

NAUGATUCK VALLEY HEALTH DISTRICT

July 2025



BHCare F.A.D.E. 5K

On June 26th, NVHD's Overdose Prevention Navigator, Austin Telford, attended BHcare's annual F.A.D.E. (Fighting Against Drugs Everywhere) 5K walk/run in Shelton. The F.A.D.E. event serves as an important platform to raise awareness, show solidarity, and remember all those affected by the opioid crisis. During the event, our Navigator engaged with participants, distributed crucial overdose prevention and harm reduction supplies such as Narcan, Detera bags for safe medication disposal, safe storage pouches, and other valuable resources.



CT Foodshare Events

As summer temperatures climbed, our Community Health team focused on helping the community stay safe in the heat. At the CT Foodshare food distribution events in Derby, Ansonia, and Beacon Falls, the team handed out free fans, sunscreen, and educational materials with tips on staying cool, hydrated, and protected during extreme weather. From guidance on recognizing heat-related illness to information about local cooling centers, our goal was to provide residents with resources for their wellness.



Observances in July

Healthy Vision Month
BIPOC Mental Health Awareness Month
Cord Blood Awareness Month
Juvenile Arthritis Awareness Month
Sarcoma Awareness Month
UV Safety Month

Independence Day | July 4th
World Population Day | July 11th
World Brain Day | July 22th
World Hepatitis Day | July 28th



You're Invited to the **2025 VALLEY COMMUNITY INDEX LAUNCH**

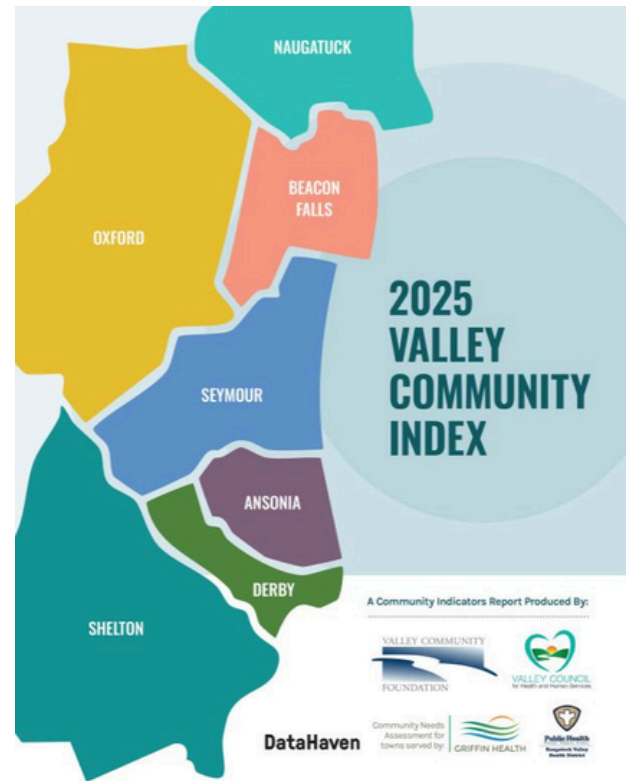


Friday, July 18, 2025 8:15am - 10:30am
RD Scinto Auditorium
3 Corporate Drive, Shelton, CT 06484

This free event will spotlight the key trends, challenges, and opportunities shaping life across the Valley.

The program will feature insights from local leaders:

- Patrick Charmel, Griffin Health Services Inc.
- David Morgan, TEAM, Inc.
- Jessica Kristy, Naugatuck Valley Health District
- Joseph DiBacco, Ansonia Public Schools
- Melissa Lang, Agency on Aging of South Central CT
- Mark Abraham, DataHaven



Enter the link or scan QR code below to register.

<http://bit.ly/43YQg0f>



UPCOMING NVHD EVENTS: JULY-AUGUST-2025

Diabetes Self-Management

Naugatuck Valley Health District will be offering free, six-week, phone-based, Live Well With Diabetes Self-Management program. Participants will access the one-hour program over the phone and learn:

Participants will learn:

- Tips for health eating
- How to make choices for physical activity and exercise.
- 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.



Question, Persuade, Refer Suicide Prevention Training

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, Thursday, July 24th 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.

EMPLOYEE SPOTLIGHT



In June, Public Health Specialist, Vanessa Lopez, MPH, CCHW earned her initial Lead Inspector / Risk Assessor certification. This accomplishment allows Vanessa to join NVHD's team of certified inspectors that help mitigate concerns around childhood blood lead levels in the Naugatuck Valley.

Congratulations, Vanessa!



