Grand Rounds at Hartford Hospital’s Institute of Living (IOL) last Thursday was a standing-room-only event as IOL Psychiatrist-in-Chief Harold I. Schwartz, MD, examined some of the lessons learned about the life of Adam Lanza. He presented facts regarding the “cascading issues that led to disaster in December 2012” and theorized about the mindset of others that leads to such tragedies in his “Adam Lanza and the Mind of a Mass Shooter” presentation.

“This is my attempt to think about mental illness and these kinds of violent events because nothing that we have out there — nothing that we have to explain mental illness — is sufficient to explain the capacity of individuals to shoot this way,” Dr. Schwartz said when introducing to his presentation.

Referring often to Lanza as “A.L.,” Schwartz said that “A.L. was known, from early in life, to have cognitive and social-emotional deficit issues that led to special education,” including the Birth to Three program as a child.

“But, as an underlying issue, it is notable that throughout his life the social-emotional learning component of his deficits probably impacted his life more than any cognitive difficulties,” Dr. Schwartz said.

According to Dr. Schwartz, it was clear that Lanza had issues with anxiety, depression, OCD, Asperger Syndrome and, upon his death, was known to have “profound anorexia.”

“He was over 6 feet tall and weighed 112 pounds,” Schwartz said, quoting the Connecticut State Medical Exam-
Grand Rounds revisits Sandy Hook

continued from page 1

iner’s autopsy report on Lanza, a fact that caused audible gasps among the clinicians and staff in attendance.

Unheeded early signs of rage, his preoccupation with violence and mass murder, a lifetime of access to and familiarity with guns and assault weapons, and his increased family-supported social isolation were identified by Dr. Schwartz as additional factors contributing to Lanza’s mindset.

“Taken together, these are the cascading events that led to the disaster of Sandy Hook,” Dr. Schwartz said. “A.L. increasingly lived in an alternate universe, where ruminations about mass shootings were his central preoccupation,” supported by an online microcommunity of mass shooting enthusiasts.

Dr. Schwartz broadened his scope of conjecture by taking into consideration other mass shooters over the last 15 years, including Seung-Hui Cho, responsible for the 2007 Virginia Tech massacre; James Holmes, who killed 12 people and wounded 8 at an Aurora, Colo., movie theater; and Elliot Roger, who murdered six and wounded 12 at the University of California at Santa Barbara last year.

“Roughly 50 percent of mass shooters do not have a diagnosable mental illness, and yet the DSM (Diagnostic and Statistical Manuel) is not sufficient, and we are left struggling to understand,” Dr. Schwartz stated.

In attempting to understand this particular subset of mass shooters (which excludes those associated with particular ideologies, or those involved in military conflicts), Dr. Schwartz points to a long list of commonalities in personality and family dynamics, including pathological or malignant narcissism; anger; social isolation; manipulation; and paranoia. Such mass shooters are almost always young and male, lacking in empathy, possessing low self-esteem, admiring of negative role models (for example, Hitler or Satan), and suicidal.

One theory put forth by Dr. Schwartz is that these mass shooters are lacking in “theory of mind,” or the ability to see the thoughts and feelings of others as separate from their own.

“In the absence of ‘theory of mind,’ we have solipsism, or the belief that our own thoughts and feelings are the only things that are real, and that others are merely cardboard props that support our needs,” Dr. Schwartz stated.

He notes that development of “theory of mind” starts with the newborn, the ultimate solipsist, and may be hindered during childhood and adolescence by factors such as genetics, social isolation, trauma and loss, neglect, physical and sexual abuse, or violent video games.

Dr. Schwartz does point out that despite the ready availability of guns and the continued stigmatization of those with behavioral health issues, there is good news with regard to helping all develop in a mentally healthier manner throughout the lifespan.

“Early intervention can make a difference,” he said. “And social emotional learning programs can teach mentalization and encourage empathy.”

Sandy Hook Advisory Commission releases draft final report

The Sandy Hook Advisory Commission approved the final draft of a report on the events surrounding the shooting deaths of 26 people in Newtown on Dec. 14, 2012, and will formally present its recommendations to Gov. Dannel Malloy on March 3.

The 16-member commission, which includes IOL Psychiatrist-in-Chief Harold I. Schwartz, MD, and IOL Psychiatrist Adrienne L. Bentman, MD, was tasked with looking into the shootings and making policy recommendations in the areas of safety, law enforcement and mental health. The commission approved the final draft on Friday, Feb. 13, pending minor technical issues and corrections. It is posted online at: http://1.usa.gov/1Awm3n6.

