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Hartford HealthCare Behavioral Health Network

BHINews

Natchaug expands Older Adult Program

New senior services to be offered at Windham Hospital

Natchaug Hospital has opened an Older Adult Program at Windham Hospital for men and women ages 55 and older who are struggling with mental health or substance abuse.

The Older Adult Program is the second phase of senior services to open this year at Windham. In January, the Center for Healthy Aging resource line became operational, offering consultations, education and referrals for common geriatric issues such as medication support, in-home and assisted living services, dementia and Alzheimer's, and more.

The office will be fully operational and staffed by June 1. Later this year, the GoodLife Fitness Program will begin offering on-site rehabilitation and individualized exercise programs geared towards older adults.

"This partnership between Hartford HealthCare at Home, Natchaug and Windham Hospital will give seniors the resources and care they need to stay independent for as long as possible,



The Natchaug Older Adult Program, which is part of the Hartford HealthCare Senior Services at Windham Hospital, is now open and providing services to men and women age 55 and older who are struggling with mental illness or substance abuse. Staff members, from left to right, are Janet Ragno, Lead Primary Therapist; Erin Joudrey, Program Director; Anne Harders, Primary Therapist; and Kami Babbitt, Office Manager.

and provide services and support for family members when independence is no longer an option," said East Region President Bimal Patel.

The Older Adult Program is designed to address the unique behavioral health needs and challenges faced by older patients in an intensive group therapy environment.

"Older adults are in a very different life stage than the traditional adult population, and face very different

challenges" said Erin Joudrey, program director. "For instance, they may be transitioning out of work, coping with the loss of a partner, or dealing with changes in their physical or mental health. The Older Adult Program offers programming that's tailored to address issues that are relevant to them."

Treatment is intensive — three to four hours a day, for up to five days a week — with a focus on topics

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Older adults face a different set of concerns than the traditional population

continued from page 1

such as stress management, coping with the loss of loved ones, development of age-specific life skills, chronic illness management and medication education.

“Over time, we’ve learned that to effectively treat mental health and substance abuse issues, we have to focus on stages of life and the challenges present at those stages, as opposed to addressing symptoms in general,” said Carrie Pichie, PhD, Natchaug Hospital Director of Ambulatory Services. “We have had

success in creating programs specific to young adults from 18 to 25 years old, and are pleased to now offer this for older adults as well.”

Care in the Older Adult Program is coordinated by a treatment team that consists of psychiatrists and licensed therapists with experience treating a geriatric population.

Patients receive a full assessment of needs, group therapy, medication management, case management, and individual and family therapy.

The expansion of senior services and opening of the Older Adult Program is

a direct result of Windham Hospital’s Community Health Needs Assessment, which identified senior care, mental health and nutrition as priorities in the Windham region.

“This unique program is a welcome addition to services for our patients,” said Mary Barry, MD, a primary care internist on the Windham Hospital Medical Staff. “Primary care physicians and practitioners often see older patients with a broad range of behavioral health needs, and I am glad to be able to offer my patients help that they otherwise would not be accessing, with a broad and holistic approach that will appeal to many.”

For more information on the Older Adult Program or to make a referral, visit <http://natchaug.org/programs-services/older-adults-program> or call 860-456-6793.

Join this community conversation...
to listen and learn from each other and work together
to support mental wellness with meaningful action.

Compassion Counts: A Community Conversation *How Trauma Touches All of Us*

Monday, June 6
5:30 pm - 7:30 pm

Middlesex Community College
Chapman Hall
100 Training Hill Road, Middletown

Pizza will be served

MODERATOR

Nancy Hubbard, Family Resource Director / Institute of Living
Dan Osborne, Chief Executive Officer / Gilead Community Services

KEYNOTE SPEAKER

Rob Gent, Co-founder & Chief Clinical Officer / Callo Programs

PANELISTS

Kelly Huffman, EAP Counselor / Middlesex Hospital
Samantha Crowley, Person who experienced trauma and is now helping others

This is a FREE event. You may register online at <https://adultrauma.eventbrite.com>.
For more information: Contact Sheryl Sprague at sheryl.sprague@hhchealth.org.



PARTNERS

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- Gilead Community Services • Hartford HealthCare Behavioral Health Network • Institute of Living •
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- River Valley Services • Rushford: A Hartford HealthCare Partner • St. Vincent de Paul Middletown •



thanks.

