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**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
Sebastian.Trabucco@hhchealth.org

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HHCSeniorServices.org

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**HOW TO REACH US**

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

**Hartford HealthCare Center**

for Healthy Aging

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
Making the Most of Your Medical Provider Appointment

Seeing your healthcare provider for an annual wellness visit or to discuss a new medical concern can sometimes feel both overwhelming and nerve wracking. You might feel that you don’t have enough time to discuss all of your concerns or feel like you don’t completely understand the information provided to you. Being prepared to take an active role in your health can help you feel empowered but also that you feel your concerns and needs are being thoroughly addressed.

How can you get set up for success? Let’s visit a few tips that can help feel in control.

1. Prepare for your appointment!
   a. Make the appointment for a day and time that you feel most alert and attentive.
   b. Consider having a trusted family member or friend join you and be an advocate for your needs.
   c. Have a small notebook or binder dedicated to your medical appointments – this can be your go-to place to have a list of all providers on your care team, your insurance information but most importantly, a place to bring questions and concerns you have to the appointment to address that day.
   d. Also, be sure you have the tools to see and hear well – be sure to bring glasses and hearing aids! If you don’t speak English as your primary language, be sure to ask the office to arrange for an interpreter!

2. Identify your medical symptoms and changes.
   a. Maybe you don’t have any chronic health concerns but you are experiencing changes in how you are feeling or you’re someone with multiple health diagnoses but you’ve seen a change in yourself, too. It is so important that you keep a log in your Patient Health Organizer of what symptoms or changes you are experiencing, when they started and how long they have lasted for. Your perspective on your symptoms and body gives your provider valuable insight into how you are feeling and the best odds of helping get an accurate diagnosis and treatment plan. Remember, no concern is too big or too small and even the smallest of clues can lead to the best care.

3. Bring all your medications to the appointment.
   a. Medications can often have long or complicated names that can be difficult to say or remember. Instead of trying to remember them all, keep an up-to-date medication list and all the medication bottles for medicines you are taking every day.
   b. Discussing your medications can help providers be sure you are taking them correctly and that they can be sure they know what you are taking from another provider, too.

4. Gather your medical information.
   a. Utilizing a Patient Health Organizer or a simple binder can aid in keeping your healthcare information as organized as possible at home. It can be such a valuable tool to bring to your regular appointments with a primary care provider but especially if you are seeing a new medical provider so they can have more background on you and your health. With the advent of electronic health records (EHRs), many providers may have access to your medical history which can help facilitate your care, however, some medical offices don’t use EHRs or the same medical charting system.

Continued on page 6
A Classical Language master promotes imaginative writing at The Orchards at Southington, to remind residents of the true meaning of literature, through poetry. Every Saturday at 10 a.m., the recreation team would host a social that included reading newspaper articles, enjoying pastries and a warm cup of coffee. However, the group didn’t have a great turnout as they would have liked.

That was until Jessenia Sterling, recreation coordinator, at The Orchards of Southington, came on board. She decided to switch things up a bit with the help of Roger McQuiggan, resident, at The Orchards who both have been in the community just shy of six months.

Instead of giving the residents a newspaper, she gave them poems and short stories. As Jessenia began inviting newcomers, Roger was the very first to join. Residents seemed to be drawn to the poetry and many others who did not attend asked for copies.

Roger seamlessly integrated into the community and quickly took a leadership role, facilitating The Orchard’s very first Poetry Club.

“It just kind of drifted into being and it has been a lot of fun,” said Roger.

Before retiring, Roger was an English and Latin teacher for 44 years at Platt High School in Meriden, as he was teaching he also served in the Army National Guard for 23 years. Later, he achieved his master’s degree in English and Classical Language, literature is Roger’s forte.
A day in the life of a Poetry Club member consists of:

- A lovely assortment of pastries and a warm cup of coffee to get the creative juices flowing.
- Open discussion of the pre-work, which is very well received by the members. Many of them feel comfortable sharing their thoughts, ideas and interpretations during this segment. Members also value and respect Roger’s point of view.
- Closing up the poetry session with assigned homework.

