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Voted 2021 & 2020 Best Nursing Home!
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Make sure your representative is on your side

Several colleagues of mine recently had a heated discussion regarding whether or not an elder law attorney could represent a nursing home and a nursing home resident at the same time. While legally this is possible, it points out a growing problem in the long-term health care industry. The situation reeks of a conflict of interest. Something that every senior should think long and hard about is: who is representing you?

In my previous life as assistant Attorney General to then Attorney General Joe Lieberman, he would often say, “If something sounds too good to be true, it probably is.” So, if a facility is pushing too hard for you to use “their people” for “free,” or if a Medicaid application company is offering to do the application at a severely discounted rate, than you should be very suspicious.

Think about it. If a conflict develops between you and the facility and litigation is required, the “chosen” representative may not vigorously represent you.

In the past few years, I have heard many families being told that they do not need an attorney to advise them on Medicaid long-term care issues. This is true. And you also don’t need a dentist to fix your cavities, but it sure helps.

As we have noted many times in this column, you have to be very careful who is advising you on protecting your home and assets. Why would you consult with a banker, financial planner, accountant or lawyer who does not specialize in elder care issues?

Hiring an attorney is a difficult decision. Elder law, in particular, is a complicated field. Beyond simple estate planning, a good elder law attorney will advise clients on a wide range of long-term care planning issues, taking into consideration emotional and other non-legal issues. Estate planning – taking care of what happens to your assets after death – is just one facet. The other is taking care of your assets, needs and physical care before that event. Elder law attorneys help you plan for illness, disability or incapacity. As people live longer lives, their extended care will become more and more of the planning focus.

Just as you would seek out a certain type of physician for open heart surgery, you should seek out an attorney who has focused his or her career in the limited practice area of elder law, or long-term physical care and financial planning needs. And for that matter, why would you ask a non-attorney to interpret the law? A good attorney offers far more than an attorney who does not focus on this particular area of law, and you should expect far more from him or her.

An experienced, well-qualified, elder law attorney has the background to recognize problems that you aren’t aware of, such as the consequences of powers of attorney and potential conflicts between different family members. The purpose of careful planning is to ensure that your desires are carried out even when you can’t speak for yourself. You want to be certain that your attorney can evaluate all the consequences of your written word, especially consequences you do not anticipate.

Daniel O. Tully is a partner in the law firm of Kilbourne & Tully, P.C., members of the National Academy of Elder Law Attorneys Inc., with offices at 120 Laurel St., Bristol. Contact him at 860-583-1341. ktelderlaw.com. Ktelderlaw.com

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Power of love

One of our law firm’s elder care coordinators observed the most touching manifestation of the power of love. She accompanied a wife to visit the husband who is permanently in a nursing home due to the severe Alzheimer’s and physical disabilities which confine him to a wheelchair. His memory is so devastated that he cannot remember his wife’s name despite decades of marriage. Upon entering the facility, they went to his room and the wife called his husband’s name. He turned around and she said, “Hi honey.” His face lit up with joy, his eyes expressing pure love, and responded, “Hi baby.” It was as touching a moment as you can imagine and brought tears to the wife and to our elder care coordinator.

This story relates to elder care issues and their solutions because no matter how difficult the situation, the power of love can keep the human spirit going. The role of elder care coordinators is to help find solutions to get good care for a loved one, preferably at home. That is done by providing advice and direction on what kinds of help are available from private or public resources, where that help can be given, whether at home, assisted living, or memory care or full skilled care. It is also vital to know how private and public benefits can pay for that care. The key is to know when families can qualify for public benefit programs, and what kinds of help and how much help is available.

In the touching story above, the husband was full 24-hour care as he not only had severe Alzheimer’s, but was unable to do any of the daily activities of living such as bathing, dressing, feeding, toileting, etc. In his case, only around the clock team of caregivers could give the care needed. Elder care coordinators help families deal with the various problems that can arise and hopefully keep the loved one at home.

In my own mothers’ case, many years ago, we had caregivers in all day. For several years that worked well. But she started to decline further and lost weight. She had outlived most of her friends, and even though her caregivers were wonderful, she needed more. One of our elder care coordinators said “You know, she is a very social person, and needs more people around her. She needs to be in an independent living facility, keeping her caregivers.” That was exactly the problem and the solution. She moved to an independent car facility, ate meals with others, had her private aides, and put on 12 pounds in three months. She lived there for about three years until her condition deteriorated so much with dementia and decreased physical movement that a nursing home was needed. My article at that time was titled “How to gain weight in one easy lesson.”

