



Naugatuck Valley Health District Newsletter

SUMMER



Spring Forward Into Summer

June 2023

NVHD Health Annex Clinic Schedule June 2023

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

June 1st: 1:30 to 3:30

June 15th: 1:30 to 3:30

June 29th: 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!

No insurance, no problem!
Vaccine Pricing

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

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

NVHD in the Community



NVHD's health educator Lisa Trupp held a virtual QPR Suicide Prevention Gatekeeper training on May 18, 2023. Several members of the Valley community attended the hour log session and became QPR "Gatekeepers" who can help provide support for someone experiencing a mental health crisis until appropriate help can be sought.

NVHD plans to offer several more QPR training programs, to help stem the tide of suicide and growing mental health challenges in the Naugatuck Valley.

For more information, contact Lisa Trupp, Health Educator at 203-881-3255, ext.. 108 or email ltrupp@nvhd.org





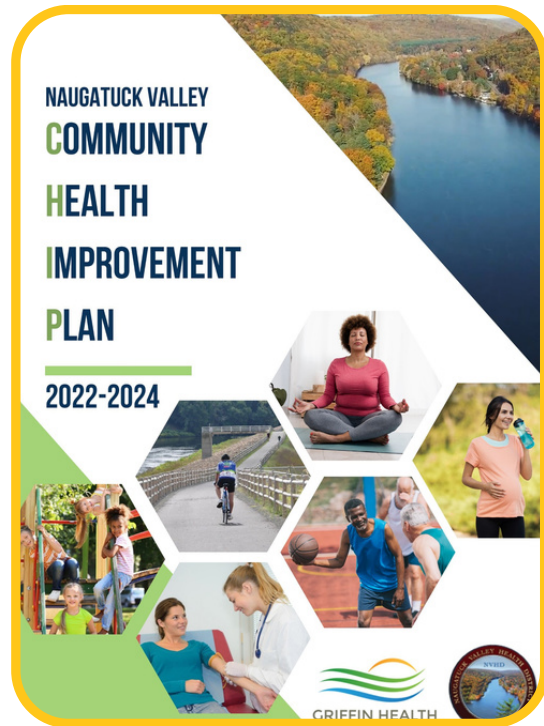
June Healthy Valley Spotlight

The Naugatuck Valley Health Improvement Plan Is Here!

The 2022-2024 Naugatuck Valley Community Health Improvement Plan (CHIP) was debuted on Wednesday, May 24th, 2023, at a meeting of the Valley's CHIP workgroup in Oxford.

The document lays out the plans for the teams working on the three focus areas: mental health, substance use, and equitable access to health services. These focus areas were determined by feedback from the community gathered in Community Health Assessment conducted in 2022.

The teams will look to collect more information by holding public listening sessions in various locations in the Valley. Look for information about these sessions in future issues of our newsletter, as well as on the social media pages of NVHD and Griffin Hospital.



Upcoming NVHD Events-June 2023

01

Covid Booster Clinic

On Wednesday, June 7th NVHD will hold a Covid-19 vaccination booster clinic at the Shelton Senior Center from 9:30am to 11:00am.

For more information contact Nurse Kristie D'Averso at 203-881-3255, ext. 107 or kdaverso@nvhd.org

02

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 20th.

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

03

Live Well with Chronic Pain Self-Management Program

NVHD will be offering a free, phone-based, six-week chronic pain self-management workshop on Wednesdays from 6:00 to 7:00pm, beginning June 14th-July 19th (flyer attached).

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



WATCH OUT FOR.. POISON IVY



IDENTIFICATION

- Poison ivy plants vary in size and are commonly found in groupings of 3 leaves, with two short leaflets and a longer middle stem.
- These plants change colors throughout the seasons. In the spring they usually have a red appearance, in the summer they are green - sometimes making it more difficult to distinguish from other plants, and in the fall they are usually a reddish-orange color.
- They can appear as small shrubs or vines, trailing on the ground or growing on low plants, trees, and commonly found throughout the woods and along trails.
- The leaves, stems, and roots contain a poisonous resin called urushiol. When the skin comes in contact with this oily resin it may cause a person to develop blisters, rashes, and itchiness.

PREVENTION

- Learn to identify poison ivy and avoid touching the plant.
- Wear long pants, long-sleeved shirts, boots, and vinyl gloves.
- Wash garden tools regularly, especially if they come in contact with poison ivy.

NAUGATUCK VALLEY HEALTH DISTRICT

98 BANK STREET, SEYMOUR, CT
PHONE: 203-881-3255
HOURS: M-Th: 8AM-4PM, F: 8AM-1PM



SCAN THE QR CODE
TO VISIT OUR
WEBSITE!



**We're
Hiring**



We're Hiring!



