The Behavioral Health Network's Mental Health First Aid Program, a proactive effort to help people recognize early signs of behavioral health issues, has trained nearly 700 people in dozens of courses offered to the public as well as staff and volunteers over the past year.

Through September, a total of 697 staff, volunteers and members of the public had been trained in the skills needed to recognize signs of behavioral health issues such as depression, panic-anxiety disorders or post-traumatic stress disorders. The courses also help people spot signs of early psychosis, substance abuse or other issues.

“We are tremendously proud of the impact that our program is having on people who recognize the importance of being able to identify behavioral health symptoms as early as possible,” said James F. O’Dea, Ph.D, MBA, Vice President of Operations for the Behav-

Continued on page 2
Mental Health First Aid program reaches many

ioral Health Network. “These courses are also helping people view behavioral health in the proper context as a medical condition that can be addressed with a proper diagnosis and plan of treatment. Like so many other health conditions, early identification makes a world of difference in improving response to care and overall outcomes.”

Besides helping people identify signs of behavioral health issues, the courses also help train participants in taking the proper steps to help those suffering with mental health issues get the care they need. Courses typically last a full day and can cost from $50 to $100 for members of the public with discounted rates for Hartford HealthCare employees.

The program is coordinated by Patricia Graham, Case Worker and Mental Health First Aid Coordinator for the Behavioral Health Network. Courses are offered at Rushford, Natchaug and the Institute of Living (IOL), including two that are scheduled for Nov. 14 and Dec. 5. Dozens of courses have been offered throughout the Behavioral Health Network so far this year. Courses were offered for both general mental health issues as well as a specialized course for identifying behavioral health issues in young people.

[continued from page 1]
Carmen Bottone: A new lease on life, with Rushford’s help

Carmen Bottone is one of those people who can dazzle with his charm and friendly nature, but the force of his personality alone was not enough to avoid the devastation of an opiate addiction that all but ruined his ties to his family and others he loves most.

“I needed help, but it took me a long time to really appreciate it because in the back of my mind, I thought I could do it on my own,” said Carmen, 55, who has been in recovery for over a year thanks to his commitment to Rushford and other key sources of support. “I have a long way to go to repair the damage caused by my addiction, but I feel blessed that I have been able to get to this point.”

Part of a big family who ran a bustling bakery in New Haven, Carmen started abusing substances in his teens but it wasn’t until he was in his late 30s that he discovered Percocet and eventually, Oxycontin. From that point on, he said, he embarked on a path of addiction that strained to the limit his ties with his wife at the time as well as their two children. The low point came in 2011, when he paid an uninvited visit to his ex-wife and children at their home in Wallingford in an intoxicated state and collapsed on the kitchen floor. The police were called, and at 51 he found himself in jail with no one to bail him out.

After four days in a detox unit, Carmen sought help at Rushford and completed 30 days of treatment before going to a residential center in Lebanon to continue his recovery. There, he used his experience in the bakery to become a cook in the kitchen, and he connected with a sponsor to help him work the 12-Step program. Eventually, he learned of a sober house in North Haven, and he relocated back to his community, working at the bakery and maintaining his recovery for over two years.

But in 2014, he suffered an abscessed tooth and a dentist offered him a prescription for Percocet.

“It was like I couldn’t help myself, I took the script for 30 pills and I was right back on the boat,” he said. But this time, he said, he had the tools to recognize what was happening and to help him get off the boat. He contacted his sponsor and they reached out to Rushford, where he has been under the supervision of a team of specialists as his recovery has continued. He said he is especially grateful to the admission specialists who have looked out for him, Shannon Morales, Genesis Vega and Caitlin Swartz, as well as Darlene Dubowski, Director of Access and Support Services.

“What a blessing these people are to me,” he said. “Here I was in recovery for over two years and then I start taking these pills again, and I’m feeling all embarrassed. But they were just like,

Continued on page 4

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@hhhealth.org or amanda.nappi@hhhealth.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, Nov. 10, at noon.
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Background in baking has helped his recovery

continued from page 3

“We are so happy to see you. Let’s get you the help you need.”

Rushford has been instrumental in helping Carmen remain in recovery, but so has his continued love of cooking. Seven months ago, he took a job as an overnight baker in a local doughnut shop, and he has been offered a full time job at another bakery as well. In the meantime, he said he plans to keep his focus on his recovery in hopes of one day regaining his relationship with his children.

“People who meet me for the first time, they can’t believe I have any issues like this because I get along with everyone so well,” he said. “But those who know me best have been the ones who I have hurt. They are the ones I think about when I think I can take care of this problem on my own. I know I can’t.”

