A weekly newsletter for staff of Hartford HealthCare's Behavioral Health Network NOV. 14, 2014 • ISSUE 4

HANDS-ON HELP
YouthWorks program gives students real-world experience.
• PAGE 2

EXPANDING
MidState, HOCC add to behavioral health services with 24-hour crisis coverage. • PAGE 3

GENEROSITY
Rushford's Mental Health First Aid program receives $5,000 donation.
• PAGE 7

Hartford HealthCare Behavioral Health Network

BHNews

From paper pledges to new media, Stop the Stigma continues to grow

A little publicity from entrepreneur billionaire and NBA team owner Mark Cuban doesn't hurt either.

The Hartford HealthCare Behavioral Health Network Stop the Stigma campaign continues to gather pledges and attention as we work together to shine light on the stigma of mental illness and addiction.

Using traditional paper pledges gathered at high schools, community events and mental health first aid trainings, as well as social media tools — notably the wildly successful Stop the Stigma Facebook page and the newly launched Stop the Stigma Twitter account — our pledge count now stands at 11,734.

Launched in May, the BHN Facebook page **(www.facebook.com/stopthestigmact)** has over 17,000 likes, making it the most seen social media account within Hartford HealthCare. The BHN Twitter account **(@stopthestigmact)** recently caught the attention of entrepreneur billionaire Mark Cuban. On Nov. 5, the Dallas Mavericks owner retweeted a BHN Twitter post on panic attacks, sharing it with his 2.5 million followers.

The following day, a Stop the Stigma rally at Bristol Eastern High School

• • • • • • • • • • Continued on page 2

Above: From front row left, IOL's Patricia Graham, the CT Youth Forum's Alex Taylor and Lanham Marks-Hamilton with students and staff at Bristol Eastern High School following last week's Stop the Stigma rally.

Right: Mark Cuban's Nov. 5 retweet of a Stop the Stigma tweet.

1 BHN First

YouthWorks, S.E.E. programs give students real-world experience

When the public school system cannot meet the emotional or behavioral health needs of students, these students may be referred to Natchaug Hospital's clinical day treatment schools. Such complex needs make it challenging or even impossible for the students to be admitted to vocational secondary schools, where they would learn valuable skills and gain work experience.

■ Natchaug is seeking new businesses and employers to take part in the Supervised Employment Experience program. For more information, contact Joshua Center Northeast Principal David Heg at 860-779-2101, ext. 302 or david.heg@hhchealth.org.

To give these students the real-world experience they need, Natchaug Hospital piloted the YouthWorks program at Joshua Center Northeast (JCNE). The YouthWorks program set out to provide students with vocational training in areas like carpentry, agriculture, and automotive repair, improve their post-graduate employability, and increase their self-esteem. With the success of the program, it was expanded to Joshua Center Thames Valley in Norwich and plans are in the works to bring YouthWorks to other clinical day treatment schools.

Since the program's beginnings in 2009, students have participated in a number of hands-on projects including mechanical work on an antique tractor, the construction of a shed and a chicken coop, and the creation of a memorial fountain dedicated to a student who passed away.

In 2013, JCNE's vocational program took a major step out of the workshop and into the community with the Supervised Employment Education (S.E.E.) program.

Kathryn Lord, Director of the Edward & Mary Lord Foundation, admires a chicken coop built by YouthWorks students at Joshua Center Thames Valley as HHC Senior Vice President and BHN President Stephen W. Larcen, Ph.D, and JCTV Assistant Principal Tom O'Day look on.

S.E.E. gives students the opportunity to explore community employment and provides teacher-supervised work experience to help students find a vocation that suits their interests. It also gives local business owners the chance to experience first-hand the skills that Joshua Center students have to offer.

A number of local businesses in northeastern Connecticut have opened their doors to JCNE students, including Logee's Greenhouse, Regency Heights Convalescent Home, Boudreau's Welding, Brooklyn Hardware and Spirol Corporation.

