

Winter 2021

# Advantage News

A publication for MyHealthy Advantage members



MyHealthy   
Advantage

# Hartford HealthCare Center for Healthy Aging

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](http://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  
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 [hhcseniorservices.org](http://hhcseniorservices.org)

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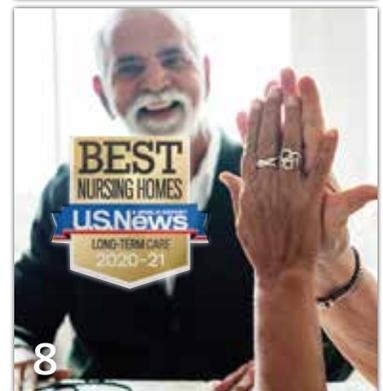
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## HOW TO REACH US

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

### Hartford HealthCare Center for Healthy Aging

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

For a Center location near you:  
1.877.424.4641  
[HHCCenterForHealthyAging.org](http://HHCCenterForHealthyAging.org)

### Jerome Home / Arbor Rose

Assisted living, memory care, short-term rehabilitation and long-term care  
[JeromeHome.org](http://JeromeHome.org)  
975 Corbin Avenue  
New Britain, CT 06052  
860.229.3707  
\*managed by Hartford HealthCare

### Mulberry Gardens

Assisted living, memory care and adult day center  
[MulberryGardens.org](http://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](http://SouthingtonCare.org)  
45 Meriden Avenue  
Southington, CT 06489  
860.621.9559

### The Orchards at Southington

Independent and assisted living  
[SouthingtonOrchards.org](http://SouthingtonOrchards.org)  
34 Hobart Street  
Southington, CT 06489  
860.628.5656

### Cedar Mountain Commons

Independent and assisted living  
[CedarMountainCommons.org](http://CedarMountainCommons.org)  
3 John H. Stewart Drive  
Newington, CT 06111  
860.665.7901

### Hartford HealthCare Independence at Home

[HHCIndependenceathome.org](http://HHCIndependenceathome.org)  
1.888.863.2771

### Jefferson House

Short-term rehabilitation, long-term care and outpatient therapy  
[JeffersonHouse.org](http://JeffersonHouse.org)  
1 John H. Stewart Drive  
Newington, CT 06111  
860.667.4453

### Hartford HealthCare Rehabilitation Network

[HHCRehabNetwork.org](http://HHCRehabNetwork.org)  
181 Patricia M. Genova Drive  
Newington, CT 06111  
860.696.2500

### Hartford HealthCare at Home

[HHCatHome.org](http://HHCatHome.org)  
888.863.2771

### Hartford Hospital Medical Group at Duncaster

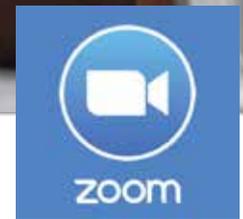
860.380.5150

### Other Hartford HealthCare Partners

Backus Hospital  
Charlotte Hungerford  
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](http://HartfordHealthCare.org)



# Making Zoom Easy: Tips and Instructions for Joining a Virtual Event



Hartford HealthCare Center for Healthy Aging, a not for profit member of Hartford HealthCare Senior Services, offers many educational events each year, often in conjunction with area senior centers. When the pandemic imposed in-person restrictions, the Center for Healthy Aging switched gears by offering pertinent health information through virtual classes and video conferencing, often on the virtual platform “Zoom.” By following prompts below, participants will find it easy to join Hartford HealthCare online events offered on “Zoom.”

**If this is your first time using Zoom, here are some tips that may be useful.**

- You can visit the Zoom website to learn more about joining a meeting (<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>).
- Before joining a Zoom meeting room on a computer or mobile device, you can download the Zoom app (<https://zoom.us/>

**download**). Otherwise you may be prompted to download and install Zoom when you click a join link.

- You can test meeting to become more familiar (<https://zoom.us/test>).
- It is helpful to join a virtual event 5 to 10 minutes early.

**Instructions for joining a virtual event:**

1. Register for a virtual event by calling **1.855.HHC.HERE/ 1.855.442.4373** or visit **HartfordHealthCare.org/VirtualClasses**  
After registration, you will be emailed instructions and a link to join the class.
2. Click the Zoom invitation link for a virtual event.
3. You will enter the waiting room and be prompted that your provider will be with you shortly. When the event begins, the host will allow attendants to join.

*(Continued next page)*

\*Signing in is free. However, if you choose not to sign in, you will be asked to enter name to be displayed.

\*If you have Zoom Client installed, you will be prompted to launch meeting. Otherwise, click download and run Zoom.

### Alternate options for joining a virtual event:

#### Web browser:

1. Open web browser (i.e. Google Chrome, Internet Explorer, Safari etc.)
2. Go to [join.zoom.us](https://join.zoom.us)
3. Enter your Meeting ID (11-digit number) provided by the host/organizer.
4. Click Join.

\*If this is your first time joining from Google Chrome, you will be asked to open the Zoom client and open URL Zoom launcher.

\*If you are joining from Safari, you may be asked to open zoom.us, click Allow.

\*If this is your first time joining from Firefox, you may be asked to open Zoom or the Zoom installer package.

**Phone:** If an individual wishes to join the Zoom event through their phone (landline or mobile device), this may be an option if you have been provided the Meeting ID number and phone number for dialing in.

1. Dial phone number from Zoom invite.
2. Enter the Meeting ID number (11-digit number) from Zoom invite followed by entering # (pound) sign.

To learn more about or to register for online classes offered by Hartford HealthCare, including the Center for Healthy Aging, visit [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses) or call **1.855.HHC.HERE/ 1.855.442.4373.** 

References: Zoom. (2020). *Joining a meeting.* <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>



## Hartford HealthCare's 'Partnership for the Ages' Serves Senior Population in Northwestern Connecticut

Hartford HealthCare's 'Partnership for the Ages' Serves Senior Population in Northwestern Connecticut

Litchfield County is not only the biggest county in Connecticut but it has the largest segment of

people age 65 and older, according to the state Office of Legislative Research. To better meet the health care needs of older adults, it seemed only natural for Hartford HealthCare to expand senior services in that region.

A central location at 1000 E. Main St. has become a health hub for the older population. The network includes Hartford HealthCare Medical Group with primary care providers and a geriatrics component, HHC Center for Healthy Aging, HHC Rehabilitation Network, and GoHealth Urgent Care. This partnership is providing a seamless, holistic approach to health care for senior adults living in the Northwest region.

Hartford HealthCare Medical Group board-certified providers are committed to delivering high-quality personalized care. Among them is Dr. Rachna Valvani, a geriatrician - a physician who specializes in individuals 55+ years old and diseases that affect them. The geriatric assessment approach is comprehensive, involving a multidisciplinary team. Valvani's focus on the aging includes geriatric evaluations, cognitive impairment, memory issues, dementia and post-acute care.

"I am passionate about comprehensive medical care for older adults and focus on collaborating with all health care team members to address a patient's overall health and well-being," she said.

The Torrington office is just one of 12 sites where the Center for Healthy Aging offers connections to essential information and services that can benefit seniors, their loved ones and caregivers. This fall, Melissa Garthwait, BSW,

joined the Center for Healthy Aging team to provide resource coordination in the Litchfield County area.

This partnership has proven to be successful: the department of geriatrics manages the medical aspects of wellness and aging while the Center for Healthy Aging coordinates in-home services, state programs, transportation, Medicare counseling and more. Having this connection with the Center for Healthy Aging is "not only invaluable but indispensable," Valvani said.

