Recovering patients whose lives have been transformed by the care they received within the Behavioral Health Network are the focus of a special half-hour television special produced in partnership with the Hartford HealthCare News Service. “Hope After Heroin: Stories of Recovery” will air on NBC Connecticut on Saturday, June 11, at 7 p.m., with an encore on Sunday, June 12, at 11:30 a.m.

“We are enormously proud of the work we are doing to lead the effort against this epidemic of opioid and heroin abuse,” said Patricia Rehmer, president of the Behavioral Health Network. “We believe these stories of recovery offer hope and will motivate people to seek the help they need to overcome their addictions and help them lead normal lives again.”

The program takes an in-depth look at four patients from Connecticut’s suburbs whose lives were devastated by the disease of addiction, and the transformative steps they took to seek treatment and embark on a path of recovery and hope. The show includes commentary from Rehmer and Justin Mink, lead therapist for Natchaug Hospital’s suboxone program in Groton. Here are the patients’ stories:

- Shelbia Herbig was in the throes of addiction when she became pregnant with her son, Mason. She knew that her life would have to change and feared her baby might have been taken from her. But she took steps to seek treatment and begin a path to recovery, and now she can’t imagine doing anything to harm her relationship with him.

- Marilyn Clark was in her mid-30s when she was diagnosed with multiple sclerosis. The mother of three was...
prescribed Vicodin to help her deal with the intense pain. It helped the pain, at first. But in just a few months, Marilyn — a woman who rarely drank and didn’t experiment with drugs — was addicted to prescription painkillers. Just one year in, she switched to heroin because it was cheaper and easier to find. She lost her home, her career and almost lost her children. It would take years, but Marilyn Clark found hope after heroin with medication assisted treatment and therapy. Now she is an open advocate for medication assisted treatment and helps others in their journey toward recovery.

Ben Roche is back working toward his college degree. But just a few years ago, he had a very different story. Growing up, Ben Roche struggled with anxiety and depression. Over the years, he learned to mask his true feelings to his family and friends while excelling in school and sports. Ben began experimenting with drugs and alcohol. Within the year, it snowballed. When Ben started taking heroin, his life began to spiral out of control. Eventually, his family and friends held an intervention and he started treatment at Rushford. Today, Ben attends New York University and frequently speaks about addiction and recovery. He hopes one day to help others fighting this disease.

Michael Mitchell’s life is back on track — and he is hopeful for his future. But his story of recovery is years in the making. Michael nearly lost everything — a high-paying job, his home and several relationships. One day, he looked in the mirror and didn’t recognize himself. He had hit rock bottom, even taking a knife to himself. That was when he checked himself into Rushford, a decision that he believes saved his life. He shares his story whenever he can to help others who may be in difficult circumstances. He will tell you that it takes hard work, focus and life-long dedication but recovery is possible.

The television special, produced by the Hartford HealthCare News Service, is just the latest in HHC’s comprehensive approach to provide information and resources about the opioid crisis. The BHN has expanded treatment options by launching the MATCH program (Medication-Assisted Treatment Close to Home); worked to ensure that Narcan is available; advocated for more stringent laws around prescribing painkillers; helped train HHC physicians in prescribing narcotics; and provided expert commentary and served as resources for the media as they chronicle the issue.

Two airings scheduled for this weekend

continued from page 1

A preview of the show as well as a listing of resources and information on addiction and treatment services can be found at a specially created website, www.hhchope.org. Following the air date, the entire show will be posted to the website as well. Please consider sharing the site on Facebook.

The TV show focuses on recovery success stories including those of Ben Roche, above left, Marilyn Clark, above center, and Michael Mitchell, right, shown here with his mother, Barbara. All the patients received care at either Rushford or Natchaug.

BHN communications team wins pair of Lamplighters

The Hartford HealthCare Behavioral Health Network marketing team was honored at the New England Society for Healthcare Communications Lamplighters gala in Providence on June 1 with two silver awards.

