Continuum of Care at Jerome Home with Bob Wallace
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
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

SOUTHCOTTON 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
Calm and experienced with nuzzling the sick after remaining beside one of his handlers to his last breath, Llew the Llewellyn English Setter is the ideal visitor to seniors living at The Orchards of Southington.

“He’s like a friendly visitor dog,” says Mary Jean Thielman, APRN, Llew’s other handler who retired after 12 years at Hartford HealthCare.

The 68-year-old Plantsville resident remembers days at work when she was on the receiving end of pet visits. “It was such a joyful time,” she says.

She thought of those feelings when she and Llew mourned the death of her husband Bob. She had retired early in 2022 to care for him as he suffered with the results of Agent Orange exposure. Little did she know at the time that she would be back where she started.

As Bob’s health deteriorated when a stroke left him disabled and often hospitalized, visits from Llew, his companion since a puppy, cheered him. Llew was, in fact, there every step of the way.

Friends, family and hospital staff were surprised with how well Llew behaved. The way Llew presented himself in the healthcare setting led him to his new journey.

Bob’s death stripped some of Llew’s purpose and he was missing his spark. That was until May 2023, when Mary and Llew connected with the recreational department at The Orchards.

Llew first entered the community with a smile on his face, his tail in the air and calm mannerisms that made him all the more irresistible to staff and residents. The perfect fit, Llew found his spark again. He and Thielman have been visiting The Orchards for three months every other Wednesday.

“In this day in age where technology is taking over. It is nice to see how the human and pet connection is still tangible,” Thielman says.

Visits from Llew are always the talk of the community, and he and his handler enjoy their company just as much. “It is a very positive experience for the residents and Llew. I enjoy seeing the residents smile,” Thielman says.

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The Orchards at Southington, a not for profit member of Hartford HealthCare Senior Services, offers independent and assisted living at 34 Hobart St., Southington. For more information about The Orchards at Southington, visit http://southingtonorchards.org.
Continuum of Care at Jerome Home with Bob Wallace

By Leaja Johnson

After falling in the shower, Bob Wallace needed multiple surgeries and four months of inpatient followed by outpatient rehabilitation at Jerome Home.

Wallace, an Ohio native living in New Britain, is a devoted husband, father and grandfather whose short-term goals when he first came to Jerome Home were to improve his strength, body movement and balance to make his long-term goal of independence achievable.

“We take so much for granted,” says his wife, Faith.

With the loss of his independence, Wallace’s life was less social than the days when he and Faith were active members of the community, spending time with family and spending winters in Myrtle Beach. They also enjoyed socializing with friends and playing bingo at the Elks Club in Westbrook every Wednesday.

Physical therapy and occupational therapy became his life. Physical therapy to regain his mobility and occupational therapy to be able to perform his own activities of daily living. It was a slow process, but he is now able to move about independently with a walker and is progressing to a cane.

“There were nights I really was down and the team would sit down to talk to me,” Wallace says. “They made the night go better.”

On the road again

When he first began his journey, he felt his life was never going to improve. Aside from his injury, he suffers from arthritis. But when he left Jerome Home to return home, he knew therapy was worth the effort and he was accomplishing his goals.

Today, he continues working with Maquita Sellers and Angela Duval, exercise physiologists with Hartford HealthCare GoodLife Fitness.

“Overall, a big ‘Thank you’ to the entire care team at Jerome Home,” say Wallaces in unison.

Bouncing back at Jerome Home

Being at Jerome Home, however, gave Wallace hope that he would eventually return to those activities.

“I wish every patient was as motivated and never gave up, especially when life throws obstacles,” says Beata Zaloba, physical therapy assistant at Jerome Home.
What is Strength After Breast Cancer?

Strength After Breast Cancer (Strength ABC) is a program designed to teach breast cancer survivors that slowly progressive weightlifting performed twice weekly can reduce the onset or worsening of breast cancer-related lymphedema. Participants in the program get an evaluation with a physical or occupational therapist who is specialized in Breast Cancer Rehabilitation, exposure to a lecture called the Lymphedema Education Session (LES), and four sessions with a therapist to learn the exercise program.

