NEW CCU LEADER
Critical care nurse Tori Tyler accepts clinical director role / 7

SPEAK YOUR MIND
Employee engagement survey ends Monday / 9

Backus Hospital
A Hartford HealthCare Partner

Vol. 42, No. 39 SEPTEMBER 27, 2013

Turning up the HEAT

Training program spreads the word about instilling healthy eating habits

Jennifer Fetterley, left, Registered Dietitian, for the Thames Valley Council for Community Action, talks to Kathy Avery from the St. Mary's Food Pantry in Jewett City about Healthy Eating Advocate Training (HEAT), the new Backus/TVCCA collaborative to train healthy eating advocates.

A weekly newsletter for East Region employees, volunteers, patients and friends.
Ann Keating, left, makes a putt on one of the holes at the 10th annual Backus Auxiliary Mini Golf Tournament Saturday at the Knolls and Holes course at the Odetha Camping Resort in Bozrah. To see more from the event, view the photo gallery at backushospital.org

**Gift Shop**

**Item of the Week**

*Autumn sweater*

Assorted colors.

$39.95

Please note: The Gift Shop is temporarily closing on Thursday and Friday nights at 6:30 p.m.

**THE BACKUS GIFT SHOP IS OPEN**

MONDAY - FRIDAY 9:30 A.M. – 7:30 P.M., SATURDAY 9:30 A.M. – 4 P.M. AND SUNDAY 1 – 4 P.M.

**Next sale:** Sept. 27

J&M Stern

Sports will be the featured dealer for the next Backus Auxiliary vendor sale Friday, Sept. 27, from 9 a.m. to 4 p.m. in the MOB/cafeteria alcove. Items include children’s and adult sportswear, memorabilia and more.

**About HospiTell**

HospiTell is published each Friday by the Communications Departments of The William W. Backus Hospital and Windham Hospital. Employees, medical staff and volunteers can have HospiTell e-mailed to their homes by sending a request to zmgrath@wwbh.org.

E-mail: publicrelations@wwbh.org

Fax: 860-892-6964

Deadline: Wednesdays at noon

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**Diabetes Walk this Sunday**

Diabetes affects more than 8% of our population, so please consider joining Team Backus for the annual Step Out: Walk To Stop Diabetes event at 9 a.m. on Sunday, Sept. 29, at Ocean Beach Park in New London.

To register visit www.diabetes.org/stepoutnewlondon and click on “Join a Team.” If you have questions, please contact Joan Sommers, RD, at ext. 4965.

**Walkers needed for Heart Walk**

This year’s American Heart Association Heart Walk will be held Sunday, Oct. 6, at 9 a.m. at Rocky Neck State Park in Niantic.

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**I am the patient experience**

In the Backus Health System, there is a constant focus on putting the patient first. Our latest HealthBeat video highlights how our every member of the staff, from the boiler room to the birthing center, plays a role in the patient experience. Watch it now at backushospital.org.

Anyone interested in participating should e-mail Shawn Mawhiney at smawhiney@wwbh.org or call ext. 2312.
Dear Colleagues:

We began the formal phase of our regional strategic planning process last week. I understand if that sentence leaves you less than enthusiastic. No one I know strikes up the band at the sound of the words “strategic planning process.”

So let's change that up a bit.

We saw, in an announcement from Hartford HealthCare this week, how the system to which we belong is reorganizing — reinventing — itself in a new model. The new design is based in part on looking at the delivery of health on regional levels. The goal is to get away from the hospital-centric models that just won't work any longer, and look instead at systems of care across regions and statewide.

At Backus and Windham hospitals, we have had a head start along this process. The East Region of Hartford HealthCare was the very first created, and our strategic plan is how we will turn this concept into a reality. It’s encouraging, and a little daunting, to know that many eyes are on us as we build this model. Yes, we are “building the plane as we fly it,” as they say. Exciting is one word to describe it.

Let's put aside this talk of plans and strategies for a moment and think about what our patients need (otherwise, what are we strategizing for?). Imagine an Eastern Connecticut with health care that is more accessible, where you could expect a uniform standard of high quality, and where the costs to deliver the right care would be lower overall.

That sounds Utopian in our fragmented health care world. But it’s not a pipedream; it is the exciting stuff that a strategic plan can deliver on.