The Hartford HealthCare Torrington location is emerging as a one-stop shop for older adults seeking a wide range of health services. Together, this team is helping individuals and families achieve an optimal quality of life during the senior years. 

— By Nancy Becker, MA, CMC, Hartford HealthCare Center for Healthy Aging, and Rachna Valvani, MD

*Hartford HealthCare Center for Healthy Aging is a not for profit member of Hartford HealthCare Senior Services. Each of the 12 resource and assessment centers are 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 <https://HHCcenterforhealthyaging.org> or call 1.877.424.4641.*



Dr. Rachna Valvani



Melissa Garthwait, BSW

### Contact information:

Hartford HealthCare Medical Group – Geriatrics, 860.380.5150

Hartford HealthCare Center for Healthy Aging – Torrington, 860.496.2653

### When should I see a geriatrician?

If you are experiencing one or more of geriatric syndromes:

- Visual or hearing loss
- Dizziness and syncope (fainting)
- Swallowing and feeding problems
- Urinary incontinence
- Falls or gait impairment
- Frailty
- Osteoporosis
- Dementia or changes in memory
- Behavioral changes related to aging or dementia
- Delirium
- Sleep Disorders



# Overcoming the Coronavirus at age 96 and Getting Back to Living the ‘GoodLife’

Photo by Rusty Kimball

AT THE GOLDEN AGE of 96, Jerome Home resident Grace Abrahamson has lived through historic events like the Great Depression of 1929, World War II in 1939, and the Apollo 11 landing on the moon in 1969.

One thing that she never thought she would experience in her lifetime, however, was a global pandemic. A lifelong Kensington resident, Abrahamson has had many life experiences, including working for 40 years in the Industrial Supply Office Management field following her days of being a clothing accessory model for “Maddie’s Hatties.”

After living alone for nine years following the death of her beloved husband of 50 years, she and her son ultimately decided it was best for her to move in 2015 to Jerome Home. Located at 975 Corbin Ave. in New Britain, Jerome Home is an assisted living community, managed by Hartford HealthCare Senior Services, that also offers skilled nursing and inpatient/outpatient rehabilitation.

Eager to continue her normal 5-mile walking routine, Abrahamson was elated to discover the GoodLife Fitness program, especially since her doctor discouraged her from walking the grounds alone due to her declining vision. She began a personalized fitness program working with the on-site exercise physiologists twice a week and was able to maintain her normal routine as well as achieve new goals.

Then in May 2020, she contracted COVID-19. Although she was fortunate to have only mild symptoms, she was also “battling” a personal loss of a dear friend. To occupy her 14 days in quarantine, she listened to books on tape and walked laps around the floor in her room to stay as ac-



*Grace Abrahamson, under the guidance of exercise physiologist Maquita Sellers, works out on an exercise bike on a warm fall day outside Jerome Home.*

tive as possible. After completing the isolation period and testing negative, she wasn’t as anxious as she expected to be to resume her regular life, once she accepted that the world as she knew it would never be the same.

Although Abrahamson had many reservations about starting a new chapter, the one place she felt comfortable was the GoodLife Fitness Center. She began her transition slowly by walking at a moderate pace on the treadmill, but she soon found she was strong enough to resume her normal 30-minute/5-mile vigorous workout on the upright stationary bike or “Thunder” as she has appropriately named it.

She attributes her successful recovery to keeping a positive attitude and the love and care of those around her. “Always look at the lighter side of life,” she said. 

— By Maquita Sellers, exercise physiologist, Jerome Home

Jerome Home, managed by Hartford HealthCare Senior Services, is located at 975 Corbin Ave. in New Britain. Jerome Home offers skilled nursing, inpatient/outpatient rehabilitation, residential care, memory care and assisted living. **For more information about Jerome Home, visit [www.JeromeHome.org](http://www.JeromeHome.org).**

## New Dementia Care Partner Resource Guide Supports Caregivers in Their Journey

Caregiving is not intuitive - especially for an individual with Alzheimer's disease or dementia - and can be challenging and overwhelming at times. To provide helpful information and support caregivers in their work, Hartford HealthCare Center for Healthy Aging recently published version three of Dementia Care Partner Resource Guide.

"This guide is meant to serve as a road map to help you navigate those challenges and anticipate changing needs so that you can recognize and appreciate the moments of joy," said Wendy Martinson, MSN, RN, director of Hartford HealthCare Center for Healthy Aging.

Topics include an introduction to dementia, understanding behaviors, good communication, safety issues, structuring a day with activities, handling legal and financial matters, care options and taking care of the caregiver. The guide also enhanced its appendix offerings of resources including related books and websites.

New in this edition is a specific chapter on Younger Onset Dementia, a term used for people who develop dementia under the age of 65. Many of these people have symptoms in their 40s - younger people who often have different needs and require different support. The new version also addresses driving, how to partner with your rehabilitation therapy team, expanded updates on safety measures and behavior management techniques.

"We think that the Dementia Care Partner Guide is an important resource when facing caregiving challenges," Martinson said. "Please know that Hartford HealthCare Center for Healthy Aging is ready to partner with those with dementia and their families." 

To access the virtual guide, visit [hhchealthycare.org](http://hhchealthycare.org); click on "Patient Support" and select the link to the guide. Printed copies of the Dementia Care Partner Resource Guide are available by calling Hartford HealthCare Center for Healthy Aging at 1.877.424.4641.

## 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](mailto: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



## Family Selects Mulberry Gardens as Ideal Living Option During Trying Times

Fran Lapila, by her own description, is a very social person who loved spending time with friends and family. “We’d go out to have lunch, dinner or sometimes go shopping,” she said.

However, that was before the pandemic hit in March and society shut down. Her social visits suddenly ceased. Lapila, who lived alone and considered herself independent, was overwhelmed. “It was horrible, just awful. I didn’t know what to do to pass the day away,” she said, recalling that sometimes she realized she was even talking to herself.

A diabetic and cancer survivor, Lapila couldn’t take any risks of being exposed to COVID-19. Her daughters, Tricia Cowell and Christa Williams, were worried. “We definitely knew that mom was not in a good place,” Williams said, referring to her mother’s declining physical and mental well-being.

Williams knew about the independent and assisted living communities affiliated with Hartford HealthCare Senior Services. She saw the strict safety protocols that were in place and evaluated the factors in having her mother move to Mulberry Gardens, a 97-apartment senior living community located at 58 Mulberry St. in the Plantsville section of Southington.

When Lapila moved in two days before the Fourth of July, the family felt that Mulberry Gardens was excellent in ensuring her health and safety with stringent protocols in place. At first she and other residents ate in their rooms but in late summer they began to dine in the dining rooms. She also discovered that she loved going to the GoodLife Fitness Center each day where she rides an exercise bike under the guidance of exercise physiologist Michele Boisvert. She also joined in other socially distanced activities.

Family saw a complete transformation when they visited with their mother first outside and now indoors. “I saw a complete turnaround in my mom,” Williams said. “She’s eating right and exercising daily.”

Lapila said she feels like a new woman. “My days are now full and I love it,” she said. Moving to Mulberry Gardens “brought back a lot of my life. I’m happy.”

*Mulberry Gardens of Southington, a member of Hartford HealthCare Senior Services, is a not for profit assisted living, adult day and memory care community located at 58 Mulberry St. in Southington. For more information about Mulberry Gardens of Southington, visit <http://mulberrygardens.org>*



# When is Assisted Living Right?

## 10 Tips to Consider a Move

Are you concerned about an older loved one who is living at home alone – are they physically and mentally able to live there safely? Do they need assistance in their day-to-day activities, forget to take their medications or are having difficulty with personal hygiene? Are they lonely? You, too, may be dreading driving in icy weather, foregoing picking up groceries, finding yourself more sedentary or tired of home maintenance.

