Pet visitors – 3
Warm and fuzzy therapy on four paws at Arbor Rose and Jerome Home.

Cooking for one for fun – 8
Consider the benefits: you get to cook what you’re craving at whatever time is most convenient for you, to the soundtrack of your choosing, in your pajamas.

Three HHC Senior Services skilled nursing facilities were recognized as Best – 10
Three Hartford HealthCare Senior Services skilled nursing facilities were recognized as Best Nursing Homes by U.S. News & World Report.

Cover
Arbor Rose resident Mary Vasile is pictured with Ryder, a visiting Golden Retriever at Arbor Rose at Jerome Home.

Cover photo by Rusty Kimball
Not only is the weather getting colder, but also it’s the time when the flu starts to rear its head once again. Many wonder what the flu has to do with them. Some may have never had the flu before, some may have had the flu themselves, and many may have known others who suffered from the effects of the flu.

Simply put, the flu, or influenza virus, is a condition that can lead to moderate to severe respiratory illness. This is especially true for those whom are aged 65 and older and also suffer from multiple health conditions as well. According to the Centers for Disease Control, it is estimated that approximately 54 to 74% of flu-related hospitalizations are attributed to those whom are 65 years of age and older and is a target population where prevention truly is most important.

Symptoms of the flu are fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may experience vomiting or diarrhea. Sometimes certain individuals can be infected with the flu and have respiratory symptoms without a fever.

What are some of the best ways you can prevent getting or spreading the flu?

• **Get the flu shot.** If you have not done so yet, talk with your doctor about getting the vaccination, visit your local pharmacy as many provide vaccinations, or look for flu clinics advertised in your area such as at local senior centers. Having the flu shot can prevent you from contracting the flu and also prevent you from spreading it to others as well.

• **Manage your health conditions.** If you have respiratory conditions (especially COPD or asthma), diabetes or heart disease, make sure you are taking your prescribed medications correctly to keep them well treated and managed and keep you in the best health you can be.

• **Clean your hands…and often!** This is such a simple task but one often overlooked. Good handwashing with warm water and soap for about 20 seconds is the best line of defense to prevent spreading a virus and germs. If your hands are visibly clean and you have only hand sanitizer, that is an excellent option as well to rid hands of bacteria and flu virus.

• **Cover your nose and mouth.** This is most important when coughing and/or sneezing. Ideally it is recommended you use a disposable napkin or tissue and place used ones in the appropriate garbage and wash your hands after this.

• **Avoid close contact.** Being in close contact, 3 feet or less, can put you at risk of catching something like the flu if someone is sick as it could spread through droplets they breathe out, cough or sneeze.

• **Stay home if possible.** Staying home if you are ill is always a good option – it will allow you to rest, remain hydrated, and take care of yourself while preventing you from spreading the flu to others around you.

It’s important to recognize when is the appropriate time to contact your doctor or seek emergency care. You should seek out medical assistance if you experience difficulty or worsening in your breathing or shortness of breath, chest pain, sudden dizziness, confusion, flu-like symptoms that get better but then return.

*Information source: [https://www.cdc.gov/flu](https://www.cdc.gov/flu)*

Nicholas Arsenault MSN, RN, CNL, CCM, CDP, is a transitional care nurse with Hartford HealthCare Center for Healthy Aging. Hartford HealthCare Center for Healthy Aging, a not for profit member of Hartford HealthCare Senior Services, is a resource and assessment center designed to enhance access to services and information related to attaining optimal quality of life for seniors and their caregivers. For more information about Hartford HealthCare Center for Healthy Aging, visit hhccenterforhealthyaging.org or call 1.877.424.4641.
Pet visitors:
warm and fuzzy therapy on four paws at Arbor Rose and Jerome Home

Arbor Rose resident Mary Vasile gently stroked the soft fur of Ryder, a visiting Golden Retriever, as she told a story about her own dog Whitey from years ago. “He was a mongrel but we all loved him,” she recalled.

Ryder is always a canine magnet when visiting Arbor Rose at Jerome Home, an independent and assisted living with memory care community located at 975 Corbin Ave. Residents and staff flock around him every time he visits with owner Karen Pagliaro, RN, BSN, director of Community and Government Relations for Hartford HealthCare at Home. Many people regard the pooch as a friend, even greeting him by name as he pads down the halls.

The human-animal bond has been shown to be mutually beneficial, improving the physical, social and emotional aspects of life. Dogs are the most common pet therapy animals although cats, guinea pigs and even llamas visit assisted living and long-term care communities. Donna Valente, Arbor Rose activities director, said the dog visits inspire socialization. “Not only are they calming but they evoke happy memories and get residents more involved,” Valente commented.

Arbor Rose and Jerome Home have other regular canine visitors including Mr. Blue, a Golden Retriever, and “his human,” Don White. “A buzz hits Jerome Home three times each week when we expect Mr. Blue and Don to arrive, providing comforting visits through our various neighborhoods,” said Jenna Sweet, Jerome Home life enrichment director and volunteer coordinator.

White, who owns three Golden Retrievers with his wife Judi, recently retired and finally had the time to try pet therapy, something he’d always wanted to do. Mr. Blue brings smiles to people’s faces and brightens their day. “Sometimes I get overwhelmed seeing the reactions,” he said.

Pagliaro said she has been a dog owner for more than 30 years. However, pet visits with her “Canine Good Citizen” have brought a whole new experience. “I love dogs and sharing them with others just seems like the right thing to do. It brings such peace.”

Arbor Rose offers independent and assisted living with memory care and Jerome Home offers skilled nursing, short-term rehabilitation, residential care, memory care and assisted living. Both communities are not for profit members of Hartford HealthCare Senior Services.

For more information about Arbor Rose and Jerome Home, visit jeromehome.org.

Pet therapy benefits
Pet therapy may:
- Reduce blood pressure
- Release endorphins which can lessen depression and diminish anxiety
- Ease stress
- Increase verbal communication
- Enhance social skills
- Prompt interpersonal interactions
- Improve overall psychological state and outlook on life
Health-minded people turn to YMCA program to thwart diabetes

Lisa Chaplinsky, 35, was disappointed with the changes she was seeing in herself: less energy, poor eating, higher blood sugar, a few extra pounds. This Southington resident wanted to make better lifestyle choices and get back into the swing of life, including enjoying the great outdoors.

When she heard about the free Southington Community YMCA’s Diabetes Prevention Program, she signed up for the 12-week series that incorporates exercise with education from health professionals including Hartford HealthCare registered dietitians, pharmacists and advanced practice registered nurses.

On a recent evening, Lisa Pranger, RD, of Hartford HealthCare, was discussing fad diets. “If it sounds too good to be true, it is,” she said. Many fad diets are not only unhealthy but unsustainable, she noted. The better choice is incorporating all food groups in the correct portions.

Pranger asked the group about their goals. The answers were diverse: “Want to look good.” “Sleep better.” “Improve my heart health.” “Doctors don’t have the time to talk to you,” said Geraldine Celone, 77. She now has learned about healthy eating and other aspects of the diabetes, a chronic condition that affects an estimated 30 million people in the United States, according to the American Diabetes Association. “This is a very good program. I would recommend it,” she remarked.

