



DOUBLE TIME

Human resources director named for Rushford, Natchaug.

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DEADLINE NEARS

Feb. 1 is the last day for submissions for the 12th annual BrainDance Awards. • PAGE 4



WINTER TIPS

The weather may be frightful, but you can still stay safe.

• PAGE 6

Hartford HealthCare 
Behavioral Health Network

BHINews

Artistic expression

Therapeutic outlet can produce inspiring results

For clients throughout the Hartford HealthCare Behavioral Health Network, emotions can be challenging to manage and express. Many therapists throughout the system turn to art as a clinical tool and coping mechanism for children and adults alike.

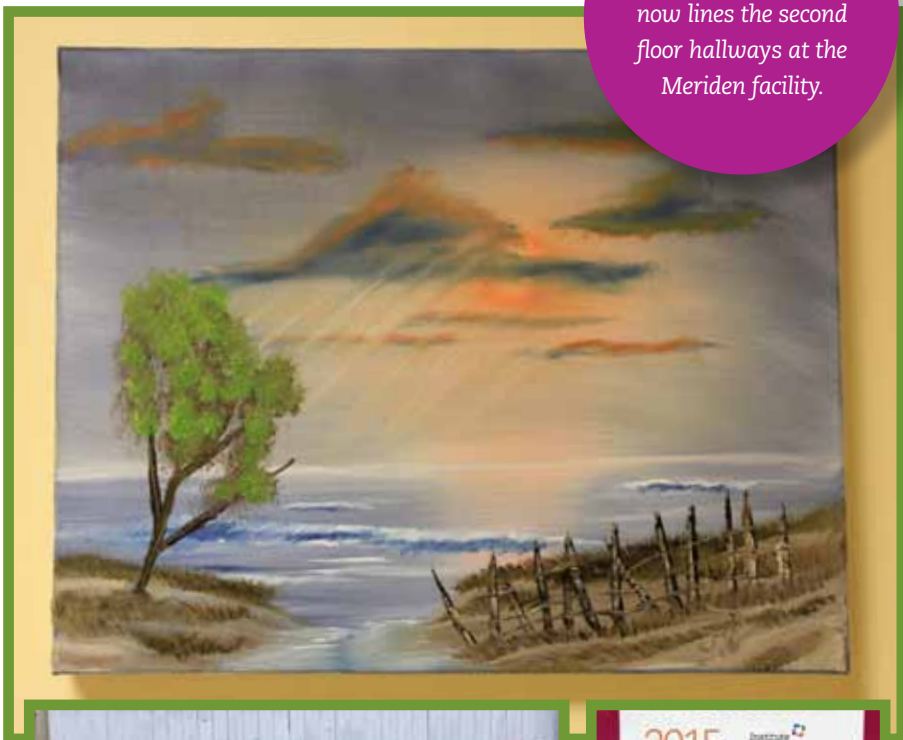
“Art is an excellent communications tool for kids who have trouble expressing their feelings through words,” said Jen-evieve Sullivan, MS, Clinical Art Therapist at Natchaug Hospital. “Art can be their words.”

At Natchaug, art is utilized in all programs — from adult inpatient where certified art therapists lead groups, to its clinical day treatment schools, which employ art teachers. Sometimes, art is even used to help beautify the campus and walls of the hospital.

Two clients at Natchaug’s Journey House program are in the midst of creating a mural to liven up the wooden fence around the courtyard. The project started as a community service requirement for the girls, but sparked their interest in beautifying the courtyard. The mural, which is on hiatus until spring, will

..... Continued on page 2

The artwork of a Rushford adult client now lines the second floor hallways at the Meriden facility.



Above left: Outdoor artwork by Natchaug Journey House clients. Above right: “Black and White Pensive Woman” by Charity was the cover art for IOL’s 2015 calendar.

Art therapy can produce inspiring results

continued from page 1

feature an outdoor landscape with two arms holding an earth and a field of sunflowers in the background.

Hannah Jackson, the recreation coordinator for Journey House who facilitated the project, was also involved



Student artwork adorns the ceiling at Rushford in Durham

in murals on the pediatric and adult units.

