Growing up, Jessie Close never felt she had an especially tight bond with her big sister Glenn, who was six years older and spent most of her time with Jessie’s other older sister, while Jessie spent most of her time with her younger brother. “It wasn’t like we didn’t get along, but she just moved in different circles, which is how things tend to happen when you have one sibling much older than another,” Jessie Close said about her famous older sister, who went on to earn stardom as a highly respected actress.

If you go


When: Thursday, Sept. 17, from 6:30 - 8:30 p.m.

Where: the University of Saint Joseph, Hoffman Auditorium, 1678 Asylum Ave., in West Hartford.

But when Jessie’s lifelong struggles with depression, mania and substance abuse led to her to a moment of profound despair, it was Glenn Close who stepped in on her little sister’s behalf and made sure she got the care she needed.

“I give her all the credit in the world for being there when I needed it the most and showing me what it means to have courage,” said Jessie, who has been in recovery for the past 11 years and uses her story of struggle and triumph to inspire others. She will be the keynote speaker at a Sept. 17 National Dialogue on Mental Health Forum.

Jessie said she struggled to understand the underlying causes of her depression and substance abuse for decades before reaching a critical moment when she attempted suicide, stopping short of carrying it out only

Continued on page 2
Close: ‘I get to help others who are going through the same thing’

continued from page 1

because of her love and concern for her children, including her son Calen, who also struggled to overcome severe mental health issues. During a visit to see her parents in Wyoming at the age of 50, she recalls hearing a repeating voice in her head telling her to kill herself. She shared her torment with her sister Glenn, and within a week, she said, she was checked into a hospital where she was finally set on a proper course of treatment.

Now 62, Jessie said she can enjoy a meaningful, fulfilling life thanks to medication and a commitment to helping those who face the same struggles she faced throughout her life.

“Sometimes I get sad thinking that of all the adult years I’ve had, only 11 have been spent in a state of normal happiness,” she said. “But at the same time, I think it’s a gift because I get to help others who are going through the same thing. They know that I’m someone who can relate first-hand.”

Jessie’s experience prompted Glenn to create the national nonprofit advocacy group, Bring Change 2 Mind, which seeks to call attention to the issue of mental health disorders and substance abuse. In the process, Jessie has overcome her initial anxieties about public speaking to help the organization by becoming one of the most visible and powerful speakers on mental health issues around the country.

“I’ve gotten to the point where I really enjoy it and get excited about it,” she said. “The best part is getting to talk to people in the audience individually. I always get someone who comes up to me after an event to share their story with me. That means the world to me.”

The Sept. 17 forum will be moderated by Patricia Rehmer, senior vice president of the Behavioral Health Network. To register online, please go to harthosp.org/event/1128.

About BHNews

BHNews is published every other Friday, except for the weeks of Independence Day, 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 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. Thank you.

Deadline for the next edition of BHNews is Tuesday, Sept. 15, at noon.
Rushford sponsors annual ‘Recovery Walks’ event

All employees within the Behavioral Health Network are invited to take part in the 16th Annual Recovery Walks! event to support the Connecticut Community for Addiction Recovery (CCAR) on Friday, Sept. 18 at Bushnell Park in Hartford.

Rushford is serving as a sponsor for the event, which begins at 10 a.m. and features a walking route through the park to highlight the CCAR mission of providing comprehensive support and treatment services for those recovering from addiction or substance abuse issues.

Participation is free of charge for those who want to walk the route, though registration is required. Employees who normally work at that time are reminded that if they wish to take part, it will not be considered part of their work day so they will need to take time off to participate.

The event is meant to call attention to the needs of those striving to recover from addiction issues, and the role that everyone can play in overcoming misperception or stereotypes that commonly create barriers to recovery. Besides the walk, the event will feature live entertainment from various musical and performing acts, as well as rallies led by state and local dignitaries and leaders in the substance abuse and addiction field.

Survey suggests a public shift in perception of mental health

Mental health may have a long-standing public perception problem, but the perception appears to be shifting, at least in the United States, a new survey reveals. Results from a national online survey on mental health, anxiety and suicide indicate that 90 percent of Americans value mental and physical health equally.

