

NAUGATUCK VALLEY HEALTH DISTRICT

October 2025



Shelton Senior Fair

NVHD was invited to the annual Shelton Senior Health and Wellness event at the Shelton Senior Center on September 15th. This year's event was sponsored by Senator Jason Perillo and Representatives Ben McGorty and Amy Romano. NVHD Health Educator Lisa Trupp and Overdose Prevention Coordinator Austin Telford manned a table promoting NVHD's programs and providing attendees with fun giveaways, while Nurse Kristie D'Averso and Program Specialist Vanessa Lopez provided flu shots for those who wanted to get an early start on the season.



Beacon Falls Back to School Safety Fair

Beacon Falls kicked off the school year with a fun and interactive Back to School Safety Fair! Families got to check out fingerprinting workshops, a K9 demo, handwashing and hygiene tips, back-to-school health reminders, and even hands-on CPR practice. Vanessa, Public Health Specialist, and Austin Telford, Overdose Prevention Navigator, were happy to give out back-to-school themed information and giveaways.



Observances in October

National ADHD Awareness Month
National Breast Cancer Awareness Month
National Bullying Prevention Month
National Down Syndrome Awareness Month
National Indoor Air Quality Month

World Meningitis Day: October 5
Children's Environmental Health Day: October 9
World Mental Health Day: October 10
World Metastatic Breast Cancer Day: October 13
National Mammogram Day: October 17
National Prescription Drug Take Back Day: October 25

Domestic Violence Awareness Month
Health Literacy Month
Healthy Lung Month
Substance Use & Misuse Prevention Month
Sudden Cardiac Arrest Awareness Month

Mental Health Awareness Week: October 5 - 11
Primary Care Week: October 5 - 11
National Health Education Week: October 19 - 25
National Lead Poisoning Prevention Week: October 19 - 25
National Pharmacy Week: October 21 - 27

Did you know? RSV season starts in fall and peaks in winter.

Respiratory Syncytial Virus (RSV) is a common respiratory virus that affects the **nose, throat, and lungs**, typically causing mild, flu-like symptoms.



HOW does it spread?

RSV spreads when:

- a person with RSV **coughs** or **sneezes** near you and you get **virus droplets** in your **eyes, nose, or mouth**
- you have **direct contact** with the virus, like **kissing** the face of an infected child
- You touch a **surface** that has the virus on it, like a **doorknob**, and then **touch your face** before washing your hands

RSV can survive for many hours on hard surfaces. It typically lives on soft surfaces, such as tissues and hands, for **shorter** amounts of time.

WHO does it affect?

Anybody can contract RSV, and it does not usually cause severe illness in healthy adults and children. However, **infants/young children** and **older adults** can develop severe symptoms and are most likely to be hospitalized.

Children most at risk include those **born prematurely**, those with chronic **lung** or congenital **heart disease**, and children with **weakened immune systems**.

Adults most at risk include those **over 75**, those with chronic **heart** or **lung disease**, and living in **nursing homes**.

WHAT can you do?

Immunization is the best form of defense against RSV. RSV vaccines are recommended for **all adults ages 75 +** and adults ages 50 – 74 who are at increased risk. **The best time for adults to be vaccinated is late summer/early fall.**

For babies, CDC recommends one of two immunization options: a **maternal RSV vaccine** given to the mother during pregnancy or an **RSV antibody** given to the baby. Most babies do not need both.

Talk to your healthcare provider about which option is best for you.

Information courtesy of the Centers for Disease Control and Prevention (CDC)

October is Flu Clinic Season for NVHD!
For dates and times of public clinics,
please see the attached flyer.



