



## Mulberry Gardens of Southington – A premier assisted living, adult day & memory care community.

Mulberry Gardens is the perfect place to call home with fine dining, socialization, exercise, and a caring staff to meet any personal care needs. Call to find out about our Winter Special and arrange for a visit!



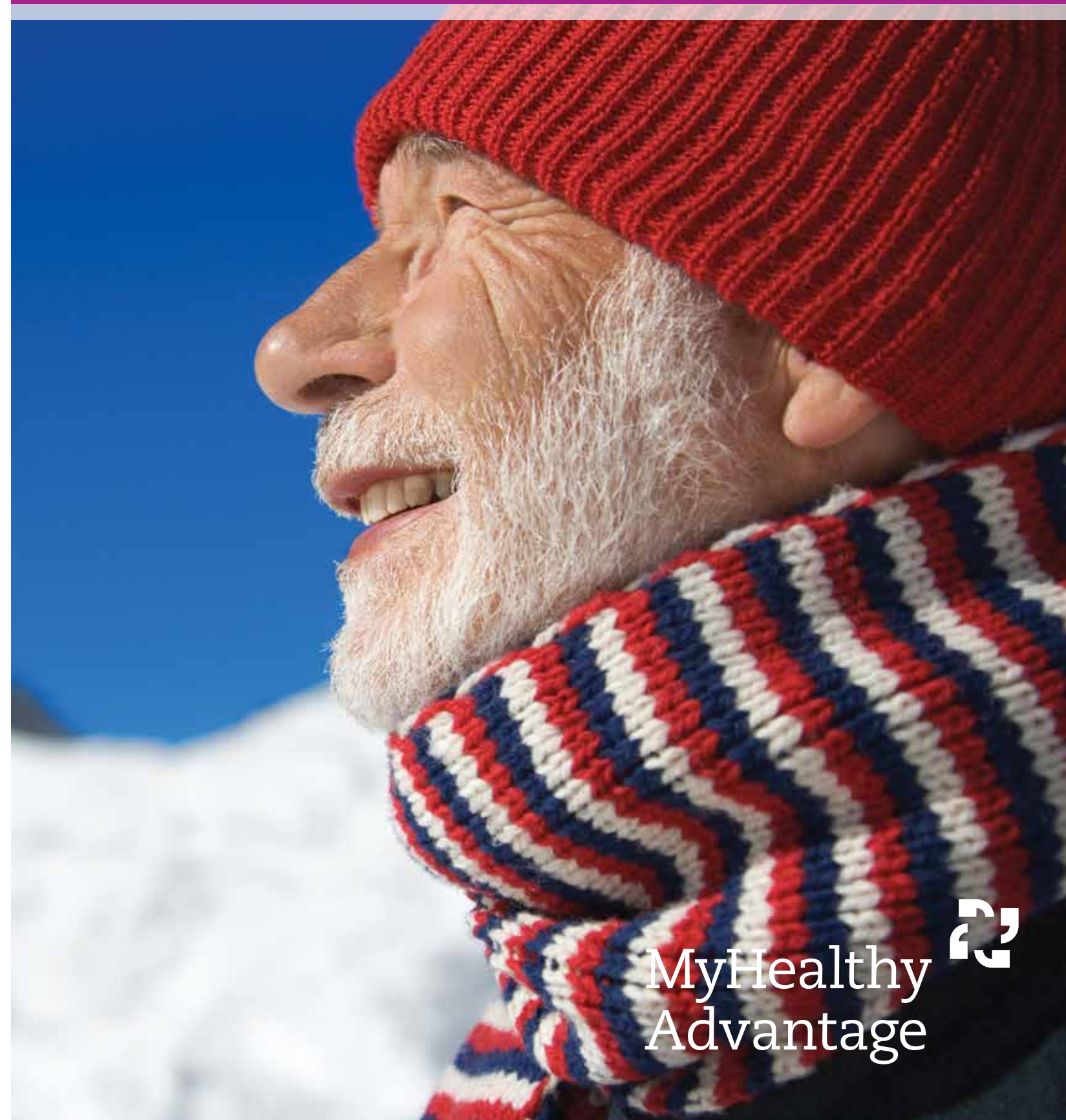
58 Mulberry Street  
Plantsville, Connecticut  
[mulberrygardens.org](http://mulberrygardens.org)

Call Marie Terzak for a  
complimentary lunch & tour!  
**860-276-1020**

Mulberry Gardens  
of Southington  
A Hartford HealthCare Partner



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 [hhcseniorservices.org](http://hhcseniorservices.org). Or, provide your name, address and phone number (and discount if you are a merchant) by contacting:

Hartford HealthCare Senior Services  
Attn: MyHealthy Advantage  
Coordinator  
80 Meriden Avenue  
Southington, CT 06489  
860-378-1268  
[Antoinette.Ouellette@hhchealth.org](mailto:Antoinette.Ouellette@hhchealth.org)

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What's most important to you? Does your family know what level of care you want if you're too sick to decide yourself? Do you?



# Cold Weather Tips from Hartford HealthCare Center for Healthy Aging

As the cold winter weather has finally descended upon us here in Connecticut, let's look at 10 ways seniors can help combat these icy conditions:

