



NEW LEADER NAMED

Patricia Rehmer tapped to succeed Dr. Stephen W. Larcen.

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SPREADING THE WORD

BHN partners showcase their work at sixth annual Family FunFest.

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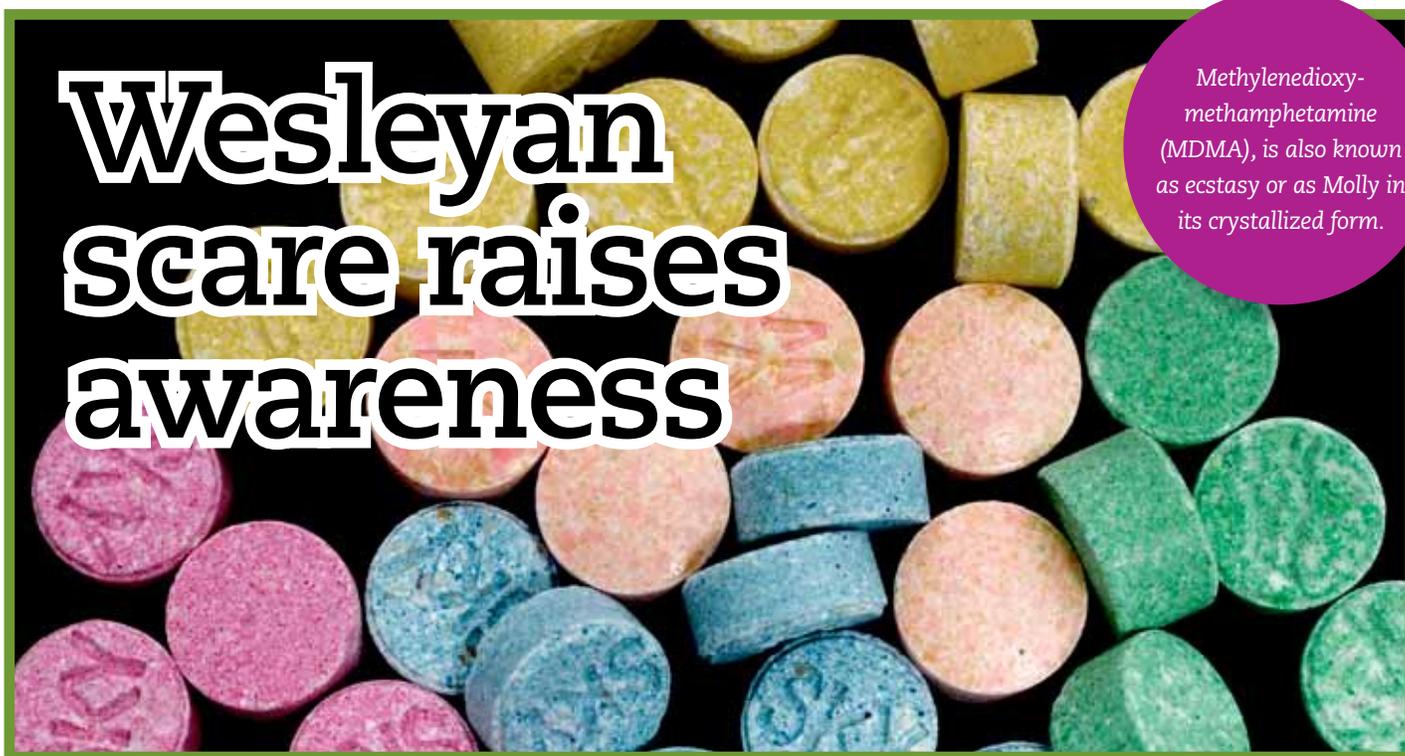
GRAND ROUNDS

Dr. Nora Volkow to be the featured speaker March 5 at IOL event.

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Hartford HealthCare  Behavioral Health Network

BHINews



Methylenedioxy-methamphetamine (MDMA), is also known as ecstasy or as Molly in its crystallized form.

