



Thank you to all our dedicated staff!

Hartford HealthCare Behavioral Health Network

# BHINews

## IOL's Saunders is HH 2015 Co-Employee of the Year

Institute of Living psychologist Laura Saunders, Psy.D., ABPP, has been named one of two 2015 Employees of the Year for Hartford Hospital. Dr. Saunders has been a Hartford HealthCare employee for 25 years, with expertise in child psychopathology, behavior management, child development, mood disorders and family therapy.



Saunders

Dr. Saunders received the award on Wednesday, April 29, along with Mary-Kate Eanniello, MSN, RN, OCN, a nurse educator in the cancer program.



Eanniello

"They were both so deserving, we just couldn't decide between them. So we decided to have

two winners this year. It's the first time in the 24-year history of the award that we've had two winners," said Patricia Graham, a case worker with the IOL Family Resource Center and chair of the Hartford Hospital Employees' Council.

The Employees' Council narrowed the field to 16 deserving hospital employees before deciding upon Saunders



From left, Institute of Living colleagues David Vaughan, Laura Saunders, Larry Haber and Annetta Caplinger celebrate Saunders' selection as one of two people named as Hartford Hospital's Employee of the Year. Dr. Saunders has been a Hartford HealthCare employee for 25 years, with expertise in child psychopathology, behavior management, child development, mood disorders and family therapy.

and Eanniello as co-winners.

"I feel deeply honored to have been nominated by my peers, but most honored to serve the patients that I feel passionate about," Saunders said just after the surprise announcement. "I'm just a simple girl from New Jersey that's able to do the work that I love, and I feel lucky every day."

Saunders is also the clinical coordinator of a LGBTQ (Lesbian, Gay, Bisexual, Transgendered, and Questioning/Queer) specialty track in Young Adult Services at the Institute of Living, and has been involved professionally with LGBTQ youth for more than 20 years.

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What you do matters.  
What you think about your work life matters too.



## Take the Employee Engagement Survey May 4-May 15

- Anonymous and confidential
- Online
- Check email for your secret password
- 15 minutes to complete
- Your feedback helps us improve

We're listening...  
Tell us what  
you think

Hartford  
HealthCare



## Employee Engagement Survey begins Monday

The 2015 Employee Engagement Survey starts Monday, May 4 and continues through Friday, May 15.

Every employee is urged to complete the anonymous, confidential questionnaire so HHC leaders can get an accurate idea of what is going well in our system and where there are opportunities to improve.

**The survey is completely confidential.** No one at Hartford HealthCare will see any individual responses.

To take the survey, click the survey icon on your desktop or find the link on your local intranet. You can also copy and paste this URL into your web browser: <https://survey.confirmit.com/wix/p3073425810.aspx>. Enter your secret, 8-digit password sent to you by Press Ganey and click OK to continue to the survey

If you have questions or concerns, please contact one of the survey ambassadors from your department.

## CCB to honor Pat Rehmer

HHC Senior Vice President Patricia Rehmer will be the first-ever recipient of the Dr. David Powell Award for lifetime achievement in the area of substance abuse treatment presented by the Connecticut Certification Board (CCB). She will receive this award at the inaugural CCB Annual Awards Dinner on Thursday, May 14, at the Crowne Plaza in Cromwell from 5-8 p.m.

Tickets for this event are \$50 per person and include appetizers, dinner, dessert and coffee or tea. Three CEUs are also being offered, which are applicable towards initial certification or renewal of any CCB credential. There are discounted prices for the purchase of a table (eight seats). For more information, please contact Jeffrey Quamme, CCB Executive Director, at [jquamme@ctcertboard.org](mailto:jquamme@ctcertboard.org), or visit [www.ctcertboard.org](http://www.ctcertboard.org).

## inthenews

### Study suggests worse mental health for those bullied by peers

According to a study presented at the Pediatric Academic Societies' annual meeting, those bullied by peers suffer worse long-term mental health outcomes than those maltreated by adults early in life.

The study looked at more than 5,000 participants from the UK Avon Longitudinal Study of Parents and Children and the U.S. Great Smoky Mountain Study, which collectively provide data on bullying and maltreatment early in life and mental health outcomes during young adulthood.

