



## CALENDAR OF EVENTS

≈ SUMMER 2023 ≈

We welcome you and your loved ones to join us for some of our special programs and events. If you have any questions regarding your membership, or to join MyHealthy Advantage, please contact us at [Sebastian.Trabucco@hhchealth.org](mailto:Sebastian.Trabucco@hhchealth.org) or call 860.378.1268.

## Virtual and Hybrid 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, Tuesday: August 1 | 10-11am.**

Facilitated by Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging.

**Second Wednesday of every month, Wednesdays: July 12 & August 9 | 6:30-8pm.**

Facilitated by Patty O'Brian, CDP, Hartford HealthCare Center for Healthy Aging.

**Third Monday of every month, Mondays: July 17 & August 21 | 1-2:30pm.**

**Zoom or In-person: Berlin-Peck Memorial Library**

Facilitated by Patty O'Brian, CDP, Hartford HealthCare Center for Healthy Aging.

**Last Monday of every month, Mondays: July 31 & August 28 | 10:30-11:30am.**

**In-person: Duncaster, 40 Loeffler Rd., Bloomfield, CT 06002.**

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](http://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 Hartford HealthCare's Virtual Meeting Room, call: 860.972.6338. Access code: 19623#.**

## 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 Screening Friday, July 28 | 10:30am-12pm.**

**Elmwood Corner Branch, West Hartford Senior Center 1106 New Britain Ave., West Hartford CT**

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. Facilitated by Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging.

### REGISTRATION REQUIRED:

To RSVP for the screening, please call the Elmwood Corner Branch at 860.561.8180.



**In-Person Memory Screening Friday, August 25 | 10:30am-12pm.**  
**Bishops Corner Branch, West Hartford Senior Center, 15 Starkel Rd., West Hartford CT**

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. Facilitated by Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging.

**REGISTRATION REQUIRED:**

To RSVP for the screening, please call the Bishops Corner Branch at 860.561.7583.

**Virtual Bereavement Support Groups**

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

Facilitated by Nichol Burris.  
 To RSVP, email [nichol.burris@hhchealth.org](mailto:nichol.burris@hhchealth.org).

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

Facilitated by Bill Pilkington.  
 To RSVP, email [bill.pilkington@hhchealth.org](mailto:bill.pilkington@hhchealth.org).

**Second and fourth Tuesdays, 2:30pm.**

Facilitated by Jim Mercurio.  
 To RSVP, email [james.mercurio@hhchealth.org](mailto:james.mercurio@hhchealth.org).

**Call-in Bereavement Support Group**

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

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



**Diabetes Prevention**

**YMCA Diabetes Prevention Program Upcoming sessions: Sessions starting Sept. 12-March 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.

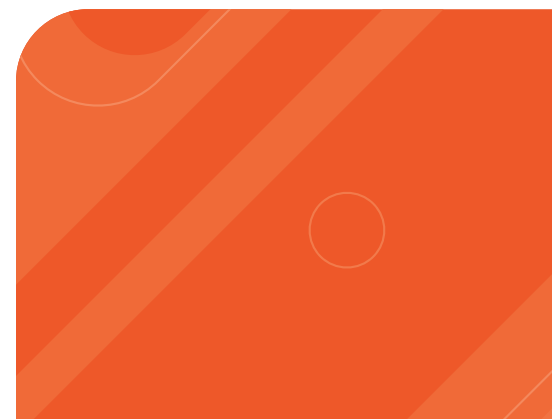
**For more information, contact Jolene Miceli, Southington Community YMCA, 860.426.9589 or email [jmiceli@sccymca.org](mailto:jmiceli@sccymca.org).**

**Cancer Support Group**

**LIVESTRONG at the YMCA**  
**Upcoming sessions: Sessions starting on June 6-Aug. 24. 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're 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](mailto:jmiceli@sccymca.org) or Kristin Champagne, Cheshire Community YMCA, 203.272.3150 or email [kchampagne@sccymca.org](mailto:kchampagne@sccymca.org).**



## Heart Health

**YMCA Heart Healthy Program**  
Upcoming sessions: Sessions starting June 28-Dec 27. 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](mailto: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](http://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.**

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

**Movement Disorders and Other Neurodegenerative Conditions: Support for Caregivers**  
First and Third Tuesdays:  
July 18 & August 1, 15,  
10:30-11:30am.

