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HARTFORD COURANT | DEC 11, 2020





(Contributed Photo)

East Hartford High School's Class of 2020 presents new bench to alma mater

EAST HARTFORD — EAST HARTFORD -- With the assistance of Kevin Keena of Keena Memorials in East Hartford, East Hartford High School's Class of 2020 purchased a new bench for their alma mater. This engraved, black granite bench was installed on Wednesday, Nov. 25, and can be found at the entrance of the EHHS football field, just outside the main gates.

Garden Club accepting applications for scholarship

AREA -- The East Hartford Garden Club is accepting applications for one \$1,000 scholarship to any full or part time student who is a resident of Andover, Bolton, Bloomfield, Coventry, East Hartford, East Windsor, Glastonbury, Manchester, Middletown, Vernon, Storrs and Windsor Locks. The students must be majoring in horticulture, floriculture, landscape design, conservation, forestry, environmental concerns, botany and other allied subjects.

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Applications with the submitted instructions are available at the Guidance Department of the attending school. All completed applications must be received by April 1, 2021, to be considered.

Hartford HealthCare Center for Healthy Aging offers virtual wellness classes

AREA -- Hartford HealthCare Center for Healthy Aging, a not-for-profit member of Hartford HealthCare Senior Services, is continuing to provide virtual classes focusing on pertinent health and wellness topics. For more information about Hartford HealthCare Center for Healthy Aging, visit <http://hhccenterforhealthyaging.org> or call 1-877-424-4641. The following are virtual classes being offered in January.

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Virtual Class: Dimensions of Wellness Examines All Aspects of Self. An interactive and engaging virtual presentation on Wednesday, Jan. 6, from 10 to 11 a.m., provides insights into a wellness model incorporating the physical, emotional, intellectual, spiritual, vocational and environmental aspects of life. Participants will be encouraged to review, recognize and celebrate their unique triumphs and what they are already doing to live their best lives and what they might like to change. Presenter will be Nicholas Arsenault, transitional care nurse with Hartford HealthCare Center for Healthy Aging. This free event is sponsored by Hartford HealthCare Center for Healthy Aging and West Hartford Senior Center. Registration is required. Call 1-855-442-4373 or go online to www.HartfordHealthCare.org/VirtualClasses. After registration, participants will receive an email with easy instructions on joining the webinar.

Virtual Class: Using Non-Drug Treatments for Chronic Back Pain. Guidelines from the American College of Physicians recommend that the first line of therapy for chronic back pain should be non-drug treatments.

Various approaches - including physical therapy - to minimize lower back pain will be discussed at a free virtual program on Thursday, Jan. 7, 10:30 to 11:30 a.m. Presenter will be Lisa Murawski, exercise physiologist, GoodLife Fitness of Hartford HealthCare. This event is sponsored by GoodLife Fitness and Cheshire Senior Center. Registration is required. Call 1-855-442-4373 or go online to www.HartfordHealthCare.org/VirtualClasses. After registration, participants will receive an email with easy instructions on joining the webinar.

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Virtual Class: Dementia Caregiver Series Focuses on Strategies. A free virtual dementia caregiving series can provide the tips and strategies to gain greater insights into caring for a loved one with dementia. Hartford HealthCare Center for Healthy Aging is providing a five-week series Thursdays, Jan. 7 to Feb. 4, 6 to 7:30 p.m. A certified dementia specialist with Hartford HealthCare Center for Healthy Aging will lead the series. Topics will include: Session 1: Overview of Dementia; Session 2: Basics of Good Communication and Understanding Behaviors; Session 3: Safety in the Environment and How to Structure a Day with Activities; Session 4: Taking Care of the Caregiver and Care Options; and Session 5: Overview of Community Resources that May Be Helpful. Participants are encouraged to attend all sessions. Registration is required. Call 1-855-442-4373 or go online to [www.Hartford **HealthCare.org/VirtualClasses**](http://www.HartfordHealthCare.org/VirtualClasses). After registration, participants will receive an email with easy instructions on joining the webinar.