Shawn Mawhiney, Matt Burgard and Amanda Nappi were honored with silver Lamplighters for their work on BHNews in the category of Internal Periodicals and for The Opioid Epidemic: A Community Conversation in the Special Events category. Hartford HealthCare received a total of 29 awards at the annual event.
In my experience as a public official, I learned to recognize how important health issues can be a “hot story” one minute, and yesterday’s news the next. The ongoing epidemic connected to opioid and heroin-related overdoses continues to be a big story in Connecticut and across the country, but the Behavioral Health Network is taking steps to make sure that care is available to people long after the news cycle has moved on to something else.

In particular, we are carrying out a comprehensive strategy to make sure effective, evidence-based care is conveniently available to communities across our state. Our MATCH program — which stands for Medication Assisted Treatment Close to Home — brings an effective combination of clinical treatment and counseling to people suffering from addiction to opioids, heroin and other substances. It is a course of treatment that has the best track record in terms of helping people start their recovery, and stay in recovery.

As many of you know, Rushford opened an outpatient treatment center for adults in Cheshire earlier this year featuring MATCH services including Suboxone. That program joins existing MATCH programs offered by Rushford in Glastonbury as well as Natchaug programs in Dayville, Groton, Mansfield and Vernon, and the behavioral health unit at The Hospital of Central Connecticut. We also recently began offering MATCH services at Rushford in Meriden.

We will continue to expand MATCH services in the months ahead with planned locations ranging from Avon to Hartford to Norwich. The goal is to make sure care is immediately available in Connecticut communities where the crisis is taking a toll — which is basically everywhere.

The attention this issue is receiving from the media and government officials at all levels is doing much to help change the age-old misperceptions about addiction and the people who suffer from it. As the rate of overdoses continues to reach record levels in our state, the crisis is having a direct and personal impact on people in a way that is forcing them to reassess the discriminatory way the issue has traditionally been regarded. That’s a wonderful thing, and we in the BHN are proving to be leaders in pushing this momentum along in community and clinical settings of all kinds, explaining to people how this is a clinical and chronic disease that can be effectively treated like many other diseases.

We will continue this effort, and make the most of this moment in the spotlight as much as we can. But it’s important for us to have adequate resources in place for the long haul, regardless of the news cycle.

Pat Rehmer, MSN, ACHE, is Hartford HealthCare senior vice president for behavioral health and president of the Behavioral Health Network. Her column appears monthly in BHNews.

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**Lake Compounce trip for Natchaug, Rushford staff**

Save the date for the inaugural Rushford and Natchaug family outing at Lake Compounce on Saturday, Aug. 13.

Tickets are available to staff from both organizations at $15 for adults and $10 for children 12 and under (limit five tickets per staff). Included in the price are unlimited rides, shows and attractions; unlimited soda and water; free parking; and a two and a half hour all-you-can-eat buffet.

Check your email for more details in the coming months!

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**Find hidden treasure every week on the HHC Intranet**

To have some fun and help you find your way around the HHC Connect Intranet, we’ve planned a little treasure hunt. Every two weeks or so, look for a new clue in BHNews. To find the buried treasure, log into HHC Connect ([intranet.hartfordhealthcare.org from work or your mobile device]) and use the clue to find the treasure chest icon (shown here) buried on a page deep within the Intranet. Once you find it, click on the treasure chest to reveal the secret question. The answer to the question will be located on the page or a subpage in the section of where the treasure chest was found. Submit the correct answer and be entered to win a prize.

To unlock this week’s buried treasure search the Employee Benefits Enrollment page of HHC Connect at [https://intranet.prod.hartfordhealthcare.org/hr-careers/employees/employee-benefits/benefits-enrollment](https://intranet.prod.hartfordhealthcare.org/hr-careers/employees/employee-benefits/benefits-enrollment)
Forum focuses on overcoming trauma

Trauma comes in many forms and can last for only a second or take place over many years. But the impact it has on overall mental health is often devastating, and only just beginning to be understood.

That was the theme behind a community forum that took place June 6 called “Compassion Counts: How Trauma Touches All of Us” at Middlesex Community College in Middletown. The event was organized and sponsored by a variety of mental health outreach organizations across the region including the Behavioral Health Network, which promoted the event as the latest in its National Dialogue series of community presentations.

The BHN has hosted 24 National Dialogue presentations since launching the series three years ago in response to the tragic shootings at Sandy Hook Elementary School in Newtown. The June 6 forum was designed to support the goals of the National Dialogue series by providing a greater understanding of trauma and the many ways it can lead to chronic mental health issues.

