Aft er decades of struggling with addiction, Tom Miles thought he would never be able to recover. But in April, after members of his family intervened and arranged for him to seek help at Rushford, the burly, sometimes gruff 60-year-old found himself in a setting he would never have thought possible.

Here he was, in a yoga studio, surrounded by candles and meditation music. Stretching muscles he hadn’t used in years. Holding poses that looked like images from an Asian temple. And sober. And loving it.

“If my drinking buddies could see me now,” the Middletown native said with a laugh as he worked through a series of stretches and poses with instructor Pamela Mirante and several other patients in recovery. “I never would have thought something like this would work for a guy like me, but it’s made all the difference.”

Tom’s story is typical for those who are struggling with addiction and willing to give yoga a try, said Mirante, a licensed clinical social worker and certified yoga instructor for Rushford in Glastonbury who offers a yoga program that is integrated into the overall course of treatment that each patient receives.

“It’s a great way to reintroduce them to things that have been missing from their lives for a long time,” she said. “Physical wellness, spiritual and mental focus and a willingness to inquire about the trauma that they’ve endured.”

Research shows that yoga can play a significant role in helping people both in the early stages of recovery, and over the long-term. As a registered yoga instructor with a background in social work, Pamela Mirante, a licensed clinical social worker and certified yoga instructor for Rushford at Glastonbury, helps her patients through a recent yoga session at her studio in Avon. Mirante’s patients are in recovery, and find that her classes help significantly in preventing relapse.

Continued on page 2
King tapped for new East Region leadership role

Thomas King, an experienced leader in the behavioral health field, has been named the new Vice President of Operations for the Behavioral Health Network in the East Region. King will assume operational responsibilities at both Natchaug Hospital and behavioral health services at Backus Hospital and Windham Hospital in the East Region.

King fills the role that wasvacated earlier this year by David C. Klein, PhD, who stepped down after a long career as vice president of operations to work as a clinical psychologist in the Partial Hospitalization Program in the psychiatric services department at Backus Hospital.

King comes to the BHN after managing behavioral health programs at Eastern Connecticut Health Network (ECHN), which includes Manchester and Rockville hospitals.

At ECHN, he also assumed responsibilities for the development of palliative programs and management of its care management department.

“Tom has a track record of high performance, operational excellence, and program development and growth,” said James F. O’Dea, PhD, MBA, vice president of operations for the Behavioral Health Network.

O’Dea said the BHN leadership team looks forward to working with King to help guide the continuing expansion of behavioral health programs and services across the East Region. “His values as a leader in the field align perfectly with our own,” O’Dea said, “and I am confident that he will ensure that the needs of our communities continue to be met with compassion and highly effective care.”

If it wasn’t for yoga, I would probably be in jail right now, or dead

continued from page 1

Mirante said the physical demands of yoga are meant to serve the larger goal of helping patients find a sense of peace and focus that can clear their minds of thoughts or habits that often lead to relapse.

The classes also offer patients a sense of solidarity and friendship with the other participants, which gives them a feeling of support and encourages them to stay with the program. Yoga classes such as Mirante’s are offered throughout the Behavioral Health Network, including Rushford classes in Meriden and Durham as well as the Institute of Living.

The type of yoga that Mirante teaches is known as Baptiste Yoga, which emphasizes discipline and a willingness to eventually master the practice enough to teach it to others.

“What I’ve discovered is that yoga is for anyone,” said Steve D., who has been a participant in Mirante’s class for over seven months after decades of struggling with addiction to alcohol and drugs such as heroin and cocaine. Steve said his “addict mind” was always racing, searching for the next high, but with yoga, his thoughts slow down so that he can focus on the moment at hand, and be grateful for it.

A motorcycle enthusiast with tattoos across his arms, Steve may not fit the stereotypical image of a yoga practitioner, but he said yoga has become indispensable to his life.

“If it wasn’t for yoga, I would probably be in jail right now, or dead,” he said.

Kristy, another patient in Mirante’s class, said she became addicted to opioid pain medication after undergoing numerous surgeries during young adulthood. For decades, she felt disconnected to her husband and children as she withdrew to her bedroom to numb her pain with opioids.

But when she had grandchildren, she decided to seek help, leading her to Mirante’s class.

“It’s like I’m reawakened,” she said. “I can’t believe the things I am able to do in this class.”

