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
Bonnie.Tormay@hhchealth.org

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hhcseniorservices.org

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

Hartford HealthCare Center for Healthy Aging
HHC Center for Healthy Aging is a resource and assessment center for seniors and their families.

Jerome Home / Arbor Rose
Assisted living, memory care, short-term rehabilitation and long-term care
JeromeHome.org
975 Corbin Avenue
New Britain, CT 06052
860.229.3707
*managed by Hartford HealthCare

Mulberry Gardens
Assisted living and memory care
MulberryGardens.org
58 Mulberry Street
Plantsville, CT 06479
860.276.1020

Southington Care Center
Short-term rehabilitation, long-term care and outpatient therapy
SouthingtonCare.org
45 Meriden Avenue
Southington, CT 06489
860.621.9559

The Orchards at Southington
Independent and assisted living
SouthingtonOrchards.org
34 Hobart Street
Southington, CT 06489
860.628.5656

Cedar Mountain Commons
Independent and assisted living
CedarMountainCommons.org
3 John H. Stewart Drive
Newington, CT 06111
860.667.4453

Hartford HealthCare Independence at Home
1.888.863.2771

Jefferson House
Short-term rehabilitation, long-term care and outpatient therapy, JeffersonHouse.org
1 John H. Stewart Drive
Newington, CT 06111
860.667.4453

Hartford HealthCare Rehabilitation Network
HHCRehabNetwork.org
181 Patricia M. Genova Drive
Newington, CT 06111
860.696.2500

Hartford HealthCare at Home
HHC@Home.org
888.863.2771

Hartford Hospital Medical Group at Duncaster
860.380.5150

Other Hartford HealthCare Partners
Backus Hospital
Charlotte Hungerford Hospital
Hartford Hospital
Hartford HealthCare Medical Group
The Hospital of Central Connecticut
The Institute of Living
Integrated Care Partners
MidState Medical Center
Natchaug Hospital
Rushford
Windham Hospital
St. Vincent’s Medical Center
HartfordHealthCare.org

Beatrice Muckle, a resident of The Orchards at Southington, and Nina, her Teacup Yorkie. Photo by Rusty Kimball.
Jefferson House, a skilled nursing, outpatient rehabilitation and palliative care community located at 1 John H. Stewart Drive, received the highest Best Nursing Homes Rating from U.S. News & World Report on Oct. 29.

Jefferson House, a not for profit member of Hartford HealthCare Senior Services, received the top “high performing” rating for short-term rehabilitation and long-term care. Ratings are categorized as “below average,” “average” or “high performing.” Of the 215 nursing homes in Connecticut, only 27 received an overall rating of 5 out of 5.

“This Best Nursing Home Rating demonstrates Jefferson House’s continued commitment to providing optimum care for our residents and rehabilitation clients. This achievement validates our mission and core values in what we do every day,” said Susan Vinal, executive director, Jefferson House.

In the Short-Term Rehabilitation category, Jefferson House exceeded the state and national averages in nurse staffing; physical therapist staffing; patient-centered rehabilitation therapy; patients’ ability to return home; prevention of falls; and other factors. The new Long-Term Care rating was based on nurse staffing, hospitalizations, ability to self-care and additional areas.

Of the more than 15,000 nursing homes evaluated nationwide by U.S. News, only 2,969 facilities met the top criteria. A total of 420 nursing homes received both distinctions as “high performing” in Short-Term Rehabilitation and Long-Term Care.

Also in 2019, Jefferson House received an overall Five Star Quality Rating from the Centers for Medicare and Medicaid Services, achieving the highest tier in each of the five categories measured as well as overall. Jefferson House was one of only seven of more than 200 skilled nursing communities in Connecticut that merited the top performing status based on a 1.0 to 5.0 scale.

U.S. News & World Report rates nursing homes to assist families in finding caring facilities for their loved ones. Consumers can use these quality measures to choose a nursing facility, find out about the care and quality where a loved one already lives, and/or learn information to discuss with the care staff. Ratings also allow staff the opportunity to review and improve the overall care they provide.


Jefferson House, a not for profit member of Hartford HealthCare Senior Services, is located at 1 John H. Stewart Drive in Newington and offers short-term/outpatient rehabilitation, skilled nursing and palliative care. To learn more about Jefferson House, visit http://JeffersonHouse.org.
The Orchards at Southington embraces

The benefits of pets

SOUTHINGTON - Beatrice Muckle has always had dogs – she enjoys the companionship and the shared love, not to mention the laughs. When it came time for her to consider assisted living, being able to take her smallest dog was one of her top criteria.

The Orchards at Southington, located at 34 Hobart St., became her top choice and she made the move in September 2017 to the independent and assisted living community for adults 55 and older. “I came here because I could bring her,” said Muckle, 89, as she stroked Nina, her two-pound Teacup Yorkie, who wagged her tiny tail at every person who walked by.

Nina is not alone at The Orchards at Southington; she has other canine friends including Zoe, a Shih Tzu, and Casey, a Yorkie, who she always greets nose to nose. “Everyone knows her and wants to take photos because she is so cute,” explained her owner, who often puts the pooch in a basket on her walker. “She’s a celebrity.”

LeaAnn Blanchard, executive director, said she understands that animals are like family. “We don’t want our residents to have to leave their cat or dog behind when they come to The Orchards,” she said. Having a pet is a way for new and present residents to start conversations and build friendships.

An additional benefit is that a dog keeps owners active. The Orchards has walking paths and a nature area for residents and dogs alike.

Aide Barbara Daley said Nina may be small but she is mighty, always looking out for her owner. If anyone gets up at night, Nina sounds an alert with her tiny bark. The two women often attend community activities, of course with Nina sporting her bright pink collar.

The Orchards at Southington, which offers studio, one- or two-bedroom apartments, also welcomes service dogs. “Having pets is another way the community promotes wellness, independence and the optimal quality of life,” Blanchard remarked.

The Orchards at Southington, a not for profit member of Hartford HealthCare Senior Services, offers independent and assisted living at 34 Hobart St. For more information about The Orchards at Southington, call 860.628.5656 or visit http://SouthingtonOrchards.org.

Photos: Beatrice Muckle, a resident of The Orchards at Southington, and Nina, her Teacup Yorkie, enjoy visiting with residents and visitors in the living room at the independent and assisted living community located at 34 Hobart St. in Southington.

Photos by Rusty Kimball.
Torrington couple surmounts health challenges with Hartford HealthCare’s continuum of care

TORRINGTON – When Catherine Pezze and William Smith exchanged wedding vows 10 years ago, they didn’t realize they would test the phrase “in sickness and in health.”

Since that time, Pezze, 53, and Smith, 67, have seen each other through many health challenges: back surgeries, breast cancer, gall bladder surgery and heart valve replacement. It was a future they didn’t envision when they met at Central Connecticut State University where she was administrator of the child care program and he was “Officer Friendly,” a university police officer, who visited the children.

Looking back at their time together and unforeseen health problems, they realize almost all the procedures and subsequent support services have been performed by Hartford HealthCare entities. Following Smith’s second back surgery in the summer, Hartford HealthCare Center for Healthy Aging helped coordinate his successful transition home from a short-term rehabilitation facility. “It’s so nice to have someone you instantly trust that can handle any situation,” Pezze said, referring to Jennifer Labrie, resource coordinator, HealthCare Center for Healthy Aging.

