



# NAUGATUCK VALLEY HEALTH DISTRICT NEWSLETTER

## HEART HEALTH MONTH

February 2023

### NVHD HEALTH ANNEX CLINIC SCHEDULE FEBRUARY 2023

Feb. 9th- 1:30 to 3:30

Feb. 23rd- 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
Covid-19 Booster	FREE



On January 20th, 2023, NVHD Health Educator Lisa Trupp held a virtual QPR, Question, Persuade, Refer, a nationally accredited Suicide Prevention training for the staff at the Western Connecticut Area Agency on Aging. The program was tailored to address the mental health concerns of older adults and how if used properly QPR, like CPR can help to save the lives of people struggling with mental health challenges.

Mike Hebert, the Director of WCAAA commented "Thank you so much for your presentation today. I know the group really appreciated it. In all my 25+ years at UHART teaching Death & Dying Suicide Prevention was always on of my favorite areas to cover given the alarming rates of completion with older adults, especially men and the prevalence of risk with college students. Most recently, first responders and military personnel (Veterans) and even younger children and adolescents are on the news almost every night post-COVID. The analogy of the straw that breaks the camel's back or the glass of water that spills over being the trigger to completion is so prevalent. Just today a colleague and I were reviewing two cases that had the potential of suicide and the need for protective services to investigate. It is helpful to work in a setting we can bounce these cases off each other to make sure we have not overlooked something or a resource to support the person in the community."

In an effort to help stem the tide of mental health issues in the Naugatuck Valley, NVHD looks forward to offering this training program across the Naugatuck Valley in the coming months.

For more information about QPR, please contact Lisa Trupp at 203-881-3255, ext. 108



## February Healthy Valley Spotlight

### Naugatuck Valley Community Health Improvement Plan Unveiled

On December 15, 2022, a workshop was held at the Ansonia Armory to determine the focus of the 2022-2026 Valley Community Health Improvement Plan (CHIP). Using the results of the 2019-2021 CHIP, health data released in the 2022 Valley Community Index, and a review of the statewide Connecticut Health Improvement Plan, the workshop attendees chose to focus on three health topics for the new CHIP; equitable access to care, substance use disorders, and mental health and wellness.

The approach will be to have three workgroups, each focused on one of the identified challenges. The teams were formed with members from all segments of the community, including medical and public health professionals, town officials and concerned citizens from the Valley towns, with the idea that it will take ideas and action from several segments to tackle these pressing challenges.

If you are interested in taking part in the process and joining one of the workgroups, you can sign up online at <https://bit.ly/ValleyCHIP>.



### NVHD Staff Recognizes Heart Health Month

In recognition of Heart Health month, on Thursday, February 2nd NVHD's Public Health Nurse Kristie D'Averso spoke to NVHD staff about keeping a healthy heart. The presentation focused on the CDC's *Seven Strategies to Living a Heart Healthy Lifestyle*, which includes knowing your family history, healthy eating and exercise, smoking cessation, being mindful of what we drink, taking our prescribed medications and home blood pressure monitoring.



Scan the QR Code to view the PowerPoint presentation online.



Staff, pictured here wearing red in support of heart health, were also offered a free blood pressure screening, with Judi Waleski, NVHD Administrative Assistant and a Shelton EMT doing the readings.



## UPCOMING NVHD EVENTS-FEBRUARY 2023

### 01

#### HEART HEALTH SCREENINGS

Heart Health screenings in the Valley. Covid-19 vaccinations will also be available at all sites.

February 10th: Naugatuck Senior Center-10:00am to 12:00pm

February 15th: Beacon Falls Senior Center-10:00am to 12:00pm

February 17th: Shelton Senior Center-9:00am to 11:00am

February 23rd: Derby Senior Center: 10:00am to 12:00pm

February 28th: Seymour Community Center-2:00pm to 4:00pm

### 02

#### DIABETES SELF MANAGEMENT PROGRAM

Naugatuck Valley will be offering a six-week, phone-based Diabetes Self-Management workshop beginning Thursday, March 2nd, 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

#### Radon Test Kits Available

NVHD has a limited amount of free radon test kits available for residents of the Naugatuck Valley.

Please call 203-881-3255, ext. 108 to arrange to pick one up!





## Notes from the Environmental Team

As we enter the home stretch of chilly winter months, remember to be diligent about washing your hands! Clean hands are the easiest and most effective way to stop the spread of germs. Protect yourself and your community by thoroughly washing your hands at the appropriate times. See NVHD's social media page for more information on proper handwashing and what it can do for you.



### HAND WASHING HELPS

DO YOUR PART TO REDUCE THE SPREAD OF ILLNESS IN YOUR COMMUNITY

- 1** Wet hands with warm running water
- 2** Lather your hands by rubbing them together with soap
- 3** Scrub for at least **20 seconds**
- 4** Rinse your hands well with clean, warm water
- 5** Dry your hands using a paper towel or air dryer

Studies show that proper hand washing can prevent **1 in 3** diarrheal-related illness and **1 in 5** respiratory infections, like the flu or common cold.

#### KEY TIMES TO WASH

- Before, during, and after preparing food
- Before eating
- After using the bathroom
- Before and after touching wounds or sores
- After handling animals, animal feed, or animal waste
- After coughing, sneezing, or blowing your nose
- When hands are visibly dirty
- When caring for the sick
- After touching garbage



## RULES of the GAME for Food Safety

### Keep it clean

Before you eat or handle food, wash your hands, food prep tools and surfaces.



### Cook to the right temperature


Use a food thermometer to check that foods are cooked to the right temperature:  
**165°F** for chicken and **160°F** for ground beef.



## Reglas del juego para la seguridad de los alimentos

### Mantenga la limpieza

Antes de comer o manipular alimentos, lávese las manos y limpie los utensilios de preparar alimentos y las superficies.




### Cocine a una temperatura adecuada

Utilice un termómetro de alimentos para verificar que estos se cocinen a una temperatura adecuada:  
**165 °F** para el pollo y **160 °F** para la carne molida.




### Watch the clock

Throw out perishable food that has been sitting at room temperature for more than two hours; one hour if it's **90°F** or warmer.




### Serve at the right temperature

Keep hot foods at **140°F** or warmer, and cold foods at **40°F** or colder.




### Mire el reloj

Deseche los alimentos perecederos que han estado a temperatura ambiente por más de dos horas; una hora si hay **90 °F** o más.



### Sirva a una temperatura adecuada

Mantenga los alimentos calientes a **140 °F** o más y los alimentos fríos a **40 °F** o menos.





[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

CS272887-B



[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

CS272887-H