How? There are three main ingredients to this recipe, as spelled out in a question-and-answer list that accompanied Hartford HealthCare’s restructuring:

- **Execution** — doing what we say we will do by delivering on our strategy, and meeting our goals
- **Standardization** — reducing variations that can create errors, confusion and waste
- **Cost reduction** — deploying our resources and leadership positions effectively across the system

We will talk more over the next several months about this new and necessary approach. I ask you to get rid of any mental image of the “strategic plan” as documents in a binder or on a bookshelf. If we are going to mix those three ingredients well, the plan has to be something we implement well.

Our regional approach is taking shape. Thanks for your hard work.

That’s all for now,

Dave

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**Regional approach puts patients ahead**

### New role for communicators

I am pleased to announce that Keith Fontaine has accepted the new role of Vice President for Marketing and Branding at Hartford HealthCare. Keith will be transitioning from his current role as Chief Administrative Officer in the East Region to his system-level role over the next few months. His expertise in communications and strategic marketing will be an incredible asset to the entire HHC team.

Also on the Marketing and Communications front, Shawn Mawhiney has assumed responsibilities as Director of Communications and Community Relations for the East Region.

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**Remembrance Day ceremony for lost infants Oct. 12**

Backus will host a Remembrance Day recognizing pregnancy and infant loss on Saturday, Oct. 12, at 3 p.m. at the Hartford HealthCare East Region System Support Office, 11 Stott Ave. in Norwich.

To register for this free program, call Elynor Carey at 860-889-8331, ext. 4239. Light refreshments will be served.

Remembrance Day will provide support, education and awareness to those who have been impacted by a miscarriage, ectopic pregnancy, stillbirth or loss of an infant.
Mom in good hands during, after surgery

I would like to give a huge thank you to all the staff involved in my mother Beverly Stoddard’s recent care.

My mom was admitted to the hospital on Sept. 18 for acute renal colic. While in the ED, she received great care from her nurse resident Hilliary and preceptor Mike. My mom ended up being admitted to A-4 and had to have minor surgery.

Many thanks to RNs Theresa, Caroline and Jillian directly involved in my mom’s care as well as PCTs Jill and Danny. Thank you so much for making my mom’s short visit a comfortable one. I am so happy to be part of a great Backus family.

— Cyndi Young, Float Unit Coordinator

New round of benefits fairs begins Oct. 14

The Backus Human Resources Department asks you to save the date for its upcoming benefits fairs.

There are five dates scheduled at various locations across the Backus Health System. Representatives will be on hand to answer questions about topics such as health insurance and savings options.

Benefits fair schedule
Monday, Oct. 14 . . . . . . 10 a.m. - 1 p.m. . . . . . . . . . . BOCCC conference rooms
Wednesday, Oct. 16 . . . . 7:30 - 11 a.m. . . . . main lobby conference rooms
Thursday, Oct. 17 . . . . . . 10 a.m. - 1 p.m. . . . . main lobby conference rooms
Tuesday, Oct. 22 . . . . . . . 1 - 5 p.m. . . . . main lobby conference rooms
Wednesday, Oct. 23 . . . 10 a.m. - noon . . . . . . Stott Avenue conference room A

Set an example.

Show you care about your health and the health of our patients.

Join President and Chief Executive Officer Dave Whitehead, in getting your flu shot.

Backus Hospital
A Hartford HealthCare Partner

Young son well cared for

My 18-month-old was admitted this weekend to A-3, and I just have to say that floor is made up of the most caring and patient staff ever.

From the welcoming sign on the wall, to the puzzle on the bed, everyone made us feel like such a priority instead of a burden. It is so appreciated, I can’t even put it into words.

Thank you to all Carter’s friends who stopped by to say hi as well. Even though he didn’t show it, we were so grateful to see familiar faces!

A big thank you to Dr. Lavoie whose weekend, once again, I disrupted. Thank you for your patience!

— Melissa A. O’Brien-Fountain
Plainfield Backus Emergency Care Center
Americans are busier than ever. With demands of work, family, jam-packed schedules and rising food costs, families also eating worse than ever.

Getting people back into the kitchen to prepare nutritious, easy and healthy food was the impetus behind the launch of the Healthy Eating Advocate Training program (HEAT). Led by Thames Valley Council for Community Action (TVCCA) registered dietitian Jennifer Fetterley, this pilot program debuted at the Backus Outpatient Care Center on Sept. 23.

