

Independent Retirement Community

and Assisted Living

860-724-4711 | arborsct.com
403 West Center Street, Manchester, CT 06040







Friendly Staff. Excellent Service. Beautiful Smiles.

It is our mission to exceed expectations by providing exceptional dental care to our patients and at the same time, building relationships of trust with them in a warm, caring and professional atmosphere. We are passionate about what we do, and we want our patients to feel confident that they will receive the best care dentistry has to offer.

Our vision is to provide our patients with a dental experience individually tailored that will promote a lifelong relationship built on trust, confidence, quality of work, and exceptional patient care. We will strive to understand your needs and exceed your expectations. The team at Tris John Carta, DMD, MAGD, is constantly working to discover new ways to break through any barriers so that each and every one of our patients can achieve the smile they deserve!

We are always welcoming new patients, and we would love to have you as part of our dental family. Please explore our website to learn more about us. You can find information about our staff, our office, and the procedures and services that we offer.

If you have any questions, please call us. We love hearing from our patients and anyone who may be interested in becoming one.



We'll provide you with that winning smile!





Welcome to Arbors of Hop Brook

Welcome to Arbors of Hop Brook – an Independent and Assisted Living Retirement Community. Attractive apartments and all-inclusive amenities, such as Chef prepared dining, housekeeping, transportation and 24-hour security, as well as a full continuum of health care services, a full schedule of engaging activities and life enriching programs are all offered here, right on one campus. Right here at Arbors of Hop Brook.

Life by Your Design.

Our community is designed for independent adults who are ready to leave behind the worrisome, time-consuming and physically challenging responsibilities of home ownership. We offer a community rich in services, amenities, activities and security. This maintenance-free and active lifestyle, invites you to live each day by your design without the burden of everyday chores. When it snows, we'll do the shoveling. We'll even clean off your car. When the leaves fall, we'll do the raking. We'll cut the grass. We'll repair a leaky faucet in your bathroom. We'll take care of the work while you live the life you've dreamed of and planned for.

Relax with a book by the fire in our library. Take an exercise class. Join the Bridge Club. Meet friends for a delicious dinner and lively conversation in the dining room. Enjoy the great outdoors and garden in your own raised flower or vegetable bed. Or simply do nothing at all. It's entirely up to you. At Arbors, you will live enriched – mind, body and spirit.

Peace of Mind About Your Future Needs.

The most distinctive advantage of moving to Arbors of Hop Brook, is the complete peace of mind you will enjoy knowing that many levels of health services are available to you, should the need arise. Arbors of Hop Brook helps you age gracefully with Assisted Living support services. You also have access to our award-winning health care center, Manchester Rehabilitation & Healthcare Center, for more advanced healthcare needs, including rehabilitation and recovery after surgery or injury, as well as other skilled care. It's all here, all on one campus.

Predictable Costs.

A move to Arbors takes away the financial "unknowns" that come with the future. The cost of living at Arbors is often less than or comparable to the day-to-day costs for staying in your own home. Residents pay a monthly fee that includes a number of services and amenities. You have options with either a monthly rental plan or an entrance fee plan, our entrance fees are up to 50% refundable, allowing you to plan for your family or estate. No matter which plan you choose, you still enjoy the same exceptional services and amenities for which Arbors is known.

