



# NAUGATUCK VALLEY HEALTH DISTRICT NEWSLETTER

## NATIONAL NUTRITION MONTH

March 2023



### NVHD HEALTH ANNEX CLINIC SCHEDULE MARCH 2023

March 9: 1:30 to 3:30

or

March 23: 1:30 to 3:30

To register, use the following link

[bit.ly/ValleyVaccine](https://bit.ly/ValleyVaccine)

Or Scan this 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



To celebrate Heart Health Awareness for the month of February, the Naugatuck Valley Health District held several blood pressure screenings throughout the community. We presented up to date heart health information and blood pressure awareness. The turnout was great! Checking your blood pressure at home and writing down your numbers can help paint a great picture for your health care provider on what to do to manage your condition. If you have any questions regarding heart health screenings, contact Kristie D'Averso, NVHD Public health nurse at 203-881-3255, ext. 107

Pictured below is NVHD nurse Caitlin Kelley taking blood pressures at the Derby Senior Center on February 23rd.





## March Healthy Valley Spotlight

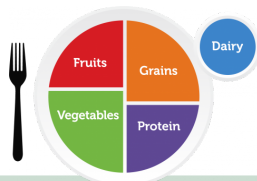
### Healthy Eating with the MyPlate Plan

As March is National Nutrition Month, NVHD would like to promote use of the USDA MyPlate Plan.

The MyPlate Plan includes foods within the five food groups to create a well-balanced, nutritional diet. The plan uses a nine-inch plate, broken down into four sections, varied in size, that include fruits, vegetables, whole grains, and protein, and allows for a side serving of dairy products to round out the meal. By using a nine-inch plate, the plan encourages us to use portion control and food variety as a means to achieve nutritional balance, while eating healthy amounts of all of the food groups.

For more information, follow the link to the USDA MyPlate page, where you can customize a plan for your lifestyle.

<https://www.myplate.gov/>



### QPR Suicide Prevention Program at TEAM, Inc. in Derby

In an effort to continue to promote mental health and wellness is the Naugatuck Valley, Health Educator Lisa Trupp was invited to by Team, Inc. director David Morgan to conduct a QPR (Question, Persuade, Refer) suicide prevention training for the staff at the organization.

The training was well received, with Mr. Morgan noting the positive feedback he received from staff after the "excellent" training was held. Team staff in attendance also provided good feedback, noting the comparison of QPR to CPR brought the need for this type of training into clearer focus. CPR is used to help sustain life until help arrives, QPR can help provide hope and support until professional help or treatment is available.

For more information or to request a QPR training program, please contact Lisa Trupp at 203-881-3255, ext. 108 or email [ltrup@nvhd.org](mailto:ltrup@nvhd.org)



## UPCOMING NVHD EVENTS-MARCH 2023

01

### 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!

02

### Diabetes Self-Management Program

NVHD will be offering a free, in-person, six-week diabetes self-management workshop on Tuesdays from 1:00 to 4:30 at the NVHD offices, 98 Bank St, Seymour, CT.

This session begins April 11th and goes through May 16th.

To register please call 203-881-3255, ext. 107 or 108.

03

### Diabetes Self-Management Program

NVHD will be offering a free phone based, six-week diabetes self-management workshop on Wednesdays from 10:00 to 11:00.

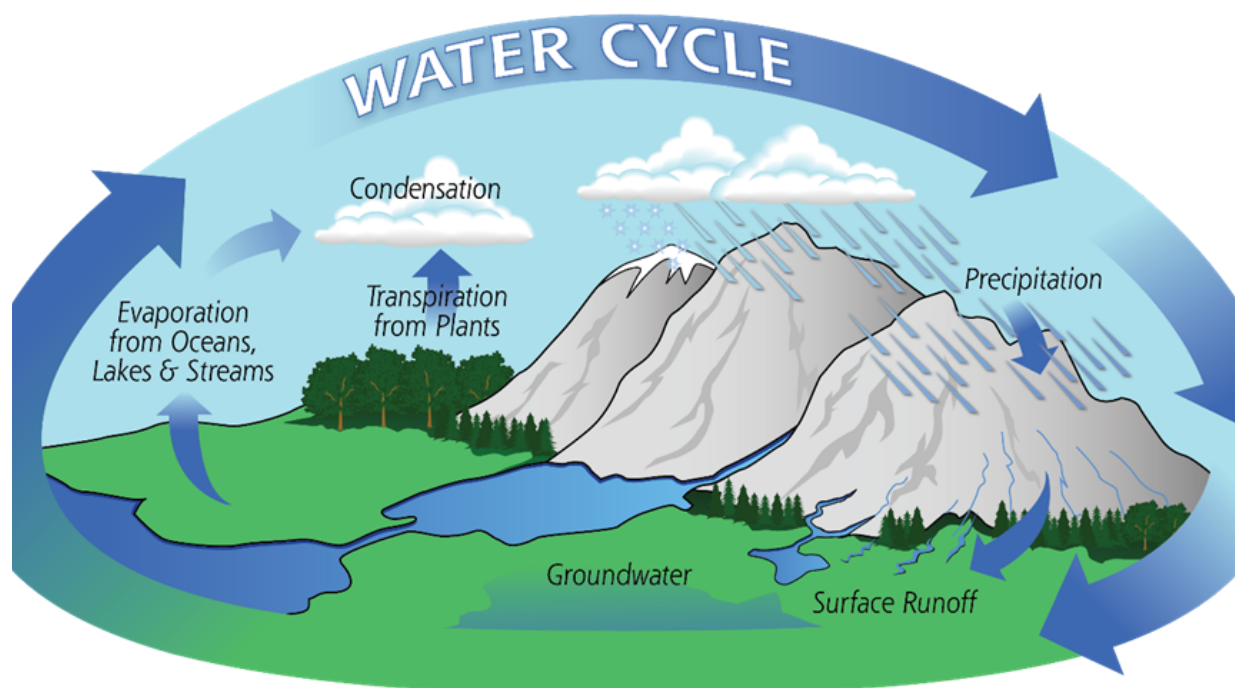
This session begins April 12th and goes through May 17th.

To register please call 203-881-3255, ext. 107 or 108.





## From the NVHD Environmental Team



### Groundwater Awareness

Most of the water we use to wash our hands, hydrate, bathe, and cook with is found deep below the Earth's surface. Groundwater exists in underground pockets between soil and rock, where it is continuously replenished by rain, snowmelt, and runoff. According to the CDC, 1 in 8 homes in America are serviced by a private well. Wells use untreated groundwater supplies from hundreds of feet underground to provide water to household facilities. Individuals are responsible for testing and treating their own well. It's important to test your well water at least once a year using a state certified lab! A list can be found at:

[https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/environmental\\_health/environmental\\_laboratories/pdf/In-State-Laboratories-Certified-to-Test-Drinking-Water-1\\_2023.pdf](https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/environmental_health/environmental_laboratories/pdf/In-State-Laboratories-Certified-to-Test-Drinking-Water-1_2023.pdf)