

NAUGATUCK VALLEY HEALTH DISTRICT

January 2026



Happy
New Year



TEAM, Inc 60th Anniversary Breakfast

On Thursday, December 4th, NVHD Assistant Director for Community Health, Carissa Caserta and Health Educator, Lisa Trupp attended TEAM, Inc's annual breakfast, this year celebrating 60 years of TEAM's service in the Naugatuck Valley and surrounding area. The breakfast is a time to spotlight TEAM's accomplishments during the year, and to recognize volunteers and community partners for their service. The honorees this year were:

Partnership Award - Eastern Mechanical Services: for their work in helping to restore heat and utilities to Valley residents in the wake of the devastating flood of August 2024.

Volunteer of the Year - Fred Ortoli: to honor the many years of volunteer service with TEAM, Inc., especially during the holidays and TEAM's toy drives initiatives.

President's Award - Haynes Group: for the many years of sponsorship and support of TEAM, Inc's services in the Valley area.

In addition, TEAM, Inc. celebrated the work of outgoing President and CEO David Morgan, who after many years of stewardship of TEAM's programs, is leaving to take a leadership role with the State of Connecticut's Office of Early Childhood. David has been an outstanding partner and friend to NVHD, and while we celebrate his new opportunity, he will be greatly missed here in the Naugatuck Valley.

Best of luck, David!

Observances in January

Thyroid Awareness Month

National Blood Donor Month

National Radon Awareness Month

National Glaucoma Awareness Month

National Birth Defects Prevention Month

Substance Use Disorder Treatment Month

National Cervical Health Awareness Month

National Human Trafficking Prevention Month

National CRNA Week: January 12-24

National Healthy Weight Week: January 17-23

International Anti-Human Trafficking Day Day : January 11

National Pharmacist Day : January 12

National IV Nurse Day : January 21

Maternal Health Awareness Day : January 23

World Leprosy Day : January 25

EMPLOYEE SPOTLIGHT



Amy Durand, MPH, is a Registered Sanitarian and Housing Code Enforcement Officer and has recently passed the Subsurface Sewage (SSDS) Phase II exam! She is now qualified to investigate, inspect, and approve all plans for subsurface sewage disposal systems (SSDS), including those prepared by a Professional Engineer. Congratulations on your new certification!

Phase I and II SSDS training for local health officials is offered as part of the Environmental Health Training Program (EHTP), which is an environmental health workforce development program, co-sponsored by the Southern Connecticut State University (SCSU) Department of Public Health and the Connecticut Department of Public Health.

For questions regarding septic systems, please contact us at 203-881-3255 x 100.



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



FREE RADON TEST KITS AVAILABLE NOW FOR NAUGATUCK VALLEY RESIDENTS

Pick up at:

Community Health Division
98 Bank Street
Seymour, CT 06483

Hours:

Mon-Thurs 8:00am-4:00pm
Fri 8:00am-1:00pm

LIMITED SUPPLY!

Call 203-881-3255 x126

or stop by today!

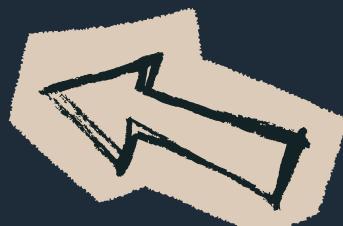
**Scan QR code for more
information on radon!**



*Return your kit by February 28th to
be entered into an NVHD raffle*



**Please use the rear
Community Health
entrance (upper
parking lot)**



PROTECT YOUR HOME AND FAMILY.



WHERE DOES RADON COME FROM?



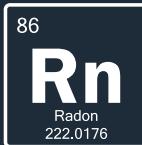
Radon is the by-product of uranium, a naturally occurring radioactive element, breaking down in the soil. Radon can enter a home through groundwater or well water. It can also come up through the bedrock and the soil. This means you can be exposed to radon via air and/or water.



RADON IS NOTHING TO IGNORE

Radon is invisible, odorless and tasteless. It can only be detected by testing your home and has been linked to over 20,000 lung cancer-related deaths each year.

Use this QR Code to access additional information about radon



RADON

WHAT THE NUMBERS MEAN

Radon is measured in picocuries per liter (pCi/L).

But what does that mean for your health?

2 CHEST X-RAYS

... is the equivalent radiation exposure of 4.0 pCi/L. Hospitals try to limit patients to less than 4 x-rays per year.

2.5 CIGARETTES EACH DAY

... is the equivalent of having a radon measurement of 1.0 pCi/L in your home.

ONE HOME IN FIFTEEN

... is estimated to have radon levels at or above the EPA Action Level of 4.9 pCi/L.