Why are we doing this program?

Strength ABC was chosen because of the positive outcomes demonstrated by the PAL trial, a large clinical trial conducted at the Perelman School of Medicine, University of Pennsylvania, composed of 154 BrCA survivors WITHOUT lymphedema and 141 BrCA survivors WITH lymphedema. Women who participated showed these benefits:

- 50% reduced likelihood of lymphedema worsening
- 70% reduced likelihood of lymphedema onset among women with 5 or more nodes removed
- Improved strength and energy
- Improved body image
- Reduced body fat
- Prevented declines in physical function that can occur after breast cancer

Who is eligible for Strength ABC?

Individuals who have had breast cancer. Most will have finished treatment, but patients still in treatment can be evaluated to see if they are ready. Patients who have recently had surgery will need to be cleared for ‘usual activity’ by their surgeon.

- BrCA survivors with or without lymphedema.
- BrCA survivors who have no medical conditions that would preclude participation in a weight-training program.
- Currently free of cancer (not metastatic)

Program Details

All patients must be scheduled for an evaluation with a physical or occupational therapist before beginning Strength ABC. This is true even if the patient does not have lymphedema. A physician prescription is required.

Is this an insurance-based program?

Yes. Follow all the same rules with this program as with other patients. Patients must pay any co-pays or deductibles as per their insurance. If they have an HMO and are not capped to your organization, they can receive treatment with you for their lymphedema-related issues out of capitation.

The current Strength ABC program was developed by the PAL researchers to put the PAL intervention into practice.
Embracing digital alternatives not only reduces paper consumption but also minimizes waste, contributing to a greener and more sustainable future for our environment.

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@HHCHalth.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
While retirement can strip away your routine and motivation, it’s never too late for seniors to rediscover a new purpose in life. The key is intellectual stimulation – something that can be added into your day-to-day routine, says Blanca Ayala, manager of client services with Independence at Home. “Our caregivers work with clients to provide a structure in their daily routine. They encourage their clients to engage in physical activities and hobbies, helping rebuild a sense of purpose every day,” says Ayala.

We asked Ayala for practical tips on how seniors can live a meaningful and stimulating life, and how homecare can help.

4 ways for seniors to discover their purpose in life

Ayala suggest trying one or more of these tactics to discover a new purpose:

1. Volunteer. Helping others can provide you with not only a sense of accomplishment and a new skill set but you can also gain a sense of fulfillment that fuels your mental health.

2. Learn a new skill. Whether from a course or your family member, options for learning are limitless. Learning a new skill helps you expand your mind and values.

3. Reconnect with others and nurture meaningful relationships. One of the most overlooked ways to rediscover your purpose starts with a simple conversation with someone you lost connection with and those you love the most. Doing this can boost your mood and give you new perspective.

4. Tell your story. Your story enables others to see you from your personal perspective. Some will be able to relate or have a similar story to tell. But the people who can, are the ones you will gravitate to.

With an open mindset, you are more than able to tackle this step. Living a meaningful life contributes to better physical and mental health.

How a caregiver can help you take your first step

You may dismiss trying new things, though, due to age-related physical constraints. But a home caregiver can boost your confidence. “Life is easier when you have somebody by your side, especially someone who is always looking out for your overall health,” Ayala says.

How do I choose a caregiver? Where do I start?

The most important step in choosing a caregiver is to contact a reputable agency licensed by the state. Make sure the caregivers are employees of the agency and the agency handles payment.

The agency will then match the caregiver to the client based on variables such as specific needs and likes/dislikes, Ayala explains.
The Lens of Dave

By: Leaja Johnson

Click, click, pop - a life-long hobby has residents posing for portraits with David “Dave” Schuster at The Orchards at Southington.

Growing up in a crafty family - his mother was an teacher and his father a photography hobbyist – Shuster, at seven, picked up his first black and white camera and has been caught up in the art of photography ever since.

Schuster is a retired teacher, supervisor and vice principal of Wolcott. After grading papers and approving policies, he would spend his leisure time pursuing landscape photography, a self-taught hobby. He perfected his craft with repetition and by reading educational booklets.

