

Senior Health & Wellness Resource Guide



For more information please visit:
hartfordhealthcare.org/services/senior-services

Hartford HealthCare
Senior Services
Connect to healthier.™



Our health and wellness guide provides a full listing of personalized services to meet your needs. Please keep this guide in a safe location for easy reference.

Adult Day Program

Provides meals, transportation, medication management and socialization. Mulberry Gardens has extended hours/weekends. Marian Heights has English- and Polish-speaking staff.

**Mulberry Gardens at Marian Heights
Adult Day Center** 860.357.4264

**Mulberry Gardens of
Southington** 860.276.1020

Alzheimer's Care

Alzheimer's and dementia living in a secured environment.

Arbor Rose at Jerome Home* 860.229.3707

**Mulberry Gardens at Marian Heights
Adult Day Center** 860.357.4264

**Mulberry Gardens of
Southington** 860.276.1020

Alzheimer's Program

The Alzheimer's Disease/dementia program is part of our certified homecare division and covered under Medicare. Through training the Certified Dementia Specialists are able to help persons with dementia and their caregivers have meaningful interactions. The techniques utilized are practical and effective, helping individuals successfully remain at home.

Healthy Minds at Home 1.800.HOMECARE (1.800.466.3227)

Arthritis Programs and Therapy

Improves flexibility, strengthens and tones muscles without hurting joints.

Jefferson House 860.667.4453

Southington Care Center 860.378.1234

Jerome Home* 860.229.3707

The Orchards at Southington 860.628.5656

**Mulberry Gardens of
Southington** 860.276.1020

Assisted Living

Apartment Living with nursing services, housekeeping, three meals a day, activities and transportation.

Arbor Rose at Jerome Home* 860.229.3707

The Orchards at Southington 860.628.5656

Attwood Residence (Jerome)* 860.229.3707

Mulberry Gardens 860.276.1020

Cedar Mountain Commons 860.665.7901

**Managed by Hartford HealthCare Senior Services.*

Aquatic Therapy

Multi-level handicapped accessible pool is designed for one-on-one patient care with a temperature comfortable for treating a variety of conditions.

**Hartford HealthCare
Rehabilitation Network***

860.696.2500

Southington Care Center

860.378.1234

Balance Programs/Vestibular Therapy

A balance program can evaluate and train balance and postural stability. Vestibular therapy is offered for those with a diagnosis of vertigo. Call for a free balance screening and ask about our Safe Steps program.

**Hartford HealthCare
Rehabilitation Network***

860.696.2500

Jefferson House

860.667.4453

Jerome Home*

860.229.3707

**Hartford HealthCare
at Home**

1.800.HOMECARE (1.800.466.3227)

Southington Care Center

860.378.1234

Behavioral Health Program

Services are provided by a multidisciplinary team that provides comprehensive short-term intermittent home health services. The team is made up of Psychiatric-Mental Health nurses, social workers, physical, speech and occupational therapists and home health aides who meet the holistic needs of the client. The staff are trained and certified Behavioral Health and Alzheimer specialists.

Healthy Minds at Home

1.800.HOMECARE (1.800.466.3227)

Bereavement Support Groups

For more information or to register, call 1.800.HOMECARE (1.800.466.3227)

Glastonbury

First and third Wednesdays of the month, 2 to 3:30 pm
Riverfront Community Center, 300 Welles Street | with facilitator Bill Pilkington, Supervisor for Pastoral and Bereavement Services

Hartford

Second and fourth Mondays of the month, 1 to 2:15 pm
Hartford Hospital, 85 Jefferson Street, Room 116 | with facilitator Andrea Burr, Pastoral Counselor

Mansfield

First and third Thursdays of the month, 11 am to 12:30 pm
Mansfield Center, 34 Ledgebrook Drive | with facilitator Ivan Bilyk, Pastoral Counselor Supervisor

Meriden

Second and fourth Tuesdays of the month, 5:30 to 6:30 pm
MidState Medical Center, 435 Lewis Avenue | with facilitator Doreen Battone

Norwich

Second and Fourth Wednesday of the month, 4:30 to 6 pm
Backus Hospital, 326 Washington Street, Norwich | with facilitator Thomas Flynn, SC, Pastor Counselor

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Caregivers' Support Group

Support group for those responsible for making financial decisions, managing changes in behavior or helping a loved one with their daily routine. Mulberry Gardens offers free care for loved ones during session.