Following the release of the final draft report, Dr. Schwartz appeared on the CBS Evening News with Scott Pelley to talk about the mental health recommendations. That video may be found at http://cbsn.ws/1AKm31a.

In addition, Dr. Schwartz worked with the Connecticut Office of the Child Advocate to write its report regarding the circumstances surrounding the deaths of the 20 children killed at the Sandy Hook elementary school. This charge came from the Connecticut Child Fatality Review Board, which investigates the untimely deaths of any child in Connecticut. The Office of the Child Advocate examined the life of Adam Lanza prior to Dec. 14, 2012, seeking to examine Lanza’s “developmental, educational, and mental health profile over time, the services he received from various community providers, and ultimately his condition prior to his actions” for the purpose of finding “warning signs, red flags, or other lessons that could be learned.” Its report was released Nov. 21, 2014 and may be found at http://1.usa.gov/1Afjwdx.

“I would urge you to think of these two reports together — as tandem pieces,” Dr. Schwartz said.
John Steele steps down from Rushford/Natchaug

John Steele has resigned as Director of Engineering and Support at Rushford and Natchaug to accept a position elsewhere in the state. John’s final day will be Feb. 27.

Steele’s career began at St. Francis Care Behavioral Health and Elmcrest in 1982, where he served 15 years as a mental health worker. In 1997, he was promoted to the position of Transportation Director, later adding responsibilities for managing the Facilities and Security Departments.

In 2004, the St. Francis programs were acquired by HHC, and Steele came to Rushford as Transportation Manager. Six months later, he was promoted into his role as Director of Engineering and Support Services. In late 2013, his scope was expanded to include Natchaug as well as Rushford.

“John’s accomplishments are numerous,” said David C. Klein, PhD, HHC Regional Vice President of Operations. “He has relocated, renovated, and expanded facilities, developed campuses, and obtained significant bond funding to support many of these expansions.”

Among his most recent projects are Rushford at Stonegate, the relocation of Glastonbury services, the creation of Parker Street North, and the expansion of ACE. He also coordinated Emergency Preparedness, enhanced safety and security, and brought many of the best practices he developed at Rushford to Natchaug.

On behalf of both organizations, we thank him for his tireless efforts, and wish him well in his future endeavors.

Interim leadership structure announced

As recruitment begins for a successor to John Steele, the following interim plan has been put in place to address leadership structure upon his departure. It is as follows:

- **Facilities (Rushford):** Kevin Carson, Facilities Manager, will report to Steven Zuckerman, Rushford Vice President of Clinical Operations
- **Facilities (Natchaug):** Scott Crawford, Natchaug Plant Operations/Housekeeping Manager will report to Justin Sleeper, Natchaug Vice President of Clinical Operations
- **Dietary Services:** Mike Varni (Food Service Manager at Silver Street) and Karen Thayer (Food Service Manager at Paddock) will report to Sue Zacharie, Natchaug Director of Dietary and Environmental Safety, who has had responsibility for Dietary Services at Natchaug for many years, and has been involved in Emergency Operations and Environment of Care planning at Rushford
- **Transportation (Rushford):** Joe Shuckerow, Transportation Manager, will report to Steven Zuckerman

IOL Grand Rounds to feature NIDA Director Nora Volkow, MD

On March 5, IOL Grand Rounds will feature Nora Volkow, MD, Director of the National Institutes of Drug Abuse (NIDA), a division of the National Institutes of Health. She is the 2013 recipient of the IOL’s distinguished Burlingame Award, and her work has been instrumental in demonstrating that drug addiction is a disease of the human brain.

Her March IOL talk is entitled “Imaging Drug-Effects in Human Physiology.” It will be held in the Hartford Room of the Commons Building from noon – 1:15 p.m., followed by a luncheon in her honor.

Sen. Murphy roundtable tour makes a stop in New Britain

Connecticut U. S. Senator Christopher Murphy continued his listening tour of the state on Friday, Feb. 13, with an informal hearing on mental health at Community Health Affiliates, Inc. in New Britain.

Christine Scully, HHC BHN Central Region Director, was in attendance along with approximately 60 clinicians, providers, clients and family members.

Topics centered on ideas regarding Medicare and Medicaid reimbursement, the integration of primary care services with behavioral health, and residential/inpatient young adult programming.
Tell us one thing your co-workers might not know about you.

I'm a volleyball referee for the Wallingford Parks and Recreation Department. I've been doing that for eight years.

