

NAUGATUCK VALLEY HEALTH DISTRICT

March 2026

Blood Pressure Screening Events



In recognition of American Heart Month, NVHD's Public Health Nurse Kristie D'Averso hosted several blood pressure screening events at sites across the Naugatuck Valley throughout February. Nurse Kristie offered events at each of the senior centers in the Valley as well as partnering with Siddhi Sheth, Cingari Family Dietician (ShopRite), to hold screenings and information sessions at ShopRite stores in Derby and Shelton.



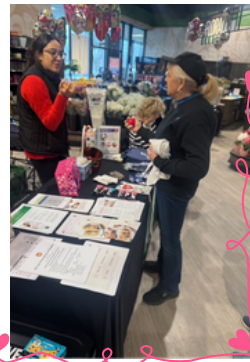
The events featured free blood pressure screenings and engaging conversations to share helpful information about maintaining heart health from Nurse Kristie and Public Health Specialist Vanessa.



Nurse Kristie at Ansonia Senior Center



Nurse Kristie, Public Health Specialist Vanessa, and Dietician Siddhi at ShopRite in Shelton



Public Health Specialist Vanessa Lopez at ShopRite in Derby

Click [here](#) or scan the QR code to view more on heart health strategies

Observances in March

- Autoimmune Awareness Month
- Bleeding Disorders Awareness Month
- Multiple Sclerosis Education and Awareness Month
- National Colorectal Cancer Awareness Month
- National Developmental Disabilities Awareness Month
- National Endometriosis Awareness Month
- National Kidney Month
- National Nutrition Month
- National Traumatic Brain Injury Awareness Month
- Save Your Vision Month
- Trisomy Awareness Month

- International Wheelchair Day: March 1
- International HPV Awareness Day: March 4
- World Sleep Day: March 13
- American Diabetes Alert Day: March 24
- World Tuberculosis Day: March 24
- National Pulmonary Rehab Week: March 8-14
- Patient Safety Awareness Week: March 8-14
- National Sleep Awareness Week: March 8-14
- National Drug and Alcohol Facts Week: March 15-21
- National Poison Prevention Week: March 15-21
- Brain Awareness Week: March 16-22

EMPLOYEE SPOTLIGHT



In February, three members of NVHD's environmental team were recertified as food inspectors by the CT Department of Public Health Food Protection Program.

Assistant Director of Environmental Health Services, Melanie Dokla, Head Sanitarian, John Mucha, and Sanitarian, Michael Delossantos, completed the required 20 contact hours to achieve recertification.

The Department of Public Health Food Protection Program requires all Certified Food Inspectors (CFI) in Connecticut to complete 20 hours of approved training and a reassessment with a Food Inspection Training Officer (FITO) every 3 years.

Congrats to all for the hard work!



NVHD licenses and inspects restaurants, markets, caterers, private clubs, mobile food establishments, school cafeterias, group homes, day care centers, nursing homes and temporary events. Staff also review and approve plans for proposed food service establishments, including renovations.

Want to learn more about the work of certified food inspectors? Head over to our YouTube channel to watch a short video about our food protection program.



https://bit.ly/NVHD_Food_Inspections

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

World TUBERCULOSIS DAY

March 24



Tuberculosis (TB) | CDC



Tuberculosis Facts:

- TB bacteria spread through the air from one person to another
- When a person with TB disease of the lungs or throat coughs, speaks, or sings, TB bacteria can get into the air
- TB is **NOT** spread by:
 - shaking someone's hand
 - sharing food or drink
 - touching bed linens or toilet seats
 - sharing toothbrushes
 - kissing
- When a person breathes in TB bacteria, the bacteria can settle in the lungs and begin to grow.
 - the bacteria can move through the blood to other parts of the body, such as the kidney, spine, and brain.
- TB disease in the lungs or throat can be infectious. This means that the bacteria can spread to other people.
- TB in other parts of the body, such as the kidney or spine, is usually not infectious.



What's the difference between Active TB vs. Latent TB?

- Not everyone infected with TB bacteria becomes sick.
- There are 2 types of TB conditions:
 1. **Latent TB infection**- TB bacteria lives in the body without making you sick.
 - most people who breathe in TB bacteria and become infected, the body is able to fight the bacteria to stop them from growing.
 - People with latent TB infection:
 - Have no symptoms.
 - Don't feel sick.
 - **Can't** spread TB bacteria to others.
 - Usually have a positive TB skin test reaction or positive TB blood test
 - May develop TB disease if they do not receive treatment for latent TB infection.



