Researchers have found that patients with different types of attention-deficit/hyperactivity disorder (ADHD) have impairments in unique brain systems, indicating that there may not be a one-size-fits-all explanation for the cause of the disorder. Based on performance on behavioral tests, adolescents with ADHD fit into one of three subgroups, where each group demonstrated distinct impairments in the brain with no common abnormalities between them. The study has the potential to radically reframe how researchers think about ADHD.

Stevens

The study was published in an article for Biological Psychiatry: Cognitive Neuroscience and Neuroimaging by

Based on performance on behavioral tests, adolescents with ADHD fit into one of three subgroups, where each group demonstrated distinct impairments in the brain with no common abnormalities between them. The study has the potential to radically reframe how researchers think about ADHD. Dr. Michael C. Stevens led the research through his role as director of the clinical neuroscience and development laboratory at the Olin Neuropsychiatry Research Center.
Study supports the notion that not all adolescent ADHD cases are the same

continued from page 1

Michael C. Stevens, Godfrey D. Pearson, Vince D. Calhoun and Katie L. Bessette.

“This study found evidence that clearly supports the idea that ADHD-diagnosed adolescents are not all the same neurobiologically,” said first author Michael Stevens, PhD, director of child and adolescent research at the Institute of Living. “Ultimately, by being open to the idea that psychiatric disorders like ADHD might be caused by more than one factor, it might be possible to advance our understanding of causes and treatments more rapidly.”

The researchers tested 117 adolescents with ADHD to assess different types of impulsive behavior — a typical feature of ADHD. Three distinct groups emerged based on the participants’ performance. One group demonstrated impulsive motor responses during fast-moving visual tasks (a measure of executive function), one group showed a preference for immediate reward, and the third group performed relatively normal on both tasks, compared to 134 non-ADHD adolescents.

Dr. Stevens led the research through his role as director of the clinical neuroscience and development laboratory at the Olin Neuropsychiatry Research Center.

“In the 12 years since its founding, the Olin Neuropsychiatry Center has generated over $75 million in external funding for research,” said Dr. Hank Schwartz, psychiatrist-in-chief at the Institute of Living. “Olin Center researchers have contributed hundreds of leading articles to journals around the world and have, lectured in visiting professorships nationally and internationally and made key contributions to our understanding of psychotic illnesses, affective and substance use disorders and other conditions using brain imaging and genetic analytic techniques.”

To read more about the study, click on https://goo.gl/dyv2gf.

What’s wrong (and right) with “13 Reasons Why”


“13 Reasons Why” captured attention from teens and adults. The series tells the story of a teenager who takes her own life and leaves behind tapes chronicling the 13 reasons.

The show has been criticized for its graphic themes, which include suicide, sexual assault, substance abuse and bullying. But it has also generated dialogue on the topic of suicide. This event is suitable for parents, teens and school employees.

Speakers:

Hank Schwartz, MD
Psychiatrist-in-Chief, IOL
Vice president of behavioral health at Hartford HealthCare

Paul Weigle, MD
Natchaug Hospital
Associate medical director and child and adolescent psychiatrist

Laura Saunders, PsyD, ABPP
IOL child and adolescent psychologist

Wednesday, Nov. 29
6:30–8:30 pm
Norwich Free Academy
108 Crescent Street, Norwich - Slater Auditorium
Light refreshments will be served.

Registration is required. 1.855.HHC.HERE (1.855.442.4373) HartfordHealthcare.org/events

IOL psychologist gains board certification

We want to congratulate Jennifer Ferrand, PsyD, who has received board certification in health psychology from the American Board of Clinical Health Psychology Section of the American Board of Professional Psychology.

Ferrand, who manages the Health Psychology/Integrated Health Division at the Institute of Living, is only the third psychologist in the state to be board certified.
If watching cable news shows and reading your Twitter feed has you a bit stressed-out these days, you’re not alone.

A new study by the American Psychological Association (APA) says nearly two-thirds of Americans (63 percent) say the future of our nation is a very or somewhat significant source of stress, beating out traditional stress causers like work and personal finances.

