

NAUGATUCK VALLEY HEALTH DISTRICT

March 2025



Teddy Bear Clinic



NVHD Staff and Carine Greene, Head of Youth Services at the Howard Whittemore Library in Naugatuck, co-sponsored a Teddy Bear Clinic on February 18th, 2025. Twenty-six children from ages two to eleven participated in the event, which aims to create a safe space for children to learn about doctor's visits and feel more confident when they go to the doctor. Each participant learned about medical equipment, such as the stethoscope and the otoscope.

NVHD "teddy bear nurses" included Public Health Nurse Kristie Daverso, Overdose Prevention Coordinator Austin Telford, SORT Team Specialist Beatriz Allen, CAP Program Coordinator Vanessa Lopez, volunteer and former NVHD intern, Emilija Griceviciute (pictured below) and Assistant Director of Community Health, Carissa Caserta (pictured giving a bear to a clinic participant).

After the bear's medical visit, the participants had the opportunity to create two art projects. Success was measured by the smiles of the participants!



Nurse Austin and a participant



The team



Nurse Carissa and a participant

Blood Pressure Screenings

Throughout the month of February, NVHD was in the community at various locations delivering blood pressure screenings and giving away heart health goodies to patrons.

On Friday, February 21st our public health nurse, Kristie D'Averso delivered blood pressure screenings to shoppers and employees at Shop Rite in Shelton. Along NVHD nurse and community health team members, Bea Allen and Vanessa Lopez, Shop Rite's Registered Dietician, Siddhi Sheth, provided healthy food information and goodie bags filled to all participants. The event was a success, and we thank Shop Rite- Shelton for having us!

Left to right: Kristie D'Averso, Public Health Nurse; Vanessa Lopez, Immunization Program Specialist; Siddhi Sheth, Registered Dietician at ShopRite- Shelton & Derby.



Health Observances in March



National Nutrition Month

National Kidney Month

National Developmental Disabilities Awareness Month

National Colorectal Cancer Awareness Month

Bleeding Disorder Awareness Month

National Traumatic Brain Injury Awareness Month

March 9th-15th: National Pulmonary Rehabilitation Week

March 16th-22nd: National Poison Prevention Week

March 3rd: World Birth Defects Day

March 13th: World Kidney Day



MARCH HEALTHY VALLEY SPOTLIGHT

COVID CORNER



* 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.

FEBRUARY*

59

positive
adults

7

positive
minors

REPORT
POSITIVE TEST
RESULTS HERE!



WWW.COVIDTESTS.GOV IS STILL ACTIVE

Every U.S. household is eligible to receive four free at-home COVID-19 test kits. If you've placed an order in the past, you may still be eligible to receive more—make sure to check on the website!

- ☐ Head to www.covidtests.gov
- ☐ Click **Order Free At-home Tests** to be redirected to the USPS website
- ☐ Alternatively, you can call **1-800-232-0233** (TTY 1-888-720-7489)

UPCOMING NVHD EVENTS: MARCH-APRIL 2025

Teddy Bear Clinic

On March 17th, 2025 NVHD is partnering with the Derby Neck Library to offer a Teddy Bear Clinic.

Teddy Bear Clinic's provide children an opportunity to play doctor with their favorite toy, giving it the same care the children would receive during a doctor's visit. These clinics are designed to help lessen the anxiety of office visits for young children.

For more information, please see the attached flyer.

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 Ansonia Senior Center, beginning Tuesday, April 1st, 2025 from 1:30pm to 4:00pm.

The eight-week program will run through May 20th, 2025. For more information, please contact the Ansonia Senior Center at (203) 736-5933

ENVIRONMENTAL HEALTH NEWS



March is Pollution Awareness Month!

Air pollution is a known environmental health hazard. It is a major threat to global health and prosperity. Air pollution, in all forms, is responsible for more than 6.5 million deaths each year globally, a number that has increased over the past two decades.

How air pollution affects your health?

Air pollution can affect your health by causing respiratory disease, cardiovascular disease and cancer.

Why improving air quality matters?

Improving air quality matters because it directly impacts human health by reducing respiratory illnesses, heart disease, and premature deaths caused by air pollution, leading to a healthier population and improved quality of life; additionally, cleaner air can also benefit the environment by protecting ecosystems and reducing damage to buildings and infrastructure.

What you can do to help improve air quality?

Drive your car less, reduce gas consumption, keep your car in good repair, don't burn trash, use less power by using renewable energy resources, reduce plastic waste and remember to always recycle!

For more information on air pollution please visit
<https://www.niehs.nih.gov/health/topics/agents/air-pollution>



MARCH 10

NATIONAL WOMEN AND GIRLS HIV/AIDS **AWARENESS DAY**

Prevention and Testing at Every Age.
Care and Treatment at Every Stage.



In 2021, women aged 25-34 in the U.S. had the **highest number of new HIV diagnoses** for all women of any age group.

Testing Sites:

Cornell Scott -Hill Health
Center

**428 Columbus Ave
New Haven, CT**

WALK-IN SITE

Monday - Friday: 8:30 a.m. -
5:00 p.m.

Saturday: 8:30 - 12 p.m.