The keynote speaker for the event was Rob Gent, chief clinical officer for Calo, a national trauma research center. He told the audience of more than 100 people that trauma can be broken down into three categories:

- Specific trauma, which is usually a one-time event such as a car crash
- Complex or chronic trauma, which is repetitive or re-occurring trauma such as abuse or neglect
- Developmental trauma, which is trauma that occurs in childhood or in development stages of the brain that leads to long-term mental health issues such as difficulty maintaining health relationships.

Gent said trauma has traditionally been associated with military combat or other extremely stressful circumstances, but said it is just as prevalent and devastating in everyday settings like home and school and work. He said the biological impact of trauma is connected to nerves in the brain that connect to major organs throughout the body, contributing to poor overall health.

One of the panelists who spoke at the event was Samantha Crowley, a student at the University of Connecticut who was recently hired as a peer specialist for adolescent programs at the Institute of Living. She said her background as a teenager who regularly practiced self-harm and survived two suicide attempts allows her to empathize and connect with young people who are experiencing the same challenges.

“When someone first told me I was experiencing trauma, I didn’t really believe them,” she said. “But then I googled it and learned that it can apply to all kinds of circumstances and I realized yes, I have experienced trauma.”

Rushford and Natchaug

Summer Outing

Saturday, Aug. 13

Lake Compounce
186 Enterprise Drive, Bristol
Park hours: 11 a.m.-10 p.m.

Adults - $15
Children 12 and under - $10
FREE for children 3 and under
Cash only. Limit 5 tickets per staff. Tickets are non-refundable.
Discount for season pass holders - $10/person.
Includes unlimited rides, shows and attractions including Crocodile Cove Water Park, free unlimited soda and water, free parking, and an all-you-can-eat buffet from 12-2:30 p.m.

To purchase tickets, see or email:
Paddock - anivette.cruz@hhchealth.org
Silver Street - sheila.gosselin@hhchealth.org
Natchaug - donna.hendry@hhchealth.org or sherry.smardon@hhchealth.org
Care Plus/JC Southeast - dee.charbonneau@hhchealth.org
JC Old Saybrook - deborah.faulkner@hhchealth.org
Contact Donna Hendry for other Natchaug satellite site options.
For Dennis Blake, rock bottom was finding himself sitting in his car covered in vomit after snorting two bags of heroin. It was a moment that was 20 years in the making, but one that his wife, his children, his sister and the rest of his family will be forever grateful for.

The morning after his first experiment with heroin, Dennis, 35, was at his job driving for a waste collection company in Hartford when he realized he had enough. He was tired of putting his family in financial jeopardy because of his need to buy opioid pills every day; he was tired of telling his children he couldn’t play with them because he was too sick from the drugs; he was tired of living for his addiction instead of living for himself and his family.

A few days earlier, he had been at a Valentine’s Day dinner with his family and the family of his sister, Krystle Blake, who is a prevention specialist at Rushford who had long prayed that her older brother would eventually seek help for his disease. Even in the cloud of addiction, Dennis was aware that his behavior that day had been erratic, like he was losing his ability to continue functioning at a high level.

The next day, unable to find a supplier to provide him the opioid pills he craved, Dennis broke a vow he had made to himself to never use heroin. His reaction to the drug was like a wake-up call, he said.

“I’m sitting in my car like what the hell am I doing with my life,” he said. The next morning Dennis asked his wife to get in touch with Krystle and tell her he wanted to get help.

“I was so happy that he had finally reached that point,” said Krystle, who worked tirelessly with Rushford staff to get him checked into the detox unit the next day. “For years, it seemed like we could never connect with him. Now I feel like I have my brother back.”

Now sober for more than 100 days, Dennis said he finds his recovery grows stronger the more honest he is about his years of substance abuse, and the more he shares his story with others. In April, just a few weeks after starting his recovery, he spoke candidly about his addiction before a large crowd of people at a community forum in Meriden. “I was glad I was able to do that,” he said.