A collaborative between Backus and TVCCA, 11 participants from area agencies including, United Community & Family Services and TVCCA, attended Monday's pilot initiative. According to Ms. Fetterley, the size of the group was purposely capped to easily accommodate changes to a developing curriculum and gather detailed feedback from the “healthy eating advocates.”

“The goal of this initiative is to provide only the very basic tenets of nutrition that have gotten lost in our hectic world,” Ms. Fetterley said. “It is not intended to be used in place of the advice of a qualified health professional such as a doctor, nurse or dietitian, but is information that anyone can use to improve their lifestyle.”

HEAT aims to instruct volunteers in the basic principles of healthy eating, from understanding the elementary mechanics of nutrition to meal planning and grocery shopping. Upon completing the seven-week program, the healthy eating advocates will be qualified to spread their knowledge throughout the community — equipped with accurate nutrition information and materials.

“This advocacy training provides a unique opportunity for empowering individuals in our community to become involved in their own care,” said Janette Edwards, MPH, MBA, Backus Community Benefits Manager. “In our 2010 health needs assessment, we discovered that there are 175,000 obese and overweight adults living in the greater Norwich area. HEAT is one more way we’re working to reduce this health epidemic.”

In future courses of HEAT, anyone from the community will be able to volunteer to become a healthy eating advocate. Professionals and clinicians in health and human services roles are especially encouraged to participate as they have regular contact with families and individuals who are at-risk for obesity.

Prior to the launch of the program, Ms. Fetterley worked to develop a comprehensive and easy-to-understand curriculum. Areas of focus for her curriculum came out of a brainstorming session including Ms. Fetterley, MaryLou Underwood, TVCCA Chief Operations Officer, Alice Facente, RN, MSN, Backus Community Health Education Nurse, Whitney Bundy, RD, MBA, Backus Associate Administrator of Clinical Support.

Core components of HEAT include teaching basic nutrition, scientific principles of nutrition, MyPlate — an initiative from the U.S. Department of Agriculture that visually illustrates the five food groups for a healthy diet, reading food labels, meal planning, basic cooking skills, food safety, and physical activity.

“We’re striving to make our program as engaging and interactive as possible,” said Ms. Fetterley. “For one of the classes, we’ll meet at the grocery store to educate consumers about healthy food choices, and in another I’ll teach basic cooking skills.”

See HEAT, page 8
In memory of Jan Edson

On Sunday, Sept. 22, Jan Edson passed away at Middlesex Hospital in Middletown. Ms. Edson worked as lab manager at Backus from approximately 1981 until her retirement in 1992.

A memorial service will be held in her honor at the First Church of Christ Congregational, 190 Court St. in Middletown on Saturday, Oct. 5, at 11 a.m.

Healthy work environment seminar Oct. 9

Mary A. Bylone, RN, MSM, CNML, Vice President and Chief Nursing Officer for the East Region, will be the featured speaker in a lecture entitled “Healthy Work Environment: What is It, How Do I Get It and Why Should I Care?” at 6 p.m. on Wednesday, Oct. 9 at the Hartford HealthCare East Region System Support Office, 11 Stott Ave. in Norwich.

Sponsored by the Connecticut Emergency Nurses Association and Backus Trauma Center, dinner is provided and one continuing education credit will be awarded for attendance. To register, contact Gillian Mosier, RN, MSN, at 860-889-8331, ext. 3220 or gmosier@wwbh.org.
New CCU director promotes teamwork, patient safety

Providing complex care in a critical setting, all while being sensitive to the needs of patients and their families is all in a day’s work for a CCU nurse.

Add a leadership position to this role, and now you’re really up for a challenge.

Backus critical care nurse, Tori Tyler, RN, BSN, MHA, decided to take on this challenge recently when she accepted the position of clinical director of the CCU and Cath Lab.

Ms. Tyler started at Backus as a staff nurse in the CCU more than six years ago. During that time, she was promoted to clinical coordinator of the unit, and then became the coordinator of the heart failure program under the medical direction of cardiologist John Foley, MD.

“I am honored to work with great teams of health care professionals,” said Ms. Tyler. “I’ve worked at larger, more tertiary care centers, but I truly enjoy our community atmosphere at Backus. Our community depends on us to provide the best care possible. We really are cutting edge. It’s a great time to be here.”

