

Naugatuck Valley Health District Newsletter



National Mental Health Awareness Month

May 2023



NVHD Health Annex Clinic Schedule May 2023

**On 4/19/23 the FDA approved a second bivalent booster for those 65 and older*

May 4th: 1:30 to 3:30

May 11th: 1:30 to 3:30

May 18th: 1:30 to 3:30

May 25th: 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

NVHD in the Community



In April the NVHD CAP, SORT and Community Health teams attended events in the Valley. On Wednesday April 26th the CAP team held a resource fair at Valley Regional Adult Education in Shelton. Several community partners were also there, with representatives from agencies like TEAM, Inc. and BHCare presenting information about their organizations, along with Public Health Nurse Kristie D'Averso offering Covid boosters to those who wanted them.

On Saturday April 29th and Sunday, April 30th the CAP, SORT and Community Health teams attended events aimed at promoting health, wellness and safety for Valley youth. The CAP team attended the Valley YMCA Healthy Kids event at Holy Rosary Church in Ansonia, and on Sunday April 30th SORT and Community Health team members were at the Griffin Hospital Safe Kids event at Warsaw Park in Ansonia.



CAP Program Coordinator Nancy Serrano, Community Outreach Worker Vanessa Lopez and Public Health Nurse Kristie D'Averso at the Valley Regional Education Resource Fair in Shelton.



Joan Lane, Public Health Specialist, Lisa Trupp, Health Educator and Paulina Cherkasov, SORT Team Coordinator at the Safe Kids event at Warsaw Park.





May Healthy Valley Spotlight

You may have heard that on April 10th, President Biden signed into law a joint resolution ending the state of National Emergency in the United States; while this does bring with it some changes, the end of the Public Health Emergency will remain May 11th, as planned.

We know this approaching deadline has made many Valley residents uneasy, and understandably so—while there is cause for celebration in moving further away from the COVID-19 pandemic that affected so many, many people will potentially lose the benefits and services they’ve relied on for the last 3 years.

The end of the Public Health Emergency means changes; over the coming months we will see a reduction in COVID-era staples, such as free home tests from the federal government, less test sites, changes to insurance coverage and SNAP benefits, etc. As more information comes to light, we want to continue supporting our community in any way we can, by offering resources, information, or referrals. If there's anything you need, whether a test kit or a referral to a local food share, we want to help you.

COVID-19 may be transitioning to *endemic*, but NVHD'S support for the Valley does not *end* here.

Surveillance & Outbreak Response Team (SORT)



How Can You Prepare?

HUSKY Health Renewals Are Coming!

Update Us so we can **Update U**

HUSKY Health renewals are an important part of maintaining HUSKY Health coverage. If you have HUSKY Health A, B, C, or D, make sure we have your most recent mailing address so you don't miss important mail from us.

Update your mailing address today at:
ct.gov/UpdateUsDSS

Se acercan las renovaciones de HUSKY Health!

Actualízanos para que podamos **Actualizarte**

Las renovaciones de HUSKY Health son una parte importante del mantenimiento de la cobertura de HUSKY Health. Si usted tiene HUSKY Health A, B, C o D, asegúrese de que tengamos su dirección postal más reciente para que no te pierdas el correo importante de nosotros.

Actualice su dirección postal hoy en:
ct.gov/UpdateUsDSS

SAVE YOUR SNAP BENEFITS

You can save some of your SNAP benefits for the upcoming months. Remember, unused benefits will stay on your EBT card unless your card goes unused for 9 months.

To check your regular monthly benefit and your real time EBT balance:

- Log in to WWW.MYDSS.CT.GOV from your computer or mobile device
- Call the number on the back of your Connect EBT Card – 1-888-328-2666

NEED HELP WITH FOOD ASSISTANCE OR OTHER RESOURCES?

