

Fall 2016

# Advantage News

A publication for MyHealthy Advantage members



MyHealthy  
Advantage



*MyHealthy Advantage* is a Hartford HealthCare Center for Healthy Aging club membership program dedicated to the health and wellness of area residents 55 and above, at no charge. Participants can take advantage of offerings at a discounted rate or at no charge at all.

If you are interested in becoming a *MyHealthy Advantage* member, or are a merchant interested in offering a discount to our members, please visit [myhealthyadvantage.org](http://myhealthyadvantage.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  
[myhealthyadvantage@ctseniorcare.org](mailto:myhealthyadvantage@ctseniorcare.org)


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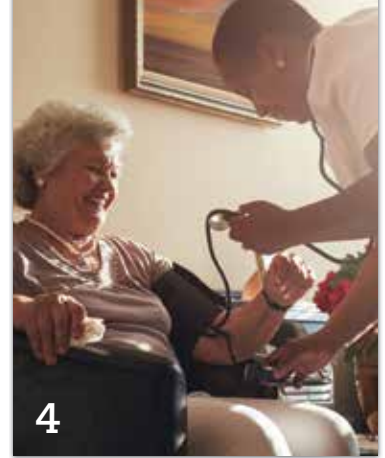
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## HOW TO REACH US

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

### HHC Center for Healthy Aging

*HHC for Healthy Aging is a resource and assessment center for seniors and their families.*

Four Center locations:  
1.877.424.4641  
[cthealthyaging.org](http://cthealthyaging.org)

### Jerome Home /

Arbor Rose  
[jeromehome.org](http://jeromehome.org)  
975 Corbin Avenue  
New Britain, CT 06052  
860.229.3707

Mulberry Gardens  
[mulberrygardens.org](http://mulberrygardens.org)  
58 Mulberry Street  
Plantville, CT 06479  
860.276.1020

Marian Heights  
Adult Day Center  
314 Osgood Avenue  
New Britain, CT 06052  
860.357.4264

Southington Care Center  
[southingtoncare.org](http://southingtoncare.org)  
45 Meriden Avenue  
Southington, CT 06489  
860.621.9559

The Orchards at Southington  
[southingtonorchards.org](http://southingtonorchards.org)  
34 Hobart Street  
Southington, CT 06489  
860.628.5656

Cedar Mountain Commons  
[cedarmountaincommons.org](http://cedarmountaincommons.org)  
3 John H. Stewart Drive  
Newington, CT 06111  
860.665.7901

Jefferson House  
[jeffersonhouse.org](http://jeffersonhouse.org)  
1 John H. Stewart Drive  
Newington, CT 06111  
860.667.4453

Hartford HealthCare  
Rehabilitation Network  
[hartfordhealthcare.org](http://hartfordhealthcare.org)  
181 Patricia M. Genova Drive  
Newington, CT 06111  
860.696.2500

Hartford HealthCare at Home  
[hhc@home.org](http://hhc@home.org)  
888.863.2771

Hartford Hospital Senior  
Primary Care at Duncaster  
860.380.5150

Hartford HealthCare  
Independence at Home  
860.863.2771  
[hhc@home.org](http://hhc@home.org)

Other Hartford  
HealthCare Partners  
[hartfordhealthcare.org](http://hartfordhealthcare.org)

Backus Hospital  
Hartford Hospital  
The Hospital of Central  
Connecticut  
MidState Medical Center  
Windham Hospital  
The Institute of Living  
Natchaug Hospital  
Rushford  
Integrated Care Partners  
Hartford HealthCare  
Medical Group

# Live Well program provides tools for those with chronic disease to better manage life

Caregiver Cheryl VanCor thought she could better care for loved ones and clients by attending the Live Well Chronic Disease Self-Management course this spring. However, the information she learned through the free six-week series and put in practice benefited her even more. The program, sponsored by Hartford HealthCare Center for Healthy Aging, is geared toward people 55 and older who have chronic health conditions such as diabetes, COPD, depression and more.

VanCor, of Plantsville, has several medical issues yet she still manages to help others. The Live Well program gave her the structure needed to make positive changes to her life and achieve small – yet mighty – goals, she said.

“The program is designed to give individuals the tools to manage health issues, rather than let the condition control their lives,” said Michelle Lavoie, resource coordinator, who facilitated the class with Jessica Dakin, BSN, CMC, geriatric care manager.

Topics included diet, exercise, pain management, relaxation, medication, communication and more. Attendees and facilitators developed action plans and set goals, supporting each other in their achievements. “Everyone was so engaged,” Lavoie said.

VanCor began eating breakfast every morning, which enabled her to be active throughout the day and manage her hunger. “After taking this course, I addressed my issues,” she said.

**For more information, call Hartford HealthCare Center for Healthy Aging, 1.877.4AGING1 (1.877.424.4641).** ■■■



## Live Well Chronic Disease Self-Management

Six-week series Tuesdays, Sept. 13 to Oct. 18, 1–3:30pm, info session Sept. 6. Participants should attend all sessions. FREE. The Hospital of Central Connecticut, New Britain campus, Lecture Room 2, 100 Grand Street, New Britain. Presented by Nancy Becker, MA, CMC, and Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging.

Photos by Rusty Kimball



Above: Live Well Class participants listen to facilitators Jessica Dakin, BSN, CMC, left, and Michele Lavoie, of Hartford HealthCare Center for Healthy Aging.



Attendee Cheryl VanCor explains that the book was very helpful for her to stay on track.



## Hartford HealthCare Center for Healthy Aging at Windham connects people with geriatric services

**G**iselle Lopez was quite concerned about her aging father and finding the care he needed at home. Connecting with Hartford HealthCare Center for Healthy Aging at Windham Hospital, resource coordinator Joseph Zuzel arranged an in-home assessment and therapists, a home companion and personal care attendant to enable the older gentleman to remain at home. “I am so happy with the Center for Healthy Aging and relieved by the services put in place,” Lopez said.

The new Center for Healthy Aging at Windham Hospital provides community resources and connections to services, providing solutions to many challenges facing older adults and their loved ones/caregivers throughout the aging process. Comprehensive services include: one-on-one consultations with geriatric specialists and resource coordinators, education, home safety assessments and recommendations and referrals to caregivers, medication support, living options, adult day care programs, geriatric care management and much more.

The holistic approach to care incorporates the GoodLife Fitness Program and Hartford HealthCare Behavioral Health Network Older Adults Program. GoodLife Fitness, an individualized exercise program, helps older individuals build energy, strength and balance to support an active and fulfilling lifestyle. Pre-and post-rehabilitation are also offered.

The Behavioral Health Network serves men and women ages 55 and older who are struggling with mental illness or substance abuse. Multiple approaches are used to engage clients in the treatment process with a goal of improving overall functioning.

“We help individuals navigate the complex medical and resource world so that they can get the assistance they need and deserve. Community contacts are essential to success and Hartford HealthCare Center for Healthy Aging makes those connections,” Zuzel said. ■

# Telephone contact following discharge keeps patients on track

**S**outhington Care Center patients who have been discharged following short-term rehabilitation from surgery or injury have appreciated hearing a friendly voice on the phone checking to see how they are settling in at home or a step-down healthcare setting. The care center's director of transitions makes the calls to identify problems and ensure that discharge services and resources are engaged for a seamless and successful segue.

The care center's transitions team starts working with short-term residents from the day of admission to identify potential needs upon discharge. Social workers and nurses assist with arranging appropriate services whether long-term care, assisted living, adult day programs or short-term home care needs. They work closely with patient and family to put an individualized "safety net" in place, providing the safest transition.

The callbacks provide the opportunity to review the patient's medical issues, medication

and if any problems have occurred. Questions may include: "How are you feeling?", "Has a home care aide or therapist visited?", "How have your medical appointments gone?" and "Do you have any concerns?"

Southington Care Center staff said the former patients have appreciated the callbacks, saying they like the personal touch and being able to ask questions.

Most importantly, additional problems such as medication not being taken or missed medical appointments have been identified and corrected. Often the patient and family are connected with Hartford HealthCare Center for Healthy Aging to identify essential community resources to ensure a better quality of life.

Thanks to transition planning and the follow-up phone calls, individuals can stay in better health and out of the hospital. ■

For more information, call Southington Care Center, 860.621.9559.



Questions  
about healthy  
aging?

We have answers.

The Hartford HealthCare Center for Healthy Aging is a resource and assessment center designed to make it easy for seniors, their loved ones, and caregivers to access information and services to attain optimal quality of life including:

- Free resources and assessments
- Concierge services
- Geriatric Care Management
- Free MyHealthy Advantage club membership

Call us at **1-877-4AGING1 (1.877.424.4641)**.