SPOTLIGHT ON COMPLIANCE!

Monday, November, 2:
8AM-9:30AM  Hartford HealthCare at Home, Glastonbury Office, Main Lobby
11:30AM-1PM Hartford Hospital, Cafeteria
11:30AM-1PM Natchaug Hospital, Main Lobby
12PM-1PM Hartford HealthCare Medical Group & Hartford HealthCare at Home, Administrative Offices, Wethersfield, 2nd Floor

Tuesday, November, 3:
9AM-11AM  Southington Care Center, Main Lobby
11:30AM-1PM Backus Hospital, Cafeteria
11:30AM-1PM Hospital of Central Connecticut, Bradley Campus, Cafeteria Entrance
2PM-5PM Institute of Living, Donnelly Building, Main Lobby

Wednesday, November, 4:
8AM-9:30AM  Hartford HealthCare at Home, Waterbury Office, Boardroom A & B
11:30AM-1PM Hartford Hospital Rehabilitation Network & System Support Office, Curtis Building, Newington, 5th Floor Connector
11:30AM-1PM Rushford Center, Meriden Location, Cafeteria
11:30AM-1PM Hospital of Central Connecticut, New Britain Campus, Cafeteria

Thursday, November, 5:
7AM-8:30AM & 1PM-4PM Jefferson House, Main Lobby
9AM-10:30AM Clinical Laboratory Partners, Newington Office, Cafeteria
11:30AM-1PM Midstate Medical Center, Cafeteria
11:30AM-1PM Windham Hospital, Cafeteria

Friday, November, 6:
8AM-9:30AM Hartford HealthCare at Home, Southington Office, Large Conference Room
2PM-3:30PM Jerome Home, Main Lobby

HHC Compliance and Privacy Week
November 2 – 6, 2015

Sponsored by the Office of Compliance, Audit, and Privacy (OCAP)

Stop by and visit with OCAP staff. Small gifts and helpful information provided. Contest prizes available!
Dishwashing could help relieve stress

According to a new study, dishwashing can boost mental well-being. Published in the journal Mindfulness, the study found that engaging in mindful dishwashing — focusing on the smell of the soap, the feel of the dishes and the warmth of the water — can trigger a positive state of mind.

Mindfulness is the ability to omit negative or distracting thoughts to enable complete awareness of one’s feelings and senses in the present moment. The practice is believed to reduce anxiety and stress, as well as contribute to improved sleep quality and reduced risk for depression.

In this latest study, co-author Adam Hanley — a doctoral candidate in the College of Education’s Counseling and School Psychology Program at Florida State University — and colleagues set out to determine whether a positive state of mind could be reached through a simple day-to-day activity.

Hanley told Medical News Today he was surprised by just how effective dishwashing can be for inducing a positive mental state.

“By attending, intentionally to the dishes in front of them, the mindful dishwashers were likely to be less swept up in the stream of mental chatter that can preoccupy daily life. Stress, worries and concerns are often fueled by this chatter.”
The Institute of Living held its 28th annual Award Dinner to honor David A. Brent, MD, the recipient of the C. Charles Burlingame Award for excellence in behavioral health research and patient care.

The event at the Hartford Golf Club drew more than 230 people who celebrated Dr. Brent and his achievements in the field of teen suicide and the work being done at the IOL over the past year to further its mission of world-class psychiatric care.

Dr. Brent, who is Academic Chief for Child and Adolescent Psychiatry at Western Psychiatric Institute and Clinic as well as Professor of Psychiatry, Pediatrics and Epidemiology at the University of Pittsburgh School of Medicine, spoke at the gathering about the issues that contribute to teen suicide in the United States, and the will that is needed to prevent them.

Earlier in the program, Harold I. Schwartz, MD, Psychiatrist-in-Chief for the Institute of Living and Regional Vice President for Behavioral Health for Hartford HealthCare, highlighted many of the IOL’s accomplishments over the past year, including the National Program of the Year Award given to the IOL’s Young Adult Services Program by the Association for Ambulatory Behavioral Health.

Nora D. Volkow, MD, who has been Director of the National Institute on Drug Abuse (NIDA) at the National Institutes of Health for the last 12 years, will give a special presentation on her work as a leader in the field of drug abuse and addiction at the Institute of Living on Thursday, Nov. 19.