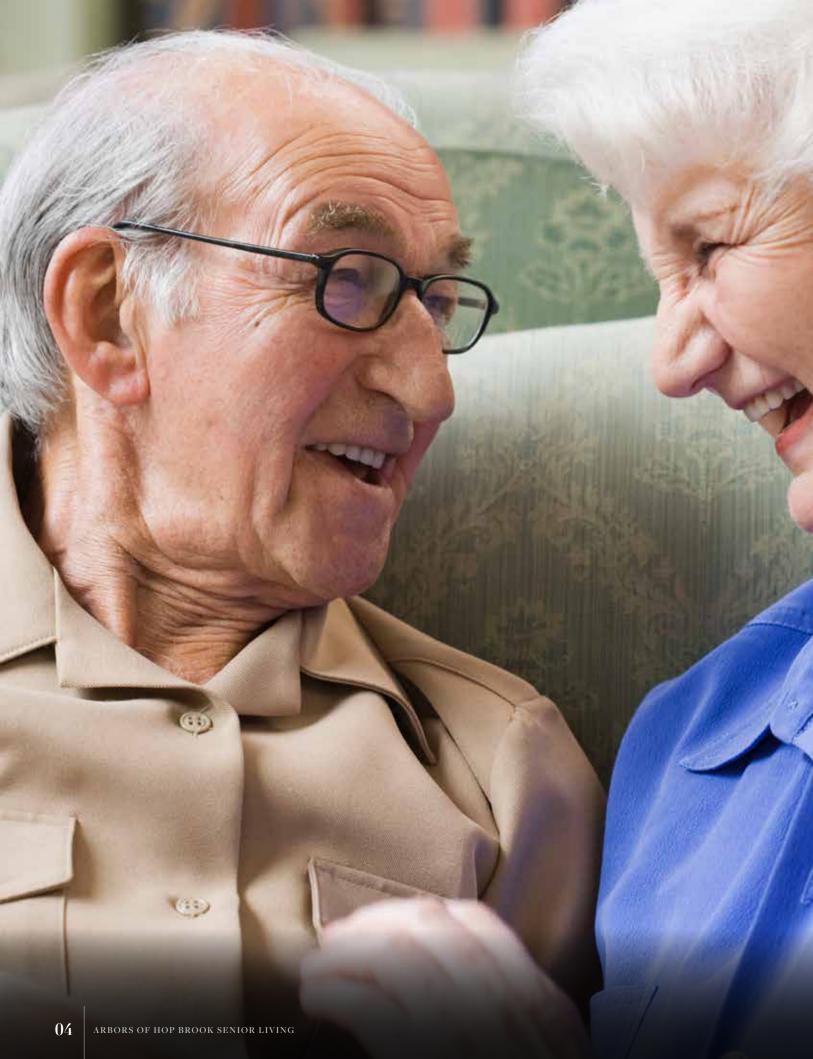




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Arbors of Hop Brook

403 W. Center St., Manchester, CT 06040, United States // 860-724-4711 // www.arborsct.com





Why CCRC? Peace of Mind

Retirement. You've worked long and hard to get here. You deserve to make the most of this time. But what kind of community will best suit your needs, both now and in the future?

A Life Plan Retirement Community (CCRC) is an ideal choice. Offering an independent lifestyle filled with services, amenities and worry-free living, it provides the carefree days and nights you want right now.

CCRCS OFFER A MAJOR ADVANTAGE OVER OTHER SENIOR LIVING CHOICES.

CCRCs offer many advantages over choices such as 55+ communities, independent living communities, or condos – with the peace of mind of on-site healthcare for the future. In these other communities, it might become necessary for you to move in the event that your health needs change. But at a CCRC, such as Arbors of Hop Brook, that's not the case. If you need additional support or assisted living services, they can be delivered right in the comfort and familiarity of your own apartment.

GUARANTEED ADMISSION TO OUR HEALTH CARE CENTER

As an Arbors resident, you also have priority admission to Manchester Rehabilitation & Healthcare Center should the need arise for post-hospital rehabilitation as well as long-term or skilled nursing care.

It's all right here.

Predictable Costs

A move to Arbors takes away the financial "unknowns" that come with the future. The cost of living at Arbors is often less than or comparable to the day-to-day costs for staying in your own home. Even better, you no longer have to worry about unexpected costs for things like a new roof, storm damage or the furnace.

The monthly fee paid by residents includes housekeeping, home maintenance and a choice of breakfast, lunch or dinner in our dining room. The same monthly fee also includes services like scheduled transportation for shopping and nearby appointments.

Continuum of Care

Arbors of Hop Brook provides peace of mind. It is the only community in the area to offer a continuum of care.

- If you ever need help, we can work with you to create a custom plan for assisted living, skilled nursing or other similar services at our award-winning health center Manchester Rehabilitation & Healthcare Center, or other services
- Arbors creates a seamless solution that removes the burden from family or friends of unexpected health needs, while predictable care costs removes the financial worry about the future of your health care knowing you'll always have access to the care you need right where you live
- For couples living at Arbors, there is the added comfort of knowing that your spouse will be taken care of now and in the future, should their needs change



Independent Living with Assisted Living Services

Arbors Advantage is designed to help our residents maintain and enjoy their independence. Focused on individual needs and developed to promote wellness, Arbors Advantage is ideal for residents who age in place. Residents are provided the services and care they need each month at a predictable cost. These services, delivered in the comfort of their apartment homes, are:

- Customized for each resident
- Coordinated by our full-time registered nurses
- Delivered by Arbors' CNAs and supervised by our nurses

Services may include:

- Meal Preparation
- Laundry
- Companionship
- Transportation
- Personal Care Assistance
- Medication Management







Chestnut - 1 Bedroom Apartment

Magnolia - 1 Bedroom Apartment



Rosewood - 2 Bedroom Apartment



On-site Health Services

Quality. Convenience. Care.