“The Journey House mural project is a great example of positive psychology,” Jackson said. “The act of creating community art is positive for the participants as well as the people who view the art.”

At Hartford Hospital’s Institute of Living (IOL), art is an integral part of the work done at The Grace S. Webb Schools, located in Hartford and Cheshire. More than 20 years ago, the schools initiated the IOL Children’s Art Calendar, highlighting student artwork. What began as a simple marketing tool

to draw attention to the work of the Webb schools and its talented students, has grown into an IOL tradition eagerly awaited each year by staff, patients, families and the community.

“It serves as a creative outlet and source of pride for the children to participate in this project,” said IOL Operations Vice President Annetta Caplinger.

Within Rushford at Meriden, the Client Satisfaction Committee initiated a project to improve the physical presentation of the building. With funding from the Rushford Foundation’s Employee Fund, a talented Rushford client volunteered his time to paint scenic portraits for display on the second floor of the facility. Thus far, the client has completed 13 portraits and is scheduled to paint more. The art project has not only been positively received by Rushford staff as well as his peers, but also contributed to the client’s own personal growth and progress in managing his mental illness.

Facility improvement using artwork at Rushford’s Meriden site is also taking place within the Child and Adolescent area on the first floor. This project stems from a Child and Adolescent H3W group idea to create a more “kid-friendly” environment. The clients, ages 13 to 18, engaged in group activities



Kids artwork in the Child/Adolescent wing of Rushford at Meriden

encouraging the use of art to express their feelings.

“Clients were able to participate in an activity not only allowing them to cope with feelings, but also to take part in revamping their space,” said Shalyn Rose, LCSW, Child and Adolescent Clinical Supervisor. “The clients created murals and canvases that are currently displayed on the walls in the adolescent program, which has created a warm and inviting space.”

Artistic expression in all forms is a focus at Rushford at Durham, where the artwork of former clients adorns the walls of campus school rooms.

“Artistic expression has always been, and always will be, a strong element of the curriculum here” said Katelyn Gomes, Rushford school principal.

The Talking Cure exhibit stops at Real Art Ways in Hartford

From Feb. 12 through May 25, Hartford Hospital’s Institute of Living and the Hartford HealthCare Behavioral Health Network welcome *The Talking Cure* — a traveling exhibit by New York artist Melissa Stern, to Real Art Ways, 56 Arbor St. in Hartford.

Taking its name from Sigmund Freud’s description of psychoanalysis, Stern’s show consists of 12 sculptures, each with its own narrative, created by writers and brought to life as monologues by actors. Attendees may access the monologues through QR codes on their smart phones, or on a provided MP3 player.

An artist’s reception for the show will be held on Saturday, March 7 from 4-6 p.m. For more information, please visit <http://www.realartways.org/event/the-talking-cure/2015-02-12/>.



“Stainless” is one of 12 sculptures in Melissa Stern’s exhibit *The Talking Cure*.

staff speaks out

What's your favorite cold weather food?



"Soup — almost any kind. I also recently took some leftover brisket and made a lovely stew out of it with potatoes and peas and a lovely sauce."

— **Annetta Caplinger,**
Vice President,
Operations, IOL



"Chili, because it's nice and warm. I make it with turkey to make it a little healthier. It soothes the soul on a cold day."

— **Jahnel Mills,**
Team Leader for
Community Support
Services, Rushford



"Chili, because it reminds me of skiing!"

— **Karen Colt,**
Rivereast Program Director



"Beef stew, because it has all the veggies, especially potatoes."

— **Steve Clark,**
Maintenance Technician,
Rushford

inthenews

House passes veteran suicide bill for a second time

The U.S. House of Representatives unanimously passed the Clay Hunt Suicide Prevention for American Veterans Act, which will require annual reviews of the effectiveness of VA suicide prevention programs and offer student loan repayment to recruit more mental health specialists.

The House passed the bill last month, but it stalled in the Senate. The bill would be one of several pieces of legislation that were recently enacted to help eliminate military suicides, including one from Indiana Sen. Joe Donnelly that requires a yearly mental health check for active-duty and reserve troops. To read more, visit <http://bit.ly/1u2jjuS>.