— Steven Pesta, UM Managed Care Reviewer, Rushford

At one time, I did drive a tractor-trailer truck. I was learning. My husband is an over-the-road trucker, and I had gotten my permit way back.

— Kathy Day, Administrative Assistant to IOL Psychiatrist-in-Chief Harold I. Schwartz

I have my motorcycle license.

— Janet Luberto, Office Manager at Windham CDT

I own a paranormal and forensic organization. It's a 501(c)(3) in Connecticut. We were actually featured on an episode of National Geographic Paranatural.

— Joe Gallant, Student Support Specialist at Windham CDT

Kate Middleton speaks out about mental health

In honor of the first-ever UK Children’s Mental Health Week, Kate Middleton released a public service announcement (PSA) in conjunction with British children’s charity Place2Be.

“A child’s mental health is just as important as their physical health and deserves the same quality of support,” Middleton says in the PSA. “No one would feel embarrassed about seeking help for a child if they broke their arm — and we really should be equally ready to support a child coping with emotional difficulties.”

To see the full PSA, visit http://bit.ly/1vFT8Wb.

Shortages of mental health providers across the country

With new federal requirements for mental health coverage, studies have found more than 96.5 million Americans were living in an area with a shortage of mental health providers as of September 2014, according to the Wall Street Journal.

Mental health organizations across the country are looking into ways to address the shortages, including reliance on nurse practitioners and physician assistants, higher payment for psychiatrists treating Medicaid patients, the integration of primary care and behavioral health, and new technology.

To read more, visit http://on.wsj.com/1E1dj7P.

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, Feb. 24, at noon.
The Talking Cure exhibit opens at Real Art Ways

From now 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 www.realartways.org/event/the-talking-cure/2015-02-12/.

Patient and Family Advisory Council

The IOL is seeking former patients and family members to apply and interview for a term on the Patient and Family Advisory Council (PFAC).

The PFAC provides council to IOL leadership to help improve IOL services and enhance the patient experience.

Those interested are invited to attend an informational Q & A session:

Wednesday, March 11, 2015
5:30 pm – 7:00 pm

Commons Building, 2nd Floor, Hartford Room
Institute of Living
200 Retreat Avenue, Hartford, Connecticut
Light refreshments will be served

For more information on the PFAC, or to apply for membership, Email patriciac.graham@hhchealth.org, or call 860.545.7665
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 through June is as follows:

- **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.

- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** 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.** 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.** 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.** 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.** 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 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.

- **Peer Parent Support Group For Those With Children On The Autism Spectrum.** March 18, April 15, May 20, June 17 (Third Wednesday of each month), 6–7 p.m. Facilitated by Goviana 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.

- **Bipolar: An Introduction To The Disorder.** March 24, June 23, 6:30 – 7:45 p.m. This program is for family and friends of individuals who have bipolar 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.

- **Depression: An Introduction To The Disorder.** 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.

- **Schizophrenia: An Introduction To The Disorder.** 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.
Annual ‘Beat the Winter Blues’ Day

Quinebaug celebrated its third annual “Beat the Winter Blues at Quinebaug” Feb. 9 - 13 with a week of activities. Festivities included color and hat days, a celebration of favorite sports teams, musical artists or role models, creative arts day, and a Friday wrap-up with games, music and fun during the psycho-ed group.

QVCC donates to JCNE

The Psychology Club at Quinebaug Valley Community College held a bake sale with the proceeds benefiting Natchaug’s Joshua Center Northeast ambulatory program. The bake sale raised $350 for the program, which treats children and adolescents with mental health and substance abuse issues.

Check out the Treasure Trove

The Treasure Trove is a free classified section in each issue of BHNews.
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.

Please join us!

Thursday, March 19, 2015 | Noon–1:30pm
Betty R. Tipton Room
Student Center | Eastern Connecticut State University
Willimantic, Connecticut

Minimum donation of $100 per guest (Sponsored tables of ten available)

Please RSVP by March 12
860.465.5910 or sherry.smardon@hhchealth.org.

Luncheon sponsored by The ECSU Foundation, Inc.
All proceeds will benefit Natchaug Hospital’s educational programs.
Volleyball at Journey House

Players from the Coventry High School volleyball team ran a demonstration and small clinic for residents at Journey House on Tuesday, Feb. 17. Coventry senior Emma Rose and sophomores Nicole Trudon, Abigail Nodwell and Mikaela Nodwell taught residents to pass, set, hit and serve. Above, Abigail Nodwell tosses a ball for a resident to pass during the clinic.