For unparalleled convenience, quality and peace of mind, Arbors of Hop Brook offers comprehensive medical care right on campus, including care at our award-winning health care center, Manchester Rehabilitation & Healthcare Center.

Clinical Care Coordinators - Nurses at Your Service

Our on-site nursing staff is available to help coordinate health services to help residents maintain their independence. Our clinical team:

- Arranges for health services
- Acts as a health advisor
- Assists as a resource for residents and family



Moving Made Simple

Complimentary Moving Coordination Service

Our exclusive moving coordination program, Moving Made Simple, is made with you in mind.

Arbors of Hop Brook has a professional business partnership to streamline the moving process for you, we also have a list of Realtor referrals if you need one.

Moving to Arbors, you'll be assigned a moving coordinator who will help guide you through all aspects of moving.

We work with you to create a customized moving plan, including an in-home visit and a proven strategy for downsizing to promote a stress-free move.

All of this is a **complimentary service** to assist you in preparing for the best move of your life!

Senior Move Managers

Moving into a retirement community is a big decision that takes careful preparation of finances, belongings, and emotional inventory. Deciding what to do with your home is one of the more difficult choices seniors and their loved ones are faced with. A Senior Move Manager can make that move effortless.

What exactly is a senior move manager?

A Senior Move Manager is a person who is placed in charge of your move. They help organize and plan executive decisions, being trained to tackle the specific problems that arise with selling a home as a Senior, such as difficulties with physical tasks, the emotional stress that is placed on the elderly and family members, and the confusion brought on by the financial aspects of selling a home.

Why take on a senior move manager?

Making a big move at a later stage in life can be difficult. There are professionals in this field who know proper prices for services and the most efficient way to organize and pack. Not only this, but they are usually trained in the psychological factors of this type of moving and can be a great source of comfort for older adults, especially if family members are not readily accessible to aid in moving.

What does a senior move manager do?

Senior Move Managers are like the conductor of an orchestra but, instead of directing music, they conduct the process of selling a home. The extent of their work varies, but generally they:

- Develop a plan for the whole move
- Organize belongings and aid in downsizing
- Schedule and hold auctions, estate sales, and other ways to sell off items
- Arrange storage for things not being taken to the new home
- Unpack and organize at the new home
- Oversee and supervise work by others such as overnight packing
- Use expertise to avoid financial exploitation during the moving process

Prices are flexible depending on what needs to be done, there is a service available for every need.



Awards and Accreditations

Award-Winning and Nationally Recognized Care

Arbors of Hop Brook is a long-standing member of the Connecticut Assisted Living Association.

Arbors is a recipient of the American Health Care Association-National Center for Assisted Living (AHCA-NCAL) Bronze Commitment to Quality Award in 2016. It is the first and only Assisted Living Community in the Hartford County area to receive this honor.

Manchester Rehabilitation & Healthcare Center, Arbors' Health Care Center, is a recipient of the AHCA/NCAL Gold Excellence in Quality Award in 2010. It was the first facility in Connecticut and only the tenth in the nation to receive this honor. A recipient must display superior performance in leadership, strategic planning and focus on its customers.

By receiving these recognitions, Arbors has proven to meet rigorous standards of excellence and is among the premier retirement communities in the country.

Uncompromising High Quality Long-Term Care for Residents Means Peace of Mind for Families

If you have a family member or loved one who requires 24-hour care due to a prolonged illness, a chronic condition or advanced age, you can trust the exceptional care, quality, professionalism, compassion and dedication for which we've been known for nearly 50 years.

At Manchester Rehabilitation & Healthcare Center, we treat our residents like members of our own families. One visit to our community and you'll see what makes Manchester Rehabilitation and Healthcare Center a nationally recognized, highly respected health care center.