Chaplinsky said the class has “real life practicality” and being in a group has made her more accountable. She has been pleased with her results – she is making better food choices, has lost weight, increased patience and is not as tired.
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

Now she has more energy for her favorite winter sport: dog sledding.

“We are so excited about our Diabetes Prevention Program. The participants have met many of their initial goals, have experienced weight loss, and have gained the knowledge they need to keep living their best, healthy lives,” said Jolene Miceli, YMCA Healthy Initiatives coordinator.

“The cooperation with Hartford HealthCare has been priceless. The expertise and care they have shared with our participants has been just wonderful.” This health initiative is funded through a grant from the Bradley H. Barnes and Leila U. Barnes Memorial Trust of the Main Street Community Foundation.

Registration for the second session (Jan. 8 to March 28) is underway at the YMCA. Subsequent sessions will be held April 2 to June 20 and Sept. 17 to Dec. 5. To learn more or to get started, stop by the main location at 29 High St. or call Miceli at 860.628.5597.
Are you overwhelmed by the long list of drugs you have to take? To get the most benefit from your medications – and stay safe in the process – these safety tips are a good place to start.

1. Keep a list.
It is vital to keep an up-to-date medication list! Include each drug name (both brand and generic), tablet strength, dosage, how many times a day you take it, and what time of day you take it. Include all prescription and over-the-counter drugs, herbals, supplements, eye drops, ear drops, nose sprays, inhalers, topicals, etc. Some people include their doctors’ names and contact numbers and list of allergies. Make copies: keep one with you at all times, put one on your fridge, give one to a trusted family member or friend, and bring a copy with you to every medical appointment. Update it every time a medication is changed. Date your list so you can identify the most current version. Provider, pharmacy and hospital records are all subject to error. The most accurate medication list comes from you!

2. Stay organized.
Your pharmacist can guide you on how to best take your medications. Use a weekly pillbox to stay organized. If you miss doses often, try setting an alarm as a reminder, or incorporate taking your medications into your breakfast/lunch/dinner/bedtime routine. Your pharmacist may be able to consolidate the frequency you have to take your medications.

3. Follow directions.
Do not start or stop taking any drugs without speaking with your provider first. He or she can help decide whether it is still needed, whether you are experiencing a drug interaction or side effect, and whether to adjust the dose or taper off the drug. Some drugs can cause harm if they are stopped abruptly. This goes for over-the-counter medications as well, which can be just as serious as prescription medications.

4. Ask questions.
Your healthcare providers, especially your pharmacist, can help you understand why, how, when and for how long to take each of your medications. Make sure administration instructions are clear, especially for drops, inhalers and topicals. Unless you ask, you don’t know what you don’t know. Be your own best advocate! If you are unable to advocate for yourself, enlist the help of a trusted family member or friend.

Addolorata Ciccone, PharmD, is a geriatric pharmacist at Jefferson House, which offers skilled nursing and inpatient/outpatient rehabilitation. Located at 1 John H. Stewart Drive in Newington, Jefferson House is part of Hartford HealthCare.

Understanding the Complexities of Medication
Addolorata Ciccone, PharmD, geriatric pharmacist, will present a free program about medication safety and getting the most benefit from prescription and over-the-counter medications on Wednesday, Feb. 13, 10:30am., at Bristol Senior Center, 240 Stafford Ave., Bristol. RSVP to 1.855.HHC.HERE/1.855.442.4373.
FREE ADMISSION! 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 24, 2019 | 10:30 am–3 pm
The Aqua Turf Club, 556 Mulberry Street
Plantsville, Connecticut

- Kids’ area
- Giveaways
- Cholesterol screening
- Glucose screening
- Drawings
- Healthy eating
- Healthy minds
- Aging well
- Sports medicine

Come meet iHeartRadio radio personalities, Renee DiNino, Cory Myers and ESPN’s Rob Dibble.

Brought to you by:

Premiere sponsor:
Bradley H. Barnes & Leila U. Barnes Memorial Trust at
Main Street Community Foundation

For information on sponsoring or exhibiting, call Bonnie Tormay at 860.378.1268 or email bonnie.tormay@hhchealth.org. healthyfamilyfunfest.org
Cooking for one for fun

By Peter Fescoe, director of dining services – Mulberry Gardens of Southington

1. Instead of viewing cooking for one as lonely or too difficult, consider the benefits: you get to cook exactly what you’re craving with at whatever time is most convenient for you, to the soundtrack of your choosing, in your pajamas.

2. If you enjoy planning your meals in advance, great—choose recipes with overlapping ingredients, make a list of exactly what you need, and head to the store. If possible, buy from the bulk bins so you can purchase smaller quantities of nuts, grains, dried fruit, etc. Purchase meat and cheese from the deli counter, where they can give you a single salmon fillet or 4 oz. of cheese. If you can, buy produce at the farmer’s market, where you’re often able to buy smaller quantities of produce (four loose carrots instead of a full bag).

3. If you prefer a more spontaneous approach to dinner, set yourself up for success by stocking ingredients that will last. Keep a bag of potatoes on hand. Make sure to have Greek yogurt, a jar of tahini, a tub of miso and lemons or limes and your favorite hot sauce. These last awhile, and are easy ways to boost flavor in simple dishes. Maintain a steady supply of shallots and garlic, and keep the freezer stocked with fruit for smoothies, sausage for soup or meatballs, peas or green beans for stir-fries, puff pastry for quick savory tarts, and sliced bread for toast, sandwiches, croutons, and breadcrumbs. Keep your favorite grains in the pantry (quinoa, faro, millet, brown rice, etc.), then cook a big batch on Sunday to eat throughout the week.

4. When you’re deciding what to cook, consider
recipes with 2-4 servings (a big-batch recipe will be harder to scale down). If you want leftovers, go forth. If you don’t, consider the easiest way to cut the recipe in half. Opt for shallots instead of full onions, or a sweet potato instead of a large butternut squash. Also consider your baking dish: if you cut a frittata recipe in half, be sure to cook it in a smaller skillet, too.

5. Remember that a grilled cheese is a perfectly acceptable dinner.

Mix & Match Cooking ~
Thur., February 28, 1pm
FREE. Plainville Senior Center, 200 East St., Plainville.
Presented by Peter Fescoe, director of Dining Services, Mulberry Gardens of Southington.
Sponsored by Mulberry Gardens of Southington.
RSVP to the Plainville Senior Center, 860.747.5728.

Start Your Day Off Right ~
Wed., March 20, 10am
FREE. Farmington Senior Center, 321 New Britain Ave, Unionville. Learn about easy breakfast ideas packed with nutritional value and they taste great too! Presented by Peter Fescoe, director of Dining Services, Mulberry Gardens of Southington.
Sponsored by Mulberry Gardens of Southington.
RSVP to Farmington Senior Center, 860.675.2490.

Start Your Day Off Right ~
Wed., March 27, 10:30am
FREE. Bristol Senior Center, 240 Stafford Ave, Bristol.
Easy breakfast ideas packed with nutritional value and they taste great too! Presented by Peter Fescoe, director of Dining Services, Mulberry Gardens of Southington.
Sponsored by Mulberry Gardens of Southington.
RSVP to Bristol Senior Center, 860.584.7895.