The Naugatuck Valley Health District's Environmental Health Team is seeking qualified individuals to fill the following positions:

Sanitarian I and Sanitarian II

More information available here:

www.nvhd.org/category/job-postings/



Take
Control



Chronic Pain WORKSHOP

"It's Your Life...Live it Well"

FREE SIX WEEK PHONE BASED CHRONIC PAIN SELF-MANAGEMENT WORKSHOP

Learn about chronic pain management including:

- What is pain?
- The mind/body connection
- Fatigue management
- Pacing and planning
- Medications and pain management
- Healthy eating and exercise for pain
- How to set small and achievable goals

These are just some of the topics covered in the one hour phone sessions! Class size is limited, so register early!

**Naugatuck Valley Health District Clinic
Wednesdays June 14th-July 19th, 2023
from 6:00-7:00 pm**

**To register, please call our Office 203-881-3255
ext. 108**

**Free books and toolkits for all & \$25 gift cards for workshop
completers!**

Live Well is an evidence based self-management workshop developed at Stanford University. This program is supported by funds made available for the Centers for Disease Control and Prevention, Office of State, Tribal, Local and Territorial Support under grant DP13-105.

Generous support is also provided by the Connecticut Community Foundation.



Enjoy

Sponsored by the
CT State Unit on Aging & CT Department of Public Health

Take
Control



DIABETES WORKSHOP

"It's Your Life...Live it Well"

FREE DIABETES SELF-MANAGEMENT WORKSHOP

Learn about diabetes & pre-diabetes including

- What to eat
- Foot care
- Low and high blood sugar
- Guidelines for when you're sick
- Tips for dealing with stress
- How to set small and achievable goals



Feel
Better

Energize

**These are just some of the topics covered!
We meet weekly for 2.5 hours. Class size is
limited, so register early! **

**Naugatuck Senior Center
300 Meadow St, Naugatuck, CT 06770
Thursdays, June 15 through July 20
from 8:30-11 am**

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

Free books for all & \$25 gift cards for workshop completers!

Live

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Enjoy



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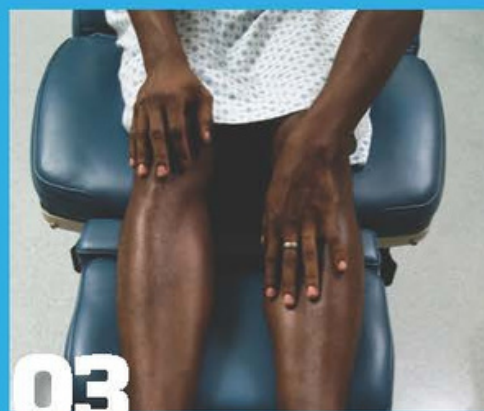
June is Men's Health Month



01



02



03

Eat Healthy.

Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.

Get Moving.

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

Make Prevention a Priority.

Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." — Congressman Bill Richardson (May 1994)

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventative services.

1994

On May 31, 1994 President Bill Clinton signed the bill establishing National Men's Health Week.

1 in 2

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

88.9

In 2010, there were 88.9 men for every 100 women in the age group 65-69.

ONLINE RESOURCES

Men's Health Month
MensHealthMonth.org

Men's Health Network
MensHealthNetwork.org

Get It Checked
GetItChecked.com

Talking About Men's Health Blog
TalkingAboutMensHealth.com

Men's Health Resource Center
MensHealthResourceCenter.com



MensHealthMonth



MensHealthMonth



MHW@menshealthweek.org

AWARENESS. PREVENTION. EDUCATION. FAMILY.

Celebrate Men's Health Throughout the Year

Visit the Men's Health Resource Center:

www.MensHealthResourceCenter.org

Develop a Wear Blue program where you work, pray, or play:

www.WearBlueForMen.com

Follow the latest men's health news at

Talking About Men's Health:

www.TalkingAboutMensHealth.com

Learn about Men's Health Month, view Governor/Mayor proclamations, and more:

www.MensHealthMonth.org

Find free flyers, brochures, and more in the Men's Health Library:

www.MensHealthLibrary.com

You can purchase brochures, door hangers, and books:

www.mhnstore.com

Learn about prostate health and Prostate Cancer Awareness Month:

www.ProstateHealthGuide.com

Learn about Testicular Cancer Awareness Month:

www.TesticularCancerAwarenessMonth.com

Subscribe to the MHN YouTube channel:

www.youtube.com/mhnmedia

Visit Men's Health Network:

www.MensHealthNetwork.org

Subscribe to the Healthy E-Male newsletter:

www.healthyemale.com

To learn about the Fathers Connection:

www.FathersConnection.org

For more information about the Fathers Connection and/or men's health program opportunities, call or email:

202-543-6461 x 101

info@menshealthnetwork.org



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THANKS FOR YOUR SUPPORT!