A Harris Poll commissioned by The American Foundation for Suicide Prevention with the Anxiety and Depression Association of America and the National Action Alliance for Suicide Prevention revealed that people ages 18 to 24 are becoming more comfortable with seeking medical help and are more likely to consider it a sign of strength to see a medical health professional, compared with older people.

Although most people surveyed identified life circumstances, depression, post-traumatic stress disorder and bipolar disorder as risk factors for suicide, more than half — 53 percent — did not know that people with anxiety disorders are also at risk for suicide, the survey found. Between 1999 and 2013, nationwide suicide rates have increased 19.9 percent, according to the Centers for Disease Control and Prevention.

“Men are four times more likely than women to die from suicide and rates are especially higher for middle-aged, white, non-Hispanic men 35 to 65 years old,” said Alex Crosby, MD, branch chief with the CDC’s Division of Violence Prevention.

Making a Difference Together … by Living Our Values

Every day, teams across Hartford HealthCare Connect to Healthier by working together to provide higher quality care and service.

The annual Making a Difference Together Award recognizes this vital cross-system collaboration.

The next Making a Difference Award will be presented in December.

Enter your own or nominate your favorite cross-organizational team:

Deadline: September 25, 2015
IOL hosts second annual Back-to-School Resource Fair

More than 250 children and their families attended a Back-to-School Resource Fair on Aug. 12, sponsored by the Institute of Living’s Child and Adolescent Services (outpatient clinic), TOPS-Extended Day Treatment, Partial Hospital and Intensive Outpatient Programs, Family Resource Center and Assessment Center.

The event provided families in the greater Hartford community access to resources and health information for the upcoming school year. More than 250 children — double the amount who attended last year’s inaugural event — received backpacks filled with school supplies thanks to the generosity of Hartford HealthCare employees who donated to the IOL Assessment Center’s Backpack and School Supplies Drive.

One highlight for the children and their families was a puppet show on exercise and nutrition presented by the Hispanic Health Council. The Hartford Public Library mobile van distributed library cards on site and provided children with an opportunity to check out books. Information was available regarding resources and programs offered in various library branches throughout the Greater Hartford area.

The Resource Fair featured displays from a variety of agencies in the greater Hartford area that provide a range of education, advocacy, medical, and mental health services including: Hartford Board of Education Welcome Center, Hartford Public School Choice, Regional School Choice, Advocacy for Children with Disabilities, CCMC Medical Legal Partnership Project, Emergency Mobile Psychiatric Services, Hartford Public Library, Child Development Info-line, CCMC-Injury Prevention Center, Hispanic Health Council, Connecticut Parent Advocacy Center, and State of Connecticut Department of Education.

The Child and Adolescent Outpatient Clinic staff would like to express appreciation and thanks to its community agency partners, and Hartford Hospital Teen Volunteers from the summer Volunteers’ program, whose collaborative efforts made the event a great success.
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 Ave., Hartford, and are scheduled as shown above. For more information or to register, please contact patriciac.graham@hhchealth.org.

**World Suicide Prevention Week**

**September 8-11**

**Registration needed for all events.**

All registrations can be made by contacting the Family Resource Center at 860.545.7665 or 860.545.7716 unless otherwise specified.

**Tuesday, September 8**
- Youth Mental Health First Aid Training
  - Commons building, 2nd Floor, Lithfield room
  - Register by email: patriciac.graham@hhchealth.org
- Issure of Suicide for Clinicians/Staff
  - Massachusetts Cottage, 1st floor, Group Room (light lunch provided)
- Survivors of Suicide Group
  - Massachusetts Cottage, 1st floor, Group Room

**Wednesday, September 9**
- Zero Suicide, Zero Tolerance, Achieving Safety along the Continuum of Care
  - Commons building, 2nd floor, Hartford Room

**Thursday, September 10**
- Flag Lowering Ceremony
  - In front of Hartford Hospital
- World Suicide Prevention Day Conference
  - ERC, Heublein Hall
  - Register online: http://bit.ly/1LQJTxp

**Friday, September 11**
- Mental Health First Aid Training
  - Commons building, 2nd floor, Hartford Room
  - Register by email: patriciac.graham@hhchealth.org

**World Suicide Prevention Day:**

**September 10, 2015 | 8:30 to 11:30 a.m.**

The Institute of Living/Hartford Hospital, ERC, Heublein Hall.

