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**CENTRAL CT SENIOR HEALTH SERVICES RECEIVES GRANT FROM THE WALMART
FOUNDATION AND THE CT ADVISORY COUNCIL**

SOUTHINGTON, Conn. (November 9, 2010) -- Central Connecticut Senior Health Services recently received a generous \$25,000 grant from The Wal-Mart Foundation and the Connecticut Advisory Council through the State Giving Program.

The grant will be used to expand a cognitive fitness program for senior citizens at Jerome Home/Arbor Rose in New Britain, Mulberry Gardens of Southington, and Southington Care Center, as well as for members of the general community who would like to participate in brain fitness.

“Our hope is that by expanding our current a cognitive fitness program that is housed in the same facility as the Good Life Fitness programs, seniors will be encouraged to make the link between their physical and mental well-being,” said Patricia Walden, Vice President of Operations for Central Connecticut Senior Health Services. “Access to other assessments and prevention programs will channel people towards services they may need to improve vision, avoid falls, and maintain a healthy lifestyle. We are doing all we can to help seniors remain independent in their homes, and promoting “brain fitness” is an important part of that work.”

A portion of the awarded grant is being used to support the Senior Stories Program which provides a photo book and/or DVD of a senior’s family history, photos and stories so that they may leave a legacy.

“The Wal-Mart Foundation and the Connecticut Advisory Council are both dedicated to helping our communities meet their most critical needs,” said Beth Egliskis, of Wal-Mart. “We are thrilled to be able to assist Central Connecticut Senior Health Services in its ongoing effort to improve services for seniors in Central Connecticut.”

Central Connecticut Senior Health Services is a not-for-profit integrated healthcare system. Its primary mission is to enhance the health and well-being of senior citizens in the communities we serve. Its skilled nursing, long-term care and short-term rehabilitation communities include Jerome Home, in New Britain, and Southington Care Center. Our assisted living communities include The Orchards at Southington and Mulberry Gardens of Southington, a community specializing in memory care. The newest additions to its family are Mulberry Gardens Adult Day Center at Marian Heights, and Arbor Rose, an independent and assisted living community with studio, one and two-bedroom apartments, as well as twelve apartments within a specialized memory care neighborhood. Both are located in New Britain.

To learn more about the cognitive fitness program or Senior Stories, please contact Jerome Home at (860) 229-3707 or Mulberry Gardens at (860) 276-1020 or Southington Care Center, (860) 621-9559.