Chicken with Mustard Tarragon Sauce

**Ingredients:**
- ½ tbs. butter
- 1 boneless, skinless chicken breast or chicken thigh, cut into strips or cubes (about 8-ounces)
- ¼ cup heavy cream
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon dijon mustard

**Directions:** In a medium-sized skillet over medium heat, melt the butter. Sprinkle chicken with salt and pepper and add to the pan. Brown chicken pieces on all sides. Reduce heat and cook, covered, 10 minutes. Transfer chicken to a plate, cover with foil to keep warm. Add cream to the skillet; scraping up the brown bits from the pan. Stir in the mustard and tarragon. Cook over medium-low heat, stirring constantly until sauce thickens slightly, about 5 minutes. Taste sauce and add additional salt if necessary. Add the chicken back to the pan and stir to coat each piece of chicken with the sauce. Pour over cooked rice or pasta.
U.S. News & World Report gives top ratings to Hartford HealthCare Senior Services skilled nursing facilities

Three Hartford HealthCare Senior Services skilled nursing facilities were recognized as Best Nursing Homes by U.S. News & World Report. In the report released Oct. 30, Southington Care Center, Jefferson House in Newington, and managed skilled nursing home Jerome Home in New Britain received top ratings in the two categories: Overall and Short-Stay Rehabilitation.

“We are proud to be recognized for quality outcomes in our skilled nursing communities. Our staff have made customer experience, clinical capabilities and exceptional environments of care a primary focus. It is gratifying to see our communities acknowledged in this way,” said Lisa Connolly, vice president, Hartford HealthCare Senior Services.

This was the first year that U.S. News & World Report gave eligible facilities two ratings. Overall ratings had five levels from poor to high performing; Short-Stay Rehabilitation ratings were below average, average or high performing. A total of 2,975 facilities were recognized as Best Nursing Homes – 1,837 in Overall care and 1,874 in Short-Stay Rehab, according to U.S. News & World Report.

More than 15,000 skilled nursing facilities across the country were rated based on in-depth analysis of data from the federal Centers for Medicare & Medicaid Services. For the Overall rating, factors included, in part, staffing, health inspections and quality measures. For the Short-Stay Rehabilitation, nine quality measures were evaluated including, in part, staffing, outcomes and resident complaints in care provided to patients who spent 100 days or less at the facility.

The analysis of the quality of care is intended to help families to have a starting point in researching facilities that excel in the care they need whether long-term or for short-term rehabilitation. The U.S. News & World Report annual nursing home ratings were begun in 2009.

To view the reports, visit https://health.usnews.com/best-nursing-homes.

Hartford HealthCare Senior Services is a not for profit member of Hartford HealthCare. For more information about Hartford HealthCare Senior Services, visit https://hhcseniorservices.org.
The HHC Center for Healthy Aging offers Concierge services as well as Notary Public services.

<table>
<thead>
<tr>
<th>Business Name</th>
<th>Contact</th>
<th>Address</th>
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<tr>
<td>Aziagos Restaurant</td>
<td>860.426.1170</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>B &amp; V Jewelers</td>
<td>860.276.2097</td>
<td>76 N. Main St., Southington</td>
<td>One free watch battery per person, not applicable on solar powered watches, Smart watches or on lithium batteries.</td>
</tr>
<tr>
<td>Barker Animation</td>
<td>203.272.2222</td>
<td>1188 Highland Avenue, Route 10, Cheshire</td>
<td>20% Collectors Star Club discount &amp; $1 off museum entrance fee.</td>
</tr>
<tr>
<td>Beacon Pharmacy</td>
<td>860.628.3972</td>
<td>51 N. Main Street, Southington</td>
<td>Free local delivery.</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, 9-6pm.</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>Casey’s Image Consultants</td>
<td>860.628.8857</td>
<td>51 North Main Street, Suite 1BB, Southington</td>
<td>First time customer $10 off perm, First time customer $10 off color, invite a friend and receive $10 off after your second perm or color. Call for an appointment.</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>Colony Optitians</td>
<td>203.265.7990</td>
<td>60 Church Street, Wallingford</td>
<td>20% off eyeglasses.</td>
</tr>
<tr>
<td>Drain Surgeon</td>
<td>860.229.6941</td>
<td>228 Corbin Avenue, New Britain</td>
<td>10% off any plumbing repair work in residential housing.</td>
</tr>
<tr>
<td>Eyewear Glasses</td>
<td>860.621.8215</td>
<td>55 Meriden Avenue, Southington</td>
<td>15% off any pair of glasses.</td>
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Help your neighbors: drivers needed

Senior Transportation Services is looking for safe, reliable volunteer drivers willing to use their own car to assist Southington’s elderly residents to attend medical appointments. Must be willing to donate your time at least twice a month and your schedule will be arranged around your requirements. Secondary supplemental insurance also provided to drivers. Call 860.224.7117 or email seniortransportationservices@yahoo.com.
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<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 W. Main Street Meriden</td>
<td>10% off durable equipment &amp; prescription drugs/Free delivery to Meriden, Wallingford and Cheshire</td>
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<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 W. 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 W. Main Street Meriden</td>
<td>BE OUR GUEST, your MyHealthy Advantage card entitles you to one free visit at the Meriden YMCA</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>Schmidt Lawn Care, LLC</td>
<td>P.O. Box 1035 Southington</td>
<td>10% off complete fall clean-up of property or curbside leaf removal</td>
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*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.*
### Merchant Discounts

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<td>Serafino’s Pharmacy 860.628.7979</td>
<td>36 N. Main Street Southington</td>
<td>10% off prescriptions</td>
</tr>
<tr>
<td>Smokin’ With Chris 860.620.9133</td>
<td>59 W. Center Street Southington</td>
<td>10% off on Wednesdays all day with the MyHealthy Advantage card</td>
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<tr>
<td>Southington Cheshire YMCA 860.628.5597</td>
<td>29 High Street Southington</td>
<td>BE OUR GUEST, your MyHealthy Advantage Card entitles you to one free visit at the Southington Community YMCA</td>
</tr>
<tr>
<td>Specialty Auto Cleaning &amp; Detailing 860.628.5011</td>
<td>200 Clark Street Milldale</td>
<td>15% off any service/free pickup &amp; delivery in most areas</td>
</tr>
<tr>
<td>Solinksy EyeCare LLC 860.236.4979</td>
<td>1013 Farmington Ave., West Hartford</td>
<td>Eyeglasses; $100 off Full frame and lenses; Hearing aids - 10% off up to $300. Contact Lenses - $50 off any purchase over $300</td>
</tr>
<tr>
<td>The Dutiful Daughter, LLC 860.432.5503</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; Cafe 203.686.0000</td>
<td>14 West Main Street Meriden</td>
<td>15% all framing purchases/15% off coffee &amp; dessert when available</td>
</tr>
<tr>
<td>Town Fair Tire 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.) With Code #38615</td>
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<td>Wallingford Sew-Vac Center 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>Walsh &amp; Massari 203.235.1681</td>
<td>86 W. Main Street Meriden</td>
<td>25% off all eye care services</td>
</tr>
<tr>
<td>Welcome Home Mortgage, LLC 860.761.1331</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.