Dr. Volkow has played an instrumental and pioneering role in demonstrating that drug addiction is a disease of the brain, furthering the public understanding of addiction as a medical condition requiring clinical and psychiatric treatment. As a research psychiatrist and scientist, Dr. Volkow pioneered the use of brain imaging to investigate the toxic effects and addictive properties of abusable drugs.

She will give a presentation on her work at a special meeting of clinical experts and specialists at IOL, followed by a luncheon in her honor. Dr. Volkow’s visit comes after she was named recipient of the IOL’s prestigious C. Charles Burlingame Award in 2013. Her visit in November was scheduled as a way for her to follow up on her interest in touring the IOL and interacting with its staff of experts.

Dr. Volkow has published more than 580 peer-reviewed articles and written more than 90 book chapters and non-peer reviewed manuscripts, and has also edited three books on neuroimaging for mental and addictive disorders.
The IOL Family Resource Center (FRC) holds regular support groups. All programs are free of charge and, unless otherwise noted, are held in the Massachusetts Cottage, First Floor Group Room at the IOL Campus, 200 Retreat Ave., Hartford. For additional information on these support groups, please contact the FRC at 860-545-7665 or 860-545-1888.

The upcoming IOL FRC Support Group schedule is as follows:

- **Dementia Support/Educational Group Meeting.** Nov. 3, Dec. 1 (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.

- **Alcoholics Anonymous.** Nov. 3, 10, 17, 24, Dec. 1, 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.

- **Youth Psychosis Family Support Group.** Nov. 4, Nov. 18, Dec. 2, Dec. 16 (First and third Wednesday 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.

- **Support Group For Families Dealing With Major Mental Illness.** Nov. 5, Nov. 19, Dec. 3, Dec. 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.** Nov. 5, Nov. 19, Dec. 3, Dec. 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.

- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Nov. 11, Nov. 25, Dec. 9, Dec. 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.

- **Substance Use Educational And Support Group.** Nov. 12, Dec. 10 (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.

- **Schizophrenia: An Introduction To The Disorder.** Nov. 17, 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 specific suggestions to help family members and friends better cope with the illness.

- **Bipolar: An Introduction To The Disorder.** Dec. 15, 6:30 – 7:45 p.m. This program is for family members and friends of individuals who have bipolar or a related disorder. It will present a basic understanding of the disorder, its treatment, along with specific suggestions to help family members and friends better cope with the illness.

- **The Truth About Electroconvulsive Therapy and Transcranial Magnetic Stimulation.** Dec. 15, 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.

- **Anxiety Disorders: An Introduction.** Dec. 18, 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 specific suggestions to help them better cope with the illness.
Connecting with the community

Jonathan Watts, left, Sachem House and Joshua Center Mansfield program director, and Leah Russack-Baker, Quinebaug Adult Treatment Center program director, speak with an attendee at the 23rd annual Eastern Connecticut State University Health, Wellness and Benefits Expo in the Betty Tipton Room in the ECSU Student Center.

Leah Russack-Baker, left, Quinebaug Adult Treatment Center program director, and Cathy Walton, right, Care Plus and Joshua Center Southeast program director, pose with Cathy’s father, a World War II Marine veteran who fought in the Battle of Okinawa, at the Three Rivers Community College Veterans Health Fair.

Wellness contest continues through November

The Rushford Wellness Council is continuing with its first Wellness Initiative and Contest. Since Oct. 12, the council has been holding a weekly contest, continuing through Nov. 20, encouraging staff members to take 20 minutes of their day and join their peers to walk. There are designated routes and walking logs available for staff to keep track of how much they are walking.

Each site will keep track of the logs and prizes will be awarded to the staff member with the most walking days at each location.

Some suggestions to help with motivation to walk every day is to set a daily reminder and block time in your schedule to walk. Keep a pair of sneakers under your desk and extra pair of socks, maybe even an umbrella.

The council is seeking employees from additional sites to participate. Contact Melissa Monroe (melissa.monroe@hhchealth.org) for more information.

Here is a list of committee members involved:

- **Glastonbury:** Melissa Monroe, Denise Steele
- **Meriden:** Darcy Lauretti, Ebony Mabine, Sheryl Sprague, Jeanne Moore, Janine Fleury, Jessica Slauson
- **Middletown:** Devon Briem

Rushford employees are committed to improving their overall wellness, even in wet weather! From left, Rushford employees Amanda LaFleur, Medyaly Lopez, Lynette Sparkman, Yolanda Garcia, Beatriz Cardona and Dianne Fowler continue with their daily walk despite the rain.
United Way campaign in full swing at Rushford sites

The United Way campaign at Rushford is continuing with many activities and events to encourage employee participation through November. As a reminder:

For a $1 per week ($52 per year) donation to the United Way, you can:
- Provide dinner for 30 residents at a homeless shelter.
- Provide five bus passes to someone starting a new job but who has no transportation to get there.
- Fund youth leadership programs for 10 middle school or high school students.

