



NAUGATUCK VALLEY HEALTH DISTRICT NEWSLETTER

NATIONAL PUBLIC HEALTH WEEK

April 2023



NVHD HEALTH ANNEX CLINIC SCHEDULE APRIL 2023

April 13: 1:30 to 3:30

or

April 20: 1:30 to 3:30

To register, use the following link

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**



On Saturday March 25th, NVHD Covid-19 Action Plan Team members Nancy Serrano and Vanessa Lopez attended the *Kickoff to Kindergarten Registration Family Fair* at Prendergast School in Ansonia. The team provided important and up to date information to families about Pediatric Covid-19 Vaccines as well as yearly Immunization schedules. In addition to receiving information, families were able to paint and design face masks as well as receive fun giveaways, T-shirts and much more!





April Healthy Valley Spotlight

Naugatuck Valley Heath District Recognizes National Public Health Week

This year, National Public Health Week will be celebrated April 3-April 9. During this time, we recognize and spotlight public health topics that incorporate the promotion of good public health practices, as well as celebrating the breadth of cultures and diverse challenges we face in the Naugatuck Valley. Each day will have a special theme, with corresponding events and information shared by the team at NVHD. Join us for the events or follow us on social media to access our educational materials!

Weeklong Events:

Letterbox Challenge- Check our NVHD social media, atlasquest.com, or letterboxing.org, for new letterbox challenges within our 6 towns!

April Art Contest- NVHD challenges anyone 5 - 18 years of age that lives in one of the six (6) towns covered by the district to participate in a Public Health Art Contest!

2023 Community Give Back Program- During the months of April & May, we will be collecting donations for My Sister's Place in Ansonia. Check out the flyer for more info!

Daily Themes:

Monday, April 3-Community: NVHD staff will be at several locations in the Naugatuck valley promoting health and wellness topics. See *Upcoming NVHD Events* for more information.

Tuesday, April 4- Violence Prevention: Watch our social media pages for information on violence prevention resources.

Wednesday, April 5-Reproductive and Sexual Health: NVHD will be providing information about sexual health and wellness via social media.

Thursday, April 6-Mental Health: NVHD will be offering a free, virtual QPR-Suicide Prevention training for the community (flyer attached).

Friday, April 7-Rural Health: NVHD will share information about outdoor spaces accessible to Valley residents.

Saturday, April 8-Accessibility: NVHD will provide information about multilingual medical practices in the Valley.

Sunday, April 9-Food and Nutrition: Information about local food access and community gardens will be shared.



UPCOMING NVHD EVENTS-APRIL 2023

01

NVHD Community Meet and Greet

NVHD staff will be at Shelton Senior Center, Naugatuck YMCA and Whitmore Library in Naugatuck on Monday, April 3, 2023, 10am to 12pm.

Staff will have information about programs, services, and provide helpful tips on health related topics. The Shelton site will also offer blood pressure screenings.

Stop by and see us!

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

Naugatuck Senior Health and Wellness Expo

On April 20, NVHD staff will be at the Naugatuck Senior Center for the Health and Wellness Expo to share health and wellness information with the senior community.

Come down and talk with Kristie D'Averso, Pubic Health Nurse and Lisa Trupp, Health Educator about a range of health and wellness projects.





Earth Day



In honor of Earth Day, Naugatuck Valley Environmental Health presents four ways to honor, benefit, and utilize the environment around you.

PLANT

Native plants are those that have withstood the test of time – these are species that grew naturally in our state prior to the arrival of European settlers. The benefits are endless. In planting, you will provide a habitat for pollinators, butterflies, birds, and other wildlife also native to the state.

Just to name a few...

- wild geranium
- virginia rose
- celandine poppy
- black raspberry bush
- elderberry york
- highbush blueberry
- crested iris
- spotted cranesbill



The Connecticut Conservation District is an excellent resource for information on native plants, animals, and all things environmental. In addition to several plant and seedling sales, they offer workshops on native landscaping, and planting and pruning basics. Visit www.conservect.org today.

COLLECT

Reap the benefits of every good storm long after the sky has cleared by collecting rain water. There are several rain barrels on the market today designed to fit under your downspout for this exact purpose.

Each Spring, Aquarion Water Co. offers 60 gallon rain barrels at a discounted price. Visit aquarionwater.com/conservation/rain-barrels to order yours today!



For additional information, please visit us at nvhd.org/environmental-health



CONSERVE

Energy costs are on the rise across the U.S. Consider reducing your carbon footprint, and energy bill, by following the 2-degree rule:

Aim to turn heat down/AC up by 2 degrees each day this year to save between 3-5% on each energy bill.

COMPOST

Composting is a process that converts organic materials – like fruits and vegetable scraps – into a nutrient rich fertilizer.



Organic waste accounts for a little less than HALF of what we throw away each day. Composting materials that we would otherwise discard reduces the amount of waste going to landfills, as well as the energy it takes to transport them there.