Source: EPA

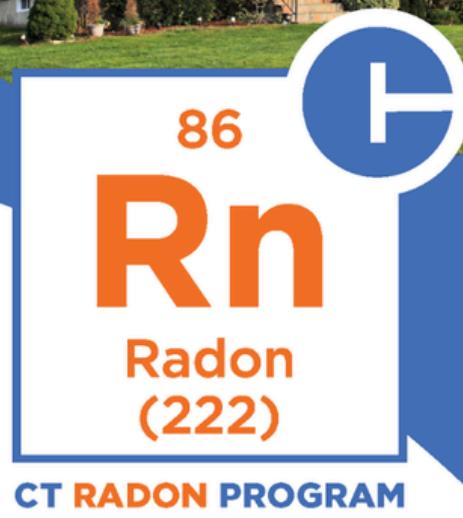
WHAT EVERYONE NEEDS TO KNOW ABOUT RADON

UNDERSTANDING RADON GAS IN CT
AND WHAT TO DO ABOUT IT



RECOGNIZE THE RISKS

- **Radon is common.** It is found in outdoor air, indoor air, and buildings of all kinds.
- **Radon is still the #2 cause of lung cancer and the #1 cause among non-smokers.** It is colorless, odorless, tasteless, and radioactive.
- **1 in 4 CT homes have elevated levels of radon**
- **Radon can exist in air or water.** The information presented in this flyer relates to radon gas found in the air.
- **Current or previous smoking** can elevate the risk of lung cancer from radon exposure.
- **Testing is inexpensive** and effective.
- **Radon mitigation systems** can reduce up to 99% of radon gas.



1 OUT OF 4 HOMES IN CONNECTICUT HAVE HIGH RADON



Public Health
Prevent. Promote. Protect.

Naugatuck Valley
Health District

ct.gov/radon



CONNECTICUT
Public Health

WHERE AND WHEN TO TEST

- **WHERE:** Testing makes sense in any habitable place that may contain radon. Closets, crawlspaces and hallways should NOT be tested as they are not used as living space.
- **WHERE:** The lowest livable area of the house is where you should test. Basements are the most common test area because they are often used as living space and ground contact is the primary source of radon.
- **WHEN:** Radon tests are often part of the process of buying or selling a home.
- **WHEN:** Radon testing can take place any time of year. Winter is the season that often produces worst case results because of the stack effect, in which air is drawn into the house from warm air rising and escaping.

HOW TO TEST

- **For a step by step video guide** to testing for radon gas, go here - www.ct.gov/radon
- **Close doors and windows 12 hours prior to the test.** Keep them closed during the entire test. Doors can be opened and closed for normal entry and exit without compromising the test.
- **The most commonly used test is a 2-7 day test for radon gas.** Follow all instructions, and when the test is done, seal it and send to lab via regular mail.



ct.gov/radon



REDUCING RADON: WHAT TO EXPECT

- **The EPA recommends** that any level at or above 2 pCi/L justifies a radon mitigation system.
- **Mitigation costs** average around \$1200.
- **Several techniques are available**, but the most common by far is an SSD or Sub Slab Depressurization System.
- **SSD systems work** by preventing radon from entering the house. Installation involves sealing the foundation and depressurizing the soil.

RADON IS EVERYWHERE

- Radon is everywhere. It's a permanent part of life in CT. But so is the DPH, and we're here to help you in any way we can.
- Learn more at www.ct.gov/radon



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Naugatuck Valley
Health District

HAPPY NEW YEAR!

START THE YEAR WITH A HEALTHIER YOU

DID YOU KNOW?

Naugatuck Valley Health District runs self-management programs that target various topics like:

- Chronic Diseases
- Diabetes
- Chronic Pain
- Matter of Balance and
- Nutrition

If you have questions about any of the topics above, we would love to answer them. You can call Nurse Kristie or Lisa Trupp, our Public Health Educator, any time.

NEED HELP?

If you have questions or need help with setting up your Glucometer or Freestyle Libre, we are here for you!

UPCOMING EVENTS

Check out our monthly Newsletter or our social media pages for upcoming programs

CONTACT INFO

Main Line: 203.881.3255

- Nurse Kristie: Ext 107
- Lisa Trupp: Ext 108



Take
Control

Feel
Better

Energize

Live

Enjoy



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

CHRONIC PAIN WORKSHOP

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

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

Class size is limited, so register early!

**Tuesdays
January 13th through February 17th, 2026
1:30pm to 4:00pm**

To register, please call Ansonia Senior Center
203-736-5933 - Main



Sponsored by CT Public Health with funding from the
CDC Preventive Health and Health Services (PHHS) Block Grant Program



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

Take
Control



Feel
Better



Energize



Live



Enjoy

FREE Diabetes Self-Management Virtual Workshop

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

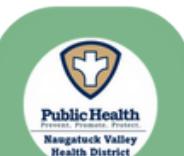
•Healthy eating •Foot care •Low and high blood sugar •Guidelines for when you're sick •Tips for dealing with stress •How to set small and achievable goals

**Meetings are one hour in duration,
for six-weeks beginning**

**Wednesday, February 4th, through
Wednesday, March 11th, 2026**

**9:00-10:00am or
6:00 to 7:00 pm**

**Virtual Program Access details
provided at registration To register,
please call 203-881-3255 x108.**



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

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



988
SUICIDE & CRISIS LIFELINE

Mental health matters

Western Connecticut Coalition Biennial Assessment

Our partners at the Western CT Coalition conducted their biennial assessment of suicide and mental health status in the Northwest Region of CT. In the Valley, this data includes Naugatuck and Beacon Falls.

Please see below for more information and to access the reports.

