

# NAUGATUCK VALLEY HEALTH DISTRICT NEWSLETTER



## HAPPY NEW YEAR!

January 2023



### NVHD in the Community



In early December, SORT Program Specialist Beatriz Allen contacted a COVID-positive resident who felt more comfortable communicating in Spanish.

NVHD is fortunate to have two bi-lingual Spanish translators on staff, and CAP Community Outreach

Worker Vanessa Lopez happily provided the appropriate COVID-19 guidance on Beatriz's behalf.

While the SORT team is a trusted source of COVID-19 information in the Valley, they are also able to provide referrals to community resources and

programs for those in need. This resident welcomed the help; via Vanessa, they were given information

regarding mortgage assistance from

MyHomeCT.org and later met the CAP Team at Ansonia Salvation Army. There, food assistance and a donation of coats for the family was provided,

and the resident learned of more resources available to them. Together, the SORT and CAP teams enabled a family of six to get through a challenging time a little easier, and reminded us that achieving public health is often a joint effort.

### NVHD Health Annex Clinic Schedule January 2023

Jan. 12th 1:30 to 3:30

Jan. 19th 1:30 to 3:30

Jan. 26th 1:30 to 3:30

***Appointments Are Required!***

Please register using the following link: [bit.ly/ValleyVaccine](https://bit.ly/ValleyVaccine)

or scan the QR code



### NVHD accepts the following insurance:

Aetna  
Anthem Blue Cross/Blue  
Shield  
Cigna  
Connecticare  
Medicare Part B  
Medicaid  
***Don't forget your card!***

*We regrettably are unable to  
accept Medicare Advantage  
plans Oxford or United  
Healthcare*

**No insurance, no problem!  
Vaccine Pricing**

Quadrivalent	\$35
Flublok	\$70
High Dose	\$70
Covid-19 Booster	FREE



## January *Healthy Valley* Spotlight

In January, Naugatuck Valley Health District is shining a light on cultural competency, as it relates to our work for the residents of the Naugatuck Valley.

On January 5th, Joan Lane, NVHD Accreditation Coordinator and Lisa Trupp, Health Educator held a presentation called "Meet the Valley Where They Are" at which they provided staff information on what it means to be culturally competent in our roles at the health district. They reviewed what culture means and how it impacts our interface with the community, as well as a review of the cultural makeup of the Naugatuck Valley, to help staff be more aware as we interact with Valley residents.



The National Institute of Health defines culture as “... a lifelong process of self-reflection and self-critique whereby the individual not only learns about another's culture, but one starts with an examination of her/his own beliefs and cultural identities.”

NVHD staff is now prepared to engage with our community with this in mind.

## UPCOMING NVHD EVENTS-JANUARY-FEBRUARY 2023

### 01

#### CHRONIC PAIN SELF MANAGEMENT PROGRAM

Naugatuck Valley will be offering a six-week, phone-based Chronic Pain Self-Management workshop beginning Wednesday, January 11th, from 2:30pm to 3:30pm.

These sessions will be one hour in length and be conducted via phone call.

Class size is limited to six participants, so early registration is recommended.

Please contact Lisa Trupp at 203-881-3255, ext. 108 to register.

### 02

#### DIABETES SELF MANAGEMENT PROGRAM

Naugatuck Valley will also be offering a six-week, phone-based Diabetes Self-Management workshop beginning Thursday, January 19th, from 10:00am to 11:00am.

These sessions will be one hour in length and be conducted via phone call.

Class size is limited to six participants, so early registration is recommended.

Please contact Kristie D'Averso at 203-881-3255, ext. 107 to register.

### 03

#### HEART HEALTH SCREENINGS

February is Heart Health month and NVHD will be hosting blood pressure screenings and information sessions across the Valley:

Feb. 7th: Spooner House, Shelton  
12:00pm to 2:00pm

Feb. 8th: Ansonia Public Library  
12:00pm to 2:00pm

Feb. 10th: Naugatuck Senior Center, 10:00am to 12:00pm

Feb. 17th: Shelton Senior Center, 9:00am to 11:00am