What you need to start...

- three square feet of outdoor space for your compost bin (with natural soil underneath)
- some vegetable, flower, grass, or fruit scraps
- 'dry brown' materials like fallen leaves, tea bags, straw, or hay
- a shovel, rake, or aeration tool to turn your pile

For step-by-step directions on how to begin composting at home, visit

<https://www.npr.org/2020/04/07/828918397/how-to-compost-at-home>

FDA Code Change

On February 9th, local health departments were notified that the FDA Food Code would be posted by the Secretary of the State and go into effect on February 17, 2023. Due to this code change, NVHD's grading system is now on hold. More detailed information can be found on our website at: <https://www.nvhd.org/fda/>



National Infant Immunization Week

GET READY FOR NATIONAL INFANT IMMUNIZATION WEEK!

National Infant Immunization Week (NIIW) is April 24 – 30, 2023. Each year, NIIW focuses on the positive impact of vaccination on the lives of infants and children — and this year it's a priority to ensure that families stay on track for routine checkups and vaccinations following disruptions from COVID-19. On-time vaccination is critical to help provide protection against potentially life-threatening diseases.

During NIIW, Naugatuck Valley Health District encourages everyone to remind their loved ones and community members to schedule children's routine well-child visits and vaccinations.

HOW VACCINES STRENGTHEN YOUR BABY'S IMMUNE SYSTEM



Your child is exposed to thousands of germs every day in his environment.

This happens through the food he eats, air he breathes and things he puts in his mouth.



Babies are born with immune systems that can fight most germs, but there are some deadly diseases they can't handle.

That's why they need vaccines to strengthen their immune system.



Vaccines use very small amounts of antigens to help your child's immune system recognize and learn to fight serious diseases.

Antigens are parts of germs that cause the body's immune system to go to work.



Adolescent Immunization Action Week (AIAW) is April 3rd – 7th and its focus is on vaccine coverage in the adolescent population. Vaccination helps prevent adolescents and young adults from getting sick and missing out on activities that are important to them.

Immunizations are safe, effective, and timed to start protecting adolescents before they are likely to be exposed to serious, potentially life-threatening diseases, including meningitis, tetanus, diphtheria, whooping cough, HPV-related cancers, COVID-19, and flu. #AIAW23



For more information, visit: CDC, DPH, Immunize & CHOP



Naugatuck Valley Health District

SPRING Donation Drive



In honor of National Public Health Week (NPHW) we are launching the 2023 NVHD Community Give Back Program! Bring all your new or gently used clothing and accessories to one of our drop off locations during the month of April & May! All donations collected will be given to My Sister's Place in Ansonia, CT.



DONATION BASKETS WILL BE LOCATED AT THE FOLLOWING LOCATIONS THROUGHOUT APRIL & MAY:

SEYMOUR:

Naugatuck Valley Health District - 98 Bank St.

- Mon - Thurs: 8 AM - 4 PM, Fri: 8 AM - 1 PM

Town of Seymour - 1 First St.

- Mon - Thu: 8AM - 12PM & 1PM - 4:30PM,
Fri: 8AM - 12PM

Seymour Community Center - 20 Pine St.

- Mon - Thu: 8AM - 4:30PM, Fri: 8AM - 12PM

SHELTON:

Outback Steakhouse- 698 Bridgeport Ave.

- Mon - Thu: 11AM - 10PM, Fri - Sat: 11AM - 10:30PM,
Sun: 11AM - 9PM

Plumb Memorial Library, 65 Wooster St.

- Mon/ Wed/ Fri, 9:30AM - 5pm, Tue/Th, 12PM - 7PM,
Sat 9:30AM - 3PM

DERBY:

TEAM, INC. - 30 Elizabeth St.

- Mon - Fri: 8:30AM - 4:30PM



Help us make a difference!



Are you a part of a
Valley Charity or
Organization that is
in need of
donations?

Would your Valley
organization like to
be involved as a host
site for a collection
bin?

**Complete our Community Give Back
Program Partnership Request Form!**



Scan the QR Code above or visit:
<https://forms.office.com/r/pvA5NGSYfF>



Naugatuck Valley Health District

Save a Life with
Question
Persuade
Refer



Become A
Certified QPR
Gatekeeper

*Get
Certified in
QPR Suicide
Prevention*

*Space is limited
to 30 people.
Register today!*

Thursday, April 6th, 2023

Virtual Training 6:00pm to 7:00pm

*As a QPR Gatekeeper you
will learn to:*

- Recognize the warning signs of suicide.
- Know how to offer hope.
- Know how to get help and save a life.

REGISTER AT:
[HTTPS://WWW.SURVEYMONKEY.COM/R/2FPXQFR](https://www.surveymonkey.com/r/2FPXQFR)

OR SCAN THIS QR CODE

