Stop The Stigma campaign wraps up summer tour

This summer, you were sent on a mission to stop stigma around the world. From the Institute of Living, Rushford and Natchaug Hospital campuses to such far-flung places as New Zealand, Curacao and Argentina, and various points in between, you were gracious enough to take your Stop the Stigma T-shirts on the road to raise awareness about the stigma of mental illness and addiction.

Most unique

We asked you to send along photos that we could review and reward based upon both distance traveled and photo uniqueness. Within the “most unique” category, competition was fierce, and it took a committee of judges from IOL, Natchaug, Rushford and the BHN about two weeks to review all of the entries and decide on a winner and several runners-up. In the end, it was decided to award first place in the “most unique” category to Susan Willmore from Rushford at Durham, whose entry showed her wearing the shirt while being beamed onto the giant TV screen in Times Square in New York City. Susan will receive a Kindle Fire.

First runner up in this category is Kristen Goiangos from the IOL, whose photo shows both front and back of the

Continued on page 11
Welcome to the BHNews

The Behavioral Health Network (BHN) is a unique service line within Hartford HealthCare (HHC). Geographically, it spans two-thirds of Connecticut, making it the largest provider of behavioral health services in the state. It integrates with all other services within HHC, from primary care to acute care to senior services, to provide the full spectrum of behavioral health services to clients of all ages.

A unique service line deserves a unique employee communications tool. It is my privilege to welcome you today to your newsletter — the BHNews.

A weekly e-communication, BHNews is your resource for news and information from all of the BHN affiliates including Natchaug Hospital, Rushford, the Institute of Living at Hartford Hospital, and the behavioral health departments at MidState, Backus and the Hospital of Central Connecticut. It constitutes an important step in creating a sense of familiarity and community among all the employees of the BHN. It is to BHNews that you can turn for the latest information from HR, H3W and quality along with up-to-date reports on events, people, achievements, programs and initiatives.

The BHNews is our forum — yours and mine. As such, your ideas for stories are important to its success, and the BHN Marketing team welcomes your ideas and story suggestions which you can send to carol.vassar@hhchealth.org or amanda.nappi@hhchealth.org.

As a regular contributor to BHNews, I also want to hear from you on topics that I should address in my regular column. Please email your feedback and ideas for “Steve’s Space.”

For some of us, this newsletter will continue a long-standing tradition like Natchaug News, which is now a part of this new publication. For others, it will be a long-awaited tool for discovering more about what is happening within your facility and across the BHN. Either way, BHNews is an exciting and unique communications initiative for all BHN employees that, with your help, will have a lasting and positive impact for years to come.
Rushford at Glastonbury offers acupuncture for clients, community

Rushford at Glastonbury at 110 National Drive offers community acupuncture treatments that can provide relief and relaxation in a comfortable setting. These treatments are based upon ancient Chinese acupuncture methods that can bring holistic health to your body and your mind.

The World Health Organization confirms that acupuncture is a safe and effective complementary treatment for many health conditions. Acupuncture treatments can be helpful to many people in the areas of:

- Depression
- Stress
- Weight loss
- Emotional trauma
- Quitting smoking
- Addiction withdrawal
- Chronic pain
- Arthritis
- Anxiety

Rushford clinician Jack Ryan demonstrates the comfort of the acupuncture chairs in Glastonbury.

- Fatigue
- Insomnia

All sessions are conducted by a state-licensed acupuncturist who is supervised by a state-licensed and board-certified medical doctor. Community clinics are offered twice a week with evening hours available.

Underwriting provided by the Sestro Fund at the Hartford Foundation for Public Giving allows Glastonbury residents the opportunity to partake in 45-minute acupuncture sessions for just $15. Non-Glastonbury residents should call for information on sliding scale fees.

For more information or an appointment, please call 1-877-577-3233.

Upcoming clinics

- Oct. 27: HOCC, 1 - 6 p.m., Employee Health, New Britain campus
- Oct. 28: Natchaug/Quinebaug, 10:30 a.m. - 1:30 p.m., Dog Hill Road, Dayville
- Oct. 29: Backus Hospital, 6 - 11 a.m., main lobby conference room 1
- Oct. 30: Natchaug Hospital, 7:30 a.m. - 3 p.m., Storrs Road, Infection Prevention office
- Oct. 31: Natchaug Hospital-Care Plus/JC SE, 9 a.m. - 2 p.m., Gold Star Hwy, Groton

Flu vaccinations due by Nov. 4

Please remember that all employees must receive their 2014 flu vaccinations on or before Nov. 4. The deadline for medical and religious exemption requests has passed.

