Three HHC BHN nurses are being honored next month as each receives a 2015 Nightingale Award for Excellence in Nursing. Rushford’s Jennifer (Jenn) Nero, RN; IOL’s Chris Goodman, RN; and Natchaug Hospital’s Judie Nodwell, RN, will receive their awards at dinners hosted by VNA HealthCare, an HHC partner, at locations throughout Connecticut on Thursday, May 7. This event is held each year as part of National Nurses Week May 6-12.

The goals of the Nightingale program are to encourage retention, inspire future nurses, focus public attention and recognize the breadth and scope of nursing practice at the local level. Nurses may be nominated for recognition by their employers if they are involved in clinical practice, leadership, scholarship and/or education.

Chris Goodman has been a nurse since 1984 and a member of the IOL team for 28 years. He is the day shift clinical lead in IOL’s Donnelly 1-South children’s unit. A graduate of North Dakota State University, he has spent his entire career in psychiatry, with a focus on children and their families. “My job is both challenging and rewarding. I enjoy supporting the progress of the people we see here at the IOL,” Goodman said. “The other part of the work that I enjoy is working with this caring team on my unit.”

“Chris is highly committed to quality and excellence in patient care,” said Donnelly Unit Director Melissa Matolina. “His strong work ethic, commitment to excellence in care and team build-

HHC Senior Vice President Pat Rehmer, seventh from left, has been visiting various BHN affiliates and stopped by this week’s Rushford at Parker North housewarming event to meet the staff. From left are Monika Gunning, Jessica Matyka, Amber Burns, Christina Labbe, Linda Ryan, Roberta Thibeau, Rehmer, Victoria Dingwell, Rachel Aybar, Sandy Gabriel, Karen Rodriguez and Cynthia Fasano. See where else she’s been on page 2.
HHC encourages community to ‘Connect to healthier’

For years, we have been working hard at making connections — with each other, with new partners and with programs and services our communities need. We’ve called this “Connecting with purpose.” This mindset has helped us build the BHN and HHC for the purpose of working better together for the benefit of our patients and clients.

We’re now ready to show what this means through a single HHC message: Connect to healthier. This is the way we’ll talk about our brand, unifying all of us at Hartford HealthCare.

We’re proud of this message, because it’s empowering and rings true. You’ll see and hear “Connect to healthier” on radio, TV and online, including an energetic theme song that tells our story in a fresh and exciting way.

But “Connect to healthier” is not just a slogan. It’s how we think and talk about the work we do. It also makes each of us at HHC an ambassador to the community to connect to their health in meaningful and beneficial ways.

That’s why we invite you to learn more. Soon, we’ll be sharing our brand “Owner’s Manual,” showing ways we connect people to healthier, and how we can make new and deeper connections. Today, you can visit www.ConnectToHealthier.org to see some of the ways we are sharing the Hartford HealthCare story.

We’ve asked people to tell us what they do to stay healthy — so we can have an ongoing conversation with the people we care for, and hear what they have to say. We encourage you to share your health tips, too, by completing the online form. Once you do, you’ll be entered to win one of three Apple watches we’ll be giving away. The watches have features that help people track their health — just one way to connect to healthier.

The work you do, and your interactions with patients, families and others every single day, brings our brand to life. The more we share our pride in what we do with those we love, know and care for, the more we all Connect to healthier.

Getting to know you

HHC Senior Vice President Pat Rehmer, left, talks with Melissa Oloff, BSN, about the arrangement in the Backus Emergency Department for treating and helping patients who come to the ED with behavioral health issues. Rehmer was on a tour of Backus Wednesday afternoon and met with behavioral health staff.

National Healthcare Decisions Day on April 16

Most Americans have not exercised their right to make decisions about their health care in the event that they cannot speak for themselves. On National Healthcare Decisions Day (NHDD), April 16, join Americans across the country to talk to others about your future healthcare decisions and complete your advance directives (Health Care Representative and living wills).

Making future healthcare decisions includes much more than deciding what care you would or would not want; it starts with clarifying values, identifying care preferences and selecting a Health Care Representative to represent your preferences for care if you are unable to speak for yourself. Hartford HealthCare, along with other national, state and community organizations, is leading a massive effort to highlight the importance of advance healthcare decision-making.

