Stephen W. Larcen, Ph.D., president of the Hartford HealthCare Behavioral Health Network, received the 2015 Grassroots Champion Award from the American Hospital Association and Connecticut Hospital Association (CHA) at a June 30 ceremony recognizing those who have made significant contributions to supporting the mission of hospitals.

The Grassroots Champion Award is given every year to one person from each of the 50 states who has done the most to educate elected officials and legislators about the need to support hospitals and the critical role they play in keeping communities healthy. The ceremony was part of CHA’s 97th Annual Meeting at the Aqua Turf in Southington.

In a video played during the ceremony, American Hospital Association President and CEO Rich Umbdenstock said Larcen was selected for the award because of his long record of advocacy on behalf of the mental health system and behavioral health patients in Connecticut.

“He takes seriously his role in educating legislators about the mental health system to effect positive public policy change,” Umbdenstock said. “He is one of the most knowledgeable and well-respected mental health advocates in Connecticut.”

Larcen, who has announced his intention to retire from his position next year after more than 40 years as a leader in mental health services, said the award is indicative of the quality of people he has worked alongside over his career.

“Receiving this award is a real honor, but it takes a village,” he said. “I’ve had a lot of mentors and colleagues over the years that I have worked with, and

• • • • • • • • • • • Continued on page 2
Laurie Clinton has assumed an expanded role as Director of Human Resources for the HHC Behavioral Health Network, assuming the responsibilities of Janet Keown, who retired in June, according to an announcement by BHN President Stephen W. Larcen, Ph.D.

Under her new role, Clinton now oversees Human Resources operations at both Rushford Center and Natchaug Hospital, and will join the BHN Executive Leadership Team and be a member of the HHC System Human Resources Leadership group.

Clinton began her career with Hartford HealthCare at Rushford Center in 2010 and has been a key member of the Human Resources team supporting the network following the reorganization. She is highly regarded for her attention to detail and leadership behaviors, and is a strong advocate for employees. Prior to joining HHC, Clinton was a Human Resources Generalist at Bristol Hospital, responsible for oversight of 34 departments focusing on staffing, employee relations, benefits and policy development.

Clinton is also a member of the Society for Human Resources Management, and she received her Bachelors of Science in Business Administration from Eastern Connecticut State University and her Masters of Science in Management from Alberta Magnus College.

People who suffer from panic disorder are almost half as likely to develop heart disease later in life than those who do not, according to new research.

In research by the University of Adelaide in South Australia, researchers reviewed 12 studies, involving more than 1 million people and approximately 58,000 coronary heart disease cases.

The review found panic disorder increased the risk of heart disease by up to 47 percent and the risk of heart attack by 36 percent.

Professor Gary Wittert, from the University of Adelaide’s School of Medicine and Director of the Freemasons Foundation Centre for Men’s Health, says while this study has found a clear association between panic disorder and coronary heart disease, the mechanisms remain uncertain.

“The link between panic disorders and heart disease remains controversial, partly due to overlapping symptoms such as chest pain, heart palpitations and shortness of breath,” says Professor Wittert, an author on the paper.

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To view the video message from Rich Umbdenstock, please go to www.natchaug.org.

Study links panic disorder with heart disease

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BHN to take on Shatterproof challenge

A team of Rushford and Natchaug Hospital employees needs your support as they rappel the 22-story Hartford Hilton in support of Shatterproof, the first ever national organization dedicated to protecting children from addiction and ending the discrimination and suffering of those affected by the disease.

Captained by Rushford Medical Director J. Craig Allen, MD, each team member needs to raise $1,000 in order gain a spot in Rappel Hartford on Wednesday, July 29, 2015. Rappel Hartford is the local stop for this unique nationwide grassroots fundraising tour benefitting Shatterproof.