Virtual Class: Healthy Brain Series Examines Optimum Aging. Strategies and information on maintaining an active and engaged brain is the focus of a free five-part series presented by Hartford HealthCare Center for Healthy Aging. The Healthy Brain Series will be held Fridays, Jan. 8 through Feb. 5, 11 a.m. to noon. A certified dementia specialist with Hartford HealthCare Center for Healthy Aging will present the program. Topics will include: Challenge Your Mind Daily – Activities To Keep Your Mind Sharp; Feeding the Brain – The Importance of Diet and Hydration; Benefits of a Purposeful Life: Finding Meaningful Engagement as You Age; Good Sleep and Brain Power; and The Blue Zones – Lessons for Living Longer from the People Who've Lived the Longest. Participants are encouraged to attend all sessions.

Registration is required. Call 1-855-442-4373 or go online to [www.Hartford HealthCare.org/VirtualClasses](http://www.HartfordHealthCare.org/VirtualClasses). After registration, participants will receive an email with easy instructions on joining the webinar.

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Virtual Class: Health Screenings for Older Adults. Older adults can live stronger and longer by making sure they get all the health screenings recommended by their doctor – the best protection is early detection. A free virtual class on Wednesday, Jan. 13, from 1:30 to 2:30 p.m., will review what health screenings are recommended for the older population to find medical conditions or diseases early while they are easier to treat. Presenter will be Nicholas Arsenault, transitional care nurse with Hartford HealthCare Center for Healthy Aging, which is sponsoring the event. Registration is required. Call 1-855-442-4373 or go online to [www.Hartford HealthCare.org/VirtualClasses](http://www.HartfordHealthCare.org/VirtualClasses). After registration, participants will receive an email with easy instructions on joining the webinar.

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Virtual Class: How Early Breast Cancer Detection Saves Lives. Studies have shown that early breast cancer detection saves lives. A free virtual class on Thursday, Jan. 14, from noon to 1 p.m., will focus on this topic presented by Camelia Lawrence, MD, director of Breast Surgery, Central Region, Hartford HealthCare. Topics include learning when to get a mammogram; managing screening with dense breasts; risk factors and the role of genetics in breast cancer; the dangers of skipping annual screening; and a question and answer period. Registration is required. Call 1-855-442-4373 or go online to [www.Hartford HealthCare.org/VirtualClasses](http://www.HartfordHealthCare.org/VirtualClasses). **After** registration, participants will receive an email with easy instructions on joining the webinar.

Virtual Class: Navigating the ‘What Ifs’ during the Golden **Years. Life** in general can be filled with the unexpected. The free virtual class, “Navigating the ‘What-Ifs’ in Your ‘Golden Years,’” will provide information about various topics pertaining to aging and ways to be proactive rather than reactive. The event will be held Thursday, Jan. 14, from 2 to 3 p.m., led by Michelle Lavoie, resource coordinator with Hartford HealthCare

Center for Healthy Aging. Discussion will include the varying levels of care, types of housing, funding sources and community resources. Hartford HealthCare Center for Healthy Aging and Cromwell Senior Center are sponsoring. Registration is required. Call 1-855-442-4373 or go online to www.HartfordHealthCare.org/VirtualClasses. After registration, participants will receive an email with easy instructions on joining the webinar.

Virtual Class: Making the Most of Your Telemedicine Visit. This year, telemedicine visits have been in high demand due to physical distancing measures and expansion of insurance coverage. With this technology, people are able to “meet” with their medical providers without entering the physical office. A free virtual class, “Making the Most of Your Telemedicine Visit,” is being offered Wednesday, Jan. 20, from 10:30 to 11:30 a.m. A transitional care nurse with Hartford HealthCare Center for Healthy Aging will provide information about different types of virtual services, pros and cons, tips for setting up, use of technology and preparation. Hartford HealthCare Center for Healthy Aging and Bristol Senior Center are sponsoring. Registration is required. Call 1-855-442-4373 or go online to www.HartfordHealthCare.org/VirtualClasses. After registration, participants will receive an email with easy instructions on joining the webinar.

