

Winter 2022

Advantage News

A publication for MyHealthy Advantage members



MyHealthy
Advantage



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
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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

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
*affiliated with
Hartford HealthCare

Mulberry Gardens

Assisted living, memory care and adult day center
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
860.665.7901

Hartford HealthCare Independence at Home
HHCIndependenceathome.org
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
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**

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Patient Jimmy Smith relies on clear vision to keep his business running.

Precision toolmaker finds clarity in eye surgery

Jimmy Smith was heading home early from a difficult day at work. The 64-year-old self-employed toolmaker couldn't see with the clarity he needed. The precision tools he makes are used to cut the seals on solenoid valves and there is no room for error or asymmetry when the accuracy needed is finer than a strand of hair. With clouded vision, he couldn't do the job, and he was disheartened at the thought of an early retirement.

When Smith saw his eye doctor years before, a minor cataract was detected. But during the summer, he noticed his eyesight was deteriorating. It was time for surgery and Smith looked forward to the idea of shedding the glasses he's worn on and off for twenty years.

Dr. Martin Edwards at the Hartford Hospital Eye Surgery Center in Newington performed Smith's surgery and implanted extended depth of vision lenses. The Johnson & Johnson Symphony lenses that Smith received provide close up and distance vision with no interruption in between.

Jimmy describes his experience at the surgery center as exceptional. "The entire staff was fabulous," he recounted. "Everybody seems to enjoy what they do. The anesthesiologist explained everything. Dr. Edwards outlined all the steps he'd be taking. It was a great experience from every angle."

Smith says the surgery not only restored his vision but enhanced his livelihood at work and at play.

"Without the surgery, I would have been forced into retirement. There are things I can do at work that I couldn't do before," he notes. "I'm very active with my ATV club and I also enjoy boating and snowmobiling. It sounds corny, but it was life changing. To not have glasses for the first time in 30 years is pretty exciting. It is beyond my expectations."

For more information on the Eye Surgery Center, visit <https://hartfordhospital.org/locations/hartford-healthcare-surgery-centers/eye-surgery-center>



Elinor and Grandma Beverly enjoy the living room at Cedar Mountain Commons.



Keeping Families Connected in Our System of Care

Colleagues at Hartford HealthCare often refer to the system as a “family” of healthcare facilities, service lines and business units. With more than 30,000 employees, however, there are many actual family members who work together under the Hartford HealthCare umbrella as well. Some of these family connections span several generations, as is the case with the Cohen family. One of the newest additions to the Hartford HealthCare family is Beverly Cohen. She recently moved into Cedar Mountain Commons, an independent and assisted living retirement community located in Newington, Connecticut that’s part of Hartford HealthCare Senior Services division. Beverly’s son is Dr. Jeffrey Cohen, the Executive Vice President and Chief Clinical Operating Officer for Hartford HealthCare and her granddaughter, Elinor Cohen, is a member of the HHC Media Relations and Marketing team.

“It’s been a wonderful experience for her and we could not be happier with my mom’s transition to Cedar Mountain Commons,” said Dr. Cohen about his mother’s experience since she moved in this past summer. “Living at a facility that is a part of the state’s largest, most comprehensive healthcare system offers many advantages, including the peace of mind knowing that she can be seamlessly connected to any type of care she may need. More importantly, my mom has been welcomed in to a

warm and engaging community, made a lot of new friends and we know she’s in great hands with the staff there.”

Being connected to a trusted healthcare system is certainly an advantage, but for Beverly, she feels the sense of friendship, family and community she gets from living amongst her new friends at Cedar Mountain Commons is the best perk of all.

“Everyone here is so friendly and they all have such a positive attitude,” Beverly, who will soon be celebrating her 90th birthday, said. “It’s such a wonderful group of people and they have made me feel very welcome”

During a recent visit with her granddaughter Elinor, whose office in Newington is just up the driveway from Cedar Mountain Commons, Beverly reminded her that everyday should begin with a laugh because, she explained “laughter is the best medicine.” Everyone in the Hartford HealthCare family would certainly agree with that.

Cedar Mountain Commons, a member of Hartford HealthCare Senior Services, is a not for profit independent and assisted living community located at 3 John H. Stewart Drive in Newington. To learn more, visit <http://cedarmountaincommons.org>.