PREPARE is a program that can help you think about medical decisions for yourself and others, talk with your doctors and get the medical care that is right for you. Go to www.prepareforyourcare.org to learn more.
Rushford at Glastonbury offers wide range of services

Rushford at Glastonbury provides specialized assistance for those needing behavioral health, addiction, or supportive services, catering to the requirements of the busy professional by providing flexible scheduling and discretion. Services provided include:

- **Medication-Assisted Treatment (MAT)** makes use of medications such as buprenorphine (Suboxone®) combined with therapy for those addicted to prescription pain killers or heroin. The Rushford at Glastonbury MAT program also provides ambulatory detox, on-site prescribing clinicians, and day and evening programs. MAT is designed to maximize privacy for those working towards recovery.

- **The Intensive Outpatient Program (IOP)** offers group therapy to individuals in need of consistent support throughout the week. Clinicians facilitate an experience where members can develop the skills and confidence they need to cope with substance abuse.

- **The Relapse Prevention Program** offers group therapy to individuals in need of weekly support, who have successfully completed the IOP, or are confidently moving forward in their recovery process.

- **The Professionals Program** offers group therapy to working professionals whose careers often dictate a need for privacy and evening meeting times. Individualized therapy is also offered, allowing for specialized treatment of individuals in need of additional support for issues with mental health, substance use or both.

Rushford at Glastonbury is unique among the Rushford locations, in that it has worked with the Sestero Fund at the Hartford Foundation for Public Giving to incorporate alternative therapies into its service offerings for Glastonbury residents and Rushford clients and employees. These programs include:

- **Community acupuncture program**, which provides relief and relaxation in a comfortable community setting on Monday evenings.

- **Resource library**, providing multimedia materials relating to addiction, mental health issues and integrative therapies.

- **Yoga**, 60-minute classes in six-week sessions to help those in recovery and others find strength, hope and courage through this ancient tradition.

- **Visual journaling**, which begins in May, where participants uncover their voice using guided meditation, sketchbook journals, and multimedia art materials, opening up to their own source of meaning, healing, connection and aliveness.

To make a referral to Rushford at Glastonbury adult programs, please call 1-877-577-3233. For others questions or to make an appointment for acupuncture, yoga or visual journaling, please call 860-657-8910.

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BHN marketing team wins six Lamplighter awards

The work of the BHN Marketing team earned six New England Society for HealthCare Communications (NESHCo) Lamplighter Awards for 2015.

NESHCo’s Lamplighter Awards were created to recognize excellent and exceptional healthcare communications. They are awarded each year in a wide variety of categories including publications, public relations, and advertising. The competition is among health care entities large and small from across New England.

- **Special Events category**: The Connecticut Forum: An Honest Look at Mental Illness—March 7, 2014 (BHN and The Connecticut Forum)

- **Publications/Special Purpose category**: IOL’s The Record (IOL)

- **Community Relations Event/Campaign category**: The National Dialogue on Mental Health (BHN)

- **Potpourri category**: Naloxone Saves Lives video (Rushford)

- **Social/New Media category**: Stop the Stigma CT Social Media Campaign (BHN and Julia Balfour Group).

- **Printed Piece Design category**: 2015 Calendar (IOL)

The announcement of first-, second- and third-place winners in these categories takes place in Boston on May 21.
BHN nurses honored as 2015 Nightingales

continued from page 1

ing is recognized by those with whom he works. Chris’ strengths are clearly evident when supporting a child who is struggling on the unit and demonstrating unsafe behavior. He can be seen sitting on the floor with the child, giving calm assurance and clear directions to assist the child to calm and regain control. His soft tone of voice is soothing to a child who is struggling and crying.”

Jennifer Nero has been a nurse for seven years, having spent her entire career at Rushford. She received her Associate of Science in Nursing from Gateway Community College in North Haven in 2008. During that time, her internships in mental health and substance abuse as well as substance detoxification captured her attention.

“I was drawn to this particular part of nursing,” Nero said. “I like the clients and feel as though I’m truly helping them through a difficult time in their lives.”

“Jenn exhibits a tireless dedication to the clients we serve,” said her supervisor, Pam Waranowicz, RN-BC, Rushford at Middletown Nurse Manager. “She has this ability to make clients feel great. She spends time with them. Jenn’s the type of nurse who exudes dedication each day be being supportive of the needs of every client.”

