On Dec. 14, 2012, Rushford case manager Rich McKeegan became a father. His son, Jack, was born happy and healthy. But the nation’s attention that day was focused elsewhere: the tragedy of the mass shooting at Sandy Hook Elementary School in Newtown, where 26 people were killed.

This happenstance inspired in McKeegan a desire to help those affected by the events at Sandy Hook. As a jiu jitsu practitioner, he chose to reach out to that community to assist. Along the way, he met Ian Hockley, whose son, Dylan, was one of 20 first-graders killed the day McKeegan’s son entered the world. McKeegan learned that Dylan had been diagnosed with autism and that the Hockleys had established a not-for-profit organization dedicated to honoring their son.

Dylan’s Wings of Change is devoted to helping children with autism develop their intellectual and academic skills through new technology and creating and funding athletic programs that include and accept kids with autism.

This relationship inspired McKeegan to establish “Blackbelts for Butterflies,” with Dylan’s Wings of Change as the beneficiary.

“With Blackbelts for Butterflies, 10 black belt jiu jitsu fighters come in from across the country and donate their time [for demonstrations],” McKeegan said. “It brings so much talent to the mat at one time for charity.”

In 2014, Blackbelts for Butterflies raised more than $7,000 for Dylan’s Wings of Change, and raised awareness of autism for many. It is now an annual event.

The 2015 edition of Blackbelts for... Continued on page 2
Trish Hayward’s daughter, who is diagnosed with Asperger’s, makes “gak” with Joshua Center Mansfield mental health worker Mark Welintu-konis during a Natchaug autism support group meeting.

BHN recognizes Autism Awareness in April

continued from page 1

Butterflies is being held during Autism Awareness month in April, and has gained the attention of world champion jiu jitsu fighters from around the world as well as some top jiu jitsu clothing companies, which are sponsoring the event this year.

“It has become the biggest jiu jitsu charity event on the East Coast and is gaining momentum,” McKeegan said.

Yet Rich McKeegan isn’t the only BHN employee involved with autism awareness.

Natchaug Hospital pharmacy technician Trish Hayward remembers the day her then 11-year-old daughter was diagnosed with Asperger’s, a high-functioning autism spectrum disorder.

“Having your kid labeled ‘autistic’ is kind of like a death sentence to a parent,” Hayward said. “You grieve the weddings, the graduations, the children. All the life events you anticipated suddenly seem like they’re not going to happen.”

Over the following years, Hayward’s life changed. She became a regular attendee at conferences and seminars on autism. Typical parenting issues escalated into advocacy battles with public schools. Dealing with her daughter’s public meltdowns became a wearying way of life.

“You become very isolated,” Hayward said. “Because of that I learned firsthand the power of support groups.”

In 2012, Hayward approached Natchaug Vice President of Operations David Klein, Ph.D., and Director of Ambulatory Services Carrie Pichie, Ph.D., about the lack of community services for autism.

“Around one in every 68 children is diagnosed on the autism spectrum,” Dr. Pichie said. “Given that rate of diagnosis and the lack of services for these children and their families, it was clear that we had to respond to the community need.”

With the support of Drs. Klein and Pichie, Hayward and her colleagues at Natchaug started a support group for families of children with high-functioning autism at the main hospital in Mansfield.

The group meets every third Wednesday for five months at a time and is split into two co-occurring meetings — one for parents and another for children with autism and their siblings.

“A lot of these families have no outside support,” said Natchaug clinician Stan Hospod, who coordinates the support group. “Providing them with education and an outlet is our way of giving back to the community where we work and live.”

Autism services

Here are some of the HHC BHN autism service offerings:

- Hartford Hospital’s Institute of Living provides autism consultation services. This includes a multidisciplinary assessment and consultation for school-aged children who are within the Autism Spectrum. The team of specialists develops a functional plan and recommendations for the child’s optimal functioning at home, at school, and in the community.

