More than 180 people gathered at Eastern Connecticut State University in Willimantic on Thursday to celebrate the career of Stephen W. Larcen, Ph.D, who is retiring at the end of next month after more than 40 years as a leader in the behavioral health field.

Larcen who is retiring as president of Natchaug Hospital and Rushford and president of the Behavioral Health Network, was congratulated by many fellow leaders in the field as well as co-workers, former co-workers and leadership within the Hartford HealthCare organization, including HHC President and CEO Elliot Joseph.

“Steve lives our leadership behaviors like few others do,” said Joseph. “Throughout his career he has been a voice for those struggling with mental health and addiction issues and in the end, that voice has made a tremendous difference for people. That is a legacy, my friend.”

Patricia A. Rehmer, MSN, ACHE, senior vice president for Behavioral Health at Hartford HealthCare, who is succeeding Larcen as president of the BHN in January, also praised Larcen for his long record of advocating and expanding services for those suffering from substance abuse and mental health issues — a traditionally underserved population.

“I am grateful for the opportunity I have had to work with Steve and benefit from his experience and knowledge,” said Rehmer, who also praised Larcen’s wife, Susan Graham, for supporting and contributing to the cause of behavioral health over the past several decades.

Continued on page 2
The celebration also featured a video in which many of the board members and chairs who worked with Larcen during his 25 years overseeing Natchaug and more recently Rushford, as well as peers and colleagues both within and outside Hartford HealthCare, wished him well on his retirement and took part in a humorous “Top Ten” list of what he will do in retirement. Throughout the production, those who spoke repeatedly mentioned Larcen’s political advocacy and tireless dedication to his work and his ability to put the needs of people with behavioral health issues at the forefront.

“As your assistant for 21 years, I had a front row seat to your wonderful leadership skills and your hard work,” said Sandy Carboni, who was Larcen’s executive assistant for 21 years. She said she used to call him “Last Minute Louie” because of his penchant for getting work done on deadline.

When Larcen first arrived at Natchaug in 1990, the former convalescent home turned mental health facility consisted solely of the Mansfield campus and faced financial trouble. Under Larcen’s guidance, Natchaug turned around its bottom line and began a steady expansion of services.

Over the course of his 25-year tenure at Natchaug, the organization opened nine satellite locations spanning from the shoreline to the Massachusetts border with services that span across the continuum of mental health needs, including partial hospital and intensive outpatient treatment for adults, young adults, adolescent and children; clinical day treatment schools for students struggling in a public school setting; ambulatory detoxification for opioid addiction; in-home intensive child and adolescent psychiatric services; and vocational and transitional programs for CDT students.

In addition to the satellite program offerings, Larcen oversaw major expansions of Natchaug’s Mansfield campus, including the creation of the Journey House residential treatment program for court-involved adolescent girls and an expansion of the child and adolescent inpatient unit.

In 1997, less than a decade after Larcen’s arrival, Natchaug formalized its affiliation with Hartford HealthCare. Over the years, Larcen has taken on numerous leadership roles in HHC, including president of Windham Hospital and his most recent appointment as president of the BHN.

In recognition of his advocacy, Larcen received the National Association of Psychiatric Health System Grass Roots Award in 2010 and, more recently, the American Hospital Association 2015 Connecticut Grassroots Champion Award.

Speaking at the end of the celebration, Larcen thanked all those who had taken part in the program and those who attended, saying he was looking forward to spending time with his family and pursuing his love of sailing. He added that he was grateful he was able to make a difference for those suffering with behavioral health issues.

““This is not a one-man show. Everyone in this room has had an impact on me,” said Larcen, adding that he is confident the BHN will be in very good hands going forward. “Thank you for all you have done. This has been a very good way to close out.”

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### Natchaug: Then and now

**IN 1990**
- One location in Mansfield
- 600 adolescent and adult patients admitted
- Sachem House day hospital program for adults in Mansfield
- Joshua Center school program in Mansfield
- Total revenue: $8M
  Operating loss: $1.8M

**IN 2015**
- 10 sites spanning from the shoreline to the Massachusetts border
- 2,035 child, adolescent and adult patients admitted
- Four adult ambulatory programs in Mansfield, Groton, Dayville and Vernon and six child and adolescent ambulatory programs in Mansfield, Danielson, Enfield, Groton, Norwich and Old Saybrook
- Seven clinical day treatment schools in Mansfield, Danielson, Enfield, Norwich, Old Saybrook and Windham
- Total revenue: $50M
  Operating margin: $1M
- In-home (IICAPS), young adult, after-school, vocational, and ambulatory detoxification services
- 13-bed Journey House residential treatment center for court-involved adolescent girls
Trish Lewis was happily pursuing a path in business many years ago when a friend casually suggested she would be a good fit for the behavioral health field. Intrigued, Lewis began looking into it, and discovered she had a passion for helping those suffering from substance abuse or mental health issues.