Shatterproof was established in 2013 by Connecticut’s Gary Mendell after his 25-year-old son, Brian, died as a result of addiction. In just 18 months, Shatterproof has raised the national profile of the scorn of addiction by lobbying for mental health parity, Good Samaritan acts and Naloxone laws across the country. The organization also launched its rappel series, which features supporters who have raised $1,000 or more using ropes and harnesses to work their way down hotel buildings from Connecticut to California.

“Shatterproof is quickly becoming an advocacy organization comparable to the American Heart Association or Autism Speaks. National organizations like these are very effective in educating the population and advocating politically for parity and policy in the areas of prevention and treatment of addiction,” Dr. Allen said.

As an event sponsor, the BHN is committed to providing a team of six people at the upcoming Hartford event. In addition to Dr. Allen, Natchaug Medical Director Deborah Weidner, MD, and Rushford’s Chris Ferrante, Molly Reid and Chris Vargas are seeking support to reach their $1,000 goal. The group is also looking for at least one additional rappelling teammate.

For his part, Dr. Allen has a less-than-orthodox approach to his preparation for this event.

“I’m watching adventure movies and eating spongy foods to increase my bounciness,” he joked. “But seriously, as Rushford medical director, I see us as an organization providing the full continuum of services for substance use and co-occurring disorders as well as the home to one of only 23 American Board of Addiction Medicine physician training programs in North America. So I felt I needed to be there with my BHN colleagues, showing our support for the cause of making our families and loved ones shatterproof.”

If you are interested in being a member of the Rushford/Natchaug team, or would like to donate money to support a team member, please contact kris.vargas@hhchealth.org, or Diana.decarlo@hhchealth.org. For more information on the Shatterproof challenge, visit www.shatterproof.org.

Free tickets to the CT Open available to all BHN staff

The Governor’s Liaison Office for Non-Profit Organizations has announced that it has tickets to the CT Open tennis tournament in August and that it will donate the tickets to nonprofits, including facilities within the Behavioral Health Network. It has offered tickets for four of the dates the tournament will be taking place, and BHN sites can request up to 100 tickets for each date.

The dates are: Monday 8/24; Tuesday 8/25; Wednesday 8/26; and Thursday 8/27. The matches are all being held at the Connecticut Tennis Center at Yale in New Haven during the daytime hours.

PLEASE NOTE that staff who normally work during those hours will need to take time off to attend.

Any staff members interested in obtaining tickets should contact Kate McNulty, director of philanthropy and development for Rushford and Natchaug, at Katherine.McNulty@hhchealth.org.

Here is a link for the activities/matches:www.ctopen.org/SpecialEvents/Daily-and-Weeklong-Hot-Happenings/

The Connecticut Open presented by United Technologies is owned by the State of Connecticut and is a not-for-profit 501c3 charitable organization. The women’s-only Women’s Tennis Association event will feature five different competitions including WTA qualifying, WTA singles, WTA doubles, Men’s Legends, and the US Open National Playoffs Championship. The Connecticut Open is prominently featured domestically on ESPN2 and is also broadcast in 160 countries around the world.
Behavioral Health Home program aims at preventive care

Patients with extreme psychiatric issues have traditionally had difficulty maintaining good health because of a separation that has often existed between their psychiatric care providers and their primary care physicians.

The Behavioral Health Home program at Rushford — which is part of a pilot program launched across the state earlier this year — is meant to close that gap by providing patients with a coordinated care plan created in collaboration with both psychiatric and primary care providers.

The idea behind Behavioral Health (BH) Home, according to Jessica Matyka, the director of the Rushford program, is to encourage patients to take preventive steps to maintain good health instead of putting off checkups until health issues arise.

“By working with primary care providers, we are able to give patients a plan to help them identify the underlying issues that can lead to serious issues,” she said. “That means we can show them what they can do to avoid going to the emergency room on a regular basis.”

The BH Home program was launched by the Connecticut Department of Mental Health and Addiction Services at mental health facilities throughout the state in January; the program at Rushford is the first within the Hartford HealthCare Behavioral Health Network to implement it. Since March, Matyka said, the program has accepted more than 300 clients, including one who had not seen a primary care physician in eight years.