He not only took landscape photos, however. He also took portraits of his family members in his in-home studio and even won best in class at the Durham Fair.

When the going gets tough

Shifting his focus as he spent 5 months at Southington Care Center as he suffered from a compression fracture on his vertebra that left him immobile and now in a wheelchair. Schuster’s inability to explore the outdoors didn’t stop him from finding another beauty to capture.

Now at The Orchards at Southington

Today, Schuster is wheeling his way around the halls of The Orchards at Southington capturing candid moments and portraits.

“It’s a fun thing to do. I like to stay busy, I don’t like to hang around and sit around. I like to have a purpose,” the 82-year-old from Beacon Falls says when asked about sharing his passion with the residents.

Schuster’s apartment doubles as his photography studio. He is sure that his studio now is much more equipped than the one he had in his home. To all the residents of The Orchards, he offers, one free printed portrait, once he gets the picture perfect he is very involved in the editing in Adobe Photoshop and the printing process.

The voice of experience

After 76 years behind the camera, Schuster offers some advice for others.

“Enjoy it as a hobby and pursue it that way,” says the father of two and grandfather of five. “There’s a lot of completion and a lot of people who are great, you better be just as great!”

The Orchards at Southington, a not for profit member of Hartford HealthCare Senior Services, offers independent and assisted living at 34 Hobart St., Southington. For more information about The Orchards at Southington, visit http://southingtonorchards.org.
With the Colder Months Approaching

These 5 Tips Can Keep Seniors Safe

By: Leaja Johnson

The change of seasons is also a great time to start preparing to stay safe and healthy during the colder months.

A few steps you can take this fall to start prepping for the winter include:

1. Get your flu shot.
2. Change batteries in smoke detectors.
3. Test out winter equipment such as generators or snow blowers to make sure it’s ready when needed.
4. Bring in outdoor furniture and check for drafts in your home.
5. Check the tires and fluid levels in your vehicle, so it’s in tip-top shape.
6. A little planning can keep you one step ahead as the colder months arrive.

It’s important to note that many of these tasks can be physically taxing, so don’t hesitate to reach out to a friend, family member or professional for assistance.

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.

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

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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
How to Prepare Your Home After a Hospital Stay

By Elena Bisson

Hospital stays often seem to last forever, but discharge can often come quicker than you think. And it often leaves people scrambling to prepare for their loved one’s return home.

“Not only do you have to worry about the essentials like bathing, dressing and toileting, being back in the home environment also opens up questions about cleaning, cooking, cleaning and doing laundry safely,” says Emily Patrei, an occupational therapist for Hartford HealthCare at Home.

So what do you need to do to prepare? Here are four steps you can take when you or a family member is getting ready to come home.

Run through this check list when assessing capabilities.

Families have to consider what their loved one’s limitations and capabilities when preparing to move them home.

This includes:
- Mobility
- Cognition
- Vision
- Endurance
- Balance

4 tips for preparing your home

Here are four quick ways you can get your home ready:

1. Clear paths. Main areas need to be cleared of clutter and throw rugs, and flooring should be secured.

2. Check bathroom dimensions. When assessing your bathrooms, ask yourself these questions: Can a walker fit through the doorway? How about a wheelchair? Is there enough space to turn around? Is the sink too high?

3. Add grab bars. This is an easy way to modify a bathroom, stairs and kitchen. Grab bars are useful anywhere someone may need to go from standing to sitting.

4. Lean on temporary modifications. Additions like a raised toilet seat, bedside commodes or shower chair are relatively inexpensive, easy to set up and can go a long way toward making a home safer and more accessible. The best part is that once they’re no longer needed, you easily fold these items up and store them away.

When in doubt, check with an expert.

If you’re overwhelmed – fear not, there are experts who can help you understand how to adapt the home to accommodate a person’s needs.

In the discharge planning phase, Patrei suggests using the social workers in the skilled nursing or hospital setting for help.