Whenever residents have questions or could not decipher a poem, he would help explain. Roger would also suggest other poets that residents could consider in their leisure. Soon, Roger began to bring in copies of poems for the group to review, and before they knew it, the Poetry Club had 10 recurring members each Saturday. It was a hit!

“It gives everyone the chance to use their imagination and create something tangible,” said Roger.

With the club growing, Roger suggested ordering poetry books from Amazon so that everyone could be on the same page and from there, he was able to assign homework. The club has four poetry books that they cover.

Residents continued to attend and admire Rogers’s love for literature. Every week new talents are showcased along with new lesson plans. Residents have been featured in the local Southington Observer newspaper.

The future of the Poetry Club is not written in stone, but Jessenia and Roger hope to encourage residents to write more poetry of their own, welcome new members and be featured in more publications.
How to Honor a Veteran

By Sherri Vogt

Many families want to honor the military service and the memory of a loved one that served. A professionally made shadow box can cost hundreds of dollars- but a glue gun and a black picture frame also create a beautiful memento.

With a few steps, you can create a military shadow box experience.

1. Retrieve discharge documents, called after 1950 a DD214. The medals and awards are listed as well as units, military occupation, rank and branch of service. To request a replacement set or original issue of medals, use a copy of the DD214 and an SF 180. Complete the SF 180 and the branch of service will reissue one set of medals. They are sent in an unceremonial envelope.

2. If the family wishes multiple sets, the medals can be purchased. Also, dog tags, unit patches and pins, rank and ceremonial military items are not reissued. These will need to be purchased on eBay, at thrift stores and antique stores and at Medals of America at https://www.medalsofamerica.com/military-shadowbox-builder

Once you have all the trinkets for the shadow box, you can start decorating. Things to keep in mind.

• The American flag is always displayed highest, or at the far left position if other flags are displayed.

• The display of medals when a service member wears them is dictated by regulation. The medals should be presented that way in a shadow box as well. The order of precedence is found here: https://officialmilitaryribbons.com/military_medals_army_full_size_in_precedence_order.html

For more information about Veteran benefits please call the Center for Healthy Aging at 1.877.424.4641.
5. Make sure you understand.

a. Taking the time to ask questions and take notes during the visit can help you jot down thoughts, ideas, and treatments discussed for reference after you leave the appointment. Sometimes providers may still utilize complicated medical terms or jargon which may sound foreign to you. Remember, this appointment is about you and your care needs and it’s so important that you leave the appointment feeling informed about your health and next steps.

6. Recap and take notes.

a. Keeping and taking notes helps give you a chance to review information discussed during the provider visit to ensure you didn’t miss something and can give your provider an opportunity to clarify items you might have questions or concerns about. This is where having a trusted family member or friend can come in handy to help with taking notes for you and allows you a chance to discuss what the next steps in your care will be after you leave that appointment so everyone can be on the same page. These notes can become a part of your health organizer so you can always reference this information and follow-up if necessary.

Hartford HealthCare Center for Healthy Aging is a not for profit member of Hartford HealthCare Senior Services. Each of the 11 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://hhccenterforhealthyaging.org or call 1.877.424.4641.

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From the Kitchen of Cedar Mountain Commons

**Salmon with Farro and Apple Salad**

**SUPERFOOD**

**INGREDIENTS**

- 1/2 tsp Canola Oil
- 4 ea Wild Salmon Fillet
- 3 1/2 oz Farro
- 1 3/4 cup Water
- 2 cups Granny Smith Apples, Diced
- 3 Tbsp Fresh Cilantro, Chopped
- 1 1/4 tsp Jalapeño Peppers, Diced
- 1/4 cup Red Onions, Thin Slivered
- 1 Tbsp Lime Juice
- 1/2 tsp Ground Black Pepper
- 1 tsp Ground Cumin
- 1 cup Arugula Lettuce Leaf

**METHOD**

1. Rub the salmon with oil. Grill salmon for 5-7 minutes on each side turning once. Cook until internal temperature reaches 145°F internal temperature.

2. Place all farro in a pot with water and bring to a boil. Lower heat to simmer and cook until tender, about 20 minutes. Drain, cool and set aside.