Strike it rich by checking out the Treasure Trove

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

The Treasure Trove is a free classified section in each issue of *BHNews*. Advertise items for sale or community events that are open to the public by Tuesday at noon via e-mail to **amanda.nappi@hhchealth.org** or **carol.vassar@hhchealth.org.**

From paper pledges to new media, Stop the Stigma continues to grow

continued from page 1

sponsored by the BHN, the IOL and the Connecticut Youth Forum provided approximately 150 students there with information on mental illness, mental health, and stigma prevention. Receptive students hand-signed 106 Stop the Stigma pledges. The event featured 2014 BrainDance winner *(See page 4)* Nicole Crapser, who shared her award-winning stigma-prevention presentation with peers at her alma mater.

The Stop the Stigma campaign continues to bring public attention to the fact that stigma stops many people from seeking early treatment for issues of mental health and addiction — a delay that can be life threatening.

MidState, HOCC add 24-hour crisis coverage

With the start of fiscal year 2015, the Hartford HealthCare Central Region implemented a new patient care model — the Acute Behavioral Health Units (ABU).

Located in the emergency departments of both MidState Medical Center and The Hospital of Central Connecticut, expands crisis evaluation coverage to 24 hours a day, seven days a week.

Regional LCSWs provide coverage 12 hours a day, along with coverage after hours. In addition, a specially-trained psychiatric nurse completes the data collection, allowing for improved access to care.

In anticipation of this change, the Hospital of Central Connecticut hired an APRN last September to support the care in the ABU Monday through Friday for approximately 20 hours a week. The psychiatric nurses began cross-training to provide support during the summer months. The new model is expected to facilitate shorter length of stays in the emergency departments and improve admission wait times.

Implementation of this model is essential as the Central Region integrates more fully with the Behavioral Health Network service line, with an overall goal of removing barriers between hospitals and departments to ensure quicker access to care.

From left, Sophia Pare, RN; Jennifer Martin, LCSW; Candace Nystrom, NT; Heidi Dzis, RN; and Susan Meunier, APRN; are among the staffers providing the Central Region with 24-hour, seven-day-a-week crisis coverage.

Providing free clothing to individuals attending IOL programs
An IOL work skills training site.

On The Horizon
Clothing Store
Winter Apparel Donation Drive 2014

December 2nd - December 16th
New or gently used clean winter apparel.

Donation Boxes will be located in:

Donnelly building
Gengras building
Center building
West Grad building
Olin Center
The Professional Program
IOL Cafeteria

Women's & men's needs include:

Coats & Jackets
Boots
Hats & gloves
Scarves

All sizes are welcome.
Special need for sizes XXL+

A donation form for tax purposes can be provided
Please e-mail Tammy.Petrik@hhchealth.org

Any questions in regards to the donation drive, please email
Kristina.Bosco@hhchealth.org or Catherine.Aboumrad@hhchealth.org

Thank you for your support!!
The Department of Psychiatric Vocational Services

Institute of Living
A Division of Hartford Hospital

Free HHC shirts for holiday road race

Hartford HealthCare staff members and their families and friends who will be running in the Manchester Thanksgiving Road Race can get free Hartford HealthCare T-shirts. Represent the HHC team by wearing the HHC colors. If you're interested, contact Eveline Schaffer at **eveline.schaffer-shekhman@hhchealth.org.**

Become a clinical research subject and help advance science

IOL researchers are seeking subjects to participate in clinical research or trials in the following areas:

- Attention Deficit Hyperactivity Disorder (ADHD) in Adults
- Child & Adolescent Research
- Compulsive Hoarding
- Risk of Cardiovascular Disease among the Depressed
- Neuroimaging Studies
- Panic Disorder
- Postpartum Depression
- Schizophrenia in Adolescents
- Treatment Resistant Depression
- Control subjects

Consider becoming a research study participant — it will help advance science and the understanding of the human brain, and add to the base of research and knowledge worldwide through studies that take place on the IOL campus.

