Institute of Living psychologist Laura Saunders, Psy.D., ABPP, has been named one of two 2015 Employees of the Year for Hartford Hospital. Dr. Saunders has been a Hartford HealthCare employee for 25 years, with expertise in child psychopathology, behavior management, child development, mood disorders and family therapy.

Dr. Saunders received the award on Wednesday, April 29, along with Mary-Kate Eanniello, MSN, RN, OCN, a nurse educator in the cancer program.

“They were both so deserving, we just couldn’t decide between them. So we decided to have two winners this year. It’s the first time in the 24-year history of the award that we’ve had two winners,” said Patricia Graham, a case worker with the IOL Family Resource Center and chair of the Hartford Hospital Employees’ Council.

The Employees’ Council narrowed the field to 16 deserving hospital employees before deciding upon Saunders and Eanniello as co-winners.

“I feel deeply honored to have been nominated by my peers, but most honored to serve the patients that I feel passionate about,” Saunders said just after the surprise announcement. “I’m just a simple girl from New Jersey that’s able to do the work that I love, and I feel lucky every day.”

Saunders is also the clinical coordinator of a LGBTQ (Lesbian, Gay, Bisexual, Transgendered, and Questioning/Queer) specialty track in Young Adult Services at the Institute of Living, and has been involved professionally with LGBTQ youth for more than 20 years.

From left, Institute of Living colleagues David Vaughan, Laura Saunders, Larry Haber and Annetta Caplinger celebrate Saunders’ selection as one of two people named as Hartford Hospital’s Employee of the Year. Dr. Saunders has been a Hartford HealthCare employee for 25 years, with expertise in child psychopathology, behavior management, child development, mood disorders and family therapy.

Continued on page 4
CCB to honor Pat Rehmer

HHC Senior Vice President Patricia Rehmer will be the first-ever recipient of the Dr. David Powell Award for lifetime achievement in the area of substance abuse treatment presented by the Connecticut Certification Board (CCB). She will receive this award at the inaugural CCB Annual Awards Dinner on Thursday, May 14, at the Crowne Plaza in Cromwell from 5-8 p.m.

Tickets for this event are $50 per person and include appetizers, dinner, dessert and coffee or tea. Three CEUs are also being offered, which are applicable towards initial certification or renewal of any CCB credential. There are discounted prices for the purchase of a table (eight seats). For more information, please contact Jeffrey Quamme, CCB Executive Director, at jquamme@ctcertboard.org, or visit www.ctcertboard.org.

inthenews

Study suggests worse mental health for those bullied by peers

According to a study presented at the Pediatric Academic Societies’ annual meeting, those bullied by peers suffer worse long-term mental health outcomes than those maltreated by adults early in life.

The study looked at more than 5,000 participants from the UK Avon Longitudinal Study of Parents and Children and the U.S. Great Smoky Mountain Study, which collectively provide data on bullying and maltreatment early in life and mental health outcomes during young adulthood.

To read more, visit http://onforb.es/1bONvBS.

More mental health services on college campuses

Universities are hiring more social workers, psychologists and psychiatrists as the demand for campus mental health services increases.

The rise in students seeking mental health care mirrors the increase in people taking medications for psychiatric issues and a decreasing stigma around mental illness in the younger generation. The cost of these new mental health services is being passed onto the students, with a number of universities increasing student service fees.

To read more, visit http://on.wsj.com/1bJE2Ml.

Employee Engagement Survey begins Monday

The 2015 Employee Engagement Survey starts Monday, May 4 and continues through Friday, May 15.

Every employee is urged to complete the anonymous, confidential questionnaire so HHC leaders can get an accurate idea of what is going well in our system and where there are opportunities to improve.

The survey is completely confidential. No one at Hartford HealthCare will see any individual responses.

To take the survey, click the survey icon on your desktop or find the link on your local intranet. You can also copy and paste this URL into your web browser: https://survey.confirmit.com/wix/p3073425810.aspx. Enter your secret, 8-digit password sent to you by Press Ganey and click OK to continue to the survey.

If you have questions or concerns, please contact one of the survey ambassadors from your department.
What’s your biggest pet peeve?