High-end help

To stop and prevent leaks, Plant Operations staff Scott Cornell and Brian Holman work to clear snow from the roof at Natchaug Hospital.

Cozy comfort

Journey House residents are enjoying new beds and mattresses as part of Natchaug’s commitment to ongoing quality improvement and client satisfaction.

Top groups receive H3W honors

As H3W workgroups across Natchaug continue to focus on improving client care, it’s important that we recognize and celebrate our successes. A couple months ago, employees across Natchaug helped choose finalists for the second annual Olga and Mervyn Little Award for the year’s top H3W project. The winner, Joshua Center Northeast’s Children’s Garden project, and the other finalists have been accepting their cash awards at their most recent H3W workgroup meetings.
Congratulations to Jon Statchen who celebrated 20 years as a member of the Rushford Friendship Club last week. Club members and Rushford staff gathered to surprise Jon with a cake to mark this milestone.

“Jon has been an active and enthusiastic member for 20 years,” said Rushford Social Rehabilitation Counselor Jim Pitel. “He continues to be invested in what our club is about, which is staying active in our community and contributing to the benefit of others.”

The Rushford Friendship Club meets in Meriden every Monday through Friday and provides a safe environment to develop relationships and enhance social skills for men and women as with chronic mental health issues. Activities happen both on campus (dances, games, bingo, yoga, etc.) and off-campus (museums, Rock Cats games, movies, etc.). Clients are referred by clinical providers or case managers.

From left, Rushford’s Vice President of Clinical Operations Steven Zuckerman, Friendship Club member Jon Statchen, Rushford’s Jim Pitel and Tracy Wilbur celebrate Jon’s 20th anniversary with the Friendship Club.

Help Rushford help others!

We are currently interviewing for membership on the

Rushford Client Advisory Council

The Rushford Advisory Council is a volunteer collaborative partnership between Rushford staff and our clients and their families to help make Rushford’s great client service even better.

We are seeking members from across Rushford’s programs, services and locations. The council is held each month for 1.5 hours

If you have a client or client family member who might be interested in providing on-going constructive feedback about their experiences with Rushford, please contact Caitlin.Swartz@hhchealth.org.

Rushford
A Hartford HealthCare Partner
Now through May 25: 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 Services Outreach Program, Hartford Hospital’s Institute of Living.

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 Psychiatry, Yale School of Medicine.

Thursday, Feb. 26 from 5:30 – 7 p.m.: Eating Disorders: An Overview, Commons Building, 2nd Floor, Hartford Room, Institute of Living, 200 Retreat Ave., Hartford. The Institute of Living’s Family Resource Center and Eating Disorders Program is hosting an informative lecture on Eating Disorders in honor of National Eating Disorders Awareness Week (Feb. 23-27), featuring Paula Holmes, APRN, IOL Eating Disorders Program Clinical Director. No RSVP required. For more information, contact patriciac.graham@hhchealth.org, or call 860-545-7716.

Wednesday, March 4 at 5 p.m.: Anxiety, Rushford at Glastonbury, 110 National Drive, Glastonbury. We will explore how to manage anxiety, stress, and recognize your tendencies and practical preparation/managing circumstances. Presented by Dr. Laney Ducharme, Licensed Psychologist. Part of the Think 180 Wellness Initiative, sponsored by the Glastonbury Chamber of Commerce. Cost is $5 per class for Chamber members, $10 per class for non-Chamber members or local residents. To register online, visit www.glastonburychamber.com

Saturday, March 7 from 4 – 6 p.m.: The Talking Cure Artist Reception, Real Art Ways, 56 Arbor Street, Hartford. Join us for a reception celebrating the work of artist Melissa Stern and her exhibition. Come enjoy the work and meet the artist! Light refreshments will be provided. The reception is free and open to the public. 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.

Wednesday, Feb. 25 at 5 p.m.: Mental Health and Substance Abuse, Rushford at Glastonbury, 110 National Drive, Glastonbury. Presenter Pamela Mulready from Rushford will teach attendees about how therapists diagnose a client with an addictive disorder and what types of treatments are available. Part of the Think 180 Wellness Initiative, sponsored by the Glastonbury Chamber of Commerce. Cost is $5 per class for Chamber members, $10 per class for non-Chamber Members or local residents. To register online, visit www.glastonburychamber.com

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 11 from 5:30 – 7 p.m.: IOL Patient and Family Advisory Council (PFAC) Informational Session, Commons Building, 2nd Floor, Hartford Room, Institute of Living, 200 Retreat Ave., Hartford, Connecticut. The IOL is seeking former patients and family members to apply and interview for a term on the PFRC. PFRC is an extension of the patient experiences, and provides council to IOL leadership to help improve IOL services. For more information on the PFRC, or to apply for membership, please contact patriciac.graham@hhchealth.org, or call 860-545-7665.

