



### BEHIND THE TRAGEDY

IOL Psychiatrist-In-Chief Harold I. Schwartz, MD, revisits Sandy Hook.

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### FAMOUS FEMALES

Journey House projects celebrate National Girls and Women in Sports Day . • PAGE 6



### WALL OF FAME

Rushford Middletown staff recognized with photo array.

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Hartford HealthCare  Behavioral Health Network

# BHINews

## Winter keeps grip on region

*Facilities remain on alert with second storm in eight days*

**F**or the second week in a row, the Behavioral Health Network faced down a major winter storm. And once again, the employees of the BHN responded by working together to maintain client care.

“We’re accustomed to dealing with winter weather, but it’s very uncommon to see two major storms like this in such a short span of time,” said BHN Vice President of Operations David Klein, PhD.

Although Monday’s winter storm was forecasted to have less of an impact than last week’s blizzard, many towns saw a foot or more of snow accumulation, with sleet and freezing rain through much of the afternoon and evening. Command centers throughout Hartford HealthCare were activated by mid-day Sunday to begin planning staffing, program closings and communications.

“The advantage of having a blizzard fall just a week before Monday’s storm

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*Following the second storm in eight days, icicles hang off the building at Natchaug, above, and security guard Dave Antolini inspects a snow pile in front of Rushford at Meriden, right.*

Snow removal crews were in perpetual motion at the HOCC Outpatient Behavioral Health building in New Britain, right, and Natchaug Hospital, below.



Left: IOL Psych Tech Sally Guglielmo gets prepared for a second long work shift last week at the inpatient Donnelly Building in Hartford.



## Forecast predicts more snow for area

*continued from page 1*

is that we were well-rehearsed and ready to respond," Klein said. "Winter weather will always have an impact on health care organizations, but we are constantly working to improve our preparations and response to keep interruptions in service minimal, while keeping clients and staff safe."

As with the previous storm, employees across the BHN put clients first by coming to work despite snowy and icy road conditions, covering shifts when co-workers were delayed, and staying overnight to ensure that parking lots and walkways were cleared and units were staffed.

"The BHN's response to these two storms is truly a testament to the dedication and integrity of our staff," Klein said.

The forecast doesn't seem to be getting any better with periods of snow expected Saturday, Sunday and Monday.

# Healthy Family Funfest

Join us for an incredibly exciting and fun day filled with health information, speakers, screenings, demonstrations, and activities for everyone from children to seniors.

Sunday, February 22, 2015  
10:30 a.m. - 3:30 p.m.  
The Aqua Turf Club  
556 Mulberry Street  
Plantsville, Connecticut

FREE ADMISSION!

Thanks to our sponsors:

Brought to you by:

Central Connecticut Senior Health Services  
A Hartford HealthCare Partner

the Y

The Hospital of Central Connecticut  
at Bradley Memorial

- Kids activity area, with obstacle course, virtual gym, and lots of other fun stuff!
- Senior screenings, giveaways and info
- Drawings
- Amber Alert
- Car seat safety info
- Blood pressure, cholesterol, glucose and bone density checks
- Balance screenings
- Brain fitness
- Speakers and demonstrations

For information on sponsoring or exhibiting, call Nicole Spagnoletti at 860-378-1268 or [spagnolettin@ctseniorcare.org](mailto:spagnolettin@ctseniorcare.org)  
[www.healthyfamilyfunfest.com](http://www.healthyfamilyfunfest.com)

## Singer Lambert opens up about bipolar disorder

Mary Lambert, best known as the songwriter of the Macklemore and Ryan Lewis hit, “Same Love” and her own single, “She Keeps Me Warm,” opened up about her bipolar disorder in her new song, “Secrets.”

“I think it’s really important to de-stigmatize mental illness in any form,” she told Huffington Post. “Everybody is going through something, everybody has had something that they’ve had to overcome.”

To read more, visit <http://huff.to/1K8z7QA>.

