cholesterol and other risk factors. Learn how to prevent, manage and treat cardiovascular disease. Presented by Ken Kirk, ND, Southington Care Center. Sponsored by Southington Care Center. RSVP to Bristol Senior Center, 860.584.7895.

Do You Suffer from Back Pain? Learn How Physical Therapy Can Help
Thursday, March 29, 10:30-11:30am, Free. Cheshire Senior Center 240 Maple Ave, Cheshire. Millions of people suffer from back pain - it is the leading cause of disability in the United States. Physical therapy can help to alleviate pain, build strength and stability and prevent back injuries. Greg Zimbelman, a physical therapist with Hartford HealthCare Rehabilitation Network, will present the Healthy Back Program - a best practice model for healing, protecting and strengthening your back. Presented by Greg Zimbelman, PT. Sponsored by Hartford HealthCare Rehabilitation Network. RSVP to Cheshire Senior Center, 203.272.8286.

Lunch and Learn

Lunch with the Experts: Future Planning
Tuesday, March 6, noon. Free. Jefferson House 1 John H Stewart Drive, Newington. This discussion focuses on estate planning, advanced directives, Medicaid, assisted living, adult day care, and rehabilitation. Presented by Sharon Robinson, RN, BSN, MHA, Regional Director of Skilled Nursing Facilities Operations, and Mark Hanover, Regional Marketing Manager, Senior Planning Services. Hosted by Jefferson House. A light complimentary lunch will be served. RSVP to 1.855.442.4373.

Laughter & Lunch with LeaAnn
Thursday, March 1, noon. Free. The Orchards at Southington, 34 Hobart St., Southington. Did you know that laughter can be beneficial to your health? Did you know there is a difference between real and simulated laughter? Learn laughter exercises with LeaAnn Blanchard, Social Services director, The Orchards at Southington. Sponsored by The Orchards at Southington. A light complimentary lunch will be served. RSVP to The Orchards, 860.628.5656.

Understanding Senior Health Screenings
Thursday, Feb. 15, noon-1pm. Free. The Hospital of Central Connecticut, Bradley Campus, 81 Meriden Ave., Southington. Health screenings are an important part of taking care of yourself. Learn what tests are recommended and when to have them done. Presented by Lillian Swan, RN-BC, BSN, transitional care nurse. Sponsored by Hartford HealthCare Center for Healthy Aging. A light complimentary lunch will be served. RSVP to Hartford HealthCare Center for Healthy Aging, 1.877.424.4641 or HHC.CenterRSVP@hhchealth.org.
Hartford HealthCare Center for Healthy Aging Informalional Series

Healthy Brain Series: Keeping Memory Strong

Mondays, March 5, 12, 19 & 26, and April 2, 2:30-3:30pm. Free.
Plainville Senior Center, 200 East St., Plainville. This five-part series on Healthy Minds will offer activities to challenge your brain while having fun. Attendees are encouraged to attend all sessions.

March 5: Intro - Eat Brain Foods and Stay Hydrated
March 12: Challenge your Mind Daily - Activities to Stay Sharp
March 19: Coping with Changes & Managing Stress - Be Social
March 26: Count Sheep - Be Creative and Have Fun
April 2: Be Positive - Find a Purpose

Presented by Michelle Wyman, dementia specialist, from Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Plainville Senior Center, 860.747.5728.

Healthy Brain Series: Keeping Memory Strong

Tuesdays, Jan. 9, 11, 16, 18 & 23, 10:30-11:30am. Free.
Windsor Senior Center, 599 Matianuck Ave., Windsor. Attendees are encouraged to attend all sessions. This five-part series on Healthy Minds will offer activities to challenge your brain while having fun.

Jan. 9: Intro - Eat Brain Foods and Stay Hydrated
Jan. 11: Challenge your Mind Daily - Activities to Stay Sharp
Jan. 16: Coping with Changes & Managing Stress - Be Social
Jan. 23: Count Sheep - Be Creative and Have Fun
Feb. 6: Be Positive - Find a Purpose

Presented by Patty O’Brien, CDP, and Michelle Wyman, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Windsor Senior Center, Rebecca Joyce, 860.285.1881.

Dementia Caregiver Series: Focusing on the Person While Understanding the Disease Progression

Monday, Jan. 29, Feb. 5, 12, 19 & 26, 3-4:30pm. Free. Southington Care Center, 45 Meriden Ave., Southington. During this five-week series, learn strategies and effective communication tips to better understand and relate to the individual with memory loss. Attendees are encouraged to attend all sessions.

Jan. 29: Overview of Dementia
Feb. 5: Basics of Good Communications and Understanding Behaviors
Feb. 12: Safety in the Environment and How to Structure a Day with Activities
Feb. 19: Taking Care of the Caregiver and Care Options
Feb. 26: Legal and Financial Issues

Presented by Michelle Wyman, LSW, CDP, and Patty O’Brien, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Hartford HealthCare Center for Healthy Aging, 1.877.424.4641 or HHC.CenterRSVP@hhchealth.org.

