



SHOW YOUR STUFF

Have confidence during Department of Public Health visits.

• PAGE 2



EMPLOYEE RECOGNITION

Institute of Living celebrates staff with annual awards.

• PAGE 4



SOBERING THOUGHTS

Westbrook High School promotes safe graduation.

• PAGE 8

Hartford HealthCare  Behavioral Health Network

BHINews

HOCC offers new home for inpatient care

After eleven months of renovations, the Behavioral Health Network (BHN) unveiled a modern and expansive new unit for the treatment of inpatient psychiatric patients at The Hospital of Central Connecticut (HOCC) on Wednesday.

“This is a whole new arena of care,” said Lucille Janatka, senior vice president of Hartford HealthCare and president of the Central Region, who took part in a ribbon-cutting ceremony to mark the opening of the 16,000-square-foot new unit.

Patricia A. Rehmer, Hartford HealthCare senior vice president for behavioral health, also spoke at the ceremony, pointing out the numerous state-of-the-art patient safety features and conveniences that set the unit apart from other inpatient psychiatric facilities in the region.

“I am very happy to be part of this special occasion,” she said before taking part in the ribbon-cutting with Janatka; BHN President Stephen W. Larcen, PhD; Christine Scully, director of behavioral health for the Central Region; Nurse Manager Jessica Collins, RN; and nurses Shannon Pittsley, RN, and Jill Giulietti, RN.

Before the ceremony, dozens of invited guests took tours of the unit,



Taking part in the ceremonial ribbon cutting for the new inpatient unit at HOCC are, from left: Stephen W. Larcen, president of the HHC Behavioral Health Network; Lucille Janatka, Hartford HealthCare senior vice president and president of the Central Region; Shannon Pittsley, HOCC behavioral health nurse; Jessica Collins HOCC behavioral health nurse manager; Jill Giulietti, HOCC behavioral health nurse; Patricia A. Rehmer, Hartford HealthCare senior vice president for behavioral health; and Christine Scully, director of behavioral health for the Central Region.

which is located on the third floor at HOCC and includes 32 private and semi-private beds as well as other features based on best practices in the field. The opening of the new unit means that the inpatient unit at Mid-State Medical Center, which houses six

beds, will close at of the beginning of July.

Janatka pointed out that, despite some initial misgivings on the part of those in the MidState behavioral health community, the new unit will actu-

..... Continued on page 2

Have confidence in yourself during DPH visits

As an oversight and licensing agency, the Connecticut Department of Public Health (DPH) can come into our facilities at any time to do a site inspection. Surveys most often take place around the time of licensure renewal, or could be the result of a client or patient complaint.

No matter why the inspectors are here, this is an opportunity to show the high quality work that you and your colleagues strive to do each day on behalf of your clients and families.

During any inspection, please continue with your daily job tasks, unless otherwise directed. If you are asked a question by a DPH surveyor, *stay calm*. It's likely that the surveyor wants to see that you have confidence in the quality of your work. If you don't understand the question, ask the surveyor to repeat or explain the question.

Think carefully before you answer a question.

If you are unsure of the answer, *do not guess!* Bring the surveyor to the

person whom you would ask or the materials you would reference to obtain the answer.

If you are given the role as a guide for a DPH survey, it's your job to navigate the surveyor through your area or program, to stay aware and to document their activities, to notify applicable departments of potential focus areas, and to answer questions about the work your area or program performs.



Tips to being an effective guide include:

- Be confident. Know your clients and your procedures
- Be positive and proud
- Don't argue, even if you disagree with the surveyor. Do ask for clarification based on the information you have.

■ Don't leave the surveyor alone. If they ask to interview staff alone, stay close and email HR the staff person's name.

■ If a surveyor asks to interview a client alone, first get permission from the client. Then, stay close and notify the client's RN/Primary Therapist (or have someone do it for you). Chances are good that this particular client's record will be reviewed.

■ Answer only the questions asked. Avoid expanding unnecessarily.

■ Answer the question completely to avoid a follow-up investigation.

■ Utilize staff expertise. When the survey activity demands a skill set you do not use every day, pull in a staffer who does that work each day. (e.g. EMR navigation, policies).

■ Document what charts the surveyors reviewed, what staff they spoke to and any standards and/or regulations they referenced.

■ Debrief the survey coordinator of your time with the surveyor.