Employees who completed a pledge form last year will still need to fill out a form this year to continue their contribution. Last year’s forms do not carry over.

The Campaign continues through Nov. 13. Upcoming activities include a chili cook-off contest Nov. 2-6 and the 50/50 Raffle winner Nov. 13.

Mental Health First Aid class opportunities

The dates for upcoming Mental Health First Aid eight-hour classes for Case Managers, Counselor Assistants, RTAs and MH Workers are Friday, Nov. 20, Friday, Dec. 4 and Monday, Dec 21.

Hours are 8 a.m. to 5 p.m. at The Hospital of Central Connecticut in New Britain.

To register for the class, please e-mail Patty Graham at patriciagraham@hhhealth.org. Please include name, phone number, cell phone contact, job title, location, and supervisor’s name and contact info as well as the desired training date.

Glastonbury gives nod to National Recovery Month

Recognizing the important work being done to help provide care and treatment for those suffering from substance abuse issues, the Glastonbury Community Action Partnership worked with the Glastonbury Town Council to have an official proclamation declared observing National Recovery Month in September.

The proclamation was the only one of its kind to be issued in Connecticut, and was due in large part to the work being done on behalf of those suffering from substance abuse issues in the Glastonbury area — including the Glastonbury Community Action Partnership and the Rushford Glastonbury location for adult addiction, mental health and community services.
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 1991 promotional photo of Rushford’s location on Silver Street in Middletown shortly after it was acquired. With expanded services and a growing client base, the organization worked with state lawmakers and several state departments to earmark more than $2 million for the purchase of the former Town Farms Inn site overlooking the Connecticut River. By that time Rushford had more than 50 employees and was offering comprehensive services for adults and teens that allowed them to receive treatment and remain at home and employed.

To read Rushford’s 40th anniversary annual report, visit www.rushford.org.

Rushford Academy showcases its goods

More than 40 people visited for a special opportunity to tour and learn more about services at the Rushford Academy Clinical Day School on Oct. 21. The open house featured parent-teacher conferences, tours and dinner at the academy’s campus in Durham. The school, which offers educational programming for adolescent boys, features numerous educational benefits, including:

- 185-day school year
- Small class sizes to promote individualized instruction
- Teachers certified in special education providing instruction in English, math, social studies, science, and life skills.
- Health, Art, and PE Teachers on site
- Educational assistants to provide support in each classroom
- Positive Behavior Intervention Support model utilized campus-wide to encourage positive decision-making and use of pro-social coping skills
- Extracurriculars during the school day – Seven Challenges® Clinical Group, Anger Management, Team-Building, Student Council
- Vocational/Career courses and internships with community businesses.

Katelyn Gomes, the Academy Principal, said boys who are now taking classes in the school were excited to help prepare for the open house and lead tours.

Above: Melissa Curtis, Rushford Account Manager, talks with Brandon Davis from the Beckley House in Canaan. Top: A series of rocks in front of the building that the boys painted welcomed guests for the occasion.

Rushford at Glastonbury Apple Fest

Rushford was proud to continue connecting with the Glastonbury community by providing information on its range of services and programs at the annual Glastonbury Apple Fest on Oct. 18. Rushford employee Mike Cole was one of several Rushford employees who helped distribute brochures and other information during the three-day festival, which drew thousands of people and featured amusement rides, food trucks and various types of entertainment.
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.

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1998 LEXUS ES300 — Grey exterior, 210,000 miles. Asking $1,600. Email Ambercd035@gmail.com

POWERBOAT — Fully refurbished, 2005, 50 HP Evinrude outboard, low hours, Bimini top—all safety equipment, electronics, many extras, galvanized trailer, $3,250. Also, 2005 Evinrude, 50 HP Powerhead with accessories, low hours, $500. Call 860-859-9957.

2005 HONDA PILOT — Ready for winter, seats six, very good condition, automatic transmission, one owner, no accidents, remote starter, hitch, 172,000 miles, $3,000 or best offer. Call or text 860-367-3650.

SHENANDOAH WOOD STOVE — $150 or best offer. Call 860-389-2323.