**LET'S GET
VACCINATED**



Naugatuck Valley Health District

2025 Public Flu Clinics



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

NAUGATUCK VALLEY HEALTH DISTRICT

PUBLIC FLU CLINIC SCHEDULE



**NO COPAY WITH
ACCEPTED
INSURANCE!**

Eligible residents should bring the proper insurance cards. NVHD accepts the following insurances:

- Aetna
- Anthem Blue Cross/
Blue Shield
- Cigna
- ConnectiCare
- Medicare Part B
- Medicaid
- United Healthcare

**NO INSURANCE?
NO PROBLEM!**

Trivalent Vaccine - \$40
High Dose Vaccine* - \$80

*Recommended for those 65 years and older

Acceptable forms of payment
are cash, check or credit card.

**Valley residents are encouraged to attend any of the
following public seasonal influenza vaccination clinics:**

Friday	October 3rd	9AM-11AM	Naugatuck Senior Center
Thursday	October 9th	10AM-12PM	Shelton Senior Center
Tuesday	October 14th	10AM-1PM	Seymour Community Center
Friday	October 17th	9:30-11:30AM	Ansonia Senior Center
Wednesday	October 22nd	9AM-11AM	Beacon Falls Senior Center
Tuesday	October 28th	12:30-2:30PM	Derby Senior Center

Save time and print a flu form! <http://www.nvhd.org/community-health/immunizations/>

****Valley Pharmacy will be at all clinics providing COVID boosters, RSV, Shingles, and Pneumonia vaccines. These additional vaccines are not provided by NVHD and will require additional forms and billed separately through Valley Pharmacy.**

ANSONIA - BEACON FALLS - DERBY - NAUGATUCK - SEYMOUR - SHELTON



For more information contact

Kristie D' Averso, RN
203-881-3255, ext 107
kdaverso@nvhd.org

**Adult and child office
and homebound flu
shot appointments
are available!**

Call today!

October 9, 2025 Children's Environmental Health Day



Building a healthier,
more equitable
future for
all kids.



Children's Environmental Health (CEH) Day takes place on the second Thursday of October each year. Focused on action and equity, the goal of #CEHDay is to collectively increase the visibility of children's environmental health issues while empowering individuals and organizations to take action on behalf of children nationwide. We believe that all children have the right to healthy environments in which to thrive. Environmental health for all kids means clean air, clean water, products free from harmful chemicals." - <https://cehday.org/>

NLPPW
October 19 - 25, 2025

Harmful lead exposure can
happen to any child, but it is 100%
preventable.



National LEAD POISONING PREVENTION Week



Get the
Facts



Get your
Child Tested



Get your
Home Tested

Naugatuck Valley Health District and Connecticut's Department of Public Health are investing in our communities so every child can grow up safe from lead.

What are the risks of lead?

Even a little lead can do a lot of harm, especially in young children.

There is no safe amount of lead exposure. Lead poisoning can be hard to notice at first—getting your child tested is the only way to know for sure. The sooner lead is detected, the sooner you can do something about it and stop it from getting worse.

A lead-free CT will help each child to fulfill their promise.



Lead can cause behavior problems in children, speech and language delays, poor school performance, and may have long-term health effects, such as headaches, dizziness, decreased motor skills, fatigue and memory loss.



Lead poisoning can affect our young children by causing harm to brain development that may follow them through school years and beyond.



Children with higher lead levels may have problems with learning and reading, delayed growth, and hearing loss.



In Connecticut, Black and LatinX children, and children from neighborhoods with high poverty rates are more commonly impacted by these risks.



Children under age 6—especially small children ages 1 to 3— and pregnant persons are most vulnerable to lead exposure.



Lead affects almost every organ in a child's body, including the brain, heart, lungs and kidneys.

Visit www.leadfreeCT.org for more information

Questions regarding your child's blood lead levels? Contact Lisa at 203-881-3255 x 108

Questions regarding lead in your home? Contact Melanie at 203-881-3255 x 104



Indoor Air Quality (IAQ) impacts everyone — especially those who may be more vulnerable like children, the elderly, and people with health conditions like asthma and heart disease. According to the Environmental Protection Agency (EPA), “indoor pollution sources that release gases or particles into the air are a primary cause of indoor air quality problems in homes.