Join An Amazing Group



If you have not yet LIKED our Center for Healthy Aging Facebook page- now is the time! Join us live every Wednesday at 1:30pm. If you miss us earlier in the day, visit our page later on to view the recording.

www.facebook.com/HHCHealthyAging

Date	Time	Topic
Jan. 5	1:30pm	Hartford HealthCare Home Safety Solutions
Jan. 12	1:30pm	Celebrating equality and health care access
Jan. 19	1:30pm	Winter Wonderland - Snow safety tips
Jan. 26	1:30pm	Data Privacy Day - Protecting your personal information
Feb. 2	1:30pm	Ground Hog's Day - Breaking the routine
Feb. 9	1:30pm	Valentine's Day - Love & Wellness
Feb. 16	1:30pm	Advanced Directives - How to start the conversation
Feb. 23	1:30pm	American Heart Month - What you need to know about Heart health
Mar. 2	1:30pm	International Women's Day - Promoting healthy living
Mar. 9	1:30pm	Day light savings time - How to prepare for the adjustment
Mar. 16	1:30pm	St. Patrick's Day & National Nutrition Month
Mar. 23	1:30pm	Men's Health - Practicing prevention
Mar. 30	1:30pm	Getting to know the Center for Healthy Aging - Spanish edition

HHCHealthyAging

Are you caring for a loved one with dementia? For more support - join our private Hartford HealthCare Center for Healthy Aging Support Group by going to <https://www.facebook.com/groups/HHCHealthyAging/about>

Care Management Corner



As many of us head home for the holidays, this is a time to spend with family, but also an opportunity to identify any support needs for our aging loved ones. If you do have concerns, you may be looking for somewhere to turn for guidance. A Geriatric Care Manager is a great resource to help navigate the healthcare and social systems and provide peace of mind to you when you'd like to be there, but can't. Whether you are assisting from a distance or trying to balance caregiving with your career or other responsibilities, a Geriatric Care Manager can help support you and your loved one.

Signs that a Geriatric Care Manager is needed to help support your loved one:

- Missed medical appointments
- Difficulty navigating the health care system
- Fewer groceries in the home than usual (or expired food)
- Missed medications or medications not refilled
- Lack of or decrease in personal hygiene
- Change in the home environment such as clutter, mail piling up, odors...

Contact us to find out more:
877.4AGING1 (877.424.4641)
www.hhchealthyaging.org



Summary of Life: Guide to Obituary Writing

As the old adage goes “the only thing certain in life is death and taxes.” While many of us have experienced filling out tax forms (or hiring someone to do it) most of us have not been faced with the task of writing an obituary. To make this undertaking even more challenging, you’ll have to craft this written memorial while grieving for the deceased and must produce your tribute in short order, usually overnight.



Obituaries serve as a way to communicate the death of a loved one and to announce important information about funeral or visitation services. Keep in mind no detail is too small, write everything down. Try talking to and spending quality time with the deceased family members and friends, to give you a better insight of the deceased. Obituaries tell the story of the deceased and allow loved ones to celebrate and honor his or her life and legacy.

An obituary can be broken down into five parts:

- Announcing the Death
- The Biography
- The Surviving Family
- Service Information
- Special Messages

(Continued next page)

MyHealthy Advantage Membership Registration Form

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

As a MyHealthy Advantage member, you will receive our quarterly magazine informing you of any new lectures or discounts. **Please feel free to call 860.378.1268 or email: MyHealthyAdvantage@HHCHealth.org.**

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

Sincerely,

MyHealthy Advantage Coordinator

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



Name: _____

Address: _____

Town: _____

State: _____ Zip Code: _____

Home Phone: _____ Date of Birth: _____

Email: _____

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

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

Other interests / suggestions for future seminars:

Signature: _____

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

- YES! NO THANK YOU

Announcing the Death

The beginning of an obituary is an announcement to let the community know that your loved one has passed away. It should contain information such as the person's name, age, residence, and date of death. When you are announcing the death, phrases like "Passed away", "went to be with his Lord", "ended a long battle with...", "died" or "surrounded by family" are all common and acceptable expressions to use.