'This is a whole new arena of care'

continued from page 1

ally expand and enhance the level of service available to patients throughout the Central Region. She noted that the new unit features several specialized rooms for group therapy, a key component of behavioral health care that was

not available previously.

"We are improving access to care for all those who come to us," she said. "It's something to be very proud of."

Besides group therapy rooms, other enhancements include innovations such as special mood lighting in the two seclusion rooms that are meant to

calm patients. Safety features include specialized door frames so that they can be opened from both inside and outside, preventing lock-ins. The unit also features high-tech television monitors, a clinical exam room, and a quiet room. A geriatric psychiatrist has also been added to the staff.

BHNews celebrates Independence (Day)

BH News will not publish next week due to the Independence Day holiday. The next publication will be released on Friday, July 10. If you have news or events from the Behavioral Health Network to share, please submit it to matt.burgard@hhchealth.org or amanda.nappi@hhchealth.org.

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

Deadline for the next edition of BHNews is Tuesday, July 7, at noon.

1 BHNFirst

Rushford at Glastonbury Integrative Services

Thanks to support from the Sestero Fund at the Hartford Foundation for Public Giving, Rushford at Glastonbury continues to grow its integrative programming for clients and for the community at large. These programs are designed to complement group therapy work and help integrate the work done in group therapy to other areas of life, as well as assist in more fully exploring and experiencing recovery.

You do not have to be a Rushford client to participate. All programs are offered at a discounted rate to Rushford clients and their friend and family members, as well as HHC employees and the members of the community. These programs include:

■ Yoga One Breath At A Time.

Experience strength, hope and courage by finding your inner strength through yoga. Learn to separate yourself from your thoughts-developing compassion for self and others.

Wednesdays 6:30-7:30 p.m. and/or
Thursdays 1:30-2:30 p.m.. All materials

provided. \$60/6 weeks or \$15 per session. Drop-ins welcome as space allows.

■ **Visual Journaling.** Uncover your visual voice and its many healing abilities through intuitive expression. Using guided meditation, sketchbook journals and multi-media art materials, you will engage in an ongoing visual conversation. Deepen trust in the authentic language of your body and heart. Our creative voice is a doorway that opens us to our own source of meaning, healing, connection and aliveness.

Tuesdays 1:30 - 4 p.m. No previous art experience necessary. All materials provided. \$60/6 weeks or \$15 per session, advanced notice required.

■ **Acupuncture.** Acupuncture treatments can provide relief and relaxation in a comfortable community setting. These treatments are based upon ancient Chinese acupuncture methods that can bring holistic health to your body and your mind in the areas of: Depression, stress, weight loss, emotional trauma, quitting smoking, addiction

withdrawal, arthritis, anxiety, fatigue and insomnia.

Mondays 3-7 p.m., \$15 per session. Appointments scheduled in advance; drop-ins considered for returning clients as space allows.

In addition, there is a lending library stocked with materials relating to addiction and mental health issues, as well as books, DVDs, and CDs on the many integrative therapies now being used in conventional medical settings as a complement to traditional medical treatments.

For more information or to register for any of these programs, or to access the lending library, please call **860-657-8910**, or stop by the front desk at Rushford at Glastonbury and ask to speak with Denise or Debbi.

■ BHN First is a regular feature of BHNNews 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!

staff speaks out

Fourth of July is coming up. Where is your favorite place to watch fireworks?



I like to go to the parking lot at the Target in Meriden. You can get a great view of the fireworks from Hubbard Park, so we like to go there and tailgate.
— Pete Bartlett, food service, Rushford



Without a doubt: Daytona Beach, Florida
— Chris Ferrante, DARC, Program Manager, Child & Adolescent Services, Rushford at Stonegate



From under my bed so I can comfort my dog.
— Shenandoah Pettit, MSW, Primary Therapist, Journey House, Natchaug Hospital

IOL celebrates staff with annual recognition awards

On June 16, the IOL held its annual awards and recognition day celebration, celebrating employees and community members for their superior commitment to the IOL and its patients.

Retired Hartford Probate Judge Robert K. Killian Jr. received the **Psychiatrist-in-Chief's Award**, which is presented to recognize outstanding contributions to the IOL by an employee, volunteer or community member. Judge Killian was lauded for his 31 years of service, which included a strong and positive partnership with IOL in his role as probate court judge for the District of Hartford. During his time on the bench, he adjudicated 51,000 matters related to conservatorships, mental health and children. The award was presented to Judge Killian by Harold I. Schwartz, MD, IOL Psychiatrist-in-Chief.

