

NAUGATUCK VALLEY HEALTH DISTRICT May 2025



May is Mental Health Awareness Month



Naugatuck Valley Health District Staff Attended Three Community Events On Saturday, April 26th

Griffin Hospital held their annual Baby Fair. Elizabeth Mester, NVHD's Immunization Action Plan Coordinator was in attendance at the free event where several area vendors had tables full of information and giveaway's for area families. Those in attendance also had the opportunity to take part in a raffle prize full of items donated by area vendors.



Griffin Baby Fair

NVHD's Program Specialists, Beatriz and Vanessa (pictured right), attended the Healthy Together Community Health & Wellness Fair at Abundant Life Center in Ansonia, which drew over 200 community members.

The event featured free mammograms, helmet and bike fittings, and giveaways, along with free groceries and brand-new bikes for the kids. Guests also enjoyed a lively Zumba session, promoting physical activity in a fun, engaging way.



Healthy Together Fair

Overdose Prevention Navigator, Austin Telford joined the Derby Police and Fire Departments at the DEA National Take Back Day in Derby. The event was a success, with the town collecting 70 lbs. of unused or unwanted prescription medications. In addition, grab bags containing rain ponchos, umbrellas, hand sanitizer, and other spring essentials were available for participants.

If you missed the event, NVHD has medication disposal pouches available for discarding medication at home safely.

For more information, contact Austin at 203-881-3255, ext. 128.



National Drug Take Back Day

Health Observances in May

American Stroke Month
Hepatitis Awareness Month
Mental Health Awareness Month
National Arthritis Awareness
National Asthma and Allergy Awareness Month
National Lyme Disease Awareness Month
National Physical Fitness and Sports Month
Older Americans Month
Osteoporosis Awareness & Prevention Month
Skin Cancer Awareness Month

Wildfire Community Preparedness Day - May 3
Melanoma Monday - May 5
World Asthma Day - May 6
National Nurses' Week - May 6 - 12
National School Nurse Day - May 7
National Receptionists Day - May 8
World Lupus Day - May 10
National Women's Health Week - May 11 - 17
National EMS Week - May 19 - 25
National Heat Awareness Day - May 30



National Public Health Week: It Starts Here
APRIL 7-13, 2025

NVHD Celebrated National Public Health Week-April 7th to 13th, 2025

On Thursday, April 10th Health Educator, Lisa Trupp, took part in the CT Department of Public Health's Workforce Development 2nd Annual NexGen Showcase. This event provides public health students an opportunity to connect with professionals currently working in the field.



The event featured panels of speakers from the state workforce team and international students, as well as round-table discussions and speed mentoring for students to ask questions of public health professionals.



On Thursday, April 10th Nurse Kristie and Program Specialist, Bea attended the Naugatuck Senior Center Senior Health Fair! It was a well attended event by seniors and community-based organizations!



NVHD wants you to know more about the wide range of services we provide! During National Public Health Week, we launched a new video series "Get to Know NVHD." In each short clip, a staff member takes the viewer along and describes a specific public health services in more detail. Our videos are shared across our social media platforms, including Facebook, Twitter, Instagram and LinkedIn. We have also created a playlist of the videos on YouTube!

- ▶ Community Outreach and Programming
- ▶ Vaccine Appointments
- ▶ Lead Poisoning Prevention and Response Program
- ▶ Food Service Establishment Inspections
- ▶ Body Care Establishment Inspections
- ▶ Public Pool Inspections
- ▶ Subsurface Sewage Disposal System (Septic) Program

WATCH NOW

<http://bit.ly/Get2KnowNVHD>



UPCOMING NVHD EVENTS: MAY-JULY 2025

Question, Persuade, Refer (QPR) Suicide Prevention

In recognition of Mental Health Awareness Month, Naugatuck Valley Health Educator, Lisa Trupp and Overdose Prevention Coordinator, Austin Telford will be offering a free, virtual, QPR Suicide Prevention Gatekeeper Training for the community, May 29th at 6:00pm.

QPR is a nationally recognized, evidence-based suicide prevention program designed to help individuals recognize the signs of a mental health crisis and offering tips on how to approach and offer help and hope until professional help can be provided.

Please see the attached flyer to register.



Chronic Disease Self Management

Naugatuck Valley Health District will be offering a free, six-week, Live Well With Chronic Disease Self-Management program at the Naugatuck Senior Center. Classes will be held Tuesdays, beginning July 1st through August 5th, 9:00 to 11:30am.