“Asking them questions, read the physical therapy notes, get clarification on things you don’t understand,” she says, adding that it’s important to remember that your loved one is transferring back home because the experts believe they are ready.

And don’t be afraid to look for home care if needed – these professionals offer many services including nursing, physical therapy, occupational therapy, and social work support.

Hartford HealthCare at Home is a community-based home health care agency across most of Connecticut, which enables individuals to achieve maximum independence, to participate in their own plan of care, and to live with dignity while receiving quality care in their own homes. For more information, visit hartfordhealthcareathome.org or call 1.800.HomeCare/1.800.466.3227.
Apple Scones

Ingredients:
- Flour 2 cups
- Sugar 1/3 cup
- Baking Powder 2 tsp.
- Baking Soda 1/2 tsp.
- Cinnamon 1 tsp.
- Cold Butter or Margarine 1/2 cup
- Apple Shredded 1 cup
- Milk 1/2 cup
- Optional Glaze: Powdered Sugar 1 cup and Milk 2 tbsp.

Directions
1. Pre-heat your oven to 425 degrees.
2. Combine all of your dry ingredients, and mix well.
3. Cut in cold butter or grate in butter if cold enough.
4. Shred the apple until you get the desired measurement, mix into the dry ingredients. Mix in the final wet ingredient, the milk.
5. Knead the scones to combined, if the dough is sticky, add a little flour (depends on the wetness of the apples).
6. Flatten out the dough into two circles about 6” in diameter and score the dough divided into 6 pieces. Top with extra sugar and cinnamon.
7. Place on a well-greased baking sheet and bake for 15-20 minutes.
8. Top the cooled scones with the glaze (optional).

1. What was the first printed book?
   a. The Bible
   b. The Diamond Sutra
   c. The Encyclopedia

2. In 1973 Chicago, what was the tallest building at the time?
   a. The World Trade Center
   b. The Eifel Tower
   c. The Sears Tower

3. Who took the presidential office after JFK’s assassination?
   a. Lyndon B. Johnson
   b. George Washington
   c. Richard Nixon

4. Which cat started as a comic strip?
   a. Garfield
   b. Cat-in-the-hat
   c. Heathcliff

5. Who played the character of Willy Wonka in the 1971 film?
   a. Mel Brooks
   b. Gene Wilder
   c. Peter Boyle

6. Who was the first female support justice? She was appointed in Sept. of 1981.
   a. Julia C. Addington
   b. Sandra Day O’Connor
   c. Abigail Adams

7. In 1948, how much did a McDonald’s hamburger cost?
   a. 15 cents
   b. 2 dollars
   c. 75 cents

8. Which actress received the first Hollywood Star?
   a. Joanne Woodward
   b. Marian Anderson
   c. Julia Roberts

9. What is the name of the first successful NASA space mission that was launched into orbit?
   a. Apollo
   b. Apollo 32
   c. Apollo 7

10. Who was the Summer Olympic athlete that won a gold medal in light-heavyweight boxing?
    a. Muhammed Ali
    b. Wilfredo Gomez Sanchez
    c. George Foreman
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 Erika.Stinson@hhchealth.org or call 860.378.1268.

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.

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

First Tuesday of every month, Tuesdays: Jan. 2, Feb. 6, & March 5 | 10–11:30am.
In-Person: West Hartford Senior Center, 15 Starkel Rd, West Hartford
Facilitated by Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging.
No RSVP needed, for more information contact Michelle Wyman at 203.859.0303 or Michelle.Wyman@hhchealth.org

Second Wednesday of every month, Wednesdays: Jan. 10 & March 13 | 6:30–8pm.
Facilitated by Patty O’Brian, CDP, Hartford HealthCare Center for Healthy Aging.
REGISTRATION REQUIRED:
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Events. Registration required for the first time you join. After you register, you’ll receive an email with easy instructions on joining the class.

Third Monday of every month, Mondays: Feb. 12 (virtual only) & March 18 (virtual or in-person) 1–2:30pm.
In-Person:
Berlin-Peck Memorial Library, 234 Kensington Road, Berlin, CT 06037
Facilitated by Patty O’Brian, CDP, Hartford HealthCare Center for Healthy Aging.
REGISTRATION REQUIRED:
RSVP to Patty O’Brian, at 203.859.1992 or Patty.Obrian@hhchealth.org.