KNEE SCOOTER — Steerable, adjustable with brakes, folds easily, removable wire storage basket, like new, $150. Call 860-984-7370.

NEW ENGLAND PATRIOTS SCRUB TOPS — Size 2X, like new, $150. Call 860-848-7370.

GROSVOLD RECREATIONAL PROGRAM — Every Tuesday and Thursday from 6-7 p.m. Exercise class, low impact aerobics, weights, Pilates, bring mats and weights, open to surrounding towns. Call for more information 860-376-4741.

JOLLY HOLLY HOLIDAY BAZAAR — Saturday, Nov. 7, 8 a.m. to 2 p.m. at Bethel Community United Methodist Church, 1 Rixtown Road, Griswold. Variety of gift/holiday items from quality vendors (a few spaces still available), baked goods, chili, chowder. Call 860-376-0022 or 860-319-4937.

HARVEST FAIR — Saturday, Nov. 7, 9 a.m. to 3 p.m. at St. Mark’s Lutheran Church. Treasures, vendors, soup, barbecue pulled pork, bagels, cardamom bread, vendor tables available at $20. Call 860-428-9794.

INSIDE TAG SALE — Saturday, Nov. 7, 9 a.m. to 2 p.m. at Holy New Martyrs Church, 364 Canterbury Tpke., Norwich. Russian foods, crafts, holiday gifts.

WINES OF AUTUMN FUNDRAISER — Saturday, Nov. 7, 5-7 p.m. at the Norwich Free Academy Slater Atrium. Wines from Towne Liquor, refreshments and wine samplings, $20 per person. Sponsored by The Women’s City Club of Norwich, all proceeds benefit the scholarship fund. Call for tickets 860-887-0573 or 860-887-7515.

ST. THOMAS & ANNE AUTUMN BASKET AUCTION — Saturday, Nov. 7, preview 6 p.m., auction, 7 p.m. at the Voluntown Fire House, 165 Preston City Road, Voluntown. Live and silent auction, gift certificates, merchant services, over 70 filled and themed baskets, event tickets, sports memorabilia and refreshments.

SUNDAYS IN THE PARLOR AT PARK — Sunday, Nov. 8, 2 p.m. Parlor of Park Congregational Church, 283 Broadway, Norwich. You are cordially invited to join pianist Gary Chapman as he performs works of Bach, Liebermann, Sancan and Chopin with special guest performers. A reception with light refreshments will follow the performance, suggested admission, $10 at the door, children are admitted free. Call 860-887-3747.

THANKSGIVING PIES — Voluntown Baptist Church is selling homemade Thanksgiving pies. Apple pies, apple pies with crumb topping, uncooked apple pies, pumpkin pies are available for $11. Please pre-order pies by Sunday, Nov. 15. To place orders, call 860-376-9485 Tuesday through Friday between 9 a.m. and 1 p.m. or leave a message with your order and phone number. Pies will be available for pick-up on Saturday, Nov. 21, between 10 a.m. and 1 p.m. at Voluntown Baptist Church, 52 Main St., Voluntown.

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WANTED


CRAFTERS — Craft, Hobby and Product Show sponsored by the Lebanon Volunteer Fire Department Ladies Auxiliary, Saturday, Nov. 21. Call 860-942-8283.

CRAFTERS/VENDORS — For the second annual Groton Sacred Heart School Christmas Bazaar on Saturday, Dec. 5, 9 a.m. to 5 p.m. Call 860-501-1991 for more details.

EVENTS

SILENT MOVIE NIGHT — Friday, Oct. 30, 7:30 p.m. at Christ Church School of the Arts. Silent movie “Faust” will be showing, free admission with a suggested donation $5; a Halloween celebration for all ages, wear your creepy costume, concessions are available. Call 860-425-0663 to learn more.

JOSHUA CENTER TRUNK OR TREAT — Friday, Oct. 30, 4-4:45 p.m. at 11A Stott Ave., Norwich. Trunk or Treat gives children a safe way to celebrate Halloween. Volunteers provide candy (peanut free) and children go from trunk to trunk. Call Kerri for more information at 860-823-5353.

KRIPALU YOGA — Tuesday/Thursday, 5:30 p.m. to 6:30 p.m., at Norwich Recreation, 75 Mohegan Road, Norwich. Session I: Nov. 3, 5, 10, 12. All levels welcome. Bring mat and water bottle to learn yoga postures, flexibility, calmness, strength and renewed energy. Instructor: Cheryl Hughes. Single drop-ins $12 for residents, $15 for non-residents. Call 860-823-3791.

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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.