A Place to Call Home

From our warm, welcoming surroundings to our generous amenities and services, we do all we can to be sure our long-term residents feel right at home. Our residents enjoy all that Manchester Rehabilitation & Healthcare Center has to offer, including:

- Fully furnished private and semi-private rooms
- Delicious and nutritious, well-balanced meals prepared to meet individual dietary needs
- Beautifully appointed dining room and activities rooms
- A full calendar of engaging programs including recreation, amenities and social activities
- Unlimited visiting hours
- On-site beauty salon/barber shop
- Beautifully manicured landscaping, gardens and exterior patios for relaxation
- A Caring, Professional Team
- Our 24-hour care is delivered by an experienced and caring team that includes: Medical Director, Attending Physicians, Advance Nurse Practitioners
- Registered Nurses, Licensed Practical Nurses and Certified Nursing Assistants
- Dietary and Nutrition Specialists

To ensure the delivery of exceptional, comprehensive care, our residents also have access to a variety of medical specialists, including a pharmacist, podiatrist, dentist, ophthalmologist and other visiting health care professionals.

Comprehensive Therapies

Long-term care residents at Manchester Rehabilitation and Healthcare Center may also be eligible to receive a full range of physical, occupational and speech therapy as well as therapeutic recreation, if needed, which are designed to help regain – or simply maintain – their strength, mobility and balance.

Advanced Technology. Enhanced Care.

At Manchester Rehabilitation & Healthcare Center, we use advanced technology to improve the environment, to aid our clinicians in treatment and predictive care to accurately monitor and record health concerns, including:

- Novaerus Airborne Infection Control Patented plasma technology scrubs the air to remove airborne bacteria, pathogens, mold, allergen and odors
- Medline EKG Monitor Accurately records, stores and shares cardiac rhythms for easy and quick diagnosis and care
- **Direct Supply Doppler Ultrasound** An important tool for clinicians, this is a non-invasive way to provide live audio of blood flow
- PointRight Supports quality improvements through predictive analytics, with emphasis on reducing unnecessary hospital readmissions and enhancing the quality of care for patients
- PointClickCare Post-Acute Electronic Health Record – Software that allows Manchester Rehabilitation and Healthcare Center to maintain a single, consistent repository of patient information and conduct a central hub to manage financial, clinical and administrative functions
- RTMS Software that works in conjunction with our EHR to provide alerts in key clinical areas in real-time





Delicious Meals. Expertly Prepared

For many people, if not all, dining is a highlight of the day. At Arbors of Hop Brook, we are committed to providing our residents with an exceptional dining experience.

Every day, Arbors' chefs prepare an ever-changing menu of delicious, freshly prepared fare, including healthy choices and themed or holiday specials.

All meals served at Arbors are made of quality ingredients, are expertly prepared, and offer diverse selections. We use fresh ingredients with limited additives and also offer heart-healthy choices at every meal. No matter what you choose from the menu, we are sure you will be pleased with your meal.

Breakfast, Lunch or Dinner? Your Choice.

We are open for breakfast, lunch and dinner every day. One to three meals per day can be included in the Monthly Fee.

Remember, all apartments have full-sized kitchens. You can cook in your apartment or join your neighbors for any meal, any day of the week. We also offer fresh, home-cooked "to-go" meals through our resident-run General Store & More.

"Getting to Know Arbors" Program

We want all of our residents to feel comfortable and at home, so we welcome all new residents to invite guests to dinner.

Guest Dining

Guests are always welcome to dine at Arbors for a nominal fee and children under 12 are free (special events and holidays excluded). Reservations are accepted to secure your favorite table when you are entertaining in the dining room or dining with other residents.

Social Hour

Join the fun and meet your neighbors for refreshments and hors d'oeuvres.

Catering Services in Our Private Dining Room

Hosting a party or get together? Let us take care of the cooking, serving and cleaning! Custom menus designed just for you, available whenever you request.

Room Service Available

Chef-prepared breakfast, lunch, or dinner provided in the comfort of residents' apartments are available.



The Right Choice for You?

Helping You Determine if You Are Ready to Move to a Continuing Care Retirement Community

A Continuing Care Retirement Community (CCRC) provides you and your family with the peace of mind you want along with a new, easier way to live. Knowing how to determine if you are ready to move to a CCRC can be a balance and a challenge. Here are some things to think about when deciding if it might be time to consider a CCRC:

Consider a CCRC if you or your spouse are beginning to require more care than the other can provide. If you or your spouse are starting to need more care than you used to, and you don't want to impose on others to help, a CCRC may be the perfect fit. Keep in mind that care-giving can really take a toll on a person's body, mind and spirit. CCRCs offer a couple the chance to remain on the same campus – often in the same apartment – as health needs change.