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. To find the buried treasure, log into HHC Connect (intranet.hartford-healthcare.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 Compliance, Audit and Privacy section of HHC Connect at https://intranet.hartfordhealthcare.org/organizations-departments/system-support-office/by-department/compliance-audit-privacy.
The integration of certified peer specialists into programs across the Behavioral Health Network is an extremely high priority for me, which is why I am so pleased to see the effort making great strides at the Institute of Living, where two peer specialists are already making a difference for patients.

Raleigh Leggett and Mark Bianco are both certified peer specialists, which means they are trained to use their lived experiences as people in recovery to help those who are struggling on the same path. Whereas in years past the IOL and other behavioral health centers have relied on peer volunteers to perform this role, the IOL has now taken on Raleigh and Mark as paid employees to help patients with the crucial process of successfully transitioning from care.

For the past few weeks, they have been assigned to assist patients who are being transitioned from the Donnelly Building inpatient unit at the IOL. This can often be a challenging time for patients as they attempt to make the change from around-the-clock care to a more independent existence. Many times, patients are overcome with fear and anxiety as they wait in the “transition lounge” in the main lobby of the building for a ride to take them home or to their next care facility.

With their training and background, Raleigh and Mark are ideally suited to help such patients deal with their fears and provide assurance that they will be OK. The message that peer specialists have to offer is what makes them so vital to our overall success as an organization. Unlike most other staff members, they can tell patients, “I know what you’re going through because I have been there myself. I was able to get through it, and so can you.”

Research shows that message has a powerful impact on those who are struggling to stay in recovery, helping with everything from consistent medication compliance to showing up for appointments. Raleigh and Mark have already helped two patients make the transition in the Donnelly Building, and their roles will likely expand to bring support to other programs within the IOL.

As caregivers and specialists in the behavioral health field, we should all welcome and embrace the unique benefits and value that peer specialists such as Raleigh and Mark can bring to our work.

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.
An audience of several dozen people got an up-close look at the devastating impact of addiction at a community forum last month featuring a film produced by the FBI called “Chasing the Dragon: The Life of an Opiate Addict.”

The gritty film told the real-life stories of several people whose lives were ruined, or nearly ruined, by addiction. But after the film, several panelists who led a discussion about the issue, including James O’Dea, PhD, MBA, vice president of operations for the Behavioral Health Network, said it is important not to give in to despair in the fight against the ongoing epidemic in heroin and opioid abuse.

“It’s important to remember that recovery happens every day throughout our communities,” O’Dea said at the forum, which took place June 23 at the Learning Corridor in Hartford.

O’Dea and other members of the panel, including two people in recovery, said the horrifying stories that were presented in the film should serve as a cautionary tale for anyone struggling with addiction or anyone who knows or loves someone fighting addiction. The film featured interviews with several people whose lives were turned upside down by the disease, including a woman whose teenage daughter died of an overdose.

The panelists explored the many factors that are contrib-

Forum explores ways to help overcome addiction

using to the epidemic, including the overprescription of pain medications by medical providers. O’Dea said recent laws adopted by the state legislature, which monitor and restrict how such medications are prescribed, are showing the progress that society is making in developing a greater understanding of the issue.

“We know a lot more about the problem now than we did 10 years ago,” he said.

BHN Vice President of Operations James O’Dea, PhD, MBA, center, speaks at a community forum last month on the impacts of addiction.

HOCC inpatient psychiatry unit celebrates first anniversary

It’s been a year since The Hospital of Central Connecticut opened a spacious and state-of-the-art inpatient psychiatry unit at HOCC’s New Britain General campus, and the newly designed space has been making a big difference for patients.

Hundreds of patients from throughout the Central Region have received care at the 32-bed unit, which provides mental health and substance abuse services to people 18 and over. Since opening in June 2015, the unit has served 559 patients through May 2016 — an increase of 3 percent over the same period a year before. The unit’s expanded services have allowed it to increase its ability to keep patients within the Hartford HealthCare Behavioral Health Network for admissions, said Christine Scully, director of behavioral health services for the Central Region.

But while the numbers have been impressive, Scully said it is the quality of the experience that the unit’s team provides patients that is truly exceptional. The team, composed of psychiatrists, nurses, nurse technicians, social workers and occupational therapists, has made numerous improvements in the care delivery model. Creative strategies have been put into practice as a result of teamwork and best practice research regarding Therapeutic Sensory Modulation Interventions. Each patient room, including the seclusion room, is equipped with therapeutic colored lighting that correlates with best practice and research to help improve mood. Inpatient Psychiatry clients now have the comforting benefits of a Sensory Kit, including personalized music, aromatherapy, weighted blankets and other tactile devices.