To read more, visit <http://onforb.es/1bONvBS>.

### More mental health services on college campuses

Universities are hiring more social workers, psychologists and psychiatrists as the demand for campus mental health services increases.

The rise in students seeking mental health care mirrors the increase in people taking medications for psychiatric issues and a decreasing stigma around mental illness in the younger generation. The cost of these new mental health services is being passed onto the students, with a number of universities increasing student service fees.

To read more, visit <http://on.wsj.com/1bJE2Ml>.

# staff speaks out

## What's your biggest pet peeve?



People chewing with their mouths open.

— Alex Korpita,  
Natchaug mental health worker



People who don't use blinkers (signals) when they turn.

— Gustavo Nava,  
Clinical Manager, HOCC Outpatient  
Behavioral Health



When people say that they are listening to you, but you know from their facial expressions that they are not.

— Aida Santiago,  
IOL H3W Coordinator

## Next IntNSA meeting May 12 at Rushford at Middletown

All are welcome at the next IntNSA meeting, taking place at Rushford, 1250 Silver Street, Middletown on May 12 from 6 -8 p.m. The agenda will include an update on formal recognition for the Connecticut IntNSA chapter, which is currently being formed.



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, and welcomes other clinicians and interested parties to join as well.

For more information, please contact [pam.waranowicz@hhchealth.org](mailto:pam.waranowicz@hhchealth.org), or call 860-305-6892.



## My Future Online

One site.

Everything you need to understand your retirement benefits and plan for the future.

Coming to a screen near you on April 27, 2015 at [hhcandme.ehr.com](http://hhcandme.ehr.com).



## 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, May 5, at noon.**

## IOL docs to get Medical Staff honors

Congratulations to IOL's Psychiatrist-in-Chief Harold Schwartz, MD, and Psychiatrist Alfred Herzog, MD, who will be honored at the Annual Hartford Hospital Medical Staff-Board Spring Event on Wednesday, June 3 from 6-8:30 p.m. in Heublein Hall.

Dr. Schwartz will receive the John K. Springer Humanitarian Award, and Dr. Herzog will receive the Distinguished Service Award.



The 2014 BHN NAMI Walks! Team

## The NAMI Walks team needs you

The Connecticut Chapter of the National Alliance on Mental Illness (NAMI) holds its annual NAMI Connecticut Walk on May 16, at 10 a.m. at Bushnell Park in Hartford, and you can be part of the HHC BHN team that is currently forming.

NAMI CT provides education, advocacy and leadership for our clients, patients and their families, and is a long-time partner of the BHN. Our support of their effort is a natural extension of the work we do every day!

If you'd like to be on the BHN NAMI Connecticut Walk team, please contact:

**Rushford:** Carol Vassar ([carol.vassar@hhchealth.org](mailto:carol.vassar@hhchealth.org))

**Natchaug:** Amanda Nappi ([amanda.nappi@hhchealth.org](mailto:amanda.nappi@hhchealth.org))

**IOL:** Patty Graham ([patriciac.graham@hhchealth.org](mailto:patriciac.graham@hhchealth.org))

**HOCC/Midstate:** Danielle Siedsma ([danielle.siedsma@hhchealth.org](mailto:danielle.siedsma@hhchealth.org))

Thanks for your continued support of NAMI CT.

## 'I'm just a simple girl from New Jersey'

*continued from page 1*

She was instrumental in creating a unique service called "The Right Track," a day program for LGBTQ youth who are struggling with mental health problems. It is the only program of its kind in New England, and one of only two in the United States.

"Laura is the most exceptional employee that I could ever think of," said David Vaughan, IOL Young Adult Program Services Manager. "She's flexible, responsive, helpful, and passionate about what she does. She has this positive air that she carries around with her and everybody feels uplifted in her presence. She's just a superb colleague and team member. She

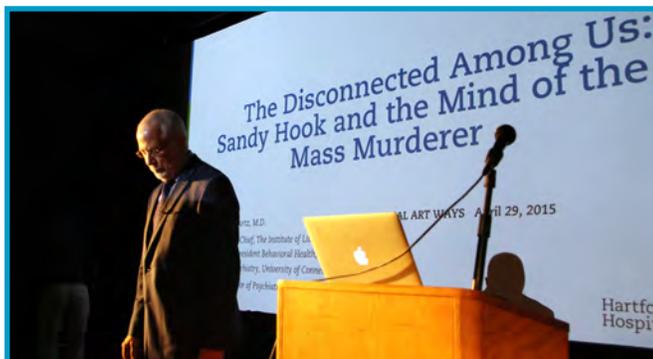
helps us all out every day of the year in every kind of way. We love her!"