Once home, Smith had assistance from a Hartford HealthCare at Home health aide who treated him with dignity and respect. Together they worked toward Smith’s goal: to safely maneuver a cellar staircase to access the home’s swimming pool; as a result, he was able to swim once again in early fall. He is now undergoing physical therapy for his back at the local Hartford HealthCare Rehabilitation Network location. “It’s been very helpful,” he said.

Even though she has had her own health issues and works as a home health aide, Pezze is best
known in Torrington as president of the Charlotte Hungerford Hospital Auxiliary, serving her third term. With more than 200 members, the auxiliary has raised and donated thousands of dollars to hospital services and programs since the organization was formed in 1916. “It’s important to give back to the community,” she explained about being an avid volunteer.

This fall, the couple returned to Fairview Farm Golf Course in Harwinton where they married to celebrate their 10th anniversary with their wedding party. They are taking life one day at a time setting new goals: Smith golfing and vacationing together in Maine.

Throughout the process, husband and wife said they felt like they have been part of the decision making. “The whole Hartford HealthCare system has made the many transitions easier. It’s been care at our fingertips,” Pezze said.

With 30,000 colleagues and total operating revenue of $4.3 billion, Hartford HealthCare has cultivated a strong, unified culture of accountability and innovation. Its care-delivery system, with more than 360 locations serving 185 towns and cities, includes two tertiary-level teaching hospitals, an acute-care community teaching hospital, an acute-care hospital and trauma center, three community hospitals, the state’s most extensive behavioral health network, a large multispecialty physician group, a clinical care organization, a regional home care system, an array of senior care services, and a large physical therapy and rehabilitation network. Hartford HealthCare’s unique, system-wide Institute Model offers a single, high standard of care in crucial specialties at hospital and ambulatory sites across Connecticut. The institutes include: Cancer, Heart and Vascular, Ayer Neuroscience, Orthopedics and Tallwood Urology. Visit Hartford HealthCare at www.HartfordHealthCare.org.

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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@HHCHCHealth.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:** ________________________________

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

☐ YES! ☐ NO THANK YOU
Tips for Maintaining your Brain

As we get older, we may become forgetful. There are opportunities to follow a healthy lifestyle to improve our brain health and reduce risk for developing other neurocognitive disorders such as dementia. Dementia is defined as a disorder that causes memory loss and impairs thinking to carry out everyday activities such as dressing, bathing, eating, walking, and socializing. Dementia is a result of physical changes in the brain. Here are some suggestions for incorporating brain wellness.

1. Improving vascular health is a great way to reduce risk of stroke, heart attack, atherosclerosis, and diabetes.
   - Avoid smoking
   - Eat a healthy diet rich in antioxidants
   - Control your blood sugar levels
   - Limit foods high in fat
   - Lose weight if you are overweight
   - Keep a healthy blood pressure
   - Regular exercise, 30 minutes a day if tolerated

2. Staying mentally active stimulates the brain.
   - Try new hobbies- puzzles, reading, and word games
   - Focus on one task at a time
   - Plenty of sleep

   - Stress management – meditation works!
   - Use a friend or family member to talk through your problems
   - Get involved in activities or events offered in your community

4. Medical Follow-up is necessary for preventative care.
   - Have regular medical examinations, at least once a year or more frequently as advised by your doctor
   - Take your medication as prescribed by your doctor
   - Be aware of any new conditions or changes in your body
   - Continue to manage your health conditions

For additional information about brain health and other issues related to aging, call Hartford HealthCare Center for Healthy Aging at 1.877.424.4641 (1.877.4AGING1) or visit http://HHCCenterForHealthyAging.org.

With 11 locations, Hartford HealthCare Center for Healthy Aging, a not for profit member of Hartford HealthCare Senior Services, provides access to services and information related to attaining optimal quality of life for seniors and their caregivers.
Keeping Memory Strong

Monday, March 23, 10:30am. Free. Cheshire Senior Center, 240 Maple Ave., Cheshire. This program offers tips to keep your brain sharp and 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.

Healthy Brain Series

Tuesdays, Feb. 3, 10 & 24 and March 2, 12:30-1:30pm. Free. Beckish Senior Center, 188 Route 66, Columbia. This four-part series will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions.

Session 1: Intro – Eat Brain Foods & Stay Hydrated

Session 2: Challenge Your Mind Daily – Activities to Stay Sharp

Session 3: Count Sheep – Be Creative and Have Fun

Session 4: Coping with Changes and Remaining positive

Presented by Adrianne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Beckish Senior Center, 860.228.0759.

Keeping Memory Strong

Monday, Feb. 10, 1pm. Free. Newington Senior & Disabled Center, 120 Cedar St., Newington. This program will offer tips to keep your brain sharp and activities to challenge the mind - all while having fun. Presented by Michelle Wyman, LSW, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Newington Senior & Disabled Center, 860.665.8778.

Keeping Memory Strong

Thursday, Jan. 23, 11am. Free. Noble Horizons, 17 Cobble Road, Salisbury. This program features strategies to keep your brain healthy and mind sharp along with challenging fun activities. Learn the difference between normal age-related changes and signs of concern. Presented by Jennifer Labrie, BA, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Caroline Kenny Burchfield, director of community relations, Noble Horizons, at cburchfield@churchhomes.org or 860.435.9851.

Understanding Alzheimer’s Disease & Dementia

Thursday, Jan. 9, 2pm. Free. Thomaston Senior Center, Town Hall, 158 Main St., Thomaston. Learn the difference between Alzheimer’s disease and dementia as well as some of the typical age-related changes that occur in the brain. Presented by Jennifer Labrie, BA, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Mary Ann Martin, municipal agent, 860.283.5989.

They Say I Have Dementia: What Does That Mean?

Tuesday, Jan. 14, 5-7pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. A diagnosis of dementia can be frightening for those affected by the syndrome, their family members and caregivers. Learn more about: signs and symptoms of dementia, different types of dementia and risk factors. Presented by Patty O’Brien, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. A light dinner will be provided. Registration required. Sponsored by Hartford HealthCare Center for Healthy Aging and Arbor Rose at Jerome Home. RSVP to Arbor Rose at Jerome Home, 860.229.3707.
The Hartford HealthCare Cancer Institute Geriatric Oncology program, in collaboration with Memorial Sloan Kettering Cancer Center, held an educational symposium on Oct. 26 to raise awareness about older adults with cancer and educate clinicians on how to tailor treatment and support of these patients based on their individual needs.

People ages 65 years and older have the highest incidence and mortality rates for cancer – a combination that makes the emerging field of geriatric oncology even more important. Aging is associated with various conditions that can significantly impact patients’ ability to tolerate treatment and their overall prognosis.

Unfortunately, older adults – especially those with aging-related conditions – are under-represented in clinical trials and therefore often treated based on data derived from a younger or fitter patient population. This results in some older patients being over- or undertreated due to limited evidence-based medicine guiding their care.

A comprehensive geriatric assessment can be an important tool to help identify vulnerabilities in older patients that are not detected by routine examination. The assessment can also predict potential treatment-related complications, estimate survival, and facilitate treatment decisions. Impairments identified by the assessment can guide supportive care interventions and improve outcomes.

