In April 2012, Rushford took its first steps toward incorporating into its culture the principles and ideals of How Hartford HealthCare Works (H3W). Three years into the process, it is considered a rousing success, as evidenced by the enthusiasm and leadership demonstrated at this week’s third annual H3W celebration at Rushford at Meriden.

“H3W is alive and well at Rushford,” declared BHN President Steve Larcen.

Following a picnic served by Rushford and BHN leaders, this year’s Rushford H3W celebration centered on the leadership principles by recognizing employees — as nominated by their peers — who embody each of the 10 H3W Leadership Behaviors, such as “Be in the Moment” and “Have Courageous Conversations.” The annual “Best Completed H3W Project” prize — as voted upon by all Rushford employees — was bestowed upon Rushford at Durham for their client discharge ceremony.

Above: Rushford at Durham captured the “Best New Idea” H3W award this year. Receiving the honor for 2015 were, from left, Chris Ferrante, Christine Bowers, Amy Di Mauro and Kate Spring for the Rushford at Durham client discharge ceremony.

Left: Rushford/Natchaug Operations VP David Klein, right, hands off some fresh hamburgers to Rushford Medical Director Craig Allen.
Generating ideas and bringing them to fruition

The foundational idea behind H3W is that employees have the ideas needed to improve quality and performance. H3W meetings, Leadership Behaviors, HHC Core Values and principles allow HHC employees at every level — from front-line staff to senior leadership — to have a voice in continuous improvement, quality and internal/external customer satisfaction.

“This is important work we do, no matter what you do,” said Rhonda Papallo, Rushford H3W Facilitator. “It’s about how we do our jobs, how we interact with our clients and each other, and we can each hold our heads high and be proud about how we do our work.”

According to Papallo, in fiscal year 2015, Rushford’s 18 work groups have generated 469 ideas, are actively pursuing 283 ideas and projects, and completed 331 projects. The average attendance for these work groups is 91 percent, among the highest in HHC. Since its inception at Rushford, between 4,000 and 5,000 H3W ideas have been generated, with over 1,500 projects completed.

Also lauded at this event were Rushford’s 33 employee engagement survey ambassadors, whose hard work was behind Rushford’s spectacular response rate in the survey.

“Preliminary numbers show that 84 percent of Rushford employees took the HHC employee engagement survey,” said Janet Keown, HR Vice President for Rushford and Natchaug Hospital. “Among all HHC affiliates, only the SSO (System Support Office) did better than Rushford, and a large part of that is because of the great survey ambassadors at this organization.”

More than statistics, however, H3W is a culture of leadership development — and each HHC employee is an H3W leader whose impact is felt throughout the work he or she does each day.

“Like a pebble dropped in water, everything we do and say has a ripple effect,” noted Papallo in her closing remarks at Rushford. “Let’s continue by creating positive ripples for our clients and each other.”

Above: Rushford/Natchaug HR VP Janet Keown, left, HHC Senior VP for Behavioral Health Pat Rehmer, center, and Rushford’s Jenny Vega, who won three H3W leadership awards at the event.

Paul Shaker jokes with the crowd about giving up the “Best New Project” trophy after last year’s win by the Latino Intensive Outpatient Program.

Completed project Top 5

- **1st Place:** Discharge ceremony for residents. Christine Bowers, Christopher Ferrante, Kate Spring
- **2nd Place:** Create a Client Advisory Council. Greg Hogan, Jahnel Mills, Monica Pagnam, Mike Sienkiewicz, Caitlin Swartz
- **3rd Place:** Provide mental health first aid training to community support staff members. Monica Pagnam, Sheryl Sprague
- **4th Place:** Obtain and utilize grant funding to develop a wellness program. Elyssa Arevalo, Debra Halsted, Melissa Monroe, Pamela Muiready, Jessica Pietraiewicz, Jack Ryan, Denise Steele, Michelle Voegtle, Laura Zeppieri
- **5th Place:** Implement a Stone Haven volunteer speaker program in Detox. Greg Hogan, Elizabeth Pendleton, Charles Sherwood, Robyn Watrous
What was the make and model of your first vehicle?