Some upcoming flu clinics are listed above. For a full schedule of HHC vaccination clinics, visit your organization’s intranet.

HHC Ebola preparedness

Hartford HealthCare has created a SharePoint site for employees seeking resources about the system’s Ebola preparations, which includes screening tools, signage, preparedness plans and frequently asked questions.

For more information, visit myhhc.hhchealth.org/ebolafacts.
September: An emphasis on suicide prevention

To raise awareness about suicide as an international public health concern, the Institute of Living joined with the International Association for Suicide Prevention, the World Health Organization and the World Federation for Mental Health on Sept. 10 to honor World Suicide Prevention Day.

In honor of the suicide awareness day, the IOL held its second annual flag-lowering ceremony in front of the main Hartford Hospital facility. Staff and leadership from the IOL and Hartford HealthCare’s Behavioral Health Network along with members of the public were in attendance to honor the day in a brief yet emotional service.

Immediately following this early morning ceremony, the IOL sponsored a free educational seminar for more than 175 clinicians on suicide prevention among older adults, a population experiencing an increase in suicide. This event featured Yeates Conwell, MD, Co-Director of the Center for the Study and Prevention of Suicide, Director of the Geriatric Psychiatry Division of the Department of Psychiatry, and Director of the University of Rochester Medical Center’s Office for Aging Research and Health Services.

Suicide prevention events were not limited to World Suicide Prevention Day, as IOL Psychiatrist-in-Chief Harold Schwartz, MD, joined author, suicide survivor and mental health advocate Kevin Hines to talk about the topic on Connecticut Public Radio’s “The Colin McEnroe Show.” On Sept. 23, Mr. Hines traveled to Connecticut as a guest of the IOL to speak at a free public educational seminar in West Hartford entitled “Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt.” A standing-room-only audience of more than 230 people was riveted by Mr. Hines’ lifelong experience with mental illness, which culminated in his attempting suicide from San Francisco’s Golden Gate Bridge at age 19.

Stories of resilience and recovery from traumatic loss

Personal stories of resilience and recovery were in the spotlight on Sept. 19, as the Institute of Living partnered with FOX CT and The Hartford Courant to host one of a series of 2014 Key Issues Forums honoring the 250th anniversary of the newspaper’s founding.

Moderated by Courant Editor Andrew Julien, the forum featured the moving stories of Mary Fetchet, whose son, Brad, was killed in the 9/11 attacks; Marisa Gianella-Porco, who lost her son, Matthew, to suicide; and Kevin Becker, program coordinator for the Massachusetts Resiliency Center, established in the aftermath of the 2013 Boston Marathon bombings.
Family Resource Center, Access Mental Health-CT Hold Open House

The IOL’s Family Resource Center partnered with the new BHN/IOL ACCESS MH-CT hub to tout their services to the public at an open house and ribbon-cutting event on Sept. 24. More than 60 people attended. Program and clinical staff were on hand at the Massachusetts Cottage to provide tours, assist visitors with questions and highlight services.

events

- Saturday, Oct. 25 from 7:30 a.m. – 12:45 p.m.: CME Symposium on State Requirements for Re-licensure and Reappointment (Open to all providers), HHC East Region Offices, 11 Stott Ave., Norwich. Event features J. Craig Allen from Rushford and Eugene Ciccone from Windham Hospital. Pre-registration required. For more information, contact rita.kulikowski@hhchealth.org or sharon.lee@hhchealth.org.

- Tuesday, Oct. 28 at 12:30 p.m.: Braceland Lobby Ribbon Cutting, IOL.

- Thursday, Nov. 6 at 10 a.m.: Prescription Drug Drop Box Ribbon Cutting, Meriden Police Department, 50 W. Main St., Meriden. Sponsored by Rushford, the MidState Chamber of Commerce, the Meriden Healthy Youth Coalition and the Meriden Police Department. For more information, contact krystal.blake@hhchealth.org.

- Thursday, Nov. 13 at 6:30 p.m.: Protecting Brain Development: Don’t Let Your Kid be a Lab Rat featuring Rushford Medical Director J. Craig Allen, MD. Sponsored by Middlesex County Coalition on Community Wellness and Middlesex Community College. For more information, contact sheryl.sprague@hhchealth.org.