To make an appointment with HHC Cancer Institute Geriatric Oncologist Rawad Elias, MD, visit https://hartfordhealthcare.org/RawadElias or call 860.249.6291.
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 23, 2020 | 10am–2pm
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: Hartford HealthCare
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
Farro Couscous
With brussels sprouts and cranberries
Farro adds texture to this couscous salad with brussels sprouts and cranberries

Ingredients:
- 1/2 cup Farro grain, dry
- 1-1/4 cup Water
- 3/4 cup Couscous
- 3 tbsp Kosher salt
- 1/8 tsp Ground black pepper
- 1/4 tsp Ground cumin
- 3/4 cup Cranberries, dried
- 12 oz brussels sprouts, fresh
- 2 tsp Minced garlic cloves, fresh
- 1 tbsp Oil, olive canola blend

Portion: 3/4 cups
Yields: 6

Method:
Cook farro in boiling water until tender, about 40 minutes. Drain and set aside. Doubles in volume when cooked. Bring water to a boil and add the couscous, cooked farro, salt and black pepper, cumin and dried cranberries.

Cover and steam off heat for 20 minutes. Fluff with fork.

Cut brussels sprouts in half and remove core. Flake leaves apart. Heat oil in skillet and saute brussels sprouts for about 5 minutes. Add garlic and saute for 2 more minutes. Add brussels sprouts to cooked couscous and mix well.

Chef’s notes:
Great served as a warm side dish or as a cold salad.

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.
CRANBERRIES ARE THE SUPERFOOD OF THE MONTH! They are America’s Original Superfruit® and one of only three fruits native to North America that are cultivated and sold in the United States. Cranberries grow on low-lying vines in bogs or marshes. When they are ready to be harvested in the fall, the bogs are filled with water and the cranberries float to the top to be scooped up. Cranberries float because they have four air chambers.

Cranberries are a versatile fruit that offers big health benefits in a little package, offering unique polyphenols not commonly found in other fruits. A serving of fresh cranberries is a good source of vitamin C and fiber.

Cranberries contain nutrients called PACs (pronounced “packs” or Proanthocyanidins) that play a role in helping to maintain urinary tract health. Want to switch things up? Yes, you can! Use cranberry juice cocktail in salad dressings or combine with seltzer for a fruity spritzer. Mix dried cranberries into whole grain side dishes such as quinoa, bulgur and brown rice, or use cranberry sauce or juice to create a marinade for chicken or meat.

Cranberries are easy and convenient to use in any form, making them a perfect fit for sweet and savory meals and recipes any time of day. You can find dried and frozen cranberries, along with cranberry juice and sauce year-round.

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 Ave., Southington, CT 06489.
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<th>Merchant Name</th>
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<tr>
<td>Beacon Prescriptions</td>
<td>543 W. Main St. New Britain</td>
<td>Free prescription delivery. M-F, 9-6pm</td>
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<tr>
<td>Bongiovanni Insurance &amp; Financial LLC</td>
<td>107 E. Main St. Meriden</td>
<td>10% off tax preparation</td>
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<tr>
<td>Casey’s Image Consultants</td>
<td>51 N. Main St. 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>441 N. Main St. Southington</td>
<td>$250 towards house cleaning when you buy or complete a home sale with Joyce Gibson</td>
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<tr>
<td>Colony Vision Care</td>
<td>60 Church St. Wallingford</td>
<td>20% off eyeglasses</td>
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<tr>
<td>Drain Surgeon</td>
<td>228 Corbin Ave. New Britain</td>
<td>10% off any plumbing repair work in residential housing</td>
</tr>
<tr>
<td>Eyewear Glasses</td>
<td>55 Meriden Ave. Southington</td>
<td>15% off any pair of glasses</td>
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<tr>
<td>Frank D. Marrocco, CPA</td>
<td>142 W. Main St. New Britain</td>
<td>Income Tax Preparation Services – 10% off</td>
</tr>
<tr>
<td>Giovanni’s Pizzeria</td>
<td>714 West St. 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 St. Meriden</td>
<td>10% off durable equipment &amp; prescription drugs/Free delivery to Meriden, Wallingford and Cheshire</td>
</tr>
<tr>
<td>Grant Chiropractic Health Center, LLC</td>
<td>1601 Meriden-Waterbury Tpk., Milldale</td>
<td>10% off non-insurance covered items</td>
</tr>
<tr>
<td>Greenbackers</td>
<td>744 Murdock Ave. Meriden</td>
<td>10% off regularly priced items</td>
</tr>
<tr>
<td>Hearing Health &amp; Wellness Center</td>
<td>710 M. St., Clock Tower Square Plantsville</td>
<td>One free Battery Club membership with every hearing aid purchase.</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 S. Main St. Plantsville</td>
<td>10% off any item. Present card prior to check out</td>
</tr>
<tr>
<td>Meriden YMCA</td>
<td>110 W. Main St. Meriden</td>
<td>BE OUR GUEST, your MyHealthy Advantage card entitles you to one free visit at the Meriden YMCA</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.*
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<tr>
<th>Merchant Name</th>
<th>Location</th>
<th>Discount/Service Details</th>
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<tbody>
<tr>
<td>Next Street Driver Rehab Services</td>
<td>Call for locations.</td>
<td>After clinical assessment, $25 off for driving assessment and $50 off for both clinical and driving assessment</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>Professional Vision Center</td>
<td>512 W. Main St. 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>
</tr>
<tr>
<td>Serafino’s Pharmacy</td>
<td>36 N. Main St. Southington</td>
<td>10% off prescriptions</td>
</tr>
<tr>
<td>Smokin’ With Chris</td>
<td>59 W. Center St. Southington</td>
<td>10% off on Wednesdays all day with the MyHealthy Advantage card</td>
</tr>
<tr>
<td>Southington Cheshire YMCA</td>
<td>29 High St., 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</td>
<td>200 Clark St. Milldale</td>
<td>15% off any service/free pickup &amp; delivery in most areas</td>
</tr>
<tr>
<td>Solinsky EyeCare LLC</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</td>
<td>103 Thayer Road Manchester</td>
<td>15% off packing, moving and content removal services.</td>
</tr>
<tr>
<td>Town Fair Tire</td>
<td>750 Queen St. 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>
</tr>
<tr>
<td>Wallingford Sew-Vac Center</td>
<td>95 Quinnipiac Ave. 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 W. Main St. 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>

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 Bonnie.Tormay@hhchealth.org or call 860.378.1268.