Participants will learn:

- Practical ways to deal with pain and fatigue.
- Better nutrition and exercise choices.
- Better ways to talk to your doctor about your health.
- Communication techniques to make your needs known.
- How to make a step-by-step plan to improve your life!

For more information or to sign up, see attached flyer.

EMPLOYEE SPOTLIGHT



NVHD celebrated National Public Health Week with a staff luncheon from Munch Eatery in Ansonia! NVHD Director of Health, Jess Kristy, took the opportunity to acknowledge the hard work of the team throughout the year.

Every year, NVHD staff anonymously vote for the person who has demonstrated hard work, dedication, and kindness towards the community we serve. Congratulations to the 2025 winner of the NVHD Distinguished Service Award, Vanessa Lopez!

Vanessa is an integral part of NVHD's community outreach team, representing the district at events all across the Valley promoting immunizations, health and wellness to the residents. Vanessa has served as an Immunization Program Specialist since 2022 and effective May 1, 2025, Vanessa will be expanding her outreach serving as NVHD's Public Health Specialist!

NVHD welcomes new a Business Manager!



Laurie Veillette has joined the district as the new Business Manager. To contact Laurie, please call 203-881-3255 extension 106 or email lveillette@nvhd.org.

For current job postings, please visit <https://www.nvhd.org/category/job-postings/>

For internship opportunities, please email your resume to Director Kristy at jkristy@nvhd.org



BE TICK SMART



REPEL

~

INSPECT

~

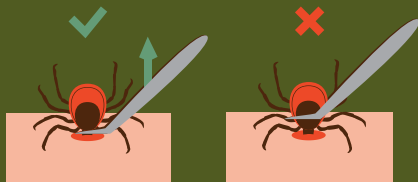
REMOVE

TICK PREVENTION TIPS

- Use EPA-registered insect repellent & follow the label.
- Wear light colors, long sleeves, pants, tall socks, boots, and a hat.
- Stick to the center of trails. Avoid brush, tall grass, & leaf litter.
- After you get home, conduct a full-body tick check on yourself, children, & pets.

HOW TO REMOVE A TICK

- Use clean, fine-tipped tweezers to grasp the tick as close to the skin's surface & pull upward.
- Clean the bite area with soap and water or rubbing alcohol.



CT DATA IN 2024

- In CT, 4,233 ticks were submitted. 3,437 ticks were blacklegged ticks and 3,303 were tested for infection with *Borrelia burgdorferi*, causative organism for Lyme disease. and 905 of the ticks tested positive.

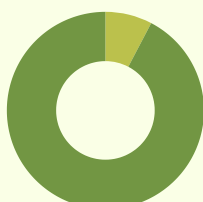
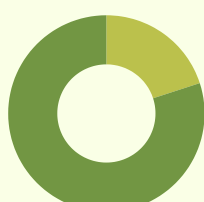
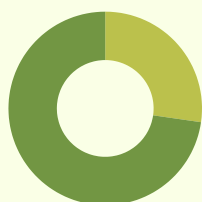
TICK-BORNE DISEASES FOUND IN THE NAUGATUCK VALLEY IN 2024

- 52 ticks were identified, 41 ticks were tested for diseases and of the 41 ticks tested, 9 ticks were positive for *Borrelia*, 6 ticks were positive *Babesia*, and 2 ticks were positive *Borrelia miyamotoi*

Borrelia

Babesia

Borrelia miyamotoi



 **24/41 ticks tested negative for disease**

COMMON TICK SPECIES IN CONNECTICUT



Blacklegged Tick

AKA Deer Tick

reddish-brown body, dark brown/black spot on upper back.

- Active year-long & commonly found in fields, forests, and leaf litter.
- Known for majority of human Lyme diseases but must be attached for 36 - 48 hours or more to transmit Lyme Disease.



American Dog Tick

AKA Wood Tick

brown with white/gray markings.

- Peak season in CT is April - August.
- Commonly found in tall grass, fields, meadows, trails, and borders of streams, and wooded swamps.
- Known vector for Rocky Mountain Spotted Fever (RRMSF) and Tularemia.



Lone Star Tick

Reddish-brown bodies with a single white spot on their back.

- Has established populations in New Haven County & peak season is April - August.
- Commonly found in the shade, grass or at the tips of low lying branches. They can be encountered in large numbers leading to multiple tick bites.