Advantage Club will not be held responsible.
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.
**Tuesday, Feb. 5 and March 5, 9:30-10:30am.** Sponsored by Hartford HealthCare Center for Healthy Aging staff.

**Calendar House**
388 Pleasant St., Southington.
**Thursdays, Jan. 3, Feb. 7 and Mar. 7, 11am-12pm.** Sponsored by Hartford HealthCare Center for Healthy Aging staff.

**Plainville Senior Center**
200 East St., Plainville
**Thursdays, Jan. 10, Feb. 14 and Mar. 14, 1-2pm.** Sponsored by Mulberry Gardens of Southington staff.

**Wethersfield Community Center**
30 Greenfield St., Wethersfield.
**Thursdays, Jan. 24, Feb. 28 and Mar. 28, 12:30-1:30pm.** Sponsored by Cedar Mountain Commons and Jefferson House staff.

**Memory Screenings**

Confidential memory screenings average 10-15 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. Sponsored by Hartford HealthCare Center for Healthy Aging.

**Hartford HealthCare Health Center, 35 Talcottville Road, Vernon.** Free. Screenings conducted by Jennifer McCaughey, MS, resource coordinator, Hartford HealthCare Center for Healthy Aging. Appointments required. **RSVP to Hartford HealthCare Family Health Center, 860.696.4623.**

**Hartford HealthCare Health Center, 2 Northwestern Dr., Bloomfield.** Free. Screenings conducted by Amina Weiland, CDP, CDCP, resource coordinator, Hartford HealthCare Center for Healthy Aging. Appointments required. **RSVP to Amina Weiland, 860.286.3236.**

**Charlotte Hungerford Hospital, 540 Litchfield St., Torrington.** Free. Screenings conducted by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. Appointments required. **RSVP to Jennifer Labrie, 860.496.6240.**

**Thursday, Jan. 10, 10am-2pm.** Free. Elwood Senior Center, 1106 New Britain Ave., West Hartford. Screenings conducted by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. Appointments required. **RSVP to Elwood Senior Center, 860.561.8180.**

**Hartford HealthCare Health Center, 2 Northwestern Dr., Bloomfield.** Free. Screenings conducted by Amina Weiland, CDP, CDCP, resource coordinator, Hartford HealthCare Center for Healthy Aging. Appointments required. **RSVP to Amina Weiland, 860.286.3236.**

**Thursday, Feb. 5, 9am-12pm.** Free. Lebanon Senior Center, 37 W. Town St., Lebanon. Screenings conducted by Adrianne De Vivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. Appointments required. **RSVP to Lebanon Senior Center, 860.642.3040.**

**Thursday, Feb. 21, 10am-12pm.** Free. Elwood Senior Center, 1106 New Britain Ave., West Hartford. Screenings conducted by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. Appointments required. **RSVP to Elwood Senior Center, 860.561.8180.**

**Wednesday, March 6, 9:30am-12:30pm.** Free. Vernon Senior Center; 135 Bolton Road, Vernon. Screenings conducted by Adrianne De Vivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. Appointments required. **RSVP to Vernon Senior Center, 860.870.3680.**

**Thursday, March 14, 10am-12pm.** Free. Elwood Senior Center, 1106 New Britain Avenue, West Hartford. Screenings conducted by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. **RSVP to Elwood Senior Center, 860.561.8180.**

**Friday, March 15, 1-3pm.** Free. Brooker Memorial, 157 Litchfield St., Torrington. Screenings conducted by Jennifer Labrie, BA, HS-BCP, resource coordinator, Hartford HealthCare Center for Healthy Aging. Appointments required. **RSVP to Hartford HealthCare Center for Healthy Aging, 860.496.6240.**
Bereavement Support Groups
Sponsored by Hartford HealthCare at Home Hospice Care

First and third Wednesdays: Jan. 2 & 16, Feb. 6 & 20 and March 6 & 20, 2-3:30pm. Free. Glastonbury Riverfront Community Center, 300 Welles St., Glastonbury. Facilitator Bill Pilkington, supervisor for pastoral and bereavement services. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.


First and third Thursdays: Jan. 3 & 17, Feb. 7 & 21 and March 7 & 21, 11am-12:30pm. Mansfield Center, 34 Ledgebrook Drive. Facilitator Ivan Bilyk, pastoral counselor supervisor. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Second and fourth Tuesdays: Jan. 8 & 22, Feb. 12 & 26 and March 12 & 26, 5:30-6:30pm. MidState Medical Center, 435 Lewis Ave., Meriden. Facilitator Doreen Bottone, MidState chaplain. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.


Alzheimer’s and Dementia Support Group
First Tuesdays: Feb. 5 and March 5, 10-11am. Free. West Hartford Senior Center, 15 Starkel Road, West Hartford. Do you care for someone diagnosed with dementia? Are you overburdened? Are you responsible for making financial decisions, managing changes in behavior, or even helping a loved one get dressed in the morning? A support group provides emotional, educational and social support. Topics include: communication techniques, caregiver support, benefits of activities, stages of the disease, family dynamics, safety issues. Facilitated by Michelle Wyman, LSW, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by West Hartford Senior Center and Hartford HealthCare Center for Healthy Aging. RSVP to Michelle Wyman, 860.666.7258.

Last Mondays: Jan. 28, Feb. 25 and March 25, 10:30am-12pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. See first listing for description. Facilitated by Michelle Wyman, LSW, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging, and Sara Therion, MSW. Sponsored by Duncaster and Hartford HealthCare Center for Healthy Aging. RSVP to Michelle Wyman, 860.666.7258 or Sara, 860.380.5012.

Second Wednesdays: Jan. 9, Feb. 13 and March 13, 6:30-8:30pm. Free. Southington Care Center, Anna Fanelli Room, 45 Meriden Ave., Southington. See first listing for description. Facilitated by Patty O’Brien, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. This group is an affiliated support group of the Alzheimer’s Association Connecticut Chapter. Sponsored by Southington Care Center and Hartford HealthCare Center for Healthy Aging. RSVP to Patty O’Brien, 860.628.3830.


First Thursdays: Jan. 3, Feb. 7 and March 7, 10:30-11:30am. Free. Litchfield Community Center, 421 Bantam Road,
Litchfield. Facilitator Jennifer Labrie, BA, HS-BCP, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to 860.496.6240.

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**Parkinson’s Disease Support**

**Second Wednesdays,**

**Torrington Parkinson’s Support Group Fourth Saturdays,**
Jan. 26, Feb. 23 and March 23, 10am. Free. Sullivan Senior Center, 88 East Albert St., Torrington. RSVP to 860.482.4610.