“I am very proud of the work we are doing,” Scully said. “It is exciting to see how the new space has benefited our clients and opened the door for so many improvement possibilities. We are fortunate to be in this position, and I am confident we will continue to grow.”
IOL leaders named Healthcare Heroes

Two leaders within the Institute of Living were named Healthcare Heroes for their work on behalf of mental health education at the Annual Meeting for the Connecticut Hospital Association last month.

- **Harold I. (Hank) Schwartz, MD**, IOL psychiatrist-in-chief and vice president of the Hartford HealthCare Behavioral Health Network, was recognized for his state and national leadership in crafting public policy and launching a national dialogue on mental health following the Sandy Hook tragedy. He became nationally known for his expertise and his work to stop the stigma of mental illness.

- **Jeanne Kessler, RN**, a nurse manager at the IOL, was recognized for a variety of work, including her studies and treatment of dementia patients and her extensive work with and education of volunteers, including establishing a patient safety/fall prevention program (resulting in an 80 percent decrease in falls), a geriatric visitation program for those with dementia, and the Meal Mates program. She also was recognized for piloting a new volunteer program, Personal Touch, to determine whether or not having a multi-trained volunteer assigned to a specific unit for an entire shift is more effective than having a variety of volunteers.

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**Reminder: All Clinical Staff**

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**Issues of Suicide Support Group**

- **Date:** Last Tuesday of Every Month
- **Time:** noon – 1 p.m.
- **Place:** Family Resource Center
  - Massachusetts Cottage
  - Group Room - 1st Floor

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Offering the opportunity for discussion with clinical staff who have experienced issues related to suicide in their work.

- **Facilitator:** Nancy E. Hubbard, LCSW

Light lunch will be provided

RSVP required to 860.545.7665

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**Seeking donations for the 3rd annual 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
- Calculators
- Pocket folders
- Spiral bound notebooks
- Paper-lined & unlined
- Kid-friendly scissors (left & right handed)

**Donated items may be dropped off at two locations:**

- 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.
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:

- **Support Group For Those Coping With A New Or Chronic Medical Condition.** July 15, 22, 29 (Every Friday), 1 - 2 p.m. in the Center Building, First Floor Conference Room. For young adults ages 17-26 struggling with a new diagnosis, chronic medical conditions, physical symptoms or limitations. The group will help with difficult losses and limitation due to a medical condition, and build a positive, future-oriented focus with realistic goals. To RSVP, please call Elizabeth Alve-Hedegaard, APRN, at 860.545.7050.

- **Depression Bipolar Support Alliance Group (DBSA).** July 18, 25 (Every Monday), noon – 1 p.m. in the Todd Building, Bunker Room and July 13, 20, 27 (Every Wednesday), 7 – 8 p.m. in the Commons Building, 2nd Floor, Litchfield Room. Peer run support group for those who have been diagnosed with depression or bipolar disorder.

- **Alcoholics Anonymous.** July 19, 26 (Every Tuesday), 12:30-1:30 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.

- **Schizophrenia: An Introduction To The Disorder.** July 19, Oct. 4, Dec. 20, 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 suggestions to help family members and friends cope with the illness.

- **Support Group For Families Dealing With Major Mental Illness.** July 21, Aug. 4, 18, Sept. 1, 15, Oct., 6, 20, Nov. 3, 17, Dec. 1, 15 (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 caring for others.

- **Youth Psychosis Family Support Group.** July 21, Aug. 4, 18, Sept. 1, 15, Oct., 6, 20, Nov. 3, 17, Dec. 1, 15 (First and third Thursday of each month), 5:15 – 6:30 p.m. in the Center Building, Young Adult Service Group Room. 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.

- **Al-Anon Parent Group.** July 21, 28 (Every Thursday), 7 - 8 p.m. One hour topic discussion.

- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** July 27, Aug. 10, 24, Sept. 14, 28, Oct. 12, 26, Nov. 9, 23, Dec. 14, 28 (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.

- **Anxiety Disorders: An Introduction.** July 27, Sept. 8, Nov. 8, 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 suggestions to help them better cope with the illness.