When such questions arise and limitations become evident, it could be time to consider assisted living for an older family member or yourself.

Hartford HealthCare Senior Services offers 10 common concerns to consider when evaluating a move:

- 1) Your family home is too large or expensive for one or two people:** Assisted living has a variety of options – studio, one- or two-bedroom apartments or suites.
- 2) Caring for your home is overwhelming:** No outside chores necessary, housekeeping is included and laundry services are available.
- 3) No longer are able to handle personal care:** Assistance is available.
- 4) Cooking daily meals is a chore:** Enjoy three healthy and delicious meals each day.
- 5) Confused about your medications:** Certified Nursing Assistants can help.
- 6) Feeling isolated or lonely:** There are many social activities and opportunities to make new friends, just a short walk within the community.
- 7) Seeing a decline in balance and strength or feeling inactive:** The GoodLife Fitness Center is on-site where you can exercise with the guidance of an exercise physiologist.
- 8) Concerned about losing electricity during a power outage:** Full-generator support keeps the communities running smoothly.

**9) No longer able to drive:** Transportation services can take you to appointments or stores.

**10) Worried about returning home following a hospital stay or short-term rehabilitation:** Respite stays are available.

*To learn more about how assisted living at a Hartford HealthCare Senior Services community could be your best decision, call Cheryl Olson, community outreach manager, at 860.681.9909.*

### **Arbor Rose at Jerome Home**

975 Corbin Ave., New Britain, CT 06052

860.229.3707

[JeromeHome.org](http://JeromeHome.org)

### **Cedar Mountain Commons**

3 John H. Stewart Drive, Newington, CT 06111

860.665.7901

[CedarMountainCommons.org](http://CedarMountainCommons.org)

### **Mulberry Gardens of Southington**

58 Mulberry St., Plantsville, CT 06479

860.276.1020

[MulberryGardens.org](http://MulberryGardens.org)

### **The Orchards at Southington**

34 Hobart St., Southington, CT 06489

860.628.5656

[SouthingtonOrchards.org](http://SouthingtonOrchards.org)





## Hartford HealthCare Senior Services Skilled Nursing Facilities Named U.S. News & World Report 2020-21 Best Nursing Homes



Three skilled nursing facilities which are part of Hartford HealthCare Senior Services were recently recognized as Best Nursing Homes for 2020-21 by U.S. News & World Report. Southington Care Center in Southington, Jefferson House in Newington, and Jerome Home (managed by Hartford HealthCare) in New Britain were among the 21% of U.S. skilled nursing facilities to receive this recognition.

All three skilled nursing facilities earned Best Nursing Homes status by achieving a rating of “High Performing,” the highest possible rating, for Short-Term Rehabilitation and Long-Term Care. U.S. News & World Report gives the designation of Best Nursing Homes only to those homes that satisfy U.S. News’ assessment of the appropriate use of key services and consistent performance in quality measures.

“This is a wonderful recognition and a true testament to the commitment of our staff to deliver the highest quality of care to the residents entrusted to our care. Quality and safety has always been - and will continue to be - our greatest priority,” said Lisa Connolly, vice

president, Hartford HealthCare Community Network.

Now in its 11th year, the U.S. News Best Nursing Homes ratings and profiles offer comprehensive information about care, safety, health inspections, staffing and more for nearly all of the nation’s 15,000-plus nursing homes.

“U.S. News strives to provide access to information that allows consumers to make educated decisions on all types of care,” said Ben Harder, managing editor and chief of health analysis at U.S. News. “Updating the profiles to include a patient safety summary that highlights COVID-19 data paired with other measures of care arms families, caregivers and patients with the information needed to make a decision that keeps safety at the highest priority.”

For more information about U.S. News & World Report ratings, visit <https://health.usnews.com/health-news/best-nursing-homes/articles/faq-how-we-rate-nursing-homes>. For more information about Hartford HealthCare Senior Services communities and services, visit <https://HHCSeniorServices.org>

## Hartford HealthCare Senior Services

Hartford HealthCare Senior Services, a member of Hartford HealthCare, includes: Southington Care Center, Mulberry Gardens of Southington, The Orchards at Southington, Jefferson House, Cedar Mountain Commons, Mulberry Gardens Adult Day Centers, Hartford HealthCare Center for Healthy Aging, and managed communities Jerome Home and Arbor Rose. **For more information about Hartford HealthCare Senior Services, visit <https://HHCSeniorServices.org>**

## About U.S. News & World Report

U.S. News & World Report is the global leader in quality rankings that empower people to make better, more informed decisions about important issues affecting their lives. A digital news and information company focused on Education, Health, Money, Travel, Cars and News USNews.com provides consumer advice, rankings and analysis to serve people making complex decisions throughout all stages of life. More than 40 million people visit **USNews.com** each month for research and guidance. Founded in 1933, U.S. News is headquartered in Washington, D.C.

# Center for Healthy Aging supports caregivers in their challenges through various groups

Support groups can often provide the perfect venue for people who have concerns or wish to share useful insights and experiences. Hartford HealthCare Center for Healthy Aging, which previously offered in-person support groups, has transitioned to virtual and call-in groups.

However, there is another option now on Facebook: the Hartford HealthCare Center for Healthy Aging Support Group. This “page” is specifically for families and caregivers who have questions or comments pertaining to aging. Concerns might include behavior changes, transition of care to assisted living, home healthcare, community services or end of life planning. A Center for Healthy Aging professional will oversee the Facebook page to provide helpful answers and resources to support users in their caregiving roles.

“Facebook allows people to connect with others, share experiences and seek advice in a safe way. We offer virtual support groups, but a Facebook group allows people to ask questions, provide insight and share experiences in real time,” said Adrienne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. “Caregivers don’t have to wait for the next support group to talk about what is on their mind - they can share it in the moment.”

To join the discussion, sign in to Facebook and search “Hartford HealthCare Center for Healthy Aging Support Group.”

Established more than 15 years ago, Hartford HealthCare Center for Healthy Aging is a resource and assessment center designed to enhance access to services and information related to attaining an optimal quality of life for seniors and their caregivers. Services include free home safety assessments, care coordination, connection with dementia professionals and transitional care nurses, and free virtual classes as well as pay-for-service geriatric care management. **;**

For more information about the Hartford HealthCare Center for Healthy Aging Support Group on Facebook or to connect with the Center for Healthy Aging in other ways, call **1.877.4AGING1/ 1.877.424.4641** or visit **[www.hhccenterforhealthyaging.org](http://www.hhccenterforhealthyaging.org)**

**Virtual Group:** Hartford HealthCare Center for Healthy Aging in conjunction with Berlin-Peck Memorial Library offers a virtual caregivers support group on the third Monday of every month from 1 to 2:30pm. To register and to learn how to join, call Patty O’Brian, dementia specialist, at **203.859.1992**.

**Call-In Group:** Hartford HealthCare Center for Healthy Aging also offers a call-in support group on Fridays, 2pm. At the meeting time, participants can call **860.972.6338** and enter **access code 19623#**. New people are always welcome.