With 11 students hospitalized, the dangers of MDMA can't be overstated

The hospitalization of 11 students at Wesleyan University last weekend has raised awareness in Connecticut about the dangers of the party drug methylenedioxy-methamphetamine (MDMA), known as ecstasy or, in its crystallized form, as Molly.

Hartford HealthCare — including Rushford, Backus Hospital and Windham Hospital — was at the forefront of the issue, conducting media interviews and outreach related to the dangers of

Molly and other potentially fatal drug overdoses.

“MDMA is an amphetamine derivative; when taken orally, nasally or through the mucosa (e.g. gums) results in a flood of serotonin in the brain having the effects of a stimulant and a hallucinogen,” said J. Craig Allen, MD, Rushford Medical Director. “Molly and ecstasy are illegal club drugs, popularized at “raves,” or all night dance parties, usually involving young adults and older adolescents. People take it to get the

feelings of euphoria, increased energy, emotional warmth and empathy toward others as well as heightened sensations and a distortion of space and time.”

Many who consume MDMA are unaware exactly what they are getting as it is a synthetic drug manufactured illegally and often “cut” to include other ingredients, such as opioids or additional stimulants. No two formulations are exactly the same.

“Saying Molly is ‘pure’ is a misnomer,
..... Continued on page 2

Realizing the dangers of MDMA

continued from page 1

because none of this is really pure. There is no quality assurance or FDA overseeing what a consumer is getting when they buy this drug on the street” said Dr. Allen.

“The fact is that these drugs are not regulated. Someone could be making them in their basement. It’s often a composite of a number of things. Sometimes we don’t know what exactly we are treating,” said Karen Butterworth-Erban MSN, RN, HHC East Region Director of Emergency Services.

When someone ingests, inhales, or otherwise introduces MDMA into their body, there is a flood of serotonin, dopamine, and norepinephrine in the brain. In addition to the psychoactive effects, the physical effects can include increased blood pressure, increased heart rate, and hyperthermia (the loss of an ability to regulate body temperature).

One long-term effect of using MDMA/Molly can be damage to serotonergic terminals in the brain. These do not regenerate, causing long-term effects on a person’s mood and memory.

The Wesleyan incident is not an isolated event. Overdoses and deaths from the use of MDMA/Molly have occurred on or near other college campuses in recent years, including the universities of Virginia and New Hampshire, and Plymouth State College. This has heightened awareness for potential health emergencies in other parts of Connecticut, particularly the East Region, home to the University of Connecticut in Storrs and Eastern Connecticut State University in Willimantic.

“We are certainly concerned about it as it affects any of the college communities like it has Wesleyan,” said Jim O’Dea, Ph.D., MBA, HHC BHN East Region Director. “We are working in both emergency departments (Backus and Windham Hospitals) in the event that these kinds of circumstances might present themselves in our region.”

Butterworth-Erban noted that the awareness of MDMA/Molly in the East Region was heightened six months ago, following an incident at an event in California.

“There was a DJ at a local venue who was doing a very big show, and the show he had done in Los Angeles prior to coming to Connecticut was publicized for having a number of overdoses on Molly,” Butterworth-Erban stated. “We made sure we pushed out brief education tips to staff (at the local venue where the show was held) on what to look for. We increased our (emergency room) staffing just before that concert, just in case there were some additional needs. We shared information with the doctors and the hospitalists as well.”

One result of that preparedness exercise was the formation of a task force in the East Region to discuss what health care providers, first responders and other community leaders

Talking to young adults about MDMA

Talking to young adults about drug use is never easy. But having an open communication with your older high school-age and college-age children can be one of the best prevention tools available.

“It’s certainly not an easy topic to talk about,” said Karen Butterworth-Erban MSN, RN, HHC East Region Director of Emergency Services. “Along with the risks associated with alcohol and binge drinking, this rises to the top in terms of concern. Make certain your child is well-informed of what could potentially happen if he or she uses this drug.”

Talking about high profile events, such as the situation at Wesleyan, can be a starting point for such dialogue.

“To me, this is all about conversation,” said Jim O’Dea, Ph.D., MBA, HHC BHN East Region Director. “Anything that happens in our community should create the opportunity for discussion with our young people. As a parent, you don’t have to wait until you have an issue to raise a question and ask if they have heard about the Wesleyan situation.”