1. Wear multiple layers of clothing. Layering allows you to put on or take off clothing to adjust to changing environments allowing you a better chance of staying comfortable.
2. Minimize your alcohol intake when out in the cold. When you drink alcohol, it dilates blood vessels near your skin, which means more blood – and heat – flows to these vessels. That takes blood and heat away from the core of your body. So while it feels like you're warm because your skin is warm, your vital organs are losing heat.
3. Wear a hat and gloves (along with your coat) outside. While it may be an old wives' tale that you lose lots of body heat through your head it is true you will lose heat through any unprotected (head and hands) areas of skin.
4. Stay dry. Heat loss from your body is much faster if your clothes or feet are wet. Look for water resistant or waterproof clothing and footwear in order to stay dry and warm.
5. Protect your skin. Seniors are particularly prone to skin issues. Over time, a person's skin becomes thinner, drier and more fragile. Consider moisturizing with an oil-based lotion, use sunscreen (yes, even in the winter), wear gloves, stay dry and hydrate.
6. Move your exercise indoors. Exercise knows no off-season but it may be best to move your exercise program indoors when it's extremely cold and icy outside.
7. Pass on the snow shoveling. Shoveling snow can be one of the most unsafe activities anyone can undertake; from the chance of falls, orthopedic and cardiac challenges its best to leave it to someone else.
8. Manage your windows. Combat possible drafts and heat loss through your home's windows by using self-adhesive foam strips to help seal any gaps and applying an insulating film (found at your local home improvement store) and/or using heavy or insulated curtains.
9. Don't lose all your heat up the chimney. If you rarely use the fireplace, insert a fireplace stopper into the damper (that is taken out before fireplace use.) You can also install a glass fireplace door to help prevent heat loss.
10. If all else fails, move south for the winter!

Submitted by:  
Marc Levesque, M.S., Senior Resource Case Manager  
Hartford HealthCare Center for Healthy Aging

## 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  
Plantsville, 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



## Veterans receive distinguished recognition at Cedar Mountain Commons ceremony

NEWINGTON – Eighteen veterans who reside at Cedar Mountain Commons received honors for their military service during a special ceremony held on Veterans Day, Nov. 11, at the independent and assisted living community. All branches of the U.S. Armed Services were represented. The one female veteran honored had served in the U.S. Coast Guard.

Photos by Rusly Kimball



**Left:** Cedar Mountain Commons resident Kathryn “Kay” Rodgers, a U.S. Coast Guard veteran, left, receives a “We Honor Veterans” blanket from Laurie St. John, RN, MSN, vice president of Hospice and Palliative Care, Hartford HealthCare at Home. **Right:** Cedar Mountain Commons employee Sgt. Jorge Silva, of the 1109th TASMG National Guard, presents a Certificate of Appreciation to Stanley Martinelli, a U.S. Army veteran who resides at Cedar Mountain Commons.

The event was sponsored by Hartford HealthCare at Home’s Veterans Program in collaboration with Cedar Mountain Commons, located at 3 John H. Stewart Drive. Veterans were presented with a “We Honor Veterans” blanket, a Certificate of Appreciation and a U.S. flag lapel pin. Additionally, four veterans were presented with the Connecticut Veterans Wartime Service Medal and one received the Korea Ambassador for Peace Medal. Veterans’ family members were also acknowledged.

Among the Cedar Mountain Commons staff involved in the event were Joanne Kuncas, RN, director of nursing, Debra Labbe, activity director, and Sgt. Jorge Silva, of the 1109th TASMG National Guard, who presented the certificates of appreciation. Representing Hartford HealthCare at Home were Laurie St. John, RN, MSN, vice president of Hospice and Palliative Care, and Wayne Rioux, veterans’ liaison.



*This ceremony brought honor, dignity and respect to the veterans, as well as personal recognition and gratitude for their duty, commitment and selfless service to their country.*

— Wayne Rioux, veterans’ liaison

Cedar Mountain Commons, a department of Hartford Hospital, is a not for profit independent and assisted living community. ■

For more information about Cedar Mountain Commons, visit [cedarmountaincommons.org](http://cedarmountaincommons.org).



## Movement Disorders

Up to 1 million people in the United States are affected by Parkinson’s Disease each year. Even more are affected by other movement disorders and tremors such as tics, facial spasms, and Tourette syndrome.

A brand new center opened in Cheshire in July 2016 to assist and treat people with these disorders, the first center of its kind in the region. Dr. Duarte Machado, a board certified neurologist specializing in movement disorders, is leading the new Movement Disorders Center along with co-director Dr. Joy Antonelle de Marcaida. Dr. Machado sees patients for a range of neurological conditions including Parkinson’s Disease, Essential Tremor, Dystonias, Tourette Syndrome, Huntington Disease, Restless Legs Syndrome, Spinocerebellar Ataxias, and Deep Brain Stimulation.

Dr. Machado says that the main job of the center is to help people with movement disorders continue doing the things they love to do and extend their freedom as long as possible.

“We take an integrated approach to care, and we have many diagnostic tools at the center that assist us in pinpointing the source of our patients’ concerns,” said Dr. Machado. “We also offer treatment like Botox, deep-brain stimulation surgery, injections and other medications, and rehab programs.”

Patients like Helen Moser, from Stratford, come to Dr. Machado and the Movement Disorders Center from all over the state for support and treatment with Movement Disorders. Moser, who also runs a CT Essential Tremor Support Group, said that she was having uncontrollable movement in her hands and chin and made an appointment with Dr. Machado seeking help.

“Dr. Machado tested me for everything from Lyme disease to several different autoimmune diseases to heavy metal toxicity,” said Moser. “He also ordered a DAT brain scan in order to rule out any form of Parkinson’s before confirming his diagnosis of Essential Tremors.”

Dr. Machado provides Moser with the medication Primidone to reduce the movements and vibrations in her hand. Primidone is an anticonvulsant that works by decreasing nerve impulses in the nervous system. Moser said that since the treatment started, her vibrations have gone from an inch of movement down to a fourth of an inch. The treatment also has greatly reduced the tremors in her chin and she said that neither tremors in her hands or chin prevent her from performing tasks in her everyday life. ■

To learn more about the Hartford HealthCare Movement Disorders Center, call: 860.870.6385 or visit: [hhcmovementdisorders.org](http://hhcmovementdisorders.org).



# Friendship is Good for the Heart

Laurie St. John, RN  
Hartford HealthCare at Home

“Friendship is what gets you through the bad times and helps you enjoy the good times.”  
– Unknown

**D**id you know that watching a movie, playing cards ... even enjoying an ice cream cone can actually be beneficial to your health? They can be, if you share those activities with a pal!

Decades of research have actually proven that friendship can have a powerful, positive effect on your health. Although friendship, plus social and emotional connections, are important at any age, people over the age of 65 can especially benefit from such relationships.