2. **Active Tuberculosis**- TB bacteria become active if the immune system can't stop them from growing.

- When TB bacteria are able to multiply in your body, this is called TB disease.
- People with TB disease are sick. They may also be able to spread the bacteria to people they spend time with every day. For example, family members, friends, and coworkers or schoolmates.
- Common symptoms:
 - a bad cough that lasts 3 weeks or longer
 - pain in the chest
 - coughing up blood or sputum
- Other symptoms of TB disease are:
 - weakness or fatigue
 - weight loss
 - no appetite
 - chills
 - fever
 - sweating at night



Tuberculosis Prevention-

- Many people who have latent TB infection never develop TB disease.
- Some people who have latent TB infection are more likely to develop TB disease than others.
- Those at high risk for developing TB disease include:
 - People with HIV infection
 - People who became infected with TB bacteria in the last 2 years
 - Babies and young children
 - People who inject illegal drugs
 - People who are sick with other diseases that weaken the immune system.
 - Elderly people
 - People who were not treated correctly for TB in the past.

- If you have latent TB infection and you are in one of these high-risk groups, you should take medicine to keep from developing TB disease.



Talk to your health care provider about *testing and treatment*. Remember both latent TB infection and TB disease can be treated.

For more information, visit:
<https://bit.ly/CDC-Tuberculosis>



March 24 is **World TB Day**, marking the day in 1882 when Dr. Robert Koch announced the discovery of Mycobacterium tuberculosis, the bacteria that cause tuberculosis (TB). Dr. Koch's discovery was the most important step taken toward the prevention and treatment of this deadly disease.

Did you know that many core responsibilities for TB control and care (i.e., Case Management) rest solely with local health departments and districts (LHDs) in CT?

LHDs, including Naugatuck Valley Health District, work closely with healthcare providers and the CT Department of Public Health TB Control Program to interrupt and prevent transmission of TB, prevent emergence of drug-resistant TB, and reduce and prevent death, disability, illness, emotional trauma, family disruption, and social stigma caused by TB.