For more information on qualifications for each of the studies listed above, please visit **www.harthosp.org/InstituteOfLiving/Research/ClinicalTrials/default.aspx.**

Entries now being accepted for BrainDance Awards

The IOL is sponsoring the 12th annual BrainDance Awards. This mixed media and arts competition encourages high school students to gain knowledge about psychiatric diseases and develop a more tolerant and realistic perspective toward people with severe psychiatric problems. The competition also aims to promote students' interest in careers in mental health care.

To apply for the awards: please log on to: **www.nrc-iol.org** and follow the link to BrainDance for application forms, information and procedures. Submission deadline is Feb. 1.

For more information: contact Nancy Hubbard at **860-545-7665** or **nancy.hubbard@hhchealth.org**

FAMILY RESOURCE CENTER

The Truth About Electroconvulsive Therapy and Transcranial Magnetic Stimulation

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.

Tuesday, Dec. 16 from 6 pm - 7 pm
Commons Building, 2nd Floor, Hartford Room
Institute of Living, 200 Retreat Avenue, Hartford, Connecticut

Facilitated By:
Katharine Woods, DO

To RSVP, call 860.545.7716
or email patriciac.graham@hhchealth.org

Institute of Living
A Division of Hartford Hospital

About BHNews

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

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

Deadline for the next edition of *BHNews* is Tuesday, Nov. 18, at noon.

Family Resource Center Support Groups

The IOL Family Resource Center (FRC) support group schedule for November and December is as follows:

- **Depression: An Introduction To The Disorder.** *Nov. 18, 6:30 – 7:45 p.m.* This program is for family and friends of individuals who suffer from depression. It presents a basic understanding of major depression, its treatment, and ways in which family members might better cope with the illness.

- **Managing Schizophrenia.** *Dec. 16, 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.

- **Anxiety Disorders: An Introduction.** *Dec. 2, 6:30 – 7:45 p.m.* This lecture is for families and friends of individuals who have an anxiety disorder or a related disorder. Participants will acquire a basic understanding of anxiety disorders, their treatments and specific suggestions to help them better cope with the illness.

- **Support Group For Families Dealing With Major Mental Illness.** *Nov. 20, Dec. 4, Dec. 18 (First and third Thursday of each month), 5:15 - 6:30 p.m. 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.

- **Social Support Group — LGBTQ (Lesbian/Gay/Bisexual/Transgender/ Questioning) Issues.** *Nov. 26, Dec. 10, Dec. 24 (Second and fourth Wednesday of each month), 5 – 6:15 p.m. Center Building, Young Adult Service Group Room.* Support group for 16-23 year-olds who identify LGBTQ issues as being prominent in their lives. The goal is to discuss support strategies to manage life challenges.

- **Dementia Support/Educational Group Meeting.** *Dec. 2 (First Tuesday of each month), 11:30 a.m. – 12:30 p.m. 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 (860-545-7665).

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

- **Sibling Support Group.** *Nov. 20, Dec. 4, Dec. 18 (First and third Thursday of each month), 5:15 - 6:30 p.m. 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.

- **Adoption Support Group.** *Dec. 9 (Second Tuesday of each month), 6:30 – 8:30 p.m.* For all those impacted by adoption. Parents, adult adoptees, birth parents. This is a forum for support and sharing.

- **Peer Parent Support Group For Those With Children On The Autism Spectrum.** *Jan. 21 (Third Wednesday of each month), 6 – 7 p.m.* Facilitated by Goviana Morales, Family Resource Center Peer Volunteer and Parent of a child on the autism spectrum. This group is open to any parent who has a child on the spectrum.

- **Un Grupo De Apoyo Para Las Familias Hispanas.** *Nov. 20 and Dic. 18 (El tercer Jueves del mes), 5 – 6 p.m.* Este es un grupo de apoyo para las familias que hablan espanol y que estan preocupados con los asuntos de la salud mental.