Liliana Restrepo, a student at Bowdoin College, has returned to NVHD to complete her summer 2025 internship for the second year in a row! Liliana will be focusing on health education and outreach related to air quality, climate change, and other public health topics. **Welcome back, Liliana!**



Chief Environmental Health Specialist and Registered Sanitarian, Laurel Shaw, MPH, RS, will be leaving NVHD to begin her new role as the Director of Health for Monroe Health Department in July. **Congratulations, Laurel!**



de Beaumont

40 Under 40 in Public Health

Director of Health, Jessica Kristy, MPH was selected to the de Beaumont Foundation's 40 Under 40 in Public Health class of 2023. In June, she completed the two-year professional development program.

Congratulations, Director Kristy!



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

HAVE A FOOD SAFE SUMMER



While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

1 in 6

Approximate number of Americans stricken with food poisoning each year



128,000

Estimated annual hospitalizations from foodborne illnesses



Did You Know? ★
U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).



Basic Tips

CLEAN



CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER. If you're at a picnic, bring moist towelettes to use!

Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!



SEPARATE



SEPARATE PLATES AND UTENSILS.

When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

COOK



USE A FOOD THERMOMETER.

Burgers: 160°F



Just because your burger is brown, not pink, doesn't mean it's safe to eat!

CHILL



CHILL RAW AND PREPARED FOODS PROMPTLY

if not consuming after cooking.

Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

BARBECUE

Cook all meat and poultry to recommended internal temperatures.

Burgers: 160°F.

Chicken and Turkey: 165°F.

Sausage: 160°F.

Steaks: 145°F
with a 3-minute rest time.

FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.

DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.



ADDITIONAL
SOURCE
CDC

USDA



USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

Ad
Council

For more summer food safety tips, go to

—**FoodSafety.gov**—



During the summer, samples are collected weekly from two public swimming areas in the Valley and are analyzed at the Department of Public Health (DPH) Lab for the presence of certain indicator bacteria.

Beach and/or bathing water (public swimming water) quality is measured by the presence of enterococcal organisms, which are a group of organisms that may indicate the presence of potentially harmful bacteria.

The State of Connecticut has guidelines for bathing water quality, which are used to determine if a bathing area needs to be resampled or posted with an advisory.

A concentration of enterococcal organisms exceeding 104 colonies per 100 ml of marine water and 235 colonies per 100 ml of freshwater is considered unsatisfactory for bathing.

Indian Well State Park in Shelton is sampled weekly by the Connecticut Department of Energy and Environmental Protection (CT DEEP). View the current status online at:
<https://ctparks.com/water-quality-report>

The Recreation Camp in Derby is sampled weekly by the Naugatuck Valley Health District.

Weekly status updates for both swimming areas are posted to the NVHD website, www.nvhd.org.

Naugatuck Valley Public Health Emergency Preparedness & Response

Now recruiting non-medical and medical volunteers 18 years and older!

All training provided free of cost! No prior experience needed! To register with the Medical Reserve Corps as a volunteer for medical or non-medical missions, visit [CT Responds!](http://CTResponds!) page on the state's Department of Health website and register. When volunteer opportunities arise, your unit leader will reach out to you and other volunteers that match the needs based on profile completeness, skills, trainings, medical license verification, and availability.

- **Step 1:** Register online on the Connecticut Volunteer Management Website www.CTResponds.CT.gov
- **Step 2:** Click the yellow "Register" button on the homepage to create your account and profile.
- **Step 3:** Complete all requested fields in order to complete your profile. You must enter your social security number but this is kept confidential, even from the Unit Leader.
- **Step 4:** Select the MRC Unit of your choice (Naugatuck Valley MRC)
- **Step 5:** Once accepted and by signing up online, you are consenting to having a background check.
- **Step 6:** The Unit Leader will then contact you through the CTResponds! website and email for orientation, the completion of the mandatory Loyalty Oath (this provides volunteers liability coverage while training or activated with the MRC), and training or response opportunities.



Question:
**I don't feel sick, could
I have hepatitis?**



Answer:

Yes. Millions of people have hepatitis, but most don't have symptoms. Testing is the best way to protect your health.

**World
Hepatitis
Day** 28 July

**Let's
break it
down.**

Get the facts.

Get tested.