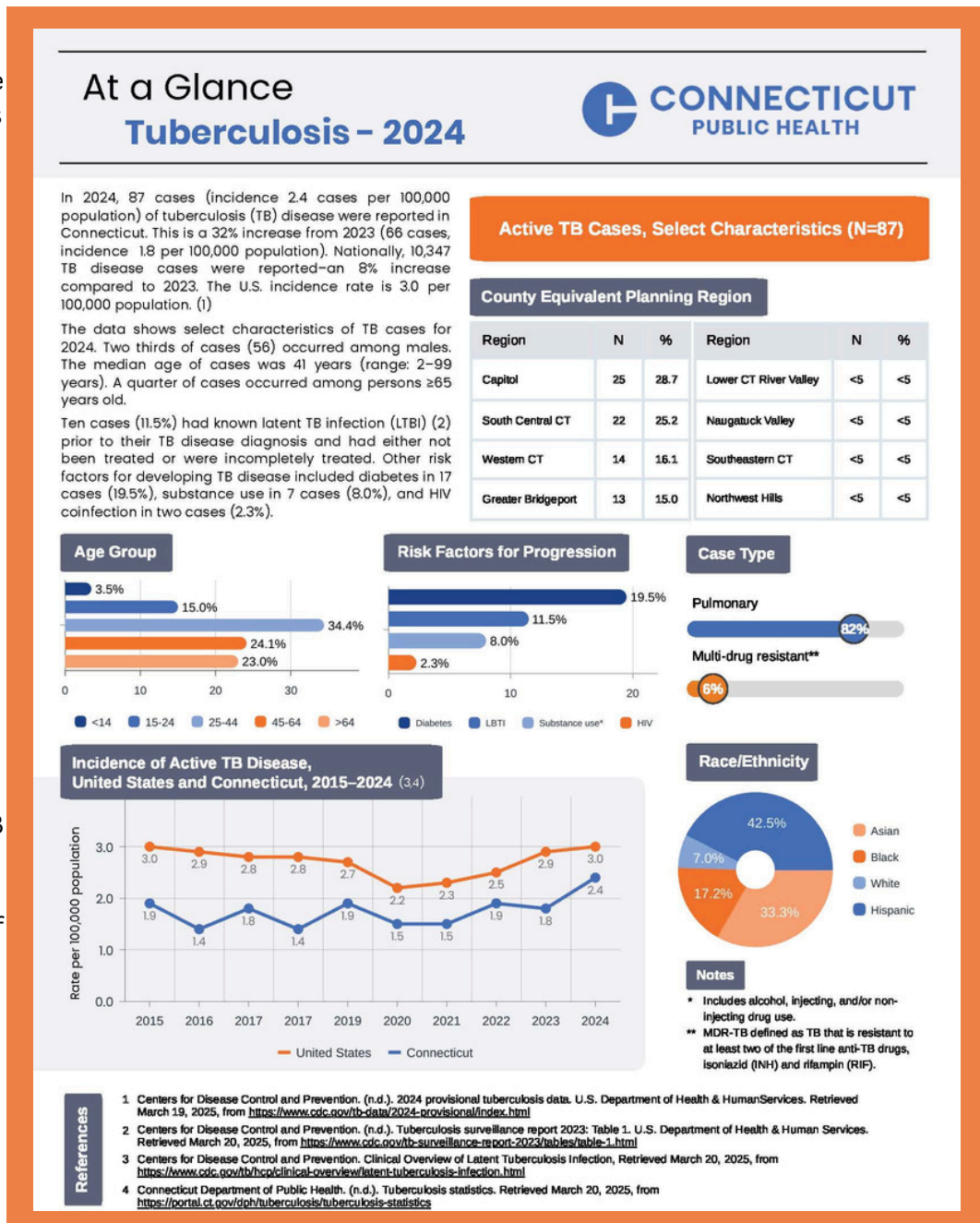
State of Connecticut Public Health Law (C.G.S. 19a) and state Standards of Care provide the framework for Tuberculosis (TB) disease and latent TB infection (LTBI) patient care and control in CT.

Patient interviews, hospital/facility discharge, case management, and contact investigation are activities that fall under LHD responsibility.

LHDs also educate patients about their discharge plan, infection control measures, and their outpatient treatment including the anticipated length of therapy, medication side effects, importance of treatment adherence, follow-up appointments, consequences of untreated TB, and home assessment/isolation.

LHD ensure patients adhere to the full course of treatment by watching the TB patient swallow each dose of the prescribed drugs in person or virtually, which is an evidence-based standard of care practice called directly observed therapy (DOT).

For more information from the CT Tuberculosis Control Program, including resources for providers and the Refugee and Immigrant Health Program, visit <https://bit.ly/CT-TB>.



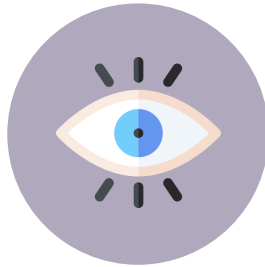
If you suspect an opioid overdose, call 911 and get emergency medical assistance immediately.

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

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



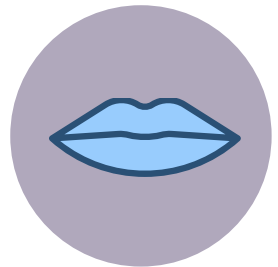
Unresponsive to voice or touch



Pinpoint-sized pupils



Blue or purple fingernails and lips



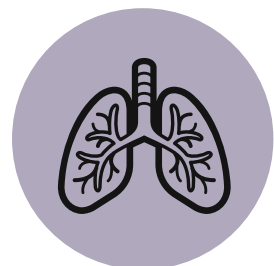
Recognizing an Opioid Overdose



Slow heartbeat or low blood pressure



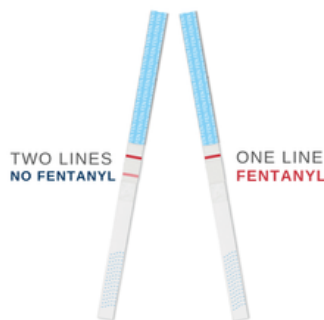
Pale, clammy skin



Slow, irregular, or stopped breathing

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

For training, free Narcan, and other harm reduction supplies including fentanyl test strips and safe medication disposal pouches, contact Overdose Prevention Navigator, Austin Telford, MPH, CCHW
atelford@nvhd.org
 203-881-3255 x 128