“Western CT Coalition, as the Regional Behavioral Health Action Organization (RBHAO) for the Northwest region of CT (DMHAS Region 5), is tasked by the Department of Mental Health and Addictions Services (DMHAS) to conduct a biennial assessment of behavioral health needs, strengths, and critical gaps of the region. The resulting Regional Priority Report is a data-driven analysis that informs DMHAS, community partners, and the public about the behavioral health needs of children, adolescents, and adults. “

Suicide

Key Issue
Suicide is a **public health concern** with an impact that is felt across the lifespan and among our communities. Suicide deaths in Western CT have slightly decreased or stayed steady since 2021. Male deaths are consistently higher than female deaths in the region.

Key Findings

- In 2023, when requests to 211 decreased slightly from 2023 to 2024, there was an **increase of over 3600 requests to 211** for crisis interventions, to 211, compared to 2023. In the first quarter, indicated having seriously considered attempting suicide in the past 12 months. In another two districts, 19.0% of students reported attempting suicide ever in their lives. This dataset found **higher reports of suicide attempts in female students** - a pattern consistently shown in regional data.
- Groups with notable risk factors that require attention include LGBTQIA+ individuals, emerging adults, and older men.

Recommendations

- Dedicate stable funding to the **Regional Suicide Advisory Boards** to continue and enhance the important prevention and postvention work being done across the lifespan and their communities.
- Gather regional adult mental health and suicide data, particularly adult men, to inform prioritization processes and suicide prevention and postvention planning.

Community Strengths & Strategies

- In 2023 and 2024 Western CT Coalition trained over **1,094 individuals** across various sectors and settings in Question, Persuade, Refer (QPR), evidence-based training that teaches simple steps to help save a life.
- The Regional Suicide Advisory Boards support and lead suicide postvention (recovery after a loss that mitigates risk and promotes safety), including supporting communities in creating local **Suicide Postvention Information Networks (SPINs)**.

How likely QPR participants are to ask someone "Are you thinking of killing yourself?" if concerned:

Never	1%
Sometimes	23.6%
Always	75.4%

Click on the images to view the reports



Mental Health

Key Issue
Mental health has a critical impact on thoughts, feelings and actions and mental health concerns can determine how individuals handle stress, relate to others, and make life choices. In the 2025 Priority Report, **depression and anxiety** were ranked as the top two **priority concerns** in the region across all age groups.

Key Findings

- In 2023 depression and anxiety were the top 2 most common mental health diagnoses at DMHAS treatment admission for adults in Western CT.
- Schools surveyed across the region found **females reported higher rates of feeling sad or hopeless** than males, ranging from 22-37%.
- One surveyed district in Western CT (N=1400) found 56% of transgender students reported feeling sad or hopeless for 2 or more weeks in a row, compared to 21.5% of cisgender peers.

Mental Health Diagnoses of Individuals Admitted to Treatment DMHAS Region 5, 2023

Depressive Disorders	Anxiety Disorders
Trauma Disorders	Schizophrenia Spectrum
Biopolar and Related Disorders	

Community Strengths & Strategies

- Gizmo's **Pawsome Guide to Mental Health** book read-along and accompanying curriculum have been permeating Western CT, teaching mental health language and coping skills to young children and beyond.
- Urgent Crisis Centers** for youth, M-H crisis, and the expansion of school-based Health Centers are just a few current efforts to increase early identification and supports for mental health concerns and crises.



Naugatuck Valley Health District

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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.

Questions? Contact Lisa Trupp at
ltrupp@nvhc.org or 203-881-3255 x 108



Virtual Community Training Session Thursday, January 29th, 2026, 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 to Register

<http://bit.ly/4ottNQ7>



SCAN HERE

**MERIDEN DEPARTMENT OF HEALTH AND HUMAN SERVICES AND
NAUGATUCK VALLEY HEALTH DISTRICT**

Virtual Adult Mental Health First Aid

Wednesday, February 25 and Thursday, February 26, 2026
9:00 AM - 12:00 PM both days (must attend both days)

Virtual via Zoom

Open to Meriden residents and community organizations!

Join us for a FREE Adult Mental Health First Aid training where participants will learn how to respond to a mental health crisis using the **Mental Health First Aid Action Plan (ALGEE):**

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

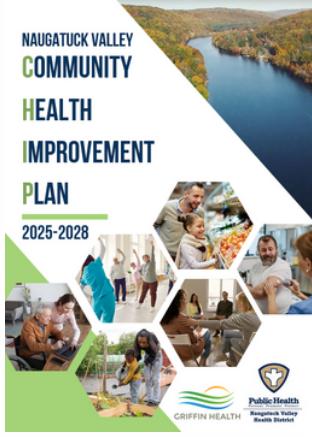
Participants will be required to complete a **2-hour, self-paced online course** before attending the virtual instructor-led sessions. Participants will receive certification from the National Council for Mental Wellbeing valid for 3 years.

Questions? Contact instructors:

Elizabeth DeMerchant, edemerchant@meridenct.gov
Lisa Trupp, ltrupp@nvhd.org

To register please visit:

<https://forms.gle/eJrD8wJ8ZbmPfYui6>



You're invited! Join one of our committees!