Dennis said he began drinking alcohol when he was 14 and then moved on to marijuana and other drugs before discovering opioids about 13 years ago. Unlike marijuana, which was easy for others to detect, Dennis said he liked that he could get high on opioids without anyone knowing. But eventually, he needed the pills not to get high, but to keep from getting sick from withdrawal.

The night he made his decision to get help, Dennis sat down with his wife and they told their older son, who is 5, that he would not be home for a while. He followed up his detox with 20 days of inpatient treatment at Rushford.

“This was the hardest and best thing I have ever done in my life,” he said.

He now attends Narcotics Anonymous meetings every day, finding more strength in sharing his story. Eventually, he said, he hopes he can work to help others who are struggling with addiction.

His sister said she and the rest of the family are supporting him 100 percent.

“It’s so hard when you see someone you love struggling with this disease, because you know you can’t force them to get help until they are ready for it,” she said. “We’re just thankful he got to that point.”

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**About BHNews**

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

Story ideas or submissions may be sent to matt.burgard@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.

**Deadline for the next edition of BHNews is Tuesday, June 21, at noon.**
Here's to you!

A weekly roundup of kudos from staff and patients. Please email your submissions to matt.burgard@hhchealth.org. Editors reserve the right to edit submissions for length and grammar.

Thank you, Ebony

I would like to extend my thanks and appreciation to Ebony Mabine for her work in recruiting enough Rushford employees at Meriden to be able to start a Weight Watchers meeting on site when the campaign kicked off earlier this year.

This was a lot of hard work, daily emails and interactions that she had with staff and she should really be recognized for this work.

We were the first Hartford HealthCare site to achieve this goal and start this experience for the staff. Thank you Ebony!

— Melissa Monroe, Clinical Supervisor, Rushford at Glastonbury

Positive spirit shines through

Donna Hendry, who works in HR at Natchaug Hospital, is a powerful package of positive, professional and personable energy. She is always eager to help, makes time for you and makes you feel important. Donna has been an amazing addition to the HR team at Natchaug. I appreciate her leadership behaviors of being humanistic and in the moment when a busy manager like myself needs her help! Thank you Donna for all you do!

— Leah Russack-Baker, Program Director Quinebaug

Teamwork pays off

The Adult unit would like to recognize the following people for being noted as going beyond the call during the month of May at our morning huddles: Scot M., Monica, Laura, Jose, Bruce, Allyson, all nurses and therapists, Jenn H., Sandra, Sue W., the management team, Kelly S. and all individuals on the unit.

Our thanks to all for the dedication and teamwork.

— Bruce D. Bessette, Unit Clerk, Adult Unit

A group effort every single day

I want to recognize the amazing staff at Quinebaug. They work incredibly hard and execute client-centered, respectful and compassionate services every day. As the late Muhammad Ali said, “It is not bragging if you can back it up.”

The staff includes Mary Alexander, office manager; Janet King, evening secretary; Dr. Daly, attending for day and evening programs; Dr. Khalil, suboxone attending; Dr. Sala, attending for YAP; Anthony Morelli, lead therapist; Katherine Bonilla, lead therapist; Mary O’Keefe, Lisa Tedesco, Lonnie Caffrey and Lindsey McKiernan, therapists; Sara Bland, float therapist; Greg Jack, caremanger and therapist; and Margaret Greenman and Analisa Brassard, drivers.

Thank you for all you do!

— Leah Russack-Baker, Program Director Quinebaug
Dr. Caren Teitelbaum, an attending psychiatrist at the Institute of Living, has been named president of the Connecticut Psychiatric Society, a district branch of the American Psychiatric Association.

The association’s goals include fostering the science and progress of psychiatry and promoting high-quality care and professional standards, as well as advocating for patients and those who treat them.

“I view the presidency as providing me with an opportunity to further the mission of the organization and to help shape public policy,” Teitelbaum said. “Although I have a broad array of responsibilities, two areas of particular interest are advocating for patients with psychiatric illnesses who are homeless and advocating for the enforcement of mental health parity legislation.”

Teitelbaum, a board-certified psychiatrist, graduated from the School of Medicine at Stony Brook University Medical Center, completed her residency and a fellowship in forensic psychiatry at the Yale School of Medicine, and has been at the IOL since 2009.