Her love of helping the clients in her care remains evident in the behavioral health unit at The Hospital of Central Connecticut, where she has spent the past decade as a licensed marriage and family therapist and licensed alcohol and addiction counselor in the Intensive Outpatient Program for adults with substance abuse issues.

“There is a lot of complexity to the work that I do which makes it challenging, interesting and rewarding,” Lewis said. “I don’t often see clients who come in with substance abuse problems, go through treatment, and then go on to a successful recovery. Instead, I usually measure success in the little but significant signs of progress. You try to plant seeds.”

One of the main responsibilities of her role, Lewis said, is to help clients recognize they are battling a disease that requires treatment and a commitment to recovery. Unlike patients with diabetes or heart disease, she said, patients with behavioral health issues often must contend with social misperceptions or discrimination that can discourage them from acknowledging their disease.

“Someone with diabetes or heart disease is probably not going to have any trouble keeping up with their medication because there’s no public perception attached to their condition,” she said. “But it’s harder for people with substance abuse issues because they have to overcome so much just to get to the point where they can acknowledge their disease.”

The greatest challenge for Lewis and other counselors, she said, is to help clients reach the point of self-awareness without being judgmental or harmful in any way. The gentle approach that she uses, and which is emphasized throughout the program at HOCC and the Behavioral Health Network, lets clients know they are treated by professionals who care for them and will be there for them if they relapse. Clients are also provided a variety of tools, such as handouts and educational materials, to help improve their coping skills.

“One of the greatest indicators of our success is the number of people who relapse and then feel comfortable coming back to us for treatment,” she said. “I think that speaks volumes of the work we do.”

Much of her work is done in group sessions in which clients are encouraged to talk about their disease with others, which helps them realize they are not alone. That in turn motivates them to continue on a course of sustained treatment, she said.

The best moments, she said, come when clients recognize their disease and the value of seeking treatment, which can take a long time and repeated attempts at treatment and relapses.

“There’s no ego in this work,” she said. “It’s all team-based, and we realize that whenever we have success with a client, it’s because of the work that has been done by a lot of different people.”

Jessica Collins, RN, Regional Nurse Manager for Behavioral Health, said Lewis is a highly valued member of the team. “Trish is an outstanding clinician who is well respected by her peers and the clients she serves,” Collins said.
Dr. Allen discusses Seasonal Affective Disorder

Rushford Medical Director J. Craig Allen, MD, appeared on Fox 61 News on Oct. 30 to discuss Daylight Saving Time and the role it plays in contributing to Seasonal Affective Disorder.

Dr. Allen discussed the factors that contribute to Seasonal Affective Disorder, including reduced daylight and a propensity to overeat during the holiday season. He suggested a number of ways that people can counteract the potential depressive impacts of Daylight Saving Time, including regular exercise, a healthy diet and steady sleep patterns. He also advised against taking on too much stress. “Don’t put so much on your plate, literally or figuratively,” Dr. Allen advised.

Live life while getting drug treatment.

Natchaug Hospital's medication-assisted treatment program gives you tools to fight opioid addiction without minimizing disruptions to your personal and work life. Treatment uses a combination of Suboxone®, which reduces cravings while allowing independent living, and relapse prevention groups that accommodate work schedules. Natchaug's psychiatrists and licensed clinicians use the latest evidence-based treatment to put you on the path to recovery.

For more information, call 860.779.0321 or visit natchaug.org/Suboxone

Construction begins at Backus on activity space for patients

Patients in the behavioral health inpatient unit at Backus Hospital will soon have added space for innovative activities and education in a special room that was originally conceived by an H3W employee work group.

Construction recently began on the activity room in the D-1 Unit at Backus, which treats patients with a full range of behavioral health issues, said Gale Sullivan, East Region Nursing Director for Behavioral Health. She said the concept for the room came up about a year ago among employees on the unit’s H3W work group, and has since been supported by leadership at all levels of the hospital as well as the Behavioral Health Network and Hartford HealthCare.

“It’s been gratifying to see how everyone has recognized the value of this initiative, and committed to making it a reality,” she said.

The room was previously used as an adjunct to the hospital’s purchasing department. Once construction and renovations are completed, it will feature a variety of activities and educational opportunities for patients, including a small computer center and Wifi area where patients can access the Internet, send emails or perform other computer functions.

The room will also feature a special “sensory area” with seating, color schemes and sky panels designed to create a relaxing atmosphere, Sullivan said.

“It’s just a great use of this space that will help enhance the overall experience for patients,” she said.
Substance abuse leader to visit IOL

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 Institute of Living clinicians, educators and researchers, 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, but was unable to attend to receive her award due to developments in Washington, DC, at the time. 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.

