A self-confessed avid reader, Backus Hospital therapist Rosemarie Neilson, LCSW, lines the shelves in her office at the Center for Mental Health with rows of books. Mixed among the professional literature and New York Times best sellers are a few titles that most have never heard of.

As Neilson carefully selects each of these books from the shelf, she shares the story of the client who wrote it.

“This woman is 75 now, and she’s been writing since she was a child,” Neilson said, holding one soft-cover novel. “This has been her life; all the things that she’s suffered through. She asked me to write the foreword for it, which I was glad to do.”

Next, Neilson takes down a spiral-bound manuscript with a handwritten note on the inside cover from the former client turned author.

“This was the original that she took to Staples and had them make copies,” Neilson said. “The book just came out on Amazon in December, and she’s sold five copies online. She’s thrilled.”

“But it was never to sell copies,” Neilson notes. “It’s all about expression and getting the pain out.”

Neilson, who has worked in the Backus Center for Mental Health for more than 25 years, is a strong believer in the power of writing in therapy. Studies have shown that writing therapy is effective in reducing stress, improving health, increasing positive affect, and promoting coping skills. For people who have a history of trauma, like many of the clients that Neilson sees, writing therapy can be a particularly effective treatment approach.

“Mental health treatment is all about finding things that fit for people and making them feel empowered,” Neilson said. “Writing helps people claim their own voice, and it makes such a tremendous difference for them.”

Not every client that Neilson works with self-publishes a book, but she’s found many ways to integrate writing into therapy.

For some, writing letters to living or deceased family members can help with unresolved issues or grief. Others find poetry and creative writing to be an outlet. If a client isn’t a writer or isn’t ready to put their thoughts down on paper, Neilson starts them off with single words that describe their pain or trauma.

“It’s all about helping people take control of their lives again, and the written word allows them to do that.”
### Young Adult Program at Natchaug

To meet the specific needs of an at-risk age group, Natchaug Hospital offers a young adult program for 18- to 25-year-olds struggling at work, in school or with relationships due to mental illness or substance abuse. The program focuses on the same young adult age group that was identified as vulnerable after Sandy Hook by the Connecticut General Assembly’s Bipartisan Task Force on Gun Violence Prevention and Children’s Safety. It started in 2012 at the Hospital’s Mansfield location and has since expanded to include additional locations in Dayville and Groton.

#### To learn more
- For more information on the Natchaug Hospital young adult program or to schedule an evaluation, please call 800-426-7792 or visit [www.natchaug.org](http://www.natchaug.org).

### 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

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Quinebaug therapist Anthony Morelli, right, speaks with a young adult client.

“We felt like this particular age group was falling through the cracks; that they don’t fit well into a traditional adult day treatment program where the population is more diverse in age,” said Mansfield young adult program director Jonathan Watts. “A lot of times they’d be referred to the [adult] program and come for a few days and say ‘This isn’t for me.’”

“The idea is to create a program where 18- to 25-year-olds would feel comfortable dealing with the issues that are unique to their stage of life,” Watts said.

In order to minimize conflicts with school or work, the program is run Monday through Friday during the afternoons. The length of treatment generally runs six-to-eight weeks, depending on the individual needs of the client.

“It’s a short-term program, and it’s intensive to focus on their issues, promote stability, and get them back on their feet,” Watts said.

■ **BHN First** is a regular feature of BHNews 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!
in the news

Guidelines established for young athletes with mental health issues

New recommendations on how to respond to youth athletes with anxiety, depression, eating disorders, drug abuse, or other mental health issues were released on Monday at the Sixth Youth Sports Safety Summit in Dallas.

The 10 recommendations, which were also published in the Journal of Athletic Training, encourage schools to have a plan that focuses on education, early recognition and effective referrals along with a plan to recognize and address potential crises.

To read more, visit http://bit.ly/1AQbvgW.

Mental health app wins national high school STEM competition

The concept for “Safe&Sound,” an app that provides mental health tips and resources for teens, was the winner of the Verizon Foundation's “Innovation App Challenge,” a competition that encourages student interest in Science, Math, Engineering and Technology (STEM).

The five Washington teens responsible for the concept were inspired to bring awareness to mental health after a 15-year-old student shot five students and himself at a high school across the state.

As part of winning the competition, a representative from Massachusetts Institute of Technology traveled to the girls’ school to teach them coding and how to bring their idea to life.

To read more, visit http://nbcnews.to/1aJTc3b.

staff speaks out

If you could wake up tomorrow and have any quality or ability, what would it be and why?