Make the move to a CCRC if your healthcare provider recommends it. You or your spouse may have a condition that requires more medical attention than you or your spouse can provide. This could include driving trips to the doctor's office, changing a medical dressing, preparing nutritious enough food and/or administering medication.

Take into consideration the social aspect of CCRC living and eliminate any fear of living alone. Living by yourself without social stimulation can be depressing. Most facilities offer exercise classes or "sporting" amenities and organized group activities in addition to having meals and events together, so that you can keep your spirits high and make new friends in a community of like-minded people.

Don't let worry rule your life. You shouldn't be afraid to answer your door or look out the windows at night. If you have fears stemming from being alone, you should consider CCRC living.

Ask yourself if your own home is becoming a hazard. If you worry about slipping on your walkways, tripping when doing your laundry in the basement or falling down the stairs, especially in the New England winters, a CCRC may be a good choice for you.

Think about your transportation needs. If you are no longer able or lack the desire to drive, a CCRC may be a good fit for you as most offer transportation to-and-from necessary activities such as grocery shopping and/or visiting the doctor's office.

Are you concerned about not having family or a support system nearby, or do you not want to become a "burden" to them if you do? If you don't have family that visits you on a regular basis each week, it may be time to think about taking advantage of the social interaction and assistance a CCRC facility can give you. Even if family is close, what a gift you provide by not having to impose on their lives to take care of your needs.

Are you concerned about planning for any potential future long-term care needs? In a CCRC you can advance easily to receive health care in your home or post rehab care at the health care center, if you feel that you require more care than you can get by living independently. If you are already on the property, the process is easy.



Wellness at Arbors

Rejuvenating Body, Mind & Spirit

The road to good health starts with our wellness programming.

The management at Arbors of Hop Brook is committed to encouraging positive life choices and sustaining a culture of wellness for our residents, staff and community. We know that when you embrace a wellness lifestyle, you improve your quality of life! Intellectual, spiritual, physical, vocational, social, emotional and environmental wellness opportunities abound at Arbors!

Intellectual Wellness

Stimulate your mind with our many fun, interactive programs, including seminars, guest speakers and special presentations, see our activity calendar for current programs.

Physical Wellness

Residents can reach a new level of fitness using the on-site fitness center, as well as by participating in:

- Weekly Yoga classes taught by our certified yoga instructor
- Walking Trails
- Balance and Strengthening programs
- Tai-Ch
- Wellness Center appointments with our on-site medical doctor, podiatrist, nurses, PT, OT, Speech Therapist etc

Social/Emotional Wellness

Meeting like-minded people is only the beginning. One look at our programs, performances and places to mingle and you will understand that a sense of community and emotional wellness is found and fostered at Arbors. Music is especially important here, and we are pleased to offer:

- Performers including:
 - Local historians provide lectures
 - Avery Ensemble
 - Paul Bisaccia, Concert Pianist whose work has been featured on PBS
 - Arts for Learning Connecticut, whose vision is for people of all ages and abilities in Connecticut to actively participate in the arts Arts For Learning CT serves as an essential resource for arts engagement
 - Art Studio Open Studio Time with ample painting / drawing supplied provided
- Several on-site concerts through our partnership with the Hartt School of Music's faculty, students and alumni.



Vocational Wellness

Our resident council likes to keep in touch with activities where they can offer their services, often branching out to the greater Manchester area. Our residents enjoy and participate with our many long-term associations, such as:

- Manchester Historical Society
- Manchester Bicentennial Committee
- South Windsor Chamber
- Manchester Road Race Committee
- CT River Valley Chamber
- Greater Manchester Chamber of Commerce
- Manchester Board of Education's Adult and Continuing Education Program

Our Knitting Committee dedicates hundreds of hours to creating warm and colorful hat and mitten sets for the children of Head Start every year.

Environmental Wellness

Our award-winning gardens and landscaped grounds provide a lovely haven for all to enjoy. They are inspiring! The gardens provide a lovely backdrop for many picnics, concerts and holiday gatherings – or for just sitting and relaxing in the outdoors!

Social/Emotional Wellness

Meals are a wonderful opportunity to connect with other members of the community and make new friends. Our talented Executive Chef and Dining Services Team create delicious and nourishing meals.

Enjoy our not-to-be missed Social Hours and full monthly calendar of activities. Our full-time chauffeurs take residents to doctor's appointments, shopping centers, local churches, cultural events and destinations all over Connecticut on our wheelchair-accessible lift bus.

