

NAUGATUCK VALLEY HEALTH DISTRICT



January 2024

Happy New Year

NVHD IN THE COMMUNITY



Ansonia School District Mental Health Champion Award

On Thursday December 21st, NVHD Director of Health Jess Kristy presented the Naugatuck Valley Health District 2023 Mental Health Champion Award to Ansonia School District Superintendent Dr. Joseph DiBacco. The award was given to the Ansonia School District in recognition of the emphasis the district places on the mental health and wellness of their community. In 2023 Ansonia added clinical support staff to ensure students get the help they need when it's needed, as well as adding school-based health centers to district schools that include access to mental health care providers. Additionally, the district partnered with NVHD to provide the suicide prevention program QPR for staff in all four Ansonia Schools.



Pictured above, left to right: Lisa Trupp, NVHD Health Educator, Dr. Joseph DiBacco, Ansonia School Superintendent, Jess Kristy, NVHD Director of Health, Beatriz Allen, NVHD Sort Program Coordinator, and Robert Lisi, Ansonia Student resource Liasion

NVHD Holiday Event

NVHD staff took some time on Friday, December 15th to celebrate the holiday season at Char and Lemon at QuarryWalk in Oxford. The staff spent some down time together enjoying the food and celebrating the year that was 2023.



Pictured left to right are: Barbara B., Lisa T., Paulina C., Vanessa L., Assistant Director Melanie D., Glenda B., Amy D., Director Jessica K., Nancy S., Assistant Director Carissa C., Rose., Kristie D., Laurel S., Judi W., Amanda M., John M., and Joan L.





JANUARY HEALTHY VALLEY SPOTLIGHT

COVID CORNER

This month, NVHD staff attended several community events where they distributed the latest information on COVID-19 and other respiratory viruses and handed out COVID test kits, masks, and other goodies. Pictured below are **Beatriz Allen** and **Vanessa Lopez** at Derby Senior Center.



DECEMBER*



As is typical this time of year, cases of COVID-19 in the Valley **nearly doubled** from the previous month. While this is to be expected due to colder weather, more indoor activities, and holiday gatherings, we would like to remind residents to self-monitor for symptoms, practice good respiratory hygiene when possible, and notify anybody you may have exposed if you test positive for COVID-19.

REPORT POSITIVE TEST RESULTS HERE!



* NVHD monitors the number of people **in the Valley** who test positive for COVID-19 each month; please note that the numbers here reflect a combination of **home tests** and **lab results** reported to us by test sites.

⚠️ TEST KITS ARE HERE! ⚠️

In December, NVHD received a shipment of **iHealth COVID-19 Antigen Rapid Tests!** With the holiday festivities winding down, it's a good idea to test yourself for COVID-19 if you've been experiencing symptoms, been around fellow revelers who have since tested positive, or even if you attended any large gatherings! You can **reserve your test kit** by calling (203) 881-3255, ext. 118. Please note that quantities are limited.



UPCOMING NVHD EVENTS: JANUARY 2024-FEBRUARY 2024

01

Chronic Pain Self-Management Program

NVHD will be offering a free, in-person, six-week chronic pain self-management program on Tuesdays from 8:30am to 11:00am at the Naugatuck Senior Center, 300 Meadow St., Naugatuck, CT.

This session begins January 16th, 2024 and goes through February 20th.

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

02

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 Shelton Senior Center, beginning Friday, January 19th, 2024 at 9:30am.

The eight-week program will run through March 8th, 2024. For more information, please contact the Shelton Senior Center at (203) 924-9324

03

Radon Webinar

In recognition of National Radon Action Month, NVHD will be hosting a radon information webinar on January 25th, 6:00pm.

This program will provide information on radon origins, radon testing and mitigation.

NVHD will also offer free radon test kits to the community while supplies last. You can also arrange to pick up a kit in our Seymour office by calling Health Educator Lisa Trupp at 203-881-3255, ext. 108 or email ltrup@nvhd.org.