**The LOUD Crowd**
Wednesdays, Jan. 2 & 9, 3:30pm. Free. Hartford Hospital, Family Health Center, 35 Talcottville Road (Wellness and Community Education Room), Vernon. Hartford HealthCare Rehabilitation Network offers a two-part speech therapy program to help individuals with Parkinson’s regain and maintain effective communication: SPEAK OUT! followed by The LOUD Crowd, led by a speech-language pathologist. Participation in The LOUD Crowd, along with daily home practice and six-month re-evaluations, has been shown to help patients maintain their communication skills throughout the progression of Parkinson’s. For more information or to schedule a speech evaluation, call 860.490.9284. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

**Dinner with the Doc**

**Endocrinology: Diabetes**
Tuesday, March 26, 5-7pm. Free. Southington Care Center, 45 Meriden Ave., Southington. Learn more about the types, causes, basic management skills and myths surrounding diabetes. Presented by Manmeet Kaur, MD, chief of Endocrinology, The Hospital of Central Connecticut. A complimentary light dinner will be served. Sponsored by Southington Care Center. Registration required. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

**Colorectal Cancer: Prevention and Awareness**
Tuesday, Feb. 19, 5-7pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. Presented by Christine Bartus, MD, and Kara Emmett, APRN, Hartford Medical Group. A complimentary light dinner will be served. Sponsored by Arbor Rose at Jerome Home. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

**Informational Events**

**Growing Older Can Bring New Purpose**
Tuesday, Jan. 8, 12:30pm. Free. Glastonbury Senior Center, 300 Welles St., Glastonbury. Growing older changes not only our physical selves but our outlook on life. We’re older, but we aren’t finished. And it is OK that life looks different now. Presented by Alyssa Lombardi, exercise physiologist. Sponsored by GoodLife Fitness. RSVP to 860.652.7655.
special programs and events

How to Fall Safely
Thursday, Jan. 10, 10am. Free. Meriden Senior Center, 22 W. Main St., Meriden. Sometimes, there’s no way to avoid a fall. However, you can learn how to properly to fall forwards or backwards to reduce the risk or lessen the severity of injury. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. Sponsored by Southington Care Center. RSVP to Meriden Senior Center, 203.237.0066.

How to Fall Safely
Wednesday, Jan. 16, 1:30pm. Free. Calendar House, 388 Pleasant St., Southington. Sometimes, there’s no way to avoid a fall. However, you can learn how to properly to fall forwards or backwards to reduce the risk or lessen the severity of injury. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. Sponsored by Southington Care Center. RSVP to Calendar House, 860.860.621.3014.

Holiday & Seasonal Blues
Wednesday, Jan. 16, 12:30pm. Free. Glastonbury Senior Center, 300 Welles St., Glastonbury. Learn about the effects of holiday and seasonal blues and ways to prevent them. Presented by Laurel Reagan, APRN, director of Behavioral Health at Home, and Dorsanne Tinker, RN. Sponsored by Hartford HealthCare at Home. RSVP to Glastonbury Senior Center, 860.652.7638.

Healthy Eating for Seniors
Wednesday, Jan. 16, 1pm. Free. Farmington Senior Center, 321 New Britain Ave, Unionville. Our bodies change as we age - Seniors have very different nutritional needs than children and younger adults. A registered dietician will discuss how age related changes can affect how your body processes food, which influences your dietary needs and impacts your appetite. Presented by Kathleen Saulnier, registered dietician. Sponsored by Jefferson House. RSVP to Farmington Senior Center 860.675.2490.

Keeping Memory Strong
Thursday, Jan. 17, 1-2:30pm. Free. Prosser Public Library, 1 Tunxis Ave., Bloomfield. Are you worried about your memory? Many people worry about becoming forgetful, but scientists have learned a lot about memory and why some problems are serious while others are not. Presenter Patty O’Brien, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Prosser Public Library, 860.243.9721.

Do You Think You Have Acid Reflux?
Friday, Jan. 18, 10:30am. Free. West Hartford Senior Center, 15 Starkel Road, West Hartford. Learn about natural ways to present heartburn and medications that can help or worsen stomach acid. Presented by Sean Jeffery, PharmD, CGP, FASCP, FNAP, AGSF, pharmacist, Integrated Partners Hartford HealthCare Group and clinical professor, University of Connecticut School of Pharmacy and Christina Polomoff, PharmD, BCACP, BCGP, clinical pharmacist, Hartford HealthCare Integrated Partners and assistant clinical professor at University of Connecticut School of Pharmacy. Sponsored by Hartford HealthCare Senior Services. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Unfolding the Mysteries of Strength Training for Wellness
Tuesday, Jan. 22, 10:30-11:30am. Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford. One of the best ways to stay fit and healthy as you age is by doing strength exercises to build muscle,

(Continued next page)
increase your endurance and make everyday activities easier. Explore the health benefits of strength exercises and safe ways to challenge yourself. Presented by Aaron Russ, exercise physiologist. Sponsored by American Eagle Financial Credit Union and Hartford HealthCare Center for Healthy Aging. RSVP to Elmwood Senior Center, 860.561.8180.

Aging Mastery Program
Tuesdays & Thursdays, Jan. 22 to Feb. 21, 10:45am-12:15pm. Free. Russell Mercier Senior Center, 14 Stonecroft Drive, Hebron. The Aging Mastery Program (AMP) is a 10-session series offered twice a week for five weeks, providing incentive-based health and wellness classes for people age 55 and over. AMP can help you build your own playbook for aging well. It is a fun, innovative and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing for themselves and others. Navigating Longer Lives: The Basics of Aging Mastery - Introduction to the program and its philosophy with a special emphasis on the new realities of aging. Presenter Adeline DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Focused Awareness Meditation
Friday, Jan. 25, 10am. Free. Newington Senior and Disabled Center, 120 Cedar St., Newington. Focused Awareness Meditation is a simple, five-step technique. Learn how this scientifically based practice can help you feel more relaxed, focused and calm. Participants are asked to bring a large towel or small blanket with them for proper positioning in their chair. Presented by Emil Johnson, program director of GoodLife Fitness. Sponsored by GoodLife Fitness. RSVP to Newington Senior and Disabled Center, 860.665.8778.

Do You Suffer From Headaches?
Wednesday, Jan. 30, 1pm. Free. Berlin Senior Center, 33 Colonial Drive, Berlin. Approximately 45 million Americans, or 1 in 6 people, complain about headaches each year. Physical therapy can help alleviate symptoms and provide education on how to lessen the frequency and intensity of the headaches. Discussion will include how therapy and manual medicine are key components to headache care at Hartford HealthCare. Presented by Sarah Buzzuto, physical therapist, Hartford HealthCare Rehabilitation Network. Sponsored by Hartford HealthCare Senior Services. RSVP to Wallingford Senior Center, 203.265.7753.

Cough & Cold Medicine
Thursday, Jan. 31, 10am. Free. Plainville Senior Center, 200 East St., Plainville. Topics include what medicines are safe and how to take them. Presented by Sean Jeffery, PharmD, CGP, FASC, FNAP, AGSF, pharmacist, Integrated Care Partners Hartford HealthCare Group, and clinical professor, University of Connecticut School of Pharmacy and Christina Polomoff, PharmD, BCACP, BCGP, clinical pharmacist, Hartford HealthCare Integrated Care Partners and assistant clinical professor at University of Connecticut School of Pharmacy. Sponsored by Hartford HealthCare Senior Services. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

Do You Suffer From Headaches?
Tuesday, Feb. 5, 10:30am. Free. Wallingford Senior Center, 238 Washington St., Wallingford. Approximately 45 million Americans, or 1 in 6 people, complain about headaches each year. Physical therapy can help alleviate symptoms and provide education on how to lessen the frequency and intensity of the headaches. Discussion will include how therapy and manual medicine are key components to headache care at Hartford HealthCare. Presented by Sarah Buzzuto, physical therapist, Hartford HealthCare Rehabilitation Network. Sponsored by Hartford HealthCare Senior Services. RSVP to Wallingford Senior Center, 203.265.7753.