[cthealthyaging.org](http://cthealthyaging.org)

Hartford HealthCare  
Center for Healthy Aging  
Connect to healthier.™

# Telerehabilitation facilitates patients' knee replacement recovery at home

**A**fter total knee replacement surgery, individuals usually receive intensive physical therapy either at an inpatient rehabilitation facility or at home with a visiting therapist. The telerehabilitation program at Jefferson House continues to connect patients to their therapists even after discharge.

This innovative telerehab therapy at Jefferson House - the first system in place in an acute care continuum in a U.S.-based healthcare system - is conducted in live time via the Internet. Patients are educated in using an iPod, tripod and Fitbit to aid in their rehabilitation and have a home assessment via a special app.

Charles Keeler, 85, was the first Jefferson House patient to continue therapy at home via telerehab with Kathleen Sullivan, MSPT,



*Charles Keeler, of Bristol, exercises his knee under the guidance of his physical therapist, Kathleen Sullivan, MSPT, MHA, Jefferson House director of rehabilitation, who is observing through an Internet connection via an iPad. His friend, Janet Petosa, offers encouragement.*

MHA, Jefferson House director of rehabilitation and co-investigator. He liked the continuum of care and convenience of not having to leave his Bristol home for outpatient therapy, he said.

“This is not a replacement of traditional hands-on care; it’s an additional tool,” said Christopher Peterson, PT, DPT, principal investigator and Hartford HealthCare Rehabilitation Network program director.

The program was developed over two years through the collaboration of Jefferson House, Hartford HealthCare Rehabilitation Network, Hartford HealthCare Bone & Joint Institute and Hartford HealthCare at Home. ■

**For more information, call Kathleen Sullivan at 860.667.4453**



## Afternoon with an Expert: What is Telerehab?

**Tuesday, Sept. 27, from 2 to 3:30 p.m.  
Jefferson House, 1 John H. Stewart Drive, Newington**

Connect to healthier by learning more about Jefferson House’s new telerehabilitation program that helps short-term rehab residents recover from total knee replacement surgery at home. Speakers: Dr. Courtland Lewis, Physician-in-Chief Hartford Healthcare Bone and Joint Institute; Kathleen Sullivan, MSPT, MHA, director of rehabilitation, Jefferson House; and Christopher Peterson PT, DPT, Telerehabilitation program director, Hartford Healthcare Rehabilitation Network. Refreshments will be served. **RSVP to 855.HHC.HERE (855.442.4373).**



## Shots aren't just for kids!

By – Sowmya S Kurtakoti, MD

Medical Director  
Hartford Hospital Senior Primary Care  
at Duncaster

**A**ccording to the data from 2012 National Health Survey (NHIS), too few adults are getting their recommended vaccines. But, why does this matter? Why should one vaccinate?

One may be at risk for developing serious diseases like the flu, whooping cough and pneumonia, vaccines can protect you and your loved one from these diseases. Also, you can't afford to risk getting sick especially if you are the caregiver for someone.

Let's look at the recommended vaccines for adults 60 years and older. Statistics have shown that an estimated 1 million Americans get shingles every year and about half or more are 60 years and older. Additionally, over 60 percent of seasonal flu-related hospitalizations occur in people 65 years and older. As we get older, our immune systems tend to weaken over time, putting us at risk for certain diseases.

Flu vaccine is recommended once a year;  
Tetanus with diphtheria and pertussis – Tdap

(whooping cough) is recommended once as an adult and tetanus with diphtheria - Td is recommended every 10 years.

Pneumococcal vaccines protect against pneumonia and resulting sepsis. There are two kinds – Pneumovax and Prevnar. This is given after 65 years of age. If you haven't received Pneumovax, then you'll need to get Prevnar first and then Pneumovax 6 – 12 months later. If you have received Pneumovax, then Prevnar is given at least 1 year after the Pneumovax.

The Zoster Vaccine that protects against shingles is given to people 60 years and older. It reduces your risk of developing shingles by 51% and developing neuralgia by 67%.

Getting your recommended vaccines can give you the peace of mind that you have the best possible protection available against a number of serious diseases. Talk to your doctor at your next visit to learn what vaccines you have received so far and what you need to stay up to date! ■

## Strong Women Healthy Heart

Get your heart and body in shape with the 12-week Strong Women Healthy Heart program.

Strong Women Healthy Heart is designed to help women get on track with their nutrition and exercise habits. In the program, you will learn what foods are heart-healthy and how you can incorporate healthy eating into your lifestyle. That's because each session, directed by a registered nurse and an exercise physiologist, is tailored to the needs, desires and

fitness levels of each participant. The program also engages participants in aerobic activity and includes a trip to the grocery store to show you healthy alternatives to commonly bought food products.



**The Strong Women Healthy Heart Program will run every Monday & Thursday evening from 6:00pm – 7:30pm from Sept. 12 to Dec. 8, 2016. It is being held at HOCC in the Cardiology Conference Room. Registration is required. Please call 1.855.HHC.HERE or visit us online at hartfordhospital.org.**



Elmwood resident Marianne Black, 100, right, continues to live at home with the assistance of Jessica Dakin, geriatric care manager with Hartford HealthCare Center for Healthy Aging, left, and Margarett Wright, personal care attendant with Hartford HealthCare Independence at Home.



## Centenarian enjoys her

# Home Sweet Home

## thanks to caregivers

**M**arianne Black loves her Elmwood home. After all, she holds 100 years of fond memories in the family house that her father built in 1916, the year she was born.

Ms. Black celebrated her century milestone in April with loved ones and her caregivers, Margarett Wright, CNA, personal care attendant with Hartford HealthCare Independence at Home, and Jessica Dakin, BSN, CMC, geriatric care manager with Hartford HealthCare Center for Healthy Aging.

The two caregivers have made it possible for Ms. Black to live independently at home instead of moving permanently to a long-term skilled nursing facility. "I like to be home. I was born here and will stay here," she said.

Wright has been by the older woman's side for more than two years, caring for her daily needs. Dakin comes weekly to drive her to doctors' appointments, monitor her medication and take vitals, all to ensure that she can live an ideal quality of life.

Ms. Black's caregivers said they are happy they help her live comfortably in the place she loves best. Her nephew, Arthur Black, and his wife, Ruth, said they are delighted with the excellent care. "It's been very, very good," Ruth Black remarked. ■

*For more information about these services, visit [Hartford HealthCare Independence at Home](http://Hartford HealthCare Independence at Home), [hathome.org](http://hathome.org) and [Hartford HealthCare Center for Healthy Aging](http://Hartford HealthCare Center for Healthy Aging), [ctseniorcare.org](http://ctseniorcare.org).*



# Retired? Semi-Retired? We Need Your Help!

One of the most important aspects of healthy aging is getting the medical attention you need. For New Britain, Berlin, Kensington, Meriden, Southington and Wallingford's older population this is sometimes a difficult thing to do.

You can help!



## Volunteer Drivers Needed!

Senior Transportation Services, Inc. is looking for safe, reliable volunteers willing to use their own car to help get some of Berlin, Kensington, New Britain, Meriden, Southington and Wallingford's elderly residents to medical appointments in the area.

### Drivers:

- Will be reimbursed for mileage
- Will be given supplemental automobile insurance
- Will be given supplemental liability insurance
- Must be willing to donate your time at least twice a month and our staff will provide you with a schedule ahead of time.



We invite you to help your neighbors.

860.224.7117 / [seniortransportationservices@yahoo.com](mailto:seniortransportationservices@yahoo.com)



## Receptionist at age 80 says job keeps her young

Nelida "Nell" Goguen has been on the go since she was born eight decades ago in Canada. After moving to the United States, she was busy raising her family. She found her niche as a secretary and receptionist, jobs which gave her the opportunity to do what she loves best: meeting and helping people. In her "spare" time, she excelled at roller dancing, skating with a partner and traveling all over New England winning trophies. "I'd still be doing it but don't want to take a chance of a fall," she said.

Now, at Cedar Mountain Commons, the not for profit independent and assisted living community in Newington, she is the friendly face greeting visitors as they enter. Goguen works three 12-hour days but is undaunted by the schedule; she has too much fun working.

"I enjoy my residents, talking to them and problem solving. They are like family; we can relate to each other," she said. "I'm a people person".

Goguen has no plans to retire even though she turned 80 in June. "It's only a number," she said.

Cedar Mountain Commons, a department of Hartford Hospital, is a not for profit independent and assisted living community. For more information, visit [cedarmountaincommons.org](http://cedarmountaincommons.org).



# MyHealthy Advantage Membership Registration Form

MyHealthy Advantage is a club card 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@ctseniorcare.org](mailto:myhealthyadvantage@ctseniorcare.org).