People chewing with their mouths open.
— Alex Korpita, Natchaug mental health worker

People who don’t use blinkers (signals) when they turn.
— Gustavo Nava, Clinical Manager, HOCC Outpatient Behavioral Health

When people say that they are listening to you, but you know from their facial expressions that they are not.
— Aida Santiago, IOL H3W Coordinator

Next IntNSA meeting May 12 at Rushford at Middletown

All are welcome at the next IntNSA meeting, taking place at Rushford, 1250 Silver Street, Middletown on May 12 from 6 - 8 p.m. The agenda will include an update on formal recognition for the Connecticut IntNSA chapter, which is currently being formed.

Founded in 1975, IntNSA’s mission is to advance excellence in nursing care for the prevention and treatment of addictions. IntNSA has something to offer every nurse, regardless of their area of nursing practice, and welcomes other clinicians and interested parties to join as well.

For more information, please contact pam.waranowicz@hhchealth.org, or call 860-305-6892.

My Future Online
One site.
Everything you need to understand your retirement benefits and plan for the future.

Coming to a screen near you on April 27, 2015 at hhcanime.eltls.com.

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, May 5, at noon.
The Connecticut Chapter of the National Alliance on Mental Illness (NAMI) holds its annual NAMI Connecticut Walk on May 16, at 10 a.m. at Bushnell Park in Hartford, 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 of the 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 (patriciac.graham@hhchealth.org)
HOCC/Midstate: Danielle Siedsma (danielle.siedsma@hhchealth.org)

Thanks for your continued support of NAMI CT.

The NAMI Walks team needs you

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Thanks for your continued support of NAMI CT.

Schwartz presents dialogue on Sandy Hook shooter

Real Art Ways in Hartford was the site of another National Dialogue on Mental Health event, this time featuring IOL Psychiatrist-in-Chief Harold Schwartz, MD. His presentation, The Disconnected Among Us: Sandy Hook and the Mind of the Mass Murderer, nearly filled the Real Art Ways theater with over 85 people in attendance on Wednesday, April 29.
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 upcoming IOL FRC Support Group schedule is as follows:

- **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.

- **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 Health-Care’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.

- **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.

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

- **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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IOL Greenhouse holding grand reopening May 21

The IOL Department of Psychiatric Vocational Services announces the grand reopening of the IOL greenhouse on Thursday, May 21 from 9 a.m. to 2 p.m. Stop by that day for a large sale, including herbs, vegetables and perennials along with starter plants for gardeners from beginner to master.

All plants for sale in the greenhouse are cared for by IOL clients. Come and support their hard work! For more information, contact laura.mathews@hhchealth.org or patricia.wardwell@hhchealth.org, or call 860-545-7297.
Leadership honors Voogd

Leadership from Rushford and Natchaug bid a fond farewell to Sandy Voogd, left, at their leadership meeting on Monday, April 27. Voogd recently accepted a position with the Hartford HealthCare Medical Group as a Lean Sensei. Presenting her with a cake is Natchaug Medical Director and BHN VP of Quality and Safety Deborah Weidner, MD, MBA.

IICAPS team praised for their work

To whom it may concern,

I had the pleasure of working collaboratively with a wonderful IICAPS team, Katherine and Kelsi, for a client in Groton this year. Not only did they consistently provide a full array of holistic support, but they also did an exemplary job of advocating for the client in every context that arose. Because of their tireless efforts, this client is in a substantially better situation across the board.

Katherine and Kelsi were warm, kind, generous, and well attuned to this client and his parent every single time they visited the home. Because I work with the client almost daily after-school and have been present for every meeting regarding this client in 2015, I have had many opportunities to observe their work. As of Thursday, this client will have been inpatient hospitalization-free for one year...for the first time in his life. I know that such a feat would not even be on the horizon without this amazing team.

When anyone — clients, parents of potential clients, DCF social workers, therapists, case managers — seeks my input regarding possible in-home services, my first recommendation is Joshua Center IICAPS. I wish they could work with all of my clients — the world would be a better place if they did. Thank you for doing such laudable, indispensable work that changes lives in the ways so many need and few receive.”

— Director at a family support organization in southeastern CT

JC Shoreline intern secures bicycles for all students

Every student at the Joshua Center Shoreline CDT School received the gift of a bicycle, in addition to a helmet, thanks to the tireless efforts of Eveliz, our school intern.

Eveliz arranged for each student to receive a bicycle through the Bike For Kids nonprofit organization located in Old Saybrook. Since 1989, the organization has given more than 14,500 reconditioned donated bikes to needy children. In addition, special needs bikes have been provided to hospitals, Easter Seals and Goodwill.