National Nurses Week
May 6-12

This week, we give a special thanks to the incredible nurses who provide incredible care to every patient, every day.

Hartford
HealthCare
Connect to healthier.™



Peer recovery specialists needed to help those in our care

Our Behavioral Health Network is fortunate to have so many highly trained and dedicated caregivers to help those who come here seeking help with addiction or substance abuse issues. It's one of the main reasons that our organization is so highly regarded in the state and throughout the country.

But there's a special group of people who we need to bring onto our team who have a unique connection to those embarking on a path to recovery: certified peer specialists and recovery coaches. These specialists have unique insight into the journey our patients are going through because they have been there themselves.



Certified peer specialists are individuals with lived experience who have been in treatment for either a mental health issue or have a co-occurring diagnosis. They are able to bring their experiences to the table and work with the individual and the treatment team to provide care in a recovery-oriented approach. Peer specialists currently work on many of our teams: our Community Support Program at Rushford is one example.

Certified recovery coaches are people who are in recovery. They have usually been in treatment and have experienced the challenging process of recovering from substance abuse dependency and addiction. A key component to maintaining their recovery is helping those who are attempting to seek help for the same issues.

Before they can do that, they need to be certified as a peer specialist or recovery coach, a training process that allows them to follow best practices and evidence-based guidelines for working with clients in specialized treatment centers like those within the BHN. Certified peer specialists and recovery coaches are an integral part of the care plan for highly regarded treatment organizations across the country, and we need to make them more a part of our care structure as well.

For those who are just starting the process of recovery, there is a unique sense of hope that can be gained by hearing directly from someone who went through the same thing, and came out on the other side with a positive outcome. Patients may think to themselves: if this individual endured all the devastating impacts of addiction or mental health disorders — ruined marriages, lost jobs, broken relationships with children — and was able to get his or her life back on track, then maybe I can do it, too.

This is an invaluable complement to the critically important work and care that our trained staff of experts is already providing to our patients. For as much as we all want to help the people who come through our doors for care, there is no one who understands their illness like someone who has been there before.

Pat Rehmer, MSN, ACHE, is Hartford HealthCare senior vice president for behavioral health and president of the Behavioral Health Network. Her column appears monthly in BHNNews.

Find hidden treasure every week on the HHC Intranet

To have some fun and help you find your way around the HHC Connect Intranet, we've planned a little treasure hunt. Every two weeks or so, look for a new clue in BHNNews. To find the buried treasure, log into HHC Connect (intranet.hartfordhealthcare.org from work or your mobile device) and use the clue to find the treasure chest icon (shown here) buried on a page deep

within the Intranet. Once you find it, click on the treasure chest to reveal the secret question. The answer to the question will be located on the page or a subpage in the section of where the treasure chest was found. Submit the correct answer and be entered to win a prize.

Congratulations to Wendy Starkel, of



Windham Hospital. She is the latest winner of the Treasure Hunt game and won an HHC prize pack containing a \$5 gift card to Dunkin Donuts, a reusable grocery bag, an umbrella, a baseball cap, and a mug.

To unlock this week's buried treasure search the **Employees** section of HHC Connect. Happy hunting!



Nightingales honored to round out Nurses Week

Thirteen nurses from Backus, Windham and Natchaug hospitals and Rushford were presented with Nightingale Awards for Excellence in Nursing during a reception Mashantucket Pequot Museum on Thursday, May 12.

“Patients in the Behavioral Health Network are extremely fortunate to have a dedicated and talented staff of nurses committed to providing compassionate, evidence-based care,” Pat Rehmer, president of the Behavioral Health Network, said. “Our nurses are truly exceptional, and I thank them all for the work they do every day.”

