

Special Programs & Events

We welcome you and your loved ones to join us for some of our special programs and events listed below. If you have any questions regarding your membership, please contact us at 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.



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 Fayle
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.*

Continued on next page >>

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'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.

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.

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 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.

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

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'Brian, 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.

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'Brian, 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.

Tuesday, 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.

Tuesday, 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.

Tuesday, 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.

Continued on next page >>

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.