Thank you Eveliz — a wonderful gift appreciated by all!

61st Natchaug Annual Reception

Save the date for the 61st Natchaug Annual Reception on Tuesday, June 9, at the HHC East Region System Support Office, 11 Stott Ave. in Norwich.

A reception will begin at 5:30 p.m., followed by the main program at 6:30 p.m.

RSVP by June 3 to Sherry Smardon at ext. 65910 or sherry.smardon@hhchealth.org.
**Rounding dates**

Below is the schedule for Leadership Rounding. On these days from 10:30-11:30 a.m., managers from the BHN and Natchaug will be visiting the assigned areas for candid conversations with staff regarding H3W, respect and program issues.

- **Thursday, May 7:** Zone 1 (Conantville Building) and Zone 2 (Journey House)
- **Monday, May 11:** Zone 3 (Inpatient units) and Zone 4 (JC Mansfield and Sachem)
- **Thursday, May 21:** Zone 5 (Facilities and HR buildings) and Zone 6 (CDT/Inpatient School and Pharmacy)
- **Thursday, May 28:** Zone 7 (CRS/HIM/Exec. Assts) and Zone 8 (Dietary and Admissions)

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**Dietary staffer Welch retires**

The Rushford dietary staff gathered last week to bid farewell to Lillian Welch, who retired from Rushford after many years of service.

Lillian will be missed for her loyalty and dependability. She was a true asset to the dietary department.

We wish her well as she returns to her hometown in Pennsylvania.

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**Cupcake bouquet**

Natchaug receptionist Antonella Bonesse is offering homemade cupcake arrangements and bouquets for Mother’s Day. For more information or to place an order, e-mail Antonella.Bonesse@hotmail.com.

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**Town Hall Meeting**

Join your co-workers and Rushford leadership for a Town Hall Meeting in May.

- Ask questions about topics that are relevant to you
- Voice opinions directly to senior leadership

**Tues., May 19**
2:30 to 3:30 p.m.
Rushford at Durham Rec. Room

**Wed., May 20**
2:30 to 3:30 p.m.
Rushford at Meriden Cafeteria

**Thurs., May 21**
2:30 to 3:30 p.m.
Rushford at Middletown Cafeteria

Questions? Contact Laurie at laurie.clinton@hhchealth.org

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From left, Peter Bartlett, Lillian Welch, Christine Junkonski (standing) Karen Buzzell and Karen Thayer.
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.

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.
May 2 is Worldwide Labyrinth Day

Saturday, May 2, is Worldwide Labyrinth Day, according to the World Labyrinth Society. A labyrinth is a single tool for personal, psychological and spiritual transformation, and is thought to enhance right brain activity. Its use in recovery is not unknown, as exemplified last December at Rushford at Glastonbury, when the adult outpatient staff created a labyrinth to celebrate the winter solstice.

The labyrinth pattern was laid-down on the carpet with masking tape, and included “stones” along the way reminding clients to have serenity, hope and light in both their lives and their recovery. IOP clients were encouraged to walk the labyrinth, and to pause for a few moments at the “meditation pond” in the center to “reflect” on their journey. Softly-lit with “candles” while meditative music played, the room presented a unique, transformative opportunity for clients and for staff alike.

Walking the labyrinth became even more magical and more powerful when darkness came, as the soft light gently glowed through windows onto the bare winter landscape. The process was discussed in a group setting as a means of becoming more focused, more in touch with one’s emotions and thoughts, and becoming more reflective of one’s recovery journey.

The World Labyrinth Society has eleven ways to celebrate World Labyrinth day:

- “Walk as One at 1” to effect a rolling wave of labyrinth walking at 1 PM as the earth turns.
- Trace or draw a finger labyrinth on paper or using a smartphone or tablet app
- Facilitate or join a group walk
- Host or join a lecture, workshop, art exhibition or tour
- Build a temporary or permanent labyrinth
- Share and view WLD stories, photos, videos on Social Media using the hashtag #LabyrinthDay
- Read labyrinth books, watch movies, or sing songs
- Create a labyrinth art project, exhibition, or drawing class
- To find a labyrinth near you, visit http://labyrinthlocator.com/

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.