Inadequate ventilation can increase indoor pollutant levels by not bringing in enough fresh outdoor air to dilute emissions from indoor sources and by not carrying indoor air pollutants out of the home.”

Biological pollutants are or were living organisms. They promote poor indoor air quality, can travel through the air, and are often invisible. Some common indoor biological pollutants are:

- Animal Dander (minute scales from hair, feathers, or skin)
- Dust Mite and Cockroach parts
- Infectious agents (bacteria or viruses)
- Pollen

There is no simple and cheap way to sample the air in your home to determine the level of all biological pollutants. Experts suggest that sampling for biological pollutants is not a useful problem-solving tool however you can take several simple, practical actions to help remove sources of biological pollutants, to help get rid of pollutants, and to prevent their return.

To learn more, visit the online brochure prepared by the American Lung Association and the U.S. Consumer Product Safety Commission at <https://www.cpsc.gov/safety-education/safety-guides/home/biological-pollutants-your-home>.

Visit the EPA website below to take the Interactive Tour of the Indoor Air Quality Demo House

“Get a quick glimpse of some of the most important ways to protect the air in your home by touring the Indoor Air Quality (IAQ) House. Room-by-room, you'll learn about the key pollutants and how to address them.”



www.epa.gov/indoor-air-quality-iaq/interactive-tour-indoor-air-quality-demo-house



Radon is a naturally occurring, colorless, odorless, and tasteless radioactive gas that can be another source of indoor air pollution. Did you know that it is the second leading cause of lung cancer, after smoking?

Unlike the complexity of biological pollutants, testing is the only way to know your level of exposure to radon. Short-term home testing is easy and recommended to be done during the colder months.

NVHD will notify residents when they can obtain a free radon home test kit in January, as part of National Radon Action Month!



BREAST CANCER AWARENESS



Everyone wants to know what they can do to lower their breast cancer risk. Although doctors don't know what causes breast cancer, they do know there are factors linked to a higher-than-average risk of developing the disease.

Some known risk factors are:

- **Sex**: Being a woman, or a person assigned female at birth, is one of the most important risk factors for developing breast cancer. Males can develop breast cancer because they have breast tissue, but it is rare.
- **Age**: As with many other diseases, your risk of breast cancer goes up as you get older. About two out of three invasive breast cancers are found in women 55 or older.
- **Family History**: Women with close relatives — especially sisters, mothers, or daughters — who have been diagnosed with breast cancer have a higher risk of developing the disease.
- **Genetics**: About 5% to 10% of breast cancers are thought to be hereditary, caused by abnormal genes passed from parent to child.
- **Race/Ethnicity**: White women are slightly more likely to develop breast cancer than Black, Hispanic, and Asian women. But Black women are more likely to develop more aggressive, more advanced-stage breast cancer diagnosed at a young age.

To learn more: [BreastCancer.org](https://www.BreastCancer.org)



Experts recommend that people focus on “breast self-awareness” rather than on doing formal, step-by-step breast self-exams on a regular basis.

Breast self-awareness means becoming familiar with how your breasts normally look and feel, so you’ll be more likely to notice any changes.

Keep in mind that breast self-exam/self-awareness is not a substitute for other breast cancer screening methods. Some breast cancers cannot be detected by breast self-exam because they are too small. Self-exam should always be used along with:

- regular physical exams by a doctor
- mammography
- ultrasound, MRI (magnetic resonance imaging), or both, when needed



Talk with your healthcare provider about developing a breast cancer screening strategy that makes sense for your unique situation and any individual risk factors. Ask your provider to do a breast cancer risk assessment, if you haven’t had one already. The American College of Radiology recommends that all women be evaluated by a doctor to find out if they’re at higher-than-average risk for breast cancer no later than age 25.

October is...



TELL US YOUR

#MyPreventionStory

#MyPreventionStory

is a way for us to acknowledge our mental health and substance use and misuse prevention experiences.

