It started with a pair of concerned mothers — as so many efforts do — sitting at a kitchen table in 1979 trying to help raise awareness and change the prospects of others. In this case, that kitchen table was in Madison, Wis., and the women — Harriet Shetler and Beverly Young — would found what we know today as the National Alliance on Mental Illness (NAMI).

Bound by love for their sons — each of whom had been diagnosed with schizophrenia — and frustrated with the lack of services and the discrimination their families experienced as a result, they invited other like-minded people to join them in action.

Thirty-six years later, NAMI has gone nationwide, with over 1,000 state and local affiliates representing all 50 states.

NAMI offers peer support, advocacy and more

NAMI Walks Saturday at Bushnell Park

On Saturday, May 16, (tomorrow), NAMI Connecticut holds its biggest fundraiser, NAMI Walks! Connecticut, at Bushnell Park in Hartford. The festivities begin at 10 a.m., and the Hartford HealthCare Behavioral Health Network is a proud sponsor of this event. Feel free to join the BHN NAMI Walks! Team. Simply wear your Stop the Stigma t-shirt and come by the BHN booth!
NAMI provides many resources for families

Across the nation and here in Connecticut, NAMI provides support, education, and advocacy to people living with mental illnesses and is of particular importance to their family members, friends, professionals and the public.

“NAMI is an invaluable organization for family members and friends of individuals who are struggling with behavioral health issues,” said Pat Rehmer, MSN, ACHE, HHC Senior Vice President for Behavioral Health Services. “They have an outstanding peer-led support system for families, friends and the community at large that provides education and caring just when a person needs it most.”

Locally, NAMI Connecticut programming runs the gamut, from advocacy, training and education to peer support groups to community outreach, much of which is provided free of charge.

“NAMI Connecticut does a tremendous job of supporting the clients we serve at Natchaug,” said Carrie B. Pichie, Ph.D., Natchaug Hospital Director of Ambulatory Care Services. “The work they do help bridge the gap between treatment and the community — from advocacy, to education and awareness, to support for clients as well as the family and friends of those with a diagnosis. Supporting the organization’s annual walk and fundraiser is a great way of thanking NAMI for their work improving the quality of life of those affected by mental illness.”

At Hartford Hospital’s Institute of Living, the partnership with NAMI and the IOL’s Family Resource Center (FRC) is also particularly strong and productive.

“In the FRC we help families and individuals dealing with mental illness all the time,” said Patricia Graham, an IOL FRC case worker. “We provide many resources, and look to NAMI to assist us with that effort. They have so much good information for people just starting down the road of recovery, or who have been on the journey for a long time.”

Graham is particularly impressed with NAMI Connecticut’s Family-to-Family program, a nationally recognized, evidence-based 12-week program that provides education on the neurobiological basis of serious mental illnesses, as well as information, resources and support for family members of individuals with serious mental illness based on the lived experiences of other family members.

“We encourage everyone to attend (Family-to-Family) whenever they can. In our peer support initiative, they have been a huge part in guiding us to what kind of programing our patients and their families want and need.”

Learn more about the programs and services that NAMI has to offer by visiting www.namict.org.

New England town to help addicts instead of arresting them

Starting in June, police in the city of Gloucester, Mass., will no longer arrest opioid users who come seeking help — even if they are carrying drugs.

The police department’s proposed plan will connect people with opioid addiction to a recovery-mediation expert who will walk them through the recovery process. The department has also arranged fast-track admission plans with two local hospitals and treatment centers as well as a formal agreement with a local pharmacy to make Narcan, which reverses an opioid overdose, available to anyone who needs it for little or no cost, regardless of insurance.

To read more, visit http://bit.ly/1zR7A5h.

Fashion brand aims to spark conversation around mental health

Wear Your Label, a new fashion brand, is trying to spark conversation about mental health with T-shirt and tanks featuring slogans such as “Self-care isn’t selfish” and “Sad but rad.”

The new company was started last year by two students at the University of New Brunswick in Canada who struggled with anorexia, anxiety disorder and ADHD. The brand is set to launch a Kickstarter campaign to help expand their collection, which currently consists of tank tops, T-shirts, baseball shirts and bracelets.

To read more, visit http://on.today.com/1zURQ0W.
If you had access to a time machine, to where and when would you travel?