After Aurora, new resources for mental health crises in Colorado

In the two and a half years since the Aurora theater shooting, Colorado has introduced new resources for those experiencing a mental health crisis. The new system is the result of legislation by State Sen. Irene Aguilar, and includes 13 walk-in crisis centers, a statewide hotline, and mobile units that can be dispatched during an emergency.

The crisis centers, which are run by local agencies in partnership with the state, are intended to replace emergency rooms as the first stop for someone in crisis. The receptionist doesn't ask someone in crisis to fill out forms, and there are no insurance cards exchanged. To read more, visit <http://n.pr/1wmFEEx>.

Clinton named HR Director for Natchaug, Rushford

Laurie Clinton has been appointed to the post of Director of Human Resources for Natchaug Hospital and Rushford, effective immediately.

Laurie has been with Rushford since 2010, having previously worked in the area of human resources at both Bristol Hospital and Collins Medical Management, Inc.

In her new role, Laurie will be responsible for the human resource operations at both Natchaug and Rushford. She will work with both teams to integrate the departments to better serve both organizations.



Clinton

1 BHN First

Institute of Living support group offers help for young adults

Do you know a young adult coping with stress from a new or chronic medical condition? Starting Feb. 6, a new supportive psychotherapy group at Hartford Hospital's Institute of Living can help.

The group is designed for young adults between the ages of 17 and 26 who might be struggling with a new diagnosis, a chronic medical condition or physical symptoms or limitations. It is designed to help members face losses and limitations, establish a positive, future-oriented focus, set realistic goals to foster satisfying and meaningful lives, and create a supportive environment

among peers facing similar challenges.

"This psychotherapy group provides the patient an opportunity to grieve the losses and limitations brought on by the medical condition, while simultaneously focusing on a more productive future. By modifying hopes, expectations, and plans in an empathic group therapy environment, patients support one another in their pursuits of fulfilling and meaningful lives," said IOL Young Adult Services clinical psychologist David Bendor, Psy.D. who will run this new group. It will be co-facilitated by the IOL's Jenna Marshall, Ph.D.

This group takes place each Friday at noon in the Young Adult Services Conference Room at Center Building on the campus of the Institute of Living, 200 Retreat Ave., Hartford. Patients, families and referring providers seeking additional information about this group may contact david.bendor@hhchealth.org, or call **860-545-7008**.

■ BHN First is a regular feature of BHNNews designed to help readers become more familiar with the unique service offerings across the network, and provide staff with the information to refer within the BHN FIRST!

I insideiol

Institute of Living
A Division of Hartford Hospital

The Family Resource Center

On Campus:
Helping College Students with their Mental Health

Tuesday, March 24, 2015
9 AM to 4 PM
Institute of Living, Commons Building,
Hartford Room

Borderline personality disorder expert Gunderson presents at IOL



Gunderson

John G. Gunderson, MD, was the honored guest presenter at a series of events — including Grand Rounds — at the IOL on Thursday, Jan. 15. Dr. Gunderson is a Professor of Psychiatry

at Harvard Medical School, Director at McLean Hospital's Borderline Center and an acknowledged expert on the topic of borderline personality disorder.

BrainDance deadline Feb. 1

Feb. 1 is the submission deadline for the 12th annual BrainDance Awards, sponsored by IOL. This mixed media and arts competition encourages high school students to gain knowledge about psychiatric diseases and develop a more tolerant and realistic perspective toward people with severe psychiatric problems. The competition also aims to promote students' interest in careers in mental health care.

To apply for the awards: please log on to: www.nrc-iol.org and follow the link to BrainDance for application forms, information and procedures.