A Dodge Omni. 1987, I think
— Billy Arline, Rushford at Durham

A 1952 Chevy four-door Glidemaster.
— Eric Messner, Rushford facilities

1968 Mustang
— Kathy Serrell, Natchaug art teacher

1985 Plymouth
— Barbara Wilson, Natchaug dietary

Volunteers Needed for “A Day in the Life”

Your help is needed to serve as mock patients for the various scenarios that staff will be testing with regard to patient flow in the new inpatient psychiatry unit (EW3) at The Hospital of Central Connecticut, which is set to open this spring.

Wednesday, June 10, 2015
4 to 7:30 p.m.
The Hospital of Central Connecticut
New Britain General Campus, EW3

Refreshments will be provided

If you are interested, please e-mail:
Danielle Siedsma, Administrative Assistant
Danielle.Siedsma@hhchealth.org

BHNews in print

Printed copies of BHNews will be available for Natchaug staff at the main hospital each Friday by 10 a.m. Black and white copies will be available at the front desk, and a color copy will be placed in the staff lounge next to the Community Room.

in the news

‘Beautiful Mind’ mathematician John Nash, wife killed in car crash

John Nash, Nobel Prize winner in economics and the inspiration for the movie “A Beautiful Mind”, was killed in a car crash along with his wife in New Jersey on Saturday.

Nash is known as one of the greatest mathematicians of the 20th century for his work on game theory and also for his struggle with schizophrenia. The 2001 Oscar-winning film “A Beautiful Mind” that was based on Nash’s life drew praise for its depiction of mental illness along with his accomplishments in mathematics.

To read more, visit http://cnn.it/1KsQGxf.
IOL to attend Zero Suicide Academy

Linda Durst, Patty Graham, Nancy Hubbard and Ellen Blair have been chosen to represent IOL at the Zero Suicide Academy in Baltimore on June 24-25.

Now in its second year, the Zero Suicide Academy is for a select group of health care organizations seeking to transform their systems in order to dramatically reduce suicides among patients in their care. During this two-day training, sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), participants learn how to incorporate best and promising practices into their organizations and processes to improve care and safety for those at risk for suicide.


Clinical trial study participants needed

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.

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:

- **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.

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

- **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.

- **Sibling Support Group.** 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

860-545-7716 or 860-545-7665.

Continued on next page
Family Resource Center Support Groups (continued)

- Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning). 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. June 11 (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.

- Anxiety Disorders: An Introduction. June 16, 6:30 – 7:45 p.m. This lecture is for families and friends of individuals who have an anxiety disorder or a related disorder. Participants will acquire a basic understanding of anxiety disorders, their treatments and specific suggestions to help them better cope with the illness.

- Peer Parent Support Group For Those With Children On The Autism Spectrum. June 17 (Third Wednesday of each month), 6 – 7 p.m. Facilitated by Goviana Morales, Family Resource Center Peer Volunteer and parent of a child on the autism spectrum. This group is open to any parent who has a child on the spectrum.

- Bipolar: An Introduction To The Disorder. June 23, 6:30 – 7:45 p.m. This program is for family and friends of individuals who have bipolar or a related disorder. It will present a basic understanding of the disorder, its treatment, along with specific suggestions to help family members and friends better cope with the illness.

- Schizophrenia: An Introduction To The Disorder. 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.

Dress-down dollars donated

Are you passionate about wellness? Do you want to help make Natchaug Hospital a healthier place?

Employees are needed for Natchaug Hospital's new Wellness Committee. The committee, which will meet several times a year, is responsible for implementing health and wellness initiatives at the grassroots level with support and resources from the newly formed HHC Wellness Council. Each HHC affiliate will have its own committee that will bring lunch-and-learns, on-site yoga, and other healthy ideas to life.

If you are interested in joining the committee, e-mail amanda.nappi@hhchealth.org.

Eva Rodriguez, left, and Robert Niderno, right, of the Savings Institute Bank and Trust, present Natchaug President Stephen W. Larcen with a check on behalf of bank employees, who chose the hospital as the recipient of money from their dress-down days.
Dear Staff,

Every year, the pharmacy students that complete a rotation at Natchaug Hospital are required to complete an evaluation of the site and their experience, and each year, we get very good feedback from them. This year in particular was a banner year, and I wanted to share some of their feedback with all of you.