In her role as clinical director, Ms. Tyler’s main priority is that the CCU and Cath Lab staffs provide high quality care that’s safe and patient-centered. Equally as important, Ms. Tyler said, is that this high level of evidence-based care is sustained and remains an ongoing effort.

“Tori has demonstrated her commitment to our organization and our patients during her history here at Backus,” said Mary Bylone, RN, MSM, CNML, Vice President and Chief Nursing Officer. “Her recent work with the Congestive Heart Failure Program propelled the standard of care for these complex patients. Achieving this high level of care was necessary to continue to meet the growing needs of this patient population.”

In her position, Ms. Tyler also serves as an advocate for staff and promoting their professional growth; encourages team cohesiveness and positive morale; and strives to provide support not only to patients, but their families as well.

After graduating with her nursing degree in 1997, Ms. Tyler gained experience in labor and delivery, surgical nursing, med/surg and the CCU. She also managed catastrophic cases, including long-term and life changing injuries for an insurance company.

“Even as a new nurse, critical care was always on my radar,” said Ms. Tyler. “I’m so intrigued by it because you’re catching people at the most fragile times of life. This type of nursing not only involves the scientific piece, but also requires us to address the emotional. I find it to be highly rewarding.”

Becky Durham, RN, MS, CCRN, Associate Administrator of Critical Care Services said, “I am very excited to have Tori as part of the management team. She is committed to providing the staff with a healthy work environment that will promote the best care possible for our patients.”

“There’s no other place like critical care,” said Ms. Tyler. “Whether in the CCU or the Cath Lab, we all rely on each other to get the job done. It’s a great place to work.”

Please join us for
The Ghoulish Goblets

WINE Tasting and MICRO-BREW Tasting Party

In support of the Backus Auxiliary
OCTOBER 24, 2013
5 - 7 P.M.
LIBERTY BANK LOBBY
Salem Plaza
77 Salem Turnpike
Norwich

TICKETS $23

Call Diana at 860-892-2503 For Tickets
Must be 21 years of age or older to attend. Ticket are available at the Gift Shop.
Circles keep rolling

Tri-Town Foods in East Lyme recently donated $3,623 to the Backus Cancer Center. To date, the local grocery store chain has raised more than $11,000 through the Backus Circles of Care campaign in support of the Backus Breast Cancer Survivors Fund.

HEAT, from page 5

As a community health education professional and spectator in the audience, Ms. Facente said the audience’s reaction to HEAT was positive. She said some of the participants were actually surprised by the nutrition information they learned.

“A major reason we are investing such time in effort is for sustainability,” said Shawn Mawhiney, Director of Communications and Community Relations. “Many times that is the missing ingredient in community health outreach.”

Patti Passmore, care coordinator of the medical home initiative at UCFS, often sees children with special health care needs, including those who are obese or at-risk to become obese. In her role, she serves as a liaison to help ensure that children who receive Rx for Health prescriptions from their UCFS physician are able to redeem them for fresh fruits and vegetables at the Norwich Farmers’ market.

“I registered for this training program because I am interested in continuing and expanding my knowledge of nutrition,” said Ms. Passmore. “The more knowledgeable I am on this topic, the more I’ll be able to help families make good food choices.”

She added, “Parents really do want to make the best choices for their children, and this program is one way to help accomplish that goal.”

In her line of work, Ms. Passmore sees the HEAT program as an extension to Rx for Health.

“So now when I help our health center patients make connections to the farmers’ market, I’ll also be able to give them useful and valuable nutritional information,” she said.

Backus to host discussion on sarcoidosis

Sandeep Varma, MD, Medical Director of the Backus Arthritis Center, will host a talk on “Understanding Sarcoidosis” on Tuesday, Oct. 1, from 5-6 p.m. at the Backus Outpatient Care Center, 111 Salem Turnpike in Norwich.

Sarcoidosis is the growth of tiny collections of inflammatory cells in different parts of the body — most commonly the lungs, lymph nodes, eyes and skin. General symptoms include fatigue, fever, swollen lymph nodes and weight loss.

To register for this free community event, call 860-425-8710 by Thursday, Sept. 26.