For more information: contact Nancy Hubbard at **860-545-7665** or nancy.hubbard@hhchealth.org



Family Resource Center Support Groups

The IOL Family Resource Center (FRC) holds regular support groups. All programs are free of charge and, unless otherwise noted, are held in the Massachusetts Cottage, First Floor Group Room at the IOL Campus, 200 Retreat Ave., Hartford. For additional information on these support groups, please contact the FRC at **860-545-7665** or **860-545-1888**. The IOL FRC Support Group schedule for January through June is as follows:

- **Schizophrenia: An Introduction To The Disorder.** Jan. 27, April 28, June 30, 6:30 – 7:45 p.m. This program is for family and friends of individuals who have schizophrenia or a related disorder. It will present a basic understanding of the disorder, its treatment, along with specific suggestions to help family members and friends better cope with the illness.
- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Jan. 28, Feb. 11, Feb. 25, March 11, March 25, April 8, April 22, May 13, May 27, June 10, June 24, (Second and fourth Wednesday of each month), 5 – 6:15 p.m. in the Center Building, Young Adult Service Group Room. Support group for 16- to 23-year-olds who identify LGBTQ issues as being prominent in their lives. The goal is to discuss support strategies to manage life challenges.
- **Dementia Support/Educational Group Meeting.** Feb. 3, March 3, April 7, May 5, June 2 (First Tuesday of each month), 11:30 a.m. to 12:30 p.m. in the Donnelly Conference Room, First Floor. Please join us as we bring together experts and those who want guidance, direction, and support through this journey. Let's work together, help each other and exchange ideas.
- Space is limited — reservations are required by calling **860-545-7665**.
- **Survivors Of Suicide Group.** Feb. 4, March 4, April 1, May 6, June 3 (First Wednesday of the month), 7 – 8:15 p.m. at the Hartford HealthCare's Avon Satellite Location, 100 Simsbury Road, Second Floor Suite. For those who have lost someone close to them by suicide. Please call the RSVP numbers with questions or concerns. **860-545-7716** or **860-545-7665**.
- **Sibling Support Group.** Feb. 5, Feb. 19, March 5, March 19, April 2, April 16, May 7, May 21 (First and third Thursday of each month), 5:15 - 6:30 p.m. in the Center Building, First Floor Conference Room. This group will provide support for siblings of those struggling with mental illness, create a safe place to discuss and process feelings, and connect with others who have similar circumstances.
- **Support Group For Families Dealing With Major Mental Illness.** Feb. 5, Feb. 19, March 5, March 19, April 2, April 16, May 7, May 21 (First and third Thursday of each month), 5:15 - 6:30 p.m. in the Center Building, First Floor Conference Room. For family and friends of individuals who have schizophrenia, bipolar or other related disorders. Share your success and struggles. Learn to care for yourself while you are caring for others.
- **The Truth About Electroconvulsive Therapy and Transcranial Magnetic Stimulation.** Feb. 10, May 12, 6 – 7 p.m. in the Commons Building, 2nd Floor, Hartford Room. Electroconvulsive Therapy (ECT) isn't like it's portrayed in the movies. It's a safe and commonly used procedure that effectively treats depression, mania, catatonia and some types of psychosis. Transcranial Magnetic Stimulation (TMS) is a non-invasive treatment for patients who have not benefited from the use of anti-depressant medications. This information session will answer your questions and concerns about these often misunderstood treatments.
- **Substance Use Educational And Support Group.** Feb. 12, March 12, April 9, May 14, June 11 (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.
- **Depression: An Introduction To The Disorder.** Feb. 17, April 21, 6:30 – 7:45 p.m. This program is for family and friends of individuals who suffer from depression. It will present a basic understanding of major depression, its treatment and ways family members might better cope with the illness.
- **Peer Parent Support Group For Those With Children On The Autism Spectrum.** Feb. 18, March 18, April 15, May 20, June 17 (Third Wednesday of each month), 6 – 7 p.m. Facilitated by Gioviana Morales, Family Resource Center Peer Volunteer and parent of a child on the autism spectrum. This group is open to any parent who has a child on the spectrum.
- **Managing Schizophrenia.** Feb. 24, May 19, 6:30 – 7:45 p.m. This presentation will discuss the impact that symptoms of schizophrenia have on everyday activities, and provide tips on what you can do to make things better at home.

Be prepared for winter weather conditions

Now that winter is upon us, it's important to watch your step around campus. While our maintenance staff does a great job clearing the snow and ice, there can still be some slick spots. Here are some things to consider:

At home

- Check appliances, furnaces, portable heaters and fireplaces before using them for the first time. Keep all heat sources and vents clear of clutter. Never leave portable heaters unattended.

- Keep fire extinguishers on-hand, and make sure everyone knows how to use them.