The **Arne Welhaven, MD Memorial Award** was given to Michael DeCarlo, Care Manager in the Child & Adolescent Day Treatment Program. This is a humanitarian award given yearly to a staff person within the Department of Psychiatry who best exemplifies genuine concern, respect and generosity toward patients and a quest for excellence in mentorship or education.

The **Linda J. Stacy Service Excellence Award** went to Nancy March, LCSW, Treatment Manager, Nursing D1N. This award is given by the Family Resource Center Board to employees who have demonstrated superior understanding and compassion for the unique needs of patients' families, and towards improving the quality of the IOL's interactions with its patients and their families.



The Honorable Judge Robert K. Killian, Jr. accepts the IOL Psychiatrist-in-Chief Award from Harold Schwartz, MD.



Michael DeCarlo, Care Manager in the IOL Child & Adolescent Day Treatment Program, accepts the Arne Welhaven, MD Memorial Award from Ann MacGillis, MSN, Chair, Arne Welhaven Award Committee.

The **Ned Graffagnino, MD Honorary Award** was given to Peter Adelsberger, Case Manager, Schizophrenia Rehab Program. This award honors the outstanding accomplishments of Dr. Ned Graffagnino, former Division Chief of Child and Adolescent Psychiatric Services. It recognizes an individual employee who has demonstrated distinguished service/job performance in the areas

of community-oriented work and/or collaborative efforts with other mental health professionals, especially in the area of training.

Additional awards and recognitions included:

■ **Professional Practice Nursing Award:** Anna Neal, RN, D3S; Paul Paseos, RN, D1N; Angela Virella, RN, D3S.

■ **Doris Armstrong Award:** Cynthia Belonick, APRN, IOL Nursing Education

■ **Nightingale Award for Excellence in Nursing:** Chris Goodman, RN, D1S

■ **PCA/ Psych Tech Dedicated to Caring Award:** Kathy Braswell, Psych Tech D3N; Keith Kendall, Psych Tech, D2N; Lynette Samuels, Psych Tech D3S; Shelly Molina, Psych Tech, D3S.

■ **CT Association of Private Special Education Facilities Golden Apple Award**

Sarah Lahickey, Instructional Assistant, Webb School at Cheshire; Carolyn Janis, Clinician, Webb School at Cheshire; Caitlyn Rioux, Teacher, Grace S. Webb School; Marissa Butler, Assistant Teacher, Grace S. Webb School; Victoria Elliott, Teacher, Grace S. Webb School; Elizabeth Cappiello, Student Support Coordinator, Grace S. Webb School.

■ **IOL Employees Inducted into the Quarter Century Club this Year:** Sonya Dupre, Residency Coordinator, Psychiatry; Faye Jenkins, Geriatrics - Institute Psychiatric Group; Ann MacGillis, RN - Infectious Control Nurse IOL Nursing-Donnelly; Laura Saunders, PSY D., IOL Nursing-D1S; Harold I. Schwartz, MD, Psychiatrist-In-Chief, IOL Administration; Karen Smith, APRN, Psychiatric Consultation Liaison.



Mental Health First Aid classes set through September

Mental Health First Aid (MHFA) and Youth Mental Health First Aid (YMHFA) classes will be offered by the BHN through the month of September.



Classes are open to the general public at a cost of \$50 per person and to HHC employees at a discounted rate of \$20 per person.

MHFA and YMHFA are interactive training courses designed to give members of the public the key skills required to help an individual who may be experiencing signs of crisis that are related to a mental

Class schedule

Thursday, July 23	Youth MHFA	8 a.m. - 5:30 p.m.
Thursday, Aug. 6	MHFA	8 a.m. - 5:30 p.m.
Saturday, Aug. 22,	MHFA	8 a.m. - 5:30 p.m.
Saturday, Aug. 29	Youth MHFA	8 a.m. - 5:30 p.m.
Tuesday, Sept. 8	Youth MHFA	8 a.m. - 5:30 p.m.
Friday, Sept. 11	MHFA	8 a.m. - 5:30 p.m.
Saturday, Sept. 19	MHFA	8 a.m. - 5:30 p.m.
Saturday, Sept. 26	Youth MHFA	8 a.m. - 5:30 p.m.

health disorder such as depression, panic-anxiety disorder or post-traumatic stress disorder.