### Blood Pressure Screenings

**Southington Community YMCA**  
29 High St., Southington.  
**First Tuesdays, Jan. 7, Feb. 4 and March 3, 9:30-10:30am.**  
*Sponsored by Hartford HealthCare Center for Healthy Aging staff.*

**Wethersfield Community Center**  
30 Greenfield St., Wethersfield.  
**First Wednesdays, Feb. 5 and March 4, 11am-12pm.**  
*Sponsored by Cedar Mountain Commons and Jefferson House staff.*

**Southington Calendar House**  
388 Pleasant St., Southington.  
**First Thursdays, Jan. 2, Feb. 6 and March 5, 11am-12pm.**  
*Sponsored by Hartford HealthCare Center for Healthy Aging staff.*

**Plainville Senior Center**  
200 East St., Plainville.  
**Second Wednesdays, Jan. 8, Feb. 12 and March 11, 12:30-1:30pm.**  
*Sponsored by Mulberry Gardens of Southington staff.*

**Southington Calendar House**  
388 Pleasant St., Southington.  
**Last Tuesdays, Jan. 28, Feb. 25 and March 31, 10-11am.**  
*Sponsored by Southington Care Center staff.*

### Memory Screenings

Schedule an appointment for a free, confidential memory screening. These confidential 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. *Sponsored by Hartford HealthCare Center for Healthy Aging.*

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

**Hartford HealthCare Family Health Center, 2 Northwestern Drive, Bloomfield.** *Free.* Facilitated by Amina Weiland, CDP, CDCP, resource coordinator, Hartford HealthCare Center for Healthy Aging. **RSVP to Amina Weiland, 860.286.3236.**

**Hartford HealthCare Center for Healthy Aging at Jefferson House, 1 John H. Stewart Drive, Newington.** *Free.* Facilitated by Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging. **RSVP to Michelle Wyman, 860.666.7258.**

**Hartford HealthCare Center for Healthy Aging at Hartford HealthCare Medical Group, 1000 East Main St., Torrington.** *Free.* Facilitated by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. **RSVP to Jennifer Labrie, 860.496.6240.**

**Wednesday, Jan. 16, 10am-1pm.** *Free.* Beckish Senior Center, 188 Route 66, Columbia. Facilitated by Adrienne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. **RSVP to Beckish Senior Center, 860.228.0759.**

**Thursday, March 12, 10am-12pm.** *Free.* Ashford Senior Center, 25 Tremko Lane, Ashford. Facilitated by Adrianne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. **RSVP to Ashford Senior Center, 860.487.5122.**

### Bereavement Support Groups

*Sponsored by Hartford HealthCare at Home Hospice Care*

**First and third Wednesdays:** Jan. 15, Feb. 5 & 19 and March 4 & 18, 2-3:30pm. *Free.* Glastonbury Riverfront Community Center, 300 Welles St., Glastonbury. Facilitator Bill Pilkington, supervisor for pastoral and bereavement services. **For more information, call 860.493.7159.**

**First and third Thursdays:** Jan. 2 & 16, Feb. 6 & 20 and March 5 & 19, 11am-12:30pm. *Free.* 34 Ledgebrook Drive, Mansfield Center. Facilitator Ivan Bilyk, pastoral counselor supervisor. **For more information, call 860.493.7159.**


**Second and fourth Tuesdays:** Jan. 14 & 28, Feb. 11 & 25 and March 10 & 24, 5:30-6:30pm. *Free.* MidState Medical Center, 435 Lewis Ave., Meriden. Facilitator Doreen Bottone, MidState chaplain. **For more information, call 860.493.7159.**
Alzheimer’s and Dementia Support Group

First Tuesdays: Jan. 7, Feb. 4 and March 3, 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 and safety issues. Facilitated by Michelle Wyman, LSW, CDP Hartford HealthCare Center for Healthy Aging, and Elaine Reid, CDP. Sponsored by West Hartford Senior Center and Hartford HealthCare Center for Healthy Aging. RSVP to Michelle Wyman, 860.666.7258.

First Tuesdays: Jan. 7, Feb. 4 and March 3, 11:30am. Free. Institute of Living, 200 Retreat Ave., Donnelly Conference Room (1st floor), Hartford. See description above. Facilitated by Nancy March and Glynis Cassis, LCSW. Sponsored by Hartford HealthCare Institute of Living. RSVP to Laura Durst, 860.545.7234.


First Thursdays: Jan. 2, Feb. 6 and March 5, 10:30-11:30am. Free. Litchfield Community Center, 421 Bantam Road, Litchfield. See description above. Facilitated by Jennifer Labrie, BA, HS-BCP, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Jennifer Labrie, 860.496.6240.


Second Wednesdays: Jan. 8, Feb. 12 and March 11, 6:30-8pm. Free. Southington Care Center, Anna Fanelli Room, 45 Meriden Ave., Southington. See description above. This group is an affiliated support group of the Alzheimer’s Association Connecticut Chapter. Facilitated by Patty O’Brian, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Southington Care Center and Hartford HealthCare Center for Healthy Aging. RSVP to Patty O’Brian, 860.628.3833.


Diabetes Prevention

YMCA Diabetes Prevention Program

Tuesdays and Thursdays, Jan. 7 to March 26. Free. Sessions are offered 12:30 or 7pm. Southington Community YMCA, Spirit Mind Body Center, 130 N. Main St., Southington. This 12-week series incorporates exercise with education from health professionals including Hartford HealthCare registered dieticians, pharmacists and advanced practice registered nurses. This program is for individuals who have not already been diagnosed with Type 2 Diabetes. Participants receive a free three-month YMCA membership and guidance in the gym. For Southington residents only. For more information,
special programs and events

Parkinson’s Disease Support

Beat Parkinson’s Today
Mondays and Thursdays: Jan. 6, 9, 13, 16, 20, 23, 27 & 30, Feb. 3, 6, 10, 13, 17, 20, 24 & 27 and March 2, 5, 9, 12, 16, 19, 23, 26 & 30. Beginner – 2pm; Bronze – 3pm. Free. Chase Family Movement Disorders Center, 35 Talcottville Road, Suite 3, Community Well and Education Room, Vernon-Rockville. Beat Parkinson’s Today is an exercise program that can improve the quality of life for people with movement disorders by performing exercises that are functional to everyday living. Classes consist of boxing and functional interval exercises. Every workout is scalable to each individual. Classes encourage brain activation, challenge balance and stability, and teach proper technique and form. Registration required. RSVP online at beatpdtoday.com or call 860.463.3747.

Movement Disorders and Other Neurodegenerative Conditions: Support for Caregivers
Jan. 7, Feb. 4 and March 3, 10:30am-12pm. Free. Hartford HealthCare Health Center, Chase Family Community Wellness and Education Room - Suite 3, 35 Talcottville Road, Vernon. Open to caregivers of those with movement disorders and other neurodegenerative conditions. Discussion includes the many facets of caregiving in a safe, compassionate environment, providing an opportunity for caregivers to share their experiences and receive inspiration, guidance and validation. Presented by Amanda Brill, LCSW and Jennifer Mc-Caughey, MS, CDP. Sponsored by Chase Family Movement Disorders Center and Hartford HealthCare Center for Healthy Aging. RSVP to Amanda Brill, 860.696.4653.

Stroke Support Groups
Wednesdays, Jan. 8 and March 11, 3pm. Free. MidState Medical Center, 435 Lewis Ave., Conference Room 7 (3rd Floor), Meriden. This group provides support and education for stroke survivors and their caregivers/families. Light refreshments will be served. Facilitated by Christina Collin, stroke coordinator. Registration is not required. For questions, contact Christina Collin, 860.224.5900, ext. 6468.

Wednesdays, Feb. 12 and April 15, 3pm. Free. Hospital for Special Care, 2150 Corbin Ave., New Britain. See description above. Facilitated by Christina Collin, stroke coordinator. Registration is not required. For questions, contact Christina Collin, 860.224.5900, ext. 6468.