# Roasted Red Pepper Stuffed Chicken Breast



## Ingredients:

- 1 pound** chicken breast
- 2** large roasted red peppers (from a jar), cut into flat sheets
- Dried basil
- Onion powder, garlic powder
- 2/3 cup** canned diced tomatoes with juice
- Salt
- Pepper
- 1/2 tbs.** extra-virgin olive oil
- 1/4** lemon
- 1 cup** baby spinach

## Directions

- 1.** Sauté spinach in ¼ TBSP of olive oil.
- 2.** Slice a pocket into the side of each chicken breast with a knife. Sprinkle the inside surfaces of the pocket generously with dried basil, onion powder and garlic powder. Then add the spinach and roasted pepper and close it up with a couple toothpicks.
- 3.** Season the outside of the chicken breast on both sides with pepper.
- 4.** Add additional olive oil to the skillet used to sauté spinach. Heat the skillet over medium heat (6 out of 10) and wait for it to get hot before adding the chicken – the chicken breasts should sizzle when you put them in the pan. Cook the chicken on one side until golden brown, then flip and cook until the other side is golden, too.
- 5.** Add the tomatoes with their juice and squeeze in the juice from the lemon. Cover the skillet and turn heat down to medium-low (3 out of 10) Simmer for 15 minutes.
- 6.** Take the lid off and raise the heat back up to boil off the liquid and thicken the sauce. Put the chicken on plates and pour the sauce over. Make sure to hit the veggies too, the sauce is great on them!

## 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](mailto:SeniorTransportationServices@Yahoo.com)**





# Choosing the Right Private Duty Caregiver

Choosing a caregiver for yourself or a loved one can seem like an overwhelming task. The following are questions to ask and points to follow when choosing a private duty caregiver.

- 1. Do you need hands-on care? Help around your home? Companionship?**
  - If you need hands-on care, you want to make sure that you find an agency which hires only Home Health Aides or Certified Nurses Aides. These people have taken specific training courses so they are able to properly and effectively care for people.
  - If you need help with cleaning your home or meal preparation then you need a homemaker.
  - If you would like someone to play cards with, to read the newspaper out loud or go for a drive, then you may be interested in a companion.
  - All of these roles can be combined and tailored to your needs.
- 2. Request an experienced caregiver – a person with at least one year or more of experience.**
- 3. Make sure someone from the private duty caregiving company comes out to your home**

and interviews you to find out your interests and your needs. This ensures they will make the best match of your needs and the caregiver's experience and interests.

- 4. Feel free to interview a few caregivers to ensure you find the right individual.**
- 5. Make sure your caregiver has been drug tested, had a national and state background check conducted by their private duty company, and has gone through HIPAA training. Also, it is important if you are looking for care for your loved one with dementia, that the caregiver has had specific dementia training.**
- 6. Lastly, you are in the driver's seat. If the individual is not the perfect match for you or your loved one, request a new caregiver.**

*Hartford HealthCare Independence at Home, a not for profit member of Hartford HealthCare, provides trusted care through personal care assistants, live-ins, companions and homemakers, offering an ideal alternative to assisted living or nursing home care to maintain a high quality of life in the comfort of home. To learn more, visit [HHCIndependenceAtHome.org](http://HHCIndependenceAtHome.org) or call 1.800.HOMECARE/ 1.800.466.3227.*

The HHC Center for Healthy Aging offers Concierge services.

For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.424.4641.

<b>Amston Home Transition Solutions</b> 203.678.9728	61 N. Plains Industrial Road #173, Wallingford	FREE in home evaluation and estimates for any services. 10% off cleanout/removal services.
<b>Aziago's Restaurant</b> 860.426.1170	166 Queen St. Southington	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
<b>B &amp; V Jewelers</b> 860.276.2097	76 N. Main St. Southington	One free watch battery per person, not applicable on solar powered watches, Smart watches or on lithium batteries
<b>Barker Animation</b> 203.272.2222	1188 Highland Ave. Route 10, Cheshire	20% Collectors Star Club discount & \$1 off museum entrance fee
<b>Beacon Pharmacy</b> 860.628.3972	609 N. Main St. Southington	Free local Delivery
<b>Beacon Prescriptions</b> 860.225.6487	543 W. Main St. New Britain	Free prescription delivery. M-F, 9-6pm
<b>Bongiovanni Insurance &amp; Financial LLC</b>   203.237.7900	107 E. Main St. Meriden	10% off tax preparation
<b>Casey's Image Consultants</b> 860.628.8857	51 N. Main St. Suite 1BB, Southington	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
<b>Century 21</b> 203.213.4141	441 N. Main St. Southington	\$250 towards house cleaning when you buy or complete a home sale with Joyce Gibson
<b>Colony Vision Care</b> 203.265.7990	60 Church St. Wallingford	20% off eyeglasses
<b>Drain Surgeon</b> 860.229.6941	228 Corbin Ave. New Britain	10% off any plumbing repair work in residential housing
<b>Eyewear Glasses</b> 860.621.8215	55 Meriden Ave. Southington	15% off any pair of glasses
<b>Frank D. Marrocco, CPA</b> 860.229.7479	142 W. Main St. New Britain	Income Tax Preparation Services – 10% off
<b>Giovanni's Pizzeria</b> 860.621.2299	714 West St. Southington	10% off Tue. & Wed., pick-up only. Except when using a coupon.

If you are a merchant interested in offering a discount to our members, please visit [hhc seniorservices.org](http://hhc seniorservices.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

<b>Graebers</b> 203.235.6305	172 W. Main St. Meriden	10% off durable equipment & prescription drugs/Free delivery to Meriden, Wallingford and Cheshire
<b>Neck &amp; Back Pain Relief Center</b>   860.620.9523	1601 Meriden-Waterbury Tpk., Milldale	10% off non-insurance covered items
<b>Hearing Health &amp; Wellness Center</b>   860.426.9181	710 M. St., Clock Tower Square Plantsville	One free Battery Club membership with every hearing aid purchase.
<b>Karma's Closet</b> 860.436.6055	3153 Berlin Tpk. Newington	15% off your total purchase. Excludes firm items
<b>Keller Williams Realty</b> 860.681.6796	358 Scott Swamp Road Farmington	Free consultation to learn what your home is worth
<b>La Vita Vintage</b> 860.621.7799	40 Weston St., Suite A Hartford	10% off any item. Present card prior to check out
<b>Lifeway Mobility</b> 860.426.6386	774 S. Main St. Plantsville	\$300 off the purchase of a new stairlift. Cannot be used with any other coupon or promotion.
<b>Meriden YMCA</b> 203.235.6386	110 W. Main St. Meriden	<b>BE OUR GUEST</b> , your MyHealthy Advantage card entitles you to one free visit at the Meriden YMCA
<b>Next Street Driver Rehab Services</b> 860.417.5569	Call for locations.	After clinical assessment, \$25 off for driving assessment and \$50 off for both clinical and driving assessment
<b>October Kitchen</b> 860.533.0588	309 Green Road Manchester	10% off all menu items with the My Healthy Advantage Card. Cannot be used with any other coupon or promotion
<b>Pals Power Washing, LLC</b> 860.919.8748	41 Riverside Court Southington	Free Cabot stain for all deck restorations or 10% off any house washing
<b>Professional Vision Center</b> 203.269.2207	512 W. Main St. Meriden	20% off all services
<b>Schmidt Lawn Care, LLC</b> 860.628.9781	P.O. Box 1035 Southington	10% off complete fall clean-up of property or curbside leaf removal
<b>Serafino's Pharmacy</b> 860.628.7979	36 N. Main St. Southington	10% off prescriptions
<b>Smokin' With Chris</b> 860.620.9133	59 W. Center St. Southington	10% off on Wednesdays all day with the MyHealthy Advantage card
<b>Southington Cheshire YMCA</b> 860.628.5597	29 High St., Southington 967 S. Main St., Cheshire	<b>BE OUR GUEST</b> , your MyHealthy Advantage Card entitles you to one free visit at the Southington Community YMCA
<b>Specialty Auto Cleaning &amp; Detailing</b>   860.628.5011	200 Clark St. Milldale	15% off any service/free pickup & delivery in most areas

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## special programs and events

**W**e 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](mailto:Bonnie.Tormay@hhchealth.org) or call 860.378.1268.

### Alzheimer's and Dementia Support Group

#### Memory Café

Occurs every Monday effective Monday, Dec. 7, 10:30-11:30am.