**AN OVERVIEW OF COLLEGE STUDENT SUICIDE**

During the past academic year, a number of prominent universities have experienced clusters of student suicides. While suicides are rare among college students as compared to young people not attending college, these events are often highly public. These presentations will provide a review of college student suicides and related behaviors and discuss a model of suicide prevention developed by The Jed Foundation and the Suicide Prevention Resource Center. Further, there will be a review of how campuses can deal with the challenges of balancing student privacy and autonomy with student safety and how this can impact suicide prevention on campus.

**PROGRAM SCHEDULE**

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**Register online at:** http://bit.ly/1LQJTxp
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:

- **Youth Psychosis Family Support Group.** 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.

- **Alcoholics Anonymous.** Sept. 8, 15, 22, 29 (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

- **The Truth About Electroconvulsive Therapy and Transcranial Magnetic Stimulation.** Sept. 8, 6 – 7 p.m. in the Commons Building, 2nd Floor, Hartford Room. Electroconvulsive Therapy (ECT) isn’t like it’s portrayed in the movies. It’s a safe and commonly used procedure that effectively treats depression, mania, catatonia and some types of psychosis. Transcranial Magnetic Stimulation (TMS) is a non-invasive treatment for patients who have not benefited from the use of anti-depressant medications. This information session will answer your questions and concerns about these often misunderstood treatments.

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

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

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**Nancy Miner honored**

Nancy Miner, APRN, received the Carolyn Ladd Widmer Outstanding Alumni Award for Leadership in Nursing from the University of Connecticut School of Nursing. Miner currently serves as a per diem member of the medical staff and previously served Natchaug as program director of the RiverEast adult ambulatory program and as interim director of nursing.

Miner has held administrative positions at a number of other facilities including Norwich Hospital, Catholic Charities, Greater Waterbury Mental Health Authority and Community Health Resources. She is also an active surveyor of psychiatric programs for the Center for Medicare and Medicare and TRICARE.

Miner received both her bachelor’s and master’s in nursing from UConn and spent more than 27 years as a member of the faculty.

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**Natchaug Hospital Years of Service Event**

On Tuesday, Oct. 13, Natchaug Hospital will host its annual Years of Service event. All staff are invited to join and recognize their co-workers celebrating 5, 10, 15 and other milestone years of service.
The Natchaug Hospital Master Gardeners teamed up with the Journey House residents to create T-shirts with flowers from the courtyard garden. Residents made arrangements with fresh flowers and personal photos, which were scanned onto a computer, above. The artwork was printed onto iron transfer printer paper and cut out, below, then placed on T-shirts for the girls, right.

Participants needed for new client advisory group

Natchaug Hospital is starting a Client & Family Advisory Council (CFAC), and we need your help in identifying members.

The CFAC is a team of clients and family members that represents all of Natchaug’s programs. The purpose is to provide feedback on our services and identify areas of improvement. Meetings will be held monthly, during the evening hours, at the main campus of Natchaug Hospital in Mansfield Center. Members are asked to commit to a year of service and attend six to 12 meetings a year. Our target start date will be in October. Refreshments will be provided, but transportation and child care will not be. Contact Amy Young for more information or to suggest a potential member at amy.young@hhchealth.org or 860-696-9992.

Community Benefits reports due by Sept. 30

Attention Natchaug Hospital Community Benefit Reporters: Community Benefits are tracked and reported to the IRS on a fiscal year basis, which means all community benefit activities need to be entered by Sept. 30.

Our numbers are incredibly low right now compared to last year.

We have scheduled two dates in September for you to enter your program Community Benefit Occurrences and/or to ask question about Community Benefits. Our Community Benefit consultant, Caron Lanouette, will be at both sessions to help.

You can come at any time during the below time slots — bring your information with you and ask questions as you enter it.

- Sept. 10: 9:30 a.m. to 3:30 p.m.
- Sept. 29: 9:30 a.m. to 3:30 p.m.

Both sessions will be in the Info Services Training Room at 165 Storrs Road.