(203) 503-3000

***For 13-17 year old patients-
an appointment can be made
without a parent/guardian
present.**

Health & Wellness Center

424 Chapel St

New Haven, CT

WALK-IN SITE

Monday-Thursday:
9:00am-4:00pm

Friday-Sunday: Closed

(203) 946-8181

***No parent/guardian
permission needed for STI
testing, diagnosis, and
treatment for ages 13+**

Planned Parenthood

345 Whitney Ave, New Haven
203.503.0450

617 Watertown Ave, Waterbury
203.753.2119

26 Women's Way, Meriden
203.238.0542

walk-in site

Many more locations listed online

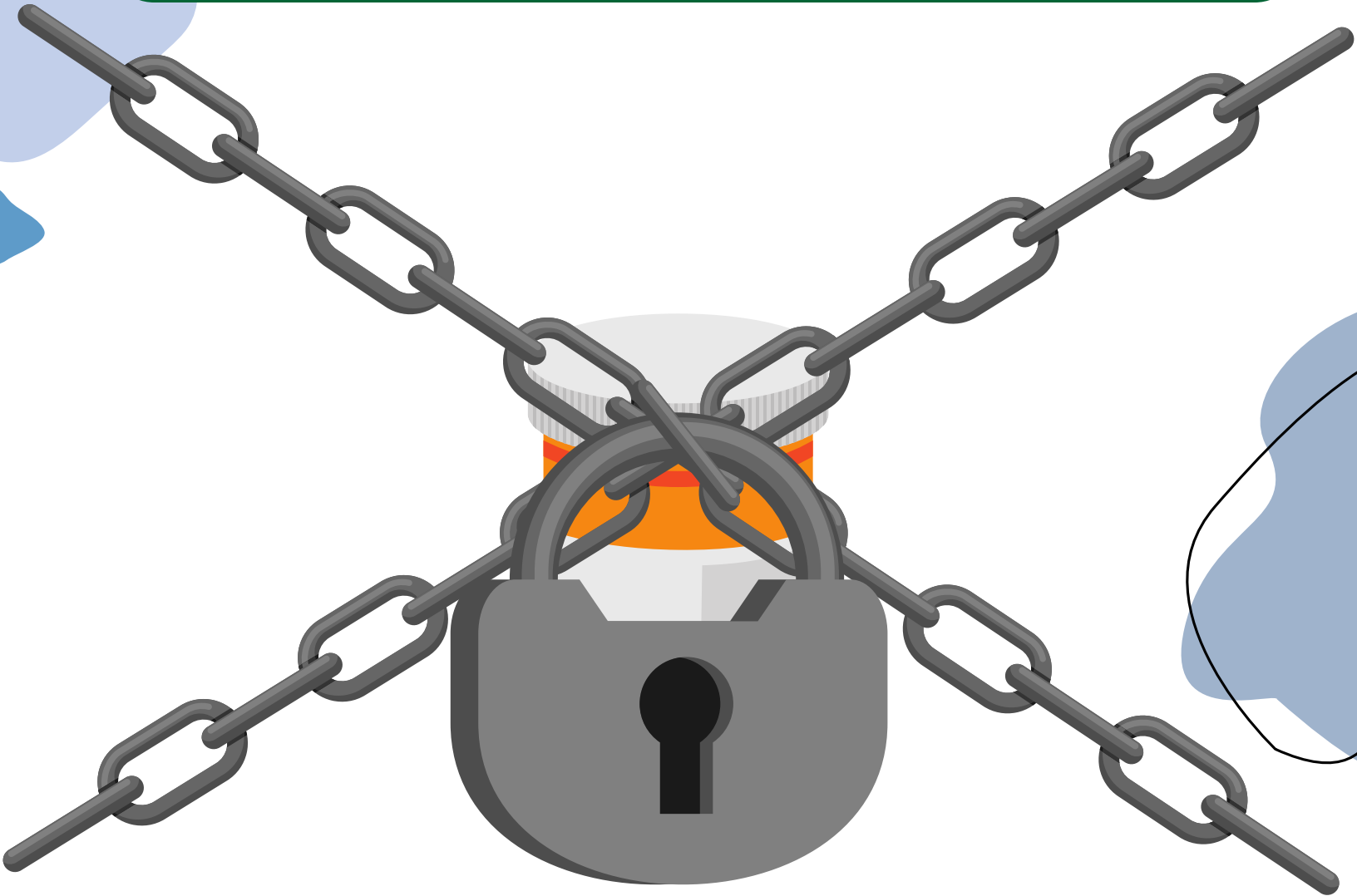
STI screenings can include:

Bacterial vaginosis, Chlamydia, Gonorrhea, Hepatitis, Herpes
HIV/AIDS, Human papillomavirus (HPV),
Pelvic inflammatory Disease (PID), Syphilis, Trichomoniasis

Get Tested | National HIV, STD, and
Hepatitis Testing

<https://gettested.cdc.gov/>

KEEP YOUR MEDICATIONS LOCKED UP AND AWAY



- Check expiration dates on all medication
- Make sure all medications are in the original bottle
- Seal and put medication in high locked areas away from children and animals

To learn more about safe storage, visit:

<https://www.cdc.gov/wtc/prescriptionsafety.html>

Join Naugatuck Valley Health District staff for a

Teddy Bear Clinic!

Going to the doctor can make anyone feel anxious—especially kids. To ease their fears, children will have a chance to play doctor with their favorite toy, providing it with the same care they will receive at the doctor's.

Help your child gain confidence for their next medical visit at NVHD's Teddy Bear Clinic!

Where: Derby Neck Library **When:** Monday,
March 17th, 10:30am-12pm

No registration is required, but there are a limited number of spots.

B.Y.O.B.

Bring your own bear
(or favorite stuffed toy)!



Public Health
Prevent. Promote. Protect.

Naugatuck Valley Health District