- Check batteries in portable radios, flashlights, smoke alarms and carbon monoxide detectors. Make sure smoke

alarms and carbon monoxide detectors are installed and working on every floor in your home.

- With winter comes shorter, darker days. Consider putting entry or garage lights on a timer or light sensor so they come on as soon as it gets dark each day. Inexpensive adapt-



ers are easy to install and can be purchased from your local home center. Keep your home well lit by installing the maximum wattage bulbs allowed for your indoor light fixtures. Keep extra light bulbs on hand.

— Courtesy of Sue Zachary and the Natchaug Hospital Environment of Care Committee



Town Hall Meeting Jan. 29

Save the date for the January Town Meeting on Thursday, Jan. 29, from 2:30 – 3:30 p.m. in the Natchaug Community Room. Stay tuned for further webinar participation information.



ECSU luncheon March 19

Save the date for the eighth annual Benefit Luncheon for Natchaug education programs sponsored by the ECSU Foundation on Thursday, March 19, from noon – 1:30 p.m. in the Betty Tipton Room at the Student Center at Eastern Connecticut State University. The cost is \$100 per person.

Dell recommends Windows.

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Nurses seeking CT chapter of IntNSA

On Tuesday, Jan. 27 from 6 – 8 p.m., Rushford at Middletown is hosting an organizational meeting of the International Nurses Society on Addictions (IntNSA), for the purpose of forming a Connecticut Chapter.



IntNSA is a professional specialty organization. Founded in 1975, IntNSA's mission is to advance excellence in nursing care for the prevention and treatment of addictions.

IntNSA has something to offer every nurse, regardless of their area of nursing practice. All are welcome to attend this important meeting, taking place at Rushford, 1250 Silver St., Middletown. For more information or to RSVP, please contact **pam.waranowicz@hhchealth.org**, or call **860-305-6892**.

Rose named to clinical supervisor's role

Shalyn Rose has been named to the position of PHP/IOP Clinical Supervisor for Adult Ambulatory Services at Rushford at Meriden. Shalyn has been with Rushford since 2009, initially as an intern, before becoming a clinician in 2010. She was promoted to manager of Child and Adolescent Services in 2012, which she will continue to oversee while she takes on this additional role in adult services.



Rose

About BHNews

BHNews is published every Friday, except for the weeks of Thanksgiving, Christmas and New Year's. Articles for submission are due by noon on the Tuesday of the publication week.

Story ideas or submissions may be sent to **carol.vassar@hhchealth.org** or **amanda.nappi@hhchealth.org**. Articles must be submitted as a Microsoft Word document. Every effort will be made to run the article in its entirety, but due to space constraints and style requirements, editing may be necessary. Thank you.

Deadline for the next edition of BHNews is Tuesday, Jan. 27, at noon.

Check out the Treasure Trove

Advertise items for sale or community events that are open to the public by Tuesdays at noon via e-mail to **amanda.nappi@hhchealth.org** or **carol.vassar@hhchealth.org**.

Healthy Family Funfest

Join us for an incredibly exciting and fun day filled with health information, speakers, screenings, demonstrations, and activities for everyone from children to seniors.

- Kids activity area, with obstacle course, virtual gym, and lots of other fun stuff!
- Senior screenings, giveaways and info
- Drawings
- Amber Alert
- Car seat safety info
- Blood pressure, cholesterol, glucose and bone density checks
- Balance screenings
- Brain fitness
- Speakers and demonstrations

Sunday, February 22, 2015
10:30 a.m. - 3:30 p.m.
The Aqua Turf Club
556 Mulberry Street
Plantsville, Connecticut

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www.healthyfamilyfunfest.com

