

# NAUGATUCK VALLEY HEALTH DISTRICT

## August 2025



### Matter of Balance Falls Prevention Lay Leader Training

On Wednesday July 9th and Thursday, July 10th, NVHD Health Educator Lisa Trupp conducted a two-day, Matter of Balance Falls Prevention Lay leader training for local public health professionals and volunteers. The training providing certification to fourteen new program leaders, who can now offer the Matter of Balance Falls Prevention program in their respective areas.

NVHD would like to thank all of the new leaders for taking the time to become certified in Matter of Balance Falls Prevention, helping us to expand this important program in the state of Connecticut.



Back row: Douglas Lobl-Housatonic Valley Health District, Yaideliz Romero Ramos-Quinnipiac Valley Health District, Stephanie Schillat-East Shore Health District, Christine Santos-Bridgeport Health Department, Alicia Mulvihill-Quinnipiac Valley Health District, Cheyanne Wirtz-Housatonic Valley Health District, Lauren Kelly-Central Connecticut Health District, Carol Slajda-Naugatuck Valley resident and volunteer, Leily Ayala-Bridgeport Health Department, Jennifer Clarke-Lofters-Milford Health Department

Front row: Vanessa Lopez-Naugatuck Valley Health District, Barbara Naclerio-East Shore Health District, Theresa Heier-East Shore Health District, Elisabeth Matuska-East Shore Health District, Lisa Trupp-Naugatuck Valley Health District

### Travelers on a Mission: Christmas in July

NVHD Health Educator Lisa Trupp and Overdose Prevention Coordinator Austin Telford joined Travelers On A Mission for their Christmas in July event at Clinton African Methodist Episcopal Zion Church in Ansonia.

The event provided the community an opportunity to pick up materials and giveaways from NVHD, BHCare and the State of Connecticut transportation team, who raffled off bikes during the event.

The attendees were also able to “shop” for donated items ranging from clothes, to household goods and games for children.

NVHD would like to thank Tanaya Henry from Travellers On A Mission for the opportunity to attend this wonderful event!



## Observances in August

Children's Eye Health and Safety Month

National Immunization Awareness Month

Summer Sun Safety Month

National Breastfeeding Month

Psoriasis Action Month

World Lung Cancer Day-August 1st

World Breastfeeding Week-August 1st-7th

National Health Center Week-August 4th-10th

World Breast Cancer Research Day-August 18th

National Grief Awareness Day-August 30th

International Overdose Awareness Day-August 31st

Valley Spotlight

On Friday, July 18<sup>th</sup>, Naugatuck Valley Health District, along with our community partners Griffin Hospital, Valley Council for Health & Human Services, Valley Community Foundation, Griffin Health Prevention Resource Center and DataHaven, launched the 2025 Valley Community Health Index at Scinto Towers in Shelton.

Led by project coordinator Nancy Hamson, panelists from partner agencies discussed key points in the Index, which is a snapshot into life in the Naugatuck Valley through the lens of economic stability, health and mental health, childhood and education, and seniors and aging.

Featured panelists were (pictured top left, left to right):

Patrick Charmel, CEO, Griffin Health Services Inc.

Mark Abraham, CEO, DataHaven

Nancy Hamson, Executive Director, Valley Council

Jessica Kristy, Director of Health, Naugatuck Valley Health District

David Morgan, CEO, TEAM, Inc.

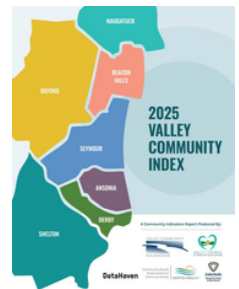
Joseph DiBacco, Superintendent, Ansonia Public Schools

Melissa Lang, Director, Agency on Aging of South Central CT (not pictured).



The event inspired robust discussion during the question-and-answer portion, with community partners, stakeholders and Valley residents.

The next step is to form the 2025 - 2028 Community Health Improvement Plan for the Valley. Three to five of the most pressing issues highlighted by the Index will be chosen by committee members and the attending public as the focus of the three-year improvement plan.