If you don’t remember your user name or password, would like to register for one of the days or have any other questions, please contact Sherry Smardon at sherry.smardon@hhchealth.org or 860-465-5910.

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Former Natchaug Hospital board member Rev. Larry LaPointe, pastor of St. Joseph Church in Willimantic, addressed the issue of mental health in a recent edition of the parish bulletin.

Dear Sisters and Brothers in Christ,

Time flies. It doesn’t seem possible it has been a whole year since the tragic death of the brilliant, funny, talented Robin Williams. This amazingly gifted comedic and dramatic actor had battled clinical depression for years. He sought help and received it; but it was always a fight.

In a few months, we will note the third anniversary of the tragedy at Sandy Hook Elementary School. Again a largely undiagnosed and untreated mental health condition wrought damage not only on the sufferer but on 20 children and six adults and the wider community of which they were all a part.

For more than two decades, it was my privilege to serve on the Board of the Natchaug Hospital. I remember it, when I first came to Willimantic in the late ’70s, as a facility founded and run by the charismatic and energetic Drs. Little, Mervyn and Olga, the husband and wife team, whose care for the community was legendary and such a valuable asset to the greater Windham area.

Over the years I was a part of the Board, I saw the focus of Natchaug refined and expanded and psychiatric interventions for ages ranging from the very young to the very old and for issues ranging from addictive behaviors to persistent clinical depression allow people with great training and skills to help people with greater potential than they could possibly realize on their own. In-patient services and clinics scattered all over eastern Connecticut were a part of addressing the very needs we so often fear to identify or address.

Now you may be expecting me here to begin advocating for prayer, and while I would never disparage prayer and the development of a healthy, life giving spirituality, that’s not where I’m going with this note. What I think we should all do at this point is to recognize mental illness as we would recognize physical illness. We’re not awfully good at either.

We tend to ignore sniffles and fevers and go to work or shopping, or socializing even though our condition may worsen and we may ultimately jeopardize someone else’s health. That’s one of the reasons local nursing homes institute quarantines in the winter, because we lack the good sense to stay home when we are sick.

And if we lack the common sense to respect physical ailments which are easily met by aisles of remedies and palliatives in our pharmacies and supermarkets, how much more reluctant are we to acknowledge some mental health issue or more likely willing to attach some unwarranted stigma to it? How fortunate we are to have the facilities and expertise of the skilled people of Natchaug Hospital and so many other providers in our area!

So, let us pray. Let us pray for good health of mind and body for ourselves and for those we love; and let us pray for the humility to recognize mental illness when we see it. Let us be confident of God’s grace to assist us in our struggles with illness of whatever form, and grateful for the knowledge and skill that can bring those who live in darkness and the shadow of death to see a great light...a light that shines upon them and can shine from within them...sometimes...with the right help.

Devotedly yours in Christ,

Father Larry

Positive Parenting begins Sept. 28

Natchaug Hospital is pleased to offer its free Positive Parenting classes, with the first six-week course starting on Monday, Sept. 28. Classes are held on Monday nights from 6-8 p.m. at Natchaug Hospital, 189 Storrs Road, Mansfield.

The course, led by Joe Freeman, MDiv, LCSW, facilitates discussion amongst parents about behavior challenges and teaches effective, research-based methods of communication and discipline. Participants can expect to see improved self-esteem, cooperation, family atmosphere and parent-child communication. Single parents, grandparents, foster parents and all other caregivers are welcome to attend, and couples are encouraged to attend together.

For more information, visit www.natchaug.org or call Joe Freeman at 860-696-9500.

Blood drive Sept. 17

Natchaug Hospital will host a blood drive on Thursday, Sept. 17 from 11 a.m. to 3:45 p.m. in the Community Room at the main hospital at 189 Storrs Road in Mansfield.

If you are interested in donating or have questions, contact Shawn Cyr at shawn.cyr@hhchealth.org. If you plan on driving to hospital to donate, please be respectful of designated visitor and client parking. Additional spaces are available at 165 Storrs Road.
This year marks Rushford’s 40th anniversary as a leading provider of substance abuse and addiction services in Connecticut. BHNews is celebrating by taking a look back at the organization’s beginnings and early years in the Middletown and Meriden area, where it began making a profound impact in addressing the needs of the community.