Other icebreakers parents may use with to start the conversation with their college-age kids include:

- Have you heard about what is happening at Wesleyan?
- Tell me a little about what’s going on with your friends.
- What are you and your friends talking about?
- Is this going on at parties that you go to?
- Have you seen this?
- Do you know anybody that uses it?

Opening this line of conversation can be daunting, but it does communicate a positive message from parents to young adult children.

“It communicates interest and caring and provides young adults with the opportunity to talk about issues that might be on their minds that they don’t quite know how to bring up themselves,” said Dr. O’Dea. “The more dialogue the better.”

are experiencing in terms of increased recreation drug use in this area. The Community Collaborative Task Force meets for the first time on March 6 to examine what is happening on all fronts in the East Region, where drug overdose deaths are on the rise. The group’s long-term goal is collaboration, communication and hopefully earlier intervention.

Rehmer to take top BHN post

Connecticut Department of Mental Health and Addiction Services Commissioner Patricia A. Rehmer, MSN, ACHE, was named as the successor to Stephen W. Larcen as head of Hartford HealthCare's (HHC) Behavioral Health Network (BHN).



Rehmer

Rehmer, a nationally recognized leader in mental health and substance abuse, will join HHC as a senior vice president on April 1. She will work with

Dr. Larcen to develop a plan for a seamless BHN leadership transition.

On Friday, Feb. 13, Dr. Larcen announced his retirement as founding president of the BHN, effective later this year. Upon his retirement, Rehmer will take on the additional title of BHN president.

Rehmer has nearly 30 years of experience with public and private behavioral health agencies. She joined DMHAS in 1999, and has served as commissioner since November 2009.

Rehmer began her career at Hartford Hospital's Institute of Living, where she worked for 17 years.



Study finds link between sleep and meal routines and mental illness

According to a new study from Canadian and French psychologists, regular mealtimes and an early bedtime may ward off the onset of mental illness.

Daily rhythms of sleep and waking are dictated by the body's internal "circadian clock," but daily activity is also influenced by ultradian rhythms, which are activated by dopamine and linked to functions such as body temperature, serum hormones and physical movements.

The study found a link between sleep abnormalities and an imbalance in the ultradian rhythm generator (rather than the circadian clock), which may suggest that ultradian rhythm malfunctions induce sleep disruptions, mania or schizophrenic episodes.

To read more on the study, visit <http://huff.to/1A3DVic>.

National Eating Disorder Week — Feb. 22-28

The National Eating Disorder Association, the leading nonprofit advocating for and supporting individuals and families affected by eating disorders, is celebrating its 28th annual National Eating Disorders Awareness Week.

This year's campaign, "I Had No Idea," focuses on the importance of early intervention and recognizing the diverse experiences of people affected by disordered eating.

To read more about the campaign, visit: <http://nedawareness.org>

staff speaks out

What's your hobby?



I run a lot. Recently, for some reason, I decided to go running when it was -2 degrees, and I came back and my eyelashes and eyebrows were frosted over.

— **Josina James, Intern, Rushford Child & Adolescent Program**



My hobby used to be muscle cars, before kids. Now it's kids.

— **Mike Varni, Food Service Manager, Rushford at Middletown**



I like to read. Right now I'm reading 'Persuasion' by Jane Austen.

— **Meredith Schwartzman, PhD, psychologist, IOL Child and Adolescent Day Program**



I grow bonsai trees. About 16 years ago, I bought one and it died. That really bothered me, so I did a lot of research, got another one and have been doing it ever since.

— **Justin Sleeper, Vice President of Operations, Natchaug**

1 BHN First

HOCC Outpatient Behavioral Health

The Department of Outpatient Behavioral Health at The Hospital of Central Connecticut (HOCC) provides a wide variety of behavioral health services for adults with mental illness and/or addiction problems. Using a culture-sensitive, multi-disciplinary treatment approach, the focus of services for the HOCC Outpatient Behavioral Health Department is to help individuals make realistic adjustments to living in the community while managing their symptoms and expanding their coping and relapse prevention skills.