This year’s Nightingale nurse honorees are:

- Cheryl Armstrong, RN, Natchaug Hospital Adolescent Unit
- Debra Cannon, RN, Backus Hospital, Arthritis and Rheumatology Center
- Jeannie Cardona, RN, Detoxification Unit, Rushford at Middletown
- Nina Dunn, RN, Backus Hospital, A4 Orthopedics
- Margaret Gallegos, RN, Windham Hospital, Shea East
- Karin Grann, APRN, Windham Hospital, Hospitalist Service



- Lisa Harrison, APRN, Natchaug Hospital Medical Staff
- Rachel Jadczyk, RNC-OB, Backus and Windham Hospital, Clinical Excellence
- Andrea Kelly, RN, Backus Hospital, Emergency Department
- Dawna LaBrie, RN, Natchaug Hospital Inpatient Units
- Jennifer O’Brien, RN, BSN, Backus Hospital, A3 Med/Surg
- Sharon O’Connor, RN, Backus Hospital, Patient Care Services
- Sheila Sabolesky, RN, Backus Hospital, CCU
- Mary Withey, MSN, APRN, Windham Hospital, Quality and Safety

■ The Hartford HealthCare Behavioral Health Network celebrates National Nurses Week. Visit the link below to see all the ways that nurses across Hartford HealthCare are being celebrated, including videos, photo galleries and a special podcast. Thank you to all the nurses of the Behavioral Health Network and across Hartford HealthCare! <https://intranet.hartfordhealthcare.org/hr-careers/recognition/celebrating-nurses>



Join the BHN team for the NAMI Walk for Awareness

The National Alliance on Mental Illness, or NAMI, will hold its annual NAMI Walk to promote awareness of behavioral health issues in Connecticut on Saturday, May 21, at Bushnell Park in Hartford. The Behavioral Health Network is a sponsor for the event, and all staff are invited to take part. The walk takes place throughout the park right next to the State Capitol building.

Co-captains for the BHN Team are Patty Graham, Leslie D’Amato and Darcy Lauretti. If you are interested in taking part, please send either one of them an email at patricia.c.graham@hhchealth.org; leslie.damato@hhchealth.org; or darcy.lauretti@hhchealth.org. You can also register as a member of the team at www.namict.org.

About BHNews

BHNews is published every other Friday, except for the weeks of Independence Day, Thanksgiving, Christmas and New Year’s.

Story ideas or submissions may be sent to matt.burgard@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, May 24, at noon.

IOL's Pedemonti named Employee of the Year

The 2016 Hartford Hospital Employee of the Year, Joe Pedemonti, has made a difference in the lives of numerous young people throughout our state.

Pedemonti is an educational coordinator at the Grace Webb Schools, the therapeutic day school at the Institute of Living. He's been there for 21 years in a number of roles, including assistant teacher, student support coordinator and special education teacher.

One of his responsibilities began 10 years ago when the Grace Webb Schools began an Attendance Recovery Program to support students statewide with getting to and staying in school. As an extension of the Recovery Program, he created The Grace Webb Schools' first Credit Recovery Classroom to help high school students recover credits they had lost for various reasons. The Recovery Classroom also provides support to older students thinking



The Institute of Living's Joe Pedemonti, center, is flanked by Hartford Hospital President Stuart Markowitz, MD, left, and Randy Baggoo, president of the Hartford Hospital Employee Council, while he receives the check that goes with becoming the 2016 Hartford Hospital Employee of the Year.

about quitting school.

Since the Credit Recovery Classroom's inception three years ago, nine students have earned their high school diplomas, and more than 20 have recovered lost credits and transitioned back to their home school districts. Pedemonti also coordinates summer programming that provides extended school year education and recreation experiences for students.

"Joe's compassion and dedication have changed lives, and we are proud to be his colleagues," said Dr. Stuart Markowitz, president, Hart-

ford Region and senior vice president, Hartford HealthCare at the Employee of the Year ceremony April 27. "Because of him, students who otherwise would be drop-outs have stayed in school and graduated."

Pedemonti was chosen from eight finalists; 49 employees were nominated. The employee of the year receives \$2,000.

Vocational Services announces Greenhouse sale

The Department of Psychiatric Vocational Services at the IOL continues to "grow" with work site locations including the Institute of Living (IOL) Cafeteria, IOL Gift Shop and the IOL Greenhouse. Clients in the outpatient programs are employed by the department, gaining work skills, social skills, and confidence as well as contributing to the success of each business. As many as 80 percent of these individuals have graduated from the vocational program and are successfully working in the community. The department also collaborates with the Grace Webb Schools to provide students the opportunity to practice work-related skills.

After last year's successful growing season, the IOL Greenhouse / Horticulture Program have been seeding many varieties of vegetables, herbs, and flowers that will be ready for your garden.