Previously, Dr. Saunders was a psychologist on the Child and Adolescent Inpatient units at the IOL, where she supervised psychology interns and post-doctoral fellows in addition to her clinical work.

Eanniello is co-chair of both the Clinical Nursing Practice Council and the HHC Nursing Practice Council. Her clinical interests include geriatric oncology, delirium prevention, palliative medicine and nursing education. She leads the hospital's Pain Committee and is currently a Doctorate of Nursing Practice candidate at Sacred Heart University.



## I insideiol



## Schwartz presents dialogue on Sandy Hook shooter

Real Art Ways in Hartford was the site of another National Dialogue on Mental Health event, this time featuring IOL Psychiatrist-in-Chief Harold Schwartz, MD. His presentation, *The Disconnected Among Us: Sandy Hook and the Mind of the Mass Shooter*, nearly filled the Real Art Ways theater with over 85 people in attendance on Wednesday, April 29.

## 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 upcoming IOL FRC Support Group schedule is as follows:

- **Introduction To Mental Health Benefits And Services.** *May 5, 6:30 – 7:45 p.m.* This presentation will provide an overview of benefit programs available for individuals with mental health disabilities.
- **Dementia Support/Educational Group Meeting.** *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.** *May 6, June 3 (First Wednesday of the month), 7 – 8:15 p.m. at the Hartford Health-Care'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.** *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.** *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.

- **The Truth About Electroconvulsive Therapy and Transcranial Magnetic Stimulation.** *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).** *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.** *May 14, June 11 (Second Thursday of each month), 4 – 5 p.m.* For family members impacted by loved ones with substance abuse.
- **Managing Schizophrenia.** *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.

## IOL Greenhouse holding grand reopening May 21

The IOL Department of Psychiatric Vocational Services announces the grand reopening of the IOL greenhouse on Thursday, May 21 from 9 a.m. to 2 p.m. Stop by that day for a large sale, including herbs, vegetables and perennials along with starter plants for gardeners from beginner to master.

All plants for sale in the greenhouse are cared for by IOL clients. Come and support their hard work! For more information, contact **laura.mathews@hhchealth.org** or **patricia.wardwell@hhchealth**, or call **860-545-7297**.



## JC Shoreline intern secures bicycles for all students

Every student at the Joshua Center Shoreline CDT School received the gift of a bicycle, in addition to a helmet, thanks to the tireless efforts of Eveliz, our school intern.

Eveliz arranged for each student to receive a bicycle through the Bike For Kids nonprofit organization located in Old Saybrook. Since 1989, the organization has given more than 14,500 reconditioned donated bikes to needy children. In addition, special needs bikes have been provided to hospitals, Easter Seals and Goodwill.

Thank you Eveliz — a wonderful gift appreciated by all!



## IICAPS team praised for their work

To whom it may concern,

I had the pleasure of working collaboratively with a wonderful IICAPS team, Katherine and Kelsi, for a client in Groton this year. Not only did they consistently provide a full array of holistic support, but they also did an exemplary job of advocating for the client in every context that arose. Because of their tireless efforts, this client is in a substantially better situation across the board.

Katherine and Kelsi were warm, kind, generous, and well attuned to this client and his parent every single time they visited the home. Because I work with the client almost daily after-school and have been present for every meeting regarding this client in 2015, I have had many opportunities to observe their

work. As of Thursday, this client will have been inpatient hospitalization-free for one year...for the first time in his life. I know that such a feat would not even be on the horizon without this amazing team.

When anyone — clients, parents of potential clients, DCF social workers, therapists, case managers — seeks my input regarding possible in-home services, my first recommendation is Joshua Center IICAPS. I wish they could work with all of my clients — the world would be a better place if they did. Thank you for doing such laudable, indispensable work that changes lives in the ways so many need and few receive."