3. In a large bowl combine the farro, apples, lime juice, arugula, cilantro, jalapeno, onion, cumin and pepper. Mix thoroughly. Portion the mixed 1 1/2 cup farro salad and top with 4 oz salmon.

**NUTRITION FACTS**

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<th>Calories</th>
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<th>Sat Fat</th>
<th>Total Carb</th>
<th>Protein</th>
<th>Dietary Fiber</th>
<th>Sodium</th>
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<td>6g</td>
<td>1g</td>
<td>31g</td>
<td>27g</td>
<td>4g</td>
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</table>

**PORTION:** 1 fillet, 1 1/2 cup salad

**SERVES:** 4
Marri Fairbanks is always looking for her next challenge. Fairbanks, who is 55 years old, took up Crossfit 15 years ago, with no prior weight lifting experience. When her gym began offering a new class on powerlifting a year and a half ago, she gave it a try.

But, just six weeks from her first powerlifting meet, Fairbanks began experiencing a dull, aching pain in her left shoulder that left the joint feeling tight and weak. “I had put so much effort into preparing for the meet. I was really nervous that I wouldn’t be able to do it,” Fairbanks said.

A DIAGNOSIS AND A PLAN

At Hartford HealthCare’s Bone & Joint Institute, Fairbanks was evaluated by Stefanie Bourassa, the sports medicine clinical program director and Bone & Joint Institute rehab director. Bourassa found indications of rotator cuff tendopathy as well as limitations in the middle of her spine. “Marri’s body was compensating for the lack of movement in one area and it was negatively impacting her shoulder,” said Bourassa.

With the help of physical therapists Juli Deng and Alyssa Englert, Fairbanks began strengthening muscles that stabilized her shoulder blades and underwent manual treatments to improve tissue tension and length. Eventually, she progressed to mimicking her Crossfit and powerlifting movements to rebuild her confidence and strength.

BACK TO FIGHTING SHAPE

After about five weeks of physical therapy, Fairbanks was able to attend the meet. With her shoulder healthy, she set new personal records for bench press and deadlift – goals she may not have reached without the help of the physical therapists.

“They took an interest in my goals and getting to know me,” Fairbanks said. “They would ask about my day, what do I do for work, do I stand? I got tips for driving, work environment, things to look out for throughout the day that could affect my shoulder. They fixed me up and got me in fighting shape. It was really great.”

A SEAMLESS PROCESS

With limited time before the meet, Fairbanks was able to use Direct Access, a new service offered through the Hartford HealthCare Bone & Joint Institute that allows patients like her to visit a physical therapist without waiting for a referral from another healthcare provider.

“It was easy – I didn’t waste any time going to my primary care physician to get an exam and referral. It was seamless,” Fairbanks said.
What to expect
The YMCA, in partnership with Hartford HealthCare’s Center for Healthy Aging is excited to offer a wellness collaboration center. Resource coordinators, transitional care nurses and dementia specialists will be available for you throughout the month.

Located off of the YMCA Health & Wellness Center.

Office hours include:
- First Thursday of the month
- Third Tuesday of the month

During the office hours and collaboration, YMCA visitors will experience:
- A monthly presentation focused on wellness topics such as dementia, home safety, dimensions of wellness and more in Katie’s Place.
- Ability to meet with a Center for Healthy Aging team member to navigate community resources, receive education and health screenings.
- Access to a library with health information resources.

For more information about the Wellness Collaboration contact:
Center for Healthy Aging
1.877.424.4641 | CenterForHealthyAging@hhchealth.org
www.hhccenterforhealthyaging.org
How to Avoid Back Injury in Snowy, Icy Conditions

By Robin Stanley

Winter is almost here, and that means ice, sleet and snow – a perfect storm for slips, falls and back problems. Here’s what you can do to prevent an injury this winter, according to two orthopaedic surgeons.

What makes people injury-prone during winter?

“Most people aren’t exercising – they’re hibernating, which leads to a deconditioning of their core muscles,” said Gerard Girasole, MD, co-medical director of Connecticut Orthopaedic Institute (COI) at St. Vincent’s Medical Center in Bridgeport. “Then if you go out and do something, such as shoveling, you risk injuring your back.”