Last Tuesdays of every month, Tuesdays: Jan. 30, Feb. 27, & March 26 | 10:30am–12pm.
In-Person:
Duncaster, 40 Loeffler Rd, Bloomfield, CT
REGISTRATION REQUIRED:
For more information and to RSVP please call Michelle Wyman at 203.859.0303.

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 Hartford HealthCare’s Virtual Meeting Room, call: phone number: 1.646.876.9923, Meeting ID: 92408181873# US.

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:
West Hartford Senior Center,
1106 New Britain Ave., West Hartford
Fridays: Jan. 26 & March 22 | 10:30am–12pm
REgISTRATION REQUIRED:
To RSVP call Elmwood at 860.561.8180.

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:
West Hartford Senior Center,
1106 New Britain Ave., West Hartford
Fridays: Jan. 26 & March 22 | 10:30am–12pm
REGISTRATION REQUIRED:
To RSVP call Elmwood at 860.561.8180.
Bereavement Support Groups

**Virtual:**
**BEREAVEMENT PROGRAMS**

**Weekly Thursdays of every month from 1–2:30pm**
Facilitator: Karen Friedmann
To RSVP, email Karen.friedmann@hhchealth.org

**Call-in Bereavement Support Group Thursdays, 1–2:30pm.**
Call 860.972.6338; code: 22528#
Hospital of Central Connecticut Group
sessions runs throughout the year for 8 weeks 100 Grand St, New Britain

**Virtual group:**
Wednesdays from 5-6:30pm
**In-person group:**
Wednesdays from 3-4:30pm
Facilitator: Nadine Toce, LCSW
To RSVP, call 860.224.5463

**In-Person:**
**BEREAVEMENT PROGRAMS**

**Hartford HealthCare at Home**
227 Dunham St., Norwich
Second & fourth Tuesday of every month from 5–6pm
Facilitators: Sara Denis, Rob Faye and Barbara Dakota
No registration required.

**Hartford HealthCare at Home**
34 Ledgebrook Dr., Mansfield
First Thursday from 11am–12:30pm & third Thursday from 3–4:30pm
Facilitator: Ivan Bilyk
No registration required.

**Hartford Hospital**
Jefferson Building, 85 Seymour St.
Room 117, Hartford
Second & fourth Monday of every month from 1–2:15pm
Facilitators: Katie Lepak and Andrea Burr
No registration required.

**Riverfront Community Center**
300 Welles St., Glastonbury
Second & fourth Wednesday of every month from 2–3pm
Facilitator: Bill Pilkington
No registration required.

**Hartford HealthCare at Home**
680 Main St., Watertown
First & third Monday of every month from 3:00–4:30pm
Facilitator: Kirsten Sorenson
No registration required.

**Our Savior Lutheran Church**
505 S. Main St., Thomaston
Second & fourth Wednesday of every month from 5–6:30pm
Facilitator: Kirsten Sorenson
No registration required.

**Hartford HealthCare at Home**
765 Fairfield Ave., Bridgeport
First & third Wednesday of every month from 2–3:30pm
Facilitators: Meg Berge, Chris Baxter and Oril Sovis
No registration required.

**3272 Main St., in Stratford**
Second Wednesday of every month from 6–7:30pm
Scifo Community Room on the second floor Facilitator: Chris Baxter and Meg Berge
No registration required.

**MidState Medical Center**
435 Lewis Ave, Meriden
Conference Room 7
Second and fourth Tuesday of every month at 4:30pm
To RSVP, call Chaplain Doreen Bottone at 203.694.8369.

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 class.
Cancer Support Group

LIVESTRONG at the YMCA Upcoming sessions:  
Sessions starting January 8, 2024 – March 27, 2024.  
Every Monday and Wednesday 6:30pm–8pm.