Please join us for our annual flower and plant sale on Thursday, May 19, from 9 a.m. to 1 p.m. on the patio of the IOL Greenhouse. For more information, please contact Pat Wardwell, patricia.wardwell@hhchealth.org or Laura Mathews, laura.mathews@hhchealth.org.



Staff members prepare for the annual IOL Greenhouse Sale.

Schizophrenia program makes research contributions

The Schizophrenia Rehabilitation Program (SRP) at the Institute of Living has made significant contributions to research and clinical understanding of schizophrenia over the past two decades, producing or participating in several dozen research studies and conference proceedings that have helped improve treatment and outcomes for patients.

Since 1997, researchers associated with the IOL program have produced studies and findings in 26 clinical publications in the field, while participating in more than 50 conference proceedings

before peers and experts in a variety of events and settings.

“This is a remarkable scholarly output for a program built around clinical care and treatment, and I applaud the researchers on our staff who have dedicated themselves to advancing our understanding of schizophrenia,” said Harold I. (Hank) Schwartz, MD, psychiatrist-in-chief at the IOL.

Warren Thime, PhD, program manager for the SRP, said he and his team strive to make research a priority while also maintaining the program’s primary function as a treatment and rehabili-

tation program providing clinical and skill-building services to individuals and families dealing with the disorder.

Thime praised researchers Matthew Kurtz, PhD, Silvia Corbera, PhD, and Jimmy Choi, PsyD, for their commitment to adding to the body of research over the past several years.

“Their work with patients and their collaboration with colleagues in the SRP, the Olin Center and other treatment programs continue to add to the body of scientific knowledge and our own understanding regarding schizophrenia and its impact,” Thime said.

New program offered for adolescents with psychosis

The Child & Adolescent Day Treatment Program at the Institute of Living has introduced a new program, “Connecting Adolescents with Psychosis” (CAP), which provides early intervention services for children 13-18 years old with psychotic spectrum disorders.

This specialty includes group psychotherapy to foster connections and promote socio-emotional growth; community trips to engage youth in rehabilitation activities; and cognitive remediation aimed at improving executive functioning and processing speed.

CAP offers a low-stimulation, therapeutic treatment setting for adolescents, as well as psychoeducation and support services for families. It also offers collaboration with schools and community providers to help meet the needs of young people dealing with psychosis. The average length of treatment is about three months but varies depending on the individual needs of the child. For more information, please call **860-696-0036**.

Reminder: All Clinical Staff



Issues of Suicide Support Group

Last Tuesday of Every Month

Date: Last Tuesday of Every Month

Time: noon – 1 p.m.

Place: Family Resource Center
Massachusetts Cottage
Group Room - 1st Floor

Offering the opportunity for discussion with clinical staff who have experienced issues related to suicide in their work.

Facilitator: Nancy E. Hubbard, LCSW

*Light lunch will be provided
RSVP required to 860.545.7665*



Institute of Living
A Division of Hartford Hospital

Family Resource Center Support Groups

The IOL Family Resource Center (FRC) holds regular support groups. For additional information, please contact the FRC at **860-545-7665** or **860-545-1888**. All programs are free of charge and, unless otherwise noted, are held in the Massachusetts Cottage, First Floor Group Room at the IOL Campus, 200 Retreat Ave., Hartford. The upcoming IOL FRC Support Group schedule is as follows:

■ **Support Group For Families Dealing With Major Mental Illness.** *May 19, June 2, June 16 (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 those who have schizophrenia, bipolar or other related disorders. Learn to care for yourself while caring for others.

■ **Youth Psychosis Family Support Group.** *May 19, June 2, June 16 (First and third Thursday of each month), 5:15 - 6:30 p.m.* For parents with youth up to age 18 who have psychotic symptoms such as: hallucinations, delusions, paranoia, disorganized thoughts and behavior or are diagnosed with Schizophrenia and other related disorders. Join us to receive support, guidance and education

on how to cope with and help your young person.

■ **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** *May 25, June 8, June 22 (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.