For information on how to register for the webinar, please see the attached flyer.

JANUARY IS

NATIONAL



RADON



ACTION MONTH

Test Your Home. Protect Your Health.

Naugatuck Valley Health District Presents:

RADON AWARENESS

A Virtual Program

When: January 25th, 6:00pm

Registration: Please register using the link or QR code:

<https://www.surveymonkey.com/r/68YWFF7>



***This is a FREE
public information
session on Radon!***

What You'll Learn:

- What is Radon?
- Home Testing.
- Test Kit Demonstration.
- Remediation.



Public Health
Prevent. Promote. Protect.
**Naugatuck Valley
Health District**



Sponsored by the Naugatuck Valley Health District

For questions or to arrange for kit pick up please contact Lisa Trupp, Health Educator, at 203-881-3255, ext 108 or ltrupp@nvhd.org

**FREE
HOME TEST KITS
AVAILABLE***

*Call to arrange for pick up at the 98 Bank St., Seymour location

*While supplies last

Radon Publications

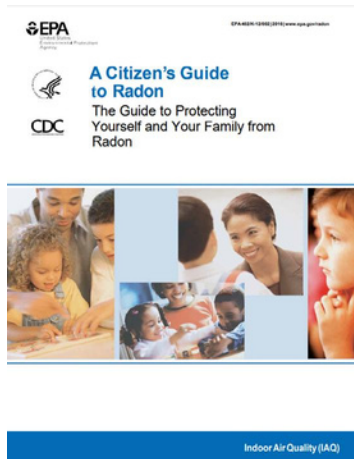
Radon is a naturally occurring radioactive gas that can enter homes from the ground and build up to dangerous levels. The U.S. Environmental Protection Agency (EPA) has several publications – including guides for consumers, home buyers and sellers – to help people better understand radon and its health risks.

Scan the QR Codes below to access the publications, or scan the code to the right to explore EPA's radon website.

Scan here to visit
epa.gov/radon

A Citizen's Guide to Radon: The Guide to Protecting Yourself and Your Family from Radon

This guidance offers strategies for testing your home for radon, discussions of what steps to take after you have tested, discussions of the risk of radon and radon myths.



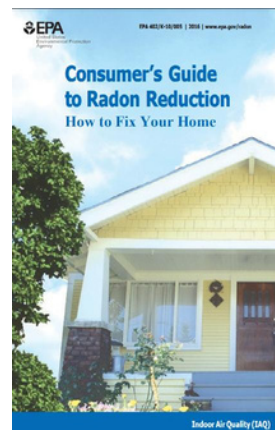
Home Buyer's and Seller's Guide to Radon

This booklet is intended for anyone who is buying or selling a home, real estate and relocation professionals, home inspectors and others.



Consumer's Guide to Radon Reduction: How to Fix Your Home

This guidance is designed for people who have tested their home and confirmed that they have elevated radon levels — 4 picocuries per liter (pCi/L) or higher. Know what to look for when selecting a qualified contractor to reduce the radon levels in your home, determine an appropriate radon reduction method and maintain your radon reduction system.



State and Tribal Indoor Radon Grants (SIRG)

This factsheet provides information to ensure that all eligible parties, including tribes, have the information they need to apply for SIRG funding.



ENVIRONMENTAL HEALTH TEAM

2024
Good Things Are Happening!



**Congratulations to sanitarians
John Mucha and Amanda Michaud
for obtaining their SSDS Phase II
certification.**

Welcome

**WARM WELCOME BACK TO LAUREL SHAW, MPH, RS!
LAUREL HAS FILLED THE POSITION OF CHIEF ENVIRONMENTAL
HEALTH SPECIALIST.**

**WELCOME TO AMY DURAND, MPH WHO WILL BE JOINING NVHD
MID-JANUARY AS A SANITARIAN.**