— Director at a family support organization in southeastern CT

## Leadership honors Voogd



Leadership from Rushford and Natchaug bid a fond farewell to Sandy Voogd, left, at their leadership meeting on Monday, April 27. Voogd recently accepted a position with the Hartford HealthCare Medical Group as a Lean Sensei. Presenting her with a cake is Natchaug Medical Director and BHN VP of Quality and Safety Deborah Weidner, MD, MBA.

## 61st Natchaug Annual Reception

Save the date for the 61st Natchaug Annual Reception on Tuesday, June 9, at the HHC East Region System Support Office, 11 Stott Ave. in Norwich.

A reception will begin at 5:30 p.m., followed by the main program at 6:30 p.m.

RSVP by June 3 to Sherry Smardon at **ext. 65910** or **sherry.smardon@hhchealth.org**.

## Rounding dates

Below is the schedule for Leadership Rounding. On these days from 10:30-11:30 a.m., managers from the BHN and Natchaug will be visiting the assigned areas for candid conversations with staff regarding H3W, respect and program issues.

- **Thursday, May 7:** Zone 1 (Conantville Building) and Zone 2 (Journey House)
- **Monday, May 11:** Zone 3 (Inpatient units) and Zone 4 (JC Mansfield and Sachem)
- **Thursday, May 21:** Zone 5 (Facilities and HR buildings) and Zone 6 (CDT/Inpatient School and Pharmacy)
- **Thursday, May 28:** Zone 7 (CRS/HIM/Exec. Assts) and Zone 8 (Dietary and Admissions)

## Cupcake bouquet



Natchaug receptionist Antonella Bonesse is offering homemade cupcake arrangements and bouquets for Mother's Day. For more information or to place an order, e-mail Antonella\_Bonesse@hotmail.com.

## Rushfordreport



From left, Peter Bartlett, Lillian Welch, Christine Junkonski (standing) Karen Buzzell and Karen Thayer.

## Dietary staffer Welch retires

The Rushford dietary staff gathered last week to bid farewell to Lillian Welch, who retired from Rushford after many years of service.

Lillian will be missed for her loyalty and dependability. She was a true asset to the dietary department.

We wish her well as she returns to her hometown in Pennsylvania.

## Town Hall Meeting

Join your co-workers and Rushford leadership for a Town Hall Meeting in May.

- Ask questions about topics that are relevant to you
- Voice opinions directly to senior leadership

### Tues., May 19

2:30 to 3:30 p.m.

Rushford at Durham Rec. Room

### Wed., May 20

2:30 to 3:30 p.m.

Rushford at Meriden Cafeteria

### Thurs., May 21

2:30 to 3:30 p.m.

Rushford at Middletown Cafeteria

Rushford   
Connect to healthier.

Questions? Contact Laurie at [laurie.clinton@hhchealth.org](mailto:laurie.clinton@hhchealth.org)

# Recognize a colleague today

Do you know of a Rushford team member who exhibits one of the H3W Leadership Behaviors? The time has come to nominate them for a Rushford H3W Leadership Behavior Award! The 10 nomination categories mirror our H3W leadership behaviors:

- Be in the Moment
- Be Authentic and Humanistic
- Volunteer Discretionary Effort Constantly
- Model High Performance — Desired Behaviors that Drive Desired Results
- Respect and Leverage Separate Realities
- Be Curious vs. Judgmental
- Look in the Mirror First — Be Accountable
- Have Courageous Conversations
- Provide Timely, Clear and Specific Performance Expectations & Feedback
- Teach, Coach and Mentor — Spend at Least Half of Your Time Developing Others.



How Hartford HealthCare Works

All nominations will be considered by the Rushford Recognition Committee. Winners will be announced at the May 2015 H3W celebrations. Please complete the form and send to [shanna.lowery@hhchealth.org](mailto:shanna.lowery@hhchealth.org) by May 20. Type-written nominations only please! Nomination forms are available on The Loop at <http://bit.ly/1NOgqle>.