The Virtual Memory café is a welcoming place for people with memory loss, mild cognitive impairment and early dementia and for their families and friends. Memory café offers an easy and fun way to socialize with others who have a shared experience. Facilitated by: Dementia Specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to**

#### HartfordHealthCare.org/VirtualClasses.

After you register, you'll receive an email with easy instructions on joining the virtual class.

#### Dementia Caregiver Support Group

Occurs the third Monday of every month effective Monday, Jan. 18, 1-2:30pm.

Are you a caregiver and feeling overburdened? Are you responsible for making financial decisions, managing changes in behavior or even helping a loved one get dressed in the morning? This group is an affiliated support group of the Alzheimer's Association Connecticut Chapter. Facilitated by Patty O'Brian, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford

HealthCare Center for Healthy Aging and Alzheimer's Association.

**REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

#### Dementia Caregiver Support Group

Occurs the second Wednesday of every month effective Wednesday, Jan. 13, 10-11am. Facilitated by Adrienne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to**

**HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

### Younger Onset Dementia Caregiver Support Group

**Occurs third Wednesday of every month effective Wednesday, Jan. 20, 8-9pm.**

Facilitated by Adrienne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **REGISTRATION**

**REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

### Virtual Dementia Caregivers Support Group

**Last Mondays of the month, 10:30-11:30am.** 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, dementia specialist, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging and Duncaster.* **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

### Dementia Support Group

**Occurs second Wednesdays effective Wednesday, Jan. 8, 6:30-8pm.** Are you a caregiver

and feeling overburdened? Are you responsible for making financial decisions, managing changes in behavior or even helping a loved one get dressed in the morning? This group is an affiliated support group of the Alzheimer's Association Connecticut Chapter. Facilitated by Patty O'Brian, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging and Southington Care Center.* Registration required for the first time you join. **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

### Dementia Caregivers Support Group

**Fridays, 2pm.** 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 Hartford HealthCare Center for Healthy Aging's certified dementia specialists. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **Registration is not required. For more information, call 877.424.4641. To join Hartford HealthCare's Virtual Meeting Room, call: 860.972.6338. Access code: 19623#.**

## Diabetes Prevention Group

### YMCA Diabetes Prevention Program

This series incorporates exercise with education from health professionals including Hartford HealthCare registered dietitians, 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, call Jolene Miceli, Southington Community YMCA, 860.426.9589 or email jmiceli@sccymca.org.**

## Stroke Support Group

### Virtual Stroke Support Group

This group provides support and education for stroke survivors and their caregivers/families. Light refreshments will be served. Facilitated by Christina Collin, stroke coordinator. **For questions, contact Christina Collin, 860.224.5900, ext. 6468.**

## Cancer Support Groups

### Brain Tumor Support Group

**Thursdays: Jan. 7 and Feb. 4, 6-7:30pm.** Join our interactive support group right from the comfort of your phone, computer or tablet. Those diagnosed with a brain tumor and their loved ones are welcome. **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Breast Cancer Support Group**

**Tuesdays: Jan. 19 and Feb. 16, 5:30-7pm.** Join our support group session right from the comfort of your phone, computer or tablet. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**General Cancer Support Group**

**Wednesdays: Jan. 6 and Feb. 3, 4-5pm.**

Join our interactive general cancer support group each Wednesday from the comfort of your phone, computer or tablet. Open to all those diagnosed with or caring for someone diagnosed with cancer. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Gynecological Cancer Support Group**

**Mondays: Jan. 4 and Feb. 1, 6-7:30pm.** Join our support group session right from the comfort of your phone, computer or tablet. This is a support group for women impacted by all gynecological cancers. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Oncology Patient & Caregiver Support Group**

**Wednesdays: Jan. 20 and Feb. 17, 5:30-7pm.**

For patients and loved ones who have or are nearing the end of oncology treatment. **To register, contact Pastor Will Baumgartner at 1.860.224.5900 x6103.** Webinar information will be sent upon registration.

**Movement Disorders and Other Neurodegenerative Conditions: Support for Caregivers****Movement Disorders and Other Neurodegenerative Conditions: Support for Caregivers**

**First and Third Tuesdays: Jan. 5, 19, Feb. 2, 16, March 2 and 16, 10-11am.** Our in-person monthly support group is going virtual for the time being and we would like you to join us! Each session will spotlight a different caregiver/care-partner topic. Meetings will begin with a brief clinician led presentation. Afterwards, participants can share and contribute their own thoughts and experiences related to the session topic. Sessions will take place bi-weekly through Zoom and we encourage everyone to connect via audio and video if possible. Facilitated by Jennifer McCaughey, MS, CDP; Amanda Brill, LCSW and Jennifer Lambert, LCSW. *Sponsored by Hartford HealthCare Center for Healthy Aging and Chase Family Movement Disorder Center.* **RSVP to amanda.brill@hhchealth.org or jennifer.mccaughey@hhchealth.org.**  
**Virtual Programs**

**Virtual Programs****JANUARY****Dimensions of Wellness**

**Wednesday, Jan. 6, 10-11am.**

This interactive and engaging presentation reviews a wellness model that encompasses various dimensions of wellness: physical, emotional, intellectual, spiritual, vocational and environmental. It is a guide to help you look closely at your life and recognize and celebrate your unique triumphs and what you're already doing to live your best life. You might be wondering, "What might I like to change or add to my life to enhance my sense of well-being?" Join us and share ideas on what it means to be fully engaged in life! Presented by Nicholas Arsenault, transitional care nurse, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy.* **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Smoking Cessation: Stop Smoking in 2021!**

**Wednesday, Jan. 6, 12-12:45pm.**

This webinar offers tips and strategies to stop using tobacco for good. Topics covered will include behavioral strategies, online and telephone support, and FDA-approved medications to treat tobacco use. Presented by Ellen Dornelas, PhD, licensed psychologist, and Devon Latney, MS. **To register, contact Pastor Will Baumgartner at 1.860.224.5900 x6103.** Webinar information will be sent upon registration.



**Understanding Deep Brain Stimulation**

**Wednesday, Jan. 6, 12-1pm.** Join Sarah Zurek, RN, BSN, Deep Brain Stimulation program coordinator, to learn more about DBS as a treatment option for patients with Parkinson’s disease, essential tremor and dystonia. **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you’ll receive an email with easy instructions on joining the virtual class.

**Chronic Back Pain**

**Thursday, Jan. 7, 10:30-11:30am.**

New guidelines from the American College of Physicians state the first line of therapy for Chronic Back Pain should be non-drug treatments. Learn various approaches to minimizing lower back pain. Presented by Lisa Murawski, exercise physiologist, Hartford HealthCare GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you’ll receive an email with easy instructions on joining the virtual class.

**Understanding Prostate Cancer**

**Tuesday, Jan. 12, 6:30-8pm.**

A facilitated group discussion about living with the diagnosis of prostate cancer will follow the presentation. A Hartford HealthCare physician will present. **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you’ll receive an email with easy instructions on joining the virtual class.



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**Health Screenings for Older Adults**

**Wednesday, Jan. 13, 1:30-2:30pm.**

The best protection is early detection. Health screening is important for everyone. It is a way to find medical conditions or disease early while they are easier and less expensive to treat. Learn what screenings are recommended for the older adult. Presented by Nicholas Arsenault, transitional care nurse, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you’ll receive an email with easy instructions on joining the virtual class.