The Biography

The biographical section of the obituary is the longest and most personal part. This is the section where you will summarize the deceased's life. Use this section to highlight meaningful events, qualities, contributions and important connections they made while living. Consider getting help from friends and family members on this section.

Information that should be included in the biographical section includes the date and place of birth, parent's names including mother's maiden name, birth name of spouse, education, work, and military service.

The Surviving Family

It is always important to list the surviving family members when announcing someone's death. These are the people who others can turn to offer condolences and help comfort as they say goodbye. When you are listing the survivors in order of closest relations. The order should go as followed: spouse, children, grandchildren, great-grandchildren, parents, and siblings.

It should be noted that nieces, nephews, cousins, and in-laws are typically unmentioned unless they were especially close to the deceased. Also, grandchildren and great-grandchildren are usually numbered ("...she leaves behind 7 grandchildren") instead of listing each person's name.

When you are listing a relative, make sure to include their first name, their spouse's first name in parenthesis and then their last name. If the spouse of the deceased has a different last name than the relative, also include their last name inside the parenthesis. You can also list any immediate family members whose death preceded the deceased. The format



Service Information

At the end of the obituary, make sure to include information about the upcoming service; your funeral director may provide you with this information. The essential information to include is time, date of service, location and the officiant's name.

Special Messages

To conclude the obituary, it is common to offer special thanks, a short message or prayer. If your family would like to forego people sending flowers, this is when you would say something like "in lieu of flowers, the family asks that you make a donation to....".

There is no "right" or "wrong" way to write an obituary. A well-written obituary not only will announce the passing of a loved one and clearly communicate the details of upcoming services, but it can also be a lasting tribute to a life well-lived and the legacy they've left to the world. You will be the most successful if you write it from the heart.

Planning your or a loved ones end of life wishes, find out more at Hartford HealthCare Center for Healthy Aging visit

<http://hhcenterforhealthyaging.org> or call 1.877.424.4641.

Hartford HealthCare Center for Healthy Aging is a not for profit member of Hartford HealthCare Senior Services. Each of the 13 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 <http://hhcenterforhealthyaging.org> or call 1.877.424.4641.

Connecticut's leader in senior care brings MORE to your Medicare Advantage plan

Hartford HealthCare knows the type of personal care older adults want and deserve. That's why they created **More Advantages**, programs specifically designed to meet the needs of older adults and their families.

As the states only 4.5-Star Medicare Advantage plan built in partnership with local Hartford HealthCare doctors, CarePartners of Connecticut empowers doctors to provide the type of extensive care that makes a difference.

Together, CarePartners of Connecticut and Hartford HealthCare provide more ways for you to live your healthiest life.



More Advantages

Created to help you make the most of your health care experience, More Advantages are programs and discounts that help you lead a healthy lifestyle – and make your care journey more convenient, including:

Preferred parking - At select Hartford HealthCare Medical group offices, CarePartners of Connecticut is now sponsoring **preferred parking** just for older adults¹. You'll find these spaces specially marked with the CarePartners of Connecticut and Hartford HealthCare logo at Hartford HealthCare Medical Group offices.

Discounts to help you stay healthy including:

- **Good Life Fitness:** a Hartford HealthCare program that helps older adults lead an active lifestyle with one on one assistance from an exercise physiologist. Join today and get your third month free!

Plus, with a CarePartners of Connecticut \$0 CareAdvantage Preferred (HMO) plan members can use their **\$175 Wellness Allowance towards the reimbursement of fees** for the Good Life Fitness program.²

- Access to valuable Healthy Aging programs including:
 - An aging specialist to guide you to services available in your community.

- In-home personal assessments to help you live independently.
- Dementia Specialists who can help you with care plans

More coverage you can depend on.

Together, CarePartners of Connecticut and Hartford HealthCare provide more ways for you to live your healthiest life.

CarePartners of Connecticut's local, licensed Medicare Agents can answer all your Medicare questions. Get in touch with CarePartners of Connecticut today.

1.844.267.2322
carepartnersct.com

- ¹ Preferred parking for older adults is available regardless of insurance plan.
- ² The \$175 per calendar year Wellness Allowance can be used toward various wellness programs/providers. Please see the CarePartners of Connecticut \$0 CareAdvantage Preferred (HMO) EOC for more details.