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:  
Sessions starting January 3, 2024–May 15, 2024.  
Every Wednesday, 5:30pm–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/Events. After you register, you’ll receive an email with easy instructions on joining the class.

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 class.
Medicare
Making the Most of Medicare's Open Enrollment Period
Virtual: Jan. 18, 24, 29, Feb. 8, 14, 22, 28, Mar. 4, 13, 18, 28.
Call 1.855.442.4373 for times.
“Making the Most of Medicare’s Open Enrollment Period” focuses on understanding your opportunity to make a Medicare Advantage plan change during this time. This presentation will review important things to consider if you’re thinking of switching to a different Medicare Advantage plan. Presented by Sara Mitchell, a 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/Events. After you register, you’ll receive an email with easy instructions on joining the class.

Medicare 101: Understanding Your Options
Virtual: Jan. 17, 22, Feb. 1, 5, 15, 21, 29, Mar. 6, 11, 21, 27.
Call 1.855.442.4373 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, a 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/Events. After you register, you’ll receive an email with easy instructions on joining the class.

*Schedule subject to change. Please call for most up to date information*

Community Education

January

Let’s Talk about the Brain
Tuesday, January 16 | 1pm–2pm
Come learn about the four tasks of the brain: the six functions of the brain, what the brain needs to stay healthy and normal changes in the brain as we age. Presented by Patty O’Brien, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging.
In–Person:
East Hartford Senior Center 15 Milbrook Dr, East Hartford, CT 06118
REGISTRATION REQUIRED:
RSVP to Susan Gouin at 860.291.7492.

Understanding Arthritis
Wednesday, January 17 | 1pm–2pm
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 diagnoses. Plus, Q&A will follow the presentation. Presented by Christine Solimini–Swift, exercise physiologist, 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 Healthy Aging
Thursday, January 18 | 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.

Memory Loss.
When To Be Concerned Wednesday, January 24 | 11am–12pm
In–Person:
Thrive 55+ Active Living Center 102 Newtown Rd, Groton, CT
Learn the differences between mild forgetfulness, serious memory problems and causes of memory loss. We will share tips on how to have the tough conversation and next steps. Plus, a Q&A will follow the presentation. Presented by Kristine Johnson, dementia specialist, Hartford HealthCare Center for Healthy Aging.
REGISTRATION REQUIRED:
To RSVP please call Thrive 55+, 860.441.6785.

Continued on next page >>
Understanding Lymphedema
Friday, January 26 | 2pm–3pm
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, on Friday, January 26, from 2 p.m. to 3 p.m., 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.

February

Managing Chronic Back Pain
Wednesday, February 7 | 1pm–2pm
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. 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.

Importance of Sleep for Brain Health
Tuesday, February 13 | 1pm–2pm
Sleep is an important component of human life, yet many people do not understand the relationship between the brain and the process of sleeping. Sleep has been proven to improve memory recall, regulate metabolism and reduce mental fatigue. Presented by Michelle Wyman, LSW, CDP, Dementia specialist, Hartford HealthCare Center for Healthy Aging
In Person:
East Hartford Senior Center, 15 Milbrook Dr, East Hartford, CT 06118
REGISTRATION REQUIRED:
RSVP to Susan Gouin at 860.291.7492.

March

Understanding Lymphedema
Thursday, March 7 | 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, on Thursday, March 7, from 11 a.m. to 12 p.m 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.

The Blue Zones: Lessons for living longer from people who lived the longest
Tuesday, March 12 | 1pm–2pm
Those who live in what has been coined the “blue zones” live in very different parts of the world. Yet they have a common theme that is believed to lead to longer, healthier, happier lives. Join us for a discussion on the 9 common sense healthy habits practiced by communities with the highest rate of centenarians across the world. Presented by Michelle Wyman, LSW, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging
In Person:
East Hartford Senior Center, 15 Milbrook Dr, East Hartford, CT 06118
REGISTRATION REQUIRED:
RSVP to Susan Gouin at 860.291.7492.
March (continued)

Importance of Proper Posture
Tuesday, March 19 | 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/Events. After you register, you’ll receive an email with easy instructions on joining the class.