Spiritual Wellness

We strive to meet the ever-changing needs of our community. People of all religions are honored and welcomed at Arbors.

Spiritual and Religious services may be available on-site, including weekly community Sunday services, confession and celebration of religious holidays, monthly Holy Mass and weekly Bible study.

Alternative spiritual experiences, such as guided meditation, music therapy, meditation bowls, etc.



Staying Active

Arbors of Hop Brook is a vibrant community, filled with opportunities to get involved, stay active and spend each day just as you choose.

Without the worries of daily chores, you are free to pursue your personal interests and favorite pastimes, entertain friends, spend more time with your grandchildren, explore new hobbies or develop creative pursuits. The possibilities are endless. This is your time!

Get Involved!

More than a place to live, Arbors encourages residents to become active, involved members of the community. We welcome you to join one of the many resident-run clubs, committees and volunteer services such as:

- Hospitality
- Garden
- Finance
- Safety
- Library
- Resident Assistance
- Dining Services
- Activities
- Arts and Crafts
- General Store & More
- Nominating
- Knitters

Enjoy the Great Outdoors!

Arbors of Hop Brook is nestled on acres of grounds, featuring a babbling brook, expansive lawns and lavish gardens. Our outdoor space includes inspiring outdoor sitting areas, a gazebo, and raised resident garden beds. This beautiful setting provides an ideal backdrop for arts, leisure, yoga and fitness activities. Private walking paths grace the beautifully manicured gardens and residents can enjoy the tranquil scenery. A terrace off the main dining room offers seasonal patio dining and a picturesque year-round view of the campus in all its splendor.

Arbors has been a past winner of the Manchester Garden Club's "Manchester Beautification Award."

So Much to Do - Every Day

At Arbors, you'll have the opportunity to do as much – or as little – as you want, every day! Best of all, the choice is always yours.



Post-hospital Rehabilitation

As a resident of the Arbors of Hop Brook, you have the comfort of knowing that you also have access to our award-winning healthcare center, Manchester Rehabilitation & Healthcare Center, for more advanced healthcare needs, including rehabilitation and recovery after an illness, operation or injury. In some cases, this care may also be provided in your apartment.

Recover Right

If you need additional care and support following a hospital stay, the state-of-the-art Recover Right rehabilitation program offered at Manchester Rehabilitation & Healthcare Center, combines best practices, advanced technology and exceptional comfort in large private rooms or very large semi-private rooms.

Recover Right treats patients with a variety of conditions and needs including, but not limited to:

- Orthopedic & Joint Care
- Pulmonary Care
- Stroke Rehabilitation
- Cardiac Rehabilitation
- Respiratory Care
- Post-Surgical Recovery
- Wound Care

The goal of Recover Right is to restore you to health, strength and independence. In fact, Recover Right has a proven track record of returning patients home safely and quickly.

Age Related Eye Problems

Aging is a natural process of living, but so is reading, watching the sunset, and seeing your grandchildren grow-up. Don't let eye problems go untreated. With modern technology, malfunctions of the eye can be detected before they cause any damage. Getting regular check-ups at your local ophthalmologist can ensure that these problems will be diagnosed before they cause other problems.

As you age, your body changes and vision loss is one of the most common side effects. Cataracts and uncorrected refractive errors are the two leading causes of vision impairment. Recent scientific studies have also suggested that a positive correlation exists between cataracts and uncorrected refractive errors, and so having one may heighten the risk of getting another.

The key to battling vision loss is an ongoing process that involves awareness through informing yourself on the topic and by undertaking regular eye exams.

Uncorrected refractive errors is a group of complications that can be a direct result of your body changing with age. When focusing on things near or far, eyes alter their shape to be either convex or concave. Throughout time the elasticity in the eye weakens, making it more difficult to contort into these positions naturally. This is called near-sightedness and far-sightedness, all normal side effects of growing older. Laser eye surgery, glasses, or contacts prescribed by your local optometrist can have you seeing better in no time.

Over 90% of people over the age of 65 have at least one cataract. At age 75, half of the people have experienced vision loss caused by a cataract. While regular check-ups are crucial in monitoring known cataracts, check-ups can also help identify newly formed ones. Treatment options include cataract surgery, a safe procedure that can usually restore all impairment, or physical aids such as sunglasses, brighter lighting, and magnifying glasses for early onset symptoms.