We contract with other Medicare Advantage/Part D plans. Out-of-network/noncontracted providers are under no obligation to treat CarePartners of Connecticut members, except in emergency situations. Please call our Customer Service number or see your Evidence of Coverage for more information, including the cost sharing that applies to out-of-network services. CarePartners of Connecticut is an HMO/PPO plan with a Medicare contract. Enrollment in CarePartners of Connecticut depends on contract renewal. CarePartners of Connecticut complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-341-1507 (TTY: 711). Y0151_2022_94_M

Amston Home Transition Solutions 203.678.9728	61 N. Plains Industrial Road #173, Wallingford	FREE in home evaluation and estimates for any services. 10% off cleanout/removal services.
Aziago's Restaurant 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 & V Jewelers 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
Barker Animation 203.272.2222	1188 Highland Ave. Route 10, Cheshire	20% Collectors Star Club discount & \$1 off museum entrance fee
Beacon Pharmacy 860.628.3972	609 N. Main St. Southington	Free local delivery
Beacon Prescriptions 860.225.6487	543 W. Main St. New Britain	Free prescription delivery. M-F, 9-6pm
Casey's Image Consultants 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
Century 21 203.213.4141	441 N. Main St. Southington	\$250 towards house cleaning when you buy or complete a home sale with Joyce Gibson
Colony Vision Care 203.265.7990	60 Church St. Wallingford	20% off eyeglasses
Drain Surgeon 860.229.6941	228 Corbin Ave. New Britain	10% off any plumbing repair work in residential housing
Eyewear Glasses 860.621.8215	55 Meriden Ave. Southington	15% off any pair of glasses
Frank D. Marrocco, CPA 860.229.7479	142 W. Main St. New Britain	Income tax preparation services – 10% off
Giovanni's Pizzeria 860.621.2299	714 West St. Southington	10% off Tue. & Wed., pick-up only. Except when using a coupon.
Graebers 203.235.6305	172 W. Main St. Meriden	10% off durable equipment & prescription drugs/Free delivery to Meriden, Wallingford and Cheshire
Neck & Back Pain Relief Center 860.620.9523	1601 Meriden-Waterbury Tpk., Milldale	10% off non-insurance covered items

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

Hearing Health & Wellness Center 860.426.9181	710 M. St., Clock Tower Square Plantsville	One free Battery Club membership with every hearing aid purchase.
Karma's Closet 860.436.6055	3153 Berlin Tpk. Newington	15% off your total purchase. Excludes firm items
Keller Williams Realty 860.681.6796	358 Scott Swamp Road Farmington	Free consultation to learn what your home is worth
La Vita Vintage 860.621.7799	40 Weston St., Suite A Hartford	10% off any item.
Lifeway Mobility 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.
Meriden YMCA 203.235.6386	110 W. Main St. Meriden	BE OUR GUEST , your MyHealthy Advantage card entitles you to one free visit at the Meriden YMCA
Next Street Driver Rehab Services 860.417.5569	Call for locations.	After clinical assessment, \$25 off for driving assessment and \$50 off for both clinical and driving assessment
October Kitchen 860.533.0588	309 Green Road Manchester	10% off all menu items. Cannot be used with any other coupon or promotion.
Pals Power Washing, LLC 860.919.8748	41 Riverside Court Southington	Free Cabot stain for all deck restorations or 10% off any house washing
Professional Vision Center 203.269.2207	512 W. Main St. Meriden	20% off all services
Schmidt Lawn Care, LLC 860.628.9781	P.O. Box 1035 Southington	10% off complete fall clean-up of property or curbside leaf removal
Smokin' With Chris 860.620.9133	59 W. Center St. Southington	10% off on Wednesdays all day.
Southington Cheshire YMCA 860.628.5597	29 High St., Southington 967 S. Main St., Cheshire	One free visit at the Southington Community YMCA
Specialty Auto Cleaning & Detailing 860.628.5011	200 Clark St. Milldale	15% off any service/free pickup & delivery in most areas
Specialty Auto Cleaning & Detailing 860.628.5011	200 Clark St. Milldale	15% off any service/free pickup & delivery in most areas
Solinsky EyeCare LLC 860.236.4979	1013 Farmington Ave. West Hartford	Eyeglasses; \$100 off Full frame and lenses; Hearing aids - 10% off up to \$300. Contact Lenses - \$50 off any purchase over \$300