With services offered in English, Spanish and Polish, this department serves the communities of New Britain, Newington, Plainville, Southington, Bristol and beyond with the following services at its location at 73 Cedar St., New Britain:

The Hospital of Central Connecticut
Connect to healthier.

- Psychotherapy and psychiatric services for adults ages 18 and over
- Intensive outpatient services for mental health and substance abuse, adults ages 18 and over.
- Substance abuse/relapse prevention programs
 - Anger Management groups
 - VOCA program for adults who have dealt with domestic violence, sexual assault, or sexual abuse in childhood
- Mental health services for adults, ages 55+
- Intensive outpatient services for adults, 55+

To learn more

■ For referrals and information, please contact the HOCC Outpatient Behavioral Health Department at: **860-224-5804** (intake line) or **860-224-5267** (main line). For the Hispanic Counseling Center, please call **860-224-5300**.

- Research department offering studies and clinical trials
- Services provided in English, Spanish and Polish languages.

■ BHN First is a regular feature of BHN News designed to help readers become more familiar with the unique service offerings across the network, and provide staff with the information to refer within the BHN FIRST!

Family FunFest features BHN

Staff and volunteers from the HHC BHN participated in the sixth annual Family FunFest at the Aqua Turf in Southington on Sunday.

The Healthy Minds portion of the FunFest included representation from Rushford, IOL, HOCC, and Al-Anon. Visitors were able to participate in behavioral- health-related-prevention activities, including signing the Stop the Stigma pledge, taking depression screenings and a demonstration of the effects of alcohol using goggles.

Visitors could also visit the iPad kiosks to participate in a community mental health survey. Thanks to all who participated for their discretionary effort to help spread the word about the great work done by all the BHN affiliates!



Above left: Alecia Edmund, Erin Martin and Danielle Seidsma from The Hospital of Central Connecticut Outpatient Behavioral Health Department. Above right: Lizzie, a Cairn terrier and pet therapy dog with the Institute of Living's Child and Adolescent program, along with her handler, IOL's Alison Wellman, were a big hit with the crowd. Right: Rushford at Stonegate's Michael Cole, right, volunteered to collect Stop the Stigma pledges along with his son, Matthew.



IOL Grand Rounds to feature NIDA Director Nora Volkow, MD

On March 5, IOL Grand Rounds will feature Nora Volkow, MD, Director of the National Institutes of Drug Abuse (NIDA), a division of the



Volkow

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.

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.

Check out the Treasure Trove

The average newspaper classified ad can cost tens to hundreds of dollars, but *BHNews* is offering employees a way to reach almost 2,000 of their co-workers for free.

The Treasure Trove is a free classified section in each issue of *BHNews*.

Advertise items for sale or community events that are open to the public by Tuesdays at noon via e-mail to amanda.nappi@hhchealth.org or carol.vassar@hhchealth.org.

You are invited!

Artist Reception for
The Talking Cure

Saturday, March 7, 2015
4 pm – 6 pm

Real Art Ways
56 Arbor Street
Hartford, Connecticut



Join us for a reception celebrating the work of artist **Melissa Stern**, and her exhibition,



The Talking Cure, now on display through May 25 at Real Art Ways in Hartford.

Taking its name from Sigmund Freud's description of psychoanalysis, Stern's show consists of twelve 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.

Come enjoy the work, meet the artist, and socialize with friends and guests!

Light refreshments will be provided.

The reception is free and open to the public.

The Talking Cure is presented in partnership with Hartford Hospital's Institute of Living and the Hartford HealthCare Behavioral Health Network.



Institute of Living
A Division of Hartford Hospital

Institute of Living
A Division of Hartford Hospital

The Family Resource Center

On Campus:
Helping College Students with
their Mental Health

Tuesday, March 24, 2015
9 AM to 4 PM

Institute of Living, Commons Building,
Hartford Room



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 through June is as follows:

■ **Dementia Support/Educational Group Meeting.** March 3, April 7, May 5, June 2 (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 through this journey. Let's work together, help each other and exchange ideas. Space is limited — reservations are required by calling **860-545-7665**.