**Screening Mammography: Breast Cancer Caught Early**

**Thursday, Jan. 14, 12-1pm.**

Join our interactive class right from the comfort of your phone, computer or tablet and learn more about:

- When to get screened
- Understanding and identifying ‘normal’
- Risk factors and the role of genetics in breast cancer
- Plus LIVE Q&A with the expert

Presented by Camelia Lawrence, MD, board certification in surgery, Director of Breast Surgery, Hartford HealthCare Cancer Institute. Sponsored by Hartford HealthCare Center for Healthy Aging. **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.**

*Continued on next page*

After you register, you'll receive an email with easy instructions on joining the virtual class.

**Navigating the 'What Ifs' in Your Golden Years**

**Thursday, Jan. 14, 2-3pm.**

Join us as we discuss frequently asked questions related to approaching our Golden Years: What are the varying levels of care available; what types of housing, funding sources and resources are at my disposal in the community? We will also discuss the differences between being proactive vs. reactive. Presented by Michelle Lavoie, resource coordinator, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Making the Most of Your Telemedicine Visit**

**Wednesday, Jan. 20, 10:30-11:30am.**

During the COVID-19 era, telemedicine visits have been utilized in high demand due to physical distancing measures and expansion of insurance

coverage. Learn more about the different types of virtual services, pros and cons, and tips for technology preparation. Presented by Kaitlin Cuas, transitional care nurse, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.



**Keys to Consider – Driving & Dementia**

**Monday, Jan. 25, 2-3pm.**

Join Kristine Johnson, resource coordinator, Hartford HealthCare Center for Healthy Aging, to learn more about:

- Progression of dementia
- How dementia affects the skills needed to drive
- Safety concerns
- Q&A with the expert will follow the presentation

*Sponsored by Hartford HealthCare Center for Healthy Aging.* **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Understanding Sepsis**

**Thursday, Jan. 28, 10-11am.**

Do you know what sepsis is and why it's so important to know about? Join us for a presentation on the basics, what the signs are to look for, how to prevent it and ensure that TIME is on your side to help save lives from sepsis. Presented by Nicholas Arsenault, transitional care nurse, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging and Plainville Senior Center.* **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.



**FEBRUARY****Dimensions of Wellness****Monday, Feb. 1, 10-11am.**

This interactive and engaging presentation reviews a wellness model that encompasses various dimensions of wellness: physical, emotional, intellectual, spiritual, vocational and environmental. It is a guide to help you look closely at your life and recognize and celebrate your unique triumphs and what you're already doing to live your best life. You might be wondering, "What might I like to change or add to my life to enhance my sense of well-being?" Join us and share ideas on what it means to be fully engaged in life! Presented by Kaitlin Cuas, transitional care nurse, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging and Plainville Senior Center.* **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Heart Healthy Behaviors****Wednesday, Feb. 3, 10:30-11:30am.**

Heart disease is the leading cause of death worldwide in both men and women. Research has identified factors that increase a person's risk for coronary heart disease. The more risk factors you have the higher your chance of developing heart disease. Learn what risk factors you can control that may lower your risk for developing heart disease. Presented by Lillian Swan, transitional care nurse, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **REGISTRATION**



**REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Staying on Your Feet on the Ice & Snow****Wednesday, Feb. 3, 10:30-11:30am.**

Join our interactive educational session right from the comfort of your phone, computer or tablet. 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 Evan Gross, exercise physiologist, GoodLife Fitness. *Sponsored by Hartford HealthCare GoodLife Fitness.* **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Understanding Deep Brain Stimulation****Wednesday, Feb. 3, 12-1pm.**

Join Sarah Zurek, RN, BSN, Deep Brain Stimulation program coordinator, to learn more about DBS as a treatment option for patients with Parkinson's disease, essential tremor and dystonia. **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**How to Fall Safely****Wednesday, Feb. 3, 1:30-2:30pm.**

Sometimes, there's no way to avoid a fall. If you are aware of the inevitability of a fall, you can at least prepare properly to fall. 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 Christina Solimini-Swift, exercise physiologist, GoodLife Fitness.

Sponsored by Hartford HealthCare GoodLife Fitness. **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

### Understanding Prostate Cancer Tuesday, Feb. 9, 6:30–8pm.

A facilitated group discussion about living with the diagnosis of prostate cancer will follow the presentation. A Hartford HealthCare physician will present. **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

### Seniors & Medication Wednesday, Feb. 10, 1:30–2:30pm.

What should you know before taking medications? Presented by Christina Polomoff, PharmD, BCACP, BCGP, Population Health clinical pharmacist, Hartford HealthCare Integrated Care Partners and UCONN Pharmacy students. *Sponsored by Hartford HealthCare Integrated Care Partners.* **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

### Exercise and Healthy Aging Wednesday, Feb. 10, 1:30–2:30pm.

Through the course of our life our bodies change. Our daily activities and habits shape our physiology. Exercise can be used



as a tool to help prevent and fight disease and age-related decline. Presented by Lisa Murawski, exercise physiologist, Hartford HealthCare GoodLife Fitness. *Sponsored by Hartford HealthCare GoodLife Fitness and McLean.* **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

### Navigating the 'What Ifs' In Your Golden Years

**Tuesday, Feb. 16, 11am–12pm.** Join us as we discuss frequently asked questions related to approaching our Golden Years: What are the varying levels of care available; what types of housing, funding sources and resources are at my disposal in the community? We will also discuss the differences between being proactive vs. reactive. Presented by Michelle Lavoie, resource coordinator, Hartford HealthCare Center for Healthy Aging.

*Sponsored by Hartford HealthCare Center for Healthy Aging.* **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

### Sepsis Education Wednesday, Feb. 17, 10:30– 11:30am.

Do you know what sepsis is and why it's so important to know about? Join us for a presentation on the basics, what the signs are to look for, how to prevent it and ensure that TIME is on your side to help save lives from sepsis. Presented by Nicholas Arsenault, RN, transitional care nurse, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **REGISTRATION REQUIRED: To register, call Bristol Senior Center, 860.584.7895.** After you register, you'll receive an email with easy instructions on joining the webinar.

**Seniors & Medications**

**Wednesday, Feb. 17, 1:30-2:30pm.**

What should you know before taking medications? Presented by Hartford HealthCare Integrated Health Partners pharmacists and UCONN pharmacy students. *Sponsored by Hartford HealthCare Senior Services.* **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Staying on Your Feet on Ice and Snow**

**Thursday, Feb. 18, 10:30-11:30am.**

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 Lisa Murawski, exercise physiologist, Hartford HealthCare GoodLife Fitness. *Sponsored by Hartford HealthCare GoodLife Fitness.* **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**They Say I Have Dementia – What Does that Mean?**

**Thursday, Feb. 18, 3-4pm.**

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. *Sponsored by Hartford HealthCare Center for*

*Healthy Aging.* **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Avoid Becoming a Victim of Fraud and Scams**

**Thursday, Feb. 18, 12-1pm.**

Join our interactive class right from the comfort of your phone, computer or tablet and learn more about:

- How scams work
- How to protect yourself
- What to look out for
- Plus LIVE Q&A with the expert

Presented by Lillian Swan, transitional care nurse, Hartford HealthCare Center for Healthy

**Men's Health – A Path to Health & Wellness**  
**Thursday, Feb. 25, 10-11am.**

Taking charge of your own health is an important. Understanding common areas of concern related to men will allow them to feel empowered about how to partner with their health-care provider to live their best life. Presented by Nicholas Arsenault, transitional care nurse, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.