Open Houses

Cedar Mountain Commons

Arbor Rose, 975 Corbin Ave., New Britain. Sundays, Jan. 21, Feb. 18 and March 18, 10am-2pm. Just stop by. Information: 860.229.3707.

The Orchards at Southington

Mulberry Gardens of Southington,
58 Mulberry St., Plantsville. Saturday, Jan. 6, Feb. 3 and March 3, 10am-2pm. Just stop by. Information: 860.276.1020.

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

**Eastern Region Events**

**Caregiver Stress: What are the Signs and Symptoms?**
Tuesday, Jan. 23, 10:30–11:30am. Free. Norwich Senior Center, 8 Mahan Drive, Norwich. How to recognize the signs and symptoms of stress, and how to cope. Presented by Dorsanee Tinker, RN. Sponsored by Hartford HealthCare at Home. RSVP to 860.889.5960.

**Art Therapy for Cancer Patients**
Jan. 9, Feb. 13 and March 13, 4:30-6:30pm. Free. Backus Hospital, 330 Washington St., Norwich. This free support program is for cancer patients and family members touched by cancer find strength and hope through creative expression. No artistic ability is required. Presented by Jessica Vanase, RN. RSVP to 1.855.HHC.HERE (1.855.442.4373)

**Yoga and Cancer - Reclaiming Your Life**
Tuesday, Jan. 9, 1:30-2:30pm, and Wednesday, Jan. 10, 4:30-5:30pm. Free. Hartford HealthCare East Region Support Office, 11 Stott Ave., Norwich. Learn gentle progressions of movements to stretch and strengthen; release stress and tension - in body, mind and mood; develop mindfulness perspective to improve clarity, awareness and focus; and use restorative techniques and breathing practices to improve overall energy and well-being. Presented by Carol Klammer. RSVP to 1.855.HHC.HERE (1.855.442.4373)

**Breast Cancer Support Group**

**Parkinson’s Disease Support Group**
Wednesdays, Jan. 10, Feb. 14 and March 14, 1-3pm. Free. Windham Hospital, 112 Mansfield Ave., Willimantic. This is a support group for patients and families with Parkinson’s disease. Presented by Susan Munroe. RSVP to 1.855.HHC.HERE (1.855.442.4373)

**Cancer Survivors Support Group**
Wednesdays, 5:30–7pm. Free. Windham Hospital, 112 Mansfield Ave., Willimantic. This is a support group for people with cancer or who have had cancer. Presented by Mary Horan, director of Pastoral Care. RSVP to 1.855.HHC.HERE (1.855.442.4373)

**Head and Neck Support Group: Support After Head & Neck Cancer Treatment**
Thursday, Feb. 8, 5:30–7pm. Free. Gateway Medical Park, 305 Western Boulevard, Glastonbury. A support group offering emotional and educational support for patients and their families. Presented by Charles Rutter, MD. RSVP to 1.855.HHC.HERE (1.855.442.4373)

**Nutrition for Cancer Patients**
Thursday, Feb. 15, 5–6pm. Free. Backus Medical Office Building - Radiation Therapy, 330 Washington St., Norwich. Nutrition tips and facts for cancer patients in active treatment or recovery, led by registered dietitians. Mary Beth Gren, RD. RSVP to 1.855.HHC.HERE (1.855.442.4373)

**Veterans Coffee Talk**
First Thursday of the month, 8:30-9:30am. Free. Windham Hospital, 112 Mansfield Ave., Willimantic, Bernard Derosier Room, left side. Hartford HealthCare Center for Healthy Aging at Windham Hospital hosts a monthly “coffee talk” and support group for veterans. Additional topics may include: presumptive diseases, service-connected disabilities, aid & attendance, Connecticut Veterans Wartime Service Medal, burial allowances for survivors of veterans, how to obtain a copy of your DD214 (Discharge Papers). Complimentary coffee and refreshments will be served. Presented by Wayne Rioux, a Vietnam-era Army veteran and Hartford HealthCare’s Veterans Liaison. RSVP to Hartford HealthCare Center for Healthy Aging, 860.456.6785.

**Expectant Grandparents**
Wednesday, Feb. 14, 7–9pm. Free. Backus Hospital, 326 Washington St., Norwich. This class is for grandparents only. Designed to bring expectant grandparents up-to-date with current information about pregnancy and childbirth, breast and bottle feeding, home safety for babies and toddlers, variations in the newborn and baby care. Includes discussion of grandparents’ role today. Presented by Laura Baller. RSVP to 1.855.HHC.HERE (1.855.442.4373)
The Orchards at Southington provides a worry-free and peace-of-mind all-inclusive lifestyle for seniors 55+. We offer a service-rich environment which allows seniors the freedom to do the things they enjoy most without all the worry of upkeep, security, or unexpected financial burdens of owning their own home.

Each resident enjoys the privacy of their own studio, one or two-bedroom apartment with all the benefits of a full-service community.

To schedule a tour, call 860.628.5656
34 Hobart St., Southington, CT | southingtonorchards.org