## NYC First Lady makes push for mental health care

Chirlane McCray, wife of New York City Mayor Bill de Blasio, opened up about her family’s mental illness as she announced plans for a comprehensive review of mental health to address disparities in care.

The family of de Blasio entered the spotlight when their daughter, Chiara, opened up about her own struggles with mental illness and substance use.

“I’m proud to say today that Chiara is kicking butt at recovery,” said McCray during the press conference.

To read more, visit <http://nyti.ms/1Hkh3F2>.

## The Talking Cure exhibit stops at Real Art Ways in Hartford

From Feb. 12 through May 25, Hartford Hospital’s Institute of Living and the Hartford HealthCare Behavioral Health Network welcome *The Talking Cure* — a traveling exhibit by New York artist Melissa Stern, to Real Art Ways, 56 Arbor St. in Hartford.



One of Melissa Stern’s sculptures that is part of *The Talking Cure* exhibit, coming to Real Art Ways next week.

Taking its name from Sigmund Freud’s description of psychoanalysis, Stern’s show consists of 12 sculptures, each with its own narrative created by writers and brought to life as monologues by actors. Attendees may access the monologues through QR codes on their smart phones or on a provided MP3 player.

An artist’s reception for the show will be held on Saturday,

March 7 from 4-6 p.m. For more information, please visit [www.realartways.org/event/the-talking-cure/2015-02-12/](http://www.realartways.org/event/the-talking-cure/2015-02-12/).

## What is your favorite workout song?



“Back in Black” by AC/DC. It’s got a good beat.

— **Deanna Bencivengo, Housing/Homeless Outreach Coordinator, Rushford**



Michael Jackson’s “Beat It.” I love the beat. I get on the treadmill and I go, go, go, go, go.

— **Tim Washington, Case Manager, Rushford**



“Party Up” by DMX  
— **Jill Holman, Natchaug Dietary**



“Work Out” by J. Cole  
— **Moe Lloyd, Mental Health Worker, Journey House**



“It Starts with Me” by Tim Timmons. It talks about how sometimes you have to go through hard things in order to realize life’s lessons. It motivates me a lot.

— **Yamaly Rosado, Secretary, HOCC Outpatient Behavioral Health**

# Subjects sought for metabolic risk study

The Institute of Living is seeking young adult participants (18-25 years old) for a study examining the risk of metabolic syndrome among psychiatric patients with mood disorders treated with second-generation antipsychotics.

This study is assessing the risk of insulin resistance, metabolic syndrome, and the components of metabolic syndrome associated with antipsychotic use, stress and inflammation. These factors are of interest in psychiatry

because antipsychotics are now widely used among the mentally ill, stress and inflammation are common in the psychiatric population, and antipsychotics, stress and inflammation are associated with cardiovascular disease (the leading cause of mortality and morbidity in this population), obesity, and diabetes. In addition, subjects' sleep patterns, diet, physical activity, smoking and alcohol consumption will be examined.

Participants will meet once with

study investigators to be interviewed, receive a brief, non-invasive physical examination, and have blood drawn to test for insulin resistance, the symptoms of metabolic syndrome, and biomarkers of stress and inflammation. Subjects will receive a \$50 stipend.

For more information, or if you wish to enroll in the study, please contact Dr. Stephen Woolley at the Institute of Living at **860-545-7329** or [stephen.woolley@hhchealth.org](mailto:stephen.woolley@hhchealth.org).



**Institute of Living**  
A Division of Hartford Hospital

The Family Resource Center

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**On Campus:**  
Helping College Students with their Mental Health

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Tuesday, March 24, 2015  
9 AM to 4 PM  
Institute of Living, Commons Building, Hartford Room



**The Sandy Hook Murders:  
Adam Lanza and the  
Mind of the Mass Shooter**

A special Institute of Living Grand Rounds presentation



**Date:** Thursday, February 12, 2015  
**Time:** 12 noon – 1:15 p.m.  
**Location:** Hartford Room, Commons Building  
 Hartford Hospital's Institute of Living  
 200 Retreat Avenue  
 Hartford, Connecticut



**Presented by Harold I. Schwartz, MD**  
 Psychiatrist-in-Chief, Institute of Living and  
 Regional Vice President, Hartford HealthCare's  
 Behavioral Health Network.