HOW TO PROTECT AGAINST MOSQUITO BITES



Mosquitoes bite during the day and night. They live indoors and outdoors. Protect your family from mosquito bites. Use insect repellent, wear long-sleeved shirts and pants, and take steps to control mosquitoes indoors and outdoors.

Use insect repellent

- Use Environmental Protection Agency (EPA)-registered insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone.
- Always follow product label instructions.
- Reapply insect repellent as directed.
 - » Do not spray repellent on the skin under clothing.
 - » If you are also using sunscreen, apply sunscreen first and insect repellent second.
- The effectiveness of non-EPA registered insect repellents, including some natural repellents, is not known.



Wear long-sleeved shirts, pants & treat clothes and gear

- Wear long-sleeved shirts and pants.
- Treat items such as boots, pants, socks, and tents with permethrin or buy permethrin-treated clothing and gear.
 - » Permethrin is an insecticide that kills or repels mosquitoes.
 - » Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last. If treating items yourself, follow the product instructions.
- Do not use permethrin products directly on skin.



EPA-registered active ingredients

Higher percentages of active ingredient provide longer protection

DEET

Picaridin (known as KBR and icaridin outside the US)

IR3535

Oil of lemon eucalyptus (OLE)

Para-menthane-diol (PMD)

2-undecanone



Find the insect repellent that's right for you by using [EPA's search tool](#).

The EPA's search tool is available at: www.epa.gov/insect-repellents/find-insect-repellent-right-you



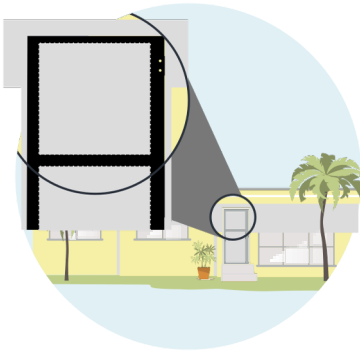
Protect babies and children

- Always follow instructions when applying insect repellent to children. Do not use insect repellent on babies younger than 2 months old.
 - » Instead dress your child in clothing that covers arms and legs.
 - » Cover strollers and baby carriers with mosquito netting.
- Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children younger than 3 years old.
- Do not apply insect repellent onto a child's hands, eyes, mouth, cuts or irritated skin.
 - » Adults: spray insect repellent onto your hands and then apply to a child's face.



Control mosquitoes indoors

- Keep windows and doors shut and use air conditioning if possible.
- Use, install, or repair window and door screens.
- Once a week, empty or throw out any items that hold water like vases and flowerpot saucers.
- Use an indoor insect fogger or indoor insect spray to kill mosquitoes
- and treat areas where they rest. These products work immediately, but
- may need to be reapplied. Always follow label instructions.



Control mosquitoes outdoors

- Once a week, empty or throw out any items that hold water like vases and flowerpot saucers.
- Tightly cover water storage containers (buckets, rain barrels, etc.)
- For containers without lids, use mesh with holes smaller than an adult mosquito.
- Use larvicides to treat large containers of water that will not be used for drinking and cannot be covered or dumped out.
- Use an outdoor insect spray in dark humid areas where mosquitoes rest, like under patio furniture or in the carpet or garage. Always follow label instructions.
- If you have a septic tank, repair cracks or gaps. Cover vent or plumbing pipe openings using mesh with holes smaller than an adult mosquito.



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IN EVERY STORY,
THERE'S STRENGTH
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Celebrating Mental Health Awareness Month With

National Alliance on Mental Illness

"In Every Story, There's Strength" highlights the resilience and diverse experiences that shape mental health journeys within our community. This initiative celebrates the power of storytelling as a means to foster connection, understanding, and hope.

Key Components

Storytelling & Personal Narratives – Offering a platform for ambassadors, advocates, and individuals to share their personal mental health journeys, fostering connection and reducing stigma.

Diverse Audience Engagement – Ensuring representation from various perspectives.

Media & Advocacy Strategy – Driving engagement through leading publications, social media movements, and community partnerships under the hashtag **#MyMentalHealth**.

Throughout this campaign we hope to foster:

Resilience & Hope Connection &
Understanding Community & the Power
of a Collective Empowerment & Action

"In Every Story, There's Strength" reminds us that by sharing our journeys, we not only find strength within ourselves but also encourage others to seek help and share their own stories.

Designed for year-round relevance, this theme extends beyond MHAM, creating opportunities for ongoing storytelling and educational initiatives that inspire and empower individuals to embrace their unique strengths.