Cancer Support Groups
LIVESTRONG at the YMCA
Free. Cheshire Community YMCA, 961/967 S. Main St., Cheshire. Have you or someone you know, been diagnosed with cancer? Whether in treatment, in remission or you have beaten it, you are eligible to participate in the LIVESTRONG at the YMCA program. The Cheshire Community YMCA is seeking participants for the next session. Small group class meets twice weekly for 12 weeks. A full YMCA membership is included during the program. Contact John Phillips at 203.272.3150, ext. 511 or email jphillips@sccymca.org.

Therapeutic Art Group
Third Thursdays, Jan. 16, Feb. 20 and March 19, 5:30pm. Helen and Harry Gray Cancer Center - Taylor B Conference, 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. As individuals create bonds, they can offer mutual support while confronting the trials of treatment and recovery. Sessions offer new and inventive art directives, such as Inside/Outside Masks, Image Card making, Zen Garden Therapy, sculpture directives and more. No artistic ability is required. Presented by Lauren Ciborowski, Hartford HealthCare Integrative Medicine. Sponsored by Hartford HealthCare Integrative Medicine. RSVP to Lauren Ciborowski, 860.754.6154.

Informational Events
Avon
Meditative Painting
Thursday, Feb. 6, 6-8pm. Free. Hartford HealthCare Medical Group, 339 West Main St., Avon - Community Room. During this night of creativity and restoration, participants will be guided through a community meditation and learn several techniques of meditative painting. Please bring a blanket, yoga mat, and/or pillow. No experience is required. Presented by Lauren Ciborowski, Hartford HealthCare Integrative Medicine. Sponsored by Hartford HealthCare Integrative Medicine. RSVP to 1.855.HHC. HERE/ 1.855.442.4373.
Bristol
Vertigo: Signs, Symptoms and Management
Monday, Jan. 13, 10:30am. Free. Bristol Senior Center, 240 Stafford Ave., Bristol. Learn more about: basics of vertigo; causes and effects on patient’s lives; and how physical therapy can aid in the treatment. Presented by Michelle Carli, PT, Hartford HealthCare Rehabilitation Network. Sponsored by Hartford HealthCare Rehabilitation Network. RSVP to Bristol Senior Center, 860.584.7895.

Staying on Your Feet in the Ice and Snow
Wednesday, Feb. 5, 10:30am. Free. Bristol Senior Center, 240 Stafford Ave., Bristol. Keep yourself safe this winter – learn a few basic things we can do to prevent falls and injuries in the ice and snow. Presented by Kaitlyn McKenzie, exercise physiologist, GoodLife Fitness. Sponsored by GoodLife Fitness. RSVP to Bristol Senior Center, 860.584.7895.

How to Fall Safely
Wednesday, March 11, 10:30am. Free. Bristol Senior Center, 240 Stafford Ave., Bristol. Sometimes there’s no way to avoid a fall but you can at least prepare how to do it properly. Learn how to fall down the correct way forwards or backwards, all the details on how to do it safely to reduce the risk or lessen the severity of injury. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. Sponsored by GoodLife Fitness. RSVP to Bristol Senior Center, 860.584.7895.

Cheshire
How to Be Aware of Your Surroundings

Cough and Cold Medicines
Wednesday, March 11, 1:30pm. Free. Cheshire Senior Center, 240 Maple Ave., Cheshire. Learn what cough and cold medicines are safe and how to take them. Presented by Sean Jeffery, PharmD, CGP, FASCP, AGSF, and Christina Polomoff, PharmD, BCACP, BCGP, both pharmacists with Integrated Care Partners Hartford HealthCare Group and professors with 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
Monday, March 23, 10:30am. Free. Cheshire Senior Center, 240 Maple Ave., Cheshire. This program offers tips to keep your brain sharp and 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 GoodLife Fitness. RSVP to Cheshire Senior Center, 203.272.8286.

Columbia
Healthy Brain Series
Tuesdays, Feb. 3, 10 & 24 and March 2, 12:30-1:30pm. Free. Beckish Senior Center, 188 Route 66, Columbia. This four-part series will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions.

Session 1: Intro – Eat Brain Foods & Stay Hydrated
Session 2: Challenge Your Mind Daily – Activities to Stay Sharp
Session 3: Count Sheep – Be Creative and Have Fun
Session 4: Coping with Changes and Remaining positive – Presented by Adrienne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Beckish Senior Center, 860.228.0759.

Cromwell
Focused Awareness Meditation
Tuesday, Feb. 25, 12:30pm. Free. Cromwell Senior Center, 41 West St., Cromwell. 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. Participants are asked to bring a large towel or a small blanket with them for proper positioning in their chair. Presented by Maquita Sellers, exercise physiologist, GoodLife Fitness. Sponsored by GoodLife Fitness. RSVP to Cromwell Senior Center, 860.632.3447.

Ellington
Caring for Your Aging Parents
Monday, Jan. 27, 6:30pm. Free. Human Services Department, 31 Arbor Way, Ellington. As adult children take on caregiving responsibilities for their parents, they begin to manage their loved one’s finances, living situations, health issues, medical decisions, and other daily activities. Learn more about the impact on the physical and emotional health of caregivers and community resources to prepare for the
caregiving journey. Presented by Jennifer McCaughey, MS, resource coordinator. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Ellington Human Services Department, 860.870.3198.

**Farmington**

**Understanding Lymphedema**
Wednesday, Jan. 15, 1pm. Free. Farmington Senior Center, 321 New Britain Ave., Unionville. The World Health Organization estimates that over 250 million people worldwide live with lymphedema or chronic swelling, a disease that causes pain and limits mobility. Topics include: the causes and effects of swelling, ways to manage it, and how occupational and physical therapy can help. Presented by Sonia Bourgelas, OTR/L CLT-LANA, Hartford Hospital Rehabilitation Network. Sponsored by Hartford HealthCare Senior Services. RSVP to Farmington Senior Center, 860.675.2490.

**Granby**

**Hoarding Disorder: The Basics**
Tuesday, April 7, 1pm. Free. Granby Senior Center, 15 N Granby Road, #C, Granby. Hoarding is the persistent difficulty discarding or parting with possessions, regardless of their actual value. Topics include: symptoms, treatment options and available resources. Presented by Alyssa Nett, MA, Hartford Hospital, Institute of Living. Sponsored by Hartford HealthCare Senior Services. RSVP to Granby Senior Center, 860.844.5352.

**New Britain**

**Lunch and Learn: Men’s Health; A Urologist’s Perspective**
Thursday, Jan. 9, 12-1pm. Free. Hospital of Central Connecticut – New Britain Campus, 100 Grand St., Lecture Room 1&2, New Britain. Learn more about: Treatments for enlarged prostate causing urination issues; how erectile dysfunction may be a sign of other health concerns; treatment options for erectile dysfunction; plus, Q & A with the expert. Presented by John Griffith, MD, Urology, Hartford HealthCare Medical Group. A light lunch will be served. Seating is limited, registration required. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to 1.855.HHC.HERE/1.855.442.4373.

**They Say I Have Dementia - What Does That Mean?**
Tuesday, Jan. 14, 5-7pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. A diagnosis of dementia can be frightening for those affected by the syndrome, their family members and caregivers. Learn more about: signs and symptoms of dementia, different types of dementia and risk factors. Presented by Patty O’Brien, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Arbor Rose at Jerome Home. A light dinner will be served. Seating is limited, registration required. RSVP to Arbor Rose at Jerome Home, 860.229.3707.