On top of aging, the accumulation of certain behaviors such as not wearing sunglasses, smoking, heavy drinking, and obesity also contribute to age-related vision loss. If you find yourself with a cataract or refractive errors, there is no need to worry. Vision loss due to cataracts, even vision loss caused by uncorrected refractive errors, can generally be avoided altogether.





Dental Health



With today's technology long strides have been taken in the advancement of modern dentistry. Tools such as electric toothbrushes, inter-dental cleaners, and water picks give us the ability to better care for our dental health. Oral care education has also been revolutionized. We now know how best to keep our teeth for longer and in better condition. As we age, oral health problems such as untreated tooth decay, gum disease, and tooth loss may arise, but keeping a few things in mind when taking care of our teeth can make all the difference.

Increase your use of antibacterial mouthwash and floss

Creating a good brushing regimen is the most important step to good oral hygiene. Mouthwash and flossing can get into the places normal bristle tools can't and is a great addition to your daily brushing.

A good antibacterial mouthwash can help reduce bacterial growth and prevent plaque build-up. If flossing is a bit difficult, try out a water pick.

Add more fluoride to your dental regimen

Toothpaste with 1350 to 1500 parts per million of fluoride is usually adequate. Increasing fluoride will help counter demineralization in the teeth, a process that can break down tooth enamel.

Avoid ingesting too many irritants like tobacco, sugar, and alcohol

Cutting down on sugary substances will prevent unnecessary cavities, while reducing or stopping use of tobacco will lower your chances of gum disease and oral cancer. Even at an older age, slowing down or quitting tobacco and alcohol will have a large positive effect on your health. A healthy diet becomes increasingly important as we age, and centering your diet around calcium rich foods like fish, nuts, and fat-free milk will strengthen your teeth.

And, finally, make and keep regular appointments with your dental professional. The best step to take towards good dental hygiene is to consult your dentist regularly about your oral health needs. Your dentist knows your mouth best and will be proactive about any oral health problems that may arise due to aging and can create a regimen that optimizes for your personal health needs.



Daily Living Aids

Limbs don't work like they used to, but it doesn't mean you have to stop enjoying regular activities.

Mechanical daily living aids have been around for centuries. One of the earliest references of the use of daily living aids dates back to 4000 BC in Indian mythology where a warrior queen used an iron prosthetic in place of one of her legs lost in battle. Nowadays, daily living aids aren't just prosthetics or wheelchairs, but a wide array of helpful products that are easily available and make modern day life a little more manageable.

Writing Aids

Having difficulty holding things hands can be frustrating when trying to write a letter or use modern technology. These actions require precise finger dexterity. Thankfully, slip on hand aids allow the wearer to forego the use of fingers in exchange for a well-fitting band that goes around your hand. Difficulty pressing buttons that are close together - such as on a keyboard - can be a thing of the past, along with dropping the pen or veering off the page while writing.

Kitchen Aids

It's not uncommon to experience other types of hand deterioration besides loss of dexterity in the later stages of life. Strength, too, can be a problem. Aids such as tippers and jar openers, for example, are great tools to combat this. There are many different kinds out there, from manual to electric. Usually triangular in shape, tippers help you pour things without spilling by keeping things steady, such as kettles. Opening a jar and pouring some tea seem like simple tasks but without the use of tools they may be impossible. Having these tools at your disposal can feel very empowering.

Mobility Aids

Mobility aids assist in improving the mobility of people, such as assisting in walking or allowing a person to forego walking all together. Depending on the level of assistance needed, there is an assortment of products available. For those with very limited mobility, electric wheelchairs and seated scooters are the best option. Plenty of customizable options with these: speed, comfort, tire quality, packaged tools... Other people who still prefer to walk, but have difficulty in doing so may benefit more from walkers or canes. There are even canes that double as grabbers, for reaching things far away.

Westown Pharmacy

Live Longer Healthier[®]

455 Hartford Road, Manchester, CT 06040

www.westown-pharmacy.com



Located in Manchester, CT, we've been serving the communities of Manchester, Glastonbury, Bolton, South Windsor, East Hartford and Vernon since 1947.

Our experienced and friendly staff will treat you like family.

At our Pharmacy, we believe that being a local independent pharmacy means providing healthcare services to our patients that are customized to meet their needs.

We are known for our fast and courteous service that results in short wait times when it comes to filling your prescriptions. We also do personalized services like delivery and weekly medbox.

Immunizations | Compounding | Multi-Dose Packaging | Long Term Care

Contact us for Free Delivery

Phone: 860-649-9946 · Fax: 860-646-6624

Monday - Friday: 9a.m. - 7p.m

Saturday: 9a.m. - 5p.m. Sunday: 9a.m. - 3p.m.