The point of these anecdotes is to have it strike home that the power of love is vital in nurturing the human spirit to live, and that getting the help of elder care coordinators who know what help is available, what is practical, and what programs can pay for that help is what keeps loving families in the best possible care environment ensuring the best quality of life.

This story relates to elder care issues and their solutions because no matter how difficult the situation, the power of love can keep the human spirit going.

\[This\\]\[\text{story}\]\[\text{relates}\]\[\text{to}\]\[\text{elder}\]\[\text{care}\]\[\text{issues}\]\[\text{and}\]\[\text{their}\]\[\text{solutions}\]\[\text{because}\]\[\text{no}\]\[\text{matter}\]\[\text{how}\]\[\text{difficult}\]\[\text{the}\]\[\text{situation},\]\[\text{the}\]\[\text{power}\]\[\text{of}\]\[\text{love}\]\[\text{can}\]\[\text{keep}\]\[\text{the}\]\[\text{human}\]\[\text{spirit}\]\[\text{going}].\]
Financial resolutions you can keep

Czepiga DALY POPE & PERRI

We’ll only be hours into the New Year, and most of us will already be steeling ourselves for the annual guilt trip about abandoned resolutions! It never fails. We start out with the best intentions, but as the world cranks back into gear after the holidays, we find ourselves slipping back into old habits and making old excuses.

Don’t feel too bad. You’re definitely not alone.

The trouble with most New Year resolutions is that keeping them requires consistent effort over the long term. It can be exhausting just thinking about it.

But what if you chose resolutions you could keep by just doing one thing?

To help inspire you, we’ve put together a list of 5 financial resolutions that don’t require a year’s worth of commitment and labor. These are resolutions you can cross off your list early in the year and be done until next December 31st.

Check and update your beneficiaries: Did you experience any life-changing events last year? Did you get married or divorced? Did you add any children or grandchildren to your family? These and other milestones can trigger changes in how you assign beneficiaries for your retirement, life insurance, and other accounts. The start of a new year is a great time to make sure all your beneficiary designations are up to date, and brush up on how to choose beneficiaries wisely.

Get your passwords under control and protect your identity: We’ve all heard identity theft horror stories. Even a minor incident can expose you to major financial risk and hours of time lost to rectifying the issue. One of the most commonly exploited vulnerabilities is online passwords. All a hacker needs is one chink in the armor, and they can access everything from your bank accounts and social media to credit cards and government documents.

There are many free and low-cost password manager apps that can help you wrangle all your logins while also protecting your identity and your assets. Some of the most popular are LastPass, 1Password, and Keeper and Bitwarden. Each of these offers features that make it easy to manage all your passwords in one place more securely and easily than the pile of sticky notes most of us use. As a bonus, many also make it easier to fill out online forms, monitor for suspicious activity around your personal data.

Czepiga Daly Pope & Perri is an estate planning, elder care, special needs, litigation and probate law firm with five offices in the state, including Berlin and Simsbury. More information is available at czepigalaw.com
When the New Britain Senior Center’s Arnold Schwartz Greenhouse was dedicated in May 2018, everything was, as they say, coming up roses.

Nobody knew that two springs later the Senior Center would be closed to visitors and there might not be anyone to plant or tend to life in the glass-walled sanctuary outside.

But thanks to their hard work, volunteers and staff will celebrate their 4th Annual Plant Sale – a fundraiser for the Senior Center – this May.

“If nothing got planted nothing got sold; if nothing got sold we didn’t have any money, and we like our programming here at the senior center,” said member Nancy Durkin, who along with fellow volunteer Liz Zimmitti, kept the greenhouse in good shape when the facility was shut down during the covid-19 pandemic.

The Greenhouse Club meets Monday and Wednesday mornings throughout the planting season, which begins in early spring.

“Right now we’re planning what we want to grow and ordering seeds,” Senior Center Coordinator Rex Cone said.