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.**

Brownell promotes ACCESS-MH CT on television

Kim Brownell, MD, Medical Director of the IOL hub of ACCESS-MH CT, appeared on NBC Connecticut last Monday to promote the program. Check it out at **http://bit.ly/1xvDz5Q.**

The ACCESS-MH CT program provides consultative psychiatry services to primary care physicians treating children and adolescents in Connecticut.

Training calendar

Monday, Nov. 17
- New Employee Orientation, 8:30 a.m.-5 p.m.

Tuesday, Nov. 18
- Interpersonal Skills, 7-8:30 a.m.
- TICI, 9 a.m.-1:30 p.m.
- Manual & Mechanical, 1:30-2:30 p.m.

Wednesday, Nov. 19
- CPR, 7-10 a.m.
- First Aid, 10 a.m.-12:30 p.m.

Sunday, Nov. 23 *Second shift*
- TICI, 3-7 p.m.
- Manual & Mechanical, 7:30-8:30 p.m.

Monday, Nov. 24 *Second shift*
- CPR, 3-6 p.m.
- First Aid, 6:30-9 p.m.

H3W update

H3W
How Hartford HealthCare Works

During the month of November, Natchaug employees will have the opportunity to learn about some of the year's top H3W projects and vote for the winner of the second annual Olga and Mervyn Little Award (and a $500 prize!)

Out of the dozens of completed projects and ideas from the last fiscal year, 18 projects have been nominated for voting and categorized by which Core Value they exemplify — Caring (we do the kind thing), Excellence (we do the best thing), Integrity (we do the right thing) and Safety (we do the safe thing).

Your H3W Work Group Leader will share the Project Workbook with you, most likely during your next work group meeting, and you will have the opportunity to cast your vote. Take the time to let your voice be heard, and think about whether some of the ideas you read about could improve your own program!

Printed copies of *BHNews* also available

Printed copies of *BHNews* will be available for Natchaug staff at the main hospital each Friday by 10 a.m. Black and white copies will be available at the front desk, and a color copy will be placed in the staff lounge next to the Community Room.

Discounted BJs memberships for Natchaug workers

Natchaug Hospital is once again offering discounted new memberships and renewals to BJ's Wholesale Club. Employees who sign up receive a discount on fees, three additional months of membership, and a second card for family. Five dollars from each membership will be donated to Natchaug. Checks should be made payable to BJs Wholesale Club. Application and payment are due by Monday, Nov. 24. For more information, e-mail **sherry.smardon@hhchealth.org** or visit the Natchaug Intranet.

JCTV seeking book donations

Joshua Center Thames Valley is seeking donations to support a book drive for children and adolescents in the partial program.

The books will be used to inspire clients to take an interest in reading and as a prize for positive behavior reinforcement. Make your donation at JCTV or contact **meagan.fowler@hhchealth.org.**

Natchaug Staff Holiday Party

Friday, December 5

6-10 p.m.
6 p.m. Appetizers
7 p.m. Dinner

The Elks Club
198 Pleasant St., Willimantic

For an evening of
- Food
- Music
- Fun!

Staff may bring one adult guest
Cash Bar - No outside beverages

Natchaug Hospital
A Hartford HealthCare Partner

RSVP to the Receptionist *by December 1*

Napier donates $5,000 to Rushford

The Rushford Foundation was awarded $5,000 by the James H. Napier Foundation in Meriden to support Rushford's Mental Health First Aid (MHFA) program. The funding will specifically support efforts to offer the training to teachers, parents, coaches, mentors, juvenile justice professionals, school nurses, health care providers, case managers, community volunteers, guidance counselors, first responders, and other adults who work with children and families in the Meriden Family Zone.

The Meriden-based Napier Foundation helps non-profit organizations to meet the existing and emerging needs of children, youth, and families living in Meriden and Wallingford.

Rushford's Sheryl Sprague displays some of the tools she uses as a Mental Health First Aid instructor.

United Way drive continues through Dec. 5

The United Way campaign at Rushford is underway, and continues through Dec. 5, with a goal of raising $13,000. As of Tuesday, Nov. 11, employees from across Rushford have pledged more than $9,400 toward that goal.