Research has shown that friendship is equally as important as medicine for seniors’ health and well-being. According to recent studies in the United States and Japan, people who establish close relationships and a social network are at a lower risk for depression and are two-and-a-half times less likely to die prematurely. A 1998 study strongly links depression and cardiac disease to a lack of social supports.

The benefits of socializing with friends go beyond good health. Friendship and socialization also reduce stress and instill feelings of being wanted and needed. Additional studies have found that seniors who actively participate in social events possess increased mental acuity and are more motivated to take an active role in their personal grooming and hygiene.

It’s no wonder that seniors with the greatest social interactions are often the healthiest – and the happiest. But forging these human connections isn’t easy for everyone. Dr. Lillian Rubin, a professor of Social Change at the University of California at Berkeley, believes

that women are better prepared to establish new friendships in live than men because their social interactions are more intimate.” Because of this, men consequently have more difficulty adjusting to the loss of their spouse than do women. As we – and those we surround ourselves with – age, we may lose our spouse, our closest friends, and family members. It is important to constantly build and maintain new relationships and friendships – a task that can be both awkward and intimidating. The best way to make new friends is to get out and get involved in the community.

**Participating in activities that people enjoy are good ways to meet people with similar interests. Some activities to consider include:**

- Take dancing or art lessons
- Audition for a play or join a choral group
- Become active in your church or synagogue
- Help organize a charity event
- Participate in athletic events (local high school sports are great paces to meet grandparents watching their grandchildren’s games)
- Volunteer in the community (Hartford HealthCare at Home is always looking for people to help deliver meals in the area and seeks hospice volunteers).

Friendships allow us to confide our fears, celebrate our successes in life, help us feel loved and needed, and keep us healthy and happy! Remember, you’re never too old to make a new friend of any age.

Until next time, stay healthy by making a new friend! ■

## New program enhances Hartford HealthCare at Home’s ability to identify and treat behavioral health disorders

**S**ince losing her husband one year ago, 86-year-old Helen has struggled with anxiety and depression. Recently discharged from the hospital for “weakness,” she was admitted to Hartford HealthCare at Home for skilled psychiatric nursing. Upon admission, Helen repeated that she “was overwhelmed with everyday life.”

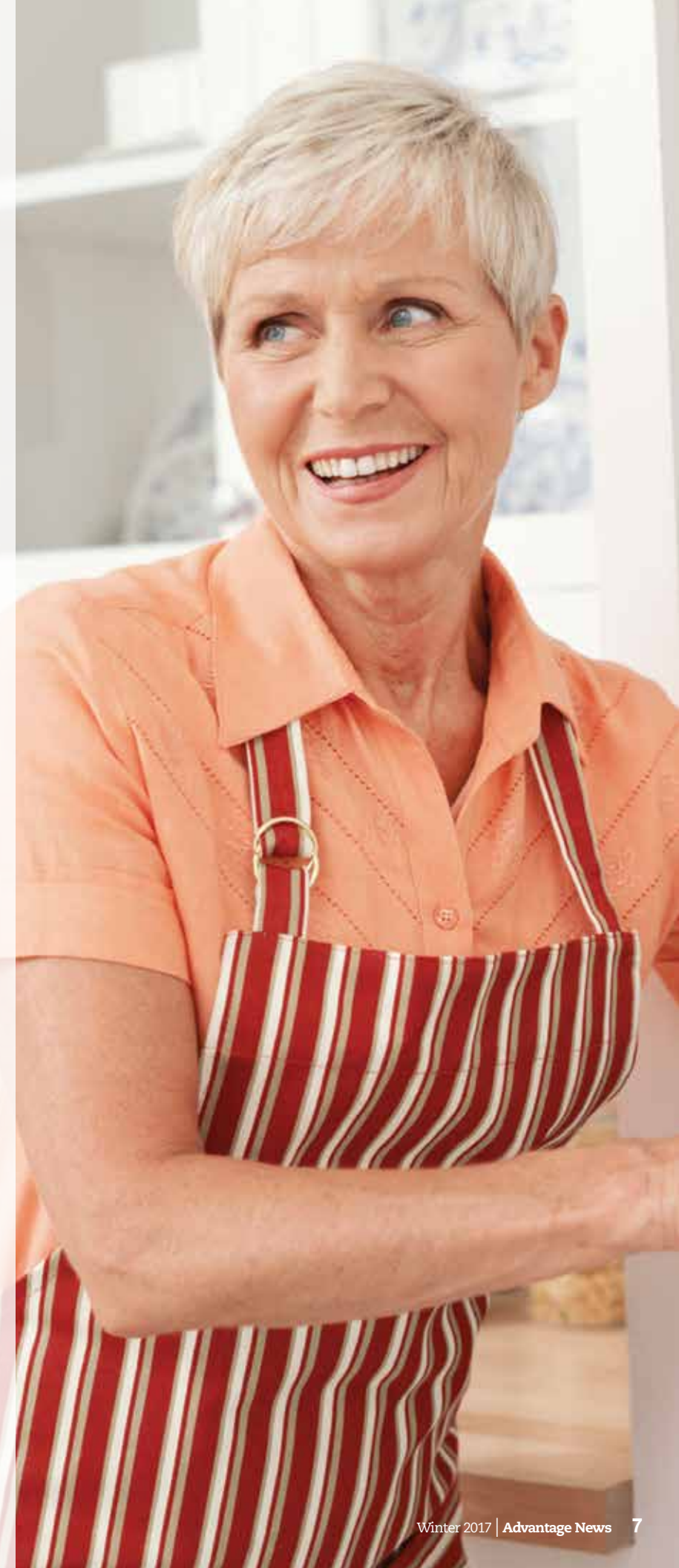
Once a vibrant older adult, she experienced an exacerbation of her chronic pulmonary problems and felt unable to “get back to my old self.” She admitted to lack of energy and focus, difficulty sleeping and some weight loss.