■ **Yoga.** *May 24, June 21, 5 - 6 p.m. in the Commons Building, Hartford Room.* Open to adult staff and family members. Mats are provided or bring your own! The class begins with breathing exercises and gentle stretches, followed by a series of poses and ends with relaxation and meditation. Instructor: Valerie Raggio, LCSW, Yoga Fit, Level 1 Certified. To RSVP or inquire, call the FRC at **860-545-7716** or email patriac.graham@hhchealth.org

■ **An Introduction To Mental Health Benefits and Services.** *May 24, 6:30 – 7:45 p.m.* This presentation will provide an overview of benefit programs

available for individuals with mental health disabilities.

■ **Survivors Of Suicide Support Group.** *June 1 (First Wednesday of the month), 7 – 8:15 p.m.* 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.** *June 7 (First Tuesday of each month), 11:30 a.m. to 12:30 p.m. in the Donnelly Conference Room, First Floor.* Please join us as we bring together experts and those who want guidance, direction, and support. Space is limited — reservations are required by calling **860-545-7665**.

■ **Substance Use Educational And Support Group.** *June 9 (Second Thursday of each month), 4 – 5 p.m.* For family members impacted by loved ones with substance abuse.

■ **Bipolar: An Introduction To The Disorder.** *June 14, 6:30 – 7:45 p.m.* This program is for family members 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.



School study looks at academic pressures

In an effort to help children dealing with school-related stress, the Institute of Living's Anxiety Disorders Center has developed a new questionnaire called the Screener for Academic Distress (SAD), which asks questions about the pressure to do well in school and anxiety about going to school.

The center is inviting students ages 13-18 in grades 7-12 and their parents to participate in the research study to help them understand how well this questionnaire works. You do not have to have problems with school or anxiety to participate in this study. To participate, parents and students can go to the website: www.instituteofliving.org/SADstudy.

After completing this study, you will have the chance to enter into a raffle for a \$25 gift card to Amazon.com.



Clarification

An article in the April 29 issue of BHNews misidentified the director of the Grace Webb Schools at the Institute of Living. Dr. Kikke Levin-Gerdner is the director of the Webb schools, both in Hartford and Cheshire. Anne Sheffield is the art teacher at the school.

Mother's Day at Journey House



The girls at Journey House collaborated with the Master Gardeners to create Mother's Day cards. Residents arranged flowers, decorations, beads, and lettering which were digitally scanned to create personalized card designs. The cards were presented to mothers or mother figures by each of the girls.



Grow Our School plant sale May 20

Joshua Center Northeast CDT School students are hosting a "Grow Our School" Plant Sale on Friday, May 20 from 10 a.m. to 1 p.m. at Joshua Center Northeast at 934 North Main St. in Danielson.

A variety of hanging baskets, bedding plants and vegetables, all grown on-site by the students, will be for sale. Only cash will be accepted, and all proceeds will benefit the Youthworks Vocational Program and future greenhouse projects for the students.

Join us for a

Staff Appreciation

Ice Cream Social

Monday, May 16

1-2 p.m.

Natchaug Hospital
Community Room

Members of the Executive Leadership Team including BHN President Patricia Rehmer will be at the event to serve ice cream, socialize and thank staff for their hard work.

The satellite locations will have their own celebrations at their site on May 16.

No RSVP required - just show up!



Natchaug Hospital
Connect to healthier.

Volunteers needed for autism support group

Volunteers are needed for Natchaug's Autism Support Group, which meets the last Wednesday of every month in April, May and June from 5:30-7 p.m. at Joshua Center Thames Valley in Norwich.

For more information, contact Carleigh at 860-696-9984.

Still time to get in on the Rushford Golf Classic

Spots are still available for golfers in this year's Rushford Golf Classic on Thursday, May 26 at Lyman Orchards Golf Club in Middlefield. Registration starts at 10:45 a.m. with a shotgun start at noon. Payroll deduction is available for staff. Sign up by Tuesday, May 17, by contacting Kate McNulty at **katherine.mcnulty@hhchealth.org**.

The BHN Philanthropy Department is also hoping Rushford departments will be inspired again this year to create baskets for the raffle to help raise money for child and ado-

lescent programs. Suggested basket ideas include: gift card, animal lover's basket, relaxation basket, coffee/tea basket, movie lover's basket, sports basket, reader's basket, home/garden basket, gourmet food basket, beverage basket, chocolate lover's basket. The staff group whose basket receives the highest number of tickets submitted will win a pizza party.