The role of mental health and developmental issues in mass school shootings is a complicated one. The psychological common denominator amongst mass shooters like Adam Lanza is likely impairment of Theory of Mind and capacity to mentalize which, in turn, impairs social connectedness and empathetic capacity.

Dr. Schwartz lays out his assessment of this case study in this visually dramatic presentation.

**Institute of Living**  
A Division of Hartford Hospital



## IOL Grand Rounds to feature NIDA Director Nora Volkow, MD



Volkow

On March 5, IOL Grand Rounds will feature Nora Volkow, MD, Director of the National Institutes of Drug Abuse (NIDA), a division of the National Institutes of Health. She is the 2013 recipient of the IOL's distinguished Burlingame Award, and her work has been instrumental in demonstrating that drug addiction is a disease of the human brain.

According to her NIDA biography, Dr. Volkow,

“pioneered the use of brain imaging to investigate the toxic effects and addictive properties of abusable drugs.”

Her March IOL talk is entitled “Imaging Drug-Effects in Human Physiology.” It will be held in the Hartford Room of the Commons Building from noon – 1:15 p.m., followed by a luncheon in her honor.

## Family Resource Center Support Groups

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 IOL FRC Support Group schedule for January through June is as follows:

- **The Truth About Electroconvulsive Therapy and Transcranial Magnetic Stimulation.** Feb. 10, May 12, 6 – 7 p.m. in the Commons Building, 2nd Floor, Hartford Room. Electroconvulsive Therapy (ECT) isn't like it's portrayed in the movies. It's a safe and commonly used procedure that effectively treats depression, mania, catatonia and some types of psychosis. Transcranial Magnetic Stimulation (TMS) is a non-invasive treatment for patients who have not benefited from the use of anti-depressant medications. This information session will answer your questions and concerns about these often misunderstood treatments.
- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** Feb. 11, Feb. 25, March 11, March 25, April 8, April 22, May 13, May 27, June 10, June 24,

(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.** Feb. 12, March 12, April 9, May 14, June 11 (Second Thursday of each month), 4 – 5 p.m. For family members impacted by loved ones with substance abuse.
- **Depression: An Introduction To The Disorder.** Feb. 17, April 21, 6:30 – 7:45 p.m. This program is for family and friends of individuals who suffer from depression. It will present a basic understanding of major depression, its treatment and ways family members might better cope with the illness.
- **Peer Parent Support Group For Those With Children On The Autism Spectrum.** Feb. 18, March 18, April 15, May 20, June 17 (Third Wednesday of each month), 6– 7 p.m. Facilitated by Gioviana Morales, Family Resource Center Peer Volunteer and parent of a child on the autism spectrum. This group is open to any parent who has a child on the spectrum.

- **Sibling Support Group.** Feb. 19, March 5, March 19, April 2, April 16, May 7, May 21 (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.
- **Support Group For Families Dealing With Major Mental Illness.** Feb. 19, March 5, March 19, April 2, April 16, May 7, May 21 (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.
- **Managing Schizophrenia.** Feb. 24, May 19, 6:30 – 7:45 p.m. This presentation will discuss the impact that symptoms of schizophrenia have on everyday activities, and provide tips on what you can do to make things better at home.

## Shatterproof CEO to headline benefit luncheon

You are cordially invited to attend the eighth annual Benefit Luncheon for Natchaug education programs sponsored by the Eastern Connecticut State University Foundation on Thursday, March 19, from noon – 1:30 p.m. in the Betty Tipton Room at the Student Center at ECSU.