Their comments clearly reflect your support, professionalism, friendliness and the wonderful work you do each and every day. Additionally, the pharmacy students’ evaluation includes a quantitative rating on many different aspects of the site. Each student had at least six other institutional experiences to compare Natchaug to, and we were given the highest score.

Having students on rotation is not only beneficial for their growth in the pharmacy field, but also benefits Natchaug. The tremendous experience we give each of these students is not just the work of mentors or preceptors; it takes a village!

Thank you so much for all you do to make their time here rewarding!

— Jose Scarpa, RPh, BCPP
Director of Pharmacy, Natchaug Hospital
Adjunct Assistant Professor of Pharmacy Experience, UConn - School of Pharmacy

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**NEW BEGINNINGS**

61st Annual Natchaug Hospital Board Reception
Tuesday, June 9, 2015
Hartford HealthCare East System Support Office,
11 Stott Avenue, Norwich, CT (across from Dodd Stadium)

Join us as we recognize members of the Board of Directors who have served Natchaug over the years.

Invited remarks by:
- Elliott Joseph, President and CEO, Hartford HealthCare
- Stephen W. Larcen, Ph.D., President of the Hartford HealthCare Behavioral Health Network and Natchaug Hospital
- Pat Rehmer, Senior Vice President for Behavioral Health, Hartford HealthCare

- 5:30 PM Reception
- 6:30 PM Program

RSVP by June 3 to:
Sherry Smardon 860.465.5910
or Sherry.Smardon@hhchealth.org

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**Pharmacy interns give good feedback**

Dear Staff,

Every year, the pharmacy students that complete a rotation at Natchaug Hospital are required to complete an evaluation of the site and their experience, and each year, we get very good feedback from them. This year in particular was a banner year, and I wanted to share some of their feedback with all of you.

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Having students on rotation is not only beneficial for their growth in the pharmacy field, but also benefits Natchaug. The tremendous experience we give each of these students is not just the work of mentors or preceptors; it takes a village!

Thank you so much for all you do to make their time here rewarding!

— Jose Scarpa, RPh, BCPP
Director of Pharmacy, Natchaug Hospital
Adjunct Assistant Professor of Pharmacy Experience, UConn - School of Pharmacy

- “This was a very interesting practice site that I would definitely recommend to other students. I am 100 percent a better student and pharmacist because I had the experience of working in a psych hospital.”

- “The student strongly recommends the site to any upcoming P2 students. The experience at Natchaug reinforced the knowledge obtained during lectures and helped the student understand what institutional pharmacy entails.”

- “Natchaug Hospital is a very professional and very safe atmosphere. During my time there I felt like I was able to contribute to the flow of the day-to-day activities.”

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**Therapist’s granddaughter graduates**

Congratulations to Amanda Heon, granddaughter of Care Plus therapist Irene Demers, who graduated from Franciscan University on May 9 with her master’s degree in Clinical Mental Health.

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**Blood drive planned for Natchaug**

Natchaug Hospital will host an American Red Cross blood drive on Thursday, Sept. 17. Remember to plan your donations around the 60-day mandatory waiting period. For more information, contact Shawn Cyr at 860-465-5926.

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Congratulations to Amanda Heon, granddaughter of Care Plus therapist Irene Demers, who graduated from Franciscan University on May 9 with her master’s degree in Clinical Mental Health.

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**Blood drive planned for Natchaug**

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Facebook may be the new way to make friends, but last Wednesday the Rushford Friendship Club created new connections the old school way – by inviting clients and staff from Middletown-based Gilead Community Services for lunch. Pictured from Rushford are Jim Pitel, Allen Hudson, John Magliola and Tracy Wilbur.

Making friends the old-fashioned way

Survey planned for potential blood drive

As part of an H3W workgroup project, Rushford employees are being asked to take part in a survey to determine whether there are enough potential blood donors to hold a blood drive at a Rushford location. The survey is open through June 4 at: https://www.surveymonkey.com/s/8XB7TBK. Please direct any questions you might have to colleen.johnstone@hhchealth.org.
1. BE IN THE MOMENT

Monika Gunning

“Whether in passing, greeting, casual or professional encounters, you can witness Ms. Gunning on any given day demonstrating “in the moment” leadership behaviors. No matter the level of stress, distractions or business as hand, she remains person-centered, devoting exclusive, up-close and personal attention to all people and matters of interest. If, by a one-in-a-million chance you find her not offering her undivided attention, she will be the first one to check herself.”