Natchaug Hospital’s Nightingale award winner for 2015 is Judie Nodwell, RN, from Journey House. Judie, who has been at Natchaug for nearly 5 years, is constantly working to improve client care and was involved in instituting child-friendly blood draws, sensory integration interventions and a therapeutic library for the child inpatient unit. At Journey House, a long-term residential program for court-involved adolescent girls, Judie goes above and beyond to support clients. She counsels traumatized clients on life skills, travels to hospitals with them as an advocate, works with group homes and families to help transition clients back to the community, and has been invited to attend former clients’ high school graduations to celebrate their success.

“Jude is incredibly supportive in all that she does,” said one colleague. “She leads by example, always with a smile and kind words to give. Judie does it all, every day, selflessly.”

“As a nurse, I am exceptionally proud of the work done by my clinical colleagues across the BHN,” said Patricia Rehmer, MSN, ACHE, HHC Senior Vice President. “I salute Chris, Jennifer, Judie and all of the nurses throughout the network who deliver high quality, personalized care to our patients and clients each and every day.”

Reminder to get permission from all subjects before submitting a photo

When submitting photos for BHNews, please be sure to obtain verbal consent from all of the employees featured in the photo. All staff whose photo is published in BHNews will be identified with first and last names. If you have any questions or concerns, please contact amanda.nappi@hhchealth.org or carol.vassar@hhchealth.org.

What you do matters.
What you think about your work life matters too.

Take the Employee Engagement Survey
May 4-May 15

• Anonymous and confidential
• Online
• Check email for your secret password
• 15 minutes to complete
• Your feedback helps us improve

We’re listening...
Tell us what you think

About BHNews

BHNews is published every Friday, except for the weeks of Thanksgiving, Christmas and New Year’s.

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 editing may be necessary.

Deadline for the next edition of BHNews is Tuesday, April 14, at noon.
The Connecticut Chapter of the National Alliance on Mental Illness (NAMI) holds its annual NAMI Connecticut Walk on May 16, and you can be part of the HHC BHN team that is currently forming.

NAMI CT provides education, advocacy and leadership for our clients, patients and their families, and is a long-time partner with BHN. Our support of their effort is a natural extension of the work we do every day!

If you’d like to be on the BHN NAMI Connecticut Walk team, please contact:

- Rushford: Carol Vassar (carol.vassar@hhchealth.org)
- Natchaug: Amanda Nappi (amanda.nappi@hhchealth.org)
- IOL: Patty Graham (patriciagraham@hhchealth.org)
- HOCC/Midstate: Alecia Edmund (alecia.edmund@hhchealth.org)

Thanks for your continued support of NAMI CT.

Walking as one for NAMI

The Connecticut Chapter of the National Alliance on Mental Illness (NAMI) holds its annual NAMI Connecticut Walk on May 16, and you can be part of the HHC BHN team that is currently forming.

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- HOCC/Midstate: Alecia Edmund (alecia.edmund@hhchealth.org)

Thanks for your continued support of NAMI CT.

Check out the Treasure Trove

BHNews offers employees a way to reach almost 2,000 of their co-workers for nothing. 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.

What’s your favorite baseball team?

The Red Sox.
— Scott Crawford, Manager of Natchaug Plant Operations

The Washington Nationals.
— Larry Haber, IOL Director, Ambulatory, Health Psychology & Young Adult Services

The Boston Red Sox — because they are the best.
— Bob Meyer, Rushford Transportation Coordinator

The Red Sox.
— Denise St. Germain, Natchaug Business Solutions Manager

Study links anticholinergics and dementia

A recent study suggests that long term use of anticholinergics, which includes depression medications like doxepin and over-the-counter sleep aids such as chlorpheniramine, can lead to an increased risk of developing dementia, including Alzheimer’s disease.

The study, published in JAMA Internal Medicine, tracked 3,500 participants exposure to anticholinergics over a 10-year period. Results suggest a dose-response effect, meaning that the higher cumulative consumption of the drug, the higher the likelihood of developing dementia, and also that the risk for dementia may persist even years after people stop taking these drugs.

To read more, visit http://huff.to/1NR0pe4.

BHN staff looking cool with their new sunglasses at the 2014 NAMI Walk event.

Editor’s note: We know there are Yankees fans out there somewhere.
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 addition information on these support groups, please contact the FRC at 860-545-7665 or 860-545-1888. The IOL FRC Support Group schedule is as follows:

- **Peer Parent Support Group For Those With Children On The Autism Spectrum.** 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.