Our in-person support group continues to be virtual at this time and we would like you to join us! Participants can share and contribute thoughts and experiences related to being a care partner. Sessions will take place bi-weekly through Zoom and we encourage everyone to connect via audio and video if possible. Please contact a group leader if you have not attended before, as there may be some changes in the meeting schedule. Facilitated by Jennifer McCaughey, MS, CDP; Amanda Brill, LCSW and Jennifer Lambert, LCSW. Sponsored by Hartford HealthCare Center for Healthy Aging and Chase Family Movement Disorders Center. Sponsored by Hartford HealthCare Center for Healthy Aging and Chase Family Movement Disorder Center.

**RSVP to**  
[amanda.brill@hhchealth.org](mailto:amanda.brill@hhchealth.org) or  
[jennifer.mccaughey@hhchealth.org](mailto:jennifer.mccaughey@hhchealth.org).

## 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](http://whatwillyougain.org). After you register, you'll receive an email with easy instructions on joining the virtual class.

## Medicare

**Medicare 101: Understanding Your Options**  
Virtual: July 6, 10, 19, 25, Aug 3, 7, 16, 22, 28, Sept 7, 13, 21 & 26. Call for times.

In-Person: July 13, 24, Aug 10, 23, Sept 14 & 27. Call for times and locations.

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 Medicare Educator, Sara Mitchell. Sponsored by Hartford HealthCare and Integrated Care Partners.

**For more information on times or locations, please call**  
Cortney Proulx, 860.972.7105.

**REGISTRATION REQUIRED:** Call 1.855.HHC.HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](http://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy instructions on joining the virtual class.  
**\*Schedule subject to change. Please call for most up to date information\***

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

# Virtual Programs

## July

### Exercise & Healthy Aging Tuesday, July 11, 11-12pm.

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, as well as types of exercise. Plus, a Q&A with the host 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](https://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy instructions on joining the virtual class.

### Importance of Proper Posture Wednesday, July 19, 1-2pm.

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 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](https://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy instructions on joining the virtual class.

### Brain Health: What Can I Do? Friday, July 21, 1-2pm.

#### Berlin Senior Center

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.

Berlin Senior Center,  
33 Colonial Dr., Berlin CT

**REGISTRATION REQUIRED:**

RSVP to the Berlin Senior Center, call 860.828.7006.

### Stress Management

#### Thursday, July 27, 11am-12pm.

In this interactive presentation, learn more about: what stress truly is and the three types of it; how our body responds to stress/distress; and different relaxation techniques. 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](https://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy instructions on joining the virtual class.

## August

### Building Better Bones & Joints Wednesday, August 23, 1-2pm.

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 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](https://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy instructions on joining the virtual class.

### Importance of Proper Posture Thursday, August 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](https://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy instructions on joining the virtual class.





## Virtual Series

### Dementia Caregiver Series

The Dementia Caregiver Series is offered starting in **July**. 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.

**Wednesdays: July 12, 19, 26 & August 2, 9 | 1-2:30pm.**

**Avon Senior Center,  
635 West Avon Rd., Avon CT**

#### REGISTRATION REQUIRED:

Call the Avon Senior Center to RSVP for this class, call 860.675.4355.

### Dementia Caregiver Series

The Dementia Caregiver Series is offered starting in **August**. 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.

**Tuesdays: August 1, 8, 15, 22 & 29 | 5:30-7:30pm.**

**Mulberry Gardens,  
58 Mulberry St., Plantsville CT**

#### REGISTRATION REQUIRED:

Call Mulberry Gardens to RSVP for this class, call 860.276.1020.

### Weekly Healthy Brain Series

The Healthy Brain Series is offered in August. 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

**Thursdays: August 3, 10, 17, 24, & 31 | 11:00am-12:00pm.**

**North Haven Senior Center,  
189 Pool Rd., North Haven CT**

#### REGISTRATION REQUIRED:

Call the North Haven Senior Center to RSVP at 203.239.5432

### Monthly Healthy Brain Series

The Healthy Brain Series is offered in July and August. Participants are encouraged to attend both sessions. Presented by a certified dementia specialist from Hartford HealthCare Center for Healthy Aging.