In the APA report, “Stress in America: The State of our Nation,” 59 percent of adults say that current social and political divisiveness is a source of stress. The most common issues facing our nation that cause stress are healthcare (43 percent), the economy (35 percent), trust in government (32 percent) and hate crimes (31 percent). Coincidentally, the report appeared in the media on the same day that a terrorist struck a bicycle trail in New York City.

Carrie Pichie, PhD, Hartford HealthCare Behavioral Health Network East Region Director of Ambulatory Care — which includes Natchaug Hospital and the psychiatric services departments at Backus and Windham hospitals — says the sense of powerlessness people feel while watching stories unfold on TV or in their newsfeeds can trigger feelings of anxiety.

“The feeling is that these things are being imposed on you rather than you having a choice in the matter. It’s a feeling that something is coming from above, whether it’s from the President or Congress,” Pichie says.

And, while 95 percent of those surveyed say they follow news regularly, more than 50 percent believe the media sensationalizes stories to make them appear worse than they are.

“An immediate strategy to combat the stress is to limit your access to the news,” Pichie says. “Being informed is important, but we shouldn’t take it to the level of being obsessed with what’s going on on Twitter or Facebook. When you’re at work or when your home with your children, shut that part down. Do things you enjoy and don’t be hyper-vigilant about the news at all times.”

Pichie says you can reduce stress by “controlling what you can control.” She says do something good for yourself to reduce stress like exercise, engage in hobbies you enjoy, read or watch something unrelated to news.

“It’s important to understand that there are certain things you have no power over,” she said. “But there are actions you can take [to reduce feelings of powerlessness] whether it’s writing or calling a member of congress or participating in the political process locally.”

There is some good news from the findings. According to the survey, 51 percent of Americans say that the state of the nation has inspired them to volunteer or support causes they value.
That’s why Hartford HealthCare’s Behavioral Health Network now offers Medication Assisted Treatment Close to Home (MATCH™) for people as young as 16 years old who are struggling with opioids or other addictions. MATCH™ utilizes Suboxone® or other medications, along with relapse prevention support, and offers convenient, flexible schedules for working professionals or students.

Teens seeking help for addiction also have access to a multitude of other resources including residential treatment and the evidence-based Seven Challenges® Program for adolescent substance use.

DURHAM
Rushford
459 Wallingford Rd.

GLASTONBURY
Rushford
110 National Dr.

MERIDEN
Rushford
883 Paddock Ave.

MATCH™ adolescent locations include:

Call 1.855.825.4026
hhcbehavioralhealth.org

Addiction does not care about age.

The following letter was recently printed in the Hartford Courant from members of the executive committee of American Society of Addiction Medicine, Connecticut Chapter.

With opioid misuse, addiction and related overdose deaths having reached historic levels, President Trump has declared a public health emergency. In Connecticut, more than 830 residents died last year from an opioid overdose, and rates are increasing, with an average of three residents dying each day in 2017.

A recent New York Times editorial highlighted eight strategies that could have an impact on preventing opioid misuse and overdose. Among them:

- Improving access to medication-assisted treatment for those with opioid addiction.
- Protecting the Medicaid expansion set forth in the Affordable Care Act, which helps ensure equal and affordable access to a full continuum of substance use disorder treatment and has helped many states address this public health crisis.
- Expanding access to naloxone, an opioid antagonist that can help prevent and reverse opioid overdose in emergencies, in health care settings and beyond.

There are many other ways we can make progress against this public health crisis, including reducing stigma around addiction, providing education about opioid misuse, providing treatment alternatives to incarceration for drug users and expanding the addiction-specialty workforce.

The cost of this epidemic is too high to do nothing. It’s time to take real, meaningful action to prevent and treat opioid addiction and overdose.

— J. Craig Allen, MD
— Sam Silverman, MD, FAPA, FASAM

Kiss your e-mail

Good-bye
(The Sequel)

Effective Nov. 15, 2017 all Hartford HealthCare e-mail will automatically be deleted after:

- Seven years for directors and above
- Three years for managers and below
- Deleted items folders will continue to be emptied once a week

Mid-2018: Six-month e-mail retention policy strictly enforced. All e-mail auto-deleted after six months.

For information and instructions for saving and storing your important business documents, visit the Information Technology page of HHC Connect.

This notice reflects stricter enforcement of Hartford HealthCare’s existing e-mail retention policy. Non-compliance and improper storage of business documents may create business and regulatory risks.
To stay or leave following a natural disaster?