Virtual Class: Keys to Consider – Driving and Dementia. It is never easy to tell an older loved one that they should no longer be driving. A free virtual class, “Keys to Consider – Driving and Dementia,” on Monday, Jan. 25, 2 to 3 p.m., will cover a variety of topics including the progression of dementia; how dementia affects the skills needed to drive; safety concerns; and a question and answer session. Kristine Johnson, resource coordinator with Hartford HealthCare Center for Healthy Aging, will present the program. Hartford HealthCare Center for Healthy Aging is sponsoring. Registration is required. Call 1-855-442-4373 or go online to www.HartfordHealthCare.org/VirtualClasses. After registration, participants will receive an email with easy instructions on joining the webinar.

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Virtual Class: Understanding Sepsis. Sepsis - an extreme reaction to an infection that can be deadly if left untreated – is the focus of the free virtual class “Understanding Sepsis,” on Thursday, Jan. 28, from 10 to 11 a.m. Nicholas Arsenault, transitional care nurse with Hartford HealthCare Center for Healthy Aging, will present on various topics including: the signs to look for, prevention and care. Hartford HealthCare Center for Healthy Aging and Plainville Senior Center are sponsoring.

Registration is required. Call 1-855-442-4373 or go online to [www.Hartford HealthCare.org/VirtualClasses](http://www.HartfordHealthCare.org/VirtualClasses). After registration, participants will receive an email with easy instructions on joining the webinar.

Virtual Dementia Caregiver Support Groups meet: Caregivers often have overwhelming responsibilities assisting their loved ones in doing the most basic tasks while handling their own lives. To provide education and a venue to discuss challenges and helpful strategies, Hartford HealthCare Center for Healthy Aging offers a variety of free virtual dementia caregiver support groups. Topics include: communication techniques, caregiver support, benefits of activities, family dynamics and safety issues. The groups meet at various times to make it easier for more people to participate. One-time registration is required. Call 1-855-442-4373 or go online to [www.Hartford HealthCare.org/VirtualClasses](http://www.HartfordHealthCare.org/VirtualClasses). After registration, participants will receive an email with easy instructions on joining the webinar. Second Wednesday of every month (Jan. 13), 10 to 11 a.m., facilitated by Adrienne DeVivo, dementia specialist. Registration is required; call 1.855.442.4373 or visit HartfordHealthCare.org/VirtualClasses.

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Second Wednesday of every month (Jan. 13) 6:30 to 8 p.m., facilitated by Patty O'Brian, CDP, certified dementia specialist. This group is associated with the Alzheimer's Association Connecticut Chapter and is sponsored by HHC Center for Healthy Aging and Southington Care Center.

Third Monday of every month (Jan. 18) excepting holidays, 1 to 2:30 p.m., facilitated by Patty O'Brian, CDP, dementia specialist. This group is coordinated with the Berlin-Peck Library and sponsored by HHC Center for Healthy Aging and Alzheimer's Association Connecticut Chapter.

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New: Younger Onset Dementia Caregiver Support Group – Third Wednesday of every month (Jan. 20), from 8 to 9 p.m., facilitated by Adrienne DeVivo, dementia specialist.

Last Monday of every month (Jan. 25), 10:30 to 11:30 a.m., facilitated by Michelle Wyman, dementia specialist. This group is sponsored by HHC Center for Healthy Aging and Duncaster.

Call-in Dementia Caregivers Support Group – Meets every Friday from 2 to 3 p.m., facilitated by a dementia specialist. Registration is not required. To join Hartford HealthCare’s Virtual Meeting Room, call: 860.972.6338 and when prompted, enter the access code 19623#.