#### Topics include:

- **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

**Monday, July 17, 2-3pm and  
Monday, August 21, 2-3pm.**

**Pomeraug Woods,  
80 Heritage Rd., Southbury CT**

#### REGISTRATION REQUIRED:

Call Pomeraug Woods to RSVP at 203.936.8985

## Open Houses

### Cedar Mountain Commons

3 John H. Stewart Drive, Newington.  
**Tuesday, July 11, 3-7pm and  
 Wednesday, August 16, 3-7pm.**

Call Nicole Higgins to schedule a tour, 860.665.7901.

### Arbor Rose at Jerome Home

975 Corbin Ave., New Britain.  
**Tuesday, July 11, 4-7pm and  
 Sunday, August 20, 10am-2pm.**

Call Karen Alix to schedule a tour, 860.229.3707.

### The Orchards at Southington

34 Hobart St., Southington.  
**Wednesday, July 19, 3-7pm and  
 Wednesday, August 9, 3-7pm.**

Call Antoinette Ouellette to schedule a tour, 860.628.5656.

### Mulberry Gardens of Southington

58 Mulberry St., Plantsville.  
**Wednesday, July 26, 3-6pm and  
 Wednesday, August 30, 3-6pm.**

Call Marie Terzak to schedule a tour, 860.276.1020.

## Geriatric Care Management Corner Care Options when the Care partner is away

With the arrival of the summer months, there comes the anticipation of taking a much needed vacation.

Many of us look forward to planning some time off, whether you are having a “staycation” at home or a long-distance getaway. Unfortunately, planning time away can be challenging, especially for those who are providing care for a loved one. “You need to take the time away to rest the body and feed the soul”, says Betty Duncan, geriatric care manager, Hartford HealthCare Center for Healthy Aging.

Despite these challenges, care partners must be able to take time for themselves and have a chance to unwind from the responsibilities and stress of caregiving. Fortunately, there are options available to provide this support for care partners to allow them to take the time off that they need.

### What options do care partners have?

- Relying on other family members/friends, if possible
- Bringing in additional help into the home (live-in aide/hourly care)
- Hiring a geriatric care manager to oversee care and make sure that all needs are met (before and during the care partner’s time away)
- Applying for respite care stays at skilled nursing and assisted living facilities

### We recommend considering these options as you begin the process of planning a vacation as this may take some time. It is also important to consider the following:

- How much and what kind of care does your loved one need?
- Is assistance with medications required?
- Is the individual able to be left alone?
- Who would respond in case of an emergency?

Planning a vacation and knowing one’s options can go a long way when it comes to substituting care. With proper preparation, a care partner will be able to take the time they need to come back relaxed and refreshed.

To learn more about planning ahead for care needs, please contact the **Hartford HealthCare Center for Healthy Aging** at **1.877.424.4641**.



# MyHealthy Advantage

80 Meriden Ave., Southington, CT 06489  
<https://hscseniorservices.org/myhealthyadvantage>  
Return Service Requested

Non-Profit  
U.S. Postage  
PAID  
Permit #86  
Southington, CT



## Start Living Again

Enjoy exceptional living at Cedar Mountain Commons, a complete senior living community. Do the things you love most without the worry of owning and maintaining a home or being isolated or alone too much. Meet new friends, and enjoy a lifestyle that includes as many activities as you wish, including exercise classes, transportation for appointments and errands as well as special excursions and events.

- Beautiful studio, one- and two-bedroom apartments in a serene mountainside setting.
- Monthly rentals, no buy-in fees.
- Meals included.
- Live independently, knowing services such as assistance with daily living, medication management and more are available if you choose.
- Additional nursing care and rehabilitation on the same campus, at Jefferson House
- Cedar Mountain Commons is part of the Hartford HealthCare integrated care network.

To schedule a tour or a trial stay,  
call 860.665.7901

3 John H. Stewart Drive, Newington, CT  
[CedarMountainCommons.org](http://CedarMountainCommons.org)

  
**Hartford  
HealthCare**  
Cedar Mountain Commons