- **Sibling Support Group.** 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.

- **Support Group For Families Dealing With Major Mental Illness.** 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.

- **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.

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

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**Come dancin’ at BrainDance 2015**

Employees from across the BHN are invited to stop by the IOL’s Commons Building on Thursday, April 23 to show their support for some of Connecticut’s best high school artists, writers and multimedia designers at the 12th annual BrainDance Awards.

Fourteen students and one teacher from schools across Connecticut will have their work honored at this event. Over 250 submissions were received and judged. All will be on display to view.

The BrainDance Awards is a state-wide high school academic, artistic, and mixed media competition that encourages high school students to learn 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.

BrainDance attendees will have the opportunity to tour the IOL’s Myths, Minds and Medicine museum and neuro-imaging research center, and sit in on a lecture from Otto Wahl, Ph.D., Department of Psychology at the University of Hartford entitled: “Respect, Understanding and Support: Antidotes for Stigma.”

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**Public Mental Health First Aid class set for tomorrow**

Just like CPR helps you assist an individual having a heart attack — even without clinical training — Mental Health First Aid teaches you to assist someone experiencing a mental health crisis.

IOL is holding a MHFA class that is open to members of the public tomorrow, Saturday, April 11, from 8 a.m. to 5:30 p.m. Registration fee is $100 and includes class materials along with breakfast and lunch. For more information or to register, please visit [http://bit.ly/1JePfiK](http://bit.ly/1JePfiK)
Family Resource Center Support Groups (continued)

who identify LGBTQ issues as being prominent in their lives. The goal is to discuss support strategies to manage life challenges.

- **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.

- **Dementia Support/Educational Group Meeting.** 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.** 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.

- **The Truth About Electroconvulsive Therapy and Transcranial Magnetic Stimulation.** 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.

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**The Disconnected Among Us: Sandy Hook and the Mind of the Mass Shooter**

A Special Presentation at Real Art Ways

Presented by Harold I. Schwartz, MD Psychiatrist-in-Chief, Institute of Living and Regional Vice President, Behavioral Health Network

Wednesday, April 29, 2015
7 to 8:30 PM

Real Art Ways
56 Arbor Street
Hartford, CT 06106
www.realartways.org

Institute of Living
A Division of Hartford Hospital

This interactive event is part of the ongoing National Dialogue on Mental Health Series sponsored by the Hartford HealthCare Behavioral Health Network. The public is invited to attend, ask questions, and learn more about mental health and substance abuse.
April is Occupational Therapy Month

Before it had a name or an official profession, occupational therapy was taking place in the early 1800s, as the underpinning of the model of “moral treatment” of people with mental illness. This novel and humanistic approach was designed around the belief that patients would benefit from engaging in orderly routines and meaningful activities. As this movement grew, institutions (including the Hartford Retreat, now the Institute of Living) employing the moral treatment approach provided opportunities for patients to develop skills such as furniture making, farm maintenance, or performing in an orchestra.

Many people are familiar with the work of occupational therapists in helping people with physical impairments, temporary or permanent. In that arena we help people relearn how to dress, feed themselves and take care of their homes, among other tasks. Occupational therapy in the mental health setting is a little less obvious. Occupation is still central to our evaluation and treatment of clients. What is impeding the client’s ability to participate in the activities that are meaningful to him or her and to engage in the roles they identify as important? And how can we help them to perform these to the best of their abilities? Through the use of occupation-based and purposeful activities, we help clients develop the skills to complete them.

Within the HHC Behavioral Health Network, there are occupational therapy practitioners at Natchaug Hospital, Institute of Living, and the psychiatric departments at the Hospital of Central Connecticut, Midstate Medical Center and Backus Hospital. We provide treatment that addresses goal setting, healthy leisure skills, social and coping skills, improving sleep, establishing routines to support recovery, identifying ways to use sensory input for sensory modulation, and more! Depending on the patient, presenting issues and length of stay, we may also be working on specific functional skills like budgeting, food planning, and medication management habits. Some of us work within another department (at Natchaug we are part of Creative Rehabilitation Services) and some of us are solo. The OTR/L staff also conduct evaluations for functional cognition, independent living skills, fall-risk assessments, and other evaluations as needed. Occupational therapy staff across the BHN include:

- **Natchaug Hospital**: Theresa Campinelli-Miner COTA/L, Michelle Ducat COTA/L, Winifred Gordon OTR/L, Carol Kilburn COTA/L, Aimee Owen COTA/L, Cathy Roberge COTA/L, Tammy Anderson COTA/L. We provide occupational therapy treatment on all inpatient units, at the Mansfield PHPs, and the Mansfield CDT school.