Low back strains and disc herniations are two common resulting spine injuries, explained Robert Stockton, DO, from COI at MidState Medical Center in Meriden.

How can I treat a back injury?

The good news is that most lower back injuries can be treated at home.

“I recommend over-the-counter NSAIDs and Tylenol. I also recommend heating pads and topical ointments for symptomatic pain relief,” said Dr. Stockton.

If the pain doesn’t go away after using over-the-counter anti-inflammatories, or if you develop nerve pain, numbness, tingling, or weakness in your legs, it’s time to see your doctor.

How do I avoid injury in winter?

When shoveling, Drs. Girasole and Stockton recommend:

■ Warming up by stretching before any physical activity.
■ Shoveling in stages instead of waiting until a large amount of snow has fallen.
■ Lifting with your hips and knees, rather than your back.
■ Pushing the snow rather than scooping and throwing it over the shoulder.

When walking in icy conditions:

■ Have one foot on the ground and use the other foot to test the ground in front of you.
■ Slowly advance one foot at a time as opposed to trying to walk normally.
■ Watch out for black ice.
In the Spring 2022 edition of MyHealthy Advantage, it featured Age Is Just a Number and True Love Knows No Bounds, a love story of Melvin and Joanne.

Here is an update on the couple. On May 20 their love blossomed as they hosted a commitment ceremony at The Orchards at Southington’s very own Serenity Garden. “It was cute the way we started, now look at us,” said Joanne.

“I think it is safe to say we laugh a lot together. That counts for a lot,” said Mel.

They expressed how they communicate and do more things together as one than they did before. Advice they would give to others looking to take a stab at love again would be to get to know each other, learn your person.