“Each time I have gone to Monika to obtain feedback, whether it is client related or personal, she stops what she is doing and fully engages with you to help resolve a matter or provide honest feedback.”

“Whenever you have a problem, Monika’s door is always open to vent or discuss a solution. She is always attentive and does not make you feel like you are bothering her. She always makes time for everyone.”

Bea Cardona

“Whenever she is running around or on the phone, Bea takes the time to make sure she is there for you. She listens and she is always willing to make time for you. I am glad I work with such a supportive co-worker.”

“You never have to ask Bea for help. She is always available to take care of anything needed, and she listens and thinks before making any decisions.”

“Beatrice is very knowledgeable and she’s a team player. I share an office with her and she goes out of her way to help her co-workers and our clients to the best of her ability. She has good working relationships with her peers and is always willing to help us out with whatever we ask of her.”

2. BE AUTHENTIC AND HUMANISTIC

Jenny Vega

“This person is always forthcoming, honest and transparent in her professional conduct.”

“Jenny is always respectful towards everyone and she is easy to talk to. She is honest and compassionate about her true beliefs. She believes in true relationships and builds them every day with the outside community. She has a great relationship with DHMAS that helps us resolve any issues quickly and effectively.”

“Jenny is an open-minded person who listens and understands the needs of people and a lot of things people go through. She has integrity. She stands up for what’s right, even in adversity. Our clients and staff trust and respect her as a person and a leader. She is knowledgeable and she is always available to her staff.”

3. VOLUNTEER DISCRETIONARY EFFORT CONSTANTLY

Gordon Green

“Gordon always has displayed ‘volunteer discretionary effort’ from day one! He will stop whatever he is doing and assist anyone, whether they are in his department or not, and go above and beyond what is expected! He cares about his colleagues as well as his clients, and will put your needs before his own.”

“Gordon always goes above and beyond on a daily basis by assisting his co-workers (in all departments) and most importantly the clients. Gordon will drop everything he is doing to assist a person in need, which is why he deserves this reward.”

“Gordon is like Superman. He is always able to help and come to the rescue. He is happy to help everyone, regardless of what the issue may be. He will drop everything and help everyone out with no questions asked.”

“Gordon always creates a positive working atmosphere and is very resourceful. He is kind, hard working and makes himself available to those in need of assistance.”

4. MODEL HIGH PERFORMANCE — DESIRED BEHAVIORS THAT DRIVE DESIRED RESULTS

Jessica Matyka

“For her ability to take a complex project such as Behavioral Health Home and put it on track. Most of my clients are actively connected to their BHH Case Manager and to the BHH Nursing Staff.”

“On a daily basis, this person upholds the integrity of our fine establishment and promotes the highest of Rushford core values, including modeling high performance leadership behaviors within her professional conduct.”

“I just love Jessica’s level of confidence while she effectively manages crisis situations and runs daily operations. She is very good at managing conflicts. She holds her staff accountable and takes on a solution-focused approach when dealing with daily struggles. She certainly models high performance.”

Jenny Vega

“Jenny models the leadership values by taking her staff under her wing and respecting that every one of us is different, and rewards our differences, which make our team unique and powerful.”

“Jenny models high performance all the time. She always focuses on finding ways to get positive results in her program. Jenny is always there when you need her. She may not be in the moment, but she is listening and giving great advice and leadership. She is great...”
at multitasking and has a can-do attitude. If you need a problem solved, she is the person to turn to get help with great ideas. She is a pleasure to work on a daily basis.”

“Jennifer is a great leader. She is knowledgeable and understands the needs of our clients, the CSP/RP program and her staff.”

### 5. Respect and Leverage Separate Realities

**Jack Ryan**

“Jack is continually challenging and exploring alternate and separate realities of his experience to be in-tune with those of his clients. Jack thinks creatively and his thought processes — including interactive group activities — encourage clients to think differently about their addiction and, in turn, to think differently about their recovery. Clients respond to Jack by questioning their own interpretations of “realities,” and they begin to explore alternatives and options in terms of living a sober lifestyle.”