Shown here is a photo from 1982 showing the organization’s namesake, Gus Rushford, at the newly opened Rushford Treatment Center on Crescent Street in Middletown — a 22-bed residential alcoholism treatment center financed through a special grant from the Connecticut General Assembly. Rushford was a Portland resident and recovering alcoholic who had advocated for years for a special treatment program in the area, and was an early champion of the organization, which was known as the Tri-County Alcohol Council before it was named for him.

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**A proud moment**

Thursday, October 15
6:30 - 8 p.m.
Lincoln Middle School
164 Centennial Ave., Meriden

**Featuring nationally recognized experts on substance use**
Judge Jodi Debbreck and former DEA agent Robert Stutman

Open to all members of the public over the age of 18 including:

- Parents
- Teachers
- Coaches
- Anyone who looks out for our children!

*For more information, contact Krystle Blake: Krystle.Blake@hhchealth.org or 203.238.6800*

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**Free Community Event**

**Educational Empowerment Forum**

*A candid conversation on youth substance abuse in Meriden*

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**Congratulations to Rushford staff**

The 2015 Training Requirements for Rushford employees were scheduled for completion by Aug. 15.

This year, employees who completed all of their training by 5 p.m. on Aug. 1 were entered in a drawing to win a Kindle Fire.

In all, 197 Rushford staff members completed their training in time and were eligible for the prize. The winner of the drawing was Denise Steele, Lead Administrative Assistant in Rushford’s Adult Outpatient Services in Glastonbury.
Ready for liftoff

Rushford employee Jessica Matyka, left, and her daughter Oliviah get ready to take off on a ride at Lake Compounce during the annual Rushford Employee Picnic on Aug. 15. Dozens of Rushford employees took advantage of discounts and other deals at the amusement park as part of the annual celebration recognizing the work that employees do to provide the highest quality care to patients.

Hartford Dispensary supports Rushford

The Hartford Dispensary, Rushford’s longtime ally in treating those suffering from opioid addiction, has donated $50,000 to support Rushford’s Addiction Medicine fellowship program. Accredited by American Board of Addiction Medicine, Rushford’s program ensures physicians completing the program have the knowledge and skills to prevent, recognize and treat addiction.

At a Sept. 1 ceremony at Rushford’s Silver Street location in Middletown, Hartford Dispensary Executive Director Paul McLaughlin presented the check to leadership at Rushford and the Behavioral Health Network as a way to support the Fellowship program.

“We believe strongly in this program,” said McLaughlin, whose organization operates nine accredited outpatient opioid treatment programs across the state. Stephen W. Larcen, Hartford HealthCare vice president and president of the Behavioral Health Network, expressed appreciation for the donation.

“With your support we will be able to continue growing our Fellowship program,” he told McLaughlin.

Fee structure now in effect for medical record reprints

Beginning Sept. 1, Rushford began charging clients for their medical records. This practice is standard throughout Hartford HealthCare. Clients may obtain for the first eight pages free; any additional pages will be 65 cents per page.

All clients must be aware of the charge prior to the request being processed. This initiative will be taken care of by the HIM department. The HIM Department will be collaborating with Middletown CSR to collect the funds. If you have any questions or concerns please feel free to contact the HIM Site Lead Shinea Pieters.

Volunteers needed for Glastonbury Fair

Rushford employees are encouraged to volunteer at the annual Apple Harvest Festival in Glastonbury on Oct. 17 and 18 to help the public become more aware of services offered at the organization’s Glastonbury, Middletown and other area locations.

Volunteers are needed to staff the Rushford booth on Saturday, Oct. 17 from 2 p.m. to 5 p.m. and on Sunday, Oct. 18 from 10 a.m. to noon; noon to 2 p.m. or 2 p.m. to 5 p.m.

The festival features a wide range of family-friendly activities and entertainment and food options. Anyone interested in volunteering can contact Amy DiMau- ro at amy.dimauro@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 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. Please do not list hospital phone numbers or hospital e-mail addresses for responses.