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

Monday, May 11 at 6 p.m.: Older Adults Mental Health Forum, Wallingford Public Library, 200 North Main St., Wallingford. An interactive session 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.
FOR SALE

1963 CHEVY NOVA CONVERTIBLE — Cherry red, fully restored, no rust. Call 860-460-3334.

GE PROFILE MICROWAVE — White, 2.1 cubic foot, over-the-range, one rack, excellent condition, asking $225 or best offer. Call 860-887-7459.

MOVING SALE — Ongoing moving sale at 26 Pinecrest Lane, Baltic. Large Thermos cooler, $30. Toro lawn mower, self-propelled with rear bagger, $100. Lawn spreader, $10. Pentex camera with flash, $125. Salt water fishing pole, $20. Two weed wackers, $10 each. All in good condition. Call 860-822-1280 for more information.

ESTATE SALE — Hooker king size bedroom set, modern, cherry, four post bed, dresser with mirror, nightstand, wardrobe, $1,500. Microfiber sectional sofa, brown, no rips or stains, easy to clean, $350. Leather sofa, tan, loveseat with ottoman, $150. All in great condition. Can text pictures. Call 860-608-4582.

EVENTS

SPRING FLING TAG SALE/LUNCH — Saturday, May 2, 10 a.m. to 2 p.m. at Holy Newstyn 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.

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 — Friday, May 15, 11 a.m. to 8 p.m. at Holy Trinity Greek Orthodox Church, 27 Maple Ave., Norwich, CT. Rain or shine, free admission, free parking, Greek pastry, Greek foods, take out available, raffle baskets, Artifacts, live radio, everyone welcome.

SPRING GRECIAN FESTIVAL — Friday, May 15, and Saturday, May 16, from 11 a.m. to 9 p.m. at Holy Trinity Greek Orthodox Church, 27 Maple Ave., Norwich, CT. Rain or shine, free admission, free parking, Greek pastry, Greek foods, take out available, raffle baskets, Artifacts, live radio, everyone welcome.

SPRING CONCERT/ART SHOW — Saturday, May 9, 4 p.m. at the St. Michael Center, School Hill Road, Baltic. Presented by The Academy of the Holy Family, the program will feature the Academy Concert Choir, the Alumnae Chorus and artwork from the Art Department. Call 860-822-8241 or email sistantmarypatrick@gmail.com.

MOTHER’S DAY CONCERT — Sunday, May 10 at 3 p.m. at Christ Episcopal Church, 78 Washington St., Norwich. North Carolina and Nashville American singer/songwriters, Jonathan Byrd and Sally Barris. Contact folkinthecapel@snet.net for more information.

THE 8TH ANNUAL LARRY PONTBRIANT MEMORIAL 5K RUN — Saturday, May 16, 11 a.m. at Norwich Free Academy. Registration begins at 8:30 AM. The 5K begins at 9:30 a.m. Proceeds take place at 10:30 a.m. at the track. A $10 donation is suggested for individuals, $20 for families. All proceeds benefit the Larry Pontbriant Athletic Safety Fund dedicated to placing AEDs in schools and athletic fields in Eastern CT and raising awareness about Sudden Cardiac Arrest. Registration forms are available online at www.lpasf.org under “Events.”

LEEMEMORIAL CHURCH FUNDRAISERS — One pound pecans from Georgia, $12. Streakless cubes, $3, no chemicals, just water, reusable, polishes. Proceeds benefit the church. Call 860-822-6595 or 860-908-9797.

L. ANTHONY SCHOOL — Accepting registrations for the 2015-2016 school year. 10 School Hill Road, Baltic, full day pre-kindergarten for children who will be 3 and 4 years of age by December, grades kindergarten through eighth grade available. Call 860-822-6141 or email stansmarystrick@gmail.com.

ST. JOSEPH SCHOOL — St. Anthony School, accepting registrations for the 2015-2016 school year. 84 School Hill Road, Baltic, full day pre-kindergarten for children who will be 3 and 4 years of age by December, grades kindergarten through eighth grade available. Call 860-822-6141 or email stansmarystrick@gmail.com.

PRESCHOOL/CHILD CARE — First Leaps Together, Ledyard, a small family-oriented center providing outstanding early education in Ledyard Center. Now enrolling for immediate space in our full day-care, preschool program options, after school programs, summer programs, and specialized services. Visit firstleapstopether.com or call 860-381-5537.

VEHICLE PARKING — Daily parking available at the Lee Memorial Church lower parking lot, $90 for six months. 100% of proceeds benefit the Church. Call 860-887-5886 or email leememorialunc@sbglobal.net.

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