- Wednesday, Nov. 19 at 6 p.m.: Educational Empowerment Forum on Non-suicidal Self Injury for parents and middle school and high school youth. Sponsored by Lincoln Middle School, Rushford and Meriden Healthy Youth Coalition. For more information, contact sheryl.sprague@hhchealth.org.
Total Life Expo

Natchaug therapist Peter DeRosa and H3W facilitator Sandi Voogd pose with Blaze, the mascot for the Connecticut Sun women’s basketball team, at the second annual Total Life Expo at Mohegan Sun Casino on Saturday, Oct. 11. Natchaug offered free depression screenings and the BHN collected more than 100 Stop the Stigma pledges at the event, which was presented by the Chamber of Commerce of Eastern Connecticut.

Benefit for Donna Watson

Natchaug Mental Health Worker Donna Watson, who has been with the hospital for 25 years, was recently diagnosed with a serious health condition. Several of her co-workers are organizing a benefit to raise money for her and her family.

The event will be held at the Scotland Fire House on Sunday, Oct. 26. Tickets are $20 a person and include food and entertainment by DJ Dan Savino. To purchase tickets or make a donation of a raffle item, basket, gift certificate, etc., contact Mayra Santana-Robles at 860-428-4156 or speak with Shira Diaz on second shift. Staff are also invited to donate at www.gofundme.com/fdy4fo.

H3W update

Remember: October starts a new fiscal year and a new quarter, which means each work group is eligible to enter a drawing for $100 if they have 100 percent attendance in October, November, and December. Each work group member who has perfect attendance from October to December is eligible for a drawing to win one of two iPods. If you are unable to make your scheduled work group meeting, you can attend another meeting at Natchaug. Contact Mary (x69860) or Sandi (x69861) for a full schedule of work group meetings.

New hires

- Nelly Cruz, Housekeeping
- Laura Durant, RN, Per Diem Nurse
- Emily Shaw, Occupational Therapy Intern
- Maryann Walsh, RN, Per Diem Nurse

Here’s the rub

Natchaug therapists enjoy massages at the annual hospital therapist retreat held on Monday, Oct. 13 at the Windham Club in North Windham.
Adverse Drug Reactions vs. Side Effects

Adverse drug reactions (ADRs) and medication side effects can be challenging to differentiate, but learning the signs of an ADR is important for patient safety. Natchaug’s reporting of ADRs has been low, so the pharmacy team has created a quick guide for recognizing ADRs.

An adverse drug reaction may develop suddenly or over time. A drug reaction of any kind experienced when the drug is used at appropriate doses is more likely adverse rather than a side effect. Severity, type of treatment, and type of reaction are among the characteristics used in reaching a conclusion.

This can be distinguished from a medication’s side effects, which is usually predictable or a dose-dependent effect of a drug that is not the principle effect for which the drug was chosen.

As a reminder, the FDA has a reporting system called MedWatch that health care professionals and consumers can use to report serious adverse drug events. The FDA categorizes reactions as serious when the patient outcome is:

- Death
- Life-threatening
- Requiring hospitalization (initial or prolonged)
- Causes disability or permanent damage
- Congenital anomaly or birth defect
- Required intervention to prevent permanent impairment/damage

Other serious (important medical events)

Determining whether these events need to be reported may be challenging. When in doubt, call the pharmacy to report it anyway, and they will help assess and make a decision. The pharmacy team utilizes the Naranjo Algorithm (a set of questions-criteria) to assist in reaching a conclusion.

Adverse drug reaction quiz

For each question set, choose which of the answers represent an adverse drug reaction. E-mail your answers to jose.scarpa@hhchealth.org to be eligible for a prize.

**QUESTION ONE**

a) A patient is receiving risperidinone 0.25 mg daily for a few days and experiences a moderate to severe EPS  
b) A patient receiving penicillin develops a rash  
c) A patient receiving oxcarbazepine (Trileptal®) develops hyponatremia  
d) A patient receives a quetiapine 25 mg dose and experiences mild sedation.  
e) All of the above are correct  
f) a-c are correct