Cough & Cold Medicine
Wednesday, Feb. 6, 10:30am. Free. Elmwood Senior Center, 1106 New Britain Ave, West Hartford. Topics include what medicines are safe and how to take them. Presented
by Christina Polomoff, PharmD, BCACP, BCGP, clinical pharmacist, Hartford HealthCare Integrated Care Partners and assistant clinical professor at University of Connecticut School of Pharmacy. Sponsored by Hartford HealthCare Senior Services. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Keeping Memory Strong
Friday, Feb. 8, 2019, 2pm. Free. Brooker Memorial, 157 Litchfield St., Torrington. Learn ways to keep your brain healthy and mind sharp along with challenging fun activities. Presented by Jennifer Labrie, HS-BCP, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to The Center for Healthy Aging, 860.496.6240.

Dizziness in the Aging Population: How Physical Therapy Can Help To Alleviate A Debilitating Problem
Thursday, Feb. 7, 10:45am. Free. Windsor Senior Center, 599 Matianuck Ave, Windsor. Dizziness is a symptom that can affect millions of people every year. In the aging population, there is an increased prevalence which is causing both a decrease in function as well as an increased number of falls and secondary injury. Come see how we might be able to help you get back on steady ground! Presented by Brian McLellan, PT, DPT, Hartford Hospital Rehabilitation Network. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Windsor Senior Center, 860.285.1992.

Cough & Cold Medicine
Wednesday, Feb. 6, 10:30am. Free. Elmwood Senior Center, 1106 New Britain Ave, West Hartford. Topics include what medicines are safe and how to take them. Presented by Christina Polomoff, PharmD, BCACP, BCGP, clinical pharmacist, Hartford HealthCare Integrated Care Partners and assistant clinical professor at University of Connecticut School of Pharmacy. Sponsored by Hartford HealthCare Senior Services. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Understanding the Complexities of Medication
Wednesday, Feb. 13, 10:30am. Free. Bristol Senior Center, 240 Stafford Ave., Bristol. Are you overwhelmed by the long list of drugs you have to take? Do you often reach for an over-the-counter medication? Get the most benefit from your medications and stay safe in the process with these medication safety tips. Presented by Addolorata Ciccone, PharmD, BCGP, geriatric pharmacist, Jefferson House. Sponsored by Jefferson House. RSVP to 1.855.HHC.HERE/1.855.442.4373.

How to Be Aware of Your Surroundings
Wednesday, Feb. 13, 12:30pm. Free. Winsted Senior Center, 80 Holabird Ave., Winsted. Learn how to live a heart healthy lifestyle through healthy diets, regular exercise, stress management and more. Presenter Tamara Walker, LPN, transitional care coordinator, Hartford HealthCare at Home, and Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Senior Services. RSVP to Winsted Senior Center, 860.379.4252.

Growing Old Can Bring New Purpose
Wednesday, Feb. 13, 10am. Free. Newington Senior & Disabled Center, 120 Cedar St., Newington. Growing older changes not only our physical selves but our outlook on life. We’re older, but we aren’t finished. And it is OK that life looks different now. Presented by Emil Johnson, program manager, GoodLife Fitness. Sponsored by GoodLife Fitness. RSVP to the Newington Senior and Disabled Center, 860.665.8778.
Healthy Backs

Managing Chronic Back Pain
Wednesday, Feb. 27, 1:30pm. Free. Calendar House, 388 Pleasant St., Southington. New American College of Physicians guidelines state the first line of therapy for chronic back pain should be non-drug treatments. Presenter Lisa Murawski, exercise physiologist, GoodLife Fitness, will discuss various approaches to minimizing lower back pain. Sponsored by Southington Care Center. RSVP to Calendar House, 860.621.3014.

Mix & Match Cooking
Thursday, Feb. 28, 1pm. Free. Plainville Senior Center, 200 East St., Plainville. Presented by Peter Fescoe, director of Dining Services, Mulberry Gardens of Southington. Sponsored by Mulberry Gardens of Southington. RSVP to the Plainville Senior Center, 860.747.5728.

Keeping Memory Strong
Monday, March 4, 10:30am. Free. Cheshire Senior Center, 240 Maple Ave, Cheshire. This program will offer tips to keep your memory strong and brain sharp with activities to challenge the mind, all while having fun. Presented by Patty O’Brien, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Cheshire Senior Center, 203.272.8286.

Focused Awareness Meditation
Wednesday, March 6, 10:30. Free. Bristol Senior Center, 240 Stafford Ave, Bristol. Focused Awareness Meditation is a simple, five-step technique. Learn how this scientifically based practice can help you to feel more relaxed, focused and calm. Bring a large towel or a small blanket for proper positioning in their chair. Presented by Christina Solimini-Swift, exercise physiologist, GoodLife Fitness. Sponsored by The Orchards at Southington. RSVP to Bristol Senior Center, 860.584.7895.

The Best Gift is You: Putting Yourself First
Thursday, March 7, 10:30-11:30am. Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford. Learn how to make your self-care a priority to meet your physical, emotional and spiritual needs, and the causes and symptoms of stress while exploring different self-care strategies. Presented by Amina Weiland, resource coordinator, and Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Elmwood Senior Center 860.561.8180.

Challenge Your Mind – Daily Activities to Stay Sharp
Thursday, March 7, 1:30pm. Free. Simsbury Public Library, 725 Hopmeadow St., Simsbury. Cognitive and social engagements have been shown to be protective against cognitive decline. Participants will learn how their memory works and discover creative ways to sharpen their mind. Presented by Amina Weiland, resource coordinator. Sponsored by Simsbury Public Library and Hartford HealthCare Center for Healthy Aging. RSVP to Simsby Senior Center, 860.658.3273 or Simsbury Public Library, 860.658.7663.

Focused Awareness Meditation
Friday, March 8, 10:30am. Free. West Hartford Senior Center, 15 Starkel Road, West Hartford. Do you know the benefits of meditation and how it can help in everyday life? Presented by Christine Solimini-Swift, exercise physiologist, GoodLife Fitness. Sponsored by The Orchards at Southington. RSVP to West Hartford Senior Center 860.561.7582.

Managing Chronic Back Pain
Monday, March 11, 11am-12pm. Free. Wallingford Senior Center, 238 Washington St., Wallingford. Presented by Maquita Parker, exercise physiologist, Jerome Home. Sponsored by Arbor Rose at Jerome Home. RSVP to Wallingford Senior Center, 203.265.7753.