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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
<table>
<thead>
<tr>
<th>Business Name</th>
<th>Phone Number</th>
<th>Address</th>
<th>Offer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amston Home Transition Solutions</td>
<td>203.678.9728</td>
<td>61 N. Plains Industrial Road #173, Wallingford</td>
<td>FREE in home evaluation and estimates for any services. 10% off cleanout/removal services.</td>
</tr>
<tr>
<td>Aziago’s Restaurant</td>
<td>860.426.1170</td>
<td>166 Queen St. Southington</td>
<td>10% off dinner items from lunch items, excludes desserts. Dine-in only; not valid on holidays, cannot be used with any other coupon or promotion.</td>
</tr>
<tr>
<td>B &amp; V Jewelers</td>
<td>860.276.2097</td>
<td>72 Center St. Southington</td>
<td>One free watch battery per person, not applicable on solar powered watches, smart watches or on lithium batteries.</td>
</tr>
<tr>
<td>Barker Animation</td>
<td>203.272.2222</td>
<td>1188 Highland Ave. Route 10, Cheshire</td>
<td>20% Collectors Star Club discount &amp; $1 off museum entrance fee.</td>
</tr>
<tr>
<td>Beacon Pharmacy</td>
<td>860.628.3972</td>
<td>609 N. Main St. Southington</td>
<td>Free local delivery</td>
</tr>
<tr>
<td>Beacon Prescriptions</td>
<td>860.225.6487</td>
<td>543 W. Main St. New Britain</td>
<td>Free prescription delivery. M-F, 9-6pm</td>
</tr>
<tr>
<td>Casey’s Image Consultants</td>
<td>860.628.8857</td>
<td>51 N. Main St. Suite 1BB, Southington</td>
<td>First time customer $10 off perm, First time customer $10 off color, invite a friend and receive $10 off after your second perm or color. Call for an appointment</td>
</tr>
<tr>
<td>Century 21</td>
<td>203.213.4141</td>
<td>441 N. Main St. Southington</td>
<td>$250 towards house cleaning when you buy or complete a home sale with Joyce Gibson.</td>
</tr>
<tr>
<td>Colony Vision Care</td>
<td>203.265.7990</td>
<td>60 Church St. Wallingford</td>
<td>20% off eyeglasses</td>
</tr>
<tr>
<td>Business Name</td>
<td>Phone Number</td>
<td>Address</td>
<td>Description</td>
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<tr>
<td>Drain Surgeon</td>
<td>860.229.6941</td>
<td>228 Corbin Ave. New Britain</td>
<td>10% off any plumbing repair work in residential housing.</td>
</tr>
<tr>
<td>Eyewear Glasses</td>
<td>860.621.8215</td>
<td>55 Meriden Ave. Southington</td>
<td>15% off any pair of glasses</td>
</tr>
<tr>
<td>Frank D. Marrocco, CPA</td>
<td>860.229.7479</td>
<td>142 W. Main St. New Britain</td>
<td>Income tax preparation services – 10% off</td>
</tr>
<tr>
<td>Giovanni’s Pizzeria</td>
<td>860.621.2299</td>
<td>714 West St. Southington</td>
<td>10% off Tue. &amp; Wed., pick-up only. Except when using a coupon.</td>
</tr>
<tr>
<td>Graebers</td>
<td>203.235.6305</td>
<td>172 W. Main St. Meriden</td>
<td>10% off durable equipment &amp; prescription drugs/Free delivery to Meriden, Wallingford and Cheshire.</td>
</tr>
<tr>
<td>Neck &amp; Back Pain Relief Center</td>
<td>860.620.9523</td>
<td>1601 Meriden-Waterbury Tpk., Milldale</td>
<td>10% off non-insurance covered items</td>
</tr>
<tr>
<td>Hearing Health &amp; Wellness Center</td>
<td>860.426.9181</td>
<td>710 M. St., Clock Tower Square Plantsville</td>
<td>One free Battery Club membership with every hearing aid purchase.</td>
</tr>
<tr>
<td>Karma’s Closet</td>
<td>860.436.6055</td>
<td>3153 Berlin Tpk. Newington</td>
<td>15% off your total purchase. Excludes firm items</td>
</tr>
<tr>
<td>Keller Williams Realty</td>
<td>860.681.6796</td>
<td>358 Scott Swamp Road Farmington</td>
<td>Free consultation to learn what your home is worth.</td>
</tr>
<tr>
<td>Merchant</td>
<td>Address</td>
<td>Contact Number</td>
<td>Offer Details</td>
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<tr>
<td>Lifeway Mobility</td>
<td>40 Weston St., Suite A Hartford</td>
<td>860.292.1111</td>
<td>$300 off the purchase of a new stairlift. Cannot be used with any other coupon or promotion.</td>
</tr>
<tr>
<td>Meriden YMCA</td>
<td>110 W. Main St. Meriden</td>
<td>203.235.6386</td>
<td>BE OUR GUEST, your MyHealthy Advantage card entitles you to one free visit at the Meriden YMCA.</td>
</tr>
<tr>
<td>Next Street Driver Rehab Services</td>
<td>Call for locations.</td>
<td>860.417.5569</td>
<td>After clinical assessment, $25 off for driving assessment and $50 off for both clinical and driving assessment.</td>
</tr>
<tr>
<td>October Kitchen</td>
<td>309 Green Road Manchester</td>
<td>860.533.0588</td>
<td>10% off all menu items. Cannot be used with any other coupon or promotion.</td>
</tr>
<tr>
<td>Pals Power Washing, LLC</td>
<td>41 Riverside Court Southington</td>
<td>860.919.8748</td>
<td>Free Cabot stain for all deck restorations or 10% off any house washing.</td>
</tr>
<tr>
<td>Professional Vision Center</td>
<td>512 W. Main St. Meriden</td>
<td>203.269.2207</td>
<td>20% off all services</td>
</tr>
<tr>
<td>Schmidt Lawn Care, LLC</td>
<td>P.O. Box 1035 Southington</td>
<td>860.628.9781</td>
<td>10% off complete fall clean-up of property or curbside leaf removal.</td>
</tr>
<tr>
<td>Smokin’ With Chris</td>
<td>59 W. Center St. Southington</td>
<td>860.620.9133</td>
<td>10% off on Wednesdays all day.</td>
</tr>
<tr>
<td>Business</td>
<td>Phone Number</td>
<td>Address</td>
<td>Discount/Service Details</td>
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<tr>
<td>Southington Cheshire YMCA</td>
<td>860.628.5597</td>
<td>29 High St., Southington</td>
<td>One free visit at the Southington Community YMCA.</td>
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<td>967 S. Main St., Cheshire</td>
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</tr>
<tr>
<td>Specialty Auto Cleaning &amp;</td>
<td>860.628.5011</td>
<td>200 Clark St. Milldale</td>
<td>15% off any service/free pickup &amp; delivery in most areas.</td>
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<td>Detailing</td>
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<td>Solinksy EyeCare LLC</td>
<td>860.236.4979</td>
<td>1013 Farmington Ave. West</td>
<td>Eyeglasses; $100 off Full frame and lenses; Hearing aids - 10% off up to $300. Contact</td>
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<td>Hartford</td>
<td>Lenses - $50 off any purchase over $300.</td>
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<td>The Dutiful Daughter, LLC</td>
<td>860.432.5503</td>
<td>103 Thayer Road Manchester</td>
<td>15% off packing, moving and content removal services.</td>
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<tr>
<td>Town Fair Tire</td>
<td>203.467.8600</td>
<td>750 Queen St. Southington</td>
<td>5% off your total purchase at ANY Town Fair Tire in CT (Southington, Bristol, Wallingford,</td>
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<td>New Britain, etc.) With Code #38615.</td>
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<td>Wallingford Sew-Vac Center</td>
<td>203.269.2207</td>
<td>95 Quinnipiac Ave. Wallingford</td>
<td>Buy one vacuum cleaner bag and get second one 1/2 price.</td>
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<tr>
<td>Walsh &amp; Massari</td>
<td>203.235.1681</td>
<td>86 W. Main St. Meriden</td>
<td>25% off all eye care services</td>
</tr>
<tr>
<td>Welcome Home Mortgage, LLC</td>
<td>860.761.1331</td>
<td>1331 Silas Deane Highway</td>
<td>Specializing in Reverse Mortgages. Your appraisal fee refunded at closing.</td>
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Virtual Alzheimer’s & 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: January 3, February 7 & March 7 | 10-11am.
In-person: 15 Starkel Rd., West Hartford, CT 06117. Walk ins welcome.
Facilitated by Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging.