Things You Didn't Know About Pharmacists

Being a pharmacist isn't all about filling prescriptions. Pharmacists spend anywhere from seven to eight years educating themselves, and eventually obtaining a doctorate degree. On top of this many burgeoning pharmacists will spend an extra year or two after their studies completing a pharmacy residency to specialize in fields such as pediatric or geriatric care. They are an underutilized wealth of knowledge.

They can administer more than your yearly flu shot. Other vaccines commonly administered at pharmacies are polio, shingles, pneumonia, tetanus, and chicken pox. Many pharmacists also have access to travel immunizations such as typhoid and meningitis. They will go over your medical history with you and help you choose which vaccines are appropriate. When finished, don't forget to ask the pharmacist to forward proof of your vaccination to your primary care physician so they can update your records.

They can give you all the information you need on that prescription you're picking up, possibly saving you and the world.

This sounds like an exaggeration, but in fact it is not. The rise of drug-resistant super diseases is caused by widespread overuse and misuse of antibiotics.

According to the Center for Disease Control (CDC), at least 30% of all prescribed antibiotic courses are not necessary. Asking your pharmacist about your prescription will help you defend against over-prescription of antibiotics. Just because the drugs you're picking up are prescribed by a physician, doesn't mean they can't be administered incorrectly.

They can advise on over the counter medicine, too, and may even save you money.

When you ask your pharmacist about how to take your new prescription properly, also ask their opinion on the drug itself and if there are any cheaper alternatives. With their wide breadth of knowledge regarding medications they will most likely be able to recommend you a cheaper generic version of the medication you are taking. They are also knowledgeable about rebates, coupons, and loyalty programs that can help cut down your medical expenses.

The next time you see a pharmacist, make sure to strike up a conversation.

There is a lot to be learned from the person at the counter doling out your medication, all you have to do is ask!





Legal Assistance for Seniors

It's important to have trustworthy legal aid close at hand. Conditions such as end of life arrangements, estate management, and public benefits are not only for necessary admin, but age or disability discrimination and abuse can happen at anytime and it is important to know where to get help quickly if ever the set of circumstances arises. The consideration of a legal professional is crucial to ensure the rights and property of the elderly are protected.

When do I or my loved one need legal aid?

Legal aid can be required for many varied reasons. One of the biggest categories is life planning. An attorney can be of great use:

- In going over contracts when first moving into an assisted living housing development
- To help create a living will, delineate power of attorney, funeral planning, or estate planning
- Seek advice and gather required documentation in regards to elderly tax benefits, pension, and access to public benefits
- Drafting advance directives
- In getting refunded for financial exploitation

It is important to recognize symptoms of any abuse and get the help required early on. During this late stage of life, it is often the case that we or our loved ones have to rely on increasing amounts of help from caretakers and are more vulnerable to situations of abuse. Abuse can take the form of:

- Financial abuse
- Physical abuse
- Neglect
- Emotional abuse
- Scams, such as those over the telephone

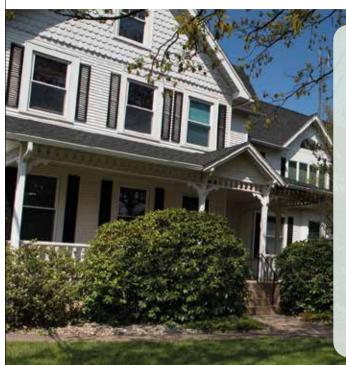
If you or a loved one is being put in this circumstance, it is important to seek legal assistance right away.

How to seek the legal aid

It can be daunting with all the options for attorneys out there. Thankfully there are law practices dedicated specifically to elder law. Hiring an attorney that has a history with elder law or specializes in it can make all the difference.

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While no one wants to think about disability, declining health or death, establishing an estate plan can protect you and your family from the potentially financially devastating expenses as well as ensure the assets you have spent your life working for and maintaining, benefit the loved ones you leave behind.

Proper estate planning not only puts you in charge of your finances and decision making when you are not able to manage either yourself, it can also make it easier on your loved ones and streamline the expense, delays and frustration associated with managing your affairs when you are no longer able to do so yourself.

I am able to provide you and your family peace of mind with advice and legal services in the following areas:

• Wills, Probate & Estate Planning • Residential Real Estate

• Business & Finance • Commercial Real Estate

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