- **Dementia Support/Educational Group Meeting.** Aug. 2, Sept. 6, Oct. 4, Nov. 1, Dec. 6 (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. Space is limited — reservations are required by calling 860.545.7665.

- **Survivors Of Suicide Support Group.** Aug. 3, Sept. 7, Oct. 5, Nov. 2, Dec. 7 (First Wednesday of the month), 7 – 8:15 p.m. 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.

- **Dementia Lecture: An Introduction.** Aug. 9, Nov. 29, 6:30 – 7:45 p.m. This program is for family members and friends of individuals who have dementia 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.

- **Substance Use Educational And Support Group.** Aug. 11, Sept. 8, Oct. 13, Nov. 10, Dec. 8 (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.
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.

Annual IOL blood drive July 26

The Institute of Living will host its annual American Red Cross blood drive on Tuesday, July 26, from 11 a.m. to 4 p.m. in Clark Social Area. Sandwiches will be provided for those who donate.

To make an appointment, e-mail Peter Adelsberger at peter.adelsberger@hhchealth.org or call 1.800.RED.CROSS (1.800.733.2767) or click on www.redcrossblood.org.
Thanks to the following community supporters who have awarded grants to Natchaug Hospital:

- $20,000 from the Johnson Family Foundation for the Natchaug Annual Fund to support client needs
- $6,000 from the Community Foundation of Eastern Connecticut to create an emergency fund for IICAPS clients in need
- $1,000 from Putnam Bank Foundation for new rocking chairs in the Quinebaug Adult Treatment Center group rooms
- $300 from Soroptimist of Willimantic to fund a trauma-sensitive yoga program for the Journey House girls

**Volunteers needed for Trail Run fundraising committee**

Natchaug Fund Development and Community Benefits Department is seeking volunteers to serve on the first annual Natchaug Trail Run and Nature Walk fundraiser committee.

The Trail Run is tentatively scheduled for Saturday, Sept. 10 and volunteers are also needed for the day of the event. The event will raise funds for the hospital and outpatient program’s non-reimbursable services. For more information on volunteering or the event, contact Sherry Smardon at sherry.smardon@hhchealth.org or ext. 65910.

**Rushford expert joins college forum on opioid epidemic**

A panel of addiction experts, including Michelle Voegtle, outpatient clinical supervisor at Rushford at Glastonbury, discussed the various factors that have been contributing to the ongoing epidemic in heroin and opioid abuse at a forum at Goodwin College in East Hartford on June 29, offering some practical ways to help people get into recovery, and stay there.

Voegtle, who oversees adult and child and adolescent programming, as well as wellness programming, said Rushford has undertaken several successful activities and programs for helping people maintain recovery, including yoga and a newly implemented knitting class.

“Our experience really shows that people respond to taking part in group activities involving a hobby or an exercise, something that leads to interest and hope and friendships,” she said. “It’s a safe place for them to go and explore some new interest where they know there will be other sober people there.”

Other panelists, including Uri Shafir, Resident Agent in Charge for the DEA, said there is a growing appreciation on the part of law enforcement and treatment centers and other community groups on the importance of working together.

“We know we can’t arrest our way out of the problem,” said Shafir.
Come one, come all for the Rushford Clients Talent Show on Wednesday, Sept. 21, at 1 p.m. in the Rushford Cafeteria at Paddock Avenue in Meriden.

Rushford clients from Case Managers, Clinicians, Friendship Club, Young Adult Services, Kuhn Employment, Homeless Outreach, Crisis and other departments are all eligible.

If you know of a client who would like to participate, please let us know by calling Antoinette at 203.630.5353 or Lucille at 203.630.5240.

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.

More than two dozen staff members from Rushford’s Meriden location on Paddock Avenue put together a video that recently aired on WTNH-TV’s morning news show. Staff members were dressed in blue Rushford T-shirts and gathered together outside the main entrance to jubilantly say “Good Morning Connecticut!” and also repeat the message in Spanish. The video was led by Rushford social worker Paul Shaker, who started off the video by saying, ”From the Rushford Treatment Center in Meriden, we wish you a happy and healthy day!”

WTNH encourages organizations and workplaces across the state to submit “Good Morning” videos, and Shaker was pleased with the enthusiastic response he received when he approached his co-workers about the idea.