**Meriden**

**Eating for Healthy Weight Loss**
Wednesday, March 11, 10:30am. Free. Meriden Senior Center, 22 W. Main St., Meriden. What does it mean to be healthy throughout the aging process? Learn how to eat healthier and be conscious of healthy eating no matter the age. Presented by Tracey Luciani, registered dietician, Southington Care Center. Sponsored by Hartford HealthCare Senior Services. RSVP to Meriden Senior Center, 203.237.0066.

**Hartford**

**Mental Health First Aid**
Saturdays, Jan. 11 and March 7, 8am. Free. Hartford Hospital, Institute of Living, Commons Building, 200 Retreat Ave., Hartford Room, 2nd Floor, Hartford. Just as CPR helps people assist an individual having a heart attack - even without clinical training - Mental Health First Aid enables individuals to assist someone experiencing a mental health-related crisis. Learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. After attending all eight hours, individuals will be certified in Mental Health First Aid. Sponsored by Hartford HealthCare Institute of Living. RSVP to 1.855.HHC.HERE/1.855.442.4373.

**Dinner with the Doc: Understanding Heart Disease**
Thursday, Feb. 20, 5-7pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. Learn more about: signs and symptoms; latest treatments; prevention methods. Presented by Andre Elias Ghantous, MD, FACC, chief of cardiology. A light dinner will be provided. Seating is limited, registration required. Sponsored by Arbor Rose at Jerome Home. RSVP to 1.855.HHC.HERE/1.855.442.4373.
New Hartford

Staying on Your Feet in the Snow & Ice
Wednesday, Jan. 8, 11:30am. Free. New Hartford Senior Center, 530 Main St., 3rd floor, New Hartford. Learn basic ways to prevent falls and injuries and keep yourself safe this winter. Presented by Susan Saya, PT, MBA, area rehabilitation manager, Hartford HealthCare Rehabilitation, and Jennifer Labrie, BA, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Diane Barrett, 860.379.3980.

Managing SAD – Seasonal Affective Disorder
Wednesday, Feb. 5, 11:30am. Free. New Hartford Senior Center, 530 Main St., 3rd Floor, New Hartford. Learn about the effects of both seasonal and holiday blues and ways to help manage and prevent. Presented by Tracy Morales-Gabelmann, LCSW, clinical coordinator – Adult Outpatient Behavioral Health, Charlotte Hungerford Hospital, and Jennifer Labrie, BA, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Diane Barrett, New Hartford Senior Center, 860.379.3980.

Do You Suffer From Painful or Tender Muscles? Learn about Dry Needling
Monday, March 16, 1pm. Free. Newington Senior & Disabled Center, 120 Cedar St., Newington. Trigger points are irritable, hard “knots” within a muscle that may cause pain over a large area, leading to difficulty performing everyday tasks. Dry needling is a treatment approach that releases the tight muscle bands and can lead to decreased pain and improved function. Presented by Matthew Reynolds, physical therapist, Hartford HealthCare Rehabilitation Network. Sponsored by Hartford HealthCare Senior Services. RSVP to Newington Senior & Disabled Center, 860.665.8778.

Plainville

Wound Healing 101
Thursday, Jan. 23, 10am. Free. Plainville Senior Center, 200 East St., Plainville. Learn about the seven essential steps of wound care and basic diabetic education. Presented by Dr. Nicholas Verdura, Hartford HealthCare Medical Group. Sponsored by Hartford HealthCare Senior Services. RSVP to Plainville Senior Center, 860.747.5728.

All About Arthritis
Thursday, Feb. 20, 1pm. Free. Plainville Senior Center, 200 East St., Plainville. Learn how dietary factors, free radicals and trauma can cause arthritis as well as how arthritis is diagnosed and what you can do to prevent it. Presented by Maquita Sellers, exercise physiologist, GoodLife Fitness. Sponsored by GoodLife Fitness. RSVP to Plainville Senior Center, 860.747.5728.

Understanding Arthritis
Wednesday, March 4, 11:30am. Free. New Hartford Senior Center, 530 Main St., 3rd Floor, New Hartford. Learn what can cause arthritis and factors that can contribute, as well as how to manage the symptoms to provide pain relief, improve movement and increase your ability to do daily activities. Presented by Susan Saya, PT, MBA, area rehabilitation manager, Hartford HealthCare Rehabilitation, and Jennifer Labrie, BA, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging.

CBD and Pain Management

Salisbury

Keeping Memory Strong
Thursday, Jan. 23, 11am. Free. Noble Horizons, 17 Cobble Road, Salisbury. This program features strategies to keep your brain healthy and mind sharp along with challenging fun activities. Learn the difference between normal age-related changes and signs of concern. Presented by

(Continued next page)
Jennifer Labrie, BA, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging. 
*Sponsored by Hartford HealthCare Center for Healthy Aging.* RSVP to Caroline Kenny Burchfield, director of community relations, Noble Horizons, at cburchfield@churchhomes.org or 860.435.9851.

**Memory Screenings**

Thursday, Jan. 23, 1-3pm. Free. Noble Horizons, 17 Cobble Road, Salisbury. These confidential 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. Presented by Jennifer Labrie, BA, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging. 
*Sponsored by Hartford HealthCare Center for Healthy Aging.* RSVP to Caroline Kenny Burchfield, director of community relations, Noble Horizons, cburchfield@churchhomes.org or 860.435.9851.

**Simsbury**

**Ending Loneliness: Finding a Meaningful Life**

Tuesday, Feb. 4, 1:30-2:30pm. Free. Simsbury Senior Center, 754 Hopmeadow St. #1, Simsbury. Loneliness is recognized as a public health issue. Research indicates that loneliness affects individuals’ physical, mental and emotional health. We will examine the causes of loneliness and find meaningful ways to fulfill your life. Presented by Amina Weiland, CDP, CDCP, and Luz Renteria, resource coordinators, Hartford HealthCare Center for Healthy Aging. 
*Sponsored by Hartford HealthCare Center for Healthy Aging.* RSVP to Simsbury Senior Center, 860.658.3273.

**South Windsor**

**Cancer Awareness**

Wednesday, Jan. 15, 1:30pm. Free. South Windsor Calendar House, 388 Pleasant St., South Windsor. Learn more about general cancer awareness followed by a bingo game based on the talk. Everyone will be a winner of a small prize. Presented by Linda Ivey, outreach educator, Hartford HealthCare Cancer Institute. 
*Sponsored by Hartford HealthCare Senior Services.* RSVP to South Windsor Calendar House, 860.621.3014.

**All About Arthritis**

Wednesday, Feb. 12, 1:30pm. Free. South Windsor Calendar House, 388 Pleasant St., South Windsor. Learn how dietary factors, free radicals and trauma can cause arthritis as well as how arthritis is diagnosed and what you can do to prevent it. Presented by Christine Solimini-Swift, exercise physiologist, GoodLife Fitness. 
*Sponsored by Hartford HealthCare Senior Services.* RSVP to South Windsor Calendar House, 860.621.3014.