I would go to Greece during ancient times.
— Eileen Cardona, Rushford Managed Care Reviewer

I’d go back 200 years ago to Ireland so I could see how my ancestors lived.
— Mary Kinsella-Shaw, Natchaug H3W Facilitator and Client Rights Officer

I would probably go to New York City in the 1920s before the Great Depression.
— Enza Zacchia, Rushford Controller

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

Take the Employee Engagement Survey
May 4-May 19

• 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

Employee Engagement survey deadline extended

Hartford HealthCare has topped the 60 percent systemwide participation goal for the Employee Engagement Survey. Thank you for your participation.

To make sure everybody has a chance to give valuable feedback, the survey will remain open until midnight, Tuesday, May 19. You can complete it 24/7 from home or work, including weekends.

The survey is anonymous and confidential. No one at Hartford HealthCare will see your individual answers. To participate, check your inbox for an e-mail from Press Ganey, our independent survey administrator. Questions? Contact the survey ambassador in your department or call the Press Ganey Help Desk (M-F, 8 a.m.-8 p.m.) 1-800-849-2292 ext. 1 or e-mail hdesk@pressganey.com.

Balkunas presents at HOCC Grand Rounds

On Thursday, May 7, Michael E. Balkunas, MD, Chief of Psychiatry and Behavioral Health at The Hospital of Central Connecticut (HOCC) presented at that hospital’s grand rounds for medical staff, medicine residents and others who have direct care patient responsibilities. His topic was “What Every Internist Should Know About Psychiatry.”
U.S. Assistant Secretary for Veterans Affairs Linda Schwartz, RN, MSN, DrPH, FAAN, was recognized last week by the Institute of Living (IOL) as the 4th Annie Goodrich Distinguished Nurse Lectureship Awardee. She received this honor and presented a special Grand Rounds lecture entitled “Healing the Wounds of War” on May 7 as part of the IOL’s recognition of National Nurses Week.

Since 2014, Schwartz has served as the Assistant Secretary for Policy and Planning at the U.S. Department of Veterans Affairs (VA). In this role, she oversees the VA Office of Policy and Planning. Prior to her nomination to this post by President Barack Obama and her confirmation by the U.S. Senate, she served as Commissioner of the Connecticut Department of Veterans Affairs.

Schwartz served in the United States Air Force (USAF) Nurse Corps from 1968 to 1986, both on Active Duty and as a Reservist. She retired as a Flight Nurse Instructor, with the rank of Major.

“Secretary Schwartz was selected for this award because she exemplifies the values of Annie Goodrich: excellence in scholarship, teaching and in advancing psychiatric nursing practice,” said IOL Director of Nursing, Ellen Blair, APRN, NEA-BC.

In addition to direct clinical services to patients, Hartford Hospital’s Institute of Living supports and augments its clinical excellence through research at the Olin Neuropsychiatry Research Center; the Anxiety Disorders Center/Center for Cognitive Behavioral Therapy (CBT); the Braceland Center for Memory and Aging; and the Burlingame Center for Psychiatric Research and Education.

As part of the research taking place at IOL, volunteers are needed to help with numerous clinical trials including: Adolescent Schizophrenia, Pediatric and Adolescent Bipolar Disorder, Pediatric and Adolescent Depression, Adult Generalized Anxiety Disorder, Adult Major Depressive Disorder, Adult Bipolar Disorder and Schizophrenia, Schizophrenia and Autism Research, Alcoholism, Teen Depression and Alcoholism.

For more information and greater details about these clinical trials, go to http://bit.ly/1EkaZFc.

Institute of Living
A Division of Hartford Hospital
Schwartz presents at teen mental health forum

IOL Psychiatrist-in-Chief Harold Schwartz, MD, was among the presenters at a May 7 event entitled, “Uncovering Our Kids: Towards a Better Understanding of Teen Mental Health.” The evening was co-sponsored by Hartford Hospital’s Institute of Living and ConnectiCare, and was presented by the Connecticut Health I-Team (C-HIT). Christine Stuart from CT News Junkie served as moderator.

The entire presentation may be viewed at: http://bit.ly/1uugzfC.

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:

- **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.

- **Peer Parent Support Group For Those With Children On The Autism Spectrum. 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. May 21, June 4, June 18 (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 21, June 4, June 18 (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.

- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning). May 27, June 10, June 24, (Second and fourth Wednesday of each month), 5 – 6:15 p.m. in the Center Building, Young Adult Service Group Room.** Support group for 16- to 23-year-olds who identify LGBTQ issues as being prominent in their lives. The goal is to discuss support strategies to manage life challenges.

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

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

Joshua Center Mansfield CDT and Inpatient School Principal Shawn Cyr, right, brought an ice cream truck to the main hospital in honor of Teacher Appreciation Week.

Son’s care greatly appreciated

“My son was recently discharged from your facility. I generally do not write letters of appreciation, however in this instance I feel it is necessary to take the time to do so.

My son’s therapist, Brittney Stanley, in my opinion, really went above and beyond her scope of duties trying to help my son and relate to his specific problems. She offered real insight into his psyche and offered solutions and positive coping skills. She had such a great attitude and I feel she is truly an asset to your organization.

Please thank Brittney on my behalf and it was a pleasure working with her.”

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 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)
- **Thursday, June 4**: Zone 1 (Conantville Building) and Zone 2 (Journey House)
- **Monday, June 8**: Zone 3 (Inpatient Units) and Zone 4 (JC Mansfield and Sachem House)
- **Thursday, June 18**: Zone 5 (Facilities and HR Building) and Zone 6 (Mansfield CDT/Inpatient School and Pharmacy)
- **Monday, June 22**: Zone 7 (CRS/HIM/Exec. Assts.) and Zone 8 (Dietary and Admissions)

In honor of National Nurses Day, nursing staff at the main hospital enjoyed a reception in the Community Room with refreshments and potted plants for each nurse. Left: Audrey Curtis, RN, left, and Mariam Fawole, RN, enjoy refreshments and their flowers at the Nurses Day reception. Above: Natchaug receptionist Antonella Bonesse made cupcake flower arrangements in recognition of the hospital’s nurses.
Natchaug Hospital Vice President of Clinical Operations Justin Sleeper, MSN, RN, has accepted the position of Director of Nursing at the Southeastern Mental Health Authority. Sleeper, who has been at Natchaug since August 2013, will be here through June 11.

“Justin’s visibility, approachability and collaborative skills are extraordinary, and he has had a tremendous impact on the teams he worked with and the clients we serve,” said David Klein, Ph.D., BHN Vice President of Operations. “We will be looking for many of the leadership qualities that Justin demonstrated on a regular basis in his successor.”

While Natchaug recruits for Sleeper’s replacement, there will be interim plan to ensure the continuity of leadership and client care. The interim leader(s) will focus on nursing and inpatient services, while other members of the leadership team will assume oversight of Sleeper’s other responsibilities.

Ellen Buffington to retire in July

Natchaug and Rushford Director of Professional Education Ellen Buffington announced her retirement effective in July 2015.

Buffington first joined HHC in 2005 as Natchaug Hospital Vice President of Hospital Operations. She moved to Human Resources in the role of Recruiter, and then accepted the position of Director of Professional Education at Natchaug. With the formation of the BHN, Ellen’s role expanded to include Rushford.

Ellen’s contributions have been immeasurable. Long a champion of employee engagement and recognition, she helped enhance the core values and behaviors recognition program at Natchaug. Ellen chaired the Recognition Committee when Natchaug implemented H3W and the Employee Activity Committee for several years. She also served on the HHC Core Values Committee and the HHC Making a Difference Award Steering Committee.

Please wish Ellen the best as she looks forward to spending more time with her family in Florida and Colorado.

Five honored with CAPSEF Apple Awards

Several Natchaug educators were honored with Apple Awards at the 2015 Connecticut Association of Private Special Education Facilities (CAPSEF) Professional Development Conference on Wednesday, March 11.

Those honored include Shawn Cyr, principal of Joshua Center Mansfield CDT and inpatient school; Cari Delude, educational assistant at Joshua Center Mansfield CDT; Kathy Gerardi, teacher at the child and adolescent inpatient school; John Naylor, educational assistant at Joshua Center Northeast CDT; and Donna Perron, office manager at Joshua Center Northeast CDT.