The featured speaker is Gary



Mendell

Mendell, founder and CEO of Shatterproof — a national organization committed to protect-

ing children from addiction to alcohol or other drugs and ending the stigma and suffering of those affected by alcoholism ([www.shatterproof.org](http://www.shatterproof.org)).

Minimum donation is \$100 per guest and sponsored tables of 10 are available. RSVP to Sherry Smardon at **860-465-5910** or [sherry.smardon@hhchealth.org](mailto:sherry.smardon@hhchealth.org).

## Printed copies available

Printed copies of *BHNews* will be available for Natchaug staff at the main hospital each Friday by 10 a.m. Black and white copies will be available at the front desk, and a color copy will be placed in the staff lounge next to the Community Room.

## Good sports



The girls at Journey House celebrated National Girls and Women in Sports Day 2015 with a number of activities. Above: With the help of Journey House art teacher Joanne Hayes, each girl created a poster and report on a famous female athlete for display in the

Journey House hallways. Left: Journey House welcomed Marcy MacDonald, an open water swimmer and the American record-holder for English Channel crossings with 15.

## Quinebaug Connecting to Healthier

Natchaug's Quinebaug Treatment Center is helping clients Connect to Healthier, Hartford HealthCare's new marketing slogan, by incorporating weekly wellness groups in all four programs.

The Quinebaug team has taken on Connecting to Healthier through wellness, with leadership from intern Lori McDermott, who has a background in wellness and is a certified holistic health coach. She, along with other Quinebaug staff, are leading groups with a focus on wellness topics such as:

- Food and moods; mood busters and improvers
- Aromatherapy and self-regulation
- Setting SMART goals in well-being

- Positive affirmations
- Progressive relaxation
- Self-care/skincare
- Music
- Movement
- Meditation apps
- Mondulas/strength-based self-disclosures

Quinebaug staff are looking to incorporate an evaluation or survey form to see if clients are learning more about their personal wellness management, and a needs survey to collect other client-centered wellness topics. Clients will also participate in a poster project on wellness topics to help enhance creativity.

## Gunning promoted as part of adult services restructuring

Monika Gunning, LCSW, has been appointed as Director of Adult Services at Rushford at Meriden, effective Feb. 2.

In this position, Monika oversees the administrative, clinical, and operational activities of all adult programming, including supervision of the clinical management team. She will also focus on strategic growth, analyzing trends, goal setting, and follow-through.

An employee of Rushford since 2007, Monika most recently served as the Outpatient Clinical Supervisor in adult mental health services for Rushford at Meriden and the In-



Gunning

terim Director for Adult Ambulatory Services at the same location. She holds a bachelor's degree in family studies from UConn and a master's degree in social work from Southern Connecticut State University.

Jillene Bertolini, Director of Adult Residential Services at Silver Street, will continue overseeing adult ambulatory services on a permanent basis.

Amy Di Mauro, Director of Adolescent Services, will continue overseeing adult services at Rushford at Glastonbury on a permanent basis.



Above: Photos of the team are arranged like an organizational chart in the nursing team leaders' office. Below: A photo in the array of Molly Reid, RN, and the comments left about her by her co-workers on her white board.

## Getting to know Detox/ITP staff

Detox and ITP nursing staff at Rushford's Middletown facility now have their own "Wall of Fame."

Located in the nursing team leaders' office, there is now a photo of every full- or part-time nursing staff in residential services hanging on the wall in 8-by-10 frames, arranged like an organizational chart. Next to each photo is a dry erase board where co-workers can write comments on how things are going for them, how they are feeling or to recognize a peer.

"Mostly the staffers write positive affirmations," said Jennifer Nero, RN, who,



along with fellow team leader Jeannie Cardona, RN, developed and implemented the concept. "It is a humanistic and authentic way to recognize the people who work so hard with our clients."

## Middletown Book Exchange now open

Rushford at Middletown is seeking gently used books and magazines for its Book Exchange. The exchange is free and open to all staff and clients. Books and magazines for exchange are located in the newly installed bookcase in the cafeteria in Middletown. Clients and staff may share and take, just share, or just take from the bookcase at any time.