Prints plus

Connecticut State Trooper Randy Silvestri gets the fingerprints of a 10-year-old girl Saturday at the Family Safety Fair in Baltic, which was sponsored by Backus. The fair gives children and their families an opportunity to learn about safety in a fun environment.
Take the employee engagement survey today

From now through Monday, all Backus employees will have the opportunity to give their opinions about what makes Backus and Hartford HealthCare (HHC) a great place to work, and what we can do better.

The survey is called a “Pulse” survey because it is shorter than most surveys of its kind, designed to check the progress on key areas of employee engagement. Next year, we will have a longer survey to measure a wider range of engagement-related items.

Your feedback is very important. It will allow us to see where we currently stand with employee engagement, as well as areas we can focus on to make Backus an even better place to work. The survey will also provide a baseline, so we can measure our improvement next year.

We are listening. Tell us what you think by completing the online survey, which includes 28 questions and will take about eight minutes of your time.

You will receive a direct link to the survey via email. The link (https://moreheadsurvey.net/wix/p2687918193.aspx) is currently live. You can click on the link or paste or type it into a Web browser and participate in the survey from anywhere. Your responses will be sent directly to Morehead Associates Inc., now part of Press Ganey. They will compile the results. Individual responses cannot be tracked to individuals’ computers and will not be seen by anyone at HHC or Backus. We’re only interested in the results of the survey as a whole.

Everyone contributes to the employee and patient experiences in our organization, so everyone’s opinion matters.

Blood drive Oct. 4 at Plainfield ED

Backus will host an American Red Cross blood drive on Friday, Oct. 4, from 8:30 a.m. to 1:30 p.m. on the Save-A-Life bus in the parking lot of the Plainfield Backus Emergency Care Center, 582 Norwich Road, Plainfield.

To reserve a time, contact Karen Hemingway at 860-230-2833 or email khemingway@wwbh.org. Walk-ins are always welcome.

Parking lots closed for cancer event

Due to Cancer Survivors Day on Saturday, Oct. 5, half of Lot 3 and a section behind the child care center will be closed on Thursday night, Oct. 3, for the set up of the tent on the morning of Friday, Oct. 4. The remainder of Lot 3 will be closed on Friday night for the Saturday morning function.

Please try to carpool or park at Mallack during this time. Thank you.
News and notes from the

Providence Bruins hockey tickets

Discount tickets for the Providence Bruins games at the Dunkin’ Donuts Center are back! Tell your friends, relatives and neighbors for a great time at the rink. The first game is Friday, Oct. 18, against the Springfield Falcons or join the Bruins for the annual Pink in the Rink night Friday, Oct. 25, also against Springfield, when the players wear pink jerseys and $5 from each ticket goes toward fundraising efforts for the Gloria Gemma Breast Cancer Resource Foundation. The puck drops at 7 p.m. both nights and tickets are 50% off and available at the CorePlus Federal Credit Union’s Backus location for $8. The theater is now under new ownership, but will still honor previous tickets until September.

EAG weekly prize winner for Sept. 27

Gretchen Fritz — A-2

CONGRATULATIONS!
Call Cathy Saunders at ext. 2105 to collect your prize.

EAG Employee Craft Fair

The annual employee craft fair will be Friday, Nov. 8, and is open to all employees who make some type of craft items. For more information or to reserve a table, please contact Donna at ext. 4513 or dmclaughlin@wwbh.org.

Discount movie tickets

Discount Lisbon Landing Digiplex movie tickets are here and available at the CorePlus Federal Credit Union’s Backus location for $8. The theater is now under new ownership, but will still honor previous tickets until September.

Race to end women’s cancer Nov. 3 in Washington

Help put an end to cervical, ovarian and uterine cancers by supporting the upcoming 2013 National Race to End Women’s Cancer.

Backus Patient Financial Services Representative Dena Whatley is building a team to help fight cancers that affect thousands of American women each year. She’s looking for team members to join her at the Washington, D.C., race on Sunday, Nov. 3.

If you join Ms. Whatley, you’ll be supporting the Foundation for Women’s Cancer’s mission of increasing funding for gynecologic cancer research and raising awareness about the prevention and early detection of cancers unique to women.

For more information about Ms. Whatley’s team, email her at vulvarvixens@gmail.com. For more information about the race, visit foundationforwomenscancer.org.