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

Sincerely,

MyHealthy Advantage Coordinator

phone: 860.378.1268 / email: [myhealthyadvantage@ctseniorcare.org](mailto:myhealthyadvantage@ctseniorcare.org)

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



**MyHealthy Advantage**

*merchant discounts\**

FALL 2016

Plantsville Pharmacy  
860.628.2385

1 West Main Street  
Plantsville

10% prescription discounts on  
prescription not covered by insurance

Family Therapeutic Massage  
Center, LLC | 860.276.1283

1006 South Main Street  
Southington

\$10 off a one-hour session

The Dutiful Daughter, LLC  
860.432.5503

103 Thayer Road  
Manchester

15% off packing, moving and content  
removal services

<b>Meriden YMCA</b> 203.235.6385	110 West Main Street Meriden	BE OUR GUEST, your My Healthy Advantage card entitles you to one free visit at the Meriden YMCA Located at 110 West Main Street Meriden
<b>Barker Animation</b> 203.272.2222	1188 Highland Avenue Cheshire	20% Collectors Star Club discount & \$1 off museum entrance fee
<b>Subway   203.237.0123</b>	1231 East Main Street Meriden	10% off all menu items
<b>Welcome Home Mortgage, LLC</b> 860.761.1331	1331 Silas Deane Highway Wethersfield	Specializing in Reverse Mortgages. Your appraisal fee refunded at closing
<b>The Sandman Gallery Frame Shoppe &amp; Café   203.686.0000</b>	14 West Main Street Meriden	15% all framing purchases/15% off coffee and dessert when available
<b>Frank D. Marrocco, CPA</b> 860.229.7479	142 West Main Street New Britain	Income Tax Preparation Services – 10% off
<b>Grant Chiropractic Health Center, LLC   860.620.9523</b>	1601 Meriden-Waterbury Turnpike Milldale	10% off non-insurance covered items
<b>Aziagos Restaurant</b> 860.426.1170	166 Queen Street Southington	10% off dinner items from lunch items, excludes desserts. Dine-in only; not valid on holidays, can not be used with any other coupon or promotion
<b>Graebers   203.235.6305</b>	172 West Main Street Meriden	10% off durable equipment & prescription drugs/Free delivery to Meriden, Wallingford and Cheshire
<b>Specialty Auto Cleaning &amp; Detailing   860.628.5011</b>	200 Clark Street Milldale	15% off any service/free pickup & delivery in most areas
<b>Midas Mufflers &amp; Brakes</b> 203.265.0953	22 Quigley Road Wallingford	\$16.95 lube, oil and filter
<b>Drain Surgeon   860.229.6941</b>	228 Corbin Avenue New Britain	10% off any plumbing repair work in residential housing
<b>Silver City Sports Bar &amp; Grill</b> 203.238.2380	275 Research Parkway Meriden	15% off with the MyHealthy Advantage card
<b>Southington Cheshire YMCA</b> 860.628.5597	29 High Street Southington	BE OUR GUEST, your My Healthy Advantage Card entitles you to one free visit at the Southington Community YMCA located at 29 High Street Southington
<b>Karma's Closet   860.436.6055</b>	3153 Berlin Tpk. Newington	15% Off your total purchase. Excludes firm items

\*Please be aware that merchants may choose to discontinue their involvement at any time and that the MyHealthy Advantage Club will not be held responsible.

The Connecticut Center for Healthy Aging offers Concierge services as well as Notary Public services.  
**860.276.5293** – HOCC, Bradley Memorial campus • **203.694.5721** – MidState Medical Center  
**860.224.5278** – HOCC, New Britain General campus

<b>Keller Williams Realty</b> 860.681.6796	358 Scott Swamp Road Farmington	Free consultation to learn what your home is worth
<b>Serafino's Pharmacy</b> 860.628.7979	36 North Main Street Southington	10% off prescriptions
<b>Wallingford Tire &amp; Auto</b> 203.269.1417	400 North Colony Street Wallingford	10% off all labor on repairs; 5% off regular selling price of tires (can't be combined with any other discounts)
<b>Pals Power Washing, LLC</b> 860.919.8748	41 Riverside Court Southington	Free Cabot stain for all deck restorations or 10% off any house washing
<b>MidState Medical Center Auxiliary Gift Shop</b> 203.694.8109	435 Lewis Avenue Meriden	5% off- special exclusions apply
<b>Century 21   203.213.4141</b>	441 North Main Street Southington	\$250 towards house cleaning when you buy or complete a home sale with Joyce Gibson
<b>Sugar Hill Building &amp; Design</b> 860.875.9968	46 Marlboro Glade Tolland	15% off installation of 2 grab bars
<b>Praline's Café   860.620.9226</b>	50 Center Street Southington	10% off M-F until 5pm, \$1 off cakes
<b>Professional Vision Center</b> 203.238.7393	512 West Main Street Meriden	20% off all services
<b>Beacon Prescriptions</b> 860.225.6487	543 West Main Street New Britain	Free prescription delivery. M-F, 9-6pm
<b>Eyewear Glasses   860.621.8215</b>	55 Meriden Avenue Southington	15% off any pair of glasses
<b>Smokin' With Chris</b> 860.620.9133	59 West Center Street Southington	10% off on Wednesdays all day with the MyHealthy Advantage card
<b>Colony Opticians   203.265.7990</b>	60 Church Street Wallingford	20% off eyeglasses
<b>Hearing Health &amp; Wellness Center   860.426.9181</b>	710 Main Street Plantsville	One free Battery Club membership with every hearing aid purchase
<b>Giovanni's Pizzeria</b> 860.621.2299	714 West Street Southington	10% off Tues & Wed, pick-up only. Except when using a coupon

Greenbackers   203.238.2516	744 Murdock Avenue Meriden	10% off regularly priced items
Town Fair Tire   203.467.8600	750 Queen Street Southington	5% off your total purchase at ANY Town Fair Tire in CT (Southington, Bristol, Wallingford, New Britain, etc)
Charter Financial – Insurance and Financial Services Co. 860.678.2908	76 Batterson Park Road Farmington	Free financial consultation. Includes “Needs-analysis portfolio” and “Professional Recommendation”
La Vita Vintage   860.621.7799	774 South Main Street Plantsville	10% off any item. Present card prior to check out
Story Brothers, Inc. 860.225.0159	84 Burrirtt Street New Britain	10% off mechanical parts (excludes oil filters)
Justine Hart, LMT/Massage Therapist   860.301.4168	846 Atkins Street Middletown	5% off any service
Walsh & Massari   203.235.1681	86 West Main Street Meriden	25% off all eye care services
Pelton’s Home Health Care 860.761.0008	898 Silas Deane Highway Wethersfield	10% off in-store, retail purchases every Thursday
Hallmark Framing and Art 860.621.8885	9 West Main Street Plantsville	20% off custom framing
Wallingford Sew-Vac Center 203.269.2207	95 Quinnipiac Avenue Wallingford	Buy one vacuum cleaner bag and get second one 1/2 price
Bongiovanni Insurance and Financial LLC   203.237.7900	97 East Main Street Meriden	10% off tax preparation
Precious Petals   860.747.6100	98 East Main Street Plainville	10% off (excludes wire service and Fascia’s chocolates)
The UPS Store   203.949.0050	994 North Colony Road Wallingford	10% copies, custom packing & custom materials
Crouchley Chiropractic Center   860.665.0001	21 Garfield Street Newington	10% off non insurance covered service

 If you are a merchant interested in offering a discount to our members, please visit [myhealthyadvantage.org](http://myhealthyadvantage.org). Or provide your name, address, phone number and discount by calling 860.378.1268 or writing to: Hartford HealthCare Senior Services, Attn: MyHealthy Advantage Coordinator, 80 Meriden Avenue, Southington, CT 06489

**W**e 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 [myhealthyadvantage@ctseniorcare.org](mailto:myhealthyadvantage@ctseniorcare.org) or call 860.378.1268.

## Blood Pressure Screenings:

**Southington Community YMCA**  
29 High Street, Southington.  
**Tuesdays, Sept. 6, Oct. 4, Nov. 1, Dec. 6, 9:30-10:30am.** Hosted by Hartford HealthCare Center for Healthy Aging staff.

**Calendar House of Southington**  
388 Pleasant Street, Southington.  
**Thursdays, Sept. 1, Oct. 6, Nov. 3, Dec. 1, 11am-noon.** Hosted by Hartford HealthCare Center for Healthy Aging staff.

**ShopRite**, 750 Queen Street, Southington. **Tuesdays, Sept. 13, Oct. 11, Nov. 8, Dec. 13, 11am-noon.** Hosted by The Orchards at Southington staff.

**Plainville Senior Center**, 200 East Street, Plainville. **Thursdays, Sept. 8, Oct. 13, Nov. 10, Dec. 8, 1-2pm.** Hosted by Mulberry Gardens of Southington staff.

**Calendar House of Southington**, 388 Pleasant Street, Southington. **Tuesdays, Sept. 27, Oct. 25, Nov. 22, Dec. 27, 10-11am.** Hosted by Southington Care Center staff.

**Wethersfield Community Center**, 30 Greenfield Street, Wethersfield. **Thursdays, Sept. 22, Oct. 27, Dec. 22, 12:30-1:30pm.** Hosted by Cedar Mountain Commons and Jefferson House staff.