Here are some examples of what is included in our proposed work plan

Improve Access to Care and Other Social Needs

- Expand access to primary & specialty care
- Explore Mobile Integrated Healthcare with local EMS providers and other community based organizations
- Reduce transportation barriers
- Strengthen referral pathways between healthcare and social service providers via the Valley Council for Health & Human Services Community Care Hub & UniteUs participation

Interested in learning more? Contact Co-Chair Myra Odenwaelder at MOdenwaelder@Griffinhealth.org

Enhance Mental and Behavioral Health

- Increase awareness and access to mental and behavioral health programs
- Develop a Regional Suicide Postvention Plan
- Improve mental and behavioral health referrals and tracking
- Improve local mental and behavioral health data sharing

Interested in learning more? Contact Co-Chair Lisa Trupp at ltrupp@nvhd.org

Improve Awareness, Access to, and Uptake of Healthy Food and Nutrition Programming and Services

- Promote coordination and system-level support for food and nutrition equity
- Ensure that nutrition assistance eligible households in the Valley are aware of and participating in state and community-driven nutrition programs to reduce food insecurity
- Utilize Griffin Hospital's Center for Healthy Living and Teaching Kitchen to increase community nutrition education programs, events, and offerings
- Reduce food waste in public cafeterias and promote sustainable food habits
- Conduct a feasibility study of establishing a food co-op or hub designed to increase access to healthy and affordable foods for all Valley residents while supporting the local agricultural community

Interested in learning more? Contact Co-Chair Jessica Kristy at jkristy@nvhd.org

No experience is needed!

To maximize resources, reduce redundant work, and to set meaningful goals and realistic work plan objectives over the next three years, we need help from the whole community! Whether you live, work, or play in the Valley, your voice matters. With ongoing open recruitment, we encourage you to participate from the beginning stages of finalizing our work plan through the implementation phase!

The committees are led by members of the Valley CHIP Steering Committee and representatives of Naugatuck Valley Health District, Griffin Health, and the Yale-Griffin Prevention Research Center. We will provide you the data and background information you need!



New Year, New Beginnings

Join us in recognizing national **Substance Use Disorder Treatment Month**. Aligned with "Dry January," #TreatmentMonth highlights treatment options, pathways to recovery, and supporting others in need. Every day is a new opportunity to make healthier decisions.



Have you seen our End Stigma CT billboards, gas pump ads, bus wraps, or heard it talked about on the radio? Take a community survey for the chance to win a \$20 Target gift card! Your feedback helps improve how we reach and support our communities.

https://bit.ly/NHVCounty_Feedback
https://bit.ly/NHVCounty_Encuesta

For more information, visit
www.EndStigmaCT.com



Help is available for you or someone you know

Call 2-1-1

liveloud.org/get-support/treatment-options/#zoommap

findtreatment.gov



TAKE A COMMUNITY SURVEY FOR A CHANCE TO WIN A \$20 GIFT CARD!

See link in bio/caption or go to bit.ly/NHVCounty_Feedback

Share your thoughts to help New Haven County health departments!
Takes 3-5 minutes



LiveLOUD.org



LiveLOUD.org

For Narcan training or other harm reduction supplies like fentanyl test strips, please contact Austin Telford, Overdose Prevention Navigator, at 203-881-3255 x 128



Nationally, respiratory illness is **very high**.

Stay Informed

Seek health care promptly for testing if you have risk factors for severe illness; treatment may help lower your risk of severe illness.



When community viral activity levels are high, it might indicate that there is a higher risk of infection and when emergency department visits are high, it may indicate that infections are making people sick enough to require treatment.

It is not too late to get vaccinated. Talk to your doctor or trusted healthcare provider about what vaccines are recommended for you and your family.

Call Nurse Kristie at 203-881-3255 x 107 to schedule a vaccine appointment!

Did you know public data is available?

Connecticut Department of Public Health

2025-2026 Viral Respiratory Disease Surveillance Dashboard

https://bit.ly/CTDPH_respiratory_disease_dashboard

Snapshot of data current through 1/8/2026



Seasonal Cases

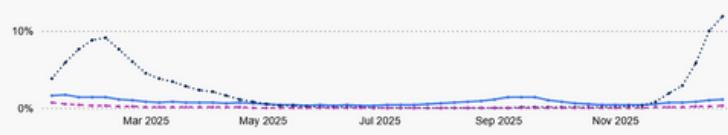
COVID-19
8,556

Influenza
21,334

RSV
1,683

Weekly Emergency Department Visits of Viral Respiratory Illness, as a Percent of All Emergency Department Visits in Connecticut

COVID-19 ····· Influenza ····· RSV



Rolling Year Cases

COVID-19
31,470

Influenza
60,845

RSV
6,390

Respiratory Viral Disease Associated Hospitalizations by Week

COVID-19 ● Influenza ● RSV



720 Valley residents visited urgent care or the hospital due to influenza-like illness between September 1, 2025 – December 31, 2025