■ **Survivors Of Suicide Group.** March 4, April 1, May 6, June 3 (First Wednesday of the month), 7 – 8:15 p.m. at the Hartford HealthCare's Avon Satellite Location, 100 Simsbury Road, Second Floor Suite. For those who have lost someone close to them by suicide. Please call the RSVP numbers with questions or concerns. **860-545-7716** or **860-545-7665**.

■ **Sibling Support Group.** 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.

■ **Support Group For Families Dealing With Major Mental Illness.** 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.

■ **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** 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.** 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.



Something's Up and I Don't Know What: A discussion of young adult mental health concerns

This event is aimed towards family members and friends of young adults who may be displaying behaviors that are concerning to their loved ones. The discussion will focus on discerning normative transitional difficulties from something more, communication techniques and treatment options for young adults.

Facilitated by: **Mallory Fergione, MSW**
Coordinator, Outreach Program
Young Adult Services/Hartford Hospital's Institute of Living



Thursday, March 12th 6-7 pm

Hartford HealthCare
300 Western Boulevard
Gateway Medical Park-South, Suite C
Glastonbury CT 06037

For more information, contact patriciac.graham@hhchealth.org or call 860.545.7716

Institute
of Living

A Division of Hartford Hospital

New hires

- **Terry Dunn**, MHW, Old Saybrook
- **Patrice Hubert**, Per Diem Dietitian
- **Dominique LaCroix**, Intern, Care Plus

In a better light



Members of the Plant Operations H3W Workgroup accept their runner-up award for their H3W project, which focused on improving the quality and reducing the expense of lighting around the Natchaug campus by switching to more efficient bulbs. The changes resulted in a savings of more than \$10,000. The group includes, standing from left, Scott Crawford, Scott Cornell, Tyler Rowett, Larry Green and, seated from left, Brian Holman, Ed Moran, Dan Ferrington.

Scott moves on



Congratulations to Natchaug's Kristie Scott who has been appointed CEO of Perception Programs. Kristie's last day was Tuesday, Feb. 24.

Scott

Be respectful and considerate of others

This is being written because of the way that I have seen the staff lounge at the main hospital being treated. We all work together at Natchaug Hospital, whether it's something we really love to do or because it is a job to help pay the bills or work towards a career goal. Either way, we all want to be respected and treated as if we each matter.

LETTER TO THE EDITOR

It's upsetting to walk into the staff lounge and see wrappers and bits of paper towels on the counter and floor; food residue on the garbage can lid that no one wants to touch; spilled milk and coffee on the counter top; and food crumbs all over the table and floor. It takes just 30 seconds to pick up after yourself, whether that means cleaning the table or counter after you use it, wiping down the garbage can lid with a damp paper towel, or making sure wrappers make it into the garbage can. The housekeeping staff shouldn't have to pick up after us as we do for our children or grandchildren.

If we all make an effort to respect each other and the staff lounge, it will look like a place to relax and enjoy lunch away from our desks.

— Paulette Washington, HIM

Our children are the victims: What you need to know about addiction

Featuring:
Gary Mendell – Founder and CEO of Shatterproof

You are cordially invited to attend a benefit luncheon to support Natchaug Hospital

hosted by
Elsa M. Núñez, Ph.D.
President of Eastern Connecticut State University
and
Stephen W. Larcen, Ph.D.
President of Natchaug Hospital



Please join us!

Thursday, March 19, 2015 | Noon-1:30 PM
Betty R. Tipton Room
Student Center | Eastern Connecticut State University
Willimantic, Connecticut

Minimum donation of \$100 per guest (Sponsored tables of ten available)

Please RSVP by March 12
860.465.5910 or sherry.smardon@hhchealth.org.

Luncheon sponsored by The ECSU Foundation, Inc.
All proceeds will benefit Natchaug Hospital's educational programs.

John Steele bids farewell

John Steele has accepted a position elsewhere in Connecticut. His final day with HHC is today, and he was honored with parties on Monday at Meriden and Tuesday at Middletown. On behalf of both organizations, thank you John for your tireless discretionary efforts.