Recognizing behavioral health disorders affect everything from eating and sleeping to medication compliance, the Hartford HealthCare at Home Behavioral Health program provides holistic care in a home care setting. Certified psychiatric registered nurses employ the use of evidence-based clinical pathways that outline specific therapeutic plans and timelines for treating depression, anxiety, dementia and other behavioral health conditions.

The Hartford HealthCare at Home Behavioral Health nurses worked with Helen to increase her knowledge about her illness, her medications and strategies to cope, improving her quality of life and overall health management.

Behavioral Health Home Care is available to those who are physically or psychiatrically homebound with a referral from a primary care provider. ■

**For more information, call 1.800HOMECARE (1.800.466.3227) or visit HHCatHome.org.**



## Geriatric specialists provide free in-home assessments to Southington residents

Older residents in Southington at large are benefiting from in-home health-related services made possible through the Bradley Henry Barnes and Leila Upson Barnes Memorial Trust of the Main Street Community Foundation. Earlier this year, the Trust provided funding to the Hartford HealthCare Center at Home for free home consultations with a geriatrician, geriatric pharmacist or occupational therapist.

Milldale, Marion, Plantsville or Southington residents older than age 55 can benefit by meeting one on one with medical professionals who specialize in the complex medical needs often facing seniors. During the in-home visit:

- Geriatricians can answer questions concerning age-related changes and assess memory loss. They can also share the evaluation with the individual's primary care physician to develop the optimal plan of care.

- Geriatric pharmacists can provide information about prescribed medications, possible interactions and make suggestions as to how to remember to take medications at the correct time.
- Occupational therapists can administer cognitive evaluations to assess daily function and analyze how a cognitive deficit can impact everyday life. This assessment can determine if an individual can safely live at home and make recommendations about environmental changes and specialty devices available to ensure optimum safety.

For more information or to schedule an appointment, call Hartford HealthCare Center for Healthy Aging, 1.877.4AGING1 (1.877.424.4641).

## Hartford HealthCare Senior Services skilled nursing facilities achieve national rating

Three skilled nursing facilities that are Hartford HealthCare Senior Services partners are among the best in the country, according to a U.S. News & World Report article published on Nov. 16.

Jefferson House in Newington, Jerome Home in New Britain, and Southington Care Center in Southington were included in the Best Nursing Home list. In the past, all three health care communities have achieved an overall Five Star Quality Rating from the Centers for Medicare and Medicaid services. The rating is based on health inspections, staffing and quality measures.

U.S. News & World Report recognized those facilities with overall ratings of 4-1/2 stars or greater. A total of 2,005 nursing homes nationwide earned this recent recognition. Profiles on usnews.com are marked with a badge indicating the Best Nursing Home designation.



Join us for an exciting and fun-filled day with health information, speakers, screenings, demonstrations, and activities for everyone from children to seniors.

Sunday, February 26, 2017  
10:30 am – 3:30 pm  
The Aqua Turf Club  
556 Mulberry Street  
Plantsville, Connecticut

FREE ADMISSION!

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Premiere Sponsor:



- Kids' area
- Giveaways
- Cholesterol screening
- Glucose screening
- Drawings
- Healthy eating
- Healthy minds
- Aging well
- Sports medicine

For information on sponsoring or exhibiting, call Antoinette Ouellette at 860.378.1268 or email antoinette.ouellette@hhchealth.org. [www.healthyfamilyfunfest.org](http://www.healthyfamilyfunfest.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\*

WINTER 2017

<b>Plantsville Pharmacy</b> 860.628.2385	1 West Main Street Plantsville	10% prescription discounts on prescription not covered by insurance
<b>Family Therapeutic Massage Center, LLC   860.276.1283</b>	1006 South Main Street Southington	\$10 off a one-hour session
<b>The Dutiful Daughter, LLC</b> 860.432.5503	103 Thayer Road Manchester	15% off packing, moving and content removal services

## MyHealthy Advantage

### merchant discounts\*

WINTER 2017

<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 HHC Center for Healthy Aging offers Concierge services as well as Notary Public services.

860.276.5293 – HOCG, Bradley Memorial campus • 203.694.5721 – MidState Medical Center

860.224.5278 – HOCG, 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</b>   203.213.4141	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</b>   860.620.9226	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</b>   860.621.8215	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</b>   203.265.7990	60 Church Street Wallingford	20% off eyeglasses
<b>Hearing Health &amp; Wellness Center</b>   860.426.9181	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

<b>Greenbackers</b>   203.238.2516	744 Murdock Avenue Meriden	10% off regularly priced items
<b>Town Fair Tire</b>   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)
<b>Charter Financial – Insurance and Financial Services Co.</b> 860.678.2908	76 Batterson Park Road Farmington	Free financial consultation. Includes “Needs-analysis portfolio” and “Professional Recommendation”
<b>La Vita Vintage</b>   860.621.7799	774 South Main Street Plantsville	10% off any item. Present card prior to check out
<b>Story Brothers, Inc.</b> 860.225.0159	84 Burritt Street New Britain	10% off mechanical parts (excludes oil filters)
<b>Justine Hart, LMT/Massage Therapist</b>   860.301.4168	846 Atkins Street Middletown	5% off any service
<b>Walsh &amp; Massari</b>   203.235.1681	86 West Main Street Meriden	25% off all eye care services
<b>Pelton's Home Health Care</b> 860.761.0008	898 Silas Deane Highway Wethersfield	10% off in-store, retail purchases every Thursday
<b>Hallmark Framing and Art</b> 860.621.8885	9 West Main Street Plantsville	20% off custom framing
<b>Wallingford Sew-Vac Center</b> 203.269.2207	95 Quinipiac Avenue Wallingford	Buy one vacuum cleaner bag and get second one 1/2 price
<b>Bongiovanni Insurance and Financial LLC</b>   203.237.7900	97 East Main Street Meriden	10% off tax preparation
<b>Precious Petals</b>   860.747.6100	98 East Main Street Plainville	10% off (excludes wire service and Fascia's chocolates)
<b>The UPS Store</b>   203.949.0050	994 North Colony Road Wallingford	10% copies, custom packing & custom materials
<b>Crouchley Chiropractic Center</b>   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 [hcseniorservices.org](http://hcseniorservices.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 **Antoinette**. Ouellette@hhchealth.org or call 860.378.1268.