My mEnTaL HeAlTh sToRy iS....



SCAN ME

7 STEPS TO BECOMING AN ADVOCATE

Learn the Basics

It's important to be familiar with the basics of mental health, the factors that can influence a person's mental health, and the different ways we talk about it.

Find Your Community

You don't have to start from scratch to make an impact. Many amazing organizations are working to improve mental health, and they need your support.

Understand Mental Health Advocacy

Mental health advocates work to educate other people, provide support, reduce stigma, and promote policies and resources that address the needs of individuals living with mental health conditions. They strive to create a more inclusive and supportive society for those affected by mental health struggles.

Set a Goal

What do you want to accomplish? How do you know you've achieved it? Set a goal for yourself. Here are a few examples:

- I will share my mental health story publicly and encourage others to do the same
- I will raise \$100 for a local mental health organization

Find Inspiration

Learn about what other mental health advocates are doing to make a change in their communities, and get some ideas for what you could do to help yours. Advocacy can take so many forms—from podcasts to apps to policy.

Take Action

After exploring what's important to you and how you want to be part of the mental health movement, it's time to make connections and start doing what feels right for you. Some examples include: Volunteering with a mental health organization in your community Working for policy changes at your school or place of business Participating in an event that supports mental health such as a 5K, health fair, or MHA's Be Seen in Green fundraiser in May Signing up for advocacy alerts from MHA Contacting your elected officials Registering for the Mental Health America Conference in Washington, D.C.

Find Your Role

Every role is important in creating better communities and systems. Let your unique strengths and interests guide you when you're looking for your place in the mental health movement. Think about the things you're good at (hint: Think about the things that other people come to you for help with).

Learn more and get free resources at mhanational.org/resources/become-advocate

This content was originally developed in partnership with [IDONTMIND](https://www.idontmind.org/).



Public Health
Prevent. Promote. Protect.

**Naugatuck Valley
Health District**

Naugatuck Valley Health District



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

Become a certified QPR
Gatekeeper

QPR is a nationally
recognized, evidence-
based suicide
prevention program
QPR is like CPR for
mental health
emergencies,
providing hope and
assistance until help
is available.

Virtual Community Training Session
May 29th, 2025, 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.

**Those who complete the training will receive a one-year
QPR Gatekeeper certification*

Click Here To Register

Or Enter This Link Into Your Browser



https://us06web.zoom.us/meeting/register/1Y_RTDQURRycept7fBtX9g



Mental Health Awareness Month

2025

Psychological First Aid

Join us for a free, virtual Psychological First Aid training at 6:00pm on Wednesday, May 21, 2025!

Registration is required.

https://www.surveymonkey.com/r/PFA_2025

The **8** PFA Core Actions constitute the basic objectives of providing early assistance within days or weeks following an event. These skills are designed to be helpful in addressing the survivors' and responders' needs and concerns. PFA is designed for delivery in diverse settings.

- Contact and Engagement
- Safety and Comfort
- Stabilization (if needed)
- Information Gathering on Current Needs & Concerns
- Practical Assistance
- Connection with Social Supports
- Information on Coping
- Linkage with Collaborative Services

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NCTSN

The National Child
Traumatic Stress Network

“Psychological First Aid (PFA) is an evidence-informed modular approach to help children, adolescents, adults, and families in the immediate aftermath of disaster and terrorism. Individuals affected by a disaster or traumatic incident, whether survivors, witnesses, or responders to such events, may struggle with or face new challenges following the event.”

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This training is being offered in partnership by



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



medical
reserve
corps

A Loyalty Oath Ceremony will also occur at the end of the training for MRC volunteers