Volunteers are working with Nic Tedesco, project assistant with the
University of Connecticut's School of Agriculture, cleaning up the greenhouse and getting prepared for the big plant sale.

“These folks are just great,” Tedesco pointed out. “I love coming here.” He enjoys moments with seniors like Durkin and Bernadette Mullins, who isn’t confident about her growing abilities but helps out anyway.

“I like gardening even though I’m bad at it,” Mullins said. “That’s not true,” Tedesco told her.

On what she loves most about working in the greenhouse, Mullins said, “friends, laughing.”

“Learning about different plants,” Durkin piped up. “And then eating them,” Mullins added with a laugh.

Their plant sale took place online in 2020 while in-person events were not allowed. This past spring fresh blooms, vegetables and fruit were sold over two weekends.

The 2022 sale is set for May 7 from 9 a.m. to 12 p.m., and May 14, from 9 a.m. to 12 p.m., while supplies last. Whatever’s left goes to the New Britain Farmers Market. Funds raised will benefit Senior Center programs and special requests from members.

“This year the goal is to make $4000 in sales,” Cone said.

Longtime community volunteer Arnold Schwartz saw the greenhouse be built and dedicated in his name before he passed away in 2019. Schwartz was Chairman of the city’s Commission on Aging for many years.
Everlasting love

Six couples renew their vows at Mulberry Gardens

By ERICA DRZEWIECKI @DRZEWIECKINBH

Six couples who have been married for over 60 years renewed their wedding vows in a joint ceremony at Mulberry Gardens.

The assisted living, adult day and memory care community, a member of Hartford HealthCare Senior Services, celebrated the couples alongside their family, friends and fellow residents of Mulberry Gardens. The ceremony was facilitated by Rev. Victoria Triano, in charge of pastoral care at Hartford HealthCare Senior Services.

The ceremony was facilitated by Rev. Victoria Triano, in charge of pastoral care at Hartford HealthCare Senior Services.

Each of the wives received a colorful bouquet and each couple received a proclamation certificate from the Southington Town Council.

“This is all very exciting and a great way to celebrate love, marriage and life,” Activities Director Donna Johnson pointed out.

“They’ve been through so much over the last two

Edith and Peter Procko, who will be celebrating 76 years of marriage this October.
years, it is nice to celebrate something happy,” Executive Director Jacquelyn Gaulin added. “It is also nice to learn from the couples about love, it is something we all need.”

Rita and Bob Van Epps said their first wedding vows in February 1962. “It was a blind date,” Bob said of how they met. He was in the Navy at the time and living in Rochester, New York. She was from Bristol.

“I told her that night, I’m going to marry you,” he recalled.

Their first of two sons was born in 1964. Bob learned the trade of tool and die at Pratt & Whitney and went on to work at small shops throughout the Southington area, where they lived.

Now 85 and 83, Bob and Rita say the secret to staying married for 60 years is not to sweat the small stuff. “Say yes dear,” Bob pointed out. “There’s no sense in arguing.”

“You’ve got to work together,” Rita added.

Mary and Tom Kline married in 1959 will celebrate 63 years in August.

Paula and John Lutkus married in 1958 will celebrate 64 years of unity in November.

Both the Klines and the Lutkuses agreed that the secret to a good marriage is compromise.

Margo and Roland Veillette married in 1957 and will celebrate 65 years together in June.

Iva and Brewster Yates married in 1956 will celebrate 66 years in September.

Finally, Edith and Peter Procko take the cake. The Prockos will be celebrating 76 years of marriage this October.

Their advice? “People say it’s a 50/50 operation, you need to give 100% to your spouse.”

Erica Drzewiecki can be reached at edrzewiecki@centralctcommunications.com.
Looking for certain signs
How sweating at a wedding saved an woman’s life

Sharon Corlette, of Plainville, was 68 years old in May of 2015 when her son got married. She was on the dance floor, having a good time, when her sister noticed something.

“She said I was sweating profusely. I didn’t even realize it or think that it was anything abnormal,” Corlette explained. Shortly after the wedding, Corlette began noticing a strange feeling while exercising. “After one or two minutes, I would feel a funny sensation — almost like a hole in my chest.”

Corlette told her primary care physician about the pain and sweating and he immediately referred her to Heather Swales, MD, cardiologist with the Heart & Vascular Institute at The Hospital of Central Connecticut. Dr. Swales put Corlette through a series of tests and procedures, which revealed a serious situation with her heart.