HHC BHN Autism support groups take place as follows:

- The IOL Peer-Parent support group for those with children on the autism spectrum meets every third Wednesday of the month from 6 – 7 p.m. in the Massachusetts Cottage, First floor Group Room at the IOL Campus, 200 Retreat Avenue, Hartford. 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. Next meetings are May 20 and June 17. For more information, please contact patriciac.graham@hhchealth.org.

- The Natchaug Hospital autism support group takes place monthly from 5:30 – 6:30 p.m. at the main hospital, 189 Storrs Road, Mansfield Center. The next meeting is May 20. For more information or to register, please contact stanley.hospod@hhchealth.org or 860-823-5367.

- Blackbelts for Butterflies takes place in Manchester from April 24-26. For more information, please visit www.blackbeltsforbutterflies.
New standard for ITS passwords

ITS continues its process for standardization across the entire HHC system. The new standard, which was implemented on April 8, is uniform complexity requirements for passwords. The new standards are as follows:

- **Minimum password length:** 8 characters
- **Password complexity:** All passwords must contain characters from three of these four categories — uppercase, lowercase, digits 0 to 9 and special characters (i.e. ~!@#$%^&*_-+=`|(){}[]:;"'<>,.?/

**Examples:**
ILoveITS9 (Uppercase, Lowercase, Digits)
CareC@nnect (Uppercase, Lowercase, Special Characters)
re$ets00n (Lowercase, Special Characters, Digits)

Even though this change started on April 8, your current password will work until its current expiration date. You will then be notified by email to change your password 10 days before it expires. Thank you for continued support of the ITS standardization efforts, and if you have any questions, contact the Customer Service Center at ext. 55699

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**staff speaks out**

If you were an animal, what would you be and why?

I would be a flying squirrel, because I really like the outdoors and the freedom of being able to hop from tree to tree.
— Hannah Jackson, Rec Coordinator at Natchaug Journey House

I would be a hawk so that I could just coast and fly and hover to my heart’s content.
— Sheryl Sprague, Rushford Prevention Manager

An eagle because then I could fly around and catch fish, since I love fishing.
— Kyle Truesdale, Natchaug mental health worker

I’d be a puppy, because they are playful and adorable and cute.
— Tracy Wilbur, Social Rehabilitation Specialist, Rushford

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**BHN goes to Washington**

BHN President Stephen W. Larcen, PhD, left, and IOL Psychiatrist-in-Chief Harold I. Schwartz, MD, right, meet with U.S. Sen. Chris Murphy (D-CT) at the annual meeting of the National Association of Psychiatric Health Systems (NAPHS), held March 16-18 in Washington, D.C. Drs. Larcen and Schwartz introduced Senator Murphy prior to his luncheon speaking engagement, which focused on his efforts in bipartisan mental health reform.
Rushford, IOL present at client experience event

Rushford and IOL each represented the BHN with posters at last Friday’s HHC Patient Collaborative Experience at Hartford Hospital.

Rushford’s Client Advisory Council project poster highlighted the process for successfully creating and sustaining a client-led improvement process providing recommendations for improving Rushford services. Darlene Dubowsky, Caitlin Swartz, and Greg Hogan were on hand to answer questions about this project.

IOL’s poster focused on the Continuous Observation with Intervention by Nursing (COIN) Taskforce, co-led by Ellen Blair, APRN and Karen Habig, RN, BSN, MS. The COIN Taskforce was formed in 2011 to analyze the common practice of utilizing “sitters” at Hartford Hospital and how to enhance the patient experience while requiring this more intensive level of nursing care.

COIN rounders, as they are now known, have been highly effective in assuring the appropriate level of supervision and stimulation for patients at risk of intentional or unintentional self-harm. Further, the COIN initiative has reduced the amount of money spent on COIN by 50 percent. The expenditures for COIN have decreased from $141,000 per month in 2013 to $72,000 per month in 2014, which translates to an annual saving of $850,000.