Year-round, we encourage individuals and organizations to create and share a prevention story on social media—whether it's telling how they are helping to prevent substance use and misuse or sharing the ways they're promoting mental health.

Be a part of the national conversation that celebrates prevention by using the hashtag #MyPreventionStory!

SAMHSA
Substance Abuse and Mental Health Services Administration

National Prescription Drug Take Back Day!

October 25, 2025 10am-2pm

Check the **NVHD social media pages** for local drop off sites! Aligned with the Drug Enforcement Agency's (DEA) National Prescription Drug Take Back Day and the Naugatuck Valley Community Health Improvement Plan initiative focused on substance use and drug overdose prevention, these events are being held in reflection of our joint commitment to safety and health by encouraging the public to remove unneeded medications from their homes.



Accepted:

- Over-the-counter medication
- Prescription medications
- Medication samples
- Medications for household pets
- Medicated lotions or ointments
- Vape devices (batteries removed)



NOT Accepted:

- Needles or other "sharps"
- Hazardous waste
- Thermometers
- Personal care products (shampoo, etc.)

Any person can come and safely dispose of unused or unwanted medications with no questions asked! This is open to the public – regardless of residence town.

1. Drive up and place your car in park
2. Drop off accepted medications, no questions asked!
3. Drive away

It's that easy!

If you cannot make it to an event on October 25th, you can drop off accepted items in a medication drop box, no questions asked, anytime, located in the lobbies of the following local police departments: Ansonia Police Department, Naugatuck Police Department, or Shelton Police Department. For additional drop box locations, please visit <https://portal.ct.gov/DCP/Drug-Control-Division/Drug-Control/Local-Drug-Collection-Boxes>.

Homebound residents or individuals desiring to dispose of medication at home may call NVHD's Overdose Prevention Navigator, Austin, at 203-881-3255 x 128 and request a Detera® disposal pouch to safely discard pills, patches, and liquid in your home garbage without harming the environment or worrying about a person or animal accessing the medication (while supplies last).



Naugatuck Valley Public Health Emergency Preparedness



NVHD's staff workforce development in-person training this month was learning how to control bleeding in an emergency situation.

Thank you to Lee Ives of Seymour Ambulance for providing staff important Stop the Bleed training on October 2nd! Did you know that the development of the nationally recognized program has ties back to not only the State of Connecticut but right here in Seymour?

STOP THE BLEED® "was initiated by a federal interagency workgroup convened by the National Security Council Staff, The White House. This collaborative effort was led by the American College of Surgeons Committee on Trauma (ACS COT) to bring knowledge of bleeding control to the public and build national resilience.

Stop the Bleed courses train the public to save lives through three basic actions to stop life-threatening bleeding following everyday emergencies and man-made and natural disasters. Advances made by military medicine and research in hemorrhage control during the wars in Afghanistan and Iraq have informed the work of this initiative which exemplifies translation of knowledge back to the homeland to the benefit of the general public."

If you are interested in attending a Stop the Bleed training, sign up for the Medical Reserve Corps at [CTresponds.CT.gov](https://www.surveymonkey.com/r/STB-2025) and register at <https://www.surveymonkey.com/r/STB-2025> to attend our next evening session at NVHD on October 23, 2025 at 6:00pm

SCAN ME



SAVE A LIFE



STOPTHEBLEED.ORG

1 APPLY PRESSURE WITH HANDS



2 APPLY DRESSING AND PRESS



3 APPLY TOURNIQUET



CALL 911



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

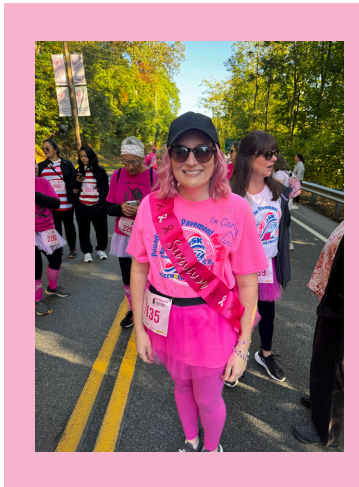


Sign up for emergency preparedness training and volunteering for with the MRC at [CTresponds.CT.gov](https://www.surveymonkey.com/r/STB-2025)

EMPLOYEE SPOTLIGHT



NVHD staff and family joined thousands of others at the 2025 Seymour Pink Pounding the Pavement 5K Walk/Run on October 4th to honor and support those who have heard the words "You have breast cancer," including our own Assistant Director, Carissa Caserta. What an inspiring and empowering day of community!