This project is an H3W idea spearheaded by Mary James and Sheila Gosselin. When considering what to donate, please keep the subject matter appropriate. Reading materials with a substance abuse focus or containing nudity or obscene subject matters will NOT be accepted. If you have questions, please contact [mary.james@hhchealth.org](mailto:mary.james@hhchealth.org) or [sheila.gosselin@hhchealth.org](mailto:sheila.gosselin@hhchealth.org).



# events

- **Friday, Feb. 6 from 8 – 11 p.m.:**  
*Meriden TEEN Night Valentine's Dance for the Boys and Girls Club of Meriden.* Sponsored by the Meriden Healthy Youth Coalition. For more information, contact [Krystle.blake@hhchealth.org](mailto:Krystle.blake@hhchealth.org).
- **Tuesday, Feb. 10 from 6 – 7:30 p.m.:**  
*Teen Dating Violence Educational Empowerment Forum, Lincoln Middle School, 164 Centennial Ave., Meriden.* Sponsored by the Meriden Healthy Youth Coalition. Speakers: Pam Kudla, Meriden Police Department and Meriden Youth Services Crisis Intervention Specialist, and Carissa Conway, Women and Family Center. For more information, contact [krystle.blake@hhchealth.org](mailto:krystle.blake@hhchealth.org).
- **Wednesday, Feb. 11 from 8 a.m. – 5:30 p.m.:** Mental Health First Aid (for HHC employees), IOL Commons Building, Litchfield Room, 200 Retreat Ave., Hartford. For further information or to register, please call Patricia Graham at **860-545-7716**, or email [patriciac.graham@hhchealth.org](mailto:patriciac.graham@hhchealth.org).
- **Thursday, Feb. 12 from noon – 1:15 p.m.:** IOL Grand Rounds: *"The Sandy Hook Murders: Adam Lanza and the Mind of the Mass Shooter."* Harold I. Schwartz M.D., Psychiatrist in Chief, Institute of Living and Regional Vice President, Behavioral Health, Hartford Health Care
- **Feb. 12 - May 25 with an opening reception on March 7 from 4 - 6 p.m.:** *The Talking Cure Project: An Interactive Exhibit by artist Melissa Stern, Real Art Ways, 56 Arbor St., Hartford.* With a background in anthropology, artist Melissa Stern has collaborated with twenty-four writers, poets, novelists, screenwriters, playwrights and actors to create art that inspires audiences to upload their own narratives on-site. Sponsored by Hartford Hos-  
  