I would want the ability to feed people’s bellies and their souls. Food is love.
— Holly Butler
Mental Health Worker, Natchaug Joshua Center Southeast

I wish I could sing. I just think it’s a great quality, and I have no singing voice whatsoever.
— Katie Carges, MPH, Rushford/Natchaug Grant Writer

The ability to live longer than the average human lifespan because it would be interesting to be able to go to school again and major in many things.
— Georgine Craig, RN Backus D-1 inpatient unit

I just would be me, because I like who I am.
— Amy Heuschneider
Office Manager, Natchaug Care Plus

I’d like to have more knowledge about heating and air conditioning. I know a little now, but I’d like to know more.
— Randy Marks,
Rushford Facilities Department

I would be three or four people at once when I woke up. The others could get everything done, while I got some sleep!
— Stacy Naragon
Mental Health Worker, Backus D-1 inpatient unit

Check out the Treasure Trove

BHNews offers employees a way to reach almost 2,000 of their co-workers for nothing. 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.
Olin Center director receives Stanley Dean Award from ACP

On Feb. 21, Godfrey Pearlson, MD, founding Director of the Olin Neuropsychiatry Research Center at the Institute of Living, received the 2015 Stanley Dean Award for Research in Schizophrenia from the American College of Psychiatrists (ACP). The award ceremony took place at the ACP’s annual conference in Huntington Beach, Calif.

Dr. Pearlson was bestowed this honor for his lifetime achievements in schizophrenia research, which the ACP said constitutes a “major contribution to the understanding and treatment of schizophrenic disorders.”

Dr. Pearlson’s career has centered on studying the intricacies of the brain to determine whether there are biological differences between schizophrenia and bipolar disorder.

“Much of my work over the past 30 years has examined whether or not these are separate illnesses, what the underlying biology of these disorders may be, and whether or not you can use biological criteria to better separate them,” Dr. Pearlson said.

The Stanley Dean Award for Research in Schizophrenia has been awarded annually since 1964. As part of the award, Dr. Pearlson presented a lecture to his distinguished colleagues focusing on his work, entitled “Schizophrenia and Bipolar Disorder: One Syndrome, Two Syndromes or More?”

Patient and Family Advisory Council

The IOL is seeking former patients and family members to apply and interview for a term on the Patient and Family Advisory Council (PFAC).

The PFAC provides council to IOL leadership to help improve IOL services and enhance the patient experience.

Those interested are invited to attend an informational Q & A session:

**Wednesday, March 11, 2015**
**5:30 pm – 7:00 pm**

Commons Building, 2nd Floor, Hartford Room
Institute of Living
200 Retreat Avenue, Hartford, Connecticut
Light refreshments will be served

For more information on the PFAC, or to apply for membership, email patricia.c.graham@hhchealth.org, or call 860.545.7665

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 patricia.c.graham@hhchealth.org or call 860.545.7716

New membership opportunities available!
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 addition 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:

- **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.

- **Anxiety Disorders: An Introduction.** March 17, June 16, 6:30 – 7:45 p.m. This lecture is for families and friends of individuals who have an anxiety disorder or a related disorder. Participants will acquire a basic understanding of anxiety disorders, their treatments and specific suggestions to help them better cope with the illness.

- **Peer Parent Support Group For Those With Children On The Autism Spectrum.** March 18, April 15, May 20, June 17 (Third Wednesday of each month), 6 – 7 p.m. Facilitated by Goviana 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.** 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 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.

- **Bipolar: An Introduction To The Disorder.** March 24, June 23, 6:30 – 7:45 p.m. This program is for family and friends of individuals who have bipolar or a related disorder. It will present a basic understanding of the disorder, its treatment, along with specific suggestions to help family members and friends better cope with the illness.

- **Survivors Of Suicide Group.** 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.

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

- **Depression: An Introduction To The Disorder.** 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.
Printed copies of BHNews 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.

CAPSEF conference set for Wednesday

The Connecticut Association of Private School Education Facilities (CAPSEF) will host its annual conference on Wednesday, March 11, at the Connecticut Convention Center. This year’s program is entitled, “Mental Health Crisis: Implications and Interventions in Connecticut Schools” and includes presentations by DMHAS Commissioner Pat Rehmer, who was recently announced as Hartford Healthcare Senior Vice President and future president of the Behavioral Health Network, as well as Institute of Living Psychiatrist-in-Chief Harold I. Schwartz, MD, and Rushford Medical Director J. Craig Allen, MD.

The cost for the conference is $125 for Natchaug employees. Those interested in attending should speak directly with their supervisor. If you have any questions regarding the conference, contact Shawn Cyr at Shawn.Cyr@hhchealth.org or ext. 65926.

Members of the Joshua Center Northeast PHP H3W workgroup receive the second annual Olga and Mervyn Little Award for their Children’s Garden project. From left are program director Kerri Griffin, therapist and project lead Jocelyn Nadeau, mental health worker Dee Lutsky, and therapist Darien Chalecki.

H3W project winners

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–1:30PM
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.
Glastonbury does a 180 (Think!)

The Glastonbury Chamber of Commerce is hosting its newest wellness initiative called “Do a 180! Think!” as a follow-up to last year’s “Do a 180! Move!” wellness series on physical health and wellness.