Second Wednesday of every month, Wednesdays: January 11, February 8 & March 8 | 6:30-8pm.
Facilitated by Patty O’Brien, CDP, Hartford HealthCare Center for Healthy Aging.

Third Monday of every month, Mondays: February 20 & March 20 | 1-2:30pm.
Zoom or In-person: Berlin-Peck Memorial Library
Facilitated by Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging.

REGISTRATION REQUIRED:
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses. Registration required for the first time you join. After you register, you’ll receive an email with easy instructions on joining the virtual class.

These groups are affiliated support groups of the Alzheimer’s Association Connecticut Chapter.

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 Kristine Johnson, CDP, Hartford HealthCare Center for Healthy Aging. Registration is not required.
For more information, call 877.424.4641. To join, call 1.646.876.9923, Meeting ID: 92408181873#

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.

In-Person Memory Screenings
Fourth Friday of the month | 10:30am-12pm
January 27 – Elmwood Branch, 1106 New Britain Ave.
February 24 – Bishops Corner Branch, 15 Starkel Rd.
March 31 – Elmwood Branch, 1106 New Britain Ave.
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.
REGISTRATION REQUIRED:
Call 860.561.7583 (Bishops) or 860.561.8180 (Elmwood).
Virtual and In-Person Bereavement Support Groups

First and third Mondays, 1-3:30pm.
Facilitated by Nichol Burris.
To RSVP, email nichol.burris@hhchealth.org.

Second and fourth Wednesdays, 2-2:30pm. Facilitated by Bill Pilkington.
Riverfront Community Center, 300 Welles St, Glastonbury
To RSVP, email bill.pilkington@hhchealth.org.

Second and fourth Tuesdays, 2-3:30pm.
Facilitated by Jim Mercurio.
To RSVP, email james.mercurio@hhchealth.org.