The Dutiful Daughter, LLC 860.432.5503	103 Thayer Road Manchester	15% off packing, moving and content removal services.
Town Fair Tire 203.467.8600	750 Queen St. Southington	5% off your total purchase at ANY Town Fair Tire in CT (Southington, Bristol, Wallingford, New Britain, etc.) With Code #38615
Wallingford Sew-Vac Center 203.269.2207	95 Quinnipiac Ave. Wallingford	Buy one vacuum cleaner bag and get second one 1/2 price
Walsh & Massari 203.235.1681	86 W. Main St. Meriden	25% off all eye care services
Welcome Home Mortgage, LLC 860.761.1331	1331 Silas Deane Highway Wethersfield	Specializing in Reverse Mortgages. Your appraisal fee refunded at closing

special programs and events

We welcome you and your loved ones to join us for some of our special programs and events listed below. If you have any questions regarding your membership, please contact us at Bonnie.Tormay@hhchealth.org or call 860.378.1268.

Alzheimer's and Dementia Support Group

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, and stages of the disease, family dynamics and safety issues.

First Tuesday of every month, Tuesdays: Jan. 4, Feb. 1 & March 1, 10-11am.

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 Michelle Wyman, dementia specialist, 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.

Third Monday of every month, Mondays: Feb. 21 & March 21 (not scheduled in Jan.), 1-2:30pm.

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. **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.

Last Monday of every month, Mondays: Jan. 31, Feb. 28 & March 28, 10:30-11:30am.

This group is an affiliated support group of the Alzheimer's Association Connecticut Chapter. Facilitated by Michelle Wyman, dementia specialist, 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.

Second Wednesday of every month, Wednesdays: Jan. 12, Feb. 9 & March 9, 6:30-8pm.

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. 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.

Call-in Dementia Caregivers Support Group

Every Friday, 2-3pm.

This call-in support group includes topics such as 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. 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#.

Virtual Memory Café

First Monday of every month, Mondays: Jan. 3, Feb. 7 & March 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 a dementia specialist, 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.

Memory Screenings

Free virtual memory screenings are now available at your convenience through Hartford HealthCare Center for Healthy Aging. These confidential screenings average 20 minutes and consist of five questions to assess memory. They do not diagnose any illness but can indicate if someone should follow up with a full medical exam.

To learn more or to schedule an appointment, call Hartford HealthCare Center for Healthy Aging, 1.877.424.4641.

Virtual Bereavement Support Groups

First and third Mondays, 1-2:30pm.

Facilitated by Nichol Burris.

To RSVP, email nichol.burris@hhchealth.org.

Second and fourth Wednesdays, 1-2:30pm.

Facilitated by Bill Pilkington.

To RSVP, email bill.pilkington@hhchealth.org.

Call-in Bereavement Support Group

Thursdays, 1-2:30pm. Call 860.972.6338; code: 22528#.

Sponsored by Hartford HealthCare at Home Hospice Program. For more information and to register, please email the facilitator. After you register, you'll receive an email with easy instructions on joining the virtual class.

Diabetes Prevention**YMCA Diabetes Prevention Program**

Upcoming session:

■ **April 4-Aug. 29**

This series, which incorporates exercise with education, 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, 18 years old and older. **For more information, contact Jolene Miceli, Southington Community YMCA, 860.426.9589 or email jmiceli@sccymca.org.**

Cancer Support Groups

LIVESTRONG at the YMCA

Upcoming sessions:

- Jan. 10-April 2
- April 4-June 25

This 12 week program meets twice a week for 60-90 minutes, using traditional exercise methods to ease you back into fitness and help you maintain a healthy weight. You'll focus on: Building muscle mass and strength; increasing flexibility and endurance and improving confidence and self-esteem. Plus, learn about wellness, stress reduction techniques and how to continue healthful habits after the program has ended. Just as important, LIVESTRONG at the YMCA encourages a warm spirit of community—a safe comfortable place for you to build companionship with others affected by cancer and share stories and inspiration. LIVESTRONG at the YMCA provides you with individualized attention and an approach to recovery that targets the areas you need to rebuild. There's no competition here—physical activities are tailored to match your abilities. **For more information, contact Jolene Miceli, Southington Community YMCA, 860.426.9589 or email jmiceli@sccymca.org.**