## Memory Screenings:

**Thursday, Nov. 3, 10am-2pm.** Free. **Mulberry Gardens of Southington, 58 Mulberry Street, Plantsville.** Screenings conducted by Jennifer Doty, BSW. Hosted by Mulberry Gardens of Southington. **To schedule a screening, call 860.276.1020.**

**Tuesday, Nov. 1, 10am-2pm.** Free. **Marian Heights Adult Day Center, 314 Osgood Avenue, New Britain.** Screenings conducted by Jo-ann Doner. Hosted by Marian Heights Adult Day Center. To schedule a screening, call **860.357.4264.**

*Memory screenings average 10 minutes and consist of questions and tasks to assess memory. They do not diagnose any illness, but can indicate whether someone should follow up with a full medical exam.*

## Support Groups:

### Gynecological Cancer

**Mondays, Sept. 5, Oct. 3, Nov. 7, Dec. 5, 6-7:30pm.** Free. The Hospital of Central Connecticut Cancer Institute - Conference Room C, 183 North Mountain Road, New Britain. This support group is for women living with any gynecological cancer. Facilitated by Maureen Bracco, APRN. Hosted by The Hospital of Central Connecticut Cancer Institute. **To register, call 1.855.HHC. HERE/1.855.442.4373.**

### Hispanic Women's Cancer

**Wednesdays, Sept. 21, Oct. 19, Nov. 16, Dec. 21, 6-7:30pm.** Free. MidState Medical Center, 435 Lewis Avenue, Meriden. This support group is for Hispanic women living with cancer. Facilitated by Tina Rodriguez, community outreach educator, MidState Medical Center and Hartford HealthCare Cancer Institute. Hosted by MidState Medical Cancer Center. **To register, call 1.855.HHC. HERE/1.855.442.4373.**

### Look Good...Feel Better

**Mondays, Sept. 12, Oct. 3 & 24, Nov. 7, Dec. 5, 11am-1pm.** Free. Hartford HealthCare Cancer Institute at Hartford Hospital - Taylor Conference Room A & B, 85 Retreat Avenue, Hartford. A program specially designed for women undergoing cancer treatment. Learn from a licensed cosmetologist who provides supportive techniques on skin, makeup and hair care. Facilitated by Mary Ann Vanderjagt. This is a free non-medical product-neutral program offered in partnership with the American Cancer Society. Sponsored by Hartford HealthCare Cancer Institute at Hartford Hospital. **To register, call 1.855.HHC. HERE/1.855.442.4373.**

### Caregivers Support Group

**Third Wednesday of the month: Sept. 21, Oct. 19, Nov. 16, Dec. 21, 6:30pm.** Free. Arbor Rose at Jerome Home, 975 Corbin Avenue, New Britain. Are you a caregiver and feeling over-burdened? Are you responsible for making financial decisions, managing changes in behavior, or even helping a loved one get dressed in the morning? Join our caregivers support group. **To RSVP, call Kate Rabinoff, 860.229.3707.**

### Breast Cancer Support Group

**Thursdays, Sept. 15, Oct. 20, 6-7:30pm.** Free. 80 Fisher Drive, Avon. A support group offering education/peer support for woman with breast cancer. Facilitated by Stacy Nerenstone, MD, and Gretchen Bade. Sponsored by Hartford Hospital Cancer Institute at Hartford Hospital. **To register, call 1.855.HHC. HERE/1.855.442.4373.**

### **Breast Cancer Support Group**

Wednesdays, Sept. 21, Oct. 19, Nov. 16, Dec. 21, 5:30-7pm. Free. Hartford HealthCare Cancer Institute - Conference Room B, 183 North Mountain Road, New Britain. This support group offer emotional and educational support for women with breast cancer. Facilitated by Alicia Gadzinski and Lori Surber. Sponsored by The Hospital of Central Connecticut. **To register, call 1.855.HHC.HERE/1.855.442.4373.**

### **Women's Heart of Central Connecticut Support Network**

Tuesdays, Sept. 20, Oct. 18, Nov. 15, Dec. 13, 5:30-6:45pm. Free. The Hospital of Central Connecticut, Bradley Campus 81 Meriden Avenue, Southington.

Wednesdays, Sept. 21, Oct. 19, Nov. 16, Dec. 14, 5:30-6:45pm. Free. The Hospital of Central Connecticut, New Britain campus - Dining Rooms B & C, 100 Grand Street, New Britain.

This support group is for women living with heart disease. Hosted by The Hospital of Central Connecticut. **To register, call 1.855.HHC.HERE/1.855.442.4373.**

### **Leukemia, Lymphoma, Cancer Support Group**

Wednesdays, Sept. 14, Oct. 12, Nov. 9, Dec. 14, 5:30-7 pm. Free. MidState Medical Center - Horwitz Conference Center, 435 Lewis Avenue, Meriden. A support group for patients and Caregivers with a diagnosis of leukemia, lymphoma, Hodgkins disease or multiple myeloma. Facilitated by Mary Beth Ronin, LCSW. Hosted by MidState Medical Center. **To register, call 1.855.HHC.HERE/1.855.442.4373.**

### **Survivorship Support Group**

Wednesdays, Sept. 21, Oct. 19, Nov. 16, Dec. 21, 5:30-7pm. Free. Hartford HealthCare Cancer Institute - Conference Room B, 183 North Mountain Road, New Britain. This is a general support group for men and women, partners and primary caregivers, focusing on survivorship. Facilitated by Pastor Will Baumgartner. Hosted by Hartford HealthCare Cancer Institute. **To register, call 1.855.HHC.HERE/1.855.442.4373.**

### **Look Good Feel Better**

Mondays, Sept. 19, Oct. 17, Nov. 21, Dec. 19, 2-4 pm. Free. The Hospital Of Central Connecticut, New Britain campus - Lecture Room 2, 100 Grand Street, New Britain. The American Cancer Society's Program Look Good Feel Better for women. Hosted by The Hospital of Central Connecticut New Britain Campus, facilitated by The American Cancer Society. **To register, call 1.855.HHC.HERE/1.855.442.4373.**

### **Head and Neck Cancer Support Group**

Thursdays, Oct. 13, Dec. 8, 6-7:30pm. Free. Gateway Medical Park, 305 Western Boulevard, Glastonbury. A support group offering emotional and educational support for patients and their families. Facilitated by Timothy Boyd, MD, and Lisa Laird, MD. Sponsored by Hartford Hospital. **To register, call 1.855.HHC.HERE/1.855.442.4373.**

### **Breast Cancer Support Group**

Thursday, Nov. 17, 6-7:30pm. Free. Hartford Hospital Cancer Institute at Hartford Hospital - Taylor Conference Room A & B, 85 Retreat Avenue, Hartford. A support group offering education/peer support for woman with breast cancer. Facilitated by Andrew Ricci, MD. Sponsored by Hartford Hospital. **To register, call 1.855.HHC.HERE/1.855.442.4373.**

### **Grief Support Group**

Third Mondays of the month: Sept. 19, Oct. 17, Nov. 21, Dec. 19, 6-7:30pm. Free. Hartford Hospital Family Center, Community Room, 339 West Main Street, Avon. Grief can be a very confusing and difficult road. Come join others who are traveling the journey of grief. Facilitated by Dory Dzinski, MAPC, LPC, NCC. Sponsored by Hartford Hospital Family Center. **To register, call 1.855.HHC.HERE/1.855.442.4373.**

### **Brain Tumor Support Group**

First Thursday of the month: Sept. 1, Oct. 6, Dec. 1, 6:30-8pm. Free. Gateway Medical Park, 305 Western Boulevard, Glastonbury. This is a neuro education/peer support group for patients and caregivers. Facilitated by Srin Mandavilli, MD, and Susan Kim, MD. Sponsored by Hartford Hospital. **To register, call 1.855.HHC.HERE/1.855.442.4373.**

### **Alzheimer's and Dementia Support Group**

Last Monday of the month: Sept. 26, Oct. 31, Nov. 28, 10:30am-noon. Free. Duncaster, 40 Loeffler Road, Bloomfield. Do you care for someone diagnosed with a dementia? Are you looking for information and support? A support group provides emotional, educational and social support. Topics to be discussed: communication techniques, caregiver support, benefits of activities, stages of the disease, family dynamics, safety issues. Facilitators are Michelle Wyman, LSW, CDP, and Sara Therion, MSW. Hosted by Duncaster and Hartford HealthCare Center for Healthy Aging. **RSVP to Michelle, 860.276.5399 x4404 or Sara, 860.380.5012.**

## *Alzheimer's and Dementia Support Group*

**Second Wednesday of the month: Oct. 12, Nov. 9, Dec. 14, 6:30-7:30 pm. Free. Southington Care Center – Anna Fanelli Room, 45 Meriden Avenue, Southington. Are you a caregiver and feeling over-burdened? Are you responsible for making financial decisions, managing changes in behavior, or even helping a loved one get dressed in the morning? This group is an affiliated support group of the Alzheimer's Association Connecticut Chapter. Hosted by Southington Care Center and Hartford HealthCare Center for Healthy Aging. To RSVP, call Stacy Carleton, 860.378.1286.**