**QUESTION TWO**

a) A patient is receiving lithium 300 mg BID and experiences blurred vision and can’t focus.  
b) A patient on prn tramadol experiences confusion and a some auditory hallucinations  
c) A patient experiences a swollen tongue from a medication, you inform the medical staff, document it and call the pharmacy at 69981 to report it.  
d) A patient is receiving gabapentin 600 mg TID and the MHW informs you the patient is experiencing dizziness, and needs to reach out for a chair to seat to avoid falling  
e) A patient is receiving Depakote ER® daily and develops abnormal liver enzymes  
f) All of the above are correct  
g) b,c and e only are correct

National Depression Screening Day

Program director Jonathan Watts was among the therapists who offered free depression screenings on behalf of Natchaug on Thursday, Oct. 9 in honor of National Depression Screening Day. The screenings were offered at the East Brook Mall in Mansfield.
Open enrollment period added for select groups at Natchaug

A second special open enrollment period will be held for the following groups:

- Registered Nurses
- Therapists and Case Managers
- Teachers, School Clinicians and Education Assistants
- Employees represented by 1199 (voluntary benefits only)

The special open enrollment will be held in early December. Exact dates will be provided as soon as they have been finalized. Additional informational sessions and communication will be provided for this special open enrollment.

For all other employees, open enrollment which began on Oct. 20, will continue until Oct. 31. Information about dental and health plans, voluntary benefits and wellness credits is being posted to the Natchaug Intranet (see Open Enrollment 2015 folder under Health Insurance and Other benefits in HR). Employee contribution information for some groups is being posted as well. Additional information about contributions will be added as soon as possible.

Scarpa recognized with UConn pharmacy award

Director of Professional Education Ellen Buffington, Pharmacy Director Jose Scarpa, and COTA Theresa Campanelli-Miner attended a dinner recognizing Scarpa as one of three Pharmacy Practice Preceptors of the Year. Scarpa, who was honored in the area of Institutional Practice, will be recognized again in October with the UConn Pharmacy School’s Exceptional Service Award.

Discounted BJs memberships for Natchaug workers

Natchaug Hospital is once again offering discounted new memberships and renewals to BJ’s Wholesale Club. Employees who sign up receive a discount on fees, three additional months of membership, and a second card for family. Five dollars from each membership will be donated to Natchaug. For more information, e-mail sherry.smardon@hhchealth.org or visit the Natchaug Intranet.

About BHNews

BHNews is published every Friday, except for the weeks of Thanksgiving, Christmas and New Year’s. Articles for submission are due by noon on the Tuesday of the publication week.

Story ideas or submissions may be sent to carol.vassar@hhchealth.org or amanda.nappi@hhchealth.org. Articles must be submitted as a Microsoft Word document. Every effort will be made to run the article in its entirety, but due to space constraints and style requirements, editing may be necessary. Thank you.

Deadline for the next edition of BHNews is Tuesday, Oct. 28, at noon.
Sandy Rasch retires

After 30 years of distinguished service to Rushford, Executive Assistant Sandy Rasch has retired effective Sept. 19. Sandy was recognized with an ice cream social on Sept. 17, attended by many Rushford employees who recognize Sandy’s long-standing positive influence on the organization, including former Rushford President and CEO Jeff Walter, who had this to say:

“You have been the most loyal and devoted of Rushford employees over all these years. More than that, and in so many ways, you have been the glue that has held the organization together. If anyone ever wanted to know where to find something or to recall an important piece of information, you always were the person they would go to.”

“Now it is time to stop and take the time ‘to smell the roses.’ You can look back with great pride on your career at Rushford and reflect on the fact that you helped many, many people in many ways.”

Congratulations and best wishes for a long and healthy retirement.

H3W Garden Project takes root

September saw the harvesting and completion of our H3W Garden Project. This project touched the lives of our Mental Health day program clients in the Friendship Club and the Community Support Wellness Group, and was led by staff, one of whom has studied Horticulture Therapy. The organic vegetables were incorporated into Rushford lunch menus and the flowers were arranged and distributed to residents at a nearby nursing home. The harvest was so bountiful that clients and staff were able to take produce home. With both raised and ground-level beds, client participation was consistently high with 25-30 clients involved in all aspects of the planting and harvesting.
Parker North facility now open

Parker North, Rushford’s five-bed, all-female home is now open. Three women have moved in with two others transitioning for permanent placement within the next month.

Parker North provides an opportunity for community living to people who are ready for discharge from Connecticut Valley Hospital (CVH) and other state hospitals after a long length of stay requiring a higher level of care. They must be at least 18 years of age; have a psychiatric diagnosis that meets DSM IV, Axis I criteria; not meet criteria for inpatient hospitalization; be willing to participate in therapy, training and treatment; and have histories of multiple or prolonged hospitalizations.