pital's Institute of Living and Hartford HealthCare's Behavioral Health Network. For more information, visit [www.realartways.org](http://www.realartways.org).
- **Sunday, Feb. 22 from 10:30 a.m. to 3:30 p.m.:** *Healthy Family Fun Fest, The Aqua Turf Club, 556 Mulberry Street, Plantsville.* Join us for an incredibly exciting and fun day filled with health information, speakers, screenings, demonstrations and activities for everyone from children to seniors. Sponsored by HHC partners The Hospital of Central Connecticut at Bradley Memorial, Central Connecticut Senior Health Services along with the Southington/Cheshire YMCA. Admission is free!
- **Tuesday, Feb. 24 from 7 – 8 p.m.:** *Students Give Parents the 4-1-1 on Weed, The Pavilion, Bridge Street, Old Saybrook.* A forum for parents presented by Middlesex county students to educate adults and hold them more accountable. For more information, contact [sheryl.sprague@hhchealth.org](mailto:sheryl.sprague@hhchealth.org).
- **Wednesday, Feb. 25 at 5 p.m.:** *Mental Health and Substance Abuse, Rushford at Glastonbury, 110 National Drive, Glastonbury.* Presenter Pamela Mulready from Rushford will teach attendees about how therapists diagnose a client with an addictive disorder and what types of treatments are available. Part of the Think 180 Wellness Initiative, sponsored by the Glastonbury Chamber of Commerce. Cost is \$5 per class for Chamber members, \$10 per class for non-Chamber members or local residents. To register online, visit [www.glastonburychamber.com](http://www.glastonburychamber.com)
- **Thursday, Feb. 26 from noon – 1:15 p.m.:** IOL Grand Rounds: *"Medical Marijuana: Legal Considerations for Providers."* Maya Prabhu, M.Sc., MD, LL.B. Assistant Professor of Psychiatry, Yale School of Medicine.
- **Thursday, Feb. 26 from 5:30 – 7 p.m.:** *Eating Disorders: An Overview, Commons Building, 2nd Floor, Hartford Room, Institute of Living, 200 Retreat Ave., Hartford.* The Institute of Living's Family Resource Center and Eating Disorders Program is hosting an informative lecture on Eating Disorders in honor of National Eating Disorders Awareness Week (Feb. 23-27), featuring Paula Holmes, APRN, IOL Eating Disorders Program Clinical Director. No RSVP required. For more information, contact [patriciac.graham@hhchealth.org](mailto:patriciac.graham@hhchealth.org), or call **860-545-7716**.
- **Wednesday, March 4 at 5 p.m.:** *Anxiety, Rushford at Glastonbury, 110 National Drive, Glastonbury.* We will explore how to manage anxiety, stress, and recognize your tendencies and practical preparation/managing circumstances. Presented by Dr. Laney Ducharme, Licensed Psychologist. Part of the Think 180 Wellness Initiative, sponsored by the Glastonbury Chamber of Commerce. Cost is \$5 per class for Chamber members, \$10 per class for non-Chamber Members or local residents. To register online, visit [www.glastonburychamber.com](http://www.glastonburychamber.com)
- **Thursday, March 5 from noon – 1:15 p.m.:** IOL Grand Rounds: *"Imaging Drug-Effects in Human Physiology."* Dr. Nora Volkow, Director, National Institute on Drug Abuse.
- **Thursday, March 12 from noon – 1:15 p.m.:** IOL Grand Rounds: *"Grief After Suicide: Finding Hope and Healing."* Jack Jordan, Ph.D., Clinical Psychologist

## 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](mailto:carol.vassar@hhchealth.org) or [amanda.nappi@hhchealth.org](mailto: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

**MISC. ITEMS** — Trex kid's bicycles, one for girls in light blue, one for boys in black, excellent condition, make an offer on either one or both. Wool area rug, \$25. Call **860-639-9026**.

### EVENTS

**ARE YOU LOOKING FOR OPTIMAL HEALTH** — Contact me and I will tell you my weight loss story. I hope it will inspire you and would love it if you decided to join me on my journey to health! Contact Kathy Mikna at **860-608-9122** or [kathy1956v@aol.com](mailto:kathy1956v@aol.com)

**GRISWOLD EXERCISE PROGRAM** — The exercise program will be held every Tuesday and Thursday, 6-7 p.m. at Griswold Elementary School Cafeteria. The class features low impact aerobics, weights, Pilates. Bring your own mats and weights.

**VALENTINE'S DAY FUNDRAISER AT NFA** — Friday, Feb. 13, send a sweet treat to an NFA student for Valentine's Day. The NFA Class of 2015 is sponsoring the eighth annual "Love Bite" event, two chocolate chip cookies along with your message will be delivered to the recipient for \$1. Contact Melissa at [cassidym@nfaschool.org](mailto:cassidym@nfaschool.org) and include the recipient's first and last name, a message and arrangements for payment, request deadline is Monday, Feb. 9.

**VALENTINE'S DAY FLOWERS/SCORE WITH ROSES** — Score with Roses is the honor component of Jordyn Guerra's senior project. Jordyn is selling flowers for Valentine's Day as a fundraiser to raise money to support the maintenance and improvements to the Lyman Memorial High School Soccer Complex. For more information and to place your order visit

[scorewithroses.com](http://scorewithroses.com) or email [scorewithroses@yahoo.com](mailto:scorewithroses@yahoo.com).