Matyka is part of team that collaborates on each patient’s care. The team is made up of psychiatric case managers, a primary care consultant and nurse and a transition coordinator. Eligible patients include those with schizophrenia and psychotic disorders; mood disorders; anxiety disorders; obsessive compulsive disorders; post-traumatic stress disorders; and borderline personality disorders. They must also be Medicaid eligible with claims of more than $10,000 per year.

Matyka said studies show that such patients have a much shorter life expectancy than those who do not have these disorders. “We really hope this program will help improve outcomes,” she said.

BHN First is a regular feature of BHNews designed to help readers become more familiar with the unique service offerings across the network, and provide staff with the information to refer within the BHN FIRST!

staff speaks out

What is your favorite beach?

“My favorite beach is the one I will be going to next week, in Aruba! This will be the fourth time we’ve been there, I just love it, one of my favorite places in the world.”

— Gary Demchak, Rushford

“I like to take my family to Hammonasset Beach or Misquamicut in Rhode Island. Hoping we can get there sometime soon, it’s always a good time.”

— Cary Leduc, Rushford

“My favorite beach of all time is Lindos Beach on the Island of Rhodes in Greece. State side, I enjoy going to Old Lyme.”

— Ali Kuras, Peer Specialist, ACCESS Mental Health CT, IOL
IOL, DMHAS attend Zero Suicide Academy

Now in its second year, the Zero Suicide Academy is for a select group of health care organizations seeking to transform their systems to dramatically reduce suicides among patients in their care.

For more information, visit: http://zerosuicide.sprc.org/zero-suicide-academy outreach.

Here for Hope:

Participants needed for clinical trial studies

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.

IOL Backpack & School Supply Drive

The Institute of Living’s Back-to-School Resource Fair is set for Wednesday, August 12, and we’re seeking donations of backpacks and school supplies to give away to needy children from greater Hartford.

Donation ideas include:

- Backpacks
- Markers
- Spiral bound notebooks
- Pens & Pencils
- Glue sticks
- Paper-lined & unlined
- Erasers
- Index cards
- Kid-friendly scissors (left & right handed)
- Highlighters
- Rulers
- Calculators
- Pocket folders

Donated items may be dropped off in the IOL Assessment Center, located in the lower level of the Donnelly Building.

Donation deadline: Monday, August 10 by 4:30 PM

For more information, contact Anne Marie Gorman in the Assessment Center at AnneMarie.Gorman@hhchealth.org or call 860-545-7200.
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 additional 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:

- **Alcoholics Anonymous.** July 14, 21, 28; August 4, 11, 18, 25 (Every Tuesday), 2-3 p.m. Join us for coffee and a one-hour topic discussion. To learn more, contact the AA General Service Office at 212-870-3400 or P.O. Box 459, New York, NY 10163.

- **Support Group For Families Dealing With Major Mental Illness.** July 15, Aug. 6, Aug. 20, Sept. 3, Sept. 17 (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. Share your success and struggles. Learn to care for yourself while you are caring for others.

- **Sibling Support Group.** July 16, Aug. 6, Aug. 20, Sept. 3, Sept. 17 (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 who have similar circumstances.

- **Youth Psychosis Family Support Group.** July 17, Aug. 7, Aug. 21, Sept. 4, Sept. 18 (First and third Friday of each month), 4:15 – 5:15 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.

- **Depression: An Introduction To The Disorder.** July 21, Sept. 29, 6:30 – 7:45 p.m. This program is for family and friends of individuals who suffer from depression. It will present a basic understanding of major depression, its treatment and ways family members might better cope with the illness.

- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** July 22, Aug. 12, Aug. 26, Sept. 9, Sept. 23 (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.