Eating for Healthy Weight Loss
Wednesday, March 20, 1:30pm. Free. Calendar House, 388 Pleasant St. Learn how to eat healthy and what it means to be healthy as we age. Presented by Christian Aguilar, registered dietician. Sponsored by Jefferson

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Do You Think You Have Acid Reflux?
Thursday, March 14, 1pm.
Free. Plainville Senior Center, 200 East St., Plainville. Learn about natural ways to prevent heartburn and medications that can help or worsen stomach acid. Presented by Sean Jeffery, PharmD, CGP, FASCP, FNAP, AGSF, pharmacist, Integrated Partners Hartford HealthCare Group and clinical professor, University of Connecticut School of Pharmacy, and Christina Polomoff, PharmD, BCACP, BCGP, clinical pharmacist, Hartford HealthCare Integrated Partners and assistant clinical professor, University of Connecticut School of Pharmacy. Sponsored by Hartford HealthCare Senior Services. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Start Your Day Off Right
Wednesday, March 27, 10:30am.
Free. Bristol Senior Center, 240 Stafford Ave, Bristol. Easy breakfast ideas packed with nutritional value and they taste great too! Presented by Peter Fescoe, director of Dining Services, Mulberry Gardens of Southington. Sponsored by Mulberry Gardens of Southington. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Journaling Meditation
Saturdays, Jan. 26 and Feb. 9, 9am-12pm. Free. Hartford HealthCare, 1290 Silas Deane Highway, Wethersfield. Experience periods of guided meditation followed by simple and fun writing exercises. Visualize walking through a vineyard, an art gallery, and more to reflect on the many images that surface. Learn to be immersed in the silence to use free flowing images find their way to the paper. These words can stand alone or can be made into a story, poem, or more. No writing experience necessary. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Gongs and Himalayan Singing Bowls
Tuesdays, Jan. 29 and March 26, 6-9pm. Free. Hartford HealthCare, 1290 Silas Deane Highway, Wethersfield. In a peaceful setting, experience the soothing sounds of Gongs & Himalayan Singing Bowls and float blissfully away into a deep meditative state where the tumultuous stresses of everyday life are cleared, cleansed and washed away. Soothing sounds can boost the immune system, decrease stress hormones, reduce aches and pains, and more while bringing balance, enhance healing and restoring feelings of well-being, peace, joy, clarity of thought and increased energy. Bring a yoga mat, blanket, pillow, eye covering and water. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Therapeutic Art Group
Thursdays, Jan. 3 & 17, Feb. 7 & 21 and March 7 & 21, 5:30-7pm. Free. Hartford Hospital, Taylor Conference Room B, 85 Retreat Ave., Hartford. Therapeutic Arts and Support Groups provide cancer patients, survivors and caregivers with a safe and relaxing environment to process and share their journeys. Individuals will create bonds with one another, offering mutual support as they confront the trials of treatment and recovery. These sessions offer new and inventive art directives, such as Inside/Outside Masks, Image Card Making, Zen Garden Therapy, sculpture directives and many more. No artistic ability is required. For more information, call Lauren Ciborowski at 860.754.6154. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Exercise for Healthy Aging
Tuesday, March 26, 1pm. Free. Berlin Senior Center, 33 Colonial Drive, Berlin. Our bodies change throughout the course of life and 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 Maquita Parker, exercise physiologist, GoodLife Fitness, Jerome Home. Sponsored by GoodLife Fitness. RSVP to Berlin Senior Center, 860.828.7006.

Start Your Day Off Right
Wednesday, March 20, 10am.
Free. Farmington Senior Center, 321 New Britain Ave, Unionville. Learn about easy breakfast ideas packed with nutritional value and they taste great too! Presented by Peter Fescoe, director of Dining Services, Mulberry Gardens of Southington. Sponsored by Mulberry Gardens of Southington. RSVP to Farmington Senior Center, 860.675.2490.

Journaling Meditation
Saturdays, Jan. 26 and Feb. 9, 9am-12pm. Free. Hartford HealthCare, 1290 Silas Deane Highway, Wethersfield. Experience periods of guided meditation followed by simple and fun writing exercises. Visualize walking through a vineyard, an art gallery, and more to reflect on the many images that surface. Learn to be immersed in the silence to use free flowing images find their way to the paper. These words can stand alone or can be made into a story, poem, or more. No writing experience necessary. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Gongs and Himalayan Singing Bowls
Tuesdays, Jan. 29 and March 26, 6-9pm. Free. Hartford HealthCare, 1290 Silas Deane Highway, Wethersfield. In a peaceful setting, experience the soothing sounds of Gongs & Himalayan Singing Bowls and float blissfully away into a deep meditative state where the tumultuous stresses of everyday life are cleared, cleansed and washed away. Soothing sounds can boost the immune system, decrease stress hormones, reduce aches and pains, and more while bringing balance, enhance healing and restoring feelings of well-being, peace, joy, clarity of thought and increased energy. Bring a yoga mat, blanket, pillow, eye covering and water. RSVP to 1.855.HHC.HERE/1.855.442.4373.
special programs and events

**Yoga and Cancer – Reclaiming Your Life**
Tuesdays, Jan. 8 to Feb. 12 1:30pm
Wednesdays, Jan. 9 to Feb. 20 4:30pm
Tuesdays, Feb. 19 to Mar. 26 1:30pm
Wednesdays, Feb. 20 to Mar. 27 4:30pm
Free. Hartford HealthCare East Region Support Office, Conference Room A, 11 Stott Ave., Norwich. This is six-week series is held Tuesdays or Wednesdays. Learn gentle progressions of movements to stretch and strengthen, find more ways to 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 wellbeing. RSVP to 1.855.HHC.HERE/1.855.442.4373.

**Body/Mind MOVES**
Fridays, Jan. 4, 11 & 18, 12pm. Free. Hartford Hospital Family Health Center, 35 Talcottville Road, Vernon. Body/Mind MOVES is dance-focused class open to all individuals with movement disorders, family members and caregivers. The class will use breath as a foundation as we dance and move using the connections in our bodies to work on becoming grounded and improve the functionality of our movements. All mobility types are welcome, including those who are unable to stand. No prior dance skills or experience required! Focus includes Strengthening the Spine, Body/Mind Connection, Challenging and Increasing Coordination and Body-Awareness, Moving for Stress Relief and Learning Relaxation Strategies. RSVP to 1.855.HHC.HERE/1.855.442.4373.

**Ataxia Support Group**
Fridays, Jan. 18 & Feb. 15, 11am. Free. Chase Family Movement Disorders Center, 35 Talcottville Road, Vernon. This is a support group for people with Ataxia. Join us for introductions and supportive, confidential discussions about Ataxia. Share experiences and learn new skills, meet new faces and find growth. REGISTRATION NOT REQUIRED. Questions? Contact facilitator Susan Masse, 860.528.1875. RSVP to 1.855.HHC.HERE/1.855.442.4373.