Focused Awareness Meditation
Wednesday, March 20 | 1pm–2pm
Join our interactive class to learn more about: scientifically based practice of meditation, how to feel more relaxed, focused and calm in a simple five-step technique. Plus, Q&A will follow the presentation. Presented by Christine Solimini-Swift, exercise physiologist, Hartford HealthCare, GoodLife Fitness.
In–Person Class:
The Orchards at Southington
34 Hobart St. Southington
REGISTRATION REQUIRED:
Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Events. After you register, you’ll receive an email with easy instructions on joining the class.

Brain Health: What Can I Do?
Tuesday, March 26 | 1pm–2pm
Brain health is a critical piece of your overall health. It underlies your ability to communicate, make decisions, problem-solve and live a productive and useful life. Because the brain controls so much of daily function, it is arguably the single most valuable organ in the human body. Join this class to learn tips and tricks to brain health. Presented by Patty O’Brien, CDP, dementia specialist, Hartford HealthCare, Center for Healthy Aging.
In Person:
East Hartford Senior Center
15 Milbrook Dr, East Hartford, CT 06118
REGISTRATION REQUIRED:
RSVP to Susan Gouin at 860.291.7492.

Lunch and Learn
Your Life, Your Legacy (multiple classes)
Most of us plan for important life events such as weddings, our children’s education and retirement. But few of us prepare for the inevitable. This fast-moving program presented by Liz Cole of Dignity Memorial addresses the importance of making your final arrangements in advance and the steps to take. Complimentary lunch provided by The Orchards, Arbor Rose and Cedar Mountain Commons.
Thursday, January 9 | 12–1:30pm
Location: The Orchards at Southington
34 Hobart St., Southington, CT 06489
REGISTRATION REQUIRED:
To RSVP call The Orchards at 860.628.5656.
Thursday, February 13 | 12–1:30pm
Location: Arbor Rose at Jerome Home
975 Corbin Ave., New Britain, CT 06052
REGISTRATION REQUIRED:
To RSVP call Arbor Rose at 860.229.3707.
Thursday, March 12 | 12–1:30pm
Location: Cedar Mountain Commons
3 John H. Stewart Dr., Newington, CT 06111
REGISTRATION REQUIRED:
To RSVP call Cedar Mountain Commons at 860.665.7901.

Dinner with the Expert
Dinner with Jerome Home’s Lymphedema Experts
Wednesday, March 13 | 5pm–6:30pm
Please join the Jerome Home team as they discuss: lymphedema and generalized swelling issues, what signs and symptoms to look out for, its impact on functional mobility and activities of daily living. They will discuss treatment options for swelling disorders here at Jerome Home. Presented by Amy Damato OTR/CLT, Brittany Class COTA/CLT and Laurel Whalen RPT/CLT of Jerome Home. A complimentary dinner will be served. Seating is limited. Dinner at 5pm followed by a presentation at 5:30pm–6:30pm.
Location: Jerome Home
975 Corbin Ave., New Britain, CT 06052
REGISTRATION REQUIRED:
To RSVP please call Sasha Walz at 860.356.8266.
Virtual Series

**Dementia Caregiver Series**
The Dementia Caregiver Series is offered starting in January to February. Participants 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.

**In–Person:**
Windham Senior Center, 1 Jillson Sq., Willimantic, CT 06226
Thursdays: Jan. 4, 11, 18, 25, & Feb. 1 | 10:30am–11:30am

**REGISTRATION REQUIRED:**
Please call the Windham Senior Center to RSVP at 860.450.2100.

**In–Person:**
Thrive 55+ Active Living Center 102 Newtown Rd, Groton, CT
Mondays: Jan. 22, 29, Feb. 5, 12, & 26 | 10:30am–11:30am

**REGISTRATION REQUIRED:**
Please call the Thrive 55+ Active Living Center to RSVP at 860.441.6785.

**Virtual:**
Wednesdays: Feb. 28, March 6, 13, 20 & March 27 | 2:30pm–3:30pm

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

**Healthy Brain Series**
The Healthy Brain Series is offered starting in September. 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:** Activities to Challenge Your Mind
- **Session 2:** Importance of Diet and Nutrition
- **Session 3:** Finding Meaningful Engagement as You Age
- **Session 4:** Importance of Sleep and Your Brain
- **Session 5:** Lessons for Living Longer from People Who Lived the Longest