Led by Caitlin Swartz, Jennie Vega and Jessica Walls in Meriden and Shani Goodson and Phil Andriano in Middletown, the United Way fundraising committee has already completed several week-long mini-campaigns, including selling candy-grams and baked goods. Upcoming campaign fundraisers include the annual Rushford Chili Cook-Off Challenge today at 12:30 at Rushford at Meriden and a silent auction on Dec. 4.

Employees who complete and submit a United Way pledge form on or before the Dec. 5 deadline will have their names submitted into a drawing for a free PTO day. For more information or to fill out a pledge form, visit the Loop at **http://10.239.3.31/images/customerfiles//UnitedWayPledgeForm2.pdf** or contact **caitlin.swartz@hhchealthorg**, **jennifer.vega@hhchealth.org**, **jessica.walls@hhchealth.org**, **shani.goodson@hhchealth.org** or **philip.andriano@hhchealth.org.**

Rushford at Glastonbury acupuncture adds hours

Rushford at Glastonbury is now offering evening acupuncture hours every Monday from 3 - 7 p.m.

Glastonbury residents and Rushford employees pay just $15 per session. Appointments may be made by calling **860-657-8910.**

How do I get a branded nametag outside my office or cubicle?

If you have an office or cubicle, obtaining a HHC-branded nametag for the nameplate takes just a few simple but important steps:

■ Go to the Loop and put in a Landport request for the nametag to be inserted. If you do not already have an existing nameplate outside your door or cubicle, please indicate this in your Landport request.

■ Email Carol Vassar (**carol.vassar@hhchealth.org**) with the name and the relevant professional credentials of the person or persons needing a nametag so that it may be printed for the facilities department. In your email, please indicate if the employee is located at Meriden, Middletown, Durham, Glastonbury or Portland, as that will indicate what size name tag is required.

Starting in December, all name tags will be printed on or about the 15th and last workday of any given month. For new hires in particular, please be aware of the lead time required for printing. Once printed, Carol will contact facilities who will install the nametags for you. Questions? Send them to **carol.vassar@hhchealth.org** or **kevin.carson@hhchealth.org.**

events

■ **Wednesday, Nov. 19 at 6 p.m.:** *Educational Empowerment Forum on Non-suicidal Self Injury* for parents and middle school and high school youth. Sponsored by Lincoln Middle School, Rushford and Meriden Healthy Youth Coalition. For more information, contact **sheryl.sprague@hhchealth.org.**

■ **Thursday, Nov. 20 from noon – 1:15 p.m.:** IOL Grand Rounds: *The Problem and the Promise of Placebo Response in Depression* with Bret Rutherford, MD.

■ **Thursday, Dec. 4 from noon – 1:15 p.m.:** IOL Grand Rounds: *Creative Resilience and Aging: Louis Armstrong, Race and Growing Old in the '60s* with Jeffrey Lyness, MD (CT CME Credit: Cultural Competency).

■ **Friday, Dec. 5, from 6-10 p.m.:** Natchaug Holiday Party. Join your co-workers for a night of food, music, dancing, raffles and fun at the Elks Club, 193 Pleasant St., Willimantic. The holiday party is coordinated by the Employee Activity Committee. If you are interested in joining the committee, contact Donna Hendry at **Donna.Hendry@hhchealth.org** or **x69993**.

■ **Wednesday, Dec. 10 from 8 a.m. – 5:30 p.m.:** Mental Health First Aid Training for Hartford HealthCare Employees, IOL, Commons Building, Litchfield Room, 200 Retreat Ave., Hartford. Cost: $20 per person. For more information or to register, contact **patriciac.graham@hhchealth.org,** or call **860-545-7716.**

■ **Thursday, Dec. 11 from noon – 1:15 p.m.:** IOL Grand Rounds: *Adolescent High Risk Behaviorism, Substance Use Disorders, Psychiatric Co-Morbidity and Suicidal Behavior* with Yifrah Kaminer, MD.