Click above to access the Index or enter the link below into your browser  
[bit.ly/2025index](https://bit.ly/2025index)

To have your voice heard, please see the attached flyer to join a virtual session on August 13<sup>th</sup> to help determine focus areas from the Index.

### UPCOMING NVHD EVENTS: AUGUST-2025

## Chronic Pain Self-Management In Ansonia

Naugatuck Valley Health District will be offering a free, six-week, Live Well With Chronic pain Self-Management program at the Ansonia Senior Center. Classes will be held Tuesdays, beginning August 5th through September 9th, 1:30 to 4:00pm.

Participants will learn:

- 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



For more information and to register, please see the attached flyer



# Naugatuck Valley Community Health Improvement Plan Virtual Workshops



2  
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2  
5

August 13<sup>th</sup>, 2025

2 Sessions

10:00am-12:00pm



10:00am Session

<http://bit.ly/3IYlaMR>



or

6:00pm to 8:00pm



6:00pm Session

<http://bit.ly/4kYClam>



**Registration Required**

Join Valley residents, professionals  
and stakeholders to have your voice  
heard in the finalizing of health  
improvement areas for our 3 year  
CHIP!



To access the 2025 Community Health  
Index, click on the photo above or enter  
the link into your browser  
[bit .ly/2025index](http://bit.ly/2025index)

# EMPLOYEE SPOTLIGHT



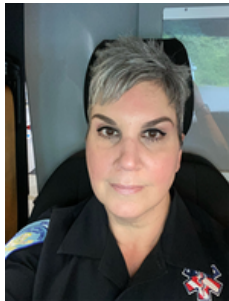
Judi Waleski

NVHD would like to shine a spotlight on Administrative Assistant, Judi Waleski. Not only is Judi an invaluable member of the NVHD team, she is also a tireless volunteer for Echo Hose Ambulance and an asset to the Valley community as a whole.

In 2017, Judi Waleski successfully completed an EMT course at ECHO Training Center in Shelton and passed the state and national registry exams. Since then, she has been an EMT volunteer one night a week and has participated in several special events through the years. Most recently Judi obtained her CPR instructor license!

Judi not only looks after the Valley's human residents, she also has been a volunteer with several pet rescue groups over the years, helping to find loving homes for the community's shelter and rescue animals.

NVHD is proud to have Judi as a member of our team!



## In Memory of Betty King

Naugatuck Valley Health District mourns the loss of one of their own.

Betty King worked various administrative roles for the district since 1998; most recently serving as the Recording Secretary for the Board of Directors. She passed away peacefully in May. Her kindness and sense of style will be remembered and missed dearly.



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](mailto:jkristy@nvhd.org)



# Make Water Safe During an Emergency

After a disaster or emergency, tapwater may not be safe to use. Always listen to your local authorities for specific advice.

Use bottled water for drinking, cooking, and brushing teeth if possible. If bottled water is not available, choose one of the following methods to make your water safe.

Water contaminated with harmful chemicals or toxins cannot be made safe by boiling, disinfecting, or filtering.

## BOIL

This method will kill bacteria, viruses, and parasites.

Boiling water is the best method.



**Boil your water for 1 minute.**  
At elevations above 6,500 feet, boil for 3 minutes. Let the water cool.

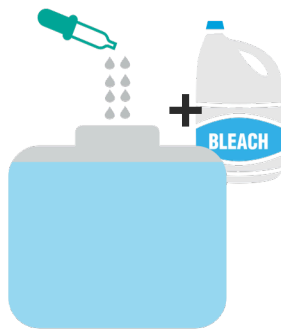
## DISINFECT

This method will kill most viruses and bacteria.

Add 8 drops or a little less than 1/8 of a teaspoon of 5%-9% unscented household bleach to 1 gallon water.

For cloudy tapwater, use 16 drops or 1/4 teaspoon.