From left, Diana Higa, Mike Varni, John Steele, Jill Bertolini, Jennifer Nero and Jeannie Cardona.

From left, Army Maj. Gen. Arthur T. Dean, Rushford's Christine Culver and Krystle Blake, Kareemah Abdul-lah and Army Col. Michael E. Patterson



CADCA graduation

After attending a year of project planning, activity implementation and training associated with the Drug Free Communities Grant, Rushford's Krystle Blake and Christine Culver were awarded certificates of completion by the Community Anti-Drug Coalitions of America (CADCA) at a graduation ceremony on Feb. 3, at the National Gaylord Convention Center, National Harbor, Md. Blake and Culver are also members of the Meriden Healthy Youth Coalition, which is funded by the grant.

IntNSA reschedules meeting for March 31

The organizational meeting for the International Nurses Society on Addictions (IntNSA) has been rescheduled for Tuesday, March 31, from 6 – 8 p.m., Rushford at Middletown. The purpose of the meeting is to form

a Connecticut IntNSA chapter.

IntNSA is a professional specialty organization. Founded in 1975, IntNSA's mission

is to advance excellence in nursing care for the prevention and treatment of addictions.

IntNSA has something to offer every nurse, regardless of their area of nursing practice. All are welcome to attend this important meeting, taking place at Rushford, 1250 Silver St., Middletown. For more information or to RSVP (by March 27), please contact pam.waranowicz@hhchealth.org, or call 860-305-6892.



Free Educational Seminar

Substance Abuse Across the Lifespan: A Community Dialogue on Behavioral Health

Wednesday, April 15
6:30 p.m. - 8 p.m.

Southington Municipal Center
200 North Main Street
Southington

This interactive event is part of the ongoing National Dialogue on Mental Health Series sponsored by the Hartford HealthCare Behavioral Health Network. The public is invited to attend, ask questions, share their stories, and learn more about mental health and substance abuse.



Panelists:

- Tim Harmon**, young adult in recovery
- J. Craig Allen, MD**, Medical Director, Rushford
- Linda McEwen, LCSW**, The Hospital of Central Connecticut
- Susan Saucier**, Director of Southington Youth Services
- Margaret Walsh**, Director of Pupil Services, Southington Public Schools

For more information or to register for this event, please call 1.800.321.6244

Sponsored by
The Hospital of Central Connecticut,
MidState Medical Center,
Rushford and the
Southington Public Schools

Hartford HealthCare
Behavioral Health Network



events

- **Now through May 25:** *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 Hospital's Institute of Living and Hartford HealthCare's Behavioral Health Network. For more information, visit www.realartways.org.
- **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
- **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.
- **Saturday, March 7 from 4 – 6 p.m.:** *The Talking Cure Artist Reception*, Real Art Ways, 56 Arbor Street, Hartford. Join us for a reception celebrating the work of artist Melissa Stern and her exhibition. Come enjoy the work and meet the artist! Light refreshments will be provided. The reception is free and open to the public. For more information, visit www.realartways.org.
- **Wednesday, March 11 from 5:30 – 7 p.m.:** IOL Patient and Family Advisory Council (PFAC) Informational Session, Commons Building, 2nd Floor, Hartford Room, Institute of Living, 200 Retreat Ave., Hartford, Connecticut. The IOL is seeking former patients and family members to apply and interview for a term on the PFRC. PFRC is an extension of the patient experiences, and provides council to IOL leadership to help improve IOL services. For more information on the PFRC, or to apply for membership, please contact patriciac.graham@hhchealth.org, or call 860-545-7665.
- **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
- **Thursday, March 12 from 6 – 7 p.m.:** *Something's Up and I Don't Know What to Do: A Discussion of Young Adult Mental Health Concerns*. Hartford HealthCare, 300 Western Blvd., Gateway Medical Park-South, Suite C, Glastonbury. For family members and friends of young adults (ages 18-26) who may be displaying behaviors that are concerning. The discussion will focus on communication techniques and treatment options. Facilitated by Mallory Fergione, MSW, Coordinator of the Young Adult Services Outreach Program, Hartford Hospital's Institute of Living.
- **Monday, March 16 at 5 p.m.:** *The Benefits of Acupuncture*, Rushford at Glastonbury, 110 National Drive, Glastonbury. In this one-hour seminar, licensed acupuncturist Dr. Helene Pulnik of Rushford will discuss how this treatment can help with many disorders such as anxiety, depression, and stress. 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.
- **Tuesday, March 24, from 9 a.m. to 5 p.m.:** On Campus: Helping College Students with the Mental Health, IOL, Hartford Room, Commons Building, 200 Retreat Ave., Hartford. Designed for administrators and health care providers working with college students, this day-long session will emphasize suicide prevention. Cost: \$50. For further information or to register, please call Patricia Graham at 860-545-7716, or email patriciac.graham@hhchealth.org.