### Blood Pressure Screenings

**Southington Community YMCA**  
29 High St., Southington.  
Tuesdays, Jan. 3, Feb. 7, March 7,  
9:30-10:30am.

Hosted by Hartford HealthCare Center for Healthy Aging staff.

### Calendar House

388 Pleasant St., Southington.  
Thursdays, Jan. 5, Feb. 2, March 2,  
11am-noon.

Hosted by Hartford HealthCare Center for Healthy Aging staff.

### ShopRite

750 Queen St., Southington.  
Tuesdays, Jan. 10, Feb. 14,  
March 14, 11am-noon.

Hosted by The Orchards at Southington staff.

### Plainville Senior Center

200 East St., Plainville.  
Thursdays, Jan. 12, Feb. 9, March 9,  
1-2 pm. Hosted by Mulberry Gardens of Southington staff.

### Calendar House

388 Pleasant St., Southington.  
Tuesdays, Jan. 24, Feb. 28,  
March 28, 10-11am. Hosted by Southington Care Center staff.

### Wethersfield Community Center

30 Greenfield St., Wethersfield.  
Thursdays, Jan. 26, Feb. 23,  
March 23, 12:30-1:30pm.  
Hosted by Cedar Mountain Commons and Jefferson House staff.

### Support Groups

#### Head and Neck Support Group

Thursday, Feb. 9, 6-7:30pm.  
Free. Gateway Medical Park,  
305 Western Blvd., Glastonbury.  
A support group offering emotional and educational support for patients and their families.

Facilitated by Andrew Salner, MD. Sponsored by Hartford Hospital. To register, call 1.855.HCC.HERE/ (1.855.442.4373).

#### Brain Tumor Support Group

First Thursday, of the month: Jan. 5, Feb. 2, March 2, 6:30-8 pm. Free. Gateway Medical Park, 305 Western Blvd., 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.HCC.HERE (1.855.442.4373).

#### Breast Cancer Support Group

Thursday, Feb. 16, 6-7:30pm. Free. 80 Fisher Drive, Avon.  
This support group offers emotional and educational support for women with breast cancer. Facilitated by Leah Bassin, MD. Sponsored by Hartford Hospital. To register, call 1.855.HCC.HERE (1.855.442.4373).

#### Breast Cancer Support Group

Thursdays, Jan. 19, March 16, 5:30-7pm. Free. Gateway Medical Park, 305 Western Blvd., Glastonbury  
This support group offers emotional and educational support for women with breast cancer. Facilitated by Orlando DeLucia, MD, and Deborah Walker. To register, call 1.855.HCC.HERE (1.855.442.4373).

#### Alzheimer's and Dementia Support Group

Last Monday of the month: Jan. 30, Feb. 27, March 27, 10:30am-noon. Free. Duncaster, 40 Loeffler Road, Bloomfield. Do you care for someone diagnosed with 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. To register, call Michelle, 860.276.5399 x4404 or Sara, 860.380.5012.

#### Alzheimer's and Dementia Support Group

Second Wednesday of the month: Jan. 11, Feb. 8, March 8, 6:30-7:30pm. Free. Southington Care Center – Anna Fanelli Room, 45 Meriden Ave. Are you a caregiver and feeling overburdened? 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: Jan. 10, Feb. 14, March 14, 10:30-11:30am. Free. Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. Are you a caregiver and feeling overburdened? 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 Jenn 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: Jan. 4 & 18, Feb. 1 & 15, March 1 & 15, 2-3:30pm. Free. Glastonbury Riverfront Community Center, 300 Wells St., Glastonbury. Facilitator Bill Pilkington, supervisor for pastoral and bereavement services. To RSVP, call 1.855.HCC.HERE (1.855.442.4373).

Second and fourth Mondays of the month: Jan. 9 & 23, Feb. 13 & 27, March 13 & 27, 1-2:15pm. Hartford Hospital-Room 116, 85 Jefferson St., Hartford. Facilitator Andrea Burr, pastoral counselor. To RSVP, call 1.855.HCC.HERE (1.855.442.4373).

First and third Thursdays of the month: Jan. 5 & 19, Feb. 2 & 16, March 2 & 16, 11am-12:30pm. Mansfield Center, 34 Ledgebrook Drive. Facilitator Ivan Bilyk, pastoral counselor supervisor. To RSVP, call 1.855.HCC.HERE (1.855.442.4373).

Second and fourth Tuesdays of the month: Jan. 10 & 24, Feb. 14 & 28, March 14 & 28, 5:30-6:30pm. MidState Medical Center, 435 Lewis Ave., Meriden. Facilitator Doreen Bottone, MidState chaplain. To RSVP, call 1.855.HHC.HERE (1.855.442.4373).

Second and fourth Wednesdays of the month: Jan. 11 & 25, Feb. 8 & 22, March 8 & 15, 4:30-6pm. William W. Backus Hospital, 326 Washington St., Norwich. Facilitator Thomas Flynn, SC, pastoral counselor. To RSVP, call 1.855.HHC.HERE (1.855.442.4373).

### Friendship Club

Tuesdays, Jan. 10, Feb. 14, March 14, 10am-2pm. Free. Marian Heights Adult Day Center 314 Osgood Ave., New Britain. Polish speakers are available. For more information and to RSVP, call Marian Heights Adult Day Center at 860.357.4264.

OR

Thursdays, Jan. 19, Feb. 16, March 16, 10am-2pm. Free. Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. 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 program in a safe and positive environment. We provide care to individuals with a variety of socialization and cognitive needs. For more information and to RSVP, call Mulberry Gardens of Southington at 860.276.1020.