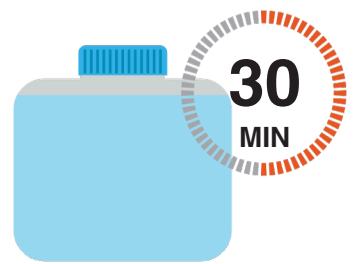
If you don't have household bleach, chlorine dioxide tablets or iodine can be used according to label instructions.



**Add bleach to water.**



**Mix well.**



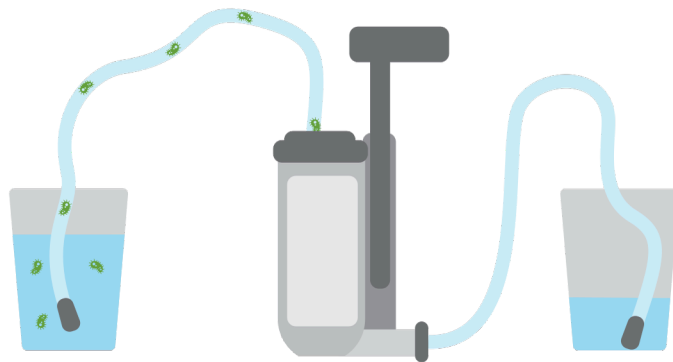
**Wait at least 30 minutes before using.**

## FILTER

This method can remove parasites.

Most portable water filters do not remove bacteria or viruses.

Choose a water filter labeled to remove parasites, and follow manufacturer's instructions. Filtered water might need additional treatment to be safe.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

**Learn more:**

[www.cdc.gov/healthywater/emergency/making-water-safe.html](https://www.cdc.gov/healthywater/emergency/making-water-safe.html)



CS334749-A

# USE SAFE WATER DURING AN EMERGENCY

After an emergency or disaster, your tap water may not be available or safe to use. Germs, chemicals, and other harmful materials may be in the water. If you think your water might not be safe, do not drink or use it.

## Make sure your water is safe

- Always look for announcements from local officials to find out if there is a local water advisory. They will tell you if there are germs or chemicals in the water and what actions you should take.
- If you get water from a well and think it may be contaminated from floodwaters or another source, contact your local health department for advice on inspecting and disinfecting your well.
- Boil water for 1 minute if local officials say you need to boil it. This is enough time to kill germs in the water. Start counting when the water comes to a constant boil. Let the water cool before drinking.
- Use bottled water or another supply of safe water until you know your tap water is safe.

## Feeding your baby

- Breastfeeding is the safest way to feed an infant during emergencies. For infants who are not breastfeeding or being fed breast milk, ready-to-feed infant formula is the next safest option.
- When powdered infant formula is the only option, use bottled water or boiled tap water to prepare formula until officials say your tap water is safe to drink.
- Always clean infant feeding items with bottled, boiled, or treated water and soap before each use.

Never use tap water in the following ways unless you know it is safe



Making ice



Washing dishes



Cooking



Drinking



Bathing



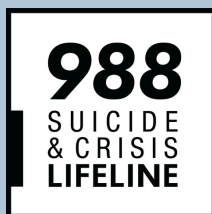
Brushing teeth





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



## Get Ready To Go Back To School

Each August millions of American children and young adults prepare to head back to school. This can be a stressful time for parents and students alike, so NVHD would like to offer some tips from the Kids Mental Health Foundation to help you prepare.

### Back to School Mental Health Checklist

#### ☐ Get back into a routine.

About 2 weeks before school starts, gradually (15 minutes each day) move your child's bedtime and wake up time back to what they will be during the school year.

[READ MORE](#)

"What book do you want to read before bed?"

#### ☐ Visit your doctor.

Make sure your vaccine records and check-ups are up to date! Routine check-ups are important.

[READ MORE](#)

"Do you remember what to expect when we go to the doctor?"

#### ☐ Review your child's expected schedule and new routine for school.

Prepare for changes this school year. For example, visit a new bus stop location or new building.