Heart Health

YMCA Heart Healthy Program

Upcoming sessions:

- Jan. 11-June 21
- June 29-Dec. 7

This series, which incorporates exercise with education, is for individuals who want to decrease their heart disease risk. Participants receive a free three-month YMCA membership and guidance in the gym. For Southington residents only, 18 years old and older. **For more information, contact Jolene Miceli, Southington Community YMCA, 860.426.9589 or email jmiceli@sccymca.org.**

Women's Heart Disease Support Group

Third Wednesday of every month, 4:45-6pm.

The WomenHeart of Central Connecticut Support Network is a peer-to-peer patient support and education group for women living with heart disease. This support is critical to a woman's recovery and well-being and can help women make informed decisions about their health

and care. The National Coalition for Women with Heart Disease is the nation's only patient-centered organization serving the 48 million American women living with or at risk for heart disease and is dedicated to women's heart health through patient support, education and advocacy.

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.

Stroke Support Group

Virtual Stroke Support Group

This group provides support and education for stroke survivors and their caregivers/families. Facilitated by Christina Collin, stroke coordinator.

For dates and times, contact Christina Collin, 860.224.5900, ext. 6468.

Movement Disorders and Other Neurodegenerative Conditions: Support for Caregivers

First and Third Tuesdays: Jan. 4, 18, Feb. 1, 15 and March 1 & 15, 10:30-11:30am.

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. 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. Please contact a group leader if you have not attended the group before, as there may be some changes in the meeting schedule. 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.**

Walk to Wellness

Walk to Wellness at Westfarms Mall

Walk to Wellness is a monthly community education series presented in partnership with Westfarms Mall. Join us in-person once a month to learn from one of our experts in the Hartford HealthCare Rest & Relaxation Lounge outside Nordstrom on the 1st Floor of Westfarms Mall. Coffee and breakfast snacks will be provided. All COVID-19 protocols will be

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

Upcoming Sessions:

- **Tuesday, January 4**
9am-9:30am
- **Walk to Wellness – Better Gut Health, One Bite at a Time.**
Join Jamie Allers, a Registered Dietician with the Hartford HealthCare Digestive Health Center. Learn the benefits of probiotics, prebiotics, and fiber, how to increase key parts of your diet, cooking tips and strategies for meals, and easy recipes to try at home. Plus, a Q&A will follow the presentation.
- **Tuesday, February 1**
9am-9:30am
- **Tuesday, March 1**
9am-9:30am



Virtual Programs
JANUARY

Building Better Bones & Joints
Tuesday, Jan. 11 | 11am-12pm
Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: bone

and joint health, benefits of moving to maintain bone health and best exercises for your bones and joints. Plus, a Q&A will follow the presentation. Presented by Julie Sopchak, exercise physiologist, 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.

Exercise and Stress Reduction
Wednesday, Jan. 12
12-12:45pm

Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: what stress is and when you are chronically stressed and learn how physical activity can help reduce your stress and which exercises are best. Plus, a Q&A will follow the presentation. Presented by Christine Solimini-Swift, exercise physiologist, 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.

Memory Loss: When to Worry
Wednesday, Jan. 12 | 2-3pm

Learn more about differences between mild forgetfulness and more serious memory problems. Presented by Michelle Wyman, dementia specialist, Hartford HealthCare Center for Healthy Aging. **REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.

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

Staying On Your Feet on the Ice & Snow

Thursday, Jan. 13 | 10-11am

Keep yourself safe this winter – learn a few basic things we can do to prevent falls and injuries in the ice and snow. Plus, a Q&A will follow the presentation. Presented by Mitchell Nyser, exercise physiologist, 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.

Managing Chronic Back Pain Friday, Jan. 14 | 10-11am

In this interactive presentation, learn more about: defining pain, risk factors and causes, and ways to manage back pain. Plus, a Q&A will follow the presentation. Presented by Lisa Murawski, exercise physiologist, 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.