**In–Person:**
Branford Senior Center, 46 Church St, Branford, CT 06405
Fridays: March 15, 22, April 5, 12, & 19 | 10:30am–11:30am

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

Open Houses

**Cedar Mountain Commons**
3 John H. Stewart Drive, Newington.
Wednesday, Jan. 17, 3pm-6pm,
Saturday, Feb. 10, 9am-12pm and
Wednesday, March 20, 3pm-6pm.
Call Kristin Grenier to schedule a tour, 860.665.7901.

**Arbor Rose at Jerome Home**
975 Corbin Ave., New Britain.
Sunday, Jan. 21, 10am-2pm,
Sunday, Feb. 18, 10am-2pm, and
Tuesday, March 19, 3pm-7pm.
Call Karen Alix to schedule a tour, 860.229.3707.

**The Orchards at Southington**
34 Hobart St., Southington.
Wednesday, Jan. 10, 4pm-7pm,
Wednesday, Feb. 7, 4pm-7pm and
Saturday, March 9, 9am-1pm.
Call Antoinette Ouellette to schedule a tour, 860.628.5656.

**Mulberry Gardens of Southington**
58 Mulberry St., Plantsville.
Wednesday, Jan. 24, 3pm-6pm,
Wednesday, Feb. 28, 3pm-6pm and
Wednesday, March 27, 3pm-6pm.
Call Marie Terzak to schedule a tour, 860.276.1020.
Tips for managing loneliness this winter

The shorter days and colder weather of the winter season can take a toll on your mental health, sometimes leading to feelings of isolation and loneliness. If you’re feeling down, use these tips to stay better connected this winter.

Talk about it
Make a list of people in your life that you can talk to when you’re feeling low. Try scheduling time each week to check in. If you have loved ones who live far away, use technology like video calling to keep in touch.

Keep busy
Keeping busy can help combat loneliness—especially if your plans involve others. Look for events in your community through your local library or community center. You can also volunteer your time, which can lift your spirits and even introduce you to new people.

Enjoy quality “me” time
Find activities that you can do on your own that bring you a sense of peace, joy, or excitement. This may be listening to music, going for a walk, reading a book, getting a massage, meditating, or doing yoga.

Take care of yourself
When you’re not in the best place mentally, it may help to care for yourself physically. Remember to nourish your body with healthy and well-balanced meals, get 7-9 hours of sleep each night, and aim to move your body for 30 minutes a day, 5 days a week, at an intensity equivalent to a brisk walk.

Seek professional help if you need it
Feeling sad or isolated during the winter is normal for a lot of people. But if your sadness or anxiety causes physical ailments or prevents you from eating, sleeping, or keeping up with routine chores, speak to your health care provider or a mental health professional for additional help.

Get answers to all your Medicare questions
CarePartners of Connecticut Medicare Advantage plans remove barriers to provide easier, affordable access to the doctors and care you want. As the only local, not-for-profit Medicare Advantage plan in this state, our PPO and HMO plans were created by top-notch Connecticut doctors to connect you to quality care. Because connected is better.

Call 1-844-267-2322 (TTY: 711) with any questions, or visit carepartnersct.com/circle today.

Because connected is better.

Our Medicare Advantage plans remove barriers to provide easier, affordable access to the doctors and care you want. We are the only local, not-for-profit Medicare Advantage plan in this state, and our PPO and HMO plans were created by top-notch Connecticut doctors to connect you to quality care.

Learn more about how our Medicare Advantage plan options can provide your loved ones with the quality coverage they deserve.

Call 1-844-267-2322 (TTY: 711)
Visit carepartnersct.com/circle
Got Questions?
We have answers.

The Center for Healthy Aging is a FREE resource for seniors and their families.

1.877.424.4641
HHCHealthyAging.org