“You only have five coronary arteries and four of mine were blocked,” said Corlette. “I mean I knew I had high blood pressure and my cholesterol wasn’t good, but I never ever thought something was that wrong with me.” Corlette would eventually undergo quadruple bypass surgery, and is now feeling great at 75 years old.

Dr. Swales says that Corlette was experiencing the sweating and discomfort in her chest because her heart was struggling to get oxygen under stress due to the blockages in her arteries. “Over time she would’ve developed symptoms of congestive heart failure or she would’ve had a heart attack,” said Swales. “She could’ve had cardiac arrest, which is sudden death, and she might not have made it to the hospital.”

According to the Center for Disease Control and Prevention (CDC), heart disease is the leading cause of death among women. Dr. Swales says that women should pay close attention to their health and the risk factors, which include: smoking, high blood pressure and high cholesterol, diabetes, physical inactivity, obesity, and an unhealthy diet.

For men and women, chest pain is a classic sign of a heart attack, but women often tend to have more subtle symptoms that they may ignore, according to Dr. Swales. Some of the symptoms include:

- Pain in the neck, jaw or shoulder
- Shortness of breath
- Extreme fatigue
- Indigestion
- Sweating
- Dizziness
- Nausea or vomiting.

“These can all be signs that the heart is struggling and this is the warning before the big event and this is your chance to get checked out and it’s never wrong to ask your doctor if this is something you need to worry about,” said Swales. “There’s testing we can do to see what’s going on.”

Corlette has high praise for the team of highly-skilled professionals at Hartford HealthCare who helped save her life and has a message for all women when it comes to their own health.

“Never hesitate. Never wait. Go to the doctor if you notice something isn't right. You only have one heart. You have to take care of it,” said Corlette.

Dr. Heather Swales is a cardiologist with the Heart & Vascular Institute at The Hospital of Central Connecticut and co-director of the Women’s Heart Wellness Program. For more information about heart health, or to book an appointment with a cardiologist, call 860.224.5694, or visit https://hartfordhealthcare.org/heart.
Time to discuss heart disease

February is American Heart Month and there is no better time to discuss and raise awareness about heart disease. The major risk factors for heart disease are diabetes, high cholesterol, high blood pressure, smoking, physical inactivity and obesity. Unfortunately, heart disease also has a genetic predisposition.

The term “heart disease” describes many different conditions. The most common form of heart disease is known as coronary artery disease or ischemic heart disease. These conditions result from plaque accumulation within the arteries of the heart, which reduces blood flow to the heart and increases the risk of a heart attack and other heart complications. Other forms of heart disease include:

- Irregular heart rhythms—also known as arrhythmias
- A weak heart muscle—also known as cardiomyopathy
- Heart failure
- Heart valve problems

A heart attack occurs when the blood flow that brings oxygen to the heart is severely reduced or cut off completely. The most common symptoms include chest pain or discomfort that may feel like a pressure, squeezing, and/or tightness in the chest. Other symptoms include discomfort that may radiate to your left arm, jaw, shortness of breath, sweating, and/or breaking out in a cold sweat, and/or lightheadedness.

I cannot stress enough that time matters; if you think that you or someone you’re with is having a heart attack, call 911 immediately.

Considering the potential health dangers of heart disease and a heart attack, prevention is key. It is much easier to prevent heart disease than it is to treat heart disease. Prevention involves minimizing the aforementioned cardiac risk factors.

High blood pressure is a major contributor to heart disease. The heart pumps blood through a network of arteries, veins and capillaries. The moving blood pushes against the arterial walls and this force is measured as blood pressure. High blood pressure usually results from the tightening or hardening of very small arteries that regulate the blood flow through the body. As these arteries tighten or harden, the heart has to work harder to pump blood through those vessels.

High blood pressure is dangerous because it usually does not cause symptoms until it has reached more advanced stages. Annual physical exams are, therefore, important in detecting and/or monitoring high blood pressure. High blood pressure can be controlled by eating a low salt diet, losing weight and beginning a regular exercise program.