Mental Health First Aid classes set through September

Mental Health First Aid (MHFA) and Youth Mental Health First Aid (YMHFA) classes will be offered by the BHN through the month of September. Classes are open to the general public at a cost of $50 per person and to HHC employees at a discounted rate of $20 per person. MHFA and YMHFA are interactive training courses designed to give members of the public the key skills required to help an individual who may be experiencing signs of crisis that are related to a mental health disorder such as depression, panic-anxiety disorder or post-traumatic stress disorder.

All classes will be held at the Institute of Living, Hartford Room, Second Floor Commons Building, 200 Retreat Avenue, Hartford, and are scheduled as shown above. For more information or to register, please contact patriciac.graham@hhchealth.org.

<table>
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<tr>
<th>Class schedule</th>
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<tbody>
<tr>
<td>Thursday, July 23</td>
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<td>Thursday, Aug. 6</td>
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<td>Saturday, Sept. 19</td>
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Dr. Raub named interim associate medical director

Dr. Jonathan Raub has accepted the position of Interim Associate Medical Director for Inpatient Services at Natchaug Hospital.

Dr. Raub came to Natchaug in 2012 as an Attending Physician on the child and adolescent unit. He received his medical degree from Albert Einstein College of Medicine of Yeshiva University in Bronx, NY. He completed a general psychiatry residency at New York Presbyterian Hospital in New York City; a child and adolescent fellowship at the Cambridge Health Alliance in Cambridge, Mass.; and a forensic fellowship at the University of Rochester in New York.

Dr. Raub is board-certified in both general and child and adolescent psychiatry. He also has a Masters Degree in Public Health and Arts. He begins as Interim Associate Medical Director on July 6.

Flashback Friday
Linda Sendobry of Natchaug Hospital (wearing STS T-shirt), submitted this photo last summer of herself and a few friends as part of our Stop the Stigma: WorldWide Edition contest.

Natchaug Hospital
Connect to healthier.”

HHC & Me
MyFuture
Retirement Meeting Schedule

Please make every effort to attend one meeting. Attendance will be taken. Register now at My Future Online, hhcandme.ehr.com

<table>
<thead>
<tr>
<th>Date</th>
<th>Room</th>
<th>Start Times*</th>
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<tr>
<td>Thurs., July 23</td>
<td>Community Rm</td>
<td>7:30am, 9am, 11am, 1pm 3:30pm</td>
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<tr>
<td>Fri., July 24</td>
<td>Community Rm</td>
<td>7:30am, 9am, 11am, 1pm 3:30pm</td>
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*Meetings will generally last 45 minutes.

Calling for Clinical Corner submissions

Are you interested in sharing your clinical experience or knowledge with your co-workers throughout the HHC Behavioral Health Network? Consider submitting an article to the Clinical Corner. For more information, e-mail amanda.nappi@hhchealth.org or matt.burgard@hhchealth.org.
Rushford graduates its first ABAM Fellow

Dr. Brian Murray becomes the first Rushford addiction fellow to graduate the program since it became affiliated with the American Board of Addiction Medicine (ABAM) in March 2013. To celebrate, he was feted with a dinner on June 25, attended by mentors and staff. He is now headed to his home state of Virginia to continue his work in substance abuse recovery and treatment.

BHH Open House

The new Behavioral Health Home program at Rushford, which is meant to integrate psychiatric and primary care services for patients, hosted an open house for patients and providers on July 1. More than 40 people attended the two-hour event, which featured refreshments and informational displays detailing the benefits the program has to offer in maintaining good health.

Rushford Family Outing

You are invited!
Saturday, August 15, 2015

Where: Lake Compounce, 186 Enterprise Drive, Bristol
Time: 11 am-10 pm (park hours)
Includes: Unlimited rides, shows & attractions
Crocodile Cove Water Park
Free parking
Lunch for Rushford party from 12 noon – 2:30 pm

Tickets*: Adults $15
Children 12 years and under $10
Free for children age 3 & under

To purchase tickets, please contact: Anivette.cruz@hhchealth.org
or Sheila.gosselin@hhchealth.org.