Center for Healthy Aging launches Facebook Caregivers Support Group: A new Facebook page specifically for families and caregivers who have questions or comments pertaining to caregiving has been launched by Hartford HealthCare Center for Healthy Aging. People are welcome to join the “Hartford HealthCare Center for Healthy Aging Support Group.” Concerns might include behavior changes, transition of care to assisted living, home healthcare, community services or end of life planning. A Center for Healthy Aging professional will oversee the Facebook page to provide helpful answers and resources to support users in their caregiving roles. For more information, call the Center for Healthy Aging at 877-424-4641.

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Memory Café provides socialization for people with memory loss: Memory Café, a new socialization group for people with memory loss, mild cognitive impairment and early dementia, has begun every Monday from 10:30 to 11:30 a.m. This is intended to be a welcoming place for individuals and their families with a shared experience. A dementia specialist with Hartford HealthCare Center for Healthy Aging will lead the group.

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One-time registration is required. Call 1-855-442-4373 or go online to www.HartfordHealthCare.org/VirtualClasses. After registration, participants will receive an email with easy instructions on joining the webinar.

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Movement Disorders Group meets bi-monthly: The Chase Family Movement Disorders Center and Hartford HealthCare Center for Healthy Aging are offering a caregiver support group for individuals who care for people with movement disorders and other neurodegenerative conditions. This free support group is offered on first and third Tuesdays (Jan. 5 and 19), from 10 to 11 a.m. Each session spotlights a different caregiver/care-partner topic and begins with a brief clinician-led presentation. Facilitators are Amanda Brill, LCSW, at the Chase Family Movement Disorder Center, and Jennifer McCaughey, MS, resource coordinator, Hartford HealthCare Center for Healthy Aging. For more information, call Amanda Brill at 860-696-4653 or Jennifer McCaughey at 860-696-4623.

New dementia care partner resource guide supports caregivers in their journey

AREA -- Caregiving is not intuitive - especially for an individual with Alzheimer's disease or dementia - and can be challenging and overwhelming at times. To provide helpful information and support caregivers in their work, Hartford HealthCare Center for Healthy Aging recently published version three of Dementia Care Partner Resource Guide.

“This guide is meant to serve as a road map to help you navigate those challenges and anticipate changing needs so that you can recognize and appreciate the moments of joy,” said Wendy Martinson, MSN, RN, director of Hartford HealthCare Center for Healthy Aging.

This is the third caregiver resource guide published by Hartford HealthCare Center for Healthy Aging. Topics include an introduction to dementia, understanding behaviors, good communication, safety issues, structuring a day with activities, handling legal and financial matters, care options and taking care of the caregiver. The guide also enhanced its appendix offerings of resources including related books and websites.

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New in this edition is a specific chapter on Younger Onset Dementia, a term used for people who develop dementia under the age of 65. Many of these people have symptoms in their 40s - younger people who often have different needs and require different support. The new version also addresses driving, how to partner with your rehabilitation therapy team, expanded updates on safety measures and behavior management techniques.

“We think that the Dementia Care Partner Guide is an important resource when facing caregiving challenges,” Martinson said. “Please know that Hartford HealthCare Center for Healthy Aging is ready to partner with those

with dementia and their families.”

To access the virtual guide, visit <http://hhcenterforhealthyaging.com>; click on “Patient Support” and select the link to the guide. Printed copies of the Dementia Care Partner Resource Guide are available by calling Hartford HealthCare Center for Healthy Aging at 1-877-424-4641.

Hartford HealthCare Center for Healthy Aging, a not-for-profit member of Hartford HealthCare Senior Services, is a resource and assessment center designed to enhance access to services and information related to attaining optimal quality of life for seniors and their caregivers. For more information about Hartford HealthCare Center for Healthy Aging, visit <http://hhcenterforhealthyaging.org> or call 877-424-4641.

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