IOL school study looks at academic pressures

In an effort to help children dealing with school-related stress, the Institute of Living’s Anxiety Disorders Center has developed a new questionnaire called the Screener for Academic Distress (SAD), which asks questions about the pressure to do well in school and anxiety about going to school.

The center is inviting students ages 13-18 in grades 7-12 and their parents to participate in the research study to help them understand how well this questionnaire works. You do not have to have problems with school or anxiety to participate in this study. To participate, parents and students can go to the website: www.instituteofliving.org/SADstudy.

After completing this study, you will have the chance to enter into a raffle for a $25 gift card to Amazon.com.

New program offered for adolescents with psychosis

The Child & Adolescent Day Treatment Program at the Institute of Living has introduced a new program, “Connecting Adolescents with Psychosis” (CAP), which provides early intervention services for children 13-18 years old with psychotic spectrum disorders.

This specialty includes group psychotherapy to foster connections and promote socio-emotional growth; community trips to engage youth in rehabilitation activities; and cognitive remediation aimed at improving executive functioning and processing speed.

CAP offers a low-stimulation, therapeutic treatment setting for adolescents, as well as psychoeducation and support services for families. It also offers collaboration with schools and community providers to help meet the needs of young people dealing with psychosis. The average length of treatment is about three months but varies depending on the individual needs of the child. For more information, please call 860-696-0036.
Family Resource Center Support Groups

The IOL Family Resource Center (FRC) holds regular support groups. For additional information, please contact the FRC at 860-545-7665 or 860-545-1888. 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. The upcoming IOL FRC Support Group schedule is as follows:

- **Bipolar: An Introduction To The Disorder.** June 14, 6:30 – 7:45 p.m. This program is for family members 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.

- **Support Group For Families Dealing With Major Mental Illness.** June 16 (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 those who have schizophrenia, bipolar or other related disorders. Learn to care for yourself while caring for others.

- **Youth Psychosis Family Support Group.** June 16 (First and third Thursday of each month), 5:15 - 6:30 p.m. For parents with youth up to age 18 who have psychotic symptoms such as: hallucinations, delusions, paranoia, disorganized thoughts and behavior or are diagnosed with Schizophrenia and other related disorders. Join us to receive support, guidance and education on how to cope with and help your young person.

- **Yoga.** June 21, 5 - 6 p.m. in the Commons Building, Hartford Room. Open to adult staff and family members. Mats are provided or bring your own! The class begins with breathing exercises and gentle stretches, followed by a series of poses and ends with relaxation and meditation. Instructor: Valerie Raggio, LCSW, Yoga Fit, Level 1 Certified. To RSVP or inquire, call the FRC at 860-545-7716 or email patriciac.graham@hhchealth.org

- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** June 22 (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.

- **Managing Schizophrenia.** July 5, 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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Seeking donations for the 3rd annual Back-to-School Resource Fair

**IOL Backpack & School Supply Drive**

The Institute of Living’s Back-to-School Resource Fair is set for Wednesday, August 10, and we’re seeking donations of **backpacks** and **school supplies** to give away to needy children from Greater Hartford.

**Donation ideas include:**

- Backpacks
- Pens & pencils
- Erasers
- Highlighters
- Notebooks
- Crayons

- Markers
- Glue sticks
- Index cards
- Rulers
- Pocket folders

- Spiral bound notebooks
- Paper-lined & unlined
- Kid-friendly scissors (left & right handed)

Donated items may be dropped off at two locations: the IOL Assessment Center, located in the lower level of the Donnelly Building, or at the Carolina Cottage, Family Resource Center office, second floor, Monday-Friday from 9 AM to 3 PM.

**Donation deadline: Monday, August 8 by 4:30 PM**

For more information, contact Minka Martin or designated staff at the Assessment Center by calling 860-545-7200 or call Paula Rego at the Family Resource Center at 860-545-7665.
The Connecticut Center for Healthy Aging at Windham Hospital recently welcomed Joseph Zuzel, M.Ed, as the new resource coordinator. In this role, Zuzel acts as the point person to educate older adults and their loved ones/caregivers about the resources and services available, including the recently opened Natchaug Hospital Older Adult Program at the Center.