- **Thursday, Jan. 29 from noon – 1:15 p.m.:** IOL Grand Rounds: “Ethical Considerations in the Poisoned Patient — Refusal, Withdrawal, and Denial of Care.” Mark Neavyn, MD, Director, Division of Medical Toxicology, Department of Emergency Medicine, Hartford Hospital
- **Thursday, Jan. 29 from 6 – 8 p.m.:** *A Compassionate Community Approach to Mental Health: Exploring Mental Wellness in an Age of Stress and Anxiety*, Westbrook High School, 156 McVeagh Road, Westbrook. A panel discussion including Bert Plant, PhD., DCF Clinical and Community Support Team, and Alicia Farrell. For more information, contact sheryl.sprague@hhchealth.org. Co-sponsored by Natchaug Hospital, Rushford and Gilead Community Services.
- **Tuesday, Feb. 10 from 6 – 7:30 p.m.:** *Teen Dating Violence Educational Empowerment Forum*, Lincoln Middle School, 164 Centennial Ave., Meriden. Sponsored by the Meriden Healthy Youth Coalition. Speakers: Pam Kudla, Meriden Police Department and Meriden Youth Services Crisis Intervention Specialist, and Carissa Conway, Women and Family Center. For more information, contact krystle.blake@hhchealth.org.
- **Wednesday, Feb. 11 from 8 a.m. – 5:30 p.m.:** Mental Health First Aid (for HHC employees), IOL Commons Building, Litchfield Room, 200 Retreat Ave., Hartford. For further information or to register, please call Patricia Graham at **860-545-7716**, or email patriciaac.graham@hhchealth.org.
- **Thursday, Feb. 12 from noon – 1:15 p.m.:** IOL Grand Rounds: “*The Sandy Hook Murders: Adam Lanza and the Mind of the Mass Shooter*.” Harold I. Schwartz M.D., Psychiatrist in Chief, Institute of Living and Regional Vice President, Behavioral Health, Hartford Health Care
- **Feb. 12 - May 25 with an opening reception on March 7 from 4 - 6 p.m.:** *The Talking Cure Project: An Interactive Exhibit by artist Melissa Stern, Real Art Ways*, 56 Arbor St., Hartford. With a background in anthropology, artist Melissa Stern has collaborated with twenty-four writers, poets, novelists, screenwriters, playwrights and actors to create art that inspires audiences to upload their own narratives on-site. Sponsored by Hartford Hospital’s Institute of Living and Hartford HealthCare’s Behavioral Health Network. For more information, visit www.realartways.org.
- **Sunday, Feb. 22 from 10:30 a.m. to 3:30 p.m.:** *Healthy Family Fun Fest, The Aqua Turf Club*, 556 Mulberry Street, Plantsville. Join us for an incredibly exciting and fun day filled with health information, speakers, screenings, demonstrations and activities for everyone from children to seniors. Sponsored by HHC partners The Hospital of Central Connecticut at Bradley Memorial, Central Connecticut Senior Health Services along with the Southington/Cheshire YMCA. Admission is free!
- **Tuesday, Feb. 24 from 7 – 8 p.m.:** *Students Give Parents the 4-1-1 on Weed, The Pavilion*, Bridge Street, Old Saybrook. A forum for parents presented by Middlesex county students to educate adults and hold them more accountable. For more information, contact sheryl.sprague@hhchealth.org.
- **Thursday, Feb. 26 from noon – 1:15 p.m.:** IOL Grand Rounds: “*Medical Marijuana: Legal Considerations for Providers*.” Maya Prabhu, M.Sc., MD, LL.B. Assistant Professor of Psychia-
- try, Yale School of Medicine
- **Thursday, March 5 from noon – 1:15 p.m.:** IOL Grand Rounds: “*Imaging Drug-Effects in Human Physiology*.” Dr. Nora Volkow, Director, National Institute on Drug Abuse.
- **Thursday, March 12 from noon – 1:15 p.m.:** IOL Grand Rounds: “*Grief After Suicide: Finding Hope and Healing*.” Jack Jordan, Ph.D., Clinical Psychologist
- **Wednesday, March 25, from 9 a.m. to 5 p.m.:** On Campus: Helping College Students with the Mental Health, IOL, Hartford Room, Commons Building, 200 Retreat Ave., Hartford. Designed for administrators and health care providers working with college students, this day-long session will emphasize suicide prevention. Cost: \$50. For further information or to register, please call Patricia Graham at **860-545-7716**, or email patriciaac.graham@hhchealth.org.
- **Thursday, March 26 from noon – 1:15 p.m.:** IOL Grand Rounds: “*The Thyrotropin-Releasing Hormone (TRH) Hypothesis of Homeostatic Regulation: A Translational Approach to Therapeutic Application*.” Dr. Andrew Winokur, Professor of Psychiatry, University of Connecticut Health Center.
- **Thursday, April 23 at 9 a.m.:** The 12th annual Brain Dance Awards, honoring the winners of the Institute of Living’s academic and art competition based upon ending the stigma of mental illness. High school students are eligible to enter through Feb. 1. To learn more, contact Nancy.hubbard@hhchealth.org.