Study says timeliness of reconstruction has psychological impact

By Muhammad Hassan Majeed, MD

After Hurricane Maria caused massive destruction throughout Puerto Rico, many Puerto Ricans face the challenge of whether to remain in their devastated community or to move to the United States mainland either temporarily or permanently. A number of studies on the psychological impacts of natural disasters suggest that the answer depends on the timeliness of reconstruction efforts in their community.

Of particular relevance is the result of a recently published study in The Asian Journal of Psychiatry of the long-term psychological effects of a powerful earthquake that struck Armenia in 1988 and claimed 25,000 lives. Researchers were able to evaluate the psychological functioning 20 years after the event of a sample of Armenians who were living the country at the time. This is first study that followed the victims of a natural disaster for such a long time.

One hundred and thirty-four subjects participated in the study representing four different types of individuals: stayed, relocated but returned, left permanently, and a comparison group of Armenians who did not experience the earthquake at all. Individuals in the stayed group remained in the devastated city of Vanadzor; the relocated but returned group left the area for six to 18 months and then returned to Vanadzor; and the left group consisted of individuals who moved out of the area permanently. Psychologists administered clinical tests to all these participants and collected extensive data about mental health and cognitive functioning. None of the participants had received any mental health services.

The study showed that those who remained in the city had the worst long-term psychological results. Almost a third of the population that stayed in the area were still, 20 years later, experiencing Post Traumatic Stress Disorder (PTSD) at four times the rate of those who had left the area permanently as well as symptoms of depression and anxiety, and poorer functioning in several life situations than those who left. Even those who had relocated but returned were experiencing PTSD at twice the rate of those who had left.

Reconstruction of Vanadzor did not take place quickly; those who stayed or returned quickly experienced daily reminders of the destruction in the community, which resulted in poor clinical outcome. By comparison, the study showed that permanent relocation provided by far the better psychological outcome. After 20 years, all of the subjects had a job and most of them reported greater contentment with life in their new communities. In contrast to these findings, only 13 percent of the survivors of the 1994 Los Angeles earthquake met diagnostic criteria for PTSD three months after the disaster. Major infrastructure was rebuilt ahead of the scheduled time and the trauma victims were not exposed to the daily reminders of the disasters.

The motivation and aspirations of individuals can be significantly affected by a natural disaster and can lead to serious psychological consequences. Another study showed massive flooding in Pakistan in 2010 washed away aspirations and motivation of victims, along with their physical belongings. Many of these people lost faith in the future. One silver lining in the Pakistani study was the finding that those victims who received some help from the government, even very little, had equivalent aspirations with a comparison group who did not experience flooding.

Psychological research consistently shows that constant and longer exposure to the results of a natural disaster, along with poor social support, is associated with the higher likelihood of PTSD. Interpreting the relevance of the Armenian study to the situation in Puerto Rico, Dr. Louis Najarian, the lead author of the study, said:

"Rapid reconstruction of hurricane-related destruction is necessary for better long term psychological outcomes." If assistance does not come quickly or is delayed, the psychological future of Puerto Ricans may be more troubled.

Muhammad Hasan Majeed, MD, is a board-certified psychiatrist at Natchaug Hospital’s Joshua Center Thames Valley program.

Mental Health First Aid classes are now found on HealthStream

In an effort to standardize BHN registration for trainings, Mental Health First Aid (MHFA) training schedules and registration are now found on HealthStream.

MHFA training is offered at the Institute of Living on the third Friday of each month from now through September 2018. A minimum of 10 participants must be registered in order for the course to be run.

If you are interested in scheduling a training outside of the Hartford region, contact MHFA coordinator Patricia Graham at patriciac.graham@hhchealth.org.
IOL Family Resource Center Caseworker and Mental Health First Aid (MHFA) Case Coordinator Patricia Graham has been recognized as one of the top 100 MHFA instructors in the country. Graham was notified of the honor in a handwritten note from Linda Rosenberg, president and CEO of the National Council for Behavioral Health.

“It is my honor to recognize you and to thank you,” Rosenberg wrote. “This year, we reached an incredible milestone: one million Mental Health First Aiders trained. That impressive number reflects your dedication to improving the lives of youth and adults affected by mental illnesses and addictions.”