All classes will be held at the Institute of Living, Hartford Room, Second

Floor Commons Building, 200 Retreat Avenue, Hartford, and are scheduled as shown above. For more information or to register, please contact patriciac.graham@hhchealth.org.

Seeking donations for the upcoming back-to-school resource fair

IOL Backpack & School Supply Drive



The Institute of Living's Back-to-School Resource Fair is set for Wednesday, August 12, and we're seeking donations of **backpacks** and **school supplies** to give away to needy children from greater Hartford.

Donation ideas include:

- | | | |
|----------------|----------------|------------------------|
| Backpacks | Markers | Spiral bound notebooks |
| Pens & pencils | Glue sticks | Paper-lined & unlined |
| Erasers | Index cards | Kid-friendly scissors |
| Highlighters | Rulers | (left & right handed) |
| Notebooks | Calculators | |
| Crayons | Pocket folders | |

Donated items may be dropped off in the IOL Assessment Center, located in the lower level of the Donnelly Building.

Donation deadline: Monday, August 10 by 4:30 PM

For more information, contact Anne Marie Gorman in the Assessment Center at AnneMarie.Gorman@hhchealth.org or call 860-545-7200.



Next National Dialogue event set for July 21

On Tuesday, July 21, Hartford Hospital's Institute of Living will hold the next forum in the award-winning series "The National Dialogue on Mental Health (NDMH).

"Here for Hope: We All Want Wellness" will focus on peer-delivered services in the behavioral health field. Moderated by IOL Medical Director Linda Durst, MD, the forum will consist of a panel of those with lived experienced, a mental health professional, and organizations who incorporate peer services.

This event is from 5:30 – 7 p.m. in the Hartford Room of the IOL Commons Building, 200 Retreat Ave., Hartford. To learn more, please call **860-545-7716** or e-mail patriciac.graham@hhchealth.org.

Got something 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 carol.vassar@hhchealth.org.

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:

- **Schizophrenia: An Introduction To The Disorder.** *June 30, 6:30 – 7:45 p.m.* This program is for family and friends of individuals who have schizophrenia 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.
- **Support Group For Families Dealing With Major Mental Illness.** *July 2, July 15, Aug. 6, Aug. 20 (First and third Thursday of each month), 5:15 - 6:30 p.m. in the Center Building, First Floor Conference Room.* For family and friends of individuals who have schizophrenia, bipolar or other related disorders.
 - Share your success and struggles. Learn to care for yourself while you are caring for others.
- **Sibling Support Group.** *July 2, July 16, Aug. 6, Aug. 20 (First and third Thursday of each month), 5:15 - 6:30 p.m. in the Center Building, First Floor Conference Room.* This group will provide support for siblings of those struggling with mental illness, create a safe place to discuss and process feelings, and connect with others who have similar circumstances.
- **Dementia Support/Educational Group Meeting.** *July 7, Aug. 4 (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**.

- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** *July 8, July 22, Aug. 12, Aug. 26 (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.
- **Social Support Group — LGBTQ Issues (Lesbian/Gay/Bisexual/Transgender/Questioning).** *July 8, July 22, Aug. 12, Aug. 26 (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
- **Youth Psychosis Family Support Group.** *July 17, Aug. 7, Aug. 21 (First and third Friday of each month), 4:15 – 5:15 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.
- **Depression: An Introduction To The Disorder.** *July 21, Sept. 29, 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.

Participants needed for numerous clinical trial studies

In addition to direct clinical services to patients, Hartford Hospital's Institute of Living supports and augments its clinical excellence through research at the Olin Neuropsychiatry Research Center; the Anxiety Disorders Center/Center for Cognitive Behavioral Therapy (CBT); the Braceland Center for Memory and Aging; and the Burlingame Center for Psychiatric Research and Education.

As part of the research taking place at IOL, volunteers are needed to help with numerous clinical trials including: Adolescent Schizophrenia, Pediatric and Adolescent Bipolar Disorder, Pediatric and Adolescent Depression, Adult Generalized Anxiety Disorder, Adult Major Depressive Disorder, Adult Bipolar Disorder and Schizophrenia, Schizophrenia and Autism Research, Alcoholism, Teen Depression and Alcoholism.

For more information and greater details about these clinical trials, go to <http://bit.ly/1EkaZFc>.