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.

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.
About 30 people attended this week’s National Dialogue on Substance Abuse Across the Lifespan,” sponsored by Rushford, The Hospital of Central Connecticut, Mid-State Medical Center and the Southington Public Schools.

Above left: Twenty-one-year-old Tim Harmon, right, shared his story of recovery from drug and alcohol use with the audience as fellow panelist Dr. J. Craig Allen, MD, listens in. Above right: Southington Youth Services Director Susan Sauzier, right, makes a point during her prevention presentation as Southington Public Schools’ Director of Pupil Services Meg Walsh takes notes.

Study links anger issues, not major mental illness, to gun violence

A recent study out of Harvard found minimal overlap between major mental illness — such as schizophrenia or bipolar disorder — and factors that are attributed to gun violence such as being impulsive, anger-prone and having access to firearms.

The findings corroborate previous research, which connected just four percent of all violence to major mental illness. According to the study, nearly one in 10 American adults have both a history of impulsive anger and access to a firearm, with married men under the age of 30 living in outlying areas around cities most likely to have a history of anger and access to guns.

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

App uses social media for cognitive behavioral therapy

A new social networking app called Panoply hopes to engage patients struggling with clinical depression in cognitive behavioral therapy (CBT).

Panoply allows people in your social network to give you feedback and help you reframe thoughts and experiences. Likewise, users can help others come up with different ways of viewing thoughts and situations that are aligned with the evidence-based CBT model.

To learn more, visit http://n.pr/1ICRDic.
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.”

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.

A special Easter guest at Donnelly

The children’s inpatient and Child and Adolescent Rapid Stabilization (CARES) units at Donnelly 1-South received a special visit on April 5 from the Easter Bunny and his “helpers.”

They rounded on the units and handed out goodie bags to the kids to the accompaniment of “Here Comes Peter Cottontail.”
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:

- **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 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).** 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.

- **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.

- **Introduction To Mental Health Benefits And Services.** May 5, 6:30 – 7:45 p.m. This presentation will provide an overview of benefit programs available for individuals with mental health disabilities.

- **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.

- **Sibling Support Group.** 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.** 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.

- **Substance Use Educational And Support Group.** May 14, June 11 (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.

- **Managing Schizophrenia.** 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.

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**Celebrating FRC volunteers**

The IOL Family Resource Center (FRC) celebrated its volunteers with a luncheon in their honor on April 14. From left are, Kelley Boothby, Annetta Caplinger, Rosalynn Walker, Ellen Richardson, Patricia Graham, Erin McCallon-Estremera, Lauren Joy, Mara DeMaio and Nancy Hubbard.
Joudrey named new Director of Social Work

Welcome to Erin Joudrey, LCSW, who recently joined Natchaug as the new Director of Social Work. Joudrey comes to Natchaug from North American Family Institute, where she served as program director for the multi-systemic therapy program and the multi-dimensional treatment foster care program. Prior to that, she spent almost 14 years at Klingberg Family Centers. During her time at Klingberg, Joudrey held a number of positions, including director of community-based care, program director for the therapeutic foster care program, and several client-facing roles.

Joudrey received her master’s degree in social work from the University of Connecticut and her Bachelor of Science in psychology from Keene State College.

Town Hall Meetings

Join your co-workers and Natchaug leadership for one of three upcoming Town Hall Meetings, where you can ask questions 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
1. Visit https://global.gotomeeting.com/join/514356637
2. Call in using your telephone:
   +1 (646) 749-3122
   Access Code: 514-356-637
   Audio PIN: Shown after joining the meeting

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

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, April 21, at noon.
Rushford Academy forms student council

As part of the civics curriculum at Rushford at Durham, the students at Rushford Academy have formed a student council and held elections. “They ran campaigns, created posters and slogans, chose running mates, and even held a debate so everyone on campus would have the opportunity to meet the candidates face-to-face ahead of (the) vote. Our winners have promised to take all suggestions into consideration before making recommendations to their House and Senate, who are campus education and residential staff,” said Rushford Academy principal and teacher Katie Gomes. “To borrow from our Student Council president’s slogan: New Year, New Everything; Let your voice be heard.”