Arbor Rose at Jerome Home*	860.229.3707
Duncaster	860.380.5012 or 860.666.7258

Southington Care Center	860.378.1286
West Hartford Senior Center	860.666.7528

Mulberry Gardens of Southington	860.276.1020
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Cognitive Fitness

Computer system designed for seniors that engages the brain with challenging exercises and turns rigorous cognitive exercise (based on standardized neurological tests and exercises) into a compelling and entertaining experience.

Jerome Home* & Arbor Rose	860.229.3707
Mulberry Gardens of Southington	860.276.1020

Southington Care Center	860.378.1258
The Orchards at Southington	860.628.5656

Mulberry Gardens at Marian Heights Adult Day Center	860.357.4264
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End-of-Life Care

Philosophies/practices of providing holistic care embracing end-of-life mind, body and spirit.

Jefferson House	860.667.4453
Jerome Home*	860.229.3707

Southington Care Center	860.621.9559
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Free Resources for Seniors Care

Hartford HealthCare Center for Healthy Aging prides itself on providing resources and education for seniors and their families on topics related to aging. Private pay services include Geriatric Care.

Hartford HealthCare Center for Healthy Aging locations:

Hartford HealthCare Behavioral Health Network	860.456.6793
Hartford HealthCare Center for Healthy Aging	1.877.424.4641
Bloomfield	860.286.3236
Hartford Hospital	860.696.5499
Meriden	203.694.5721

New Britain	860.224.5284
Newington	860.666.7258
Southington*	860.628.3830 860.276.5293
Vernon	860.696.4623
Windham Hospital	860.456.6785

*Two locations

*Managed by Hartford HealthCare Senior Services.

Geriatric Care Management

Our Geriatric Care Manager serves as a communication liaison to develop a personal care plan, and can escort you or your loved one to doctor's appointments.

Hartford HealthCare Center for Healthy Aging locations:

Meriden	203.694.5721	Southington	860.276.5293
New Britain	860.224.5284	Windham Hospital	860.456.6785

GoodLife Fitness & Wellness Programs

Individualized fitness and group wellness programs help older adults to improve function and independence.

Cedar Mountain Commons	860.665.7901	Mulberry Gardens of Southington	860.276.1020
Hartford HealthCare Family Center – Bloomfield	860.286.3235	The Orchards at Southington	860.628.5656
Jefferson House	860.696.2541	Southington Care Center	860.378.1281
Jerome Home*	860.229.3707	Windham Hospital	860.456.6821
Mulberry Gardens at Marian Heights Adult Day Center	860.357.4264		

Home Health Services

In-home nursing, therapy and personal care services for post hospital or surgical recovery, short- or long-term illness to achieve maximum independence. Specialities include cardiac, respiratory, rehabilitation and wound care.

Hartford HealthCare at Home	1.800.HOMECARE (1.800.466.3227)
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Home Safety Technology

Automated medication dispenser and LifeLine Personal Alert Services.

Hartford HealthCare at Home	1.800.HOMECARE (1.800.466.3227)
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Hospice Service

In-home multidisciplinary approach to care focusing on pain and symptom management which provides dignity, comfort and the best quality of life for the patient's final months of life.

Hartford HealthCare at Home	1.800.HOMECARE (1.800.466.3227)
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Independent Living

Apartment living with housekeeping, meals, activities and transportation.

Arbor Rose at Jerome Home*	860.229.3707	The Orchards at Southington	860.628.5656
Cedar Mountain Commons	860.665.7901		
Mulberry Gardens of Southington	860.276.1020		

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Long-Term Care

Skilled Nursing Care in a long-term environment.

Jefferson House	860.667.4453
Jerome Home*	860.229.3707

Southington Care Center	860.621.9559
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Low-Vision Living Environments

Low-vision adapted apartments set up for your needs (i.e.: enhanced lighting, talking clocks, large-print menus).