Please contact Kate McNulty (**katherine.mcnulty@hhchealth.org**) or Sherry Smardon (**sherry.smardon@hhchealth.org**) to sign up. Baskets are due by May 19.

The Story: What you need to know about our new Behavioral Health Network MATCH™ (Medication Assisted Treatment Close to Home) marketing campaign.



Title: The MATCH™ Campaign

Focus: At a time when addiction to painkillers and heroin has reached crisis proportions, we are directing people to choose a Behavioral Health Network Medication Assisted Treatment program close to home.

Platform: The MATCH™ campaign includes statewide print ads; radio ads; newspaper website ads; online ads; search engine ads; billboards; rack cards for sales force account managers, HHCMG practices, Emergency Departments, community outreach events, etc...; Pandora radio online; internal newsletters; news service; press releases/earned media.

Audience: Individuals who are addicted to opioids, or their family members

Five key points:

1. The HHC Behavioral Health Network is the statewide leader in providing Suboxone and other medication assisted treatment, with eight locations, including a new facility in Cheshire. More sites are planned to open this year and next.
2. The BHN differentiates itself from other competitors because of the comprehensive, wrap-around services it provides.
3. The opioid crisis does not discriminate – young and old, men and women, cities and suburbs, working professionals and those who are less fortunate.
4. We are utilizing a call center, with one phone number, for all the locations, which helps send a clear, understandable message. Previously we were marketing individual facilities.
5. Because of the call center and digital aspect of the MATCH™ campaign, we are able to track our success and adjust accordingly.

Tips, tricks and best practices for communication

This is the second in a series of helpful tips on how to improve communications among employees at Rushford.

■ **No. 2:** Do not ignore emails! It's understandable that we all have heavy workloads and cannot respond immediately to all emails, but it's important



to make sure you make time to open all emails sent to you to make sure you are not missing information that can help you and your co-workers do your jobs.

Look for other tips in future issues of BHNNews.

Anything to share?

Are you interested in sharing your clinical experience or knowledge with co-workers throughout the HHC Behavioral Health Network? Consider submitting an article to the Clinical Corner. For more information, e-mail **amanda.nappi@hhchealth.org** or **matt.burgard@hhchealth.org**.

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 matt.burgard@hhhealth.org or 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.

FOR SALE

TAG SALE — Saturday, May 14, 9 a.m. to 3 p.m. 528B Boston Post Road, Waterford. Proceeds to benefit CT Velocity Club Volleyball trip to AAU Nationals in Florida.

FRIGIDAIRE — 16.5-cubic foot, top freezer refrigerator, white, works good, asking \$150. Call **203-932-0016**.

WOMEN'S SCRUBS — Tops, pants, jackets, size medium, \$5 each. Call or text **860-334-8595**.

FREE

LOVING CAT — Ten years old, declawed, male, very soft and meek, good for quiet home. Call or text **860-326-4028**.

WANTED

VENDORS — For the Kris Kringle Fair, Saturday, Nov. 12 from 9 a.m. to 4 p.m. at Saints Peter & Paul Church, 181 Elizabeth St., Norwich. Please apply by calling the Rectory at **860-887-9857**.

EVENTS

TAG SALE & BRUNCH — Saturday, May 14, 9 a.m. to 2 p.m. at Holy New Martyrs Church, 364 Canterbury Tpke., Norwich. Pierogi and omelets made to order.

WALK FOR MUSIC AT CHELSEA PARADE — Saturday, May 14, 10 a.m. in Norwich. Sponsored by Christ Church School of the Arts. Sign up by calling **860-425-0663** or www.ccsarts.org.

SUNDAYS IN THE PARLOR AT PARK — Sunday, May 15, 2 p.m. at Parlor of Park Congregational Church, 283 Broadway, Norwich. You are cordially invited to join pianist, Laura Hibbard and clarinetist, Kelli O'Connor as they perform the works of Mihaud and Brahms. A reception with light refreshments will follow the concert, suggested donation, \$10 at the door, children are admitted free.

LADIES TEA & PURSE RAFFLE — Sunday, May 15, 3 p.m. at Christ Episcopal Church, 78 Washington St., Norwich. Tickets, \$6, payable at the door, reservations required. Call **860-887-4249**.