Meetings are held twice per month, immediately after school, and will involve the entire student body.

Recognize a colleague today

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 May 20. Type written nominations only please! Nomination forms are available on The Loop at http://bit.ly/1NOgqle.

Chamber inducts Rushford’s Blake to Board of Directors

Rushford Prevention Professional and Meriden Healthy Youth Coalition Chairperson Krystle Blake was inducted onto the Midstate Chamber of Commerce Board of Directors at its 119th annual dinner ceremony on April 7. She will serve a three-year term.

Krystle’s work with the Midstate Chamber also includes serving as chairwoman of the Young Business Leaders of Connecticut, a group of young professionals affiliated with the Chamber, and as a member of the Midstate Chamber Education Committee. In her capacity with the Education Committee, she presented nine education awards to young scholars during the dinner’s program.
For the Health of It: April is Alcohol Awareness Month

The National Council on Alcoholism and Drug Dependence (NCADD) has declared April 2015 as Alcohol Awareness Month in the United States. The theme for this year is “For the Health of It: Early Education on Alcoholism and Addiction.”

Rushford’s prevention program, led by Prevention Manager Sheryl Sprague, is active in the community throughout the year, educating people about the treatment and prevention of alcoholism, particularly among our youth, and the benefits of providing early education to give kids a better understanding of the impact that alcohol can have on their lives.

“Underage drinking is a complex issue,” Sprague said. “My team is working hard in Meriden and Middletown on Prom Promise initiatives right now, and holds White Out Walks during the holidays to raise awareness that drinking and addiction develop at a young age and that intervention, treatment and recovery support do work.”

For more information or to get involved, please contact Felicia Goodwine-Vaughters, Chairperson of the Middletown Substance Abuse Prevention Council at 860-852-1080 or felicia.goodwine-vaughters@hhchealth.org, or Krystle Blake, Rushford Prevention Professional and Chairperson of the Meriden Healthy Youth Coalition at 203-238-6800 or krystle.blake@hhchealth.org. Please visit the website www.MeridenHealthyYouth.org.

Glastonbury bulletin board serves notice

The Rushford at Glastonbury Adult program bulletin board, located in front of group rooms, provides a place for uplifting ideas, including “Free Positive Thoughts,” “Take a Smile,” and “Take a Compliment.”

Pamela Mulready, a clinician for the evening professional program, changes this board frequently, always including pieces that provide supportive words and encouragement, giving clients a positive environment while keeping them engaged with their recovery.

Domestic violence speaker at Rushford

Chrysalis, Inc., is conducting a presentation on domestic violence for Rushford staff on April 21, 2014 in the Rushford at Meriden board room from 1 - 2:30 p.m. The speaker is Lindsey Walters, who will discuss Chrysalis services for Rushford clients regarding safe houses and what providers can do to help clients dealing with this issue.

Dr. Allen on Fox CT

On April 10, Rushford Medical Director J. Craig Allen, MD was interviewed by Fox Connecticut about the National Dialogue event in Southington. Check out his interview at: http://bit.ly/1aK5FfQ.
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 24 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.

Monday, April 20 at 6 p.m.: Older Adults Mental Health Forum, Hartford Public Library, 500 Main St., Hartford. Two interactive sessions — one in English and one in Spanish — focusing on the challenges facing older adults living with mental illness and/or addiction, along with the special obstacles faced by their caregivers, families and friends. Sponsored by Connecticut’s Older Adult Behavioral Health Workgroup. For more information, please contact Kate Kellett at 860-679-4281.

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.