#WorldHepatitisDay
worldhepatitisday.org



STAY ON TOP OF AIR QUALITY THIS SUMMER

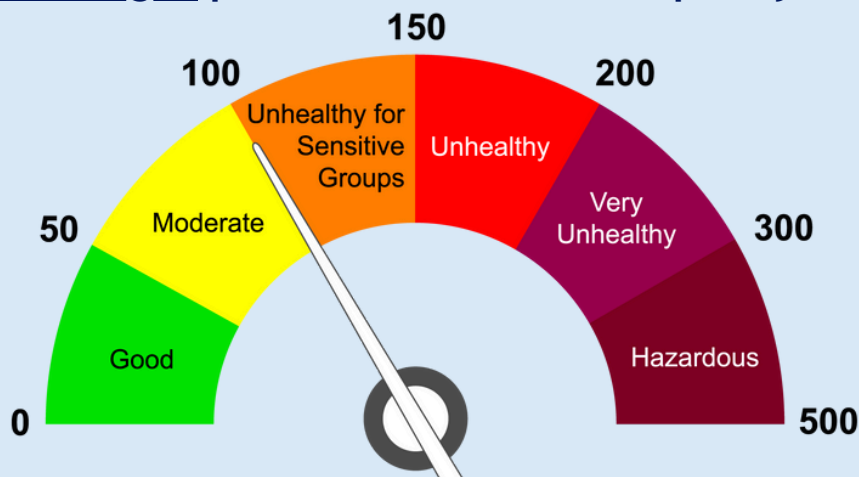
The summer months are when we especially experience lower-than-average air quality. This drop is largely due to warmer summertime temperatures, longer days, and increased pollutants being released into the air by vehicles.

Air pollution can trigger chest pain, coughing, throat irritation, and congestion, as well as aggravate respiratory illnesses like asthma, chronic obstructive pulmonary disease (COPD), and bronchitis.

The Air Quality Index (AQI) is a key tool used to communicate the condition of our surrounding air. The AQI ranges from 0 to 500, with higher values indicating greater levels of pollution and associated health risks.

By keeping yourself informed and taking precautionary measures, you can protect yourself and others from the harmful effects of air pollutants. Use air quality alerts to stay aware of pollutant levels in your area.

[AirNow.gov](https://airnow.gov) provides real-time air quality information based on zip code.





Connecticut, including the Naugatuck Valley region, is experiencing a surge in fatal and non-fatal overdoses.

“In a unique collaboration between law enforcement and harm reduction partners, testing on overdose-related evidence revealed a combination of illicitly manufactured **fentanyl** (an illicit synthetic opioid), **medetomidine** (a veterinary anesthetic and sedative) and **procaine** (a local anesthetic and common adulterant in the drug supply) in samples collected on May 25, 2025 in New Haven. Additional testing conducted on June 3, 2025 in New Haven, showed **fentanyl concentrations significantly higher than previously seen within the past 6 to 8 months**. These findings suggest that polysubstance combinations and higher concentrations of fentanyl may be contributing factors to the current spike in overdoses.” - June 6, 2025 CT Overdose Response Strategy Situational Alert



If you suspect an opioid overdose, call 911 and get emergency medical assistance immediately.

Good Samaritan Law in Connecticut protects people who call 911 seeking emergency medical services for an overdose from arrest* for possession of drugs/paraphernalia. The law also provides protection from civil liability and criminal prosecution for administering naloxone (Narcan) in response to an overdose.

*Good Samaritan Law does not protect someone from other charges and does not stop the police from serving a search or arrest warrant if that was already in process.



Unresponsive to voice or touch



Pinpoint-sized pupils



Blue or purple fingernails and lips



Recognizing an Opioid Overdose



Slow heartbeat or low blood pressure



Pale, clammy skin



Slow, irregular, or stopped breathing

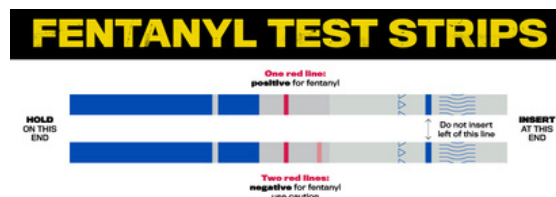
Signs of an opioid overdose may include the above, but not all these signs may be present during an overdose.

Harm Reduction Messaging for People Who Use Drugs

- Do not use alone, use in the presence of someone who can call 911 for help
- Start slow, use a small amount of your substance to test potency
- Always have naloxone (Narcan) nearby and accessible
- Know what's in your supply, use drug checking services at your local harm reduction site to stay safe
- Connecticut's Good Samaritan Law protects those who seek medical help, call 911 immediately if someone is in distress
- The current drug supply is highly volatile, rapid medical attention saves lives

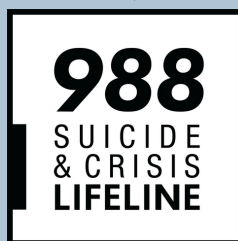
Need fentanyl or xylazine test strips?

Contact Overdose Prevention Navigator, Austin for Narcan, training, and other harm reduction supplies at 203-881-3255 x 128 or by email atelford@nvhd.org



The Naugatuck Valley Health District understands that mental health is an important part of the health of an individual as a whole.