As resource coordinator, we help individuals navigate the complex medical and resource world so that they can get the assistance they need and deserve. We help people to age independently while helping to reduce the rate of hospital readmissions,” Zuzel said.

Most recently, Zuzel, of Willimantic, was the educational advocate/vocational coordinator for the North American Family Institute Child Youth Family Support Center and previously the assistant director of HARC in Hartford. A native of Norwich, his experience includes special education, music and performance theater. He earned his master’s degree from Bay Path College in Longmeadow, Mass.

**New resource coordinator for Older Adult Program**

The opioid epidemic continued to gain national headlines last week with the announcement that the musical superstar Prince died of an overdose of the opioid fentanyl at his Minnesota home in April.

Toxicology tests concluded that the entertainer died from an accidental overdose of fentanyl, according to a report on his death by the Midwest Medical Examiner’s Office.

Fentanyl, prescribed by doctors for cancer treatment, can be made illicitly and is blamed for a spike in overdose deaths in the United States. It’s 25 to 50 times more potent than heroin and 50 to 100 times more potent than morphine, according to the U.S. Drug Enforcement Administration.

Prince, whose full name was Prince Rogers Nelson, died April 21 at age 57, after being found unresponsive in an elevator at Paisley Park, his home and recording studio in Chanhassen, Minn.

**Prince’s death linked to the opioid fentanyl**

Graduation festivities slated for this week

All staff are invited to attend any of Natchaug Hospital’s upcoming high school and middle school graduation ceremonies:

- **Hickory School:** Friday, June 10, Teachers Memorial Gymnasium in Norwich at 11 a.m. (sixth grade promotion)
- **Rushford Academy/Joshua Center Shoreline:** Friday, June 10, Stonegate Building in Durham at 12:30 p.m. (four graduates)
- **Joshua Center Thames Valley CDT:** Wednesday, June 15, at 11A Stott Ave. in Norwich at 11 a.m. (six graduates and four eighth grade promotions)
- **Joshua Center Enfield CDT:** Wednesday, June 15, at Joshua Center Enfield at 10:30 a.m. (six graduates and two eighth-grade promotions)
- **Joshua Center Northeast CDT:** Wednesday, June 15, at Gold Eagle Restaurant in Dayville at 1 p.m. (three graduates)
- **Joshua Center Windham CDT:** Thursday, June 16, at Joshua Center Windham CDT in Willimantic at 10:30 a.m. (three graduates)
Rushford Academy School held its second annual Field Day on Wednesday on the Durham campus — a successful day that was the result of planning by staff members Bryan McFarland and Mark Alexander.

The fun started in the morning with both indoor and outdoor activities which included a concentration game, cup stacking race, the Oreo Cookie face race, Can Jam and Spike Ball. To round out the afternoon, the group went to the back field for an energetic game of MatBall and kickball. The whole campus re-grouped outside the Stonegate building to enjoy food from a local pizza truck, and play some ladder ball or toss the football around to wind down.

Students and staff members from Natchaug’s Joshua Center Shoreline joined on campus for the activities as well, providing a great opportunity for the kids to practice the social skills they’ve been learning all year.

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 matt.burgard@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.

| FOR SALE |
| 2003 GRAND MARQUIS — Excellent condition, $5,000 or best offer. Call 860-212-2449. |


| KITCHEN TABLE — Round, four chairs included, wooden with iron chair backing, iron chair legs, iron table legs, good condition, $225 or best offer. Call or text 203-906-0500. |

| VINYASA IN THE VINEYARD — Friday, June 10, registration is at 5 p.m. at Preston Ridge Vineyard. Proceeds benefit Mindful Yoga Programs for Local Veterans. Enjoy an evening of yoga, food and wine for purchase, Native American drumming. |

| PASTA SUPPER — Thursday, June 16, 4-6:30 p.m. at Bethel Community United Methodist Church, 1 Rixtown Road, Griswold. Pasta, meat sauce, green beans, garden salad with dressing, bread, butter, beverage, dessert, adults $7, children 10 years old and under are free. Takeout is available. |

| OPEN MIC NIGHT — Saturday, June 25, 7-9 p.m. at Christ Episcopal Church, 78 Washington St., Norwich. Admission, $5 or bring non-perishable food items for the food pantry. |