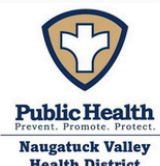
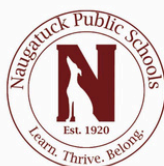
VAPE STORE PUBLIC EDUCATION PROGRAM

Understanding Laws, Health Impacts, and Community Safety

March 4th, 2026 at 6:00 PM – 7:30 PM
Naugatuck High School Auditorium

For the first time, the CT Department of Emergency Services and Public Protection (DESPP) led a public meeting on the evening of March 4, 2026 to educate the public about dangerous products sold at vape stores, the illegal sale of cannabis, and what’s being done to enforce state laws and local ordinances.

Panelists at the public meeting included Naugatuck Valley Health District’s Director of Health Jessica Kristy, Attorney General William Tong, DESPP Commissioner Ronnell Higgins, Deputy DCP Commissioner Shirley Skyers-Thomas, Naugatuck Police Chief C. Colin McAllister, Naugatuck Superintendent of Schools Melissa Cooley, as well as representatives from the state Department of Mental Health and Addiction Services, the Office of the State’s Attorney for the Judicial District of Waterbury, and the CT State Police.



medical
reserve
corps



NAUGATUCK VALLEY MEDICAL RESERVE CORPS

WHAT IS THE MEDICAL RESERVE CORPS (MRC)?

The MRC is a national network of volunteers that began in 2002. MRC units are community based and function as a way to locally organize and utilize volunteers who want to donate their time and expertise to prepare for and respond to emergencies, while promoting safety among their communities. All active members are protected from liability while working or training with the NVMRC.

WHO CAN JOIN THE NVMRC?

Anyone 18+! We are seeking volunteers with medical and non-medical backgrounds. No experience required! We will provide you with all the tools and resources that may be required!

MEDICAL AND NON-MEDICAL VOLUNTEERS TRAIN AND ACTIVATE TO SUPPORT:

- Vaccination & Mass Dispensing Clinics
- Community Event Support
- Until Help Arrives/ Stop the Bleed
- CPR / First Aid/ Bloodborne Pathogens
- Overdose Prevention & Narcan Training
- Psychological First Aid
- Suicide Prevention Training
- Mental Health First Aid
- ...and more!

WHAT IS EXPECTED OF OUR MEMBERS?

Participation in trainings, drills/exercises, and response to real-life experiences.

- Trainings in-person and online
- Response during emergency events
- Involvement in community events
- Other MRC related activities



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

Want to know more?

Contact: Emilija Griceviciute
Email: egriceviciute@nvhd.org
Phone: 203-881-3255 ext. 122



To sign up scan the QR Code or visit:
CTresponds.ct.gov

Lucky to Stay Safe This Spring!

Follow these tips to protect yourself and your home during spring and floods

🍀 Prepare Your Home

- Keep gutters and drains clear.
- Elevate valuables and important documents.
- Have sandbags ready in flood-prone areas.

🍀 Stay Informed

- Monitor weather forecasts and flood areas.
- Sign up for local emergency notifications.
- Follow NVHD for updates.

🍀 Emergency & Health Safety

- Do not walk, swim, or drive through flood waters.
- Stay off bridges over fast-moving water.
- Avoid contact with floodwater. Use safe water sources for drinking, cooking, and cleaning.

🍀 Emergency Kit Essentials

- Water and non-perishable food.
- Flashlight, batteries, first aid kit.
- Medications and hygiene supplies.

Understanding Floods

A flood is a temporary overflow of water onto normally dry land. It's the most common disaster in the U.S., and entering floodwaters or failing to evacuate can cause injury or death.

Flood Hazards

- Caused by rain, snow, storms, storm surges, or dam overflows.
- Can develop slowly or suddenly; flash floods may have no warning.
- Can cause outages, disrupt transport, damage buildings, and trigger landslides.

Emergency Alerts

- Sign up for CT Alert.
- Download the CTPrepares App
- Listen to NOAA Weather Radio



Luck favors the prepared!





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!