SAINT JOSEPH SCHOOL OPEN HOUSE — Monday, May 16, 9-11:30 a.m. at 10 School Hill Road, Baltic. There will be opportunities to visit classes and speak with current parents and teachers. Now accepting registrations for the 2016-2017 school year. For more information, please contact Sister Mary Patrick, principal, at **860-822-6141**.

PASTA SUPPER — Thursday, May 19, 4-6:30 p.m. at Bethel Community United Methodist Church, 1 Rixtown Rd., Griswold. Pasta, meat sauce (meatless also available), garden salad, green beans, bread, butter, beverage and dessert. Adults \$7, under 10 years

old are free, takeout available. Call **860-376-2255**.

OLD CHURCH CONCERT SERIES — The Old Church Concert Series (www.oldchurchconcerts.com) presents an acoustic concert in a beautiful historic church Friday, May 20 from 7-9 p.m., The Rocky Hill United Methodist Church, (www.rockyhillumc.org) 623 Old Main St., Rocky Hill, will provide the setting for an evening of acoustic music by local musicians, Heather Fay and The Meadows Brothers. Donations for performers' benefit will be accepted. Refreshments will be sold by church members in the attached hall, with proceeds to benefit church programs.

NORTHEAST RELAY FOR LIFE — May 21-22 at the Woodstock Fairgrounds. To donate or support Michelle Ducat's 17-year-old daughter's team, contact michelle.ducat@hhhealth.org.

5K WALK/RUN FOR AEDs — Saturday, May 21, 8:30 a.m. registration at Norwich Free Academy to benefit The 9th Annual Larry Pontbriant Memorial 5K Run. Runs for children take place at 10:30 a.m., walkers are welcome, \$10 donation is suggested for individuals with a \$20 maximum for families. All proceeds benefit the Larry Pontbriant Athletic Safety Fund dedicated to donating AEDs to schools and athletic fields in Eastern Connecticut and raising awareness about Sudden Cardiac Arrest.

2016 BID'S TAVERN REUNION — Saturday, May 21, noon to 5 p.m. Sponsored by Yantic Fire Engine Company. Free parking, entertainment. All proceeds benefit the Yantic Fire Company. Call **860-887-6460** for more information.

OCCUM SCHOOL REUNION — Sunday, May 22, 2-5 p.m. at Holy New Martyrs Church Hall, 364 Canterbury Tpke., Norwich. All classes, all students, contact information needed for many students, bring your photos, stories, memories. Finger foods, desserts, beverages available. Call **860-887-3145** with questions and for more information.

PASTA DINNER FUNDRAISER — Thursday, May 26, 4:30-7:30 p.m. at Norwich Free Academy. \$7 per person, will benefit Alexandria Rodriguez class of 2018 to attend the National Student Leadership conference in Washington, D.C. For tickets call 860-334-1351. Call or email with questions at **860-822-9106** or rtkalin@sbcglobal.net.

THE THERAPEUTIC FOSTER CARE PROGRAM — This program provides intensive training and support services to mature, stable adults who wish to provide loving homes to children. Our children are typically ages eight to 18 and have emotional and behavioral needs. With our ongoing training, assistance and support you can successfully meet the challenges of foster parenting. Please call the Waterford Country School Foster Care at **860-886-7500** or visit wcsfostercare.org.

Still time to lose and win in HHC Weight Loss Challenge

Registration for the 2016 Weight No More Weight Loss Challenge has been extended until May 27. Weigh-in dates during the week of May 23-27 are posted now on the Weight Loss Challenge page of HHC Connect.

Participants who lose 5 percent of their initial contest weigh-in weight by July 29 will be entered in a drawing for a chance to win prizes such as \$250 gift cards to Cabela's, LL Bean, Dick's and Whole Foods, as well as FitBits, gym memberships and contest tickets.

Contestants can win even more by entering the Weight-No-More photo contest. Be sure to pick up a photo contest rules card when you weigh in.

Any HHC employee with a body mass index (BMI) of 25 or more who is not pregnant and has no known a medical condition where weight loss poses a health risk is eligible to participate.

Join by yourself or form a team of four. Lose five percent of your pre-challenge weight to be eligible for prizes. You must register and weigh-in by May 27. Register now. <https://redcap.harthosp.org/surveys/?s=WmbksuErWx>

Find weigh-in schedules and more information on the Weight Loss Challenge page of HHC Connect.