About BHNews

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

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

Deadline for the next edition of BHNews is Tuesday, March 3, at noon.

The Treasure Trove is a free classified ad section for the benefit of Behavioral Health Network employees, retirees, medical staff and volunteers.

We welcome your submissions, which you can submit by emailing carol.vassar@hhchealth.org or amanda.nappi@hhchealth.org.

The deadline for submissions to be included in each Friday's BHNews is Tuesday at noon. BHNews will include community events for not-for-profit organizations that are open to the public and free of charge. We do not accept ads for real estate, firearms or personal ads. Please do not list hospital phone numbers or hospital e-mail addresses for responses.

You must submit your item weekly if you want it to appear more than one week.

WANTED

HEARING AIDES — Please consider donating hearing aides that you no longer use to someone in need. Call **401-491-9339**.

EVENTS

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

LENTEN FISH AND CHIPS — Fridays through April 3 from 4:30-7 p.m. at Saint Joseph Church, 120 Cliff St., Norwich. \$9, full meal, \$7, one piece meal and chowder is \$4.

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.

SUNDAYS IN THE PARLOR AT PARK — Sunday, March 1, 2 p.m. at Park Congregational Church, 283 Broadway, Norwich. Pianist, Laura Hibbard and Clarinetist, Kelli O'Connor will perform, light refreshments will follow.

ST. PATRICK'S DAY CORNED BEEF AND CABBAGE DINNER — Sunday, March 15, 5-6:30 p.m. at the Sprague Community Center, 22 West Main St. Baltic. Adults, \$10, children ages 5 to 10 years old, \$5, children under 5 years old are free. Call **860-822-6595** for 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**.

NFA WINE TASTING — Saturday, March 28, 6-8 p.m. in the atrium at NFA, Norwich Free Academy. Advance tickets, \$20, at the door, \$25, light refreshments, free gift to the first 100 paid tickets. Call Lori at **860-886-1463** or email Lploof@americanamb.com.

POWER OF PURPLE LUNCHEON — Wednesday, April 1, noon to 2 p.m. at Langley's Restaurant, Waterford. The Power of Purple is an ongoing campaign against domestic violence created by a partnership of The Rose Conrad Memorial Fund of Safe Futures and Hadassah of Eastern CT. For more information contact Sheila Horvitz at **860-884-8945**.

WHITE MASS FOR HEALTHCARE WORKERS & CAREGIVERS — Sunday, April 19 at 9 a.m. at the

Cathedral of Saint Patrick, 213 Broadway, Norwich. Following the Mass there will be a brunch in the Cathedral auditorium. Dr. Seth Flagg, USMC, Wounded Warrior Regiment surgeon in Quantico, Va., will be the speaker.

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**.

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 or call **860-381-5537**.

**Don't
throw away
\$500**
up to

**You will if you
miss the wellness
credit deadline.**



Complete your wellness requirements by March 31 to save up to \$500 on your 2015 HHC medical insurance.

- Take the Compass health assessment online or on your mobile phone
- Confirm that you have had preventive care between January 1, 2014 and March 31, 2015

Employees with single coverage can save \$250. Employees with spouse/partner or children/family coverage can save \$500 if **BOTH** the employee and spouse/partner complete both steps.*

To get started:

Log on to MyRedBrick.com/healthytogether or call RedBrick at **1.877.207.0136**

*This message may not apply to some bargaining unit members