National Nutrition Month®

March

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Discover the Power of Nutrition." Nutrition has the power to help individuals and communities thrive. Discover how food and beverage choices can help power your day. Learn tips for accessing healthy foods in your area. And build healthy habits into your day to help you feel great now and in the future.

Whether you're looking at nutrition headlines or searching for nutritious options, boost your confidence when it comes to food and health. A registered dietitian nutritionist (RDN) or nutrition and dietetics technician, registered (NDTR) can expertly guide you with information driven by science.

Click the image below or scan the QR code and for info sheets for tips on healthier eating



Click here for more



eat right.org Academy of Nutrition and Dietetics



Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



20 Health Tips

1. Eat Breakfast

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. Watch Portion Sizes

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

4. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.

5. Get to Know Food Labels

Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

6. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.

7. Consult an RDN

Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at eatright.org.

9. Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

10. Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

11. Order Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

12. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

13. Banish Brown Bag Boredom

Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

14. Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts label or ingredients list to identify sources of added sugars.

15. Eat Seafood Twice a Week

Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

17. Experiment with Plant-Based Meals

Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

18. Make an Effort to Reduce Food Waste

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

19. Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

20. Supplement with Caution

Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit eatright.org.

Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Naugatuck Valley Health District



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.

SEYMOUR/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
eholcomb@actspooner.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



If you would like information about additional services, including food resources, please contact info2@teaminc.org

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/>

IMPORTANT

SNAP & CASH

Benefit Loading Dates Are Changing
MARCH 1ST 2026

WHAT'S CHANGING?

- **CASH benefits** will issue on the **first day** of the month
- **SNAP benefits** will issue during the **first 8 days** of the month

HOW? Payment date is based on the **last 2 digits** of the **EBT card** as shown to the right:

Client ID:	Loading Date
00-12	1 ST of the month
13-24	2 ND of the month
25-37	3 RD of the month
38-49	4 TH of the month
50-62	5 TH of the month
63-74	6 TH of the month
75-87	7 TH of the month
88-99	8 TH of the month

PLAN AHEAD:

Match your Client ID with the day of the month to know when your SNAP benefits will load.

NEED YOUR CLIENT ID?

Use the last two digits of the **Client Number** from your **ConneCT Card**.
(ex: ID ending in 34 loads on the 3rd)



CONNECTICUT
Social Services

IMPORTANTE

SNAP y EFECTIVO

Las fechas de carga de beneficios están cambiando
1 DE MARZO DE 2026

¿QUÉ ESTÁ CAMBIANDO?

- Los **beneficios de EFECTIVO** se emitirán el **primer día** del mes
- Los **beneficios de SNAP** se emitirán durante los **primeros 8 días** del mes

¿CÓMO? La fecha de pago se basa en los últimos 2 dígitos de la tarjeta EBT como se muestra a la derecha:

ID del cliente:	Fecha de carga
00-12	1 ^{ER} día del mes
13-24	2 ^{DO} día del mes
25-37	3 ^{ER} día del mes
38-49	4 ^{TO} día del mes
50-62	5 ^{TO} día del mes
63-74	6 ^{TO} día del mes
75-87	7 ^{MO} día del mes
88-99	8 ^{VO} día del mes

PLANIFIQUE CON ANTICIPACIÓN:

Relacione su número de identificación de cliente con el día del mes para saber cuándo se acreditarán sus beneficios de SNAP.

¿NECESITA SU ID DE CLIENTE?

Utilice los dos últimos dígitos del **número de cliente** de su tarjeta **ConneCT**.
(Ejemplo: si su ID termina en 34, se cargará el día 3).



CONNECTICUT
Social Services



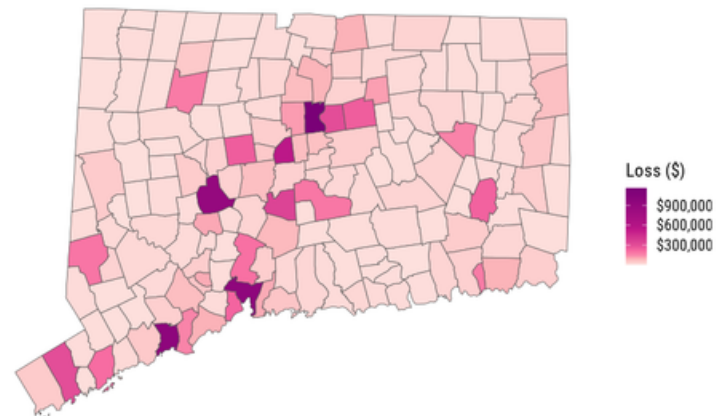
CT residents will see changes with Congress passing House Resolution 1, also known as the "One Big Beautiful Bill Act", which the President signed into federal law on July 4, 2025. The CT Department of Social Services has resources for members and providers outlining the changes and answers questions about work requirements and exemptions for SNAP and HUSKY (Medicaid).