[READ MORE](#)

"How are you feeling about changing classrooms throughout the day?"

#### ☐ Get organized.

Have a designated place for school materials and a study area. Include a print out of the school calendar with due dates and events.

[READ MORE](#)

"Where can you focus to get work done outside of school?"

#### ☐ Talk about expectations — yours and your child's.

Help your child set goals for the school year and take time to check in about their feelings for the upcoming year. Don't forget to also talk about your rules and expectations.

[READ MORE](#)

"What do you want to get better at this year?"

#### ☐ Connect with the school.

Meet their teachers and school staff. Mark school events on your personal calendar so you can plan to attend. Encourage your child to join extracurriculars.

[READ MORE](#)

"What are some school activities you want to participate in this year?"

#### ☐ Have a last hurrah.

Have an at-home movie night, take a family bike ride or visit a local attraction like a park, museum or zoo.

[READ MORE](#)

"What would be fun to do together?"



[f](#) [@](#) [v](#) #KidsMentalHealthFoundation  
KidsMentalHealthFoundation.org

W13150612

For more information about The Kids Mental Health Foundation, click the link below or enter it into your browser

<http://bit.ly/41ax8ue>



**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.

VirtualCommunity Training Session,  
Thursday August 14th , 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](https://bit.ly/45ZnIVA)*





31 AUGUST 2025



**This International Overdose Awareness Day, we come together as one big family to take action on overdose.**

The overdose crisis doesn't just shatter our families, it fractures our communities. The losses go deeper than one person, one family or one neighborhood. They ripple out into classrooms, workplaces and the spaces we all share. They cross borders between cities, states and nations.

But in a time when people are searching for connection and safety, overdose also reminds us that our lives are deeply intertwined.

We often instinctively protect our own – our children, our parents, our siblings. We believe in second chances for our loved ones but struggle to extend that same compassion to others. But what if we saw each other as one big family, bound not just by blood, but by shared experiences, responsibility and commitment to each other?

This International Overdose Awareness Day let's imagine a new meaning of what family can be. A family driven by hope, love and action. We are one big family – not just because we share in the pain of loss, but because we share in the power to change what comes next.

This August 31, we move beyond awareness. We organize, we show up, and we take action. Because no one should carry this grief alone. Every story shared, every voice raised and every step we take brings us closer to a future free from overdose. Join our family this IOAD.

**#OneBigFamily #DrivenByHope #IOAD2025 #EndOverdose**

For more information about Naugatuck Valley's Overdose Prevention Program, contact Overdose Prevention Coordinator Austin Telford  
203-881-3255, ext 128  
[atelford@nvhd.org](mailto:atelford@nvhd.org)