- **The Hospital of Central Connecticut**: Rick Klimowicz, OTR/L works on the inpatient behavioral health unit.

- **IOL**: Sarah Zarinkelki, OTR/L works on the geriatric unit and residential program; Jean Stewart, OTA/L works with geriatric patients and those with dementia; Pat Wardwell, COTA/L works in the Department of Vocational Rehabilitation.

- **Backus Hospital**: Jenna Bullock-Eckman OTR/L works on the behavioral health unit.

- **Midstate Medical Center**: Valerie Lai OTR/L works on the behavioral health unit.

April is Occupational Therapy month. Our occupation for the month is to celebrate the strength and value of our profession. Join us!

*Submitted by Winifred T. Gordon, Med., OTR/L*

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**New hires**

- **Melissa Bordonaro** — MHW Float, JC Mansfield
- **Tiffany Bradley** — MHW, JC Thames Valley
- **William Dahm** — Student Support Specialist, Windham CDT
- **Joleen Donovan, RN** — Supervisor, Nursing Services
- **Adison Fontaine** — MHW, Journey House
- **Erin Joudrey** — Director of Social Work
- **Kristine Wujcik** — Recruiting Assistant, Human Resources

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Thinking LEAN

*Natchaug Vice President of Operations Justin Sleeper, MSN, adds info to a value stream map of the child inpatient unit admission process during a LEAN training on Friday, March 27.*
Congratulations to staff on the adolescent and adult inpatient units who recorded NO seclusions or restraints for the entire month of March. The entire team has contributed to creating environments where our clients are able to express their emotions in a safer way. This takes patience, skill, kindness, and knowledge. Thank you ALL for the work you do every day.

**Gratitude at Quinebaug**

Clients in the Quinebaug Treatment Center young adult and day programs teamed up to make gratitude tree leaves as part of their ongoing Connect to Healthier wellness project. The project, which is inspired by the new Hartford HealthCare tagline, incorporates weekly wellness groups into all Quinebaug programs with topics such as SMART goals in well-being, positive affirmations, music, meditation, movement and more.

**H3W update**

Join your co-workers and Natchaug leadership for one of three upcoming Town Hall Meetings.

Ask questions about topics that are relevant to you, and voice opinions directly to senior leadership.

**Three Town Hall Meetings:**

**Friday, April 24**
1-2 p.m. & 3-4 p.m.
East Region System Support Office
Conference Room A, 11 Stott Ave., Norwich

**Tuesday, April 28**
3:30-4:30 p.m.
Natchaug Hospital
Community Room, 189 Storrs Rd., Mansfield

*Webinar info coming soon*

Questions? Contact Janet at Janet.Keown@hhchealth.org

**Free Educational Seminar**

**Substance Abuse Across the Lifespan: A Community Dialogue on Behavioral Health**

**Wednesday, April 15**
6:30 p.m. - 8 p.m.
Southington Municipal Center
200 North Main Street
Southington

This interactive event is part of the ongoing National Dialogue on Mental Health Series sponsored by the Hartford HealthCare Behavioral Health Network. The public is invited to attend, ask questions, share their stories, and learn more about mental health and substance abuse.

**Panelists:**
- Tim Harmon, young adult in recovery
- J. Craig Allen, MD, Medical Director, Rushford
- Linda McEwen, LCSW, The Hospital of Central Connecticut
- Susan Saucier, Director of Southington Youth Services
- Margaret Walsh, Director of Pupil Services, Southington Public Schools

For more information or to register for this event, please call 1.800.321.6244.