Flashback Friday

Flashing back to 2014's "Stop the Stigma: Worldwide Edition" contest with Natchaug Hospital/ Joshua Center Thames Valley mental health worker Charles Henderson. He's shown wearing his "Stop the Stigma" T-shirt at Six Flags Great Escape in Lake George, New York, accompanied by his son Jack and daughter Lila.



Wellness committee seeks volunteers

Are you passionate about wellness? Do you want to help make Natchaug Hospital a healthier place?

Employees are needed for Natchaug Hospital's new Wellness Committee. The committee, which will meet several times a year, is responsible for implementing health and wellness initiatives at the grassroots level with support and resources from the newly formed HHC Wellness Council. Each HHC affiliate will have its own committee that will bring lunch-and-learns, on-site yoga, and other healthy ideas to life.

If you are interested in joining the committee, e-mail amanda.nappi@hhchealth.org.

R rushfordreport

DMHAS grant awarded to Rushford Prevention

Under the Connecticut Strategic Prevention Framework Coalitions (CSC) Initiative, the Rushford prevention department has been awarded a \$500,000 grant from the Connecticut Department of Mental Health & Addiction Services (DMHAS).

The purpose of this grant is to collaborate with Middletown Substance Abuse Prevention Council to execute a public health planning model in the City of Middletown. Rushford will receive \$100,000 annually for five years to prevent the start of substance abuse, reduce its progression and promote positive mental health at the community level. Rushford Prevention and Wellness Coordinator Felicia Goodwine-Vaughers will oversee this initiative.

On course in Cromwell



Rushford/Natchaug Budget Manager Jim Ray (pictured) and Rushford's Rosanne Gumlaw are among the HHC volunteers working at the Travelers Championship PGA Tournament at the TPC River Highlands in Cromwell. The tournament is the only Connecticut stop for the men's PGA tour. It concludes on Sunday.

You're invited

Behavioral Health Home Open House

Wednesday, July 1, 2015
11 a.m. – 1 p.m.

Clients and employees from across the BHN are invited to an open house at the new Behavioral Health Home (BHH) office. Come learn about services, referrals and what BHH is all about! Raffle prizes and giveaways will be available for clients and a healthy lunch will be provided for all.

Rushford
883 Paddock Ave., Meriden

No RSVP necessary.
Questions? Contact Melissa at 203.634.7034 or
Melissa.Weston@hhchealth.org.



Westbrook promotes safe graduation

Westbrook High School student and Students Against Destructive Decisions (SADD) Chapter President Lydia Murphy is shown with one of the many signs posted around this shore-



line town reminding high school graduates to make healthy choices and stay drug and alcohol free this graduation season.

Prevention Professional Lyn Connery serves as Westbrook SADD Advisor. Rushford and the local prevention councils promote this same message in Meriden and Middletown.

You are invited!



Rushford Family Outing

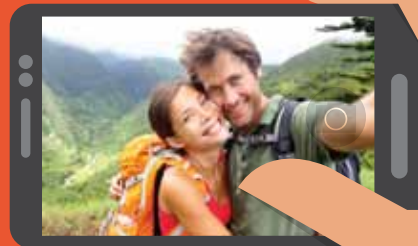
Saturday, August 15, 2015

- Where:** Lake Compounce, 186 Enterprise Drive, Bristol
- Time:** 11 am-10 pm (park hours)
- Includes:** Unlimited rides, shows & attractions
Crocodile Cove Water Park
Free parking
Lunch for Rushford party from 12 noon – 2:30 pm
- Tickets*:** Adults \$15
Children 12 years and under \$10
Free for children age 3 & under

To purchase tickets, please contact: Anivette.cruz@hhchealth.org
or Sheila.gosselin@hhchealth.org.

Deadline for registration & payments is July 1.
Cash only, please.

*Limit 5 tickets per staff. Tickets are non-refundable and cannot be combined with Season Passes.



Doing something healthy? Take a selfie.

**Share your Picture of Healthier
and you could win an Apple Watch!**

We want to see how you connect to healthier! Submit photos of yourself enjoying your favorite healthy activities — from working out to eating well — and you could win an Apple Watch, or be featured on our Facebook page and upcoming ads and promotions.