# August is NATIONAL IMMUNIZATION AWARENESS MONTH

## 5 Reasons It's Important to get Vaccinated



1. Vaccines Have Saved Lives for Over 100 Years—But Serious Disease Is Still a Threat

2. Vaccines Are the Best Way to Protect Yourself and Your Loved Ones from Preventable Disease

3. Vaccines Can Prevent Serious Illness

4. The Vaccines You Receive Are Safe

5. Vaccines May Be Required: school, work or travel.

5 Reasons It Is Important to Get  
Vaccinated | CDC

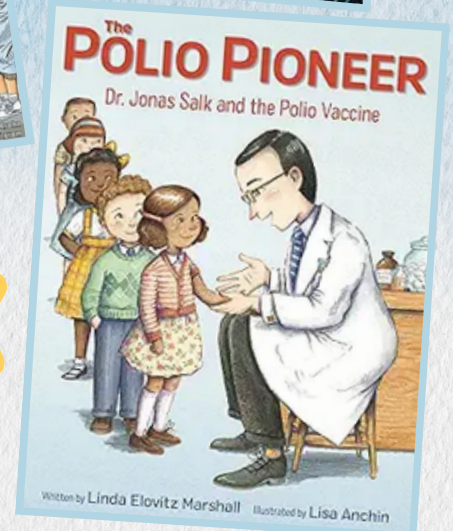
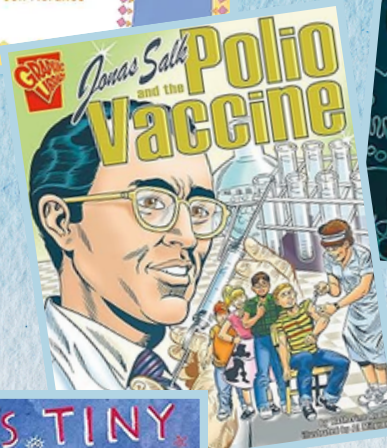
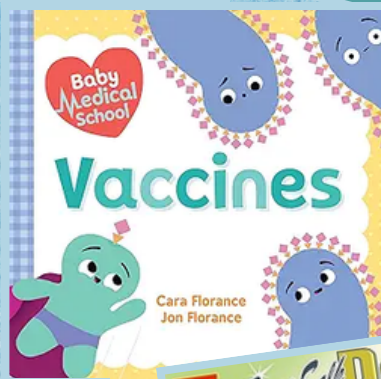
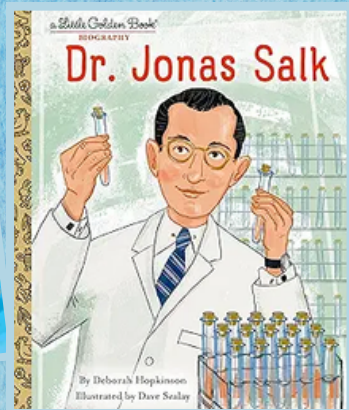


Vaccines help provide immunity before potential exposure to diseases. Vaccines help your body create antibodies to fight off infections by training your immune system to recognize and destroy harmful pathogens before they can cause serious illness.



# NIAM BOOK DONATION

This August, the 8 Valley Libraries are excited to showcase a special collection of 10 donated children's books, courtesy of NVHD, alongside helpful childhood immunization information. Stop by to explore these engaging stories and learn more about how vaccines help keep our children and communities healthy!





# **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**

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**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**





# NATIONAL Breastfeeding MONTH



## DID YOU KNOW?

- Breastfeeding is a protective factor and reduces the risk of SIDS.
- Breastfeeding reduces medical costs.
- Babies who are breastfed are less likely to have develop infections and illnesses including diarrhea, ear infections, and pneumonia.
- Children who are breastfed for at least six months are less likely to become obese later in life.
- Mothers who breastfeed have a decreased risk of developing breast and ovarian cancers.

Adapted from information gathered at <http://www.hhs.gov/surgeongeneral/reports-and-publications/breastfeeding/factsheet/index.html>.

## NEED BREASTFEEDING SUPPORT?

Check out the resources below:

- [Breastfeeding Resources for Parents](#)
- [Breastfeeding Support Group | Griffin Health](#)
- [Homepage | WIC Breastfeeding Support](#)





# BREASTFEEDING

## ANY TIME, ANY PLACE

Breastfeeding is an important feeding practice for parents of infants and young children. Where a person will be when they need to pump milk or breastfeed their child can be unpredictable. This is why the Naugatuck Valley Health District is sharing materials emphasizing support for breastfeeding at any time and any place.

**We encourage every business to engage with us in supporting parents by displaying this decal.**

The purpose of the decal is to express your worksite's support for pumping or breastfeeding in your facility. Lack of community support for breastfeeding can be a barrier to parents' continuation of breastfeeding. Demonstrating your support in this way will let the public know that all individuals are welcome to pump or breastfeed their child at any time while in your facility.