**Cough and Cold Medicines**

Wednesday, March 11, 1:30pm. Free. Cheshire Senior Center, 240 Maple Ave., Cheshire. Learn what cough and cold medicines are safe and how to take them. Presented by Sean Jeffery, PharmD, CGP, FASCP, FNAP, AGSF, Pharmacist with Integrated Care Partners Hartford HealthCare Group & Clinical Professor, University of Connecticut School of Pharmacy and University of Connecticut School of Pharmacy students. 
*Sponsored by Hartford HealthCare Integrated Care Partners.* RSVP to South Windsor Calendar House, 860.621.3014.

**Do You Think You Have Acid Reflux?**

Friday, Feb. 7, 1pm. Free. South Windsor Senior Center, 150 Nevers Road, South Windsor. 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, and Christina Polomoff, PharmD, BCACP, BCGP, both pharmacists with Integrated Care Partners Hartford HealthCare Group and professors with University of Connecticut School of Pharmacy. 
*Sponsored by Hartford HealthCare Senior Services and Integrated Care Partners.* RSVP to South Windsor Senior Center, 860.648.6361.

**Growing Older Can Bring New Purpose**

Tuesday, March 3, 1pm. Free. South Windsor Senior Center, 150 Nevers Road, South Windsor. Growing older changes
things: Our physical beings, our outlook on life, our wisdom. Does that mean your purpose has to change along the way? Life might look different than we thought it would, but that’s okay. Presented by Kaitlyn McKenzie, exercise physiologist, GoodLife Fitness. Sponsored by GoodLife Fitness. RSVP to South Windsor Senior Center, 860.648.6361.

**Thomaston**

**Understanding Alzheimer’s Disease & Dementia**

**Thursday, Jan. 9, 2pm. Free. Thomaston Senior Center, Town Hall, 158 Main St., Thomaston.**

Learn the difference between Alzheimer’s disease and dementia as well as some of the typical age-related changes that occur in the brain. Presented by Jennifer Labrie, BA, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Mary Ann Martin, municipal agent, 860.283.5989.

**Torrington**

**Know How to Go**

**Wednesday, Jan. 15, 12-1pm. Free. Charlotte Hungerford Hospital, The Hungerford Center Conference Room, 780 Litchfield St., Torrington.**

Learn about transportation options in Northwest Connecticut including access to public, para-transit and ancillary transportation as well as programs and other resources for seniors and people with disabilities. Includes a round of Transportation Bingo. Presented by April Chaplin, Northwest CT regional mobility manager/ ombudsman for The Kennedy Center Inc., WCAA. Light refreshments will be served. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Jennifer Labrie, 860.496.6240.

**West Hartford**

**Understanding Arthritis**

**Wednesday, Jan. 15, 10:30am. Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford.**

Learn how dietary factors, free radicals and trauma can cause arthritis as well as how arthritis is diagnosed and what you can do to prevent it. Presented by Kaitlyn McKenzie, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare Senior Services. RSVP to 1.855.hhc.hErE/ 1.855.442.4373.

**Expectant Grandparents Class**

**Saturdays, Jan. 25 and March 28, 10am. $5 per person. Hartford Hospital Wellness Center at Blue Back Square, 65 Memorial Road, Suite 425, West Hartford.**

This class gives grandparents the opportunity to talk with a trained professional RN about birthing changes, baby care, infant feeding, safety concerns and how to share in the family experience. Presented by Sarah Thayer, community patient educator, Hartford HealthCare. RSVP to 1.855.HHC.HERE/ 1.855.442.4373.

**Common Sleep Disorders – Symptoms, Diagnosis and Treatments**

**Thursday, Feb. 6, 10am. Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford.**

Learn more about: recognizing sleep disorders, various sleep studies, and treatment options including sleep hygiene tips. Presented by Rob McArthur, RRT, clinical education specialist, Hartford HealthCare Sleep Disorders Centers. Sponsored by Hartford HealthCare Sleep Disorders Center. RSVP to Elmwood Senior Center, 860.561.8180.

**Wallingford**

**Living with Heart Disease**

**Friday, April 3, 10:30-11:45am. Free. Wallingford Senior Center, 238 Washington St., Wallingford.**

Learn about: heart failure and coronary artery disease, importance of energy conservation techniques and tips for home safety. Presented by David Santoro, OTR/L, adjunct instructor, Quinnipiac University Occupational Therapy program, and Occupational Therapy master’s program students. Sponsored by Hartford HealthCare Senior Services. RSVP to Wallingford Senior Center, 203.265.7753.
Ending Loneliness: Finding a Meaningful Life
Wednesday, Feb. 19, 10:30pm. Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford. Loneliness is recognized as a public health issue. Research indicates that loneliness affects individuals’ physical, mental and emotional health. We will examine the causes of loneliness and find meaningful ways to fulfill your life. Presented by Amina Weiland, CDP, CDCP, and Luz Renteria, resource coordinators, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Elmwood Senior Center, 860.561.8180.

Pain Treatment and CBD
Thursday, Feb. 27, 10-11am. Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford. Learn more about: diagnosing pain, conditions and treatment options. Presented by Michael Peshka, RN, Hartford HealthCare Pain Treatment Center. Sponsored by Hartford HealthCare Medical Group. RSVP to Elmwood Senior Center, 860.561.8180.

Wethersfield
Introduction to Zentangle
Saturday, Jan. 4, 9am. Free. Hartford HealthCare Medical Group, 1290 Silas Deane Highway, Wethersfield. Zentangle is a method of creating abstract art through structured patterns. Like yoga and meditation, the relaxed focus of Zentangle provides benefits which may include reduced stress and anxiety, relaxation and enhanced creativity. Introductory students will learn a brief background on this practice as well as several basic patterns. Everyone will create artwork to keep and supplies will be provided to practice with. Presented by Laura Marks, Hartford HealthCare Medical Group. Sponsored by Hartford HealthCare Medical Group. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Introduction to Soul Collage
Thursday, Jan. 9, 6pm. Free. Wethersfield Health Center, 1290 Silas Deane Highway, Wethersfield. Learn to access your intuition and wisdom, take a relaxing break from stress, renew your spiritual connection, or reconnect with your creativity. The simple process known as SoulCollage® mixes imagination and intuition using powerful images, scissors and glue to form a card to reflect your inner self. No artistic skills are needed. Learn the basics of SoulCollage and begin to create a deck of cards that becomes your own visual journal for accessing inner wisdom, daily guidance or simply as an avenue of self-expression. Presented by Lisa Huppert. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Zentangle Mandalas: Arts for Exhibition
Saturday, Jan. 11, 1pm. Free. Hartford HealthCare Medical Group, 1290 Silas Deane Highway, Wethersfield. This is a group project of Zentangle inspired mandalas. The creative series will be incorporated into Art for Healing's collaborative art exhibit, intended to honor the patients, survivors and caregivers of the Helen & Harry Grey Cancer Center. Certified art instructors, Laura Marks and Lori Oblinger, will guide participants through a series of tangles. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Crystal Singing Bowls Sound Healing
Tuesday, Jan. 14, 6:30pm. Free. Wethersfield, Hartford HealthCare Medical Group, 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 and entire body give off vibrational frequency. Crystal Singing Bowls resonate crystalline vibration, aligning with the body’s personal crystal vibration, supporting a healthy metabolism. Each specific vibration of the bowls awakens and stimulates not only the chakras, but also the organs, tissues, bone and cells of the body to remember the patterning for perfect health, calming the mind and ultimately triggering endorphins. Recipients often feel more energized, balanced, reduced pain and peaceful along with gaining deeper insight, perspective and clarity of thought. Participants may sit or lie down (bring yoga mat, blanket, pillow, eye covering and water). Facilitated by Priscilla Gale. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Advanced Zentangle Class
Saturdays, Jan. 25 and Feb. 8, 1pm. Free. Hartford HealthCare Medical Group, 1290 Silas Deane Highway, Wethersfield. The prerequisite to this class is Intro to Zentangle with this instructor. We will explore more complex tangles, and ways to layer and combine them, experimenting with various colors, textures, mediums, and shapes. Bring your starter kit! Facilitated by Laura Marks, Hartford HealthCare Medical Group. RSVP to 1.855.HHC.HERE/1.855.442.4373.
special programs and events