Click here to see the video: https://www.youtube.com/watch?v=j7z-NL07Y88

Tips, tricks and best practices for communication

This is the fifth in a series of helpful tips on how to improve communications among employees at Rushford.

No. 5: Put in any attachments you wish to send in an email before you begin to write your email message; that will make it more likely that you won’t forget. Look for other tips in future issues of BHNews.
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

RED AIRPLANE KIDDIE RIDE — No money needed to operate, runs very well, $250 or best offer. Call 860.933.3944.

D E S K & H U T C H — Natural wood, four drawers, side cabinet, hutch has seven shelves, pictures on request, $225. Call 860.465.6549.

MISC. ITEMS — GE microwave and stand, black and white, 22 inches long, $40 for the set. 30-inch Toshiba color television and stand, remote, $40, pictures on request. Call 860.983.0597.

LOCAL HAY — Please call Justin at 860.617.5955 for details.

FREE

KITTENS — Six kittens, six weeks old, ready to go within two weeks, black and mixed Tiger stripe. Friendly and used to being handled, have been dewormed. Please text or call 860.457.6014.

WANTED

KNEE SCOOTER — Please text 860.237.2303 with your asking price and pictures.

VENDORS — For the Kris Kringle Fair, Saturday, Nov. 12 from 9 a.m. to 4 p.m. at Saints Peter & Paul Church, 181 Elizabeth St., Norwich. Please apply by calling the Rectory at 860.887.9857.

EVENTS

YOGA IN THE PARK — 5:30-6:30 p.m. on Tuesdays and/or Thursdays, July 19, 21, 26, 28 and Aug. 2, 4, 9, 11, 18. Offered by the Norwich Recreation Department at Mohegan Park Lakeside Pavilion. Cheryl Hughes, a 200 E-RYT instructor, will guide the evening practice outdoors, if it rains, the inside of the pavilion is available for use. Fees: four days is $35 for residents, $45 for non-residents, eight days is $55 for residents, $65 for non-residents and walk-ins are $10 for residents, $12 for non-residents.

PASTA SUPPER — Thursday, July 21, 4-6:30 p.m. at Bethel United Methodist Church, 1 Rixtown Rd., Griswold. Pasta, meat sauce (meatless available), garden salad, green beans, Italian bread, beverage, strawberries on homemade shortcode with cream. Adults $7 per serving, ages 10 and under free, takeaway available. Call 860.376.2255.

YARD SALE — Friday, July 22, 10 a.m. to 3 p.m. and Saturday, July 23, 9 a.m. to 2 p.m., 545 Pudding Hill Road, Hampton. Antique pump organ, iron bed, dresser with mirror, afghans in colors, collectible bears.

CANCER RELAXATION THERAPY — Thursday, July 28, 1-2 p.m., Westbrook aboard the sailboat HADO. Please register by calling 860.889.3424.

RUMMAGE SALE — Thursday, July 28, 5 - 8 p.m.; early-bird shopping, $10 admission. Friday, July 29, 9 a.m. - 6 p.m., free admission. Saturday, July 30, 9 a.m. - 2 p.m., free admission. Friday, Aug. 5, 10 a.m. - 5 p.m., free admission. Saturday, Aug. 6, 9 a.m. - 2 p.m. at St. Mary's St. Joseph's, 70 West Main St., Baltic. We are seeking donations of furniture, household items, clothing, jewelry, outdoor items, toys etc. gratefully accepted through Wednesday, July 27. Please call the Rectory at 860.822.6378 to arrange for pick-up of larger items.

NORWICH GRANGE FAIR — Saturday, Aug. 6, 9 a.m. to 2 p.m. at 174 West Town St., Norwich. Tag sale, live country music, country store, raffles, silent auction, blue ribbons, cash prizes, exhibiters invited. Call 860.887.3145.

CLASSIC CAR & TRUCK SHOW — Saturday, Aug. 13 from 10 a.m. to 2 p.m. at Holy New Martyrs Church, 364 Canterbury Tpke., Norwich. Trophies awarded, admission is one non-perishable food item to benefit the Soup Kitchen, music by DJ “The Pom,” vendors, great food, tag sale.

ANNUAL SCARECROW FESTIVAL — Saturday, Sept. 24, at Preston City Congregational Church, Preston. Crafters and vendors needed. Call 860.887.4647 or e-mail scarecrowfestivalcrafters@hotmail.com.

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, July 26, at noon.