Located in Meriden, this program provides a home-like atmosphere where people can receive skill-building programming and 24-hour staff support to assist with reintegration to the community. The house, originally a duplex style two-family structure, accommodates two apartments with separate sleeping and bathroom areas on the second floors, and common living, kitchen, and laundry areas on the first floor. There are five bedrooms. The program will be fully integrated with the continuum of clinical and community support services that Rushford provides at our outpatient center in Meriden.

Funding for Parker North has been provided, in part, by the Connecticut Department of Mental Health and Addiction Services (DMHAS).

Craig Allen named to DMHAS Board

Congratulations to Rushford Medical Director J. Craig Allen, MD, who has been named by Connecticut Governor Dannel Malloy to the State Board of Mental Health and Addiction Services. This 40-member advisory group meets monthly with the Commissioner of Department of Mental Health and Addiction Services (DMHAS) and advises her on programs, policies and plans for the Department. Dr. Allen has been named to this seat as one of Governor Malloy’s legislatively mandated 15 appointees, and will lend his expertise the panel as a licensed psychiatrist. He will serve on the board through June 30, 2018.

Glastonbury Apple Fest

Connecticut Congressman John Larson was among the hundreds of visitors who stopped by the Rushford booth at the Glastonbury Apple Harvest Festival. Rushford was there on Oct. 18-19 seeking Stop the Stigma pledges and talking about the acupuncture program at its Glastonbury office.
Stop The Stigma campaign wraps up summer world tour

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T-shirt while she and her husband, Tony, honeymooned at Mount Vesuvius in Italy. Other winners are:

- Kathy Arzt (Natchaug): Wakeboarding at Bantam Lake
- Michelle LoFurno (Natchaug): Doggie Luci Does Her Part

Distance traveled

Two first-place winners were honored with each receiving a Kindle Fire. Distance traveled via multiple trips for a single T-shirt goes to Melissa Silagy, who, together with her husband, James Ortoli, managed to get the T-shirt to the following locations: Portland, Conn.; Salt Lake City, Utah; Washington, DC; Brussels, Belgium; London, England; Athens, Greece; Frankfurt, Germany; Jerusalem, Israel/West Bank, for a total of 16,639.35 miles!

The award for distance traveled by a single T-shirt goes to Luisa Chmielecki from the IOL, who sent the T-shirt (yes, this is allowed) 8,999.75 miles to a family member in New Zealand.

Runners up for distance are:

- Russell Starankewicz (IOL): Manila, Philippines (8,560.15 miles)
- Edwin Castano (Rushford): Patagonia, Argentina (5,770.42 miles)
- Silvina Vazquez Varela (IOL): Buenos Aires, Argentina (5,359.83 miles)

By the numbers

Number of photos entered ........................................... 132
Number of videos entered ............................................ 5
Number of U.S. states visited ....................................... 26
Number of U.S. territories/districts visited ...................... 3
Number of countries visited ........................................ 16
Entries from Rushford employees .................................. 63
Entries from Natchaug employees ................................. 36
Entries from IOL employees ........................................ 26
Entries from BHN employees ...................................... 7
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.

FOR SALE

AIR HOCKEY TABLE — Seven-foot Arctic Wind game with high-powered fan, works excellent. Gently used. Comes with paddles, pucks and vinyl cover. Asking $750 or best offer. Email pipercub22@yahoo.com for pictures.

LEATHER POKEMON JACKET — Boys size 12, excellent condition, asking $50 or best offer. Call 860-887-5976.

NEW LAMINATE FLOORING — Handscraped, V-Groove, medium brown, covers 180 square feet, $300. Call 860-642-6428.


FREE

HOME FURNISHINGS — One small desk, one computer desk and one couch. Some upholstery damage, but comfortable. Call 860-861-2007 and it’s yours.

WANTED

TENANT — Backus or Windham Hospital employee sought for one sunny room with walk-in closet Close distance to Backus Hospital, $575 per month. Call 860-425-5271.

VENDORS — Norwich Sts. Peter & Paul “Kris Kringle Fair,” Saturday, Nov. 8, 9 a.m. to 4 p.m. Call 860-887-9587.