Arbor Rose at Jerome Home*	860.229.3707
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Lymphedema Management

Treatment to reduce swelling of arms and legs following surgery or cancer treatment.

Jerome Home*	860.229.3707
Hartford HealthCare Rehabilitation Network	860.696.2500

Southington Care Center	860.378.1234
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Memory Screenings

A memory screening could indicate whether a person should follow up with a complete medical exam, which could lead to early detection of a memory disorder. Screenings average ten minutes and consist of questions and tasks to assess memory.

Arbor Rose at Jerome Home*	860.229.3707
Jefferson House	860.667.4453

Mulberry Gardens	860.276.1020
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Hartford HealthCare Center for Healthy Aging locations:

Bloomfield	860.286.3236
Meriden	203.694.5721
New Britain	860.224.5284

Southington	860.276.5293
Vernon	860.696.4623

MyHealthy Advantage

MyHealthy Advantage is a club card dedicated to the health and wellness of area residents 55 and over, at no charge.

Hartford HealthCare Center for Healthy Aging	1.877.424.4641
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Naturopathic Medicine

A blend of traditional natural therapies with the latest discoveries of modern medicine. Restores optimal health and prevention by using gentle, non-toxic treatment approaches to address the root cause of disease.

Southington Care Center	860.378.1234
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Outpatient Therapy

Flexible scheduling with one-on-one treatment sessions including physical, occupational and speech therapies.

Hartford HealthCare Rehabilitation Network	860.696.2500
Jefferson House	860.667.4453

Jerome Home*	860.229.3707
Southington Care Center	860.378.1234

Personal In-Home

Assessments can determine individual needs, adaptive equipment and environmental changes to enhance safety and independence. Assistance is provided for the implementation of community services.

Hartford HealthCare Center for Healthy Aging locations:

Bloomfield	860.286.3236
Hartford Hospital	860.696.5499
Meriden	203.694.5721
New Britain	860.224.5284

Newington	860.666.7258
Southington	860.628.3830
Vernon	860.696.4623
Windham Hospital	860.456.6785

Pet Therapy

Social visits with our pet volunteers are a wonderful option for those who love animals. Benefits can include decreased blood pressure, lower heart rate and increased life satisfaction.

Arbor Rose at Jerome Home*	860.229.3707
Mulberry Gardens of Southington	860.224.5278

The Orchards at Southington	860.628.5656
Southington Care Center	860.378.1286

Primary Care & Consultative Services

Primary care for the older adult, geriatric evaluation and management services.

Hartford HealthCare Rehabilitation Network	860.696.2500
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Hartford Hospital Senior Primary Care at Duncaster*	860.380.5150
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Private Duty Home Care

A variety of home support services including Personal Care Attendants, Lifeline Emergency Response System, and Geriatric Care Management.

Hartford HealthCare Independence at Home	1.888.863.2771
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Residential Care Home

For the independent senior who requires a supportive setting. Includes meals, activities and housekeeping. Accepts Title 19 and private payments.

Attwood Residence at Jerome Home*	860.229.3707
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Respite Stays

Short-term stays for one week to one month while a caregiver is away.

Arbor Rose at Jerome Home*	860.229.3707	The Orchards at Southington	860.628.5656
Cedar Mountain Commons	860.665.7901		
Mulberry Gardens of Southington	860.276.1020		

Short-Term Rehabilitation Program

Interdisciplinary approach to short-term rehab needs: physical, occupational and speech therapies.

Jerome Home*	860.229.3707	Jefferson House	860.667.4453
Southington Care Center	860.621.9559		

Speakers Bureau

We can provide your group with a speaker on many topics, screenings or healthy living tips.

Hartford HealthCare Senior Services	860.378.1268
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Volunteer Opportunities

Whatever you can give, from an hour a month to several days a week, we invite you to consider becoming a volunteer.

Cedar Mountain Commons	860.665.7901	Jefferson House	860.667.4453
Mulberry Gardens of Southington	860.276.1020	The Orchards at Southington	860.628.5656
Hartford HealthCare Hospice	860.703.1755 or 203.525.7001	Southington Care Center	860.621.9559

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