



Naugatuck Valley Health District



AUGUST 2023

NVHD HEALTH ANNEX CLINIC SCHEDULE AUGUST 2023



Ansonia Senior Center Grand Opening

On July 6, 2023 NVHD staff attended the grand opening celebration of the brand new Ansonia Senior Center.

Assistant Director of Community Health Carissa Caserta and Health Educator Lisa Trupp shared information about upcoming NVHD community health programs to be run at the new center in the coming months. Many thanks to Senior Center Director Christine Sonsini for allowing us to be part of this special day!



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

For Covid-19 vaccinations, please make an appointment by calling Kristie D'Averso, NVHD Public Health Nurse at 203-881-3255, ext. 107

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



August Healthy Valley Spotlight

August is National Immunization Awareness Month



Protect precious moments. August is **National Immunization Awareness Month**. You might think immunizations are just for kids, but adults need them too. Vaccine-preventable diseases, like measles, whooping cough, and meningitis, are still out there. Getting vaccinated reduces the spread of disease to those who cannot access certain vaccines because of age or medical conditions. Ask your healthcare provider, or our public health nurse Kristie D'Averso, if you're up to date on recommended vaccines, including COVID-19.

Check to see if you are up to date on routine vaccines: <https://bit.ly/AdultVaxQuiz>
<https://bit.ly/ChildVaxQuiz>



UPCOMING NVHD EVENTS-AUGUST-SEPTEMBER 2023

01

Matter of Balance Falls Prevention

The NVHD Community health Education team will be offering a free Matter of Balance, Falls Prevention program at the Shelton Senior Center, beginning Friday, August 4th at 9:30am.

The eight-week program will run through September 22nd, 2023. For more information, please contact Lisa Trupp, Health Educator at 203-881-3255, ext. 108.

02

QPR Suicide Prevention Program

NVHD will be hosting a virtual QPR Suicide Prevention Gatekeeper training, Thursday August 10, 2023 at 6:00pm.

For more information, please see the attached flyer or contact

Lisa Trupp, Health Educator at 203-881-3255, ext. 108 or ltrupp@nvhd.org

03

Matter of Balance Falls Prevention Program

The NVHD Community health Education team will be offering a free Matter of Balance, Falls Prevention program at the Naugatuck Senior Center, beginning Thursday, September 26th. at 8:30am.

The eight-week program will run through November 14, 2023. For more information, please contact Lisa Trupp, Health Educator at 203-881-3255, ext. 108.

HELP US, HELP OTHERS

"T.O.A.M is a nonprofit organization based in Ansonia, CT, that focuses on providing health and hygiene products to those who are struggling with consistent access to personal care, home care, and baby care products."

TRAVELER
ON A
Mission

WWW.TOAMMISSION.ORG

T.O.A.M distributes personal care products to the homeless, emergencies, and those receiving services from local food pantries to support and improve the health and self-esteem of adults and children in need. You can help make a difference by donating hygiene products to our donation drive or by making a monetary donation to T.O.A.M, which will help this nonprofit organization purchase personal care items, fulfill program needs, and support operating costs to achieve goals! - <https://www.toamission.org/>

ITEMS MOST NEEDED AT PRESENT:

- SHAVER'S
- DEODORANT
- LOTION
- BAR OF SOAP
- SHAMPOO
- CONDITIONER
- TOOTHPASTE
- TOOTHBRUSH
- COMB AND BRUSH
- LAUNDRY DETERGENT
- FABRIC SOFTENER
- TOILET PAPER
- UNDERGARMENTS
- HAND SANITIZER
- SANITARY NAPKINS
- LYSOL WIPES
- CANVAS BAGS
- ACTIVITY BOOKS

Please note: T.O.A.M. provides service to families and travel/travel sizes are not needed.

IF YOU WOULD LIKE TO MAKE A MONETARY DONATION:

Cashapp: \$toamission

Venmo: @Toam19

T.O.A.M Linktree QR Code:



Naugatuck Valley Health District
98 Bank Street, Seymour, CT, 06483
203-881-3255



NAUGATUCK VALLEY HEALTH DISTRICT

is holding a

HYGIENE DRIVE

BENEFITING TRAVELER ON A MISSION



DROP-OFF LOCATIONS:

Naugatuck Valley Health District - 98 Bank St, Seymour

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

Seymour Community Center - 20 Pine St, Seymour

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

Derby Senior Center, 293 Main St, Derby

- Mon - Friday: 8:30am - 3:30pm

TEAM, INC. - 30 Elizabeth St, Derby

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

Plumb Memorial Library, 65 Wooster St, Shelton

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



JULY 1, 2023- AUGUST 31, 2023



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/TKSFF7Q>
Or Scan the QR Code



Virtual Training-August 10th, 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