VENDORS — Craft, hobby, products show hosted by the Lebanon Volunteer Fire Department Auxiliary on Saturday, Nov. 22, at the Lebanon Fire Safety Complex. Call 860-942-8283.

CRAFTERS — Otis Library is looking for crafters for their Otis Festival, Saturday, Nov. 22. Applications are available at www.otislibrarynorwich.org or call 860-889-2365, ext. 127.


EVENTS

HALLOWEEN SILENT MOVIE NIGHT SPOOK-TAGULAR — Friday, Oct. 24 at 7:30 p.m. at Christ Church School of the Arts, 78 Washington St., Norwich. John Barrymore in Dr. Jekyll and Mr. Hyde, organist is Robert Humphreyleville. Suggested donation is $5. Call 860-425-0663 with questions.

FRIENDS OF NORWICH BELLS — Saturday, Oct. 25, 11 a.m. to 4 p.m. at Leffingwell House Museum, 348 Washington St., Norwich. Fifth annual street ringing. Visitors welcome.

TURKEY DINNER — Saturday, Oct. 25, 5-7 p.m. at Lee Memorial Church. Turkey, gravy, potatoes, homemade stuffing, corn, cranberry sauce, dinner rolls, homemade desserts, $11 for adults, $8 for children five to 12 years old, children under 4 years old are free. Call 860-887-5886 for ticket reservations.

HADASSAH’S ANNUAL WEAR PINK — Sunday, Oct. 26, 9:30 a.m. at the Holiday Inn, 10 Laura Blvd., Norwich. Refreshments available along with the program “A Health Odyssey” presenting Judi Deglin, PharmD, commonly used medications in women over 50 years old. Renee Kohanski, MD, anxiety, depression, insomnia. Janine Sitko, MS, RD, CDN, fab food or bad food. Moderated by Julie Ruditsky Lofredti, journalist.

GRISWOLD EXERCISE PROGRAM — Meets every Tuesday and Thursday, 6 - 7 p.m. in the Griswold Elementary School cafeteria. Class features low-impact aerobics, weights and pilates. Bring your own mats and weights. For more information, call 860-376-4741.

SAILING AROUND THE WORLD PROGRAM — Tuesday, Oct. 28, at 6:30 p.m. at Lee Memorial Church Fellowship Hall. Presented by Janet and Mark Gorrell. Hear the stories of their sailing adventures on their 24-month journey across 27 countries and 30,000 miles. Admission: $5 per person.

EMPOWER NEW ENGLAND — Presents “The Seven Dimensions of Life,” Thursday, Oct. 30, 7-8 p.m. at Windham Hospital, main entrance, 112 Mansfield Ave., Willimantic. Free and open to the public, handicapped accessible, 12 week series, informational, educational. For more information call 860-935-5107 or visit our website at www. EmpowerNewEngland.org.

WINES OF AUTUMN — Saturday, Nov. 1, from 5-7 p.m. at the Norwich Free Academy Slater Atrium, 305 Broadway, Norwich. Sponsored by the Woman’s City Club of Norwich Scholarship Fund. Refreshments, wine, tickets $20 in advance or at the door. Call 860-887-2315 or 860-887-7515.

YOUTH CAMPAIGN 2014 — Friday, Nov. 7, and Saturday, Nov. 8, at 7 p.m. and Sunday, Nov. 9, at 6:30 p.m. at ICP Healing Community Church, 20 Hope St., Willimantic. Special guest and preacher Evangelist Samuel Ortiz, free and open to the public. Call 860-423-3277 for more information.

CHOWDER NIGHT 2014 — Saturday, Nov. 8, 5:30-8 p.m. at Christ Episcopal Church, 78 Washington St., Norwich. Three chowders, salad, rolls, apple cobbler, apple cider, $10 adults, $8 seniors and children, live music, take out available.

TAI CHI AND QIGONG — Tuesday, Nov. 8, 6:30-8 p.m. at 33 Gallows Lane, former Thames Science Center, New London or Monday, Nov. 10, 6:30-8 p.m. at 400 New London Tpke., Norwich. Free introductory class for health and healing. Visit www.eaglesquesttaichi.com for more information.

SENIOR RESOURCES — Let us do a benefits checkup — a free and confidential questionnaire for individuals ages 60 and older that will screen you for eligibility for federal, state and local financial programs. Visit www.SeniorResourcesEC.org or call 800-690-6996 and have the questionnaire mailed to you. Or, a Senior Resources staff member can complete the screening over the phone.