### 6. Be Curious vs. Judgmental

**Nicole Fodaski**

“Nicole remains very focused when working with ACE clients. She listens intently to the experiences disclosed by clients in her care. Nicole weaves the information she receives into very descriptive and informative assessments. Anyone having the opportunity to read Nicole’s formulations will sense Nicole’s sensitivity and non-judgmental approach with clients.”

### 7. Look in the Mirror First — Be Accountable

**Cary Leduc**

“Cary is able to be so successful with our clients because, for lack of a better way to put it, he has put in the work. He has never asked of others what he is not willing to do himself. He has inspired healing through sincere interest, not only in the client, but in all those in his presence.”

### 8. Have Courageous Conversations

**Richard McKeegan**

“Richard always has been the type of person that will speak up in a humanistic manner, whether it is for himself or his colleagues, and to receive feedback on important matters so that others don’t feel judged.”

“Rich is very open and honest but in a respectful way. Rich will speak up during situations that may be uncomfortable for others, at the same time offering solutions or ideas that may be positive to our clients’ treatment here at Rushford.”

“Richard is not afraid to say what he thinks or feels. Richard is not afraid to have courageous conversations with anyone and is respected for his honesty.”

### 9. Provide Timely, Clear and Specific Performance Expectations and Feedback

**Jenny Vega**

“Jenny is always clear about what she wants from her staff. She sets clear goals and guidelines on what she is looking for from her team. She is a team builder and is always there to advocate for her staff and give them feedback on their performance. She helps them grow and holds them accountable for their work. I love that she has an open door policy and if she cannot speak with you, she makes the time to hear you out and help you solve any issues you have. She is a terrific supervisor that keeps challenging me and my peers.”

“Jennifer knows her staff, all of the clients in the CSP/RP program and is aware of what’s happening with their cases. Jennifer keeps her staff updated on policy and procedures and has an open door policy for her staff.”

### 10. Teach, Coach and Mentor — Spend at Least Half of Your Time Developing Others

**Darcy Lauretti**

“Darcy has been teaching and coaching the Respite Staff for years! She knows Respite inside and out. She is always willing to lend a helping hand, and has the patience to teach new procedures to many staff (per-diem especially). Darcy is a true leader whom I never want to disappoint due to the high respect I have for her. She is a team-player who is also approachable, understanding, and leads by example. Darcy is truly deserving of this award to acknowledge the incredible work she does for us.”

“I would like to nominate Darcy Lauretti for this leadership behavior. Darcy has been instrumental in the training of new hires as well as the coaching of existing staff, not only with new policies and procedures, but also ensuring that existing protocols are being followed appropriately. Darcy has done a lot of work with modifying the medication room procedures and ensuring that all staff, including per-diem, have been trained and understand the procedures. Darcy has attended several trainings recently to enhance her leadership abilities and become a more effective coach for the team. She also has been instrumental in changing the culture in our H3W group and is an accountable leader.”
Thursday, June 4 from noon – 1:15 p.m.: IOL Grand Rounds: Resident Presentation by Heather Forouhar-Graff, M.D., PGYIV

Friday, June 5, noon shotgun start; dinner at 5 p.m.: The 27th annual Rushford Golf Classic, Lyman Orchards Golf Club, Middlefield. To become a sponsor, to golf or to attend the dinner, sign up today at http://bit.ly/1NFpyu0. Co-sponsored by the Community Foundation of Middlesex County. Proceeds support child and adolescent prevention efforts and naloxone rescue kits. For more information, please call 203-630-5229 or email RushfordGolfTournament@hhchealth.org.

Tuesday, June 9, at 5:30 p.m. for reception with program at 6:30 p.m.: New Beginnings: The 61st annual Natchaug Hospital Board Reception, Hartford HealthCare East System Support Office, 11 Stott Ave., Norwich, CT (across from Dodd Stadium). Invited speakers include Elliott Joseph, President and CEO, Hartford HealthCare; Stephen W. Larcen, Ph.D., President of the Hartford HealthCare Behavioral Health Network and Natchaug Hospital; and Pat Rehmer, Senior Vice President for Behavioral Health, Hartford HealthCare. RSVP by June 3 to: Sherry Smardon 860-465-5910 or sherry.smardon@hhchealth.org.