### Educational Presentations

#### Dinner with the Doc: Tremor Disorders of Aging

Tuesday, Feb. 28, 5-7pm. Free. Southington Care Center 45 Meriden Ave. Learn how to diagnose potential tremor disorders, options in managing your tremors as well as surgical options available. Presented by Duarte Machado, MD, neurology, Hartford HealthCare Movement Disorders Center. Hosted by Southington Care Center. A light complimentary dinner will be served. To register, call 1.855.HHC.HERE (1.855.442.4373).

#### Dinner with the Experts: Future Planning

Tuesday, March 21, 5-6:30pm. Free. Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. A discussion about estate planning, advance directives, Medicaid, assisted living, adult day care, long-term care and rehabilitation. Presented by Sharon Robinson, RN, BSN, MHA regional director of Skilled Nursing Facilities Operations and Attorney Valerie DePaolo. Hosted by Mulberry Gardens of Southington. Complimentary light dinner will be served. To register, call Mulberry Gardens of Southington at 860.276.1020.

#### Dinner with the Expert: Living with Arthritis

Thursday, March 9, 4:30-6pm. Free. Jefferson House, 1 John H. Stewart Drive, Newington. Arthritis and how it becomes part of your daily life: Key areas that arthritis affects and coping strategies. Presented by Stefanie Bourassa, site director for the Center for Musculoskeletal Health and the Hartford HealthCare Bone & Joint Institute. Hosted by Jefferson House, a division of Hartford Hospital. Complimentary light dinner will be served. To register, call Jefferson House at 860.667.4453.

#### Dinner with the Doc: Robotic Orthopedic Surgery

Thursday, March 30, 5pm. Free. Arbor Rose at Jerome Home 975 Corbin Ave., New Britain. Have you seen billboards about robotic surgery? Have you wondered what in the world that means? Learn how it's done, who is a candidate and trends for the future. Presented by Robert Belniak, MD, board certified orthopedic surgeon, the Hospital of Central Connecticut. Sponsored by Arbor Rose at Jerome Home. To register, call 1.855.HHC.HERE (1.855.442.4373).



**The Art & Science of Graceful Aging**

*The Aging Ear*

Thursday, Jan. 19, 3pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. Learn about the functions of the three sections of the adult ear, problems associated with each, vertigo, hearing loss and other important issues. Presented by Howard Boey, MD, certified by the American Board of Otolaryngology. Hosted by Hartford Hospital Senior Primary Care at Duncaster. **To register, call Duncaster at 860.380.5006.**

*Thyroid and Aging: What Do You Need to Know?*

Friday, Feb. 3, 3pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. Please join us to learn more about the role of the thyroid in metabolic function as we age. Who needs treatment for their thyroid and who does not? What are the treatment choices? Please bring your questions! Presented by Marybeth Moore, PA-C, MPH, endocrinology. Hosted by Hartford Hospital Senior Primary Care at Duncaster. **To register, call Duncaster at 860.380.5006.**

*Nutritional Supplements & Food Labels*

Thursday, March 9, 3pm. Free. Duncaster, 40 Loeffler Road, Bloomfield. Deciphering the health claims of nutritional supplements and functional food labels can be overwhelming. We will discuss how to identify and avoid potentially dangerous categories of supplements and recognize the benefits of healthy food labeling. Presented by Eric Secor, ND, PhD, MPH, MS, Lac, associate medical director, Integrative Medicine, Hartford Hospital. Hosted by Hartford Hospital Senior Primary Care at Duncaster. **To register, call Duncaster at 860.380.5006.**

**Informational Events**

*Joint Replacement Education*

Monday, Jan. 9, 10am-noon. Free. Hartford HealthCare, 1290 Silas Deane Highway, Wethersfield. Room 103. 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. Presented by Karen DePasquale, RN. Sponsored by the Hartford HealthCare Bone & Joint Institute of Hartford. **To register, call 1.855.HHC.HERE (1.855.442.4373).**

*Strong Women Healthy Heart*

Mondays, Jan. 9 to March 30, 6-7:30pm. \$75. MidState Medical Center, 435 Lewis Ave., Meriden, Horowitz Conference Center. Please join us for this 12-week series of nutrition and physical activity classes designed to help women improve their heart health. This research-based exercise and nutrition program meets Tuesdays and Thursday. Sessions are led by an exercise specialist and registered nurse. Space is limited. **To register, call 1.855.HHC.HERE (1.855.442.4373).**

*Joint Replacement Education*

Monday, Jan. 9, 9-11 am. Free. Hartford Hospital Family Health Center, 339 W. Main St., Avon.

AND

Mondays, Jan. 15, 23 and 30, 11am-12:30pm. Free.

Hartford Hospital Bone & Joint Ambulatory Services Building, 31 Seymour St., Hartford.

These classes are 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. Presented by Karen

DePasquale, RN. Sponsored by The Hartford HealthCare Bone & Joint Institute of Hartford. **To register, call 1.855.HHC.HERE (1.855.442.4373).**

*Home Modifications for Independent Living*

Thursday, Jan. 19, 1:30-2:30pm. Free. Calendar House 388 Pleasant St., Southington. Most people want to be able to remain living in their homes as long as possible. Many times, a simple home modification can greatly increase your independence, comfort and safety, helping you to remain home. Amy Finke, Certified Aging-in-Place Specialist, will be sharing her knowledge about modifications for safety, from small projects like a grab bar to larger projects such as replacing your tub with a shower or adding a ramp to your home. She will also discuss how to find a reputable contractor. Sponsored by Hartford HealthCare Senior Services. Presented by Amy Finke, owner, Sugar Hill Building & Design, LLC. **To register, call Calendar House at 860.621.3014.**

*Staying on Your Feet on Ice & Snow*

Friday, Jan. 27, 10am. Free. Plainville Senior Center, 200 East St. There are a few basic things we can all do when we're out in ice and snow to prevent falls and injuries. Please join Mark Colello, GoodLife Fitness exercise physiologist, as he discusses ways to keep yourself safe this winter. Presented by Mark Colello. Sponsored by Southington Care Center. **To register, call Plainville Senior Center at 860.747.5728.**