See KNOW, Page B15

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*Based on customer experience reviews shared online at www.thehartford.com/aarp as of October 2021.
CLUES ACROSS
1. Neckwear
2. Fish parts
3. Cooking
4. Quality
5. Rural delivery
6. Popular superhero
7. Partner to Pa
8. Shivering fits
9. Linguisics pioneer
10. Large integers
11. A way to prepare food
12. Group of badgers
13. Peyton’s little brother
14. Rock out
15. Danish krone
16. Take from with force
17. Baroque musical instrument
18. Hebrew alphabet letter
19. Independent member of a clone
20. Type of garment
21. One point south of due east
22. Short, thick stick
23. Very important persons
24. Folk singer Di Franco
25. Boredom
26. Folk singer Newton
27. Expression of sorrow or pity
28. Linear accelerator
29. Smallest interval in Western music
30. Folk singer Newton
31. Box
32. Small speech
33. Cheese dish
34. Done by all people or things
35. Bar bill
36. Call it a career
37. Where wrestlers work
38. Showed old movie
39. Important event on Wall St.
40. High schoolers’ test
41. Slang for gun
42. Fathers
43. Free from contamination
44. Eastern Canada coastal region
45. Fathers
46. Fathers
47. Fathers
48. Fathers
49. Fathers
50. Fathers
51. Fathers
52. Fathers
53. Fathers
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61. Fathers
62. Fathers
63. Fathers
64. Fathers
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66. Fathers
67. Fathers
68. Fathers
69. Fathers
70. Fathers

CLUES DOWN
1. Short, thick stick
2. Rhode Island
3. Animals of the horse family
4. Very important persons
5. Folk singer Di Franco
6. Boredom
7. Long speech
8. Folk singer Newton
9. Expression of sorrow or pity
10. Linear accelerator
11. One quintillion bytes
12. Smallest interval in Western music
13. Box
14. Cheese dish
15. Boredom
16. Folk singer Newton
17. Long speech
18. Folk singer Newton
19. Expression of sorrow or pity
20. Linear accelerator
21. One quintillion bytes
22. Smallest interval in Western music
23. Box
24. Cheese dish
25. Boredom
26. Folk singer Newton
27. Long speech
28. Folk singer Newton
29. Expression of sorrow or pity
30. Linear accelerator
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38. Folk singer Newton
39. Expression of sorrow or pity
40. Linear accelerator
41. One quintillion bytes
42. Smallest interval in Western music
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44. Cheese dish
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46. Folk singer Newton
47. Long speech
48. Folk singer Newton
49. Expression of sorrow or pity
50. Linear accelerator
51. One quintillion bytes
52. Smallest interval in Western music
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54. Cheese dish
55. Boredom
56. Folk singer Newton
57. Long speech
58. Folk singer Newton
59. Expression of sorrow or pity
60. Linear accelerator
61. One quintillion bytes
62. Smallest interval in Western music
63. Box
64. Cheese dish
65. Boredom
66. Folk singer Newton
67. Long speech
68. Folk singer Newton
69. Expression of sorrow or pity
70. Linear accelerator
What qualities might you consider when choosing an executor for your estate? Are there certain skills and characteristics he or she should have? Click through for some tips on picking someone to fulfill your final wishes.

How To Pick an Executor

There is a key aspect of creating an estate plan that you should not gloss over: choosing whom to carry out the wishes outlined in your will, making important decisions on your behalf. Select someone who's trustworthy, organized and able to juggle the job along with other life responsibilities.

Here are qualities to look for when choosing the executor of your estate:

- **Responsibility** - addressing estate matters quickly and communicating effectively with beneficiaries to make hard decisions when necessary.
- **Integrity** - showing fidelity to your final wishes.
- **Diligence** - locating and collecting assets you owned and taking physical possession of them if necessary. Executors must secure, insure and appraise assets. They may have to make determinations about the estate's assets - which to retain and which to sell - and how the estate's cash needs will be met.
- **Comfort with tax matters** - working with tax and legal professionals to prepare and file your final federal and state personal income tax returns, as well as any returns for prior years and gift tax returns if they weren't filed.
- **Impartiality** - making decisions without favoring one beneficiary over another.
- **Availability** - settling an estate takes an average of 16 months, so your choice of executor needs to commit time and energy to the tasks involved.
- **Financial responsibility** - willingness and ability to manage an estate. If you feel that you don't have responsible friends or family members, you can name an attorney, accountant, bank or trust company as executor. Unlike a close friend or family member, these parties usually charge fees for being an executor, which vary from state to state.
- **Prudence** - your choice of executor needs to have suitable personal finances. People with debts and liens, individuals with no credit history or those who have declared bankruptcy are not good choices since they often can't get bonded, and many courts require executors to take out a bond as a guarantee that they won't skip town with the money from the estate.