If in crisis, please
text or call



July is National Minority Mental Health Month



Each July, we join with Mental Health America to honor the legacy of author, advocate, and trailblazer Bebe Moore Campbell by recognizing Bebe Moore Campbell National Minority Mental Health Awareness Month.

Moore Campbell's ability to tell impactful stories highlighting themes of racism, mental health, and family left a lasting mark on this world and is a foundation for much of the work that continues in support of Black, Indigenous, and people of color (BIPOC) mental health.

Use the link below to learn more about Bebe Moore and minority mental health.

bit.ly/43ldDK6

Some Notes About Mental Health Programs and NVHD

Naugatuck Valley Health District offers two programs to provide lay people the tools to recognize and intervene when someone is in mental health crisis or is experiencing suicidal ideation/at risk for suicide.

Mental Health First Aid (MHFA) is an evidence-based, early-intervention course that teaches participants about mental health and substance use challenges, and how to help someone until they get the help they need. The course has eight hours of material with the first two delivered online and self-paced and the remaining six taught by certified instructors either in-person or online. Attendees are granted a three-year certification upon completion.

QPR or Question, Persuade, Refer is an evidence-based suicide awareness and prevention program that touches on many of the same themes as MHFA, however the training is one to one and half hours long and focuses mainly on suicide awareness. QPR also come with a certification for one-year upon completion.

Since January of 2023, NVHD has trained over 80 people in MHFA and over 500 people in QPR, from all segments of the community, youth facing organizations and schools, elderly support orgs, social service networks, college students and at large community members.

For more information or to request a training. please contact NVHD's Health Educator Lisa Trupp at 203-881-3255, ext. 108



'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!



Take
Control



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

CHRONIC PAIN WORKSHOP

Feel
Better

FREE CHRONIC PAIN SELF-MANAGEMENT At Ansonia Senior Center

Learn about chronic pain 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

Energize

These are just some of the topics covered in the free weekly 2.5 hour, on-site sessions over the 6 weeks.

Class size is limited, so register early!

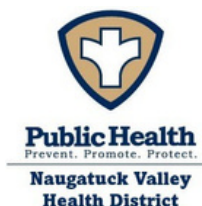
Live

**Tuesdays, August 5th through September 9th 2025
1:30pm to 4:00pm**

To register, please call Ansonia Senior Center

203-736-5933 - Main

Enjoy



Sponsored by the
CT Department of Public Health



It's Your Life...Live it Well

FREE Diabetes Self-Management Phone-Based Workshop

Take
Control



Feel
Better



Energize



Live



Enjoy

Small group sessions designed to learn about diabetes & pre-diabetes including:

·Healthy eating ·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

Meetings are one hour in duration, for six-weeks.
Program begins Wednesday, July 16th and runs through
August 20th, 2025
6:00pm to 7:00pm

Phone Based Program Access details provided at registration To register, please call 203-881-3255, ext 107 or 108.*specify time preference when you register

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





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,
Thursday July 24th , 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

bit.ly/45ZnIVA



SCHOOL VACCINATIONS

Appointments Available

Monday – Thursday: 8:30 AM – 3:30 PM

Friday: 8:30 AM – 12:30 PM

Immunizations Available:

**DTaP, Hepatitis A & B, Meningococcal,
MMR, Polio, Tdap, HPV & Varicella**

FREE for children on HUSKY (Up to 18 years old)

OR

**If not on Husky, a fee of \$20 for the first vaccine/
\$10 for each additional vaccine**

**To make an appointment,
CALL: Nurse Kristie
at 203.881.3255, EXT: 107**



VACUNAS ESCOLARES

Citas Disponibles

Lunes – Jueves: 8:30 AM – 3:30 PM

Viernes: 8:30 AM – 12:30 PM

Vacunas Disponibles:

**DTaP, Hepatitis A y B, Meningocócica,
MMR, Polio, Tdap, HPV y Varicela**

GRATIS para niños con HUSKY (Hasta 18 años)

O

**Si no tiene Husky, hay una tarifa de \$20 por la
primera vacuna/\$10 por cada vacuna adicional**

**Para hacer una cita, LLAME
a: Enfermera Kristie al
203.881.3255, EXT: 107**



TRAVELER
ON A
Mission



CHRISTMAS IN JULY



JULY 19TH
SATURDAY | 11AM-3PM

**FOOD | RAFFLE PRIZES | GAMES | SANTA
NEW CLOTHES GIVEAWAY**

96 CENTRAL ST ANSONIA, CT

Sponsor
VALLEY COMMUNITY

FOUNDATION

 WWW.TOAMMISSION.ORG  [@TRAVELERONAMMISSION](https://www.instagram.com/TRAVELERONAMMISSION)