Wednesday, March 12 from noon – 1:15 p.m.: IOL Grand Rounds: “Grief After Suicide: Finding Hope and Healing.” Jack Jordan, Ph.D., Clinical Psychologist

Thursday, March 12 from 6 – 7 p.m.: Something’s Up and I Don’t Know What to Do: A Discussion of Young Adult Mental Health Concerns. Hartford HealthCare, 300 Western Blvd., Gateway Medical Park-South, Suite C, Glastonbury. For family members and friends of young adults (ages 18-26) who may be displaying behaviors that are concerning. The discussion will focus on communication techniques and treatment options. Facilitated by Mallory Fergione, MSW, Coordinator of the Young Adult Services Outreach Program, Hartford Hospital’s Institute of Living.
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@hhchealth.org or amanda.nappi@hhchealth.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.

FOR SALE

STINGRAY 185 LS BOWRIDER — Great condition, perfect for family outings, day trips, tubing. Purchased new; one owner, used on Connecticut River and Long Island Sound about 50 hours per summer since 2006. Includes Garmin fully loaded with updated, local charts, bimini, canvas, trailer (used only for winter indoor storage), and all U.S. Coast Guard-required safety equipment. Willing to negotiate storage fees so you can have it ready to launch in the Spring. Call 860-545-7321 or 860-608-3046 or 860-608-3672 for pictures. Asking $10,750.


EVENTS

ANNUAL LENTEN FISH AND CHIPS DINNER — Fridays through March 27 from 3:30-7 p.m. at St. James Church, Preston. Fresh cod fish, baked or fried, cole-slaw, French fries, D’Elia fresh bread, homemade desserts. Call ahead for take-out at 860-889-0150.

TURKEY DINNER — Saturday, Feb. 21, 5-7:30 p.m. at Lee Memorial Church, 294 Washington St., Norwich. Adults, $11, seniors and children five years old to 12 years old, $9 and children four years old and under are free, dine in or take out, door prizes. Call 860-887-5886 to reserve tickets.

BREAKFAST BUFFET — Sunday, Feb. 22, 8-10:30 a.m. at Jacques Cartier Club in Jewett City. Presented by the Jacques Cartier Ladies Auxiliary; all proceeds benefit local non-profit organizations. $7 per person, all you can eat, children 5 years old and under are free.

SUNDAYS IN THE PARLOR AT PARK — Sunday, March 1, 2 p.m. at Park Congregational Church, 283 Broadway, Norwich. Pianist, Laura Hibbard and Clarinetist, Kelli O’Connor will perform, light refreshments will follow.

SPAGHETTI DINNER & BASKET RAFFLE — Saturday, March 28 from 4-8 p.m. at Central Village Fire House. All proceeds benefit Sandra Bryant Foular’s medical expenses in the fight with Pancreatic Cancer. Raffles, spaghetti, salad, bread, drinks, dine in or take out, adults $10, children $5. For tickets call Kerri at 860-823-7160.

Don’t throw away $500

You will if you miss the wellness credit deadline.

Complete your wellness requirements by March 31 to save up to $500 on your 2015 HHC medical insurance.

- Take the Compass health assessment online or on your mobile phone
- Confirm that you have had preventive care between January 1, 2014 and March 31, 2015

Employees with single coverage can save $250. Employees with spouse/partner or children/family coverage can save $500 if BOTH the employee and spouse/partner complete both steps.

To get started:
Log on to MyRedBrick.com/healthytogther or call RedBrick at 1.877.207.0136

“*This message may not apply to some bargaining unit members

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.

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

FREE ADMISSION!

Thanks to our sponsors:

Brought to you by:
The Hospital of Central Connecticut
at Bristol Memorial

For information on sponsoring or exhibiting, call Nicole Spagnoletti at 860-378-1268 or spagnolettin@ctseniorcare.org

www.healthyfamilyfunfest.com

Bradley H. Barnes & Leila U. Barnes Memorial Trust at Prime Time CONNECTICUT Thanks to our sponsors:

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

Central Connecticut Senior Health Services
A Hartford Healthcare Partner

Hartford HealthCare
Connect to healthier.

Log on to MyRedBrick.com/healthytogther or call RedBrick at 1.877.207.0136

*This message may not apply to some bargaining unit members