Submit your photos at
connect@hhchealth.org





events

■ **Saturday, June 27 at 7 – 9:30 p.m.** *Celebration of Shadows*, Trinity-on-Main, 69 Main St, New Britain. A night of music, humor, speakers, and conversation on issues of mental health meant to inspire and inform. Proceeds of ticket sales will go to The Hospital of Central Connecticut's Behavioral & Mental Health Counseling Center. General Admission is \$10. For tickets or more information, please visit <http://bit.ly/1CsMsOG>

■ **Tuesday, July 21 from 5:30 – 7 p.m.:** *Here for Hope: We All Want Wellness*, Hartford Room, IOL Commons Building, 200 Retreat Ave., Hartford. The next in the award-winning forum series "The National Dialogue on Mental Health" focuses on peer-delivered services in the behavioral health field. Moderated by IOL Medical Director Linda Durst, MD, the forum will consist of a panel of those with lived experience, a mental health professional, and organizations

who incorporate peer services. It is free and open to the public. Registration is not required. For more information please call 1.860.545.7716 or e-mail patricia.c.graham@hhhealth.org

■ **Saturday, Aug. 15 from 11 a.m. – 10 p.m.:** Rushford Family Outing, Lake Compounce, 186 Enterprise Drive, Bristol. Includes: Unlimited rides, shows and attractions, Crocodile Cove Water Park, free parking and lunch for the Rushford party from noon - 2:30 p.m. Tickets are \$15 for adults, \$10 for children 12 and under, free for children age 3 and under. Free for children age 3 and under. Deadline for registration and payments is July 1. Cash only, please. Limit five tickets per staff. Tickets are non-refundable and cannot be combined with season passes. To purchase tickets, please contact anivette.cruz@hhhealth.org or sheila.gosselin@hhhealth.org



thetreasuretrove

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 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. 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

DESERT ROSE FRANCISCAN EARTHENWARE — Made in the USA, 1963. Jackie Kennedy's pattern used in the White House, 12 dinner plates, 10 coffee plates, nine dessert plates, salt, pepper, creamer, sugar, three vegetable bowls, large salad bowl. \$575 or best offer. Call **860-444-0079**.

LAMINATE FLOORING — New in box, hand scraped v-groove laminate flooring, will cover 180 square feet, \$350 or best offer. Call **860-642-6428**.

EVENTS

VINYASA IN THE VINEYARD — Friday, June 26 at Preston Ridge Vineyard. Practice led by registered Yoga Teachers. Proceeds go towards supporting a local family and their medical costs affected by ALS. Registration, 5-5:30 p.m. Food truck, live music, American Indian drumming with the Black Wolf Drum and Eagle Feather. Cost is \$10.

NEIGHBORHOOD FLEA MARKET — Saturday, June 27, 8 a.m. to 2 p.m. at Bethel Community United

Methodist Church, 1 Rixtown Road, Route 165, Griswold. Indoor/outdoor, vendors wanted, each space is \$20. Proceeds benefit the Church, hotdogs, baked goods. Call **860-367-4639**.

QUILTS OF VALOR BREAKFAST — Saturday, June 27, 8-10 a.m. at the VFW Post 594, 30 Connecticut Ave., Norwich. \$5 suggested donation, all proceeds benefit the Stitch Chicks Quilts of Valor Group. Eggs, bacon, sausage, english muffins, homefries, French toast, coffee, tea, juice. For more information visit www.qovf.org.

ST. JAMES FREE SPAGHETTI DINNER — Friday, July 10 from 3:30-7 p.m. at St. James Church, routes 2A and 117, Preston. The church is hosting this dinner to raise awareness of the Church Mission Trip to Ecuador. A free will offering will be accepted to help defray costs for the Mission Trip.

WILLIMANTIC ELKS LODGE VACATION RAFFLE — Tickets available in the Backus Hospital Gift Shop. \$10 per ticket, drawing is Thursday, July 23, proceeds benefit Backus Hospital, Jolly John's Keep You Trucking Fund. First prize, trip for two to Orlando, five days, second prize, trip for two to Las Vegas,

four days, third prize, weekend getaway for two to Boston, three days. For further information call **860-208-1506**.

ANNUAL RUMMAGE SALE — Thursday, July 30, 5-8 p.m., Friday, July 31, 9 a.m.-6 p.m., Saturday, Aug. 1, 9 a.m.-2 p.m., Friday, Aug. 7, 10 a.m.-5 p.m., Saturday, Aug. 8, 9 a.m.-2 p.m. at St. Mary's Church/St. Joseph School, 70 West Main St., Baltic. Seeking donations of furniture, household items, clothing, sporting goods, outdoor, toys, linens, etc. Call **860-822-6378**.

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.

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**.