*Aging.* *Sponsored by Hartford HealthCare Center for Healthy Aging.* **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Exercise and Healthy Aging**  
**Wednesday, Feb. 10, 1:30-2:30pm.**

Through the course of our life our bodies change. Our daily activities and habits shape our physiology. Exercise can be used as a tool to help prevent and fight disease and age-related

(Continued next page)

decline. Presented by Lisa Murawski, exercise physiologist, Hartford HealthCare GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness and McLean. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses).** After you register, you'll receive an email with easy instructions on joining the virtual class.

## MARCH

### Health Screenings for Older Adults

**Wednesday, March 3, 10-11am.**

The best protection is early detection. Health screening is important for everyone. It is a way to find medical conditions or disease early while they are easier and less expensive to treat. Learn what screenings are recommended for the older adult. Presented by Lillian Swan, transitional care nurse, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses).** After you register, you'll receive an email with easy instructions on joining the virtual class.

### How to Be Aware of Your Surroundings

**Wednesday, March 3, 1:30-2:30pm.**

Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: Avoiding slips, trips and falls. Plus, Live Q&A with the speaker. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. *Sponsored by Hartford HealthCare GoodLife*

*Fitness.* **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses).** After you register, you'll receive an email with easy instructions on joining the virtual class.



### Focused Awareness Meditation

**Tuesday, March 9, 10:30-11:30am.**

Focused Awareness Meditation is a simple, five-step technique. Come learn how this scientifically based practice can help you to feel more relaxed, focused and calm. Participants are asked to have a large towel or a small blanket for proper positioning in their chair. Presented by Christina Solimini-Swift, exercise physiologist, GoodLife Fitness. *Sponsored by Hartford HealthCare GoodLife Fitness.* **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses).** After you register, you'll receive an email with easy instructions on joining the virtual class.

### How to Make the Most of Your Doctor's Appointment

**Wednesday, March 10, 10:30-11:30am.**

On average, doctor appointments are only 15 minutes long! Learn how to make the most out of your appointment through various tips and strategies to ensure the optimal visit with your physician. Presented by Nicholas Arsenault, transitional care nurse, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses).** After you register, you'll receive an email with easy instructions on joining the virtual class.

### Understanding Gallbladder Disease

**Thursday, March 11, 12-1pm**

Join our interactive class right from the comfort of your phone, computer or tablet and learn more about:

- Signs and symptoms
- Common risks
- Treatment options
- Plus LIVE Q&A with the expert

Presented by Aaron Bennett, DO, Hartford HealthCare Medical Group. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses).** After you register, you'll receive an email with easy instructions on joining the virtual class.

### Dimensions of Wellness

**Monday, March 15, 1-2pm.**

This interactive and engaging presentation reviews a wellness model that encompasses various

dimensions of wellness: physical, emotional, intellectual, spiritual, vocational and environmental. It is a guide to help you look closely at your life and recognize and celebrate your unique triumphs and what you're already doing to live your best life. You might be wondering, "What might I like to change or add to my life to enhance my sense of well-being?" Join us and share ideas on what it means to be fully engaged in life! Presented by Nicholas Arsenault, transitional care nurse, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.*

**REGISTRATION REQUIRED:**

**Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Understanding Arthritis**

**Wednesday, March 17, 10:30am.**

Come 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, Hartford HealthCare GoodLife Fitness. *Sponsored by Hartford HealthCare Senior Services and Bristol Senior Center.*

**REGISTRATION REQUIRED:**

**To register, call Bristol Senior Center, 860.584.7895.** After you register, you'll receive an email with easy instructions on joining the webinar.

**Navigating the 'What Ifs' in your Golden Years**

**Wednesday, March 17, 1:30-2:30pm.**

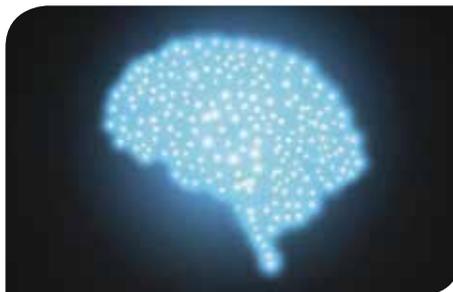
Join us as we discuss frequently asked questions related to approaching our Golden Years: What are the varying levels of

care available; what types of housing, funding sources and resources are at my disposal in the community? We will also discuss the differences between being proactive vs. reactive. Presented by Michelle Lavoie, resource coordinator, Hartford HealthCare Center for Healthy Aging.

*Sponsored by Hartford HealthCare Center for Healthy Aging.*

**REGISTRATION REQUIRED:**

**Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.



**Let's Talk About the Brain**

**Thursday, March 18, 10-11am.**

Join Michelle Wyman, CDP, certified dementia specialist, Hartford HealthCare Center for Healthy Aging, to learn more about:

- Important tasks and functions of your brain
- Keeping your brain healthy
- Symptoms of normal age-related brain changes vs. symptoms of dementia
- Q&A with the expert will follow the presentation

*Sponsored by Hartford HealthCare Center for Healthy Aging.*

**REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.**

After you register, you'll receive an email with easy instructions on joining the virtual class.

**Selecting an Assisted Living Community**

**Thursday, March 18, 12-1pm.**

When maintaining a private home, indoor and outdoor tasks can become overwhelming. However, taking the next step in life can be daunting. Concerns may include: Is independent or assisted living the right choice? Is it safe – what precautions are being taken? What information do I provide? Can I afford it? Antoinette Ouellette, retirement counselor at The Orchards at Southington, will answer these and other questions during this virtual meeting. *Sponsored by The Orchards at Southington.*

**To register, call 1.855.HHC.**

**HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Medicare**

**Medicare 101:**

**Understanding Your Options**

Various dates are available.

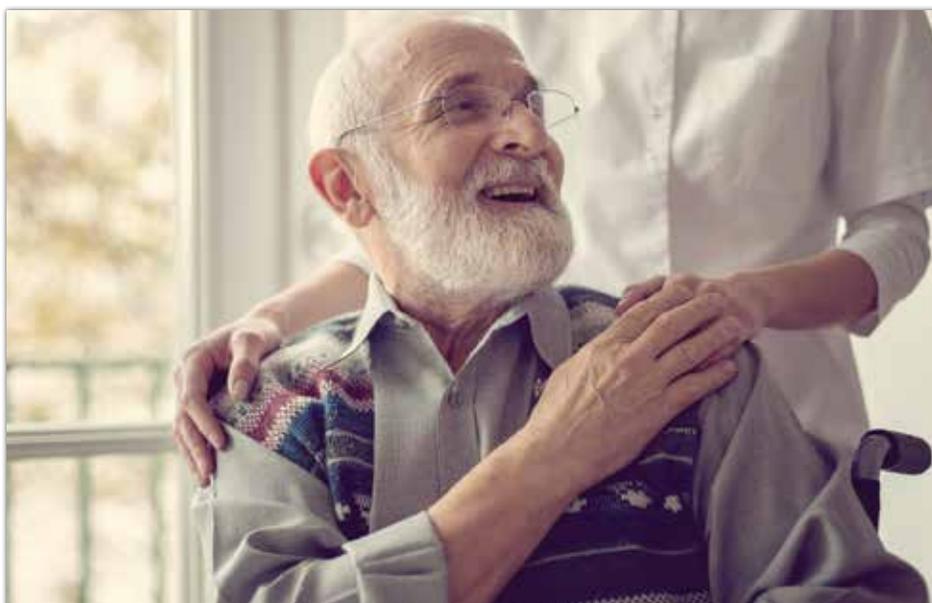
**January: 4, 6, 7, 11, 13, 14, 18, 20, 21, 25, 27 & 29**

**February: 1, 3, 4, 8, 10, 11, 15, 17, 18, 22, 24 & 25**

**March: 1, 3, 4, 8, 10, 11, 15, 17, 18, 22, 24, 25, 29 & 31**

Call for times. Medicare 101 focuses on the basics of Medicare and understanding the Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose a plan; and options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Marissa Hiebel and Lisa Benton, Medicare educators. *Sponsored by Hartford HealthCare*

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and Integrated Care Partners.