Call-in Bereavement Support Group
Thursdays, 1-2:30pm.
Call 860.972.6228; 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 sessions: Sessions starting Sept. 12 - March 6, 2023.
Every Monday, 5:30-6:30pm.
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 Group

LIVESTRONG at the YMCA
Upcoming sessions:
Sessions starting in January. Every Tuesdays and Thursdays, 1-2:30pm.
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.

Continued on next page
Heart Health
YMCA Heart Healthy Program
Upcoming sessions: Sessions starting in January.
Every Wednesday, 5:30-6:30pm.
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.
First Wednesday of the month, 6-7pm.
The Women’s Heart of Central Connecticut and Fairfield County 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
Second Wednesday of every month, 3-4pm.
This group provides support and education for stroke survivors and their caregivers/families. Facilitated by Christina Collin, stroke coordinator, at the Hospital for Special Care in New Britain.
Contact Christina Collin for registration, 860.224.5900, ext. 6468.

Surgical Weight Loss
Surgical Weight Loss Info Session
Call for dates and times.
In this virtual class, learn about the process to get surgical weight loss, risks and complication and lifestyle changes necessary to succeed. A LIVE Q&A with the experts will follow the presentation.
REGISTRATION REQUIRED: Call 1.855.HHC.HERE (1.855.442.4373) or go to whatwillyougain.org. After you register, you'll receive an email with easy instructions on joining the virtual class.

Medicare
Making the Most of Medicare’s Open Enrollment Period
“Making the Most of Medicare’s Open Enrollment Period” 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: 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 101: Understanding Your Options
Virtual: Jan. 19, 25, 31, Feb. 6, 15, 21 & March 2, 8, 13. Call for times.
Medicare 101 focuses on the basics of Medicare and understanding your Medicare options. Learn how it works: the different parts of the 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, 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 Programs

January

Exercise and Stress Reduction
Wednesday, January 11 | 12:30-1:30pm
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, how physical activity can help reduce your stress and what exercises are best for you. Plus, Q&A will follow the presentation. Presented by Erica Bruno, 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.

Growing Older Can Bring New Purpose
Friday, January 20 | 11am-12pm
Join our interactive class from the comfort of your phone, computer or tablet and 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, Q&A will follow the presentation. Presented by Michelle 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.

Importance of Proper Posture
Tuesday, January 24 | 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, Q&A will follow the presentation. Presented by Michelle 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, February 8 | 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.

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.

Continued on next page
**Understanding Arthritis**  
**Wednesday, February 15 | 12:30-1:30pm**  
Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: causes of arthritis, how arthritis can be diagnosed and what to do from there and prevention tips to get ahead of the diagnosis. Plus, 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.

**Building Better Bones & Joints**  
**Friday, February 17 | 12-1pm**  
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 exercises to promote healthy bones and joints. Plus, Q&A will follow the presentation. Presented by Erica Bruno, 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 & Healthy Aging**  
**Wednesday, February 22 | 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, how exercise can be used as a tool to fight disease and age-related decline and the best types of exercise for you. Plus, Q&A will follow the presentation. Presented by Michelle 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.

**March**

**Managing Chronic Back Pain**  
**Thursday, March 2 | 2-3pm**  
Join our interactive class right from the comfort of your phone, computer or tablet and learn more about: defining pain, risk factors and causes of back pain, and ways to manage your back pain. Plus, 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.
How to Be Aware of Your Surroundings
Thursday, March 9 | 2-3pm
Join our interactive class right from the comfort of your phone, computer or tablet and learn more about:
how to avoid slips, trips and falls, exercises to prepare you for different elements outside and in-home practices and techniques to be safer. Plus, 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.

Stress Management
Wednesday, March 15 | 12:30-1:30pm
Join our interactive class right from the comfort of your phone, computer or tablet and learn more about:
what stress truly is and three types of stress, how our body responds to stress/distress and different relaxation techniques. Plus, 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.