**VFW VALENTINE DINNER DANCE** — Saturday, Feb. 14, 7 p.m. at VFW Post 10004, Taylor Hill Road, Jewett City. Sponsored by the Ladies Auxiliary. Roast beef, mashed potato, gravy, vegetable, salad, bread, dessert, dancing to the P'om, \$20 per person, advance tickets only. Call **860-303-9726**.

**OPEN HEARTH COOKING CLASS** — Saturday, Feb. 14 from 5:30-10:30 p.m. and Saturday, Feb. 21 from 1:30-6:30 p.m. at the John Bishop House Museum, Lisbon. Sponsored and led by the Lisbon Historical Society. Students will prepare dinner using period cooking utensils and methods then enjoy dinner by candlelight. Cost is \$55 per person. The Museum is a non-profit organization and a portion of the proceeds will benefit museum restoration. For more information call **860-887-8052**.

**ANNUAL LENTEN FISH AND CHIPS DINNER** — Friday, Feb. 20 through Friday, March 27 from 3:30-7 p.m. at St. James Church, Preston. Fresh cod fish, baked or fried, coleslaw, French fries, D'Elia's fresh bread, homemade desserts. Call ahead for take-out at **860-889-0150**.

**TURKEY DINNER** — Saturday, Feb. 21, 5-7:30 p.m. at Lee Memorial Church, 294 Washington St., Norwich. Adults, \$11, seniors and children five years old to 12 years old, \$9 and children four years old and under are free, dine in or take out, door prizes. Call **860-887-5886** to reserve tickets.

**SPAGHETTI DINNER & BASKET RAFFLE** — Saturday, March 28 from 4-8 p.m. at Central Village Fire House. All proceeds benefit Sandra Bryant Foular's medical expenses in the fight with Pancreatic Cancer. Raffles, spaghetti, salad, bread, drinks, dine in or take out, adults \$10, children \$5. For tickets call

Kerri at **860-823-7160**.

**LEE MEMORIAL CHURCH FUNDRAISER** — One pound pecans from Georgia, \$12. Streak-Less polishing reusable cloths, use with water no chemicals, \$3. Proceeds benefit the Church. Call **860-822-6595** or **860-908-9797**.

**QUALITY, STRENGTH BASED PRE-SCHOOL PROGRAMS** — TVCCA Head Start is currently accepting ongoing enrollment of children born in 2010/2011 for full-day/half-day programs. Innovative curriculum, meals included, additional family support, home based program is also available to expectant parents on up to three years old. Call **860-425-6515**.

**PRESCHOOL/CHILD CARE** — First Leaps Together, Ledyard, a small family-oriented center providing outstanding early education in Ledyard Center. Now enrolling for immediate space in our full day-care, preschool program options, after school programs, summer programs, and specialized services. Visit [firstleapstogether.com](http://firstleapstogether.com) or call **860-381-5537**.

**SENIOR RESOURCES** — Do you need help paying for or need information on Medicare Premiums, Prescription Drugs, Food, Housing, Energy Bills, Property Tax Assistance, Veterans Benefits and other services? Let us do a Benefits Checkup! A Benefits Checkup is a free and confidential questionnaire for individuals 60 years old and up that will screen you for eligibility for federal, state and local financial programs. Visit [www.SeniorResourcesEC.org](http://www.SeniorResourcesEC.org) click on the Benefits Checkup logo. Are you unable to access the internet or do you have any questions? Call Senior Resources at **800-690-6998** and have the questionnaire mailed to you. Or, a Senior Resources staff member can complete the screening over the telephone.

## 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](mailto:carol.vassar@hhchealth.org) or [amanda.nappi@hhchealth.org](mailto: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, Feb. 10, at noon.**