Calling all bakers

Baked items and gift baskets are needed for a bake sale on Thursday, Oct. 24, from 10 a.m.-6 p.m. in the cafeteria as part of Dena Whatley’s fundraising efforts for the 2013 National Race to End Women’s Cancer.

All proceeds from the bake sale will benefit the Foundation for Women’s Cancer. To donate an item, please contact Ms. Whatley at vulvarvixens@gmail.com. All items can be dropped off the morning of the sale.

Backus Hospital
A Hartford HealthCare Partner

Along with community partners, the Backus health vans are bringing care to where it’s needed the most. Here’s this week’s calendar:

<table>
<thead>
<tr>
<th>Sun. 9/29</th>
<th>Mon. 9/30</th>
<th>Tues. 10/1</th>
<th>Wed. 10/2</th>
<th>Th. 10/3</th>
<th>Fri. 10/4</th>
<th>Sat. 10/5</th>
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<tr>
<td>Generations Primary Care, St. Joseph’s, Norwich 8 a.m.-noon</td>
<td>Norwich Farmers’ Market 10 a.m.-2 p.m.</td>
<td>Generations Primary Care, Sprague Comm. Ctr. 12:30 p.m.-3:30 p.m.</td>
<td>Baltic Food Friday Sprague Comm. Ctr. 1-3 p.m.</td>
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Primary Care | Nutritional Support | Health Screenings and Information | Access to Care | My Health Direct
# Backus Cafeteria Menu

- **Greek Chicken Wrap**
- **Made-to-Order Tuscan Chicken Salad**
- **Baked Manicotti with Garlic Bread**
- **Kielbasa with Kraut**
- **Tomato Bisque**
- **Sausage Minestrone**
- **Peas and Pearl Onions**
- **Crinkle Carrots**
- **Baked Beans**
- **Curly Fries**
- **Pastrami Reuben**
- **Chicken Teriyaki Wrap**
- **Healthy You Flank Steak with Ale Brown Sauce**
- **Spicy Haddock with Corn Tomato Relish**
- **New England Baked Cod with Lemon Butter**
- **Tomato Bisque**
- **Creamy Cauliflower Cheese**
- **Roasted Turnips**
- **Butternut Squash**
- **Jasmine Rice**
- **Traditional Stuffing**
- **Garlic Chicken**
- **Honey Chicken**
- **Ciabatti or Portuguese Roll**
- **Pizza by the Slice**

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**The cafeteria is open daily from 6:30 a.m. - 6:30 p.m.**

Hot food is served from 6:30 - 10:30 a.m.; 11 a.m. - 2 p.m.; and 5 - 6:30 p.m.
FOR SALE

2006 WHITE BUCK LACROSSE CXL SEDAN — Leather seats, four new tires, new battery, new front brakes, 134,000 miles, runs great. $3,995. Call 860-887-1053.

TORO SNOWthrowER — Model 38062, six horse-power, 22 inch, $300. Call 860-884-3403.


BOZRAH FARmERS MARKET — Every Friday through Oct. 11, 4-7 p.m. at Maple Farm Park, 45 Bozrah St., Bozrah. Market features local farmers, local musicians, great dinner foods by Urban Gourmet, Salem Prime Cuts, Rolling Tomato and Little Sisters Gourmet. Visit bozrahfarmersmarket.org

ROAST PORK DINNER — Friday, Sept. 27, 4:30-6:30 p.m. at VFV Post 594, 100 Taylor Hill Road, Jewett City. This dinner is a fundraiser for the American Cancer Society Relay for Life. Donation is $10 per person. Call 860-376-3154 for tickets.

SIX PACA OPEN FARM DAYS — Saturday, Sept. 28 and Sunday, Sept. 29, 10 a.m. to 4 p.m. at Six Paca Farm, 44 Bozrah St., Bozrah. Everyone can come play with the Alpacas and see how yarn is made. Vendors, spinning, weaving, free parking. A free admission. Call 860-204-0386.

OLD FASHIONED CHICKEN PIE SUPPER — Saturday, Sept. 28 from 5 to 7 p.m. at Grace Episcopal Church, 8 Chapel Hill Road, Yantic. Donation is $10, $8 for seniors, $5 for children, ages 5-12 years old, free valet parking available, takeout orders welcome, handicapped accessible. Call 860-887-2082.