Understanding Lymphedema
Friday, March 31 | 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.
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
Zoom Dementia Caregiver Series
The Dementia Caregiver Series is offered starting in February via Zoom. Participants are encouraged to attend all five weekly 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 Kristine Johnson, CDP, from Hartford HealthCare Center for Healthy Aging.
Mondays, January 23, 30 & February 6, 13 | 10-11:30am.
Thrive 55+ Active Living Center
102 Newton Rd., Groton, CT 06340
REGISTRATION REQUIRED:
Call Thrive 55+ Active Living Center to RSVP, 860.441.6785.
New London Dementia Caregiver Series
The Dementia Caregiver Series is offered starting in January in-person in New London, CT. Participants are encouraged to attend all five monthly sessions.

Topics include:
- **Session 1:** Over 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 Kristine Johnson, CDP, from Hartford HealthCare Center for Healthy Aging.

**Mondays, January 23, February 27, March 10, April 24 & May 22 | 12-1pm.**
New London Senior Center
120 Broad St., New London, CT 06320

REGISTRATION REQUIRED:
Call New London Senior Center to RSVP, 860.447.5232.

Healthy Brain Series
The Healthy Brain Series is offered five different times weekly starting in January. Participants 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

**Fridays January 6, January 13, January 20, January 27 & February 3 | 10-11am.**
Rocky Hill Senior Center 55 Church St., Rocky Hill, CT 06067

REGISTRATION REQUIRED:
Call Rocky Hill Senior Center to RSVP, 860.258.2786.

**Wednesdays February 15, February 22 & March 1, March 8 and March 15 | 11am-12pm.**
West Hartford Senior Center
1106 New Britain Ave., West Hartford, CT 06110

REGISTRATION REQUIRED:
Call West Hartford Senior Center to RSVP, 860.561.8180.

**Tuesdays January 10, January 17, January 24 and January 31 | 10:30-11:30am.**
Madison Senior Center
29 Bradley Rd., Madison, CT 06443

**Thursdays January 19, January 26, February 2, February 9 and February 16 | 2-3pm.**
Plainville Senior Center
200 East St., Plainville, CT 06062

**Wednesdays March 1, March 8, March 15, March 22 & March 29 | 1:30-2:30pm.**
Zoom

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.
Cedar Mountain Commons
3 John H. Stewart Drive
Newington
Wednesday, January 11 | 3-7pm
Wednesday, February 22 | 3-7pm and
Sunday, March 19 | 10am-2pm.
Call Nicole Higgins to schedule a tour, 860.665.7901.

The Orchards at Southington
34 Hobart Street
Southington
Wednesday, January 11 | 4-7pm
Saturday, February 18 | 9am-1pm and
Thursday, March 9 | 4-7pm.
Call Antoinette Ouellette to schedule a tour, 860.628.5656.

Arbor Rose at Jerome Home
975 Corbin Avenue
New Britain
Saturday, January 21 | 10am-2pm
Sunday, February 19 | 11am-3pm and
Tuesday, March 21 | 4-8pm.
Call Karen Alix to schedule a tour, 860.229.3707.

Mulberry Gardens of Southington
58 Mulberry Street
Plantsville
Wednesday, January 25 | 3-6pm
Wednesday, February 22 | 3-6pm and
Wednesday, March 29 | 3-6pm.
Call Marie Terzak to schedule a tour, 860.276.1020.
Expanding Senior Care
on the Campus of Arbor Rose

We invite you or your loved one to become a resident to our newest community.

Specializing in exceptional senior care for those diagnosed with dementia and Alzheimer’s.

An expanded wellness pavilion of Jerome Home, that includes a new outpatient rehabilitation gym and a Goodlife fitness program instructed by certified exercise physiologists for residents and the community.

Call 860.229.3707 Today to schedule your tour
www.jeromehome.com

Make the Right Choice.

New state-of-the-art memory care apartments at Arbor Rose. Featuring:

- On-site experts and clinicians.
- On-going staff and family education and support servicing Alzheimer’s and dementia.
- Beautiful private and shared companion suite apartments.
- Assistance with activities daily living, medication management and other services are available.
- Exquisite meals included.
- Monthly rentals, no buy-in fees.

Now Open