**WE SUPPORT BREASTFEEDING**



**Any time,  
any place.**

To learn more about breastfeeding  
in Naugatuck Valley, scan the QR code or visit:  
[www.nvhd.org/nvmchc](http://www.nvhd.org/nvmchc)





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

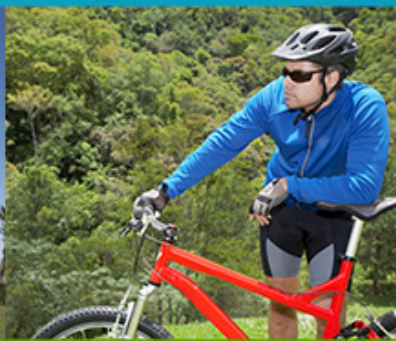


**CARE**  
Community Alliance for Research and Engagement



## August 2025 Summer Sun Safety Month

# It's easy to protect yourself from UV exposure...



Long-sleeved shirts, pants, and a wide-brimmed hat offer the best protection. If you're wearing a baseball cap or short-sleeved shirt, make sure to put sunscreen on your ears, neck, and arms.



Use a sunscreen of at least SPF 15 on any exposed skin, and don't forget to re-apply it every two hours, as well as after swimming, sweating, or toweling off.



Seek shade as much as possible between 10 a.m. and 4 p.m., which are peak times for sunlight. Avoid indoor tanning.



If you work outdoors, ask about sun protection at your job, like wearing sun-protective clothing.

## For more sun safety tips from the CDC, click on the sun!



U.S. CENTERS FOR DISEASE  
CONTROL AND PREVENTION

# Children's Eye Health and Safety Month

## THINK OF VISION A Guide for Preschool Teachers

A young child does not know how they should see and cannot tell us about their vision. One or two children in every preschool classroom will have a vision disorder that, left unidentified and untreated, could interfere with their development and acquisition of early literacy skills. As a preschool teacher, you can support the vision of the children you teach.

If you repeatedly observe a preschooler exhibiting one or several of these signs, **THINK OF VISION**. Ask the parent, school nurse, or health manager for the child to receive a vision screening or comprehensive eye exam from an eye doctor:

### APPEARANCE:

- ☐ Eyes are crusty, red, watery, inflamed or don't line up
- ☐ Eye turn, wandering eye, droopy eyelid

### BEHAVIORS:

- ☐ Squints, frowns, rubs eyes or blinks frequently
- ☐ Body rigid, or thrusts head forward or backward when looking at distant objects
- ☐ Avoidance of eye contact
- ☐ Extreme shyness, poor social interaction
- ☐ Easily distractible/unable to focus or maintain attention
- ☐ Avoids playing outside or joining in games
- ☐ Difficulty coordinating hand/eye movements (e.g. picking up objects)
- ☐ Clumsy, bumps into things

### WHEN READING, WRITING OR DOING CLOSE-UP WORK:

- ☐ Poor letter or word recognition
- ☐ Difficulty completing a letter or symbol
- ☐ Rereads, skips lines, or loses place often
- ☐ Closes one eye when doing near work
- ☐ Tilts or turns head, or lays head on desk
- ☐ Falls asleep while reading
- ☐ Loses interest quickly
- ☐ Seems cranky when doing near tasks
- ☐ Holds books or objects close to face

### ENROLLMENT IN PROGRAMS:

**A comprehensive eye exam from an eye doctor should be part of the evaluation process if a child:**

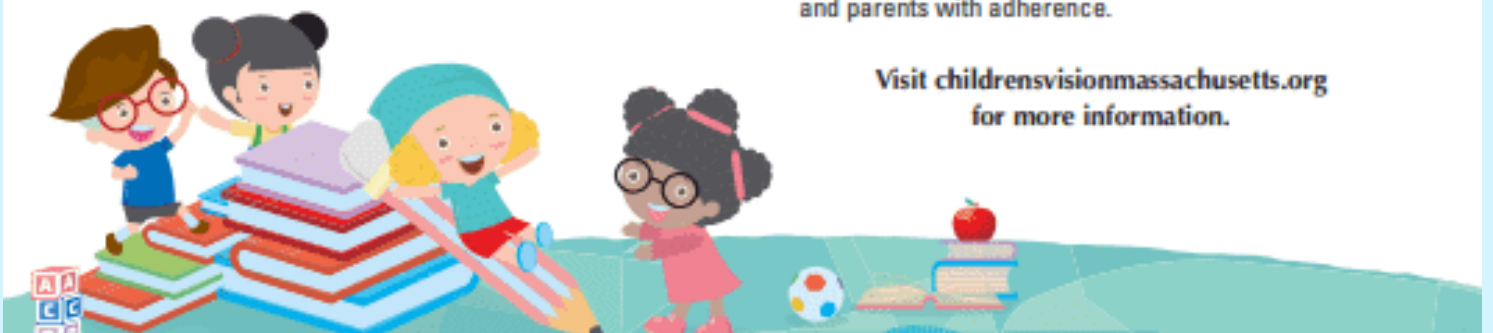
- ☐ Is enrolled in Early Intervention
- ☐ Is enrolled in a Special Education program
- ☐ Will receive an I.E.P. in school
- ☐ Has developmental delays