■ **Friday, Dec. 12 from 2:30 – 4:30 p.m.:** Rushford at Middletown Holiday Party, Cafeteria.

■ **Tuesday, Dec. 16 from 6 – 7 p.m.**: *The Truth About Electroconvulsive Therapy (ECT) and Transcranial Magnetic Stimulation (TMS),* IOL, 200 Retreat Ave., Hartford CT 06106, Commons Building, 2nd Floor, Hartford Room. This information session featuring Katharine Woods, MD, will answer your questions and concerns about these often misunderstood treatments.

■ **Wednesday., Dec. 17 at 5 p.m.** *Dinner with the Doc: Prevention and Delay of Cognitive Decline and Dementia*, Hebrew Health Care, 1 Abrahms Blvd., West Hartford. Karen Blank, MD, Director, IOL's Braceland Center for Mental Health and Aging, and Pamela K. Atwood, MA, Director of Dementia Care Services, Hebrew Health Care, Inc., will provide you with valuable information on normal cognitive aging, mid-life risk factors, the role of exercise, nutrition and cognitive fitness and walk you through Hebrew Health Care's dementia risk screening. Event is free. Registration is required. Please visit **www.hartfordhospital.org/communityeduction** or call Health Referral Services at **860-545-1888.**

■ **Thursday, Dec. 18 from noon – 1:15 p.m.:** IOL Grand Rounds: *Adolescent Robot assisted instruction for children with behavioral disorders* with Tim Gifford.

■ **Friday, Dec. 19 from 2:30 – 4:30 p.m.:** Rushford at Meriden Holiday Party, Cafeteria.

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@hhchealth.org*** *or* ***amanda.nappi@hhchealth.org.*** *The deadline for submissions to be included in each Friday's BHNews is Tuesday at noon. BHNews will include community events for not-for-profit organizations that are open to the public and free of charge. We do not accept ads for real estate, firearms or personal ads. Please do not list hospital phone numbers or hospital e-mail addresses for responses. You must submit your item weekly if you want it to appear more than one week.*

FOR SALE

1999 SUBARU OUTBACK WAGON — Red/grey with black cloth interior, AWD, automatic transmission, cruise control, power windows/mirrors and door locks, fog lights, AC, PS, Stereo with cassette, CD, AM, FM and weather Bands. New brakes, alternator, and starter within past year. 128,000 miles. Asking $2,700. Call or text **860-514-1441.**

TOWER ELECTRIC POWER SHOVEL — Twelve-inch width, perfect for clearing snow from decks, walks, patios, excellent condition, $75 or best offer. Call **401-322-0882.**

SLEEP NUMBER BED — King size, adjustable, no box spring, works great, $295 negotiable, pictures available. Call **860-376-1344** or **860-333-3820.**

RECLINER — Barcalounger, cream, leather, contemporary, chrome accents, like new, $700, negotiable, pictures available. Call **860-333-4613.**

MISC. ITEMS — Electric fireplace, Sturbridge Village bench, vanity with mirror and chair, Hitchcock dining table, decorative items, much more. Call **860-908-1959.**

FREE

FEMALE CAT — Eight years old, litter trained, neutered, declawed, cat box, litter, bag of food. Call **860-642-7259.**

WANTED

CHILD'S ROCKING CHAIR — In good condition. Call or text **860-608-3713.**

VENDORS — Craft, hobby, products show hosted by the Lebanon Volunteer Fire Department Auxillary on Saturday, Nov. 22, at the Lebanon Fire Safety Complex. Call **860-942-8283.**

VENDORS — Saturday, Dec. 6 and Sunday, Dec. 7, Holiday Bazaar, Sacred Heart School, Groton. Call **860-501-1991.**

EVENTS

COMEDY SHOW — Friday, Nov. 14, 8 p.m. at Jacques Cartier Club, 1 Wilson St. Ext., Jewett City. Doors open at 7 p.m., $20, comedians from New York, adult show only. Proceeds benefit the Lisbon Boy Scout Troop 73. Call **860-204-0478** or **860-710-5919.**

ALL YOU CAN EAT BREAKFAST — Sunday, Nov. 16, 8 a.m. to noon at Sts. Peter and Paul Church, Norwich. Sponsors Cub Scout Pack 17. Pancakes, eggs, bacon, kielbasa, fruit coffee, juice, $8 adults, $6 for children.