Importance of Proper Posture Tuesday, Jan. 18 | 11am-12pm

Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: how poor posture can lead to numerous muscular-skeletal problems, including back pain, neck pain, and joint issues as well as what you can do to improve it. Plus, a Q&A will follow the presentation. Presented by Michele Boisvert,



exercise physiologist, 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.

FEBRUARY

Understanding Lymphedema Wednesday, Feb. 2 11am-12pm

The World Health Organization estimates that over 250 million people worldwide live with Lymphedema or chronic swelling. It is a disease that can cause pain, limit our mobility and cause us to be insecure about ourselves. Join a Certified Lymphedema Therapist (CLT) from Hartford HealthCare Rehabilitation Network, to learn more about the causes and effects of swelling, ways to manage it and how participation in skilled Occupational and Physical Therapy can help. Plus, a Q&A will follow the presentation.

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.

It Starts with Hello: Engaging in Late Stage Dementia

Monday, Feb. 7 | 6-7pm

The progression of dementia brings cognitive and physical changes throughout the disease. How do we meet a person's social needs when verbal communication becomes difficult? Join Kristine Johnson, Dementia Specialist to discuss ways to interact with and engage a person who is living in the later stages of dementia. Presented by Kristine Johnson, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Plus, a Q&A will follow the presentation.

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.

Growing Older Can Bring New Purpose

Tuesday, Feb. 8 | 1-1:30pm

Join our interactive class right from the comfort of your phone, computer or tablet to learn more about physical changes and what we can do, mental changes and how to combat them and how to continue to live an active and engaging life. Plus, a Q&A will follow the presentation.

Presented by Alyssa Lombardi, exercise physiologist, 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.

How to Fall Safely

Thursday, Feb. 10 | 10-11am

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. Plus, a Q&A will follow the presentation.

Presented by Mitchell Nyser, exercise physiologist, 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 Arthritis

Wednesday, Feb. 16

12-12:45pm

Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: causes of arthritis and how it is diagnosed, prevention tips. Plus, a Q&A will follow the presentation.

Presented by Christine Solimini-Swift, exercise physiologist, 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.

MARCH

Exercise & Healthy Aging

Tuesday, March 1 | 11am-12pm

Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: benefits of daily activities to shape physiology, exercise can be used as a tool to fight disease and age-related decline, types of exercise. Plus, a Q&A will follow the presentation.

Presented by Michele Boisvert, exercise physiology, 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.

How to Be Aware of Your Surroundings

Thursday, March 3 | 1-2pm

In this interactive presentation, learn more about how to avoid slips, trips and falls. Plus, a Q&A will follow the presentation.

Presented by Lisa Murawski, exercise physiologist, 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.

Keys to Consider:

Driving and Dementia

Friday, March 4 | 10-11am

Join this FREE webinar to learn more about: Progression of dementia; how dementia affects the skills needed to drive and safety concerns. Plus, a Q&A will follow the presentation.

Presented by Kristine Johnson, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging, 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 Lymphedema

Wednesday, March 9 | 11am-12pm

The World Health Organization estimates that over 250 million people worldwide live with Lymphedema or chronic swelling. It is a disease that can cause pain, limit our mobility and cause us to be insecure about ourselves. Join a Certified Lymphedema Therapist (CLT) from Hartford HealthCare Rehabilitation Network, to learn more about the causes and effects of swelling, ways to manage it and how participation in skilled Occupational and Physical Therapy can help. Plus, a Q&A will follow the presentation. **REGISTRATION REQUIRED:**

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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.

**Building Better Bones & Joints
Wednesday, March 16
11am-12pm**

Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: bone and joint health, benefits of moving to maintain bone health and best exercises for your bones and joints. Plus, a Q&A will follow the presentation. Presented by Julie Sopchak, exercise physiologist, 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.

**Focused Awareness Meditation
Wednesday, March 16
12-12:30pm**

Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: Scientifically based practice of meditation, how to feel more relaxed, focused and calm and simple five-step technique. Plus, a Q&A will follow the presentation. Presented by Christine Solimini-Swift, exercise physiologist, 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.