CAPSEF is a voluntary association of more than 40 state-approved private schools that provide quality, cost effective special education and related services to over 4,000 students and families in Connecticut each year.
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@hhhealth.org by May 20. Type-written nominations only please! Nomination forms are available on The Loop at http://bit.ly/1NOgqle.
Sticker Shock campaign promotes prevention

Students participating in Rushford’s peer leadership after-school program, Rams in Action at Middletown's Woodrow Wilson Middle School (pictured) recently took part in the sticker shock campaign to raise awareness of the dangers of providing alcohol to teens. Remember: it is illegal. It is unsafe. It is irresponsible.

Thank you to The Wine Cellar and CT Beverage Mart in Middletown for supporting their efforts and providing bags to spread their message.

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 19, at noon.
Rushford Golf Tournament seeks gift baskets, raffle items

Rushford’s 27th annual golf tournament takes place on Friday, June 5, and benefits our child and adolescent programming. Please consider playing golf, sponsoring or donating a raffle prize to help us make this the best Rushford Golf Classic ever! Check out more information at www.rushford.org.

In addition, the golf committee is looking for themed gift baskets from various Rushford departments to display during the event that will be raffled off during the post-golf dinner event. Please consider doing a “Movie Night,” “Tea Basket,” “Pasta Basket” or any other type of themed basket your department can come up with! We will award a pizza party to the department that is judged by the Recognition Committee to have “Best Theme” and “Best Presentation.” Please contact paula.snedeker@hhchealth.org with any questions.

Your items/baskets must be turned in to Paula Snedeker in the Administration office at Paddock Avenue no later than 5 p.m. on Wednesday, May 27. Please take time to consider becoming involved and playing a role in this wonderful event.

One day when I was younger, I travelled down a hidden lane So overgrown and rocky that I almost didn’t make it. I was looking for some ‘magic thing’ to help me find my way But I walked on finding no one, seeing nothing. Quite deep into this hidden lane I stopped and stared ahead. In front of me was someone I thought I’d seen before, But this person looked so different — so serene.

She spoke of things forgotten — Things like hope, self-love and care, And I knew my search was over as I listened. The tangled weeds seemed silly And the rocks I tossed aside, And the magic wasn’t magic — it was life.

I thanked that serene lady Who had changed so drastically, Threw a pebble at my reflection — That serene lady was me.

Rounding dates

Below is the schedule for Leadership Rounding. On these days, managers from the BHN and Rushford will be visiting the assigned areas for candid conversations with staff regarding program issues, the employee engagement survey, H3W and other issues of importance to you!

- **Tuesday, May 19:** Rushford at Meriden: Zone 4 (HR/Reg/Clinical UM), Zone 5 (Adult OP 2nd floor) and Zone 6 (CSP/RP/Crisis/Respite/Jail Diversion)
- **Friday, May 22:** Rushford at Middletown: Zone 3 (Detox/Residential) and Zone 4 (outpatient)

Serene Lady  (a poem by Gina Walsh, Rushford at Portland)
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, May 18 at 3 p.m.: Older Adults Mental Health Forum, Stamford Senior Center, 888 Washington Blvd., Stamford. 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.

Tuesday, May 19 from 2:30 – 3:30 p.m.: Rushford at Durham Town Hall Meeting, Recreation Room, 459 Wallingford Road, Durham

Wednesday, May 20 from 2:30 – 3:30 p.m.: Rushford at Meriden Town Hall Meeting, Cafeteria, 883 Paddock Avenue, Meriden

Thursday, May 21 from 2:30 – 3:30 p.m.: Rushford at Middletown Town Hall Meeting, Cafeteria, 1250 Silver Street, Middletown

Thursday, May 21 from noon – 1:15 p.m.: IOL Grand Rounds: “Brain Function Informed Intervention for Affect Dysregulation in Early Onset Bipolar Disorder” Dr. Mani Pavuluri, Berger-Colbeth Chair in Child Psychiatry at the University of Illinois at Chicago

Tuesday, May 26 from 5:30 – 7:30 p.m.: Compassion Counts: Addiction and Recovery Across the Lifespan, Middletown High School, 200 LaRosa Lane, Middletown. A community conversation to listen, learn and work together to support mental wellness and meaningful action. Sponsored in part by Rushford and featuring Tim Harmon, a patient in recovery. This event is free. Registration requested. To register, please visit http://bit.ly/1Gg1dI0. For more information, please contact amy.dimauro@hhchealth.org.