Thank you!

A special shout out to our Health Educator, Lisa Trupp, for all that she does to increase awareness on major public health issues and promote a better understanding of public health in our community!



Congratulations!

Congratulations and best wishes to Head Sanitarian, John Mucha, and his wife on their marriage and exciting new chapter!

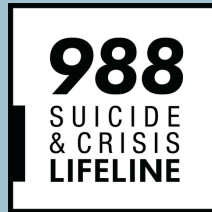


For current job postings, please visit <https://www.nvhd.org/category/job-postings/>

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

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



In September, Naugatuck Valley Health District recognized National Suicide Prevention Month by offering two mental health awareness programs.

On Thursday, September 11th, NVHD health educator Lisa Trupp lead a virtual Question, Persuade, Refer, or QPR program to the Valley community. QPR is an evidence-based suicide prevention program, providing lay people in the community with the tools to recognize an individual who may be in a mental health crisis and struggling with suicidal ideation. Five community members attended the evening session, becoming the latest QPR Gatekeepers to be certified in the Naugatuck Valley.

On Friday, September 12th Lisa was joined by overdose prevention coordinator Austin Telford to provide an in-person Mental Health First Aid training for six participants from the community. Mental Health First Aid is a longer form program that goes into greater detail about mental health challenges, providing participants with information regarding different signs and symptoms associated with mental health crisis and how early intervention can help get a person who is struggling get the help they need before they are in crisis.

Naugatuck Valley Health District is committed to offering these programs in the community to help proliferate a better understanding of mental health challenges and reduce stigma around mental health and mental health care.

For more information about these programs or to stay informed about upcoming training opportunities, please contact Lisa Trupp at 203-881-3255, ext. 108 or ltrupp@nvhd.org.





Mental Illness Awareness Week

October 5 - 11, 2025

This year's theme is
Community: Supporting Mental Well-Being Together.
We're stronger when we lift each other up.

You are not alone! If you or someone you know are struggling with mental health, resources are available.

Available Monday Through Friday, 10 A.M. – 10 P.M. ET

**NO JUDGMENT.
JUST HELP.**

TEXT, CALL, CHAT

988

OR

NAMI HelpLine

Call 1-800-950-NAMI (6264), text "NAMI" to 62640 or email us at helpline@nami.org.
Get help at nami.org/help.

NAMI Teen and Young Adult HelpLine

Call 1-800-950-NAMI (6264), text "Friend" to 62640 or email us at helpline@nami.org.
Talk to us at nami.org/talktous.

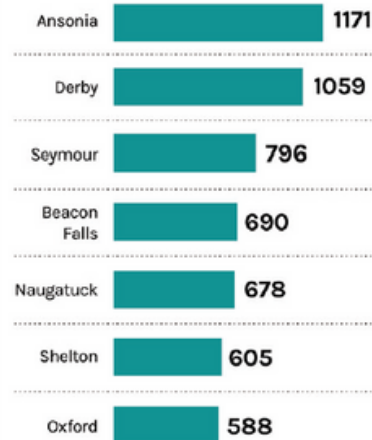
In the 2025 Valley Community Index, Naugatuck Valley's most recent community health needs assessment (CHNA), mental health remained a key data topic and concern among survey respondents. Check out these snapshots from the report below (beginning on page 59) and be sure to visit www.nvhd.org/cha-chip to view or download the full CHNA.