**Generating Ideas Since 2012**

You're Invited to Rushford's 3rd Annual **H3W Anniversary Celebration and Employee Appreciation Event**

**Featuring:**  
**H3W Leadership Behavior Awards**  
**Completed H3W Project Awards**  
**Free picnic lunched served by Rushford Leadership!**

Paddock Avenue Cafeteria - May 27th 11:30 am-1 pm  
 Silver Street Cafeteria - May 29th 11:30 am-1 pm

No RSVP required. Come and enjoy!

**Rushford**  
Connect to healthier.

**Save the Date!**

The 27th Annual **RUSHFORD GOLF CLASSIC**

Friday, June 5, 2015  
 Lyman Orchards Golf Club  
 Middlefield, CT

For more information, please call 203.630.5229 or contact [RushfordGolfTournament@hhchealth.org](mailto:RushfordGolfTournament@hhchealth.org)

**Rushford Foundation, Inc.**  
 883 Paddock Avenue, Meriden, CT 06450

Proceeds raised from the 2015 Rushford Golf Classic will be used to support Rushford's child and adolescent prevention and treatment programs.

**Rushford Foundation**

**CELEBRATING 40 YEARS OF RECOVERY!**

**campaign for bully-free communities**

Council of Business Partners at

**COMMUNITY FOUNDATION**  
of Middlesex County

## May 2 is Worldwide Labyrinth Day

Saturday, May 2, is Worldwide Labyrinth Day, according to the World Labyrinth Society. A labyrinth is a single tool for personal, psychological and spiritual transformation, and is thought to enhance right brain activity. Its use in recovery is not unknown, as exemplified last December at Rushford at Glastonbury, when the adult outpatient staff created a labyrinth to celebrate the winter solstice.

The labyrinth pattern was laid-down on the carpet with masking tape, and included “stones” along the way reminding clients to have serenity, hope and light in both their lives and their recovery. IOP clients were encouraged to walk the labyrinth, and to pause for a few moments at the “meditation pond” in the center to “reflect” on their journey. Softly-lit with “candles” while meditative music played, the room presented a unique, transformative opportunity for clients and for staff alike.

Walking the labyrinth became even more magical and more powerful when darkness came, as the soft light gently glowed through windows onto the bare winter landscape. The process was discussed in a group setting as a means of becoming more focused, more in touch with one’s emotions and thoughts, and becoming more reflective of one’s recovery journey.

The World Labyrinth Society has eleven ways to celebrate World Labyrinth day:

- “Walk as One at 1” to effect a rolling wave of labyrinth walking at 1 PM as the earth turns.
- Trace or draw a finger labyrinth on paper or using a smartphone or tablet app
- Facilitate or join a group walk
- Host or join a lecture, workshop, art exhibition or tour
- Build a temporary or permanent labyrinth



Rushford at Glastonbury’s 2014 winter solstice labyrinth.

- Share and view WLD stories, photos, videos on Social Media using the hashtag #LabyrinthDay
  - Read labyrinth books, watch movies, or sing songs
  - Create a labyrinth art project, exhibition, or drawing class
- To find a labyrinth near you, visit <http://labyrinthlocator.com/>

## 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 24 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](http://www.realartways.org).

■ **Thursday, May 7 from 5 – 7 p.m.:** “Uncovering Our Kids: Towards A Better Understanding of Teen Mental Health,” is an opportunity for parents, teachers, clinicians and others to come

together and talk openly about teen depression and other disorders. Panelists include Harold I. Schwartz, MD, IOL Psychiatrist-in-Chief. The Lyceum Conference Center, 227 Lawrence St., Hartford. Tickets are \$10. All proceeds go to the American Foundation for Suicide Prevention, Southern CT Chapter, and continuing coverage of adolescent mental health by the Connecticut Health I-Team ([www.c-hit.org](http://www.c-hit.org)). Hosted by the Connecticut Health I-Team, in collaboration with ConnectiCare and Hartford Hospital’s Institute of Living. For more information or to register, visit <http://bit.ly/1yPim69>

■ **Thursday, May 7 from noon – 1:15 p.m.:** IOL Grand Rounds: “The Annie

Goodrich Nursing Award Lecture,” Linda Schwartz, RN, Assistant Secretary of Veterans Affairs for Policy and Planning, U.S. Department of Veterans Affairs

■ **Monday, May 11 at 6 p.m.:** Older Adults Mental Health Forum, Wallingford Public Library, 200 North Main St., Wallingford. An interactive session focusing on the challenges facing older adults living with mental illness and/or addiction, along with the special obstacles faced by their caregivers, families and friends. Sponsored by Connecticut’s Older Adult Behavioral Health Workgroup. For more information, please contact Kate Kellett at 860-679-4281.

