

2015 TRIAD MONTHLY SENIOR EDUCATION SERIES

**All lectures start at 9:00 AM • New Britain Senior Center, 55 Pearl Street
Continental Breakfast will be served!**

**Seating is limited R.S.V.P. is mandatory • Reserve your seat: Call 860-225-8608
or e-mail Roseanna Danna at andriehouse_admissions@regencyhc.com**

Tuesday, May 12 HOPEFUL LIVES: FOR CARE PARTNERS & PEOPLE LIVING WITH DEMENTIA

Presented by: Alzheimer's Resource Center, Stephani Shivers. Do you love someone with dementia? Are you a caregiver or do you know someone with dementia? Come learn how to better understand the struggles and hopes for dementia caregiving and ways to promote well-being for all. Sponsored by: Arbor Rose

Tuesday, June 16 FRAUD AWARENESS

Presented by: Byron D. Peterson of AARP, Sergeant Art Powers, NB Police, and Carol Walsh, Senior Medical Patrol. The AARP will help you learn how to protect yourself and your family. Learn about the con artists' latest tricks, and find out what to do if you've been victimized. Learn about the local scams and how to prevent them from happening to you. Senior Medical Patrol will explain how to protect you from Medicare and Medicaid fraud. Sponsored by: Newington Health Center

Tuesday, July 14 MANAGING YOUR MEDICATION

Presented by: Devin A Smith from Rite Aid, UConn School of Pharmacy. Having trouble keeping up with all of your medications? This series discusses senior medication challenges and offers tips on how to organize and manage your medications. It is important to manage them wisely to stay healthy and safe. Bring your meds! The UCONN School of Pharmacy students will work individually with you to help you get organized and keep you organized. Sponsored by: Monsignor Bojnowski Manor

Tuesday, August 18 MEDICARE: KNOW YOUR RIGHTS

Presented by: Center for Medicare Advocacy. The Center for Medicare Advocacy, Inc., established in 1986, is a national nonprofit, nonpartisan law organization that provides education, advocacy and legal assistance to help older people and people with disabilities obtain fair access to Medicare and necessary health care. Staff will come and talk about how to protect yourself and your loved ones. Sponsored by: Duksa Family Funeral Homes at Burrill Hill

Tuesday, September 8 HEART HEALTH/ HEALTHY EATING

Presented by: The Hospital of Special Care, Womenheart of Central CT and Joe Wynn Andrew House, dietitian. The National Coalition for Women with Heart Disease, the nation's only patient-centered organization serving the 42 million American women living with or at risk for heart disease, is dedicated to women's heart health through patient support, education and advocacy. The Hospital of Central Connecticut is the first hospital in New England to be a founding member of the WomenHeart National Hospital Alliance. Joe Wynn, a registered dietitian, will discuss the benefits of developing and maintaining healthy eating habits. Sponsored by: Andrew House

Tuesday, October 13 OFFICE OF THE HEALTHCARE ADVOCATE

Presented by: Laura Morris. How can the office of the Healthcare Advocate help you? Are you struggling with a problem with your health insurance company? If you need healthcare or healthcare coverage or have problems with your coverage and don't know where to turn, The Office of the Healthcare Advocate (OHA) is an independent state agency ready to help you understand what options you have. They will help you get and fight for your healthcare coverage, including coverage for mental health or substance use treatment, and will make sure you get covered for your healthcare needs. Sponsored by: Senator Gerrata