**Lunch and Learn**
Lunch and Learn: Coping with Changes and Stress
Thursday, Jan. 10, 12-1pm. Free. Hospital of Central Connecticut, New Britain campus, 100 Grand St., New Britain. Learn the benefits of being social as we age. A complimentary light lunch will be served. Presented by Patty O’Brian, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. Seating is limited; registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Lunch and Learn: Balance Flexibility and Fear of Falling
Thursday, March 14, 12-1pm. Free. Hartford HealthCare Cancer Institute, 183 N. Mountain Road, New Britain, Conference Room B or C. Gain insight into improving your balance and prevent falls. Presented by Emil Johnson, program manager, GoodLife Fitness. A complimentary lunch will be served. Sponsored by Hartford Healthy Center for Healthy Aging. Seating is limited, registration required. RSVP to 1.855.HHC.HERE/1.855.442.4373.
Lunch and Learn: Estate Planning - Preparing Your Estate Plan
Thursday, Feb. 21, 12-1pm.
Free. Hospital of Central Connecticut, Bradley Memorial campus, Southington. Learn how estate planning is imperative to ensure a smooth transition into the later part of life. Topics will include estate documents such as powers of attorney, health care instructions, livings wills, wills and trusts, and the importance of beneficiary designations. You don’t have to be wealthy to make a plan for your heirs. Take an active role in planning your future. Presented by Rebecca A. Hajosy, local estate planning attorney. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Session 3: Safety in the Environment and how to structure a day with activities
Session 4: Taking Care of the Caregiver and Care Options
Session 5: Legal and Financial Presented by Patty O’Brien and Michelle Wyman, dementia specialists, Hartford HealthCare Center for Healthy Aging.
RSVP to Mulberry Gardens, 860.276.1020.

Open Houses
Cedar Mountain Commons
The Orchards at Southington
Mulberry Gardens of Southington

Hartford HealthCare Center for Healthy Aging Informational Series
Dementia and Caregiving: Focusing on the Person while Understanding the Disease Progression
Thursdays, Feb. 7, 14, 21 & 28 and March 7, 2-3:30pm.
Free. Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. Are you caring for someone with dementia? Do you want to know more about the progression of the disease and good communication tips? Would you like to be able to recognize common behaviors and know how to respond? Join us for this five-week education program:
Session 1: Overview of Dementia
Session 2: Basics of Good Communication and Understanding Behaviors
Session 3: Safety in the Environment and how to structure a day with activities
Session 4: Taking Care of the Caregiver and Care Options
Session 5: Legal and Financial Presented by Patty O’Brien and Michelle Wyman, dementia specialists, Hartford HealthCare Center for Healthy Aging.
RSVP to Mulberry Gardens, 860.276.1020.

Alzheimer’s and Dementia Support Group
Third Wednesdays, Jan. 16, Feb. 20, March 20, 7-9pm. Free. Charlotte Hungerford, Small Dining Room, Ground Floor, 540 Litchfield St., Torrington. Do you care for someone diagnosed with dementia? Are you looking for information and support? A support group provides emotional and social support. Topics to be discussed: communication techniques, caregiver support, benefits of activities, stages of the disease, family dynamics, safety issues. Facilitator Karen Cornell. RSVP to 860.496.6646.

Navigating Your Golden Years
Monday, March 11, 7-8pm.
Free. Bakerville Library, 6 Maple Hollow Road, New Hartford. Be proactive in preparing for your “Golden Years” by learning

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about the varying levels of care available, types of housing, funding sources and resources in the community available to you. Presented by Jennifer Labrie, BA, HS-BCP, resource coordinator, Hartford HealthCare Center for Healthy Aging, Charlotte Hungerford Hospital. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Hartford HealthCare Center for Healthy Aging, 860.496.6240.

Heart Healthy
Wednesday, Feb. 20, 1-2pm. Free. Winsted Senior Center, 80 Holabird Ave., Winsted. Learn how to live a heart healthy lifestyle through healthy diets, regular exercise, stress management and more. Speaker Tamara Walker, LPN, transitional care coordinator, Hartford HealthCare at Home, and Jennifer Labrie, BA, HS-BCP, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging & Hartford HealthCare at Home. RSVP to Winsted Senior Center 860.379.4252.

Blood Pressure Screening
Every Tuesday, 9-11am. Free. Brooker Memorial, 157 Litchfield St., Torrington. RSVP to 860.489.1328.

Veterans Coffee Talk

Veterans Coffee Talk
Tuesdays, March 20, 1-2pm. Free. Winsted Senior Center, 80 Holabird Ave., Winsted. Presenter Wayne Rioux, a Vietnam-era Army veteran and Hartford HealthCare’s veterans liaison, will lead a discussion of military culture and events. Open to veterans and spouses. Free coffee and refreshments will be served. Sponsored by Hartford HealthCare at Home. RSVP to Winsted Senior Center, 860.379.4252.
Yoga and Cancer – Reclaiming Your Life
Tuesdays, Jan. 8 to Feb. 12
1:30pm
Wednesdays, Jan. 9 to Feb. 20
4:30pm
Tuesdays, Feb. 19 to Mar. 26
1:30pm
Wednesdays, Feb. 20 to Mar. 27
4:30pm
Free. Hartford HealthCare East Region Support Office, Conference Room A, 11 Stott Ave., Norwich. This is six-week series is held Tuesdays or Wednesdays. Learn gentle progressions of movements to stretch and strengthen, find more ways to 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 wellbeing. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Healthy Brain Series
Thursdays, Feb. 7, 14, 21, 28 and March 7, 10am-11am. Free. Vernon Senior Center; 135 Bolton Road, Vernon. Participants are encouraged to attend all sessions. See first listing for description. Presented by Adrienne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. RSVP to Vernon Senior Center, 860.870.3680.

Healthy Brain Series – Keeping Memory Strong
TUESDAYS, JAN 8, 15, 22 & 29 AND FEB 5, 1-2PM. FREE. NEWINGTON SENIOR & DISABLED CENTER, 120 CEDAR ST., NEWINGTON.

Healthy Brain Series – Keeping Memory Strong
THURSDAYS, FEB. 7, 14, 21, 28 AND MARCH 7, 10AM-11AM. FREE. VERNON SENIOR CENTER; 135 BOLTON ROAD, VERNON. PARTICIPANTS ARE ENCOURAGED TO ATTEND ALL SESSIONS. SEE FIRST LISTING FOR DESCRIPTION. PRESENTED BY ADRIANNE DEVIVO, DEMENTIA SPECIALIST, HARTFORD HEALTHCARE CENTER FOR HEALTHY AGING. RSVP TO VERNON SENIOR CENTER, 860.870.3680.

Healthy Brain Series – Keeping Memory Strong
Mondays, March 4, 11, 18, 25 and April 1, 6pm-7pm. Free. McLean, 75 Great Pond Road, Simsbury. Participants are encouraged to attend all sessions. See first listing for description. Presented by Patty O’Brien, CDP, and Michelle Wyman, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Healthy Brain Series – Keeping Memory Strong
Wednesdays, March 6, 13, 20 and April 3, 10:30-11:30am. Free. West Hartford Senior Center, 15 Starkel Road, West Hartford. Participants are encouraged to attend all sessions. See first listing for description. Presented by Patty O’Brien, CDP, and Michelle Wyman, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. RSVP to West Hartford Senior Center, 860.561.7582.
Has it become difficult for you to maintain your home during the winter? Have you been thinking about assisted living but are unsure? Give us a try as a short term resident at Cedar Mountain Commons. You can rent a fully furnished 1 or 2 bedroom apartment on a monthly basis for the season, and forget about snow shoveling. We provide three meals a day, have an emergency generator in case of power loss, and beautiful, comfortable facilities.

Try us this winter for a short, worry-free stay.

3 John H. Stewart Drive, Newington, CT
cedarmountaincommons.org

To schedule a tour, call 860.665.7901