Graham couldn’t quite believe the recognition. “It took a while to let it sink in and realize this is real,” Graham said. “I was surprised to receive a handwritten note from the national council. There are more than 100,000 trainers across the country, so to be within the top 100 is a big deal.”

She estimates she has conducted over 100 trainings since 2013, reaching more than 500 people.

“Often people don’t know what to do in a mental health crisis because they don’t know what to say. Changing the culture when someone has an addiction problem or mental illness, we encourage people to congregate rather than disappear.”

The National Council has created a Top Instructor Club to promote the achievements of high performing instructors. In the coming months, Graham will be featured on the web and in the organization’s publications as a prominent member of this elite group.
Family Resource Center Support Groups

The IOL Family Resource Center (FRC) holds regular support groups. For addition information, please contact the FRC at 860.545.7665 or 860.545.1888. All programs are free of charge and, unless otherwise noted, are held in the Massachusetts Cottage, First Floor Group Room at the IOL Campus, 200 Retreat Ave., Hartford. The upcoming IOL FRC Support Group schedule is as follows:

- **Support Group For Those Coping With A New Or Chronic Medical Condition.** Nov. 17, 24, Dec. 1, 8, 15, 22, 29 (Every Friday), 1 - 2 p.m. in the Center Building, First Floor Conference Room. For young adults ages 17-26 struggling with a new diagnosis, chronic medical conditions, physical symptoms or limitations. The group will help with difficult losses and limitation due to a medical condition, and build a positive, future-oriented focus with realistic goals. To RSVP, please call Elizabeth Alve-Hedegaard, APRN, at 860.545.7050.

- **Depression Bipolar Support Alliance Group (DBSA).** Nov. 20, 27, Dec. 4, 11, 18 (Every Monday), noon – 1 p.m. in the Todd Building, Bunker Room and Nov. 22, 29, Dec. 6, 13, 20, 27 (Every Wednesday), 7 – 8 p.m. in the Commons Building, 2nd Floor, Litchfield Room. Peer run support group for those who have been diagnosed with depression or bipolar disorder.

- **Schizophrenia: An Introduction To The Disorder.** Nov. 21, 6:30 – 7:45 p.m. This program is for family

Voices stress open dialogue in ‘13 Reasons Why’ discussion

The hit Netflix series “13 Reasons Why” has captured the attention of adolescents and adults alike since its release in early 2017. The popularity of the series among high school and middle school students left some school systems and parents scrambling to address difficult and sensitive topics.

With another season of the show debuting in 2018, it’s no longer enough to simply ban young adults from watching a show — parents need to have meaningful conversations with their teens about the topics.

The Hartford HealthCare Behavioral Health Network hosted the latest event in the 13 Reasons Why series on Nov. 1 at the West Hartford Town Hall. The evening featured a screening of an episode of “13 Reasons Why” and a town hall-style community forum led by Behavioral Health Network President Pat Rehmer.

**IOL Physician In Chief Harold I. Schwartz, MD:** “Your children and grandchildren will be watching, so there’s no getting away from the value of talking about this. If you’re concerned about a friend or loved one who might be suicidal, ask. There’s no harm in asking, there is only benefit. If you miss it and don’t ask, it may be to the ruin of that person and to your perpetual regret.”

**Child and adolescent psychologist Laura Saunders, PsyD, ABPP:** “One of the reasons we’re doing events like this is to deal with the myth that if you talk about suicide with someone, it makes them suicidal. We’re trying to create dialogue and talk about it directly. The more we talk about things, the more we help reduce shame.”

**Rehmer:** “Stigma is how people feel; how we treat people with substance abuse disorders and mental health disorders is really discrimination. It makes it harder for people to talk about this if they know people will react in a negative way.”

IOL store seeks to stock shelves for holidays

Throughout the year, the Institute of Living Child and Adolescent Outpatient Clinic provides a "shop" where families facing financial hardship can select gifts for the holidays as well as for their children’s birthdays, graduations, and special occasions. Families are not charged for anything they select.

In the past, with the help and generosity of fellow colleagues and the community, staff have collected donations of new toys, books, art and crafts supplies, winter coats and accessories, and other gift items for teens and children of all ages. Monetary donations and gift cards are also accepted and will be used to buy items for the store.