2-1-1

Connecticut
Call 2-1-1 or go online to 211ct.org for food resources

For more information on [assistance programs](#), [local food shares](#), or any COVID-19 "Unwinding" questions or concerns, please contact:

Paulina Cherkasov
SORT Team Coordinator
(203) 881-3255, ext. 118
pcherkasov@nvhd.org

Beatriz Allen
SORT Program Specialist
(203) 881-3255, ext. 117
ballen@nvhd.org

Upcoming NVHD Events-May 2023

01

Matter of Balance Falls Prevention Program

The Naugatuck Valley Health Education team will be offering a free, eight-week falls prevention program at the Shelton Senior Center. May 12th through June 30th, 2023.

Please call 203-881-3255, ext. 107 or 108 for details.

02

QPR Suicide Prevention-Virtual Gatekeeper Training-May 18, 2023 6:00pm

In recognition of Nation Mental Health Awareness Month, Naugatuck Valley Health Educator Lisa Trupp will be offering a free, virtual QPR Suicide Prevention Gatekeeper Training for the community.

Please see attached flyer for details!

03

Live Well with Diabetes Self-Management Program

NVHD will be offering a free, in-person, six-week diabetes self-management workshop on Thursdays from 8:30 to 11:00 at the Naugatuck Senior Center, 300 Meadow St, Naugatuck, beginning June 15th-July 29th.

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



ENJOY THE OUTDOORS STAY TICK SAFE



- Use EPA-registered insect repellent and follow the label instructions.
- Wear light colors, long sleeves, pants, tall socks, boots, a hat, and if possible treat outdoor clothing with permethrin.
- Stick to the center of trails and avoid brush, tall grass, and leaf litter.
- After spending time outside, conduct a full body tick check on yourself, children, and pets.

For more info on ticks, see: [HTTP://WWW.CDC.GOV/TICKS](http://www.cdc.gov/ticks)

Common Tick Species in Connecticut

Blacklegged Tick



- AKA Deer Tick - reddish-brown body, dark brown/black spot on the upper back, black legs, and roughly the size of a sesame seed (2.5mm).
- Active year-long and are commonly found in fields, forests, ground debris, and leaf litter.
- Known for the majority of human Lyme diseases cases during the summer months but must be attached for 36 - 48 hours or more to transmit Lyme Disease.

American Dog Tick


- AKA Wood Tick - brown in color with a white/gray markings.
- In CT, peak season is April - August and can commonly be found in the tall grass/weeds of fields, meadows, paths/trails, and borders of streams, lakes, and wooded swamps.
- Feed on humans & dogs, mainly inside the ears, armpits, head, neck, and between the toes.
- Known vector for the agents of Rocky Mountain Spotted Fever (RRMSF) and Tularemia.



Lone Star Tick



- Reddish-brown bodies with a single white spot found on their backs, and can be as tiny as a poppy seed.
- Most active April - August, is aggressive about finding prey, and commonly found in the shade of tall grass or at the tips of low lying branches/twigs.
- Currently associated with at least six human diseases but DOES NOT cause Lyme disease.

 Ticks found on humans can be submitted to NVHD in a sealed container and sent to the Connecticut agricultural experiment station for testing. There is a \$5.00 fee per tick.

WE'RE HIRING

The Naugatuck Valley Health District's environmental health team is seeking qualified individuals to fill the following positions:

Sanitarian I & Sanitarian II

More information available here:
www.nvhd.org/category/job-postings/



May is Allergen Awareness Month! Do your part and protect your friends by washing your hands.

The FDA Food Code requires all food service establishments to maintain a list of all menu items containing any of the nine major food allergens. As always, inform your server of any allergies. More information on the FDA food code change is available at nvhd.org/fda/



Naugatuck Valley Health District

Save a Life with...
Question
Persuade
Refer
A Suicide Prevention Program



Become A Certified
QPR Gatekeeper!

QPR is like CPR for
mental health
emergencies, providing
hope and assistance until
help is available.

To register, please go to:

<https://www.surveymonkey.com/r/2KYZMW9>

Or Scan the QR Code



Virtual Training-May 18th, 2023 6:00pm

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.

For more information,
please contact

Lisa Trupp, Health Educator

203-881-3255, ext. 108

ltrupp@nvhd.org