Before taking over as Director at NIDA — the country’s leading agency for drug abuse and addiction research — Dr. Volkow spent most of her professional career at the U.S. Department of Energy’s Brookhaven National Laboratory in New York, where she held several leadership positions including Director of Nuclear Medicine, Chairman of the Medical Department and Associate Director for Life Sciences.

BrainDance Awards for student projects on mental illness

The Institute of Living/Hartford Hospital is sponsoring an academic and art competition designed to decrease the stigma of mental illness. The 13th annual BrainDance Awards encourage high school students to gain knowledge about psychiatric diseases and develop a more tolerant and realistic perspective toward people with severe psychiatric problems.

The competition also aims to promote students’ interest in careers in mental health care.

The projects will be judged by expert clinicians and researchers in the field, based on:
- Relevance to the issue of stigma
- Creativity
- Accuracy of information
- Scientific rigor

Projects on any theme related to severe mental illness will be considered for an award. The categories are: Academic, Art, and Mixed Media.

All applicants, their teachers, families and classmates will be invited to an awards day celebration hosted by the Institute of Living on April 21, 2016. Winners are encouraged to present a brief synopsis summarizing their projects. The student lecture and presentations are designed so all participants can cite their BrainDance projects on future school or job applications.

To apply for the awards: please log on to: www.nrc-iol.org and follow the link to BrainDance for application forms, information and procedures. Submission deadline is Feb. 1, 2016.

For more information: contact Nancy Hubbard at 860-545-7665 or nancy.hubbard@hhchealth.org
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:

- **Alcoholics Anonymous.** Nov. 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.

- **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.

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

- **Dementia Support/Educational Group Meeting.** 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.

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

- **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. This information session will answer your questions and concerns about these often misunderstood treatments.

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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.
Natchaug welcomes new psychiatrist

Natchaug Hospital is pleased to welcome Jeffrey Gottlieb, MD, who will serve as an attending psychiatrist on the adult inpatient unit. Most recently, Dr. Gottlieb served in the Whiting Forensic Division at the Connecticut Department of Mental Health and Addiction Services. Prior to that, he held a number of medical leadership positions at private and state-run behavioral health organizations across the state including the Connecticut Behavioral Health Partnership, Middlesex Hospital, St. Francis Care Behavioral Health, Elmcrest, and Med Options.

Dr. Gottlieb completed a fellowship in forensic psychiatry at Yale University, and both his residency and medical training at Boston University. He received his Bachelor of Arts in psychology from Wesleyan University. Dr. Gottlieb is certified in psychiatry by the American Board of Psychiatry and Neurology.

Discounted BJ's 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. Checks should be made payable to BJ's Wholesale Club.

Application and payment are due by Nov. 30. For more information, e-mail sherry.smardon@hhchealth.org or visit the Natchaug Intranet.

Got something to share?

Are you interested in sharing your clinical experience or knowledge with 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.

Natchaug Hospital

Staff Holiday Party

Friday, Dec. 4
6-10 p.m.
The Elks Club
198 Pleasant St.,
Willimantic

6 p.m. Appetizers
7 p.m. Dinner
Join your co-workers for an evening of food, music and fun in celebration of the holiday season. Staff may bring one adult guest. Cash bar available (no outside beverages please).

RSVP to the Receptionist by Monday, Nov. 30.
Rededicating a local landmark

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.

Shown here is a photo of Rushford’s main location in Meriden at 883 Paddock Ave. Before it became a Rushford facility, the location functioned as a hospital established in 1954 and dedicated to veterans of World War II. Known as the World War II Veterans Memorial Hospital, it merged with the former Meriden-Wallingford Hospital in 1991 to create the Veterans Memorial Medical Center. Earlier this week, during Veterans Day ceremonies in Meriden, Meriden Mayor Manny Santos said he planned to file a resolution rededicating the building and its role as a memorial to those who died serving their country.

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

Staff Holiday Party

Friday, Jan. 8
7-11 p.m.
Villa Capri
Route 5,
Wallingford, CT

Tickets: $10/person
(2 tickets max)
Join your co-workers for a celebration of the holiday season, including a buffet, DJ and photo booth.
Staff may bring one adult guest.
For tickets, see Ani Cruz or Sheila Gosselin by Tuesday, Dec. 29.

Rushford prevention staff receive recognition

Krystle Blake, Rushford Prevention Professional, second from left, was recognized for her work in the community with two awards presented over the course of a week. On Oct. 17, she was presented the Meriden Public Safety Award, or Dan M. Hunter Good Samaritan Award. On Oct. 23, she was presented with the Meriden Board of Education Community Partner Award for her support of school and community programs. Shown with her here are, from left: Meriden BOE President Mark Hughes; Blake; State Rep. Cathy Abercrombie; and Board of Education member Michael Cardona.