Thursday, June 11 from noon – 1:15 p.m.: IOL Grand Rounds: “Mind, Brain and Body in the Healing of Trauma” with Bessel van der Kolk, MD, Medical Director, The Trauma Center, Boston, Professor of Psychiatry, Boston University Medical School.

Saturday, Aug. 15 from 11 a.m. – 10 p.m.: Rushford Family Outing, Lake Compounce, 186 Enterprise Drive, Bristol. Includes: Unlimited rides, shows and attractions, Crocodile Cove Water Park, free parking and lunch for the Rushford party from noon - 2:30 p.m. Tickets are $15 for adults, $10 for children 12 and under, free for children age 3 and under. Deadline for registration and payments is July 1. Cash only, please. Limit five tickets per staff. Tickets are non-refundable and cannot be combined with season passes. To purchase tickets, please contact anivette.cruz@hhchealth.org or sheila.gosselin@hhchealth.org.
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.

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**FOR SALE**

1995 JEEP CHEROKEE SPORT — Four wheel drive 4x4, automatic, V6 engine, all new tires, starter, battery, water pump, driver’s seat, muffler tailpipe, leaf springs. Recent oil change, runs good, great through snow, one owner, 202,000 miles, $1,200 or best offer. Call 860-848-1108 and please leave a message.

AIR CONDITIONER — 10,000 BTU, $200 or best offer. Call 860-887-9576.

AIR CONDITIONERS — Two low profile air conditioners, good operating condition, 6100 BTU, 12V, window mount, 121⁄2 inches in height by 261⁄2 inches to 411⁄2 inches wide, asking $25 each. Call 860-887-0915 and please leave a message.

CHUCK NORRIS TOTAL GYM ULTRA — One owner, like new condition, glide board has no tears, all attachments and manuals included. Asking $125. Call 860-376-1344 or 860-333-3820.


POOL ACCESSORIES — Self-closing ladder with lock, new Hayward Pump, filter, hoses, skimmer, water testing kit, all for $200, pictures available. Call 860-608-5004.

GE PROFILE MICROWAVE — White GE Profile Series, 2.1 cubic foot, over-the-range sensor, one rack, $200 or best offer, excellent condition. Call 860-887-7459.

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**EVENTS**

ARTHRITIS EXERCISE PROGRAM — Mondays and Wednesdays through June 10 at the Norwich Recreation Center, 75 Mohegan Road, Norwich. Both sessions are from 10-11 a.m. Norwich residents fee is $48, non-residents is $58. Call 860-823-3791.

VINYASA IN THE VINEYARD — Season 3, Friday, May 29 at Preston Ridge Vineyard, 100 Miller Road, Preston. Yoga and Drumming at Yoga Practice on the event field with Holistic Hands Reike. Suggested donation $10 for yoga, $15 for yoga, Paracord Bracelet made by local volunteers, $25 for yoga, Paracord Bracelet and a complimentary glass of wine. Yoga Practice, 5:30-6:45 p.m., Tasting Room Live Music and Food Vendor, 5:30-8:30 p.m. local Veterans Mindful Yoga Therapy. Visit prestonridgevinyard.com.

TAG SALE — Saturday, May 30, 9 a.m. to 3 p.m. at First Congregational Church of Canterbury, On the Green, near routes 14 and 169. Furniture, toys, books, household items, gently used clothing. Proceeds fund local and worldwide Mission projects.

YARD SALE — Saturday, May 30, 9 a.m. to 2 p.m. at Christ Episcopal Church, 78 Washington St., Norwich. Baked goods, luncheon. Vendors welcome. Call 860-887-4249 or 860-213-3413.

YARD SALE — Saturday, May 30 at 10 a.m., 93 Old Canterbury Tpke., Norwich. No early birds please, chairs, bureau, bed, wooden shelves, candles, candleholders, VHS movies, baby tub, bassinet, mattresses, baskets, books, computer screen, clothes, shoes, holiday decorations, much more.

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**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, June 2, at noon.