Visit https://portal.ct.gov/dss/all-programs/dss-benefits-and-hr1?language=en_US.

Read how HR1 Could Impact Food Assistance and Local Prosperity in DataHaven's article: Food Assistance and Local Economies at Risk: Projected Federal SNAP Cuts by Connecticut Town and District, available at <https://ctdatahaven.org/report/food-assistance-and-local-economies-risk-projected-federal-snap-cuts-connecticut-town-and/#heading0>

Families Across Connecticut Will Lose SNAP Benefits

Total monthly benefit loss (lower bound), by town



DataHaven

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

If you need immediate assistance, please call or text



On Thursday, February 19th, NVHD's Health Educator Lisa Trupp, Overdose Prevention Navigator Austin Telford, and MRC/Preparedness Coordinator Emilija Griceviciute attended the Alliance for Prevention And Wellness L.E.T.S. Save Lives suicide prevention training.

L.E.T.S. Save Lives: An Introduction to Suicide Prevention for Black and African American Communities is a presentation created in concert with an Advisory Committee of experts in Black and African American mental health and suicide prevention, designed to reduce cultural stigma, foster conversations about mental health, and raise awareness of suicide prevention for individuals who identify as Black or African American. While the program is designed for Black and African American audiences, it is open to anyone (18+) who wishes to attend. The program is grounded in research and delivered by trained presenters who identify as having lived experience within Black and African American Communities.

Learning Objectives for Participants

- Learn the scope of suicide among the Black and African American population
- Understand the racial and systemic factors that impact suicide in the Black and African American communities
- Identify suicide risk and protective factors for Black and African American communities
- Recognize warning signs of suicide
- Gain confidence in talking to someone in suicidal distress
- Learn how to connect someone with help

Click here for more.....



Listening. Empathy. Trust. Support.

<https://afsp.org/letssavelives/>

National Multiple Sclerosis **Awareness and Education Month**

Multiple sclerosis is an unpredictable disease of the central nervous system.

Currently there is no cure.

Symptoms vary from person to person and may include fatigue, mobility challenges, cognitive changes and vision issues.

Nearly 1 million people in the United States live with MS and 2.8 million worldwide.

The National Multiple Sclerosis Society is the go-to source for accurate, actionable information about MS.



To learn more, click the logo below



<https://www.nationalmssociety.org>

**1 IN 3 PEOPLE
WHO *SHOULD* GET
CHECKED FOR
COLON CANCER
DON'T.**



**1 in 3 People
1 in 3 people who should get
checked for colon cancer don't.**

**Colon cancer screening should
begin at age 45 unless you have
family history or symptoms, in
which case it should be done
earlier.**

**Visit LeadFromBehind.org to know
your choices.**

#LeadFromBehind



CLICK HERE

Colorectal Cancer Alliance

We are fiercely determined to end colorectal cancer in our lifetime. Get access to lifesaving resources and support, and find out how you can take action.

 Colorectal Cancer Alliance

LEAD FROM BEHIND — founded by Brooks Bell, powered by the Colorectal Cancer Alliance, and created in partnership with Ryan Reynolds' Maximum Effort — is an initiative on a mission to make colon cancer famous.

The purpose is to help people learn that colon cancer is The Preventable Cancer. It's the second deadliest cancer in America and rising among young people. And it doesn't have to be, because it's preventable. Learn more and let your behind be the leader it was born to be at LeadFromBehind.org.

3 TYPES OF COLON CANCER SCREENING METHODS:

- COLOGUARD®
- FIT TEST
- COLONOSCOPY



Screening Choices

**Colon cancer screening should
begin at age 45. It's the #1 way
to prevent colon cancer.**

**Everyone should know their
choices for getting screened.
Get to know your choices by
talking to your doctor — and visit
LeadFromBehind.org.**

#LeadFromBehind