Sponsored by
- The Hospital of Central Connecticut
- MidState Medical Center
- Rushford and the Southington Public Schools

Hartford HealthCare Behavioral Health Network
Do you know of a Rushford team member who exhibits one of the H3W Leadership Behaviors? The time has come to nominate them for a Rushford H3W Leadership Behavior Award! The 10 nomination categories mirror our H3W leadership behaviors:

- Be in the Moment
- Be Authentic and Humanistic
- Volunteer Discretionary Effort Constantly
- Model High Performance — Desired Behaviors that Drive Desired Results
- Respect and Leverage Separate Realities
- Be Curious vs. Judgmental
- Look in the Mirror First — Be Accountable
- Have Courageous Conversations
- Provide Timely, Clear and Specific Performance Expectations & Feedback
- Teach, Coach and Mentor — Spend at Least Half of Your Time Developing Others.

All nominations will be considered by the Rushford Recognition Committee. Winners will be announced at the May 2015 H3W celebrations. Please complete the form and send to shanna.lowery@hhchealth.org by the deadline of May 20. Type written nominations only please! Nomination forms are available on The Loop at http://bit.ly/1NOgqle.

Save the Date!

The 27th Annual

RUSHFORD GOLF CLASSIC

Friday, June 5, 2015
Lyman Orchards Golf Club
Middlefield, CT

For more information, please call 203.630.5229 or contact RushfordGolfTournament@hhchealth.org

Rushford Foundation, Inc.
883 Paddock Avenue, Meriden, CT 06450

Proceeds raised from the 2015 Rushford Golf Classic will be used to support Rushford’s child and adolescent prevention and treatment programs.
A warm welcome at Parker North

On April 7, Rushford at Parker North held its long-awaited housewarming, as staff and clients welcomed colleagues and friends to their new home. Dozens of people made their way to visit the Parker North facility, tour the building and share food and fellowship with staff and clients alike.

Honored guests included Susan Graham from the Connecticut Department of Mental Health and Addiction Services; HHC BHN President Stephen W. Larcen; and HHC Senior Vice President Patricia Rehmer.

Rushford at Parker North provides an opportunity for community living to people who are ready for discharge from Connecticut Valley Hospital (CVH) and other state hospitals after a long length of stay requiring a higher level of care.

Congratulations to the staff of Parker North, including: Jessica Matyka, Monica Pagnam, Elizabeth Bryant, Christina Labbe, Roberta Thibeau, Rachel Aybar, Amber Burns, Kimberly Burns, Victoria Dingwell, Cynthia Fasano, Sandy Gabriel, Lisa Giblin, Kelly Komerowski, Claudemay Moise and Linda Ryan.
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.

### FOR SALE

**2005 25-FOOT SALEM 5TH WHEEL** — Excellent condition, sleeps six with queen bed in master, queen pullout and table bed. Fully equipped kitchen with stove, microwave and refrigerator — barely used. Plenty of cabinet/storage space. Bathroom on lower level, shower, toilet and sink with vanity. All upholstery throughout is in excellent condition. Includes three batteries and two gas tanks. Offering $21,000 or best offer (serious inquires only please). Please contact Rosann at 860-212-3994.

**2006 DODGE RAM 2500** — Laramie package. 8-foot bed with running boards and rear slide window. Towing package, multi disc changer. 79,000 miles. Excellent condition. Asking $21,000 or best offer. Please contact Rosann at 860-212-3994.


**ESTATE ITEMS** — 2011 Permobile standing powered wheelchair, gauged, $13,500 or best offer. Invacare storm powered wheelchair, 8 years old, may need new battery, $500. Handi Move ceiling lift with track system, Model 2500, $2,500 or best offer. Call 860-444-2912.

### WANTED

**ARTISTS** — Faces at FAHS (Fine Art and Craft Exhibit and Sale at the Finnish American Heritage Society) is seeking artists and crafters for a Saturday, Oct. 3 event at the Finnish Hall, 76 North Canterbury Road, Canterbury. Indoor/outdoor spaces, $30 (postmarked on or before Friday, July 31), free admission, handicapped accessible. Call 860-974-2760 or email FacesatFahs@gmail.com.

**EVENTS**

**BENEFIT BINGO** — Friday, April 10, doors open at 4 p.m., game starts at 6:30 p.m. at Foxwoods. Proceeds benefit Boy Scout Troop 73 in Lisbon. $15 admission package, tickets must be purchased in advance. Call 860-367-3892, 860-204-0478, 860-710-5919 or email cathy.desimone@yahoo.com.