## *Alzheimer's Support Group*

**Second Tuesday of the month: Sept. 13, Oct. 11, Nov. 8, 10:30-11:30am. Free. Mulberry Gardens of Southington, 58 Mulberry Street, Plantsville. Are you a caregiver and feeling over-burdened? Are you responsible for making financial decisions, managing changes in behavior, or even helping a loved one get dressed in the morning? Join our caregivers support group. Facilitated by Jennifer Doty, BSW. Hosted by Mulberry Gardens of Southington. To RSVP, call Jenn Doty, 860.276.1020.**

## *Bereavement Support Groups:*

*Hosted by Hartford HealthCare at Home Hospice Care*

**First and third Wednesdays of the month: Sept. 7 & 21, Oct. 5 & 19, Nov. 2 & 16, Dec. 7 & 21, 2-3:30 pm. Free. Glastonbury Riverfront Community Center, 300 Wells Street, Glastonbury. Facilitator Bill Pilkington, supervisor for pastoral and bereave-**

**ment services. To RSVP, call 1.855.HHC.HERE/1.855.442.4373.**

**Second and fourth Mondays of the month: Sept. 12 & 26, Oct. 10 & 24, Nov. 14 & 28, Dec. 12, 1-2:15 pm. Hartford Hospital - Room 116, 85 Jefferson Street, Hartford. Facilitator Andrea Burr, pastoral counselor. To RSVP, call 1.855.HHC.HERE/1.855.442.4373.**

**First and third Thursdays of the month: Sept. 1 & 15, Oct. 6 & 20, Nov. 3 & 17, Dec. 1 & 15, 11am-12:30 pm. Mansfield Center, 34 Ledgebrook Drive, Mansfield. Facilitator Ivan Bilyk, pastoral counselor supervisor. To RSVP, call 1.855.HHC.HERE/1.855.442.4373.**

**Second and fourth Tuesdays of the month: Sept. 13 & 27, Oct. 11 & 25, Nov. 15 & 28, Dec. 13 & 27, 5:30-6:30pm. MidState Medical Center, 435 Lewis Avenue, Meriden. Doreen Bottone, MidState chaplain. To RSVP, call 1.855.HHC.HERE/855.442.4373.**

## *Friendship Clubs:*

**Tuesdays, Sept. 13, Oct. 11, Nov. 8, Dec. 13, 10am-2pm. Free. Marian Heights Adult Day Center, 314 Osgood Avenue, New Britain. Polish speakers are available. For more information and to RSVP, call 860.357.4264.**

**Thursdays, Sept. 15, Oct. 20, Nov. 17, Dec. 15, 10am-2pm. Free. Mulberry Gardens of Southington, 58 Mulberry Street, Plantsville. For more information and to RSVP, call 860.276.1020.**

Looking to belong to a great group of friends? Join the Friendship Club at Marian Heights Adult Day Center or Mulberry Gardens Adult Day Center and enjoy transportation, activities, meals, exercise and more. Our

mission is to provide the highest quality community based day program in a safe and positive environment. We provide care to individuals with a variety of socialization and cognitive needs.

## *Educational Presentations*

### *Afternoon with the Expert: What is Telerehab?*

**Tuesday, Sept. 27, 2-3:30pm. Free. Jefferson House, 1 John H Stewart Drive, Newington, in the Laurel Room. Join us at Jefferson House and learn about our new telerehab program that is helping residents recover from total knee replacement surgery. Light refreshments will be served. Presented by Courtland Lewis, MD, Physician-in-Chief Hartford HealthCare Bone & Joint Institute. Sponsored by Jefferson House. For more information or to RSVP, call 1.855.HHC.HERE/855.442.4373.**

### *Cooking for One*

**Wednesday, Oct. 5, 10:30-11:30am. Free. Bristol Senior Center, 240 Stafford Avenue, Bristol. In the kitchen, cooking for one can seem lonely and confusing. Why do all recipes feed so many people? Jack Hodes, chef of Southington Care Center, will share easy, healthy recipes to tempt the taste buds! Hosted by Bristol Senior Center. RSVP to Bristol Senior Center, 860.584.7895.**

### *Dinner with the Doc: Cutting Edge Treatment for Nerve Pain*

**Thursday Oct. 20, 5-7pm. Free. Arbor Rose at Jerome Home, 975 Corbin Avenue, New Britain. Free. Because chronic pain affects so many areas of a patient's life, the Pain Treatment Center believes it takes a team of specialists from multiple disciplines to manage it effectively.**



Hosted by Arbor Rose at Jerome Home, presented by Jonathan Kost, MD of the Hartford Hospital Pain Treatment Center. **RSVP, call 1.855.HHC.HERE/855.442.4373.**

### **Joint Replacement Patient Education**

**Mondays Sept. 12 & 26, Oct. 10 & 24, Nov. 14 & 28, Dec. 19, 10am-noon. Hartford Hospital Family HealthCare Center, 1290 Silas Deane Highway - Room 103, Wethersfield.**

### **Joint Replacement Patient Education**

**Mondays Oct. 3 & 17, Nov. 28, 10 am-noon. Hartford Hospital Family HealthCare Center, 339 West Main Street, Avon.** This class is for patients who will undergo hip or knee replacement surgery, providing education on how to prepare for the surgery and recovery. This class is NOT for patients undergoing a shoulder replacement surgery. Facilitated by Karen DePasquale. Sponsored by Hartford Hospital Family HealthCare Center. **To RSVP, call 1.855.HHC.HERE/855.442.4373.**

### **Extended Healthcare Planning in Retirement**

**Thursday, Oct. 6, 4-5:30pm. Free. Arbor Rose at Jerome Home, 975 Corbin Avenue, New Britain.** As we age, our care needs often increase, and they can be costly to you and your family. A long-term care insurance policy may be a valuable part of your retirement planning. Hosted by Arbor Rose at Jerome Home. Presented by Paul Collard and Dean Gwazda from New York Life Insurance Company. **For more information or to RSVP, call 860.229.3707.**

### **Dinner with the Doc: Bone Health: Reducing the Risk for Fractures**

**Tuesday, Oct. 11, 5-7pm. Free. Southington Care Center, 45 Meriden Avenue, Southington.** Many people are unaware of the link between fractures and osteoporosis. If you are over age 50, there is a very good chance that your fracture is related to osteoporosis sometimes called "brittle bone." Presented by Stephen Davis, MD, Orthopedic Associates of Hartford Orthopedic Trauma Surgeon HHC Bone & Joint Institute at Hartford Hospital. Hosted by Southington Care Center. A light complimentary dinner will be served. **To RSVP, call 1.855.HHC.HERE/855.442.4373.**

### **Dinner with the Expert: How Outpatient Physical Therapy and Exercise Can Help You to Stay Healthy and Strong**

**Tuesday, Nov. 1, 5-7pm. Free. Arbor Rose and Jerome Home, 975 Corbin Avenue, New Britain.** Learn about the benefits of a physical therapy program in order to prevent injury and disease as we age. Presented by Laurel Whalen, RPT, CLT, outpatient physical therapist at Jerome Home, and Robert Schmelzer, exercise physiologist – program manager GoodLife Fitness. A light complimentary dinner will be served. **To RSVP, call 860.229.3707.**

### **The Art of Bronzing**

**Wednesday, Nov. 16, 7pm. Free. The Orchards at Southington, 34 Hobart Street, Southington.** Michael McLaughlin is a bronze sculptor and lifelong Connecticut resident. He will be sharing an informal slide show that presents a glimpse of what it is like to create bronze sculptures and where he finds inspiration in this complex, modern world. Hosted by The Orchards at Southington and Southing-

ton Arts and Crafts Association. Space is limited. **To register, call The Orchards, 860.628.5656.**

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### **The Art and Science of Graceful Aging**

#### **Treatment Options for Acid Reflux**

**Monday, Sept. 26, 3-4pm. Free. Duncaster, 40 Loeffler Road, Bloomfield.** Learn about the latest advances in the treatment of acid reflux. Discover how newer, minimally invasive surgical interventions are helping people find relief – and get off their medications – after living with painful reflux for years. Presented by Kenneth Schwartz, MD. Hosted by Hartford Hospital Senior Primary Care at Duncaster. **To register, call Duncaster, 860.380.5006.**

#### **Medication Safety**

**Thursday, Oct. 13, 3-4pm. Free. Duncaster, 40 Loeffler Road, Bloomfield.** Do you take a long list of drugs to manage health issues? Or do you often reach for an over-the-counter medication? Safety tips can ensure that you get the most benefit from your medication and stay safe in the process. Presented by Addolorata Ciccone, Pharm.D, of Jefferson House and Cedar Mountain Commons. **To register, call Duncaster, 860.380.5006.**