*Healthy Aging, A Holistic Approach to Life*

Monday, Jan. 30, 10am. Free. Berlin Senior Center, 33 Colonial Drive. Please join Ken Kirk, ND, PT, of Southington Care Center, as he discusses theories behind

the aging process, why some people age better than others and what factors of aging are in our control. Sponsored by Southington Care Center. **To register, call Berlin Senior Center at 860.828.7006.**

*Healthy and Fun Desserts*

Monday, Jan. 23, 10:30am. Free. Meriden Senior Center 22 W. Main St. When health is a top concern — whether it is because you're dieting or simply living a healthy lifestyle — desserts can seem off-limits. But they don't have to be! There are several ways to satisfy a sweet tooth without jeopardizing your health goals. Sponsored by Hartford HealthCare Senior Services. Presented by Heather Hitchcock, Hartford HealthCare Senior Services Community Outreach manager. **To register, call Meriden Senior Center at 203.237.0066.**

*Strategies and Resources for Healthy Aging*

Monday, Feb. 13, 10:30am. Free. Meriden Senior Center, 22 W. Main St. Learn about strategies for healthy aging and resources you and your loved ones can fall back on if you need some help. Presented by Marc Levesque, senior resource case manager. Sponsored by Hartford HealthCare Center for Healthy Aging, MidState Medical Center. **To register, call Meriden Senior Center at 203.237.0066.**

*Exercise and Arthritis*

Wednesday, Feb. 8, 10am. Free. Wallingford Senior Center, 238 Washington St. Exercise is crucial for individuals with arthritis. It increases strength and flexibility, reduces joint pain and helps combat fatigue. Please join GoodLife Fitness exercise physiologists Robert Schmelzer and Mark Colello as they discuss

what you can do to help ease your pain and manage your symptoms, Sponsored by Hartford HealthCare GoodLife Fitness Program. **To register, call Wallingford Senior Center at 203.265.7753.**

*Making the Most of your Medical Appointment*

Thursday, Feb. 9, 11am. Free. Wolcott Senior Center, 211 Nichols Road. This presentation will cover important topics such as: How to be a partner with your doctor; How to get ready for an appointment; important things to bring to your doctor appointment, and more. Presented by Heather Hitchcock, Hartford HealthCare Senior Services Community Outreach manager. Sponsored by Hartford HealthCare Senior Services. **To register, call Wolcott Senior Center at 203.879.8133.**

*Healthy Eating For Seniors*

Thursday, Feb. 9, 1pm. Free. Berlin Senior Center, 33 Colonial Drive. There's no question about it: Our bodies change as we age. Seniors have very different nutritional needs than children and younger adults. Please join Registered Dietician Maryanne Hagberg as she discusses how age-related changes can affect how your body processes food, which influences your dietary needs and affects your appetite. Sponsored by Arbor Rose at Jerome Home. **To register, call Berlin Senior Center at 860.828.7006.**

*Healthy Aging, A Holistic Approach to Life*

Friday, Feb. 10, 10am. Free. Plainville Senior Center, 200 East St. Please join Ken Kirk, ND, PT, of Southington Care Center, as he discusses theories behind the aging process, why some people age better than others and what

factors of aging are in our control. Sponsored by Southington Care Center. **To register, call Plainville Senior Center at 860.747.5728.**

*Ready to Get ORGANIZED?*

Thursday, Feb. 16, 1:30pm. Free. Calendar House, 388 Pleasant St., Southington. We will discuss the importance of downsizing. Are you at a point in your life where you feel overwhelmed by the "stuff" in your life? Then this talk is for you. Regina will give you strategies on how to begin this process of downsizing and will discuss the emotional and physical aspect of making this process happen. Presented by Regina Sanchez, professional organizer. Sponsored by Hartford HealthCare Senior Services. **To register, call Calendar House at 860.621.3014.**

*Downsizing & Making the Most of Your Transition*

Wednesday, March 8, 10:30am. Free. Bristol Senior Center 240 Stafford Ave., Bristol. This presentation will cover the steps needed to downsize, while keeping your sanity and making the most of what you own. The speaker will address preparing a home to allow for maximum mobility and safety, and will address your questions and concerns about staying in your home or making a transition to a new home. Presented by Donna Finocchiaro, owner and operator of Organized East of the River, a full-service estate organizing company. Sponsored by Hartford HealthCare Senior Services. **To register, call Bristol Senior Center at 860.584.7895.**

*Chiropractic Care for Seniors... Is it Safe?*

Tuesday, March 14, 10am. Free. Berlin Senior Center, 33 Colonial Drive. You've heard opinions on

*continued on next page*

both sides of the “Is it safe” chiropractic coin. Michael Crouchley, DC, a Newington chiropractor for more than 25 years, will present on the nature of the aging spine and issues faced as we age. He will discuss how chiropractic care can bring relief from back and neck aches, arthritic pain, headaches, digestive problems and insomnia, just to name a few. **To register, call Berlin Senior Center at 860.828.7006.**

**How to Make the Most of Your Medical Appointments**

**Thursday, March 16, 1:30-2:30pm. Free. Calendar House** 388 Pleasant St. Southington. It’s important to make the most of the time you have with your medical providers. Topics include: How to partner with your medical professional; how to prepare for an appointment; important things to bring to your appointment, questions to ask and more. Presented by Heather Hitchcock, Hartford HealthCare Community Outreach manager. Sponsored by Hartford HealthCare Senior Services. **To register, call Calendar House at 860.621.3014.**

**Healthy Aging, A Holistic Approach to Life**  
**Monday, March 20, 10:30am. Free. Meriden Senior Center,** 22 W. Main St. Please join Ken Kirk, ND, PT, of Southington Care Center, as he discusses theories behind the aging process, why some people age better than others and what factors of aging are in our control. Sponsored by Southington Care Center. **To register, call Meriden Senior Center at 203.237.0066.**