Willimantic
Veterans Coffee Talk
First Tuesdays: Jan. 7, Feb. 4 and March 3, 8:30-9:30am. Free. Windham Hospital, 112 Mansfield Ave., Bernard Desrosier Room, Willimantic. This monthly “coffee talk” and support group for veterans offers information about: presumptive diseases, service-connected disabilities, Aid & Attendance, Connecticut Veterans Wartime Service Medal, burial allowances for survivors of veterans, and more. Complimentary coffee and refreshments will be served. Facilitated by Joseph Zuzel, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to 860.456.6785.

Dementia and Caregiving: Focusing on the Person While Understanding the Disease Progression
Fridays, Jan. 10, 17, 24 & 31, 9:30-11am. Free. Windham Hospital, Johnson Room, 112 Mansfield Ave, Willimantic. Are you caring for someone with dementia? Do you want to more about the progression of the disease and good communication tips? Four-week program includes:
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. Presented by Adrianne DeVivo, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to 860.456.6785.

Live Well with Chronic Conditions
Mondays, Feb. 3, 10, 17 & 24 and March 2 & 9, 9-11:30am. Free. Windham Hospital, 112 Mansfield Ave., Willimantic. Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease, chronic pain, anxiety or depression? Or do you care for someone who does? Live Well with Chronic Conditions is a community-based six-week workshop series for adults and their caregivers who want to learn ways to manage their chronic diseases. Presented by Amina Weiland, CDP, CDCP, and Joseph Zuzel, resource coordinators, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Joseph Zuzel, 860.456.6785.

Windsor
The Best Gift is You: Putting Yourself First

Ending Loneliness: Finding a Meaningful Life
Wednesday, Feb. 12, 10-11am. Free. Windsor Locks Senior Center, 41 Oak St., Windsor Locks. Loneliness is recognized as a public health issue. Research indicates that loneliness affects individuals’ physical, mental and emotional health. We will examine the causes of loneliness and find meaningful ways to fulfill your life. Presented by Amina Weiland, CDP, CDCP, and Luz Renteria, resource coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Windsor Locks Senior Center, 860.627.1425.

Winsted
Making the Most of your Doctor’s Appointment
Wednesday, Jan. 29, 1pm. Free. Winsted Senior Center, 80 Holabird Ave., Winsted. With most doctors’ appointments being only 10 minutes, planning can lead to better results. With preparation, you may gain a better understanding of your health,
Lunch & Learn

Men’s Health: A Urologist’s Perspective
Thursday, Jan. 9, 12-1pm. Free. Hospital of Central Connecticut – New Britain Campus, 100 Grand St., Lecture Room 1&2, New Britain. Learn more about: treatments for enlarged prostate causing urination issues, how erectile dysfunction may be a sign of other health concerns, treatment options for erectile dysfunction, plus, Q & A with the expert. Presented by John Griffith, MD, Urology, Hartford HealthCare Tallwood Men’s Health. A light lunch will be served. Seating is limited, registration required. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to 1.855.HHC.HERE/1.855.442.4373.

What’s Ahead at Southington Public Library
Thursday, Feb. 20, 12-1pm. Free. Hospital of Central Connecticut, Bradley Campus, 45 Meriden Ave., Conference Room A, Southington. Learn more about the upcoming renovation project, referendum and library programming. Q & A with the director will follow. Presented by Kristi Sadowski, executive director, Southington Public Library. A light lunch will be served. Registration required. Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to 1.855.HHC.HERE/1.855.442.4373.

Dinner with the Doc

They Say I Have Dementia: What Does That Mean? Tuesday, Jan. 14, 5-7pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. A diagnosis of dementia can be frightening for those affected by the syndrome, their family members and caregivers. Learn more about: signs and symptoms of dementia, different types of dementia and risk factors. Presented by Patty O’Brian, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. A light dinner will be provided. Registration required. Sponsored by Hartford HealthCare Center for Healthy Aging and Arbor Rose at Jerome Home. RSVP to Arbor rose at Jerome home, 860.229.3707.

Dinner with the Experts: Dementia Wednesday, Jan. 22, 5-7pm. Free. Southington Care Center, 45 Meriden Ave., Southington. Learn more about: conditions associated with dementia, diagnosis and treatment options, and steps after diagnosis. Presented by Amy Sanders, MD, MS, FAAN, director, Memory Care Center at Hartford HealthCare Ayer Neuroscience Institute,
and Patty O’Brien, dementia specialist, Hartford HealthCare Center for Healthy Aging. A light dinner will be served. Seating is limited, registration required. 

**Sponsored by Southington Care Center. RSVP to 1.855.HHC.HERE/1.855.442.4373.**

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**Center for Healthy Aging Informational Series**

**Healthy Brain Series**

This five-part series offers tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions.

**Session 1:** Intro – Eat Brain Foods & Stay Hydrated

**Session 2:** Challenge Your Mind Daily – Activities to Stay Sharp

**Session 3:** Coping with Changes and Managing Stress – Be Social

**Session 4:** Count Sheep – Be Creative and Have Fun

**Session 5:** Be Positive – Find a Purpose

Presented by Patty O’Brien, CDP, and Michelle Wyman, LSW, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. 

**Sponsored by Hartford HealthCare Center for Healthy Aging.**

**Open Houses**

**Cedar Mountain Commons**

3 John H. Stewart Drive, Newington. Saturdays, Jan. 4, Feb. 1, March 7, 10am-2pm. Just stop by. 

**Information:** 860.665.7901.

**Arbor Rose,** 975 Corbin Ave., New Britain. Sundays, Jan. 19, Feb. 16 and March 15, 10am-2pm. Just stop by. 

**Information:** 860.229.3707.

**The Orchards at Southington**

34 Hobart St., Southington. Saturdays, Jan. 11, Feb. 8 and March 14, 10am-2pm. Just stop by. 

**Information:** 860.628.5656.

**Mulberry Gardens of Southington,** 58 Mulberry St., Plantsville. Jan. 4, Feb. 8 and March 14, 10-2pm. Just stop by. 

**Information:** 860.276.1020.
A full life for people with Alzheimer’s

We’re helping people with Alzheimer’s and other forms of dementia to lead complete and fulfilling lives, despite their diagnosis. We offer:

• Highly trained staff nationally certified in Alzheimer’s care
• Day programs for community members with dementia
• Beautiful, homelike assisted living facilities, with small neighborhood dining and living areas
• Power generators and quiet care technology to keep our residents safe
• Visiting physicians
• Easy access to other care, as needed, through our partnership with Hartford HealthCare

For more information, call 860.276.1020 or visit MulberryGardens.org