Thursday, May 28 from noon – 1:15 p.m.: IOL Grand Rounds: Resident Presentation by Heather Forouhar-Graff, M.D., PGYIV

Thursday, June 4 from noon – 1:15 p.m.: IOL Grand Rounds: Resident Presentation by Heather Forouhar-Graff, M.D., PGYIV

2015 VOLUNTEER REGISTRATION
Hartford HealthCare

How to Register:
- Go to www.TravelersChampionship.com/Volunteers
- Select REGISTER NOW (red button below photo)
- Select REGISTER HERE (green button at top left of page)
- Click the “Select” button next to Hartford HealthCare Volunteer
  - A box will appear to enter a promotional code
  - Enter the code healthcare2015
  - Click the “Validate” button next to the code you just entered
  - Then click the green “Continue” button at the bottom of the page
- On the next screen you will create a username and password
  - IMPORTANT NOTE: If you have volunteered in past years, you will need to re-establish a username and password. You can use the same username and password you have used in the past, but you need to re-establish it. Account information is not held over from year to year.
  - Click “CHECK USERNAME” to check availability
- Once your username has been verified, proceed through the registration questions on the first two pages
  - When you select your volunteer (committee) preferences, please note that Hartford HealthCare employees are required to sign up for at least one shift in the Volunteer Villa
  - On the third page, under “Current Items,” you will see (1) Hartford HealthCare package selected. As a thank you for volunteering, Hartford HealthCare will be covering the cost of your package.
- Click the green “Continue” button at the bottom of the page to complete your registration
  - You will receive an email to the address you provided in your registration:
    - To verify when your registration is complete
    - When you have been assigned to a volunteer committee and/or when you have been assigned specific shifts for a committee

Your Volunteer Package Includes:
- Official Travelers Championship golf shirt
- Official Travelers Championship hat or visor
- (1) weekly VOLUNTEER grounds admission – valid multiple days and on days you are not volunteering
- (1) weekly GROUNDS admission – may be used for friends/family and multiple days
- Lot B parking pass, valid for each day of volunteering
- Complimentary meal for shifts worked
- Invitation to the Volunteer Party on Saturday of tournament week
- Hartford HealthCare reusable water bottle and other great items!

For descriptions of the different volunteer committees go to www.TravelersChampionship.com/Volunteers:
- Click the red “Committees” button below the photo

JUNE 22-28, 2015 | TPC RIVER HIGHLANDS | CROMWELL, CT
The Treasure Trove is a free classified ad section for the benefit of Behavioral Health Network employees, retirees, medical staff and volunteers.

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

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

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

FOR SALE

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


EVENTS

SPRING GREGIAN FESTIVAL — Friday, May 15, and Saturday, May 16, from 11 a.m. to 9 p.m. at Holy Trinity Greek Orthodox Church, 247 Washington St., Norwich. Rain or shine, free admission, free parking, Greek pastry, Greek foods, take out available, raffles baskets, Artifacts, live radio, everyone welcome.

RIDE THE RAILS WITH LINCOLN — Saturday, May 16, 8 a.m. to 3 p.m. from Norwich to Putnam. Ride the historic Providence & Worcester Railroad between Norwich and Putnam with our nation’s sixteenth president. Lincoln portrayer Howard Wright and Connecticut’s first State Troubadour Tom Callinan will greet passengers boarding at 8 a.m. in Norwich and 10:30 a.m. in Putnam. Special events in both cities and coordinated by The Lincoln Forum of Eastern CT and Norwich Heritage Trust. Train tickets are $50 for coach, $65 for club and dining car, $75 for seating in the observation car. Tickets available at Putnam Bank in Norwich and Putnam, Eastern Savings Bank, Rose Pizzeria and Norwichtown Shell, off train events are open to the public and free of charge. For additional information call 860-859-5349.

TAG SALE — Saturday, May 16, 9 a.m. to 2 p.m., 17 Huntington Lane, Norwich. Household, oriental rugs, much more, everything in good condition.

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.

2015 BID’S TAVERN — Saturday, May 16, noon - 5 p.m. at Bid’s Tavern. Entertainment, free parking, all proceeds benefit the Yantic Fire Company. Call 860-887-6460.