“Do a 180! Think” features seminars held throughout Glastonbury presented by local experts in their field. These sessions focus on mental health and wellness; substance abuse; anxiety; depression; financial well-being; intervention; and complementary therapies, like acupuncture. Mental Health First Aid will also be offered.

The first in the series was presented at Rushford at Glastonbury, by Rushford’s own Pamela Mulready, LPC. Mulready’s presentation included an overview of mental health, addiction and substance dependence diagnoses and available treatments for people struggling with co-occurring disorders.

Sharing her clinical expertise, Pam encouraged attendees to ask questions start a dialogue with loved ones struggling with alcohol, substance abuse and/or mental health issues. She offered a list of resources as well.

H3W idea leads to new client artwork at Rushford at Middletown

A client art project entitled “The Gratitude Tree” is now on display in the cafeteria at Rushford at Middletown.

The group project is a result of an idea generated by Jill Bertolini’s Thursday afternoon H3W group, and coordinated by Sarah Wellington, a clinical assistant on the women’s ITP unit.

“I started it last summer, and each leaf on the tree is from a different client,” Wellington said. “They wrote and designed the leaves to communicate what they were grateful for.”

Wellington, who holds a degree in art therapy from Springfield College, recruited dozens of clients from the Middletown facility to participate in the project, many of whom were in her Wednesday recovery art group.

The piece has been well received. “There have been many compliments on the beauty of it,” said Rushford colleague Steve Clark. “It has brightened up our dining area.”

Upcoming presentations include:

- **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.

- **Tuesday, March 31 at 8 a.m.:** Intervention, Rushford at Glastonbury, 110 National Drive, Glastonbury. This seminar will help answer questions you may have on the topic of intervention. Presented by Rushford’s Melissa Monroe and Michell Voegtle. Part of the Think 180 Wellness Initiative, sponsored by the Glastonbury Chamber of Commerce.

- **Wednesday, April 15 at 8 a.m.:** Early Prevention: How to Talk with Your Kids, featuring Rushford’s Laura Zeppieri, MS, LADC, CAC, who will represent Glastonbury Alcohol and Drug Council with Emily Dickinson, LCSW, CPP, Glastonbury Substance Abuse Prevention Coordinator at Glastonbury Youth and Family Services, 321 Hubbard Street.

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
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.

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. 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.

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.

Thursday, March 26 from noon – 1:15 p.m.: IOL Grand Rounds: “The Thyrotropin-Releasing Hormone (TRH) Hypothosis of Homeostatic Regulation: A Translational Approach to Therapeutic Application.” Dr. Andrew Winokur, Professor of Psychiatry, University of Connecticut Health Center.

Tuesday, April 14 at 8 a.m.: Depression, Rushford at Glastonbury, 110 National Drive, Glastonbury. A seminar designed to bring understanding and awareness about clinical depression. 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

Wednesday, April 15 from 6:30 – 8 p.m.: Substance Abuse Across the Lifespan: A National Dialogue on Mental Health Forum, Southington Municipal Center, 200 North Main St., Southington. Substance abuse can affect anyone at any stage of life. This interactive forum discusses addiction from the teen years through older adults. Features J. Craig Allen, MD, Rushford Medical Director, Spon­sored by the Southington School System, Rushford, MidState Medical Center and the Hospital of Central Connecticut.

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 10, 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.

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**WANTED**

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

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**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, cole slaw, French fries, D’Elias fresh bread, homemade desserts. Call ahead for take-out at 860-889-0150.

**LENTEN FISH AND CHIPS** — Fridays through April. Fresh cod fish, baked or fried, cole slaw, French fries, D’Elias fresh bread, homemade desserts. Call ahead for take-out at 860-889-0150.

**ANNUAL LENTEN FISH AND CHIPS DINNER** — Friday, March 20, 4-7 p.m. at Voluntown Baptist Church, 52 Main St., Voluntown. New England clam chowder or Rhode Island clear chowder, six clam fritters, cole slaw, dine-in or take-out available, adults $10, children $5. Call for tickets 860-376-9485 or 860-639-3083.

**SUNDAYS IN THE PARLOR AT PARK** — Sunday, March 22, 2 p.m. at Park Congregational Church, 283 Broadway, Norwich. Pianist, Laura Hibbard and Clarinetist, Kelli O’Connor will perform, light refreshments will follow. Call 639-6903.

**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.

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**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.

**INDOOR/OUTDOOR FLEA MARKET** — Saturday, March 14, 8 a.m. to 2 p.m. at Divine Providence Church, Golden and Silver streets, Norwich. Table space available, breakfast, Polish Luncheon, Polish food sales. Call 860-887-8781 or 860-887-4265.

**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.

**CLAM CHOWDER & FRITTER DINNER** — Friday, March 20, 5-6:30 p.m. at Saint Joseph Church, 120 Cliff St., Norwich. $9, full meal, $7, one piece meal and fritters. Call ahead for take-out at 860-889-0150.