Please consider supporting our families by donating a gift item or adopting a family this holiday season.

Drop off location: IOL campus, Brace-land Building, second floor, Child and Adolescent Outpatient Clinic, front desk ext. 5-7239. Contacts: Glenda Baez at ext. 5-7296 or Suzanne Femino at ext. 5-7717.
Family Resource Center Support Groups (continued)

and friends of individuals who have schizophrenia or a related disorder. It will present a basic understanding of the disorder, its treatment, along with suggestions to help family members and friends cope with the illness.

- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Nov. 22, Dec. 13, 27. (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.

- **Trauma Support Group.** Nov. 22, Dec. 13, 27. (Second and fourth Wednesday of each month), 6-7 p.m. A peer-led group that offers a supportive environment for individuals with any type of trauma history. Attendees will discuss relevant topics and educational materials will be available.

- **Al-Anon Parent Group.** Nov. 30, Dec. 7, 14, 21, 28 (Every Thursday), 7 - 8 p.m. One hour topic discussion.

- **Dementia Support/Educational Group Meeting.** Dec. 5 (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.

- **Anxiety Disorders: An Introduction.** Dec. 5, 6:30 – 7:45 p.m. This lecture is for families and friends of individuals who have an anxiety disorder or a related disorder. Participants will acquire a basic understanding of anxiety disorders, their treatments and suggestions to help them better cope with the illness.

- **It’s Hard To Be A Mom.** Dec. 7, 21 (First and third Thursday of each month), 10 - 11:30 a.m. Peer-led group that acknowledges the inherent challenges with modern-day mothering and offers an opportunity for mothers to come together, share experiences, and support each other. This group welcomes expecting mothers and mothers with babies to discuss any and all challenges associated with motherhood in a safe and open-minded space. Babies welcome! Space is limited. Please RSVP to 860.545.7324.

### BrainDance Awards for Student Projects on Mental Illness

The Institute of Living at Hartford Hospital is sponsoring an academic and art competition designed to decrease the stigma of mental illness. The 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. Back after popular demand: A panel discussion featuring different mental health disciplines. To receive a BrainDance Award, a student must submit an academic project or an art project on themes related to severe mental illness. Projects must be submitted using a flash drive or dropbox format only (WLMP files or project files are not accepted). Acceptable video formats are .WMV or MPEG 4. Awards up to $1,000 will be given to the best submissions. 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 26, 2018. This day is designed to be an educational extension opportunity and will include a lecture by a national expert on mental illness, an awards presentation, a visit to our Myths, Minds & Medicine museum on the history of mental healthcare and a tour of our neuro-imaging research center and a panel of experts in the mental health field. 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 February 1, 2018.

The awards are coordinated by: Godfrey Pearlson, MD, Director, Olin Neuropsychiatry Research Center and Nancy Hubbard, LCSW, Director of Outpatient & Ancillary Services. For more information: contact Nancy Hubbard at 860.545.7665 or nancy.hubbard@hhchealth.org
Visiting speaker examines eating disorders and substance abuse

Rebekah Bardwell-Doweyko, assistant vice president of clinical operations for Walden Behavioral Care's Connecticut region, will give a presentation on the correlation between eating disorders and substance abuse from 11 a.m. to 12:30 p.m. and 1:30-3 p.m. on Thursday, Nov. 30, in the Natchaug Community Room.

Studies show a high occurrence of co-occurring eating disorders and substance use disorders; however the two are commonly treated separately. Drawing on historical perspective and current research and data, this workshop will examine the intersection of eating disorders and substance use disorders. Particular attention will be paid to who is most at risk within eating disorder subsets. Correlations and implications for psychological, medical and nutritional care will also be discussed.

To attend in person, please RSVP with desired slot time to erin.joudrey@hhchealth.org. Video access is also available via VMR under the label “meet.natchaug” or you can dial-in to listen to the presentation by calling 860-972-6338 and using Access Code: 3003.

Annual Staff Campaign
Include Natchaug Hospital in your year-end giving!

Things to know:
- All donations stay local to Natchaug Hospital and support its programs and client needs.
- No donation goes towards wages/salaries.
- Weekly drawings give you the chance to win multiple times.