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

FOR SALE

OUTBOARD MOTOR STAND — Used, wood, sturdy, on wheels, 23¼ inches wide by 36 inches high by a 25-inch depth, solid wood platform base, holds up to 300 pounds, $35. Call 860-848-1108 and please leave a message.

TWO BIKE BIKE RACK — Fits a 11¼-inch hitch, tilts forward for access to cargo area/trunk, arms fold down when not in use, $60. Call 860-848-9570.

MISC. ITEMS — One piece antique school desk with chair, $40. Wurlitzer piano, excellent condition, $450. Generator, $125. Lawn roller, $10. Call 860-822-8578.

WANTED


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 N. Canterbury Road, Canterbury. Free admission, handicapped accessible. Call 860-574-2760 or email FACESatFAHS@gmail.com.


POLISH BRUNCH — Sunday, Sept. 13, 10:15 a.m. to 12:30 p.m. at Divine Providence Church. Polish foods, Pierogi, Golabki, Kielbasa, potato pancakes, Kapusta, breakfast foods, more.

YARD/MUM SALE — Saturday, Sept. 19, 9 a.m. to 2 p.m. at Norwichtown Green. Vendors welcome. Sponsored by the Yantic Women’s Auxiliary. Call 860-859-1150.

ST. JAMES CHURCH CEREMONY — Sunday, Sept. 20, 9 a.m. at St. James Church Poquetanuck, 95 Route 2A, Preston. Crafts, silent auction, lunch, baked goods, vendors.

YOGA IN THE PARK SUNSET CLASSES — Starts Tuesday, Sept. 15 and Thursday, Sept. 17, 5:30-6:30 p.m. at the Mohegan Park Lakeside Pavilion, Norwich. Cheryl Hughes will guide the evening practice. Four days is $50 for Norwich residents, $60 for non-residents, drop-ins, $10. Call for more information 860-823-3791.

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ST. JAMES CHURCH CEREMONY — Sunday, Sept. 20, 9 a.m. at St. James Church Poquetanuck, 95 Route 2A, Preston. Celebrate the reelection of the historic Bishop Samuel Seabury Window and honor Father David Canon’s 50 plus years of ministry.

CHICKEN BARBECUE — Sunday, Sept. 8, 1 p.m. at St. James Church Poquetanuck, 95 Route 2A, Preston. Celebrate the reelection of the historic Bishop Samuel Seabury Window and honor Father David Canon’s 50 plus years of ministry.

MESSAGES TO HEAVEN — Saturday, Sept. 12, 5 p.m. Balloons will be filled with your message to heaven. All proceeds go to help children with disabilities. $5 per message in memory of James Trainor Fund. Call 860-885-0796 for further information.

POLISH BRUNCH — Sunday, Sept. 13, 10:15 a.m. to 12:30 p.m. at Divine Providence Church. Polish foods, Pierogi, Golabki, Kielbasa, potato pancakes, Kapusta, breakfast foods, more.

YARD/MUM SALE — Saturday, Sept. 19, 9 a.m. to 2 p.m. at Norwichtown Green. Vendors welcome. Sponsored by the Yantic Women’s Auxiliary. Call 860-859-1150.

ST. JAMES CHURCH CEREMONY — Sunday, Sept. 20, 9 a.m. at St. James Church Poquetanuck, 95 Route 2A, Preston. Crafts, silent auction, lunch, baked goods, vendors.

TAFTVILLE LIONS CLUB — Saturday, Nov. 14, 6-9 p.m. at NFA Atrium, Norwich. Beer and wine tasting, hors d’oeuvres, raffles. Advance tickets, $20 per person or $25 per person at the door. All proceeds benefit Lions Club charities. Call 860-608-4304 for tickets.

PRESCHOOL/CHILD CARE — First Leaps Together, Ledyard is a small family-oriented center proudly providing outstanding early education in Ledyard Center. Now enrolling for openings in our Fall programs. Full-day and shortened-day preschool program options, after school programs, specialized services. Visit firstleapstogether.com and mention this ad and we will apply a $100 discount to your second month’s tuition payment for all new full-time September enrollment. Call 860-381-5537 for a tour.

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.

Clinical Corner submissions welcomed

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.

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