#### **Medical Websites and Apps: Health Information at Your Fingertips**

**Wednesday, Nov. 16, 3-4pm. Free. Duncaster, 40 Loeffler Road, Bloomfield.** Learn about recommended and trusted websites for information about diseases, medications, the latest or experimental treatments, and taking care of your health. Also, Smart phone and tablet apps that can help you monitor your health, select the most

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nutritious foods, and keep track of your eating and exercise routines. Presented by Katarzyna Woznica, MLS, Medical Librarian, Hartford Hospital Health Science Libraries. Hosted by Hartford HealthCare. **To register, call Duncaster, 860.380.5006.**

## Informational Events

### *Strong Women - Healthy Hearts*

12-week program begins Monday, Sept. 12, 6-7:30pm. Free. **The Hospital of Central Connecticut New Britain campus** – Cardiology Conference Room, 100 Grand Street, New Britain. Get your heart and body in shape with the Strong Women - Healthy Hearts program, designed to help women get on track with their nutrition and exercise habits. Learn what foods are heart-healthy and how to incorporate healthy eating into your lifestyle. Each session, directed by a registered nurse and an exercise physiologist, is tailored to the needs, desires and fitness levels of each participant. The program also engages participants in aerobic activity and includes a trip to the grocery store to show healthy alternatives to commonly bought food products. Presented by Amy Arnold, RN. **Registration is required. Call 1.855.HHC.HERE/1.855.442.4373.**

### *The Center for Healthy Aging Offers That?*

Thursday, Sept. 15, 1:30-2:30 p.m. Free. **Calendar House, 388 Pleasant Street, Southington.** Michelle Lavoie, resource coordinator, Hartford HealthCare Center for Healthy Aging, will focus on the center's Geriatric Care Management program, and the roles of dementia specialists

and transitional care nurses. She will also discuss the Main Street Grant and the opportunity for a physician, a pharmacist, and/or an OT to visit the home of a Southington resident if there are specific needs or concerns. Hosted by Hartford HealthCare Center for Healthy Aging. **RSVP to Calendar House, 860.621.3014.**

### *Basics of Diabetes*

Monday, Sept. 19, 10:30-11:30am. Free. **Meriden Senior Center, 22 West Main Street, Meriden.** What is diabetes? What is the diagnosis process? What steps are needed to manage this disease? Presented by Anne Young, MS, RD, CDE, registered dietician and certified diabetes educator, MidState Diabetes and Nutrition Center. Hosted by Hartford HealthCare Senior Services. **To register, call Meriden Senior Center, 203.237.0066.**

### *Improving Function and Quality of Life with Comprehensive Pain Treatment*

Tuesday, Sept. 20, 1:30-2:30pm. Free. **Wallingford Senior Center, 238 Washington Street, Wallingford.** Topics include: 1) pain and treatment options by diagnosis; 2) the opioid crisis and alternative therapies; 3) a multi-modal approach to treat pain and improve function. Presented by Karen Larsen. Hosted by Wallingford Senior Center. **To RSVP, call 203.265.7753.**

### *Making the Most of Your MD Appointment*

Thursday, Sept. 22, 10-11am. Free. **Plainville Senior Center, 200 East Street, Plainville.** **To register, call the Plainville Senior Center, 860.747.5728.**

Friday, Sept. 23, 1pm. Free. **Newington Senior Center, 120 Cedar Street, Newington.** **To register, call Newington Senior Center, 860.665.8778.**

It's important to make the most of the time you have with your doctor. Topics include: how to partner with your doctor; how to prepare for an appointment; important things to bring to your doctor appointment; questions to ask; and more. Presented by Heather Hitchcock, Community Outreach Manager, Hartford HealthCare Senior Services.

### *Navigating the "What Ifs" in Your Golden Years*

Friday, Sept. 23, 1-2pm. Free. **Berlin Senior Center, 33 Colonial Drive, Berlin.** This program focuses on questions related to approaching the Golden Years: What are the varying levels of care available; what types of housing, funding sources, and resources are at my disposal in the community? Discussion will include the differences between being proactive vs. reactive. Presented by Marc Levesque, MS, Senior Resource Case Manager, Hartford HealthCare Senior Services. Hosted by Berlin Senior Center. **To register, call the Berlin Senior Center, 860.828.7006.**

### *How to Use Energy Medicine to Help Heal Yourself*

Tuesday, Oct. 4, 10-11am. Free. **Elmwood Senior Center, 1106 New Britain Avenue, West Hartford.** Therapeutic Touch is a gentle non-invasion method of healing that stimulates the immune system, relaxes the body and supports healing. Participants will leave this presentation with some Basic Therapeutic Touch skills that they can use to help themselves heal. Presented by Ann Minor, RN-BC, HN-BC, CHPN, Holistic Care Coordinator, Southington Care Center. Hosted by the Elmwood Senior Center. **To register, call 860.236.5693.**

### **Exercise...with Arthritis**

**Wednesday, Oct. 5, 1-2pm. Free.** Berlin Senior Center, 33 Colonial Drive, Berlin. Exercise can be a great thing to build into your lifestyle to help you manage the changes of living with arthritis. Learn how exercise can be a benefit and what to consider as you begin an exercise routine. Presented by Robert Schmelzer, exercise physiologist and program manager, GoodLife Fitness at Jerome Home and Arbor Rose. Hosted by Berlin Senior Center. **To register, call 860.828.7006.**

### **Living with Arthritis**

**Tuesday, Oct. 4, 11am-noon. Free.** Wolcott Senior Center, 211 Nichols Road, Wolcott. This program includes information about the types and symptoms of arthritis, medications and supplements, diet and nutrition, exercise for arthritis and an overview of the HHC Bone & Joint Institute Overview. Presented by David Santoro, MBA, OTR/L, Director of Operations, HHC Bone & Joint Institute at Hartford Hospital. Hosted by Wolcott Senior Center. **To register, call 203.879.8133.**

### **Lunch with a Doctor:**

#### **The Aging Eye**

**Thursday, Oct. 6, 12-1pm. Free.** The Orchards at Southington, 34 Hobart Street, Southington. Topics include: cataracts, glaucoma, macular degeneration, diabetes in the eye and other eye diseases and ailments. Presented by Ronald Bezahler, MD. Hosted by The Orchards at Southington. A light complimentary lunch is provided. **To register, call 1.855.HHC.HERE (855.442.4373).**

#### **What Should I Know about Osteoporosis?**

**Monday, Oct. 17, 10:30-11:30am. Free.** Meriden Senior Center, 22 West Main Street, Meriden.

What is osteoporosis? Will it happen to me? What are the signs and symptoms? Presented by David Santoro, MBA, OTR/L, Director of Operations, HHC Bone & Joint Institute at Hartford Hospital. Hosted by Hartford HealthCare Center for Healthy Aging, Meriden. **To register, call 203.237.0066.**

#### **Improving Function and Quality of Life with Comprehensive Pain Treatment**

**Thursday, Oct. 20 10-11am. Free.** Plainville Senior Center, 200 East Street, Plainville. Topics include: 1) pain and treatment options by diagnosis; 2) the opioid crisis and alternative therapies; 3) a multi-modal approach to treat pain and improve function. Presented by Karen Larsen. Hosted by Plainville Senior Center. **To register, call 860.747.5728.**

#### **The Art of Healing**

**Thursday, Nov. 10, 1:30-2:30pm. Free.** Calendar House, 388 Pleasant Street, Southington. Learn how integrative medicine therapy such as acupuncture, reiki, guided imagery/hypnotherapy, massage therapy and other therapies can be used to keep you healthy and help to alleviate pain, insomnia, anxiety/stress reduction as well as many more. Presented by Eric R. Secor, ND, PhD, LAc. Hosted by Calendar House of Southington. **To register, call 1.855.HHC.HERE/1.855.442.4373.**

#### **Don't Take Sleep Challenges Lying Down!**

**Thursday, Nov. 10, 10-11am. Free.** Plainville Senior Center, 200 East Street, Plainville.

This program will cover sleep disturbances, insomnia, and how to improve sleep patterns, problems that affect seniors regularly. Presented by Christine

Waszynski, APRN. Hosted by Plainville Senior Center. **To register, call 860.747.5728.**

#### **Keeping Memory Strong**

**Monday, Nov. 14, 10:30-11:30am. Free.** Meriden Senior Center, 22 West Main Street, Meriden. Learn tips to keep your memory strong and fun activities that will challenge your brain. Presented by Patty O'Brian, Alzheimer's/Dementia Specialist, Hartford HealthCare Center for Healthy Aging. **To register, call 203.237.0066.**

#### **Medication Safety**

**Wednesday, Nov. 16, 1-2pm. Free.** Berlin Senior Center, 33 Colonial Drive, Berlin. Do you take a long list of drugs to manage health issues? Or do you often reach for an over-the-counter medication from time to time? Safety tips can ensure that you get the most benefit from your medication and stay safe in the process. Presented by Addolorata Ciccone, Pharm.D, of Jefferson House and Cedar Mountain Commons. Hosted by Berlin Senior Center. **To register, call 1.855.HHC.HERE/1.855.442.4373.**

#### **Making the Most of Your MD Appointment**

**Monday, Dec. 5, 1-2pm. Free.** Wallingford Senior Center, 238 Washington Street, Wallingford. It's important to make the most of the time you have with your doctor. Learn how to prepare for your doctor appointments, questions to ask, what's expected of you and what you can expect from your doctor. In today's world of healthcare it's important to be an active participant and partner to make sure you remain healthy. Presented by Heather Hitchcock,

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Community Outreach Manager, Hartford HealthCare Senior Services. Hosted by Wallingford Senior Center. To register, call 203.265.7753.