Total Aged 0-9: 105

Female: 48

Male: 57

Total Aged 10-19: 60

Female: 26

Male: 34

Total Aged 20-29: 110

Female: 75

Male: 35

Total Aged 30-39: 77

Female: 44

Male: 33

Total Aged 40-49: 73

Female: 45

Male: 28

Total Aged 50-59: 84

Female: 46

Male: 38

Total Aged 60-69: 95

Female: 59

Male: 36

Total Aged 70-79: 63

Female: 39

Male: 24

Total Aged 80+: 53

Female: 28

Male: 25

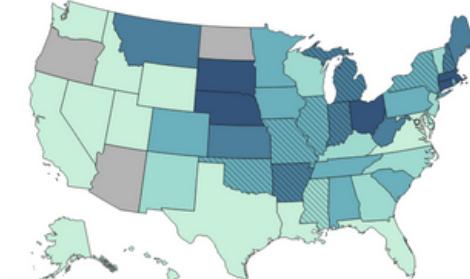
CDC's National Wastewater Surveillance Data

COVID-19 Influenza A RSV

Wastewater Viral Activity Level

Very Low Low Moderate High Very High No Data

● Limited Coverage*

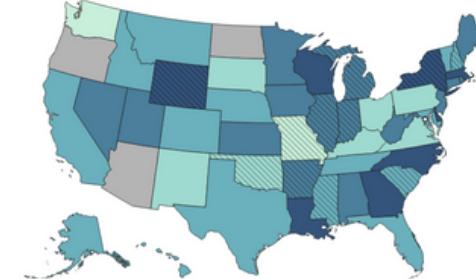


COVID-19 Influenza A RSV

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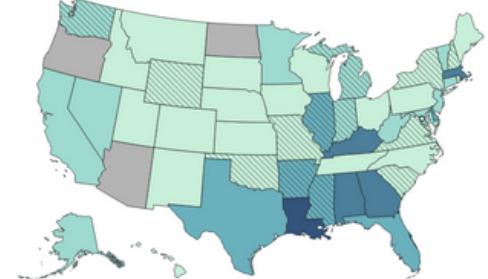


COVID-19 Influenza A RSV

Wastewater Viral Activity Level

Very Low Low Moderate High Very High No Data

● Limited Coverage*



Data last updated on January 4, 2026 and presented through December 30, 2025

https://www.cdc.gov/respiratory-viruses/data/activity-levels.html#cdc_data_surveillance_section_5-wastewater-map

What is NOROVIRUS?

Norovirus is a highly contagious virus that can cause **vomiting, stomach pain, diarrhea, fever, and body aches**. A person usually develops symptoms **12-48 hours after being exposed to the virus**. Most will feel better within 1-3 days.

Norovirus spreads fast.

You can get norovirus by:

- **Having direct contact with someone with norovirus**, like caring for them, sharing food or eating utensils with them, or eating food handled by them
- **Eating food or drinking liquids** that are contaminated with norovirus
- **Touching** contaminated objects or surfaces and then **putting your unwashed fingers in your mouth**

You can still spread norovirus for **2 weeks or more** after you feel better, as it can live on in your feces.

Stay home for 24 hours after symptoms stop.

You can prevent spread by:

- **Washing hands with soap and water for at least 20 seconds** after using the bathroom or changing diapers, touching common surfaces, shaking hands, and caring for sick people. **Note that hand sanitizer does NOT work well against norovirus**
- **Cooking** shellfish thoroughly and **washing** produce
- **Cleaning and disinfecting** contaminated surfaces
- **Washing** laundry in **hot water**

HOLDING GROUND ON MATERNAL HEALTH

Women in the United States are more likely to die from childbirth than women living in other developed countries.

January 23, 2026 marks the fifth **National Maternal Health Awareness Day** observance. The American College of Obstetricians and Gynecologists (ACOG) has chosen the theme Holding Ground on Maternal Health, reaffirming their commitment to preventing maternal deaths and advancing respectful, evidence-based care.



Similar to the Naugatuck Valley Community Health Improvement Plan (CHIP), Healthy People 2030 sets data-driven national objectives to improve health and well-being over the next decade. One of the Healthy People 2030 goals is to prevent pregnancy complications and maternal deaths and improve women's health before, during, and after pregnancy. To read more about this, visit <https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/pregnancy-and-childbirth>.

Becoming a Breastfeeding Friendly Worksite is as easy as 1, 2, 3!!



Being recognized by the CBC*
as a Breastfeeding Friendly
Worksite is easy!
You just need 3 things:

1

Time

Make it simple for
employees to
schedule break times
to breastfeed or
express/pump milk
during the workday.

2

Space

Provide employees a private
space to breastfeed or
express/pump milk
while at work.
(Can't be a bathroom.)

3

Policy

Have a policy to ensure the
lactation accommodations (Time
& Space) are accessible and
available to every employee in
the organization.
(There are even templates you
can use!)

The *Connecticut Breastfeeding Coalition (CBC) wants to recognize employers who are following state and federal lactation accommodation laws and ensure that all employees who need to can access lactation accommodations.

Learn more about becoming a
Breastfeeding-Friendly Worksite



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 worksite to engage with us in supporting parents by displaying the decal below.

The purpose of this 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.

Let us know if you would like us to send you a decal!