Felicia Goodwine-Vaughters, Rushford’s Coordinator of Prevention and Wellness, second from left, received the Best Prevention Program of the Year award for her Rams In Action After-School Program from the Middlesex County Substance Abuse Action Council on Oct. 23. Shown here with her are, from left, Middletown Superintendent of Schools Patricia Charles; Goodwine-Vaughters; and two members of Rams in Action, Jillian Copperthite and Lenia Collins.
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

ACORN 180 STAIR LIFT — Installed on the internal curved stairs of a raised ranch. Used just twice before owner no longer needed. Includes power hinge at bottom of stairs, battery pack and two remotes. Original cost $12,000. Willing to sacrifice. Call for more info. 860-342-5081.

POWERBOAT — Fully refurbished, 19-foot Sylvan center console. 2005, 50 HP Evinrude outboard, low hours, new Bimini top—all safety equipment, electronics, many extras, galvanized trailer, $3,250. Also, 2005 Evinrude, 50 HP Powerhead with accessories, low hours, $450. Call 860-859-9957.

WANTED

DONATIONS FOR THE HOMELESS — The Community Sanadora ICP Healing Community is collecting items for the homeless throughout the month of November. Socks for homeless men and women, Band-Aids, water, gallon Ziploc bags, packets of nuts, crackers, dried fruit, trail mix, granola bars, breakfast bars, instant noodles, other lightweight quick snacks, travel size antibacterial lotion, soap, shampoo, lip balm, toothpaste, toothbrush, dental floss, washcloth, comb, brush, razor, shaving cream, deodorant. Please avoid items such as mouthwash or hand sanitizer that contain alcohol. All donations will be distributed to the homeless in our community on Saturday, Dec. 12. Drop off times are Wednesdays and Fridays, 7 p.m. or Sundays, 10 a.m. and 7 p.m. at Comunidad Sanadora ICP Healing Community, 20 Hope St., Willimantic, 06226.

WOMEN TO PLAY ICE HOCKEY — Connecticut College, Monday nights, now through March. Experience preferred, beginners welcome. Call Karen at 860-303-3484.

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 Grotto Sacred Heart School Christmas Bazaar on Saturday, Dec. 5, 9 a.m. to 5 p.m. Call 860-501-1991 for more details.

EVENTS

CHRISTMAS CRAFT FAIR — Saturday, Nov. 14, 8 a.m. to 3 p.m. at VFV Post 594, 30 Connecticut Ave, Norwich. Tables to rent, $20, bake sale, basket raffle, food, Grandma’s attic. Call 860-705-9231.

STS. PETER & PAUL CHURCH — Saturday, Nov. 14, 9 a.m. to 4 p.m. at 181 Elizabeth St., Norwich. Kris Kringle Fair, crafters, baked goods, lunch, raffle, basket raffles.

CHOWDER NIGHT — Saturday, Nov. 14, 5:30-8 p.m. at Christ Episcopal Church, 74 Washington St., Norwich. Your choice of three chowders, garden salad, rolls, apple cobbler, ice cream, beverages, $12 for adults, $10 for seniors and children, live music, take out orders available.

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.

THANKSGIVING PIES — Voluntown Baptist Church is selling homemade Thanksgiving pies. Apple pies, apple pies with crust topping, unbaked 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.

GRISWOLD 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.

BAKE SALE, COUNTRY STORE AND LUNCHEON — Saturday, Nov. 21 from 9 a.m. to 1 p.m. at Voluntown Baptist Church, 52 Main Street, Voluntown. White elephant sale, breads, cookies, pies, gluten free items, homemade canned goods, handmade gifts, chili luncheon from 11:30 a.m. to 1 p.m. chili and cornbread, $3.50, chili dog, $2.50, pie al a mode, $2.50.

MAPLES FARM PARK — Saturday, Nov. 21, 10 a.m. to 1 p.m. at Faddy’s Doughnut Truck will be at 45 Bozrah St., Route 163, Bozrah. Holiday vegetables, fresh wreaths, bird seed, ornaments, decorations, inside and outside the Homestead, Meadowstone Cheese, Lucky Girl Bakery, Duchess Pet Treats, Fabians Maple products, Dragon Blood Hot Sauce and Devils River Honey, Killiam & Basset Farm and Bretons Farm, canned delicacies, Spencer Hill Jewelry, Helena’s Hat creations, Sparrow and Kettle Pot soap, Funki Little Frog Holiday signs, Quiet Corner fudge, visit Mrs. Clause for a gingerbread cookie and photo op.

RADIO CITY MUSICAL HALL TRIP — Wednesday, Dec. 9, 8 a.m. at Lisbon Senior Center. Motor coach bus, will leave New York at 5 p.m., lunch on your own near Radio City Show at 2 p.m., orchestra section, $100 for bus and ticket. Call 860-376-2329 to reserve a seat.

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, Dec. 1, at noon.