WANTED

SEAMSTRESS — To sew pillowcases and bench pillow coverings. Call 860-886-4081.

REWARDING OPPORTUNITY — Seeking two compassionate and caring individuals to work with a wonderful woman with a movement disorder. One full-time position available for three days/week, 5-8 p.m. Second position for two overnight shifts, 8 p.m.-9:30 a.m. Complete orientation provided. Personal care experience. Call 860-245-5714.

AMERICAN CORPS MEMBERS — The Americorps Community Health Corps Program is looking for two members to start in October. Members serve an 11 month assignment at a Community Health Center, receive a stipend, an education award and health insurance. Call Yolanda Bowes, UCFS for more information at 860-822-4222.

CRAFTERS/VENDORS — For the Kris Kringle Fair, Sts. Peter & Paul Church, 181 Elizabeth St., Norwich. Saturday, November 9, 9 a.m. to 4 p.m. Tables are $25. Call 860-887-9587.

CRAFTERS/VENDORS — For the VFV Post 594, Ladies Auxiliary Post Christmas Fair, Saturday, Nov. 2, 9 a.m. to 2 p.m. at 30 Connecticut Ave., Norwich. Call 860-705-9521.

CRAFTERS/VENDORS — For the Otis A Festival, A Marketplace of All Things Creative, on Saturday, Nov. 23 at Otis Library. Visit www.otislibrarynorwich.org or call 860-889-2365, ext. 100.

EVENTS

WEEKLY GRINDER SALE — Every Thursday from 4-7 p.m. and every Friday from 11 a.m. to 1 p.m. at VFV 594, 30 Connecticut Ave., Norwich. Grinder choices are salami, ham, turkey, tuna, meatball and salads. $6 for large, $4.50 for small. Free delivery in Norwich area with an order of five or more grinders. Call 860-892-1400.

BOZRAH FARMERS MARKET — Every Friday through Oct. 11, 4-7 p.m. at Maple Farm Park, 45 Bozrah St., Bozrah. Market features local farmers, local musicians, great dinner foods by Urban Gourmet, Salem Prime Cuts, Rolling Tomato and Little Sisters Gourmet. Visit bozrahfarmersmarket.org

CANCER FUNDRAISER — Saturday, Oct. 5, 6-11 p.m. at the VFV Post 594 & Ladies Auxiliary, 30 Connecticut Ave., Norwich. Dinner, dance, music by The Illusionists, $20 per ticket. Proceeds will go to ECHO Cancer Foundation and Norwich/Cancer Aid and Research. Call 860-608-7483 or 860-830-1566 for tickets.

PUMPKINS ‘N’ POOCHES — Sunday, Oct. 6, 9 a.m. to 5 p.m. at the Colchester Green. Rain date Saturday, Oct. 12. Support Colchester Lions Club for this fun event with your family and dog. 60 crafters, vendors, doggy contests, pumpkin painting, hayrides, moonbounces, dog photo contest, raffles. Visit www.colchesterlions.org for additional information.

FALL BOOK SALE — Friday, Oct. 18, and Saturday, Oct. 19, from 10 a.m. to 3 p.m. and Sunday, Oct. 20, from 12 noon to 3 p.m. at the Otis Library, 261 Main St., Norwich. Thousands of gently used books, DVDs, CDs, records, separated by categories. Sponsored by the Friends of Otis Library, all proceeds go to the library. For questions call 860-889-2365, ext. 100.

RIDE FOR SAFE FUTURES — Sunday, Oct. 20, noon at Blue Slope Farm, Franklin. Wagon rides, trails, dairy farm, antique farm museum. All proceeds benefit Safe Futures. Minimum pledge is $75. Call 860-912-9536.

PASTA DINNER — Saturday, Oct. 26, 5-8 p.m. at Ashaway Fire Department, 215 Main St., Ashaway, Ri. Proceed support Noreen’s Page and to offset medical expenses. Adults $10, children $5. Basket raffles, children’s activities. Call 860-844-1858 for tickets.

HALLOWINE HORROR HOOPLA — Saturday, Oct. 26, 7-11 p.m. at Baltic Elizabeth Winery, 6 Amos Road, Preston. Come in costume, dancing, prizes, wine, food. Call 860-889-9463 for tickets.