Wednesday, April 29 from 7 – 8:30 p.m.: “The Disconnected Among Us: Sandy Hook and the Mind of the Mass Shooter.” Real Art Ways Theater, 56 Arbor St., Hartford. Presented by Harold I. Schwartz, MD, Psychiatrist-in-Chief, Hartford Hospital’s Institute of Living. As a member of both the Governor’s Sandy Hook Advisory Commission and the Child Advocates Office investigating the deaths of 26 people at the Sandy Hook Elementary School in Newtown in December 2012, Dr. Schwartz has a unique position from which to present his insights into the mind of the mass shooter. Sponsored by Real Art Ways, Hartford Hospital’s Institute of Living and the HHC Behavioral Health Network. For more information, contact carol.vassar@hhchealth.org.

Thursday, May 7 from 5 – 7 p.m.: “Uncovering Our Kids: Towards A Better Understanding of Teen Mental Health,” is an opportunity for parents, teachers, clinicians and others to come together and talk openly about teen depression and other disorders. Panelists include Harold I. Schwartz, MD, IOL Psychiatrist-in-Chief. The Lyceum Conference Center, 227 Lawrence St., Hartford. Tickets are $10. All proceeds go to the American Foundation for Suicide Prevention, Southern CT Chapter, and continuing coverage of adolescent mental health by the Connecticut Health I-Team (www.c-hit.org). Hosted by the Connecticut Health I-Team, in collaboration with ConnectiCare and Hartford Hospital’s Institute of Living. For more information or to register, visit http://bit.ly/1yPim69

Thursday, May 7 from noon – 1:15 p.m.: IOL Grand Rounds: “The Annie Goodrich Nursing Award Lecture,” Linda Schwartz, RN, Assistant Secretary of Veterans Affairs for Policy and Planning, U.S. Department of Veterans Affairs.
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 many other extras if interested including dishes, linens, etc. Asking $12,500 or best offer (serious inquiries 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.

POTTERY BARN KIDS — White wicker table, four pastel colored chairs, Gingham cushions, $150. White toddler bed, $50. Call 860-884-0054.

GE PROFILE MICROWAVE — White, 21 cubic foot, over-the-range, sensor, includes one rack, excellent condition, asking $225 or best offer. Call 860-887-7459.

ORIENTAL RUG — 10 foot by 12 foot, red, gold, brown, good condition, $50. Call 860-383-2396.

WANTED

CAREGIVER — Perfect for teachers, assistants and local college students. 24-36 hours per week for the summer and reducing to six to 10 hours per week in mid August. Must intend to continue part-time in the fall. Start orienting in mid May and begin in early June. Seeking mature, responsible, dedicated individual to provide support to a young woman with significant disabilities in her home two to three nights per week, 6 p.m. - 6 a.m. Ambulatory and uses supported typing to communicate. Semi AWAKE position involves personal care, monitoring during night and assist with all areas of daily living. Responsibilities include cooking, laundry and household tasks. Part of 24/7 team. Must be reliable, able to work independently and have sound judgment. $10-$13 per hour. Experience helpful, will train the right person, rewarding work. Call 860-245-5714 to apply or for more information.

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

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.

SPAGHETTI DINNER — Saturday, April 18, 5-7 p.m. at Newtrent Congregational Church, 7 Newtrent Road, Lisbon. Spaghetti, meatballs, salad, rolls, beverage, basket raffles, baked goods, adults, $8, seniors and ages 6 to 12, $6, children ages 5 and under, free. Call 860-710-5919 or 860-204-0478.

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.

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

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

MARTIN HOUSE & THAMES RIVER FAMILY PROGRAM — Sunday, May 3 at Mystic Marriott Hotel & Spa. Annual luncheon and auction, tickets are $45 which include dinner choices, proceeds benefit the Martin House and Thames River Family Program, sponsorship opportunities available. Call for more details 860-887-3288.

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 860-822-4147.