The Treasure Trove is a free classified ad section for the benefit of Behavioral Health Network employees, retirees, medical staff and volunteers.

We welcome your submissions, which you can submit by emailing **carol.vassar@hhhealth.org** or **amanda.nappi@hhhealth.org**.

The deadline for submissions to be included in each Friday's BHNews is Tuesday at noon. BHNews will include community events for not-for-profit organizations that are open to the public and free of charge. We do not accept ads for real estate, firearms or personal ads. Please do not list hospital phone numbers or hospital e-mail addresses for responses.

You must submit your item weekly if you want it to appear more than one week.

WANTED

CAREGIVER — Seeking mature, responsible, dedicated individual to provide support to a woman with significant disabilities in her home two nights per week, 6 p.m. to 6 a.m. Ambulatory and uses supported typing to communicate, semi-awake position involves personal care, monitoring during night and significant assistance with all areas of daily living. Responsibilities include cooking, laundry and household tasks. Part of a 24/7 team. Must be reliable, able to work independently and have sound judgment, \$10-\$13 per hour, will train the right person. Call **860-245-5714** to apply or for more information.

EVENTS

GRISWOLD EXERCISE PROGRAM — The exercise program will be held every Tuesday and Thursday, 6-7 p.m. at Griswold Elementary School Cafeteria. The class features low impact aerobics, weights, Pilates. Bring your own mats and weights.

ST. JOSEPH SCHOOL OPEN HOUSE DATES — Sunday, Jan. 25 at 11 a.m. and Wednesday, Jan. 28 from 9-11:30 a.m. at 10 School Hill Road, Baltic. Teachers will answer any questions, classrooms will be opened, tours will be available, refreshments served both days, St. Joseph Elementary School is pre-kindergarten to eighth grade, extended care program, before and after school care. Call **860-822-6141** for further information.

DAVE RAMSEY'S FINANCIAL PEACE UNIVERSITY — Sunday, Jan. 25, 6:30-8:30 p.m. at Norwich Worship Center, Lawler Lane, Norwich. Nine-week class, \$120 includes class materials, audio CDs, online budget tools. Norwich Worship Center is non-profit and receives 100% of the proceeds. For more information or to register email mjacobik@comcast.net.

VALENTINE'S DAY FLOWERS/SCORE WITH ROSES — Score with Roses is the honor component of Jordyn Guerra's senior project. Jordyn is selling flowers for Valentine's Day as a fundraiser to raise money to support the maintenance and improvements to the Lyman Memorial High School Soccer Complex. For more information and to place your order visit scorewithroses.com or email scorewithroses@yahoo.com.

OPEN HEARTH COOKING CLASS — Saturday, Feb. 14 from 5:30-10:30 p.m. and Saturday, Feb. 21 from 1:30-6:30 p.m. at the John Bishop House Museum, Lisbon. Sponsored and led by the Lisbon Historical Society. Students will prepare dinner using period cooking utensils and methods then enjoy dinner by candlelight. Cost is \$55 per person. The Museum is a non-profit organization and a portion of the proceeds will benefit museum restoration. For more

information call **860-887-8052**.

ANNUAL LENTEN FISH AND CHIPS DINNER — Friday, Feb. 20 through Friday, March 27 from 3:30-7 p.m. at St. James Church, Preston. Fresh cod fish, baked or fried, coleslaw, French fries, D'Elia's fresh bread, homemade desserts. Call ahead for take-out

at **860-889-0150**.

LEE MEMORIAL CHURCH FUNDRAISER — One pound pecans from Georgia, \$12. Streak-Less polishing reusable cloths, use with water no chemicals, \$3. Proceeds benefit the Church. Call **860-822-6595** or **860-908-9797**.



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