Deadline for registration & payments is July 1.
Cash only, please.

*Limit 5 tickets per staff. Tickets are non-refundable and cannot be combined with Season Passes.
events

Tuesday, July 21 from 5:30 – 7 p.m.: Here for Hope: We All Want Wellness, Hartford Room, IOL Commons Building, 200 Retreat Ave., Hartford. The next in the award-winning forum series “The National Dialogue on Mental Health” focuses on peer-delivered services in the behavioral health field. Moderated by IOL Medical Director Linda Durst, MD, the forum will consist of a panel of those with lived experienced, a mental health professional, and organizations who incorporate peer services. It is free and open to the public. Registration is not required. For more information please call 1.860.545.7716 or e-mail patriciac.graham@hhchealth.org.

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. 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.

$ thetreasuretrove

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.

WANTED

CAREGIVER — Seeking reliable, caring individual to provide early morning care for a woman with disabilities, 6 or 7 a.m. to 10 a.m. several mornings per week, personal care experience, Plainfield area. Call 860-245-5714.

FOSTER PARENTS NEEDED — Waterford Country School Foster Care is seeking full-time and part-time foster families. Find out how you can make an impact on the life of a child in the community. WCS Foster Care provides free training and licensing, 24-hour staff support and a substantial monthly reimbursement. Call 860-886-7500, ext. 170.

ARTISTS — Faces at FAHS (Fine Art and Craft Exhibit and Sale at the Finnish American Heritage Society) is seeking artists and crafters for a Saturday, Oct. 3 event at the Finnish Hall, 76 North Canterbury Rd., Canterbury. Indoor/outdoor spaces, $30 (postmarked on or before Friday, July 31), free admission, handicapped accessible. Call 860-974-2760 or email facesatfahs@gmail.com.

EVENTS

ST. JAMES FREE SPAGHETTI DINNER — Friday, July 10 from 3:30-7 p.m. at St. James Church, routes 2A and 117, Preston. The church is hosting this dinner to raise awareness of the Church Mission Trip to Ecuador. A free will offering will be accepted to help defray costs for the Mission Trip.

YOGA IN THE PARK SUNSET CLASSES — Tuesday and/or Thursday, July 14, 16, 21, 23, 28 and 30, 5:30-6:30 p.m. at the Mohegan Park pavilion in Norwich. Cheryl Hughes will guide the evening practice. Four days is $35 for residents, $45 for non-residents and eight days is $55 for residents and $65 for non-residents, walk ins are $10.

WILLIMANTIC ELKS LODGE VACATION RAFFLE — Tickets available in the Backus Hospital Gift Shop. $10 per ticket, drawing is Thursday, July 23, proceeds benefit Backus Hospital, Jolly John’s Keep You Trucking Fund. First prize, trip for two to Orlando, five days, second prize, trip for two to Las Vegas, four days, third prize, weekend getaway for two to Boston, three days. For further information call 860-208-1506.

ANNUAL RUMMAGE SALE — Thursday, July 30, 5-8 p.m., Friday, July 31, 9 a.m.-6 p.m., Saturday, Aug. 1, 9 a.m.-2 p.m., Friday, Aug. 7, 10 a.m.-5 p.m., Saturday, Aug. 8, 9 a.m.-2 p.m. at St. Mary’s Church/St. Joseph School, 70 West Main St., Baltic. Seeking donations of furniture, household items, clothing, sporting goods, outdoor, toys, linens, etc. Call 860-822-6378.

FUNDRAISER BANGLE BRACELETS — Please support Team Joshua and the March of Dimes Walk for Babies. All proceeds benefit the March of Dimes.

Unique silver bangle with Team Joshua and March of Dimes logo with a purple crystal, $20 each. For more information or pictures email dianna@snet.net.


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

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