Mental and Behavioral Health

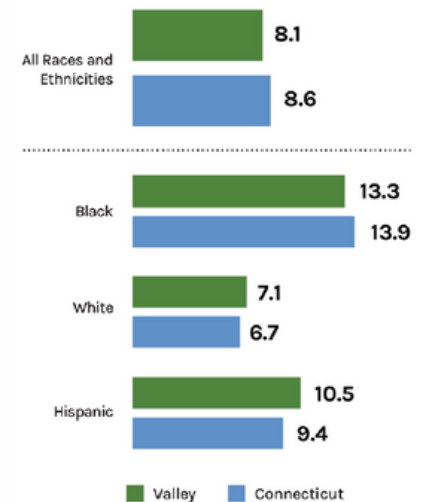
Mental health remains a central factor influencing the overall well-being of Valley residents, shaped by the ongoing effects of the COVID-19 pandemic, economic strain, and social isolation. According to Griffin Hospital encounter data, mental health-related visits represented the second-highest hospital encounter rate in the region, at 762 encounters per 10,000 residents, although lower than the state rate of 934 per 10,000. In fiscal year 2024, there were 10,796 mental health-related hospital encounters across the Valley. The highest per capita rates were reported in Ansonia (1,171 per 10,000 residents) and Derby (1,059 per 10,000).⁷ These rates emphasize the urgent need to expand affordable, community-based behavioral health infrastructure, particularly in the most affected areas.

Mental health concerns are also echoed in community sentiment, as 42 respondents to the community survey explicitly mentioned emotional well-being as a key issue.²²

3.09 Mental Health Hospital Encounter Rates by Town per 10,000



3.08 Pediatric Mental Health Hospital Encounter Rates per 1,000



Mental Illness Awareness Week
Oct. 5 – Oct. 11, 2025

More than
1 in 5
U.S. adults experiences
mental illness each year

#MIAW
nami.org/MIAW



Mental Illness Awareness Week
Oct. 5 – Oct. 11, 2025

More than
1 in 7
U.S. youth ages 6–17
experiences a mental
health condition each year

#MIAW
nami.org/MIAW



October is ...



Domestic Violence Awareness Month

Domestic Violence Awareness Month (DVAM) is a national campaign dedicated to raising awareness about domestic violence. Every October, organizations and individuals unite across the country for a national effort to uplift the needs, voices, and experiences of survivors. Congress declared the month of October to be Domestic Violence Awareness Month in 1989.

For DVAM 2025, the Domestic Violence Awareness Project is proud to introduce the theme *With Survivors, Always*. This theme allows us to explore what it means to be in partnership with survivors toward safety, support, and solidarity. It is both a love letter and a call to action for those committed to advocating for survivors' needs and rights.

Survivors deserve safety. Survivors deserve support. Survivors deserve solidarity. For DVAM 2025 and beyond, we commit to showing up for survivors, always



For more information about The Domestic Violence Awareness Project
Click the logo below or visit:

<https://www.dvawareness.org/about>



**DOMESTIC
VIOLENCE
AWARENESS
PROJECT**

A project of the National Resource Center on Domestic Violence



VALLEY COMMUNITY



FOUNDATION

COMMUNITY LEARNING SESSION
**“Aging in Place in the Valley:
Challenges, Barriers, and
Opportunities.”**



Wednesday, November 19, 2025

4:30pm-6:30pm

Seymour Community Center

20 Pine Street - Seymour

Join us for a robust discussion and Q&A focused on aging in place in the Valley!

Panelists:

- David Morgan: TEAM, Inc.
- Mary McNelis: Seymour Community Center
- Jessica Kristy & Lisa Trupp: Naugatuck Valley Health District.

Scan below to register



The event is open to all...Caregivers, Families, Older Adults, and Professional Advisors planning for the future. Food and refreshments will be served.

<https://bit.ly/AginingInPlaceSeymour>

To register by phone call VCF at 203-751-9162.