FOLK IN THE CHAPEL — Sunday, Nov. 16, 3 p.m. at Christ Episcopal Church, 78 Washington St., Norwich. Presenting nationally touring folk musicians, Rebecca Loebe and Jenn Grinels. Donation, $15. For more information visit **folkinthechapel@snet.net.**

THANKSGIVING PIES — Voluntown Baptist Church is selling homemade pumpkin and apple pies and unbaked apple pies for $11. Please preorder by Sunday, Nov. 16. To place orders, call **860-376-9485**, Tuesday through Friday between 9 a.m. and 1 p.m. or leave a message with your order and phone number. Pies will be available for pick-up on Saturday, Nov. 22 between 10 a.m. and 1 p.m. at the church at 52 Main St., Voluntown.

GRISWOLD EXERCISE PROGRAM — Meets every Tuesday and Thursday, 6 - 7 p.m. in the Griswold Elementary School cafeteria. Class features low-impact aerobics, weights and pilates. Bring your own mats and weights. For more information, call **860-376-4741.**

THE SEVEN DIMENSIONS OF LIFE — Thursday, Nov. 20, 7 to 8 p.m. at Windham Hospital, Willimantic, main entrance. This seminar is presented by Empower New England a non profit organization. The seminar is for teenagers and adults, free and open to the public. For more information visit **empowernewengland.org** or call **860-935-5107.**

HOL-'LEE' DAY CHRISTMAS FAIR — Saturday, Nov. 22, 9 a.m. to 1 p.m. at Lee Memorial Church, 294 Washington St., Norwich. Country kitchen, gift shoppe, Christmas greens, Thirty-one Boutique, free gift wrapping.

BAKE SALE AND CHILI LUNCHEON — Saturday, Nov. 22 at Voluntown Baptist Church, 52 Main St., Voluntown. Bake sale from 10 a.m. to 1 p.m. includes breads, cookies, pies, some gluten free items. Chili luncheon from 11:30 a.m. to 1 p.m. with choice of chili and cornbread, chili-dog, pie al a mode. Pink elephant table and silent auction.

FOOD FOR BOOKS — Saturday, Nov. 22, 10 a.m. to 1 p.m. at the Norwich Grange Hall, 172 West Town St., Norwich. Swap or exchange one for one, non-perishable foods, proceeds go to the Soup Kitchen.

OTIS FESTIVAL — Saturday, Nov. 22, 10 a.m to 3 p.m. at Otis Library, Norwich. Handcrafted items, musical performances, Santa.

SECOND ANNUAL BOZRAH HOLIDAY FARMERS MARKET — Saturday, Nov. 22, 10 a.m. to 1 p.m. at the Maples Farm Park Homestead, 45 Bozrah St., Bozrah. Shop from 22 Connecticut vendors, purchase gifts, home décor, horse and carriage rides and see Mrs. Claus.

NORWICH FAITHFUL REMEMBER THE SIKH MASSACRE — Saturday, Nov. 22, 11 a.m. at 100 Broadway, Norwich. This event will mark the 13th anniversary of the Sikh Massacre in India in 1984. The public is invited. This event is sponsored by the Sikh Sevak Society International and the Norwich Area Clergy Association. Attendees will receive a complimentary voucher for lunch at Rose Pizzeria following the ceremony. For more information call **757-291-5211.**

NORWICH PUBLIC SCHOOLS STAFF FOLLIES — Friday, Dec. 5, 6:30 p.m. at Kelly Middle School. Raffle, admission $10, adult accompanying a child $5, children under 14 years old are free. All proceeds benefit the Norwich Public Schools Education Foundation.