**REGISTRATION REQUIRED:**

**Call 1.855.HHC.HERE**

**(1.855.442.4373) or go to**

**HartfordHealthCare.org/**

**VirtualClasses.** After you

register, you'll receive an email with easy instructions on joining the virtual class.

**Medicare 102: Making the Most of the Open Enrollment Period**

**Tuesdays: Jan. 5, 12, 19, 26**

**Feb. 2, 9, 16, 23**

**March 2, 9, 16, 23 & 30, 12-1pm**

Medicare 102 focuses on understanding your opportunity to make a Medicare Advantage plan change during the Open Enrollment Period and important things to consider if you're thinking of switching to a different Medicare Advantage plan. Presented by Marissa Hiebel and Lisa Benton, Medicare educators. *Sponsored by Hartford HealthCare and Integrated Care Partners.* **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Virtual Series**

**Dementia Caregiver Series**

**Thursdays: Jan. 7, 14, 21, 28 & Feb. 4, 6-7:30pm.**

This five-part series covers:

**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:** Overview of Community Resources that May Be Helpful

Presented by a certified dementia specialist from Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Healthy Brain Series**

**Fridays: Jan. 8, 15, 22, 29 & Feb. 5, 11am-12pm.**

This five-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. Sessions will cover:

**Session 1:** Challenge Your Mind Daily: Activities to Keep Your Mind Sharp

**Session 2:** Feeding the Brain: The Importance of Diet and Hydration

**Session 3:** Benefits of a Purposeful Life: Finding Meaningful Engagement as You Age

**Session 4:** Good Sleep and Brain Power: The Importance of Sleep and Your Brain

**Session 5:** The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest

Presented by a certified dementia specialist from Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Live Well with Chronic Pain Workshop**

**Mondays: Feb. 1, 8, 15, 22 and March 1 & 8, 10am.**

Join our interactive series right from the comfort of your phone, computer or tablet and learn more about:

- Understanding and managing symptoms
- Maintaining physical activity and improve flexibility
- Setting achievable weekly goals

■ Plus LIVE Q&A with the expert Facilitated by Amina Weiland, resource coordinator, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **REGISTRATION REQUIRED: Call Amina Weiland, 860.286.3236 or go to [HartfordHealthCare.org/VirtualClasses](http://HartfordHealthCare.org/VirtualClasses).** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Dementia Caregiver Series**

**Mondays: Feb. 1, 8, 15, 22 & March 1, 1:30-3pm.**

This five-part series covers:

- 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:** Overview of community Resources that may be helpful

Presented by a certified dementia specialist from Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](http://HartfordHealthCare.org/VirtualClasses).** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Healthy Brain Series**

**Tuesdays: Feb. 2, 9, 16, 23, & March 2, 6-7pm.**

This five-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. Sessions will cover:

- Session 1: Challenge Your Mind Daily:** Activities to Keep Your Mind Sharp
  - Session 2: Feeding the Brain:** The Importance of Diet and Hydration
  - Session 3: Benefits of a Purposeful Life:** Finding Meaningful Engagement as You Age
  - Session 4: Good Sleep and Brain Power:** The Importance of Sleep and Your Brain
  - Session 5: The Blue Zones:** Lessons for Living Longer from the People Who've Lived the Longest
- Presented by a certified dementia specialist from Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](http://HartfordHealthCare.org/VirtualClasses).** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Dementia Caregiver Series**

**Fridays: Feb. 26, March 5, 12, 19 & 26, 10:30am-12pm.**

This five-part series covers:

- 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:** Overview of community Resources that may be helpful

Presented by a certified dementia specialist from Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **REGISTRATION**

**REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](http://HartfordHealthCare.org/VirtualClasses).** After you register, you'll receive an email with easy instructions on joining the virtual class.

**Healthy Brain Series**

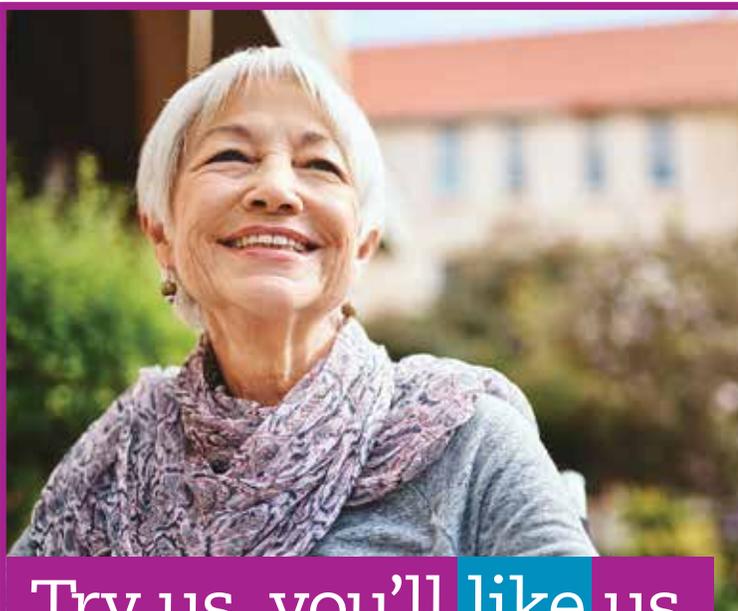
**Wednesdays: March 3, 10, 17, 24 & 31, 1:30-2:30pm.**

This five-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. Sessions will cover:

- Session 1: Challenge Your Mind Daily:** Activities to Keep Your Mind Sharp
- Session 2: Feeding the Brain:** The Importance of Diet and Hydration
- Session 3: Benefits of a Purposeful Life:** Finding Meaningful Engagement as You Age
- Session 4: Good Sleep and Brain Power:** The Importance of Sleep and Your Brain
- Session 5: The Blue Zones:** Lessons for Living Longer from the People Who've Lived the Longest

Presented by a certified dementia specialist from Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](http://HartfordHealthCare.org/VirtualClasses).** After you register, you'll receive an email with easy instructions on joining the virtual class.





## You may have questions about whether assisted living is the right choice — for yourself, or for a loved one.

Why not give it a try? Hartford HealthCare has four beautiful and conveniently located assisted living facilities that provide short-term and trial stays, *of a few weeks or months*, where you can experience all we have to offer, including:

- Beautiful studio, one- and two-bedroom apartments with kitchenettes in serene settings.
- Meals included.
- Live independently, knowing services such as assistance with daily living, medication and more are available if you choose.
- Highest safety standards in place, including rigorous COVID precautions, one of many benefits of being part of the Hartford HealthCare integrated care network.

Find out what it's like to do the things you love most without the worries of upkeep and security or the financial burdens of owning a home. To learn more, call us today!

## Hartford HealthCare

### Senior Services

\* Managed by Hartford HealthCare

## Try us, you'll like us.

### Our communities

**The Orchards at Southington**  
Southington, CT  
860.628.5656

**Cedar Mountain Commons**  
Newington, CT  
860.665.7901

**Arbor Rose\***  
New Britain, CT  
860.229.3707

**Mulberry Gardens**  
Plantsville, CT  
860.276.1020

[HHCSeniorServices.org/respite](https://hhcseniorservices.org/respite)