"The Connecticut Urgent Maternal Warning Signs Bracelet Initiative —

a state-funded effort led by the [Connecticut Perinatal Quality Collaborative \(CPQC\)](#) and the Connecticut Hospital Association (CHA) — aims to reduce maternal morbidity and mortality by improving clinical awareness of potential postpartum complications and conditions. Starting in the fall of 2025, birthing hospitals across the state are providing postpartum patients with an orange bracelet and an informational handout before leaving the hospital. The bracelet signals to healthcare professionals and first responders that the wearer is newly postpartum, enhancing timely recognition of and response to symptoms of potentially serious postpartum complications, known as "urgent maternal warning signs." Complications may include eclampsia, blood clots, sepsis, cardiomyopathy, and perinatal depression. The Bracelet Initiative educates healthcare providers, including emergency department (ED) staff, and emergency medical services (EMS) personnel on standardized lifesaving protocols, ensuring postpartum patients seeking emergency services are identified and triaged appropriately. The initiative is funded through grants awarded to CHA by the Connecticut Departments of Public Health (DPH) and Children and Families (DCF)."

Why Wear for 12 Weeks?

Orange bracelets are worn for a shorter period (12 weeks) because while serious complications can happen up to a year postpartum, the most critical, immediate life-threatening issues — like hemorrhage, blood clots, and eclampsia — often peak or present within the first few weeks to months, aligning with the recommended duration of wearing the bracelet to alert providers to ongoing risk after hospital discharge.

- The first 12 weeks — often called the "fourth trimester" — is a period of intense physical recovery when complications like postpartum preeclampsia, infection, or hemorrhage are most prevalent.
- While complications persist, the 12-week mark often coincides with the end of initial intensive postpartum care and the highest risk for the most immediate, severe crises.
- Some hospitals do encourage wearing the orange bracelet for up to a year, but the 12-week mark is a [common standard](#) for alerting providers to ongoing risk.

Blank Bracelets Rationale

Blank orange bracelets are available as an option to those who do not leave the hospital with a newborn due to situations such as a stillbirth, surrogacy, adoption, or loss of custody of a child at birth.

**HAVE YOU BEEN PREGNANT
IN THE PAST 12 MONTHS?**

WATCH FOR THESE WARNING SIGNS

 Headache that won't go away or gets worse over time	 Dizziness or fainting	 Changes in your vision	 Body temperature of 100.4°F or higher, or 96.8°F or lower
 Extreme swelling of your hands or face	 Thoughts of harming yourself or your baby	 Trouble breathing	 Chest pain or fast-beating heart
 Severe nausea and throwing up	 Seizure	 Problems urinating or changes in urine	 Severe swelling, redness, or pain of your leg or arm
 Incision that is not healing	 Overwhelming tiredness	 Bleeding, soaking through one pad per hour, or blood clots the size of an egg or bigger	

If you have any of these symptoms after pregnancy, contact your healthcare provider and get help right away. If you can't reach your provider, go to an emergency department or call 911. Be sure to tell them you were pregnant within the last year.

! This list is not meant to cover every symptom you might have. If you feel like something just isn't right, seek care.

!

CHA CONNECTICUT HOSPITAL ASSOCIATION



WHY YOU'RE GETTING AN ORANGE BRACELET AND ARE ENCOURAGED TO WEAR IT

-  **WEAR** the orange bracelet for 12 weeks. It signals to healthcare professionals and emergency personnel that you're postpartum.
-  **MONITOR** for urgent maternal warning signs. Serious complications can occur up to a year postpartum.
-  **SEEK CARE** immediately if you experience any concerning symptoms. It could save your life.

ABOUT THE STATEWIDE BRACELET INITIATIVE

The *Connecticut Urgent Maternal Warning Signs Bracelet Initiative* helps keep you safe by making it easier to spot and treat serious postpartum health problems. Hospitals across the state are distributing orange bracelets for patients to wear as a reminder to watch for urgent maternal warning signs and get help quickly if they appear.

Scan the QR code for important information and resources, or visit cthosp.org/bracelet



STAY WINTER WEATHER READY

Safety & Preparation

Cold Weather Precautions

- Dress in layers for warmth and dryness.
- Cover exposed skin by using hats, gloves, and scarves.
- Limit outdoor time in extreme cold or wind.
- Stay hydrated and monitor for frostbite or hypothermia signs.



Winter Safety Tips

- Ensure indoor spaces are warm and ventilated.
- Stock the car with water, non-perishable food, and warm clothing for winter emergencies.
- Prepare a home emergency kit with food, water, medications, extra blankets, and other daily essentials for at least 72 hours.



Weather Awareness

- Check the weather forecast daily.
- Stay alert for winter weather watches, warnings, and advisories.
- Know the difference between snow, sleet, freezing rain, and ice.



Why Stay Ready?

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.



Stay Informed

Stay updated by signing up for CT Alert, using a reliable weather app, and watching local TV news!



NATIONAL SLAVERY & HUMAN TRAFFICKING PREVENTION MONTH

JANUARY

The month of January is recognized as **National Slavery and Human Trafficking Prevention Month** and January 11, 2026 is **National Human Trafficking Awareness Day**

WHAT IS HUMAN TRAFFICKING?

HUMAN TRAFFICKING IS...

Exploiting a person through force, fraud, or coercion

Anyone under the age of 18 involved in a commercial sex act

Sex trafficking, forced labor, and domestic servitude

A highly profitable crime

Exploitation-based and does not require movement across borders or any type of transportation

THERE ARE DIFFERENT TYPES OF HUMAN TRAFFICKING

SEX TRAFFICKING

Victims are manipulated or forced against their will to engage in sex acts for money.