### *Stress, Depression and the Holidays*

**Monday, Dec. 12, 10:30-11:30am. Free. Meriden Senior Center, 22 West Main Street, Meriden.** Stress and depression can ruin your holidays and hurt your health. Will discuss how to plan ahead, be realistic and seek support to help ward off stress. Presented by Mary Pat Daniels LCSW, Rushford Health Center. Hosted by Hartford HealthCare Center for Healthy Aging, Meriden. To register, call 203.237.0066.

### *Heart Disease: What You Need to Know*

**Tuesday, Dec. 13, 11am-noon. Free. Wolcott Senior Center, 211 Nichols Road, Wolcott.** Topics include: identifying cardiovascular disease; cardiovascular testing; treating cardiovascular disease; prevention of cardiovascular disease. Presented by Justin Lundbye, MD, FACC, Chief of Cardiology at the Hospital of Central Connecticut. Hosted by Wolcott Senior Center. To register, call 1.855.HHC.HERE (1.855.442.4373).

### *Improving Function and Quality of Life with Comprehensive Pain Management*

**Wednesday, Dec. 14, 1-2pm. Free. Berlin Senior Center, 33 Colonial Drive, Berlin.** Topics include: 1) pain and treatment options by diagnosis; 2) the opioid crisis and alternative therapies; 3) a multi-modal approach to treat pain and improve function. Presented by Karen Larsen. Hosted by Wallingford Senior Center. To register, call 860.828.7006.

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## Lunch and Learn:

### *Winter's Coming: Learn about the Flu*

**Thursday, Sept. 8, 12-1 p.m. Free. Hospital of Central Connecticut, New Britain campus, 100 Grand Street, New Britain.** With the winter months coming up quickly, it's time to learn about the flu vaccine, how to prevent it, and if you get the flu, how to treat it. Presented by Karen Pagliaro, Director of Community and Government Relations, Hartford HealthCare at Home. A light complimentary lunch is provided. Space is limited. **RSVP to 1.855.HHC.HERE/855.442.4373.**

### *Managing Acid Reflux Disease*

**Thursday, Oct. 20, 12-1pm. Free. Hospital of Central Connecticut, Bradley Memorial campus, 81 Meriden Avenue, Southington.** Kenneth Schwartz, MD, talks about acid reflux disease, diagnosis and management options. A light complimentary lunch is provided. Space is limited. **RSVP to 1.877.4AGING1/1.877.424.4641.**

### *Making Healthy Food Choices*

**Thursday, Nov. 10, 12-1pm. Free. The Hospital of Central Connecticut, New Britain campus, 100 Grand Street, New Britain.** Learn which kinds of carbohydrates, fats and proteins to choose to keep your blood sugars in a healthy range. Presented by Anne Young, MS, RD, CDE, registered dietician and certified diabetes educator, MidState Diabetes and Nutrition Center. A light complimentary lunch is provided. Space is limited. **RSVP to 1.877.4AGING1/1.877.424.4641.**

### *Managing Holiday Stress for Families Living with Dementia*

**Thursday, Dec. 15, 12-1pm. Free. Hospital of Central Connecticut, Bradley Memorial campus, 81 Meriden Avenue, Southington.** For families living with dementia, the holidays can be challenging. With some planning and adjusted expectations, your celebration can still be a happy and memorable occasion. Presented by Patty O'Brian, Dementia Specialist, Hartford HealthCare Center for Healthy Aging. Hosted by Hartford HealthCare Center for Healthy Aging. A light complimentary lunch is provided. Space is limited. **RSVP to 1.877.4AGING1/1.877.424.4641.**

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## Hartford HealthCare Center for Healthy Aging Informational Series

### *Live Well Chronic Disease Self-Management*

**Six-week series Tuesdays, Sept. 6 to Oct. 18, 1-3:30pm. Participants should attend all sessions. Free. The Hospital of Central Connecticut, New Britain campus- Lecture Room 2, 100 Grand Street, New Britain.** Presented by Nancy Becker, MA, CMC, resource coordinator, Hartford HealthCare Center for Healthy Aging.

**Six-week series Fridays, Sept. 16 to Oct. 21, 9:30am-noon.** Participants should attend all sessions. Free. Wallingford Senior Center, 238 Washington Street, Wallingford. Presented by Michelle Wyman, LSW, CDP, life enrichment coach, Hartford HealthCare Center for Healthy Aging.

This program is built on three underlying assumptions:

1. Regardless of the chronic condition, people have similar problems and concerns and face similar challenges.

2. People can learn the skills needed to better manage their disease and the day-to-day issues they face.  
3. People who understand and take control of their condition will be healthier and happier.  
**Space is limited. RSVP to 1.877.4AGING1/ 1.877.424.4641.**

***Dementia and Caregiving Series: Focusing on the Person While Understanding the Disease Progression***

**Five-week series Wednesdays, Sept. 7 to Oct. 5, 6-7:30pm. Free. The Pines at Bristol Center for Nursing and Rehabilitation,**

61 Bellevue Avenue, Bristol. Learn strategies and effective communication tips to better understand and relate to the individual with memory loss.

**Sept. 7:** Overview of Dementia

**Sept. 14:** Basics of Good Communications and Understanding Behaviors

**Sept. 21:** Safety in the Environment and How to Structure a Day with Activities

**Sept. 28:** Taking Care of the Caregiver and Care Options

**Oct. 5:** Legal and Financial  
Presented by Michelle Wyman, LSW, CDP, and Patty O'Brian, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. Hosted by Hartford HealthCare Center for Healthy Aging. Space is limited. **RSVP to 1.877.4AGING1/1.877.424.4641.**

***Dementia and Caregiving Series: Focusing on the Person While Understanding the Disease Progression***

**Five-week series Thursdays, Oct. 6 to Nov. 3, 11am-12:30pm. Free. Wolcott Senior Center, 211 Nichols Road, Wolcott.** Learn strategies and effective communication tips to better understand and relate to the individual with memory loss. Oct. 6: Overview of Dementia; Oct. 13: Basics

of Good Communications and Understanding Behaviors; Oct. 20: Safety in the Environment and How to Structure a Day with Activities; Oct. 27: Taking Care of the Caregiver and Care Options; Nov. 3: Legal and Financial. Presented by Michelle Wyman, LSW, CDP, and Patty O'Brian, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. Hosted by Hartford HealthCare Center for Healthy Aging. Hosted by Hartford HealthCare Center for Healthy Aging. Space is limited. **RSVP to 1.877.4AGING1/1.877.424.4641.**

***Brown Bag Medication***

**Wednesday, Oct. 19, 9am-noon.**

**Free. Southington YMCA, 29 High Street, Southington.** If you or someone in your care is taking a lot of medication, join us for our "Brown Bag Pharmacy Event." Gather all prescription medications, over-the-counter drugs, herbal or natural products and vitamins or minerals you use, place them in a bag and bring them to your scheduled appointment. We will discuss what you are taking, potential duplicates, side effects or interactions and reviewing instructions and safety issues. Presented by Sean Jeffery, Pharm.D, Clinical Professor University of Connecticut and Director of Clinical Pharmacy Services Integrated Care Partners Hartford HealthCare Group. Sponsored by Hartford HealthCare Center for Healthy Aging. Appointments required. **To register, call 1.855.HHC.HERE/1.855.442.4373.**

***CHOICES Counseling Events***

**Friday, Oct. 21, 9am-4pm. Free. The Hospital of Central Connecticut - Lecture Room 1, 100 Grand Street, New Britain.** Facilitator Nancy Becker, MA, CMC, resource coordinator, Hartford HealthCare Center for Healthy Aging.