Donations and pledges of $25 or more can win Amazon.com gift cards!

The earlier you donate/pledge, the more chances you have to win!

Weekly drawings:
For donations/pledges received by 8:00AM:
Nov. 13: $50 Amazon gift card
Nov. 20: $25 Amazon gift card & bonus Mystery Card donated by Tom King
Dec. 7: $25 Amazon gift card
Dec. 4: $25 Amazon gift card & bonus Mystery Card donated by Pat Rehmer
Dec. 11: $50 Amazon gift card
Dec. 18: $75 Amazon gift card & bonus Mystery Card donated by Deborah Weidner, MD

The Donation/pledge form is available on the Natchaug intranet or email Sherry.Smardon@hhchealth.org.

* Your pledge will automatically renew. If you wish to cancel your pledge you must do so in writing.

** Payroll deductions will begin in the first pay period of January 2018.

Natchaug chili cookoff will tempt your taste buds

Save the date for the inaugural Natchaug Hospital Chili Cookoff on Wednesday, Jan. 17, from 11 a.m. to 1 p.m. in the Natchaug Hospital Conference Room. More info will be sent out about the event, which is sponsored by the H3W Friends workgroup.

For more information, contact katherine.mcnulty@hhchealth.org or carol.smith@hhchealth.org.
Help Natchaug through Amazon Smile donations

Help raise money for Natchaug Hospital through Amazon Smile. Just shop through https://smile.amazon.com and select Natchaug as your charitable organization.

When you shop at smile.amazon.com, you’ll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate 0.5% of the purchase price to your favorite charitable organization.

Tens of millions of products are eligible for donation. You’ll see them marked “Eligible for AmazonSmile donation” on the product detail page.

Do you know how much money you will need in retirement? Are you taking too much or too little risk with your investments? Do you know Hartford HealthCare provides retirement education and planning resources at no cost to you?

Find out how your account is performing. Learn about planning tools and educational resources. Ask questions about long term strategies and feel more confident about your potential retirement income.

To get started, contact Dan Dionne, your Prudential Retirement Counselor. Schedule a personalized, one-on-one session, at your work location or by telephone.

Email: daniel.dionne@prudential.com
Phone: 860.424.7621
Visit: prudential.com/hartford-healthcare

College Student Treatment Program

The College Track at Natchaug Mansfield Young Adult Program can help students struggling with mental health and/or substance use issues. The Intensive Outpatient Program (IOP) is offered:

Monday, Tuesday and Thursday
5:30 to 8:30 pm
Natchaug Hospital’s Mansfield Young Adult Program
151 Storrs Road
Mansfield Center, CT 06250

The college treatment track offers:
• Comprehensive assessment and treatment planning
• Evening hours designed to fit the schedules of students
• Transportation to and from local college campuses
• Group therapy that specifically addresses issues relevant to young adulthood and issues related to being a college student
• Psychiatric consultations and medication management
• Family involvement as desired

For more information or to schedule an intake, call Joan Chartier at 860.465.5960
Memorial rugby match benefits Rushford

The New London County Rugby Football Club honored David Marshall — one of its players who passed away in April — during a special charity match to end their season.

More than $2,000 was raised during the match against The Boston Macabbi Rugby Football Club through donations and sale of T-shirts, other merchandise, and a raffle. The money will be donated to the Rushford Rehabilitation Center in memory of David, who was a former client.

Above left: Players from The New London County Rugby Football Club gathered to get fired up prior to their game. Above center: Photos of David with his teammates adorned the sidelines during the match. Above right: David’s father, Bill Marshall, was appreciative of the team’s efforts.

Aetna helps offset cost of Apple Watch

From now until the end of the year, Hartford HealthCare employees can buy an Apple Watch with a $75 discount from Aetna. The promotion is part of a partnership between Aetna and Apple designed to help employees stay active, track their health and keep track of their insurance.

From practicing mindfulness to reaching fitness goals, Apple Watch is designed to help you stay active, healthy, and productive throughout the day — right from your wrist.

Employees of Hartford HealthCare will be able to purchase an Apple Watch online and pay for it with a credit card or, if they are eligible, spread the cost over a year, using interest-free payroll deductions. To learn more, including purchasing instructions, click on the Wellness Incentives page of HHC Connect.