Also, name at least one younger executor. While you only need to name one executor to make your will valid, you should try to name at least one additional younger, healthy person, known as a successor or contingency executor. This person should be likely to outlive you in case your first choice is not available to serve.

You want an executor who can handle hard work without hesitation, maintain their emotional balance, and manage the tempers and egos of beneficiaries. Probate is hard for everyone involved. The executor's role is to dispose of the estate with patience and expertise and to communicate with the beneficiaries throughout the probate process.

Please feel free to contact us if you need assistance updating any of your legal document that make up your estate plan.


35 Pearl St. 301 Suite, New Britain, CT 06051
Ongoing

Free tax assistance at Tunxis
Free tax assistance is available at Tunxis Community College in Farmington through the Volunteer Income Tax Assistance Program (VITA) on Fridays now until April 8, by appointment, from 10 a.m. to 2 p.m. in Tunxis Library. In case of inclement weather, visit tunxis.educ as college delays or closings will affect scheduled appointments. No services will be available Feb. 18 when the college is closed.

Bristol Senior Center activities
Bristol Senior Center offers regular activities at the center daily. See what’s happening!
Billiards: 8 a.m. to 5 p.m.
Woodworking: 8 a.m.
Exercise Room: 8 a.m. to 5 p.m.
Coffee Shop/Boutique: 9 a.m. to 1 p.m.
Friends of the Senior Center tag sale: 9 a.m. to noon
Walking Club: 6:30 to 8:30 a.m.
Congregate Meals: 11 a.m. to 1 p.m.
The Bristol Senior Center is located at 240 Stafford Ave., Bristol.

Pickleball
Bristol Senior Center offers Pickle Ball Mondays, Wednesdays and Fridays. Senior Center staff installed pickleball nets and repainted the gym floor to create two regulation-size courts. If you’re interested in playing the fun begins at 1 p.m. Mondays, Wednesdays and Fridays.

Thursday | 3
Webinar: How to be aware of your surroundings
The public is invited to join this free Hartford HealthCare Webinar with Exercise Physiologist Lisa Murawski. She will be giving tips on how to avoid slips, falls and trips. There will also be a Q&A with speaker after the presentation. Registration is required for this event and can be done by calling 1-855-442-4373. This event will be from 1 to 2 p.m.

Friday | 4
CT Home Show
The original Connecticut Home & Remodeling Show is back and will run until March 6. There will be hundreds of exhibits from local vendors. General admission is $12 and senior admission is $9. The show will take place at the Connecticut Convention Center, 100 Columbus Blvd., Hartford. The show will run from 3 to 8 p.m. Friday, 10 a.m. to 8 p.m. Saturday and 10 a.m. to 5 p.m. Sunday.

First Friday
New Britain Museum of American Art’s social event from 5:30 to 8 p.m. The Savage Brother Band will be playing. Admission for members is $7 and $12 for non-members. The museum is located at 56 lexington St., New Britain.

Saturday | 5
50th Meriden Gem Show
The Lapidary & Mineral Society of Central Connecticut is set for their 50th Annual Gem, Mineral & Jewelry Show & Sale at Maloney High School, 121 Gravel St., Meriden, from 9:30 a.m. to 5 p.m. The show will also be on Sunday from 10 a.m. to 4 p.m. Admission is $5. Children under 12 get in for free, free for Scouts in uniform.

Wednesday | 9
Celtic folk music concert
The Jolly Beggars will be making their way to the Bristol Public Library at 5 High St. This group is based out of Connecticut and play traditional songs and musical arrangements. To RSVP you can visit bristol.lib.com, visit the library or call 860-584-7787 x 3. The concert will take place from 6:30 to 8 p.m.