**PASTA DINNER** — Friday, April 10, 5-7 p.m. at Fields Memorial School, 8 Bozrah St. Ext. Proceeds benefit the Fields Memorial School class of 2016. Dinner includes pasta, meatballs, salad, bread, dessert, beverages, tickets $8 adults, $6 seniors, $5 children 10 years old and under. Tickets available (in advance or at the door) at the school and Mains Country Store, 318 Fitchville Road, Bozrah.

**ANNUAL CULINARY DELIGHTS** — Saturday, April 11, 1-3 p.m. at the Finnish Hall, 76 North Canterbury Road, Canterbury. Sponsored by The Finnish American Heritage Society this program is free and open to the public, the theme is soups and breads, demonstration, sampling. For more information visit www.fahs-ct.org or call 860-546-6671.

**ROAST PORK DINNER** — Sunday, April 12, 1 p.m. at Divine Providence Church, corner of Golden and Silver streets, Norwich. Proceeds benefit the Divine Providence Church.

**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.

**SPRING BOOK SALE** — Friday, April 17 and Saturday, April 18, 10 a.m. to 3 p.m., Sunday, April 19, noon to 3 p.m. at the Otis Library, 261 Main St., Norwich. Thousands of gently used fiction and non-fiction books, CDs, DVDs/records. Sponsored by the Friends of Otis Library.

**WHITE MASS FOR HEALTHCARE WORKERS & CAREGIVERS** — Sunday, April 19 at 9 a.m. at the Cathedral of Saint Patrick, 213 Broadway, Norwich. Following the Mass there will be a brunch in the Cathedral auditorium. Dr. Seth Flagg, USMC, Wounded Warrior Regiment surgeon in Quantico, Va., will be the speaker.

**OPEN HOUSE** — Tuesday, April 21, 9-11 a.m. at St. Joseph Elementary School, Baltic. Full day pre Kindergarten for four year olds, full-day kindergarten through eighth grade. Visit classrooms, speak with teachers, refreshments served. For further information call the office at 860-822-6141.

**DAFFODILS AND POETRY FESTIVAL** — Saturday, April 25, 2-4 p.m. at Maples Farm Park. Professional poets from all over Connecticut will read from their own work and the work of poets that have inspired them. The reading will be followed by an open mike to read your poems, light refreshments, family friendly event, free admission, free parking. For more information email maryelizabethlang@alum.barnard.edu.

**CHAMBER MUSIC AT CHRIST CHURCH** — Sunday, April 26, 3 p.m. at Christ Episcopal Church, 78 Washington St., Norwich. 17th century music with Jesse N. Claude at the harpsichord and Gavin Black at the continuo organ for a program featuring the works of Frescobaldi and Froberger played on period instruments. Admission is free, though donations to support the series are gladly accepted. Call 860-425-0663.

**ARTHRITIS EXERCISE PROGRAM** — Session II is Monday, April 27 through Wednesday, June 10 at The Norwich Recreation Center, 75 Mohogan Road, Norwich. Both sessions are from 10-11 a.m. Norwich residents fee is $48, non-residents is $58. Call 860-823-3791.

**ANNUAL PASTA DINNER** — Thursday, April 30, 6-8 p.m. at Bully Busters, 87 Broadway, basement of the UCC Church, Norwich. $10 per person, proceeds benefit World Youth Day Celebration on May 1. Call 860-373-8630.

**SPRING FLING TAG SALE/LUNCH** — Saturday, May 2, 10 a.m. to 2 p.m. at Holy New Martyrs Church, 364 Canterbury Tpke., Norwich. Crafts, gifts, frozen foods.

**CRAFT FAIR** — Saturday, May 2, 11 a.m. to 4 p.m. at Griswold Fish and Game, 330 Bethel Road, Jewett City. Raffle baskets, get your Mother’s Day shopping done. Call 860-376-0586.

**THE MASK YOU LIVE IN** — Tuesday, May 5, 5-6:30 p.m. screening and 6:30-7 p.m. panel discussion at The Edward & Mary Lord Family Health Center, 47 Town St., Norwich. The Mask You Live In follows boys and young men and their struggles. This program is presented by United Community and Family Services, light refreshments will be served. Please register for a seat by calling 860-822-6147.

**TORI OPEN AIR MARKET** — Saturday, May 16, 9 a.m. to 3 p.m. at the Canterbury Community Center. Sponsored by The Finnish American Heritage Society. Rain or shine, tables or tents are $15. Call 860-465-6236 or email rkjkelley1967@gmail.com.