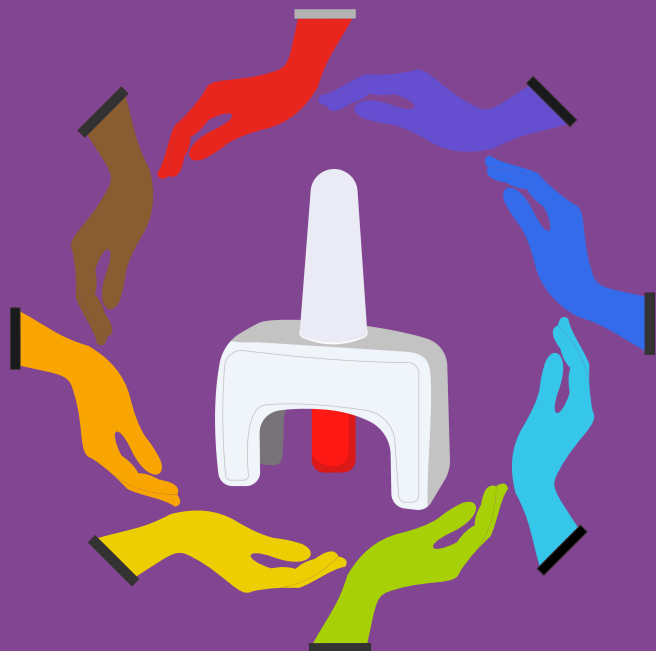
 **CONNECTICUT**
Mental Health & Addiction Services

Wednesday, April 9th was recognized as Save a Life Day, marked by public health departments across Connecticut offering free Narcan trainings to help reduce the incidence of opioid overdose in the state.

Austin Telford, MPH, CCHW, NVHD's Prevention Coordinator (pictured right), facilitated two trainings: one in the morning at Howard Whittemore Memorial Library in Naugatuck and one in the afternoon at Derby Public Library in Derby. The trainings were well received, with participants learning the signs of an opioid overdose, and how to administer Narcan and care for someone until help arrives.



NALOXONE (NARCAN) SAVES LIVES



To learn more or schedule a Naloxone (Narcan) training, contact our Overdose Prevention Navigator, Austin.

Email: atelford@nvhd.org

Phone: 203-881-3255 x128

Skin Cancer Awareness Month



Skin cancer is the most common cancer in the United States. It's estimated that every day about 9,500 people in the United States are diagnosed with this cancer.

Many of these skin cancers could be **prevented** if people would **protect their skin from the sun and stop using tanning beds**.

During Skin Cancer Awareness Month, the American Academy of Dermatology (AAD) brings you insights that can help you protect your skin. The AAD also shares information that can help you find skin cancer. **When found early, skin cancer is highly treatable.**

Sun protection can reduce your skin cancer risk

- When you're **outdoors**, protect your skin by:
 - **seeking shade,**
 - **wearing sun-protective clothing,**
 - **applying sunscreen that offers broad-spectrum protection, water resistance, and**
 - **an SPF of 30 or higher.**
- The **AAD** calls this **Practicing Safe Sun**.
- Sun protection is important **every day of the year**. You can get **sunburned on a cloudy day and during the winter**.
- You need to **reapply sunscreen every 2 hours** and **after swimming or sweating**.
- It's a **myth** that **higher SPF sunscreens can be applied less frequently**. Learn more:

aad.org



Arthritis
Foundation®



MAY IS ARTHRITIS AWARENESS MONTH

#GreenHeartFridays

Contact Health Educator Lisa Trupp to learn about NVHD programs designed to help with chronic conditions!
203-881-3255, ext 108

Arthritis by the Numbers

1 in 4 adults have a type of arthritis

There are over 100 arthritis related conditions

Nearly 60 million adults are diagnosed with arthritis

More than half of adults with arthritis are working age (18-64)

FLIP the SCRIPT *on aging*



#OlderAmericansMonth 
Administration for Community Living



Every year, Older Americans Month celebrates the contributions of older adults and reaffirms our commitment to serving them. The 2025 theme, "Flip the Script on Aging," encourages us to challenge outdated stereotypes and embrace the many opportunities that come with aging.

To help "Flip the Script" and reshape the way we think about aging, consider your words...

The words we use shape our perceptions. This Older Americans Month, we're sharing ways to rethink how we talk about aging. Instead of "She still drives," simply say, "She drives." Phrases like "still" often reinforce ageist assumptions. Small shifts like this can make a big impact



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

FREE Chronic Disease Self- Management Workshop

**Take
Control**



Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease, diabetes or depression? This workshop can help you be in control and feel better!

**Feel
Better**



You will learn:

- Practical ways to deal with pain and fatigue.
- Better nutrition and exercise choices.
- Better ways to talk to your doctor about your health.
- Communication techniques to make your needs known.
- How to make a step-by-step plan to improve your life!

Energize



Live



Enjoy

Naugatuck Senior Center

300 Meadow St, Naugatuck

Tuesdays,

July 1 through August 5 from 9-11:30 am

To register, call Harvey

at (203) 720-7069 or sign up in-person

Free books for participants!
Space is limited, so sign up today!