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

**1963 CHEVY NOVA CONVERTIBLE** — Cherry red, fully restored, no rust, Call **860-460-3334**.

**GE PROFILE MICROWAVE** — White, 2.1 cubic foot, over-the-range, one rack, excellent condition, asking \$225 or best offer. Call **860-887-7459**.

**MOVING SALE** — Ongoing moving sale at 26 Pinecrest Lane, Baltic. Large Thermos cooler, \$30. Toro lawnmower, self-propelled with rear bagger, \$100. Lawn spreader, \$10. Pentax camera with flash, \$125. Salt water fishing pole, \$20. Two weed wackers, \$10 each. All in good condition. Call **860-822-1280** for more information.

**ESTATE SALE** — Hooker king size bedroom set, modern, cherry, four post bed, dresser with mirror, nightstand, wardrobe, \$1,500. Microfiber sectional sofa, brown, no rips or stains, easy to clean, \$350. Leather sofa, tan, loveseat with ottoman, \$150. All in great condition. Can text pictures. Call **860-608-4582**.

### EVENTS

**SPRING FLING TAG SALE/LUNCH** — Saturday, May 2, 10 a.m. to 2 p.m. at Holy New Martyrs Church, 364 Canterbury Tpke., Norwich. Crafts, gifts, frozen foods.

**CRAFT FAIR** — Saturday, May 2, 11 a.m. to 4 p.m. at Griswold Fish and Game, 330 Bethel Road, Jewett City. Raffle baskets, get your Mother's Day shopping done. Call **860-376-0586**.

**MARTIN HOUSE & THAMES RIVER FAMILY PROGRAM** — Sunday, May 3 at Mystic Marriott Hotel & Spa. Annual luncheon and auction, tickets are \$45 which include dinner choices, proceeds benefit the Martin House and Thames River Family Program, sponsorship opportunities available. Call for more details **860-887-3288**.

**THE MASK YOU LIVE IN** — Tuesday, May 5, 5-6:30 p.m. screening and 6:30-7 p.m. panel discussion at The Edward & Mary Lord Family Health Center, 47 Town St., Norwich. The Mask You Live In follows boys and young men and their struggles. This program is presented by United Community and Family Services, light refreshments will be served. Please register for a seat by calling **860-822-4147**.

**ARTHRITIS EXERCISE PROGRAM** — Mondays and Wednesdays through June 10 at the Norwich Recreation Center, 75 Mohegan Road, Norwich. Both sessions are from 10-11 a.m. Norwich residents fee is \$48, non-residents is \$58. Call **860-823-3791**.

**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.

**YARD/PLANT SALE** — Saturday, May 9, 9 a.m.-1 p.m. at Norwichtown Green. Sponsored by the Yantic Fire Company Women's Auxiliary. Yard sale vendors welcome. Call **860-859-1150**.

**TAG SALE** — Saturday, May 9, Route 169, Lisbon, two family tag sale.

**SPRING CONCERT/ART SHOW** — Saturday, May 9, 4 p.m. at the St. Michael Center, School Hill Road, Baltic. Presented by The Academy of the Holy Family, the program will feature the Academy Concert Choir, the Alumnae Chorus and artwork from the Art Department. Call **860-822-8241** or email [sistermarypatrick@gmail.com](mailto:sistermarypatrick@gmail.com).

**MOTHER'S DAY CONCERT** — Sunday, May 10 at 3 p.m. at Christ Episcopal Church, 78 Washington St., Norwich. North Carolina and Nashville American singer/songwriters, Jonathan Byrd and Sally Baris. Contact [folkinthechapel@snet.net](mailto:folkinthechapel@snet.net) for more information.