Monday | 7
Webinar: Memory Café
This Hartford HealthCare virtual event is welcoming people with memory loss, mild cognitive impairment, early dementia and their family and friends. This webinar will give everyone the chance to have fun and socialize with others who have shared experiences. Registration is required for this event and can be done by calling 1-855-442-4373. This event will be from 10:30 to 11:30 a.m.

Tuesday | 8
‘My Fair Lady’
The Bushnell will put on the play My Fair Lady. The show will begin at 7:30 p.m. Tickets range from $42 to $119. The Bushnell is located at 166 Capitol Ave., Hartford.

Saturday | 12
Publishing your own cookbook
The Bristol Public Library, 5 High St., will teach you how to write and publish your own cookbook. This program will be in-person and on Zoom. There will be no charge for the event. To RSVP to this event visit the Reference Department, www.bristol.lib.com, email bristol.librefdept@bristolct.gov or call 860-584-7787 x 4. This event will be from 10 to 11 a.m.

Concert at Palace Theater
Led Zeppelin Experience | Hammer of the Gods is coming to the Palace Theater. The show will be from 8 to 10 p.m. Tickets are $44 a person. The Palace Theater is located at 100 East Main St., Waterbury.

Corned beef and cabbage dinner
Plymouth’s American Legion Post 20 will hold their fifth annual corned beef and cabbage dinner. The corned beef and cabbage dinner will be held from 4 to 7 p.m. at American Legion Post 20 at 245 Main St. The meal will include corned beef, cabbage, carrots, potatoes and rye bread. Tickets are $15 a meal. Only 150 tickets will be served.
Have an event you would like to see listed in the Datebook? Send it to editor@bristolpress.com and we will put it in for you! Include place, time and cost.

**Fundraiser**
Indian Rock Nature Preserve, 501 Wolcott Road, Bristol, will be holding their Annual Pancake Breakfast (to go) & Maple Sugaring Demonstration Fundraiser. The event will be from 8 a.m. to noon. Tickets are $10 for adults and $7 for children. Proceeds benefit Environmental Learning Centers of CT’s education programs.

**Concert**
Manross Memorial Library will welcome Molly McLaughlin and Derek Monahan. They will perform folk music from Ireland, Spain and North America. Space is limited. Call 860-584-7790 to reserve a spot. The event will run from 2 to 3 p.m.

**Craft Beer Fest**
The 2022 Craft Beer Fest will take place at the Toyota Oakdale Theatre in Wallingford, 95 S Turnpike Road, Wallingford, starting at noon. There will be 60 plus breweries and 20 plus vendors from across the state. Tickets range from $15 to $50.

**‘Jesus Christ Superstar’**
Landmark Community Theater, 158 Main St., Thomaston, will be putting on the play ‘Jesus Christ Superstar.’

**Sunday | 27**

**Jazz Performance**
Hartford Public Library’s Baby Grand Jazz Series returns in-person and virtually. The series will be held from 3 to 4 p.m. at the library located at 500 Main St.

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**Know the facts**
Continued from Page B14
exercise program. Additionally, learning to manage stress and avoiding smoking can help. Medications also are available if these lifestyle changes do not help control your blood pressure.

All the cardiologists here in our practice work closely with the team from the Bernie Guida Cardiac and Pulmonary Rehabilitation Center. The center is located on Level C of Bristol Hospital; it’s about 3,000 square feet and includes treadmills and stationary bikes. Additionally, the center is part of Bristol Hospital’s Cardiac and Pulmonary Rehabilitation Program which is designed to help patients reach their highest level of wellness through exercise training, counseling and support following a heart attack or open heart surgery. Those who are at a high risk for heart disease also are referred by their physician to the center.

Liran Blum, MD, is a cardiologist with the Bristol Health Medical Group.
Dr. Blum’s office is located at the Medical Care Center, 15 Riverside Avenue.

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**Thursday | 17**

Happy Saint Patrick’s Day!

**Saturday | 26**

**Comedy Night**
Environmental Learning Centers of Connecticut will be holding their Annual Comedy Night, the organization’s largest fundraiser of the year, 6 p.m., at the DoubleTree by Hilton in Bristol, 42 Century Drive, Bristol. Admission is $75 per person and includes dinner and a show. For tickets call 860-520-7966. Tickets can also be reserved by emailing Jim Lausier at jalausie@yahoo.com.

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