Most childhood vision disorders are treated by wearing prescription eyeglasses. To allow a preschooler the opportunity to enjoy play and learning, gain skills, and reach their fullest potential, the child needs to follow the eye doctor's treatment plan.

Teachers can help by understanding how the child's prescribed treatment should be applied in the classroom, and reinforcing and encouraging children and parents with adherence.

Visit [childrensvisionmassachusetts.org](http://childrensvisionmassachusetts.org) for more information.





# Children's Eye Health and Safety Month

## THINK OF VISION

### A Guide for Teachers of School-Aged Children

A vision disorder can develop at any age during childhood or adolescence. **For school-aged children, 1 in 4 will have a vision disorder requiring treatment.** When vision disorders are identified and treated early, a child's health *and* education benefits. Children whose vision problems remain undiagnosed and untreated, or who do not follow the eye doctor's prescribed treatment, may struggle in school, making learning and teaching challenging.

If you repeatedly observe a student exhibiting one or several of these signs, **THINK OF VISION!** Ask the parent or school nurse to schedule the student for a comprehensive eye exam with an eye doctor (optometrist or ophthalmologist).

#### APPEARANCE:

- ☐ Eyes are cloudy, red, watery, burning, or itchy
- ☐ One or both eyes turn, wander, or have unequal pupil size
- ☐ Eyelid is droopy, encrusted, or swollen

#### BEHAVIORS:

- ☐ Frequently blinking, squinting, frowning when concentrating, or rubbing eyes
- ☐ Unusual body posture or head turn when looking at distant objects (e.g., whiteboard)
- ☐ Poor social interaction
- ☐ Unable to focus or maintain attention
- ☐ Avoidance: playing outside, joining in games, high absenteeism
- ☐ Difficulty coordinating hand/eye movements (e.g., catching a ball)
- ☐ Clumsiness
- ☐ Overactive or lethargic classroom behavior

#### COMPLAINTS:

- ☐ Sensitivity to bright light
- ☐ Repeated headaches, dizziness, or nausea
- ☐ Blurred or double vision

#### WHEN READING, WRITING, OR DOING CLOSE-UP WORK:

- ☐ Difficulty with letter formation, letter reversals, spelling, or written language
- ☐ Difficulty focusing on schoolwork for long periods of time / needs frequent breaks
- ☐ Rereads, skips lines, or loses place more than peers
- ☐ Closes or covers one eye, tilts or turns head, or lays head on desk
- ☐ Misaligns digits, columns, or numbers
- ☐ Writing strays from lines on ruled paper
- ☐ Irregular writing or spacing between words
- ☐ Tires quickly when reading
- ☐ Holds books close to face

#### EDUCATIONAL CONCERNS:

**A comprehensive eye exam from an eye doctor should be part of the evaluation process with any educational concern, especially if a student has:**

- ☐ Developmental delays or other disabilities
- ☐ An IEP or will be enrolled in Special Education
- ☐ Reading challenges
- ☐ Academic performance below peer level
- ☐ High risk of dropping out of school



Visit [childrensvisionmassachusetts.org](http://childrensvisionmassachusetts.org) for more information.