**Friday, Nov. 4, 9-am-4pm. Free. The Hospital of Central Connecticut, Bradley Memorial campus - Conference Room A, 81 Meriden Avenue, Southington.** Facilitator Jessica Dakin, BSN, CMC, geriatric care manager, Hartford HealthCare Center for Healthy Aging

**Friday, Dec 2, 9am-4pm. Free. MidState Medical Center**

Conference Center V, 435 Lewis Avenue, Meriden. Facilitator Marc Levesque, MS, Senior Resource Case Manager, Hartford HealthCare Center for Healthy Aging

Hartford HealthCare Center for Healthy Aging is holding a CHOICES Counseling Events during Medicare's Annual Open Enrollment Period. You will meet one on one with a CHOICES counselor to discuss your Medicare benefit options. CHOICES counselors advise, educate and empower individuals to navigate the increasingly complex Medicare program and help beneficiaries make choices among a vast array of options to best meet their needs. Hosted by Hartford HealthCare Center for Healthy Aging. There is limited availability and appointments must be made.

**To register, call 1.877.4AGING1/1.877.424.4641.**

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**Fall Events**

***Community Tag Sale***

**Saturday, Sept. 10, 8 am-noon. (Rain date Sept. 11) Jerome Home, 975 Corbin Avenue, New Britain, East Parking Lot.** Spaces are available to the public for \$20, or consider donating your gently used items for us to sell. **For more information or to reserve a space, call Denise, 860.356.8256.**

## 2nd Annual Arbor Rose Holiday Fair and Café

**Friday, Nov. 4, 10am-4pm.**  
Arbor Rose, 975 Corbin Avenue, New Britain. Get a jump on your holiday shopping with all homemade crafts, quilting, jewelry, wreaths, raffle prizes and much more. New this year, our café will offer homemade soups, baked goods and beverages for purchase. All attendees will receive one entry for the door prize. **For more information, call Sandy Brown, 860.229.3707.**

## Craft Fair

**Saturday, Nov. 5, 10am-3pm.**  
Mulberry Gardens of Southington, 58 Mulberry Street, Plantsville. Just in time for the holidays. Vendors welcome. Call Donna Johnson, 860.276.1020

## Functional Fitness:

**Mondays and Wednesdays for 12 weeks beginning Sept. 19, 9:30-10:15am. Free. Berlin Community Center, 230 Kensington Road, Berlin.** Are you looking to increase flexibility and mobility? Increase your energy and reduce your risk of fall and injuries? This functional fitness group is an excellent way to build energy and endurance to maintain an active lifestyle. Instructed by Robert Schmelzer, exercise physiologist and program manager, GoodLife Fitness at Jerome Home and Arbor Rose. Class size is limited due to space. **To register, contact Jerome Home, 860.229.3707.**

**Mondays and Wednesdays for 12 weeks beginning Sept. 19, 1:30-2:15pm. Wethersfield Senior Center, 30 Greenfield Street, Wethersfield.** \$30 to join and attend. Build the strength and control of your body to move with improved balance! Harness your motivation to exercise and join the GoodLife Functional Fitness Group. We want to help you achieve a healthy and fit lifestyle that will last over the long-term. Work to maintain your highest level of independence and not be at fear of becoming an unsteady adult. Join our group of motivated individuals and experienced exercise physiologists who will progress you on a journey to a healthier you. There is limited space. **Reserve your spot by contacting Lisa Galipo, 860.721.2979.**

## Open Houses:

**Cedar Mountain Commons, 3 John H. Stewart Drive, Newington.** Saturdays, Sept. 17, Oct. 8, Nov. 26, Dec. 3, 10am-2pm. Just stop by. **Information: 860.665.7901.**  
**Arbor Rose, 975 Corbin Avenue New Britain.** Sundays, Sept. 18, Oct. 23, Nov. 13, Dec. 11, 10am-2pm. Just stop by. **Information: 860.229.3707.**  
**The Orchards at Southington** 34 Hobart Street, Southington. Saturdays, Sept. 10 & 24, Oct. 8, Nov. 5 & 19, Dec. 3 & 17, 10am-2pm. Just stop by. **Information: 860.628.5656.**  
**Mulberry Gardens of Southington, 58 Mulberry Street Plantsville.** Sunday, Sept. 18, Saturdays, Oct. 8, Nov. 26, 10am-2pm. Just stop by. **Information: 860.276.1020.**

**Marian Heights Adult Day Center, 314 Osgood Avenue, New Britain.** Thursday, Sept. 22, **Wednesdays, Oct. 5, Nov. 16, Dec. 7, 10 am-2pm.**

The mission of the Mulberry Gardens at Marian Heights Adult Day Center is to provide the highest quality community-based day program in a safe and positive environment. Care is provided to individuals with a variety of socialization and cognitive needs. Polish speakers on staff. **RSVP to 860.357.4264.**

## Health Fairs:

**Southington Senior Health Fair** **Wednesday, Sept. 14, 9-11:30am. Free. Calendar House, 388 Pleasant Street, Southington.** This informative health fair will include demonstrations and experts in the healthcare industry. **FREE** screenings offered include: balance, blood pressure, memory, blood glucose, cholesterol. Screenings are provided by the Hospital of Central Connecticut and the Hartford HealthCare Center for Healthy Aging. Attendees may bring their meds in a "brown bag" to have them reviewed by a pharmacist. **Pre-register for blood glucose, cholesterol screenings and the Brown Bag Pharmacy Event by calling Calendar House, 860.621.3014.**

# East Region Events



## Educational Events:

### *Better Breathers Club*

Wednesdays, Sept. 19, Oct. 19, Nov. 16, Dec. 21, 2-3pm. Free. Backus Medical Office Building - Conference Room, 330 Washington Street, Norwich. The group follows the American Lung Association's guidelines by providing education and skills to adults with chronic lung diseases. Presented by Backus Respiratory Department. To register, call, 1.855.HHC.HERE/1.855.442.4373.

## Support Groups:

### *American Lung Association, Freedom from Smoking*

Tuesdays, Sept. 1 to Oct. 25, 6-8pm. Free. Windham Hospital, 112 Mansfield Avenue, Willimantic. The American Lung Association's "Freedom from Smoking" Program is a seven-week, eight-session course. Week 4 is "Quit Week" and will include additional support. Facilitated by Pat Zikorous. Hosted by Windham Hospital. To register, call 1.855.HHC.HERE/1.855.442.4373.

### *Cancer Support Group*

Wednesdays, Sept. 7 to Dec. 28, 5:30-7pm, Free. Windham Hospital, 112 Mansfield Avenue, Willimantic. This weekly cancer support group is for patients, families and caregivers with various topics. Facilitated by Karen Barbone, RN. Hosted by Windham Hospital. To register, call 1.855.HHC.HERE/1.855.442.4373.

### *Diabetes Support Group*

Wednesdays, Sept. 7, Nov. 2, 6-7pm. Free. Windham Hospital, 112 Mansfield Avenue, Willimantic. This support group is for people living with diabetes. Facilitated by Karen Barbone, RN. Hosted by Windham Hospital. To register, call 1.855.HHC.HERE/1.855.442.4373.

### *Diabetes Support Group*

Wednesdays, Oct. 5., Dec. 7, 1-2pm. Free. Windham Hospital, 112 Mansfield Avenue, Willimantic. This support group is for people living with diabetes. Facilitated by Karen Barbone, RN. Hosted by Windham Hospital. To register, call 1.855.HHC.HERE/1.855.442.4373.

### *Healing Hearts Support Group*

Thursdays, Sept. 8, Oct. 13, Nov. 10, Dec. 8, 7-8:30pm. Free. Windham Hospital, 112 Mansfield Avenue, Willimantic. This support group is for people living with heart disease and their families. Facilitated by Jane Diaz, RN. Hosted by Windham Hospital. To register, call 1.855.HHC.HERE/1.855.442.4373.

### *Look Good Feel Better*

Monday, Sept. 19, 10:30am-12:30pm. Free. Windham Hospital, 112 Mansfield Avenue, Willimantic. This program is specially designed for women undergoing cancer treatment. Learn from a licensed cosmetologist who provides supportive techniques on skin, makeup, and hair care. This is a free non-medical product-neutral program offered in partnership with the American Cancer Society. Hosted by Windham Hospital. To register, call 1.855.HHC.HERE 1.855.442.4373.

### *Parkinson's Disease Support Group*

Wednesdays, Sept. 14, Oct. 12, Nov. 9, Dec. 14, 1-2pm. Free. Windham Hospital Family Health Center, 5 Founders Street, Willimantic. This support group is for all patients living with Parkinson's Disease, their families and caregivers. Facilitated by Susan Monroe. Hosted by Willimantic Hospital Family Health Center. To register, call 1.855.HHC.HERE 1.855.442.4373.



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## An Exceptional Senior Living Community

The Orchards at Southington provides a worry free and peace of mind all-inclusive lifestyle for seniors 55+. We offer a service-rich environment which allows seniors the freedom to do the things they enjoy most without all the worry of upkeep, security, or

unexpected financial burdens of owning their own home. Each resident enjoys the privacy of their own studio, one or two-bedroom apartment with all the benefits of a full-service community.

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To schedule a tour, call 860.628.5656 | 34 Hobart Street, Southington