**Grandma, I’m Gay**  
**Thursday, March 23, 2pm. Free. Arbor Rose at Jerome Home** 975 Corbin Ave, New Britain. If you are struggling with the fact

that someone in your family identifies as lesbian, gay, bisexual, or transgender, please join us for a small discussion group. Lori DeLeo, MAT, LFMT, will educate, discuss and answer questions that you may have. This group will be open to 15 participants only. Sponsored by Arbor Rose at Jerome Home. **To register, call Arbor Rose at 860.229.3707.**

**Lunch and Learn**

**Learn About Your Cancer Risks**  
**Thursday, Jan. 12, noon-1pm. Free. The Hospital of Central Connecticut-New Britain campus,** 100 Grand St., New Britain. Please join Hartford HealthCare Center for Healthy Aging for a Lunch & Learn. Presented by Susan Alsamara, MD, board certified oncologist at MidState Medical Center Meriden. Sponsored by Hartford HealthCare Center for Healthy Aging. Complimentary lunch will be served. Spaces are limited. **To RSVP, call Hartford HealthCare Center for Healthy Aging at 1.877.424.4641.**

**Taking Care of Your Feet as We Age**  
**Thursday, Feb. 16, noon-1pm. Free. The Hospital of Central Connecticut-Bradley Memorial campus,** 81 Meriden Ave., Southington. Learn about what you can do to take care of your feet as you age. Presented by Kerri Lee, DPM, podiatrist. Sponsored by Hartford HealthCare Center for Healthy Aging. Lunch is provided. Space is limited. **To RSVP, call Hartford HealthCare Center for Healthy Aging at 1.877.424.4641.**

**What Effects Can Medication Have on Your Heart Health**  
**Thursday, March 9, noon-1pm. Free. The Hospital of Central Connecticut-New Britain campus,** 100 Grand St. Join to learn

about the role of medications in heart failure management; the importance of medication compliance; and general medication safety tips. Presented by Addolorata Ciccone, PharmD, geriatric clinical pharmacist at Jefferson House. Sponsored by Hartford HealthCare Center for Healthy Aging. Lunch provided. Space is limited. **To RSVP, call Hartford HealthCare Center for Healthy Aging at 1.877.424.4641.**

**Hartford HealthCare Center for Healthy Aging Informational Series**

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

**Five-week series: Thursdays, Jan. 12 to Feb. 16, 1-2:30pm. Free. Bristol Senior Center** 240 Stafford Ave. Learn strategies and effective communication tips to better understand and relate to the individual with memory loss.

**Jan. 12: Overview of Dementia**  
**Jan. 19: Basics of Good Communications and Understanding Behaviors**

**Jan. 26: Safety in the Environment and How to Structure a Day with Activities**

**Feb. 9: Taking Care of the Caregiver and Care Options**

**Feb. 16: 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. **To RSVP, call Hartford HealthCare Center for Healthy Aging at 1.877.424.4641.**

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

**Five-week series: Monday, Feb. 6 to March 6, 1:30-3pm. Free. Calendar House,** 388 Pleasant St., Southington. Learn strategies and effective communication tips to better understand and relate to the individual with memory loss.

**Feb. 6: Overview of Dementia**  
**Feb. 13: Basics of Good Communications and Understanding Behaviors**

**Feb. 20: Safety in the Environment and How to Structure a Day with Activities**

**Feb. 27: Taking Care of the Caregiver and Care Options**

**March 6: 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. **To RSVP, call Hartford HealthCare Center for Healthy Aging at 1.877.424.4641.**

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

**Five-week series: Wednesdays, Monday, April 5 to May 3, 6-7:30pm. Free. Mulberry Gardens of Southington,** 58 Mulberry St., Plantsville. Learn strategies and effective communication tips to better understand and relate to the individual with memory loss.

**April 5: Overview of Dementia;**  
**April 12: Basics of Good Communications and Understanding Behaviors**

**April 19: Safety in the Environment and How to Structure a Day with Activities**

**April 26: Taking Care of the Caregiver and Care Options**

**May 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. Space is limited. **To RSVP, call Hartford HealthCare Center for Healthy Aging at 1.877.424.4641.**

**Open Houses**

**Cedar Mountain Commons** 3 John H. Stewart Drive, Newington. **Saturdays, Jan. 28, Feb. 4, March 25, 10am-2pm. Just stop by. Information: 860.665.7901.**

**Arbor Rose,** 975 Corbin Ave., New Britain. **Sundays, Jan. 15, Feb.19, March 19, 10am-2pm. Just stop by. Information: 860.229.3707.**

**The Orchards at Southington** 34 Hobart St., Southington. **Saturdays, Jan. 7 & 21, Feb.4 & 25, March 11 & 25, 10am-2pm. Just stop by. Information: 860.628.5656.**

**Mulberry Gardens of Southington,** 58 Mulberry St., Plantsville. **Saturdays, Jan. 7, Feb. 4, March 4, 10am-2pm. Just stop by. Information: 860.276.1020.**

**Marian Heights Adult Day Center,** 314 Osgood Ave., New Britain. **Tours are available Monday – Friday, 10am-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. **To RSVP, call Marian Heights Adult Day Center at 860.357.4264.**

**East Region Events**

**American Lung Association, Freedom from Smoking**  
**Tuesdays, Jan. 3 to Feb. 14, 6-8pm. \$50. Windham Hospital** 112 Mansfield Ave., 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).**

**American Lung Association, Freedom from Smoking**  
**Tuesdays, Jan. 3 to Feb. 14, 6-8pm. \$50. William H. Backus Out Patient Care Center,** 111 Salem Turnpike, Norwich. 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).**

**Medical Marijuana: An Overview for Seniors**  
**Wednesday, Jan. 18, 1-2pm. Free. Witerol Place, Center for Learning in Retirement,** Storrs-Mansfield. Please join us for an informative lecture on the benefits and uses of medical marijuana and the process in becoming certified to use medical marijuana. Presented by Andrew Salner, MD. Sponsored by Hartford HealthCare Center for Healthy Aging. **To register, call 1.855.HHC.HERE (1.855.442.4373).**