**What is Dementia? Not All Dementia is Alzheimer's Disease
Thursday, March 24 | 2-3pm**

Join this FREE virtual class to learn more about the different types of dementia, identify different symptoms and the importance of knowing the diagnosis. Plus, a Q&A will follow the presentation. Presented by Patty O'Brian, CDP, dementia specialist, 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.

Medicare

Medicare 101: Understanding Your Options

**Dates include: Jan. 19, 24 & 26.
Feb. 2, 3, 7, 10, 16, 17, 23 & 24.
March 2, 3, 7, 10, 14, 17, 23, 24,
28 & 30. Call for times.**

Medicare 101 focuses on the basics of Medicare and understanding your Medicare options. Learn how it works; the different parts of Medicare; when to enroll; how to choose your plan; and your options including Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by Sara Mitchell, Medicare educator. 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.

**Making the Most of Medicare's Open Enrollment Period
Jan. 18, 24, 31, Feb. 8, 15, 22, 28,
March 8, 15, 21, & 29.**

Call for times.

The webinar 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 Sara Mitchell, Medicare educator. Sponsored by Hartford HealthCare and Integrated Care Partners. Registration required.

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

The Dementia Caregiver Series is offered at various dates and times. Participants should select one series and are encouraged to attend all five sessions.

Topics include:

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.

Tuesdays:

Jan. 4, 11, 18, 25 & Feb. 1, 10:30am-12pm.

OR

Thursdays:

Feb. 3, 10, 17, 24 & March 3, 6-7:30pm.

OR

Wednesdays:

March 2, 9, 16, 23 & 30, 1-2:30pm.

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 Chronic Conditions Self-Management Virtual Workshop

Mondays: Jan 17, 24, 31, Feb 7, 14, 21, 2-4pm.

Orientation: Jan 10, 2-3pm

There are no March dates scheduled.

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, resource coordinator, Hartford HealthCare Center for Healthy Aging and Carley Taft, Community Health Educator, North Central Area Agency on Aging.

REGISTRATION REQUIRED:

Call Amina Weiland, 860.286.3236 or email Amina.Weiland@hhchealth.org.

Healthy Brain Series

The Healthy Brain Series is offered at various dates and times. Participants should select one series and are encouraged to attend all five sessions. Presented by a certified dementia specialist from Hartford HealthCare Center for Healthy Aging.

Topics include:

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

Thursdays:

Jan. 6, 13, 20, 27 & Feb. 3, 1-2pm.

OR

Tuesdays:

Feb. 1, 8, 15, 22 and March 1, 10-11am.

OR

Mondays:

March 7, 14, 21, 28 & April 4, 6-7pm.

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.

Open Houses



Cedar Mountain Commons

3 John H. Stewart Drive, Newington

Saturdays: Jan. 29, Feb. 12, March 26, 9am-1pm.

Call Marie Pugliese to schedule a tour, 860.665.7901.



Arbor Rose at Jerome Home

975 Corbin Ave., New Britain

Sundays: Jan. 30, Feb. 27 & March 27, 10am-2pm. Call Karen Alix to schedule a tour, 860.229.3707.



The Orchards at Southington

34 Hobart St., Southington

Saturdays: Jan. 15, Feb. 19 & March 19, 9am-1pm.

Call Antoinette Ouellette to schedule a tour, 860.628.5656.



Mulberry Gardens of Southington

58 Mulberry St., Plantsville

Saturdays: Jan. 29, Feb. 26, March 26, 9am-1pm.

Call Marie Terzak to schedule a tour, 860.276.1020.

More options in assisted living.



It's time to consider one of Hartford HealthCare's assisted living communities. Live in your own space without the worry of maintaining a home or being alone too much. Enjoy as many activities as you wish, including transportation for appointments and errands as well as special excursions and events.

- Beautiful studio, one- and two-bedroom apartments.
- Monthly rentals, no buy-in fees.
- Meals included.
- Live independently, with optional services such as assistance with daily living, medications and more.
- Highest safety standards, including rigorous COVID-19 precautions, one of many benefits of the Hartford HealthCare integrated care network.

To learn more, visit HartfordHealthCare.org/livebetter or call 860.681.9909.

Cedar Mountain Commons
3 John H. Stewart Drive
Newington, CT

Mulberry Gardens
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Plantsville, CT

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Hartford HealthCare
Senior Services