**SPRING GRECIAN FESTIVAL** — Friday, May 15, and Saturday, May 16, from 11 a.m. to 9 p.m. at Holy Trinity Greek Orthodox Church, 247 Washington St., Norwich. Rain or shine, free admission, free parking, Greek pastry, Greek foods, take out available, raffles baskets, Artifacts, live radio, everyone welcome.

**RIDE THE RAILS WITH LINCOLN** — Saturday, May 16, 8 a.m. to 3 p.m. from Norwich to Putnam. Ride the historic Providence & Worcester Railroad between Norwich and Putnam with our nation's sixteenth president. Lincoln portrayer Howard Wright and Connecticut's first State Troubadour Tom Callinan will greet passengers boarding at 8 a.m. in Norwich and 10:30 a.m. in Putnam. Special events in both cities and coordinated by The Lincoln Forum of Eastern CT and Norwich Heritage Trust. Train tickets are \$50 for coach, \$65 for club and dining car, \$75 for seating in the observation car. Tickets available at Putnam Bank in Norwich and Putnam, Eastern Savings Bank, Rose Pizzeria and Norwichtown Shell, off train events are open to the public and free of charge. For additional information call **860-859-5349**.

**FINN FUNN WEEKEND** — Saturday, May 16 from 9 a.m. to 3 p.m. at the Canterbury Community Center, 30 vendors, Finn food, Wayne Tuiskula from Central Mass Auction, antique appraisals \$5 each or three for \$10, homemade soaps, Suomi Imports, Tupperware, plants and much more. Sunday, May 17, 2 p.m. concert "Sibelius at 150" at Clark Chapel, Pomfret school campus, call **860-928-4749** for

tickets or visit [www.fahs-ct.org](http://www.fahs-ct.org). Both events sponsored by Finnish American Heritage Society.

**THE 8TH ANNUAL LARRY PONTBRIANT MEMORIAL 5K RUN** — Saturday, May 16, 11 a.m. at Norwich Free Academy. Registration begins at 8:30 AM. The 5k begins at 9:30 a.m. Runs for children take place at 10:30 a.m. at the track. A \$10 donation is suggested for individuals, \$20 for families. All proceeds benefit the Larry Pontbriant Athletic Safety Fund dedicated to placing AEDs in schools and athletic fields in Eastern CT and raising awareness about Sudden Cardiac Arrest. Registration forms are available online at [www.lpasf.org](http://www.lpasf.org) under "Events."

**TORI OPEN AIR MARKET** — Saturday, May 16, 9 a.m. to 3 p.m. at the Canterbury Community Center. Sponsored by the Finnish American Heritage Society. Rain or shine, tables or tents are \$15. Call **860-465-6236** or email [rjkjkelley1967@gmail.com](mailto:rjkjkelley1967@gmail.com).

**BOZRAH PLANT SWAP** — Saturday, May 16, 1-3 p.m. at Maples Farm Park, 45 Bozrah St., Bozrah. 6th annual, rain date is Saturday, May 23, swappers bring seeds, plants, shrubs, garden items.

**FUNDRAISER BANGLE BRACELETS** — Please support Team Joshua and the March of Dimes Walk for Babies. All proceeds benefit the March of Dimes. Unique silver bangle with Team Joshua and March of Dimes logo with a purple crystal, \$20 each. For more information or pictures email [dianna@snet.net](mailto:dianna@snet.net).

**LEE MEMORIAL CHURCH FUNDRAISERS** — One pound pecans from Georgia, \$12. Streak-less cloths, \$3, no chemicals, just water, reusable, polishes. Proceeds benefit the church. Call **860-822-6595** or **860-908-9797**.

**ST. JOSEPH SCHOOL** — Accepting registrations for the 2015-2016 school year. 10 School Hill Road, Baltic, full day pre-kindergarten for children who will be 3 and 4 years of age by December, grades kindergarten through eighth grade available. Call **860-822-6141** or email [sistermarypatrick@gmail.com](mailto:sistermarypatrick@gmail.com).

**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**.

**VEHICLE PARKING** — Daily parking available at the Lee Memorial Church lower parking lot, \$90 for six months, 100% of proceeds benefit the Church. Call **860-887-5886** or email [leememorialumc@sbcglobal.net](mailto:leememorialumc@sbcglobal.net).