FORCED LABOR & DOMESTIC SERVITUDE

Victims are made to work for little or no pay and are hidden in plain sight. Very often, they are forced to manufacture or grow products that we use and consume every day or forced to work in homes across the United States as nannies, maids, or domestic help.



HUMAN TRAFFICKING IS HAPPENING IN THE UNITED STATES



IT CAN HAPPEN TO ANYONE

NO MATTER AGE, RACE, SEX, ETHNICITY, NATIONALITY, IMMIGRATION STATUS, AND SOCIOECONOMIC CLASS



RECOGNIZE AND REPORT HUMAN TRAFFICKING

- To report suspected trafficking to federal law enforcement, call 1-866-347-2423 or submit a tip online at www.ice.gov/tips.
- Get help from the National Human Trafficking Hotline by calling 1-888-373-7888 or text HELP or INFO to 233733 (BEFREE).
- Call 911 or local law enforcement if someone is in immediate danger.

WHAT YOU CAN DO

- Visit the Blue Campaign website to learn more about the [Indicators](#) of human trafficking: DHS.gov/BlueCampaign.
- Use Blue Campaign [materials](#) to raise awareness of human trafficking in your community.
- Follow @DHSBlueCampaign on [Facebook](#), [Instagram](#), and [X](#).

Human traffickers use various forms of force, fraud, and coercion to control and exploit victims including:

- Imposing of debt
- Fraudulent employment opportunities
- False promises of love or a better life
- Psychological coercion
- Violence or threats of violence

You can help play a role in ending human trafficking by learning key indicators of the crime, raising awareness of human trafficking, and reporting suspected trafficking incidents.

Call 911 if someone is in immediate danger.

To report suspected human trafficking to Federal law enforcement call [1-866-347-2423](tel:1-866-347-2423).

To get help from the National Human Trafficking Hotline call [1-888-373-7888](tel:1-888-373-7888) or text HELP or INFO to BeFree (233733).

Para reportar un posible caso de trata de personas llame al [1-866-347-2423](tel:1-866-347-2423).

Obtenga ayuda de la Línea Nacional de Atención contra la Trata de Personas llamando [1-888-373-7888](tel:1-888-373-7888) o enviando un mensaje de texto con HELP o INFO a BeFree (233733).

FOOD RESOURCES IN THE VALLEY

ANSONIA

Christ Episcopal Church

Kathleen Samela Memorial Food Pantry

56 South Cliff Street
203-734-2715
samelafoodbank@sbcglobal.net
Tues, Wed, & Thur 9am-1pm
Doors Close at 12:30pm

Effective 01/01/2025 we will be operating by appointment, with the exception of Emergencies (3 emergencies per year, per family).

To be eligible you must have a photo ID. We are servicing anyone who walks through the door, however out of area clients will be referred to neighboring food banks.

Salvation Army

26 Lester Street
203-736-0707
Cheryl.McCollum@use.salvationarmy.org
Mon & Fri 9am-12pm
Proof of income below 150% of federal poverty level needed

DERBY

St. Vincent De Paul

237 Roosevelt Drive
203-734-7577
stvincentshoppe@sbc.global.net
Mon to Fri 9:30am-12:30pm

Serving residents of Ansonia, Derby, Seymour, Shelton, & Oxford.

To be eligible you must have proof of income and expenses.

SEYMORE/OXFORD

Seymour Oxford Food Bank

20 Pine Street, Seymour
203-888-7826
SOFBInc.1@gmail.com
Mon to Thur 9am- 11am
Appointment Needed

SHELTON

Spooner House

30 Todd Road
203-225-0453 ext 100
eholcombeactsspooner.org
Mon to Thur 9am-2pm

To be eligible, must be resident of Ansonia, Beacon Falls, Derby, Naugatuck, Oxford, Seymour or Shelton & provide proof of income & expenses.

LITTLE FREE PANTRIES

24/7 ACCESS

Take what you need, Give what you can

Blessing Pantry

91 Church Street, Seymour

Little Free Pantry on Skokorat

58 Skokorat Street, Seymour

Neighbor-to-Neighbor Pantry

130 Bee Mountain Road, Oxford

VALLEY UNITED WAY FOOD RESOURCE GUIDE

Need food support in the Valley?

 **Christ Episcopal Church**

Kathleen Samela Memorial Food Bank

56 South Cliff Street, Ansonia, CT 06401

 203-734-2715

 **Salvation Army**

26 Lester Street, Ansonia, CT 06401

 203-736-0707

 **St. Vincent De Paul**

237 Roosevelt Drive, Derby, CT 06418

 203-734-7577

 **Seymour Oxford Food Bank**

20 Pine Street, Seymour, CT 06478

 203-888-7826

 **Spooner House**

30 Todd Road, Shelton, CT 06484

 203-225-0453

 **More food resources:**

 <https://mobilefoodpantry.ctfoodshare.org/>

 **Want to make a difference?**

Support local hunger relief efforts by donating to

Harvest House:

 <https://valleyunitedway.org/harvest-house/>

National Blood Donor Awareness Month

Why Do You Give?

Because
community
shows up for
community.

NATIONAL
BLOOD
DONOR
MONTH



To turn a
statistic into
someone's
second chance.

NATIONAL
BLOOD
DONOR
MONTH



To be someone's
"we found a
match."

NATIONAL
BLOOD
DONOR
MONTH



Small act. Huge
impact.

NATIONAL
BLOOD
DONOR
MONTH



According to the American Red Cross, they are teetering on a blood shortage this winter, which could lead to a disruption in lifesaving care. Donors are urged to make an appointment to give blood or platelets now."

For information on donation sites and upcoming drives, click on these logos



Connecticut Blood Center

<https://www.ctblood.org/donate-blood/>



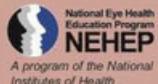
American
Red Cross

Blood
Services

<https://www.redcrossblood.org/give>

Make eye health a New Year's resolution.

Get a dilated eye exam.



Make a resolution to learn more.

Every New Year, you make a list of things you will do to stay healthy so you can feel your best. But, did you realize that *feeling* your best includes *seeing* your best too? January is Glaucoma Awareness Month – the perfect time to spread the word about the disease. So, this year, add learning about glaucoma to your list! Your eyes will thank you for it.

1. Glaucoma can cause vision loss and blindness, which can't be reversed.

Glaucoma causes fluid to build up in your eye, causing pressure that can damage the optic nerve, which transfers visual images to your brain. But, you can save your vision with early detection and treatment.



2. There are no early symptoms. Glaucoma often has no early warning signs. No pain. No discomfort. No blurry vision. Only advanced glaucoma will affect your vision. Don't wait for symptoms to visit your eye doctor!

3. In the United States, half the people who have glaucoma don't know they do. Nearly 3 million Americans have glaucoma. Half don't know it. Lack of awareness and the absence of symptoms are preventing people from detecting the disease early. You can change that! Find out if you have glaucoma.

4. Some people are at higher risk than others.

African Americans over 40, adults over 60 – especially Hispanics/Latinos, and people with a family history of glaucoma are at higher risk, making early detection especially important. Are you at higher risk? Talk to your family about glaucoma.

5. There is only one way to know if you have glaucoma. Getting a comprehensive dilated eye exam is the only way to find out if you have glaucoma. During the exam, an eye care professional places drops in your eyes to widen the pupils and looks for signs of the disease in the optic nerve.

Now that you've got the facts about glaucoma, make a resolution for healthier vision. Schedule a comprehensive dilated eye exam today! And encourage your friends and loved ones to do the same.

To learn more about glaucoma, visit www.nei.nih.gov/glaucoma.

To learn more, visit www.nei.nih.gov/glaucoma



Este año nuevo, dele prioridad a la salud de sus ojos. Hágase un examen completo de los ojos con dilatación de las pupilas.



Tome la decisión de tener una visión saludable

Cada año nuevo, usted hace una lista de lo que va a hacer para mantenerse saludable y sentirse mejor. Pero, ¿se ha dado cuenta que sentirse mejor también incluye ver mejor? Enero es el Mes de Concientización sobre el Glaucoma, el momento perfecto para informar a otros acerca de la enfermedad. Así que para este nuevo año, incluya en su lista aprender sobre el glaucoma. ¡Sus ojos se lo agradecerán!

1. El glaucoma puede causar pérdida de la visión y ceguera, las cuales no se pueden revertir.

El glaucoma causa que el líquido dentro del ojo se acumule, produciendo presión que puede dañar el nervio óptico. Pero, la detección temprana y el tratamiento del glaucoma pueden prevenir la pérdida de visión.



2. No presenta síntomas en sus primeras etapas. El glaucoma muchas veces no presenta señales tempranas de advertencia. No hay dolor, ni molestias o visión borrosa. Únicamente el glaucoma avanzado afecta su visión. ¡No espere a tener síntomas para visitar a su oculista!

3. En los Estados Unidos, la mitad de las personas que tienen glaucoma no lo saben.

Casi 3 millones de personas en los Estados Unidos tienen glaucoma, pero la mitad no lo sabe. La falta de concientización y la ausencia de síntomas impiden que personas detecten la enfermedad en sus etapas tempranas. Pero, ¡usted puede cambiar eso! Visite su oculista para averiguar si tiene glaucoma.

4. Algunas personas están en mayor riesgo. Los afroamericanos mayores de 40 años; los adultos mayores de 60 años, especialmente los hispanos/latinos; y las personas con historial familiar de glaucoma están en mayor riesgo. Por esto, la detección temprana es especialmente importante. ¿Está usted en mayor riesgo? Hable con su familia sobre el glaucoma.

5. Sólo hay una manera de saber si usted tiene glaucoma. La única manera de saber si usted tiene glaucoma es haciéndose un examen completo de los ojos con dilatación de las pupilas. Durante el examen, un oculista le aplica gotas en los ojos para agrandar las pupilas y buscar señales de la enfermedad en el nervio óptico.

Ahora que ya sabe la realidad sobre el glaucoma, tome la decisión de tener visión saludable. ¡Haga una cita hoy para hacerse un examen completo de los ojos con dilatación de las pupilas! Y anime a sus amigos y seres queridos a que hagan lo mismo.



Para aprender más, visite: www.nei.nih.gov/glaucoma/espanol