

NAUGATUCK VALLEY HEALTH DISTRICT

April 2026



NVHD Attends Ansonia Kindergarten Registration

NVHD was pleased to table at the Ansonia Registration Fair for the fourth year in a row. Austin, Vanessa, and Emilija attended the event targeted towards Ansonia residents who have children eligible to attend kindergarten for the upcoming school year. It is an excellent opportunity to strengthen the transition to kindergarten and familiarize families with community agencies such as NVHD and other programs through stations and activities.

This year, about 62 children were registered for kindergarten.



Chronic Disease Self-Management Master Training for New Leaders Held

On March 30th, NVHD's Health Educator Lisa Trupp and Public Health Nurse Kristie D'Averso began a four-day training for new leaders in the Self Management resource Center's flagship Chronic Disease Self-Management Program, or CDSMP.

Partners from area organizations sent 12 participants to be trained as leaders. These organizations can now add or expand their ability to offer CDSMP to their communities, allowing the program to become more widely available in Connecticut.

NVHD was happy to be able to provide this training to this exceptional group of professionals, Congratulations new CDSMP leaders!



Observances in April

- STI Awareness Month
- Stress Awareness Month
- Alcohol Awareness Month
- Medicaid Awareness Month
- Parkinson's Awareness Month
- Occupational Therapy Month
- Oral Cancer Awareness Month
- Testicular Cancer Awareness Month
- National Child Abuse Prevention Month
- National Sarcoidosis Prevention Month
- Sexual Assault Awareness and Prevention Month
- National Cancer Prevention and Early Detection Month

- World Autism Awareness Day: April 2
- World Health Day: April 7
- World Parkinson's Day: April 10
- World Hemophilia Day: April 10
- National Youth HIV and Aids Awareness Day: April 10
- Earth Day: April 22
- National Prescription Drug Take Back Day: April 25
- Fentanyl Awareness Day: April 29
- National Public Health Week: April 6-12
- Black Maternal Health Week: April 11-17
- National Infertility Awareness Week: April 19-25
- National Infant Immunization Week: April 20-27



NATIONAL PUBLIC HEALTH WEEK

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

Join us in Celebrating National Public Health Week April 6 - 12, 2026

This year's theme is **Ready. Set. Action!**

For more than 30 years, communities across the country join the American Public Health Association (APHA) in observing National Public Health Week. It's a moment to celebrate the impact of public health and spotlight priority issues that can improve our nation's well-being.

Follow NVHD's website and social media pages on Facebook, Instagram, X, and LinkedIn as we share more about our local work, celebrate successes, look ahead to upcoming challenges and create a vision for the future.

"For more than 150 years, public health has reshaped what's possible in the United States — adding decades to life expectancy and dramatically improving quality of life. These achievements didn't happen by accident. They were the result of community health workers, medical professionals, scientists and advocates pushing for policies grounded in evidence and focused on equity.

Yet too often, these once-unimaginable gains are taken for granted. National Public Health Week (NPHW) 2026 invites all Americans to renew their commitment to strengthening the systems, science, and community partnerships that keep us healthy.

This year's theme — Ready. Set. Action! — calls on each of us to look back at the progress we've made and look forward to the steps needed for an even healthier future. Because one truth guides it all: Good health doesn't just happen."

- American Public Health Association

www.apha.org/initiatives/national-public-health-week

Join APHA's Keep It Moving Challenge!

Evidence shows that consistent physical activity helps prevent chronic disease, improve quality of life, maintain mental health and promote healthy aging. By focusing on movement, not just steps, we can make sure everyone finds a fun way to compete in the challenge.

Keep it moving on your own, with friends or family, or download the APHA Keep It Moving Challenge app from the Apple App Store or Google Play.

<https://www.hekahealth.com/apha26>



**Public health works –
when we support it.**



NPHW.ORG

APRIL 6-10
ADOLESCENT IMMUNIZATION
 #AIAW26
ACTION WEEK

AMERICAN ACADEMY OF PEDIATRICS
RECOMMENDED VACCINES FOR ADOLESCENTS

AGES

11-12 Years

- HPV¹
- MenACWY²
- Tdap
- Flu³
- COVID-19⁴



13-15 Years

- Catch up on missed vaccines
- Flu³
- COVID-19⁴



16 Years

- MenACWY Booster²
- MenB⁵
- Flu³
- COVID-19⁴



17-18 Years

- Catch up on missed vaccines
- Flu³
- COVID-19⁴



¹The AAP recommends starting the HPV vaccine series between the ages of 9-12.

²The MenACWY vaccine is recommended for all preteens at ages 11-12. Because protection can fade over time, a booster dose is recommended at age 16. If a teen is receiving both the MenACWY and MenB vaccines during the same visit, they may instead receive the MenABCWY vaccine, which protects against all included strains. Talk with your healthcare provider to determine which vaccine is best for you.

³Annual flu vaccination is recommended each year, ideally before flu season begins.

⁴COVID-19 vaccine recommendations are personalized based on individual risk factors, prior vaccination history, and family preferences. Talk with your healthcare provider.

⁵MenB vaccine is recommended for many teens ages 16-18. Talk with your healthcare provider.

Scan the QR code for the latest vaccine recommendations by age

© 2026 Unity Consortium. All Rights Reserved. For more information, please visit www.unity4teenvax.org
 Source: American Academy of Pediatrics



How to Access Your Immunization Record Through CT WIZ



CT WIZ Public Portal is a free service by the Connecticut Department of Public Health Immunization Program. This is an official record of **immunizations received in Connecticut** that can be saved or printed. This record can be used as proof of immunizations for daycare, school, camp, work, travel, etc.

Quickly access your record electronically using the secure online CT WIZ Public Portal by visiting:

[CT.gov/vaccinerecord](https://ct.gov/vaccinerecord)

Visit the CT WIZ Public Portal link above or scan the QR Code:

- 1 Select "Me" or "Dependent" for the record you are requesting.
- 2 Enter your or your minor (age 0 through 17 years) child's name, date of birth, and gender.
- 3 Phone number or email address used when vaccinated.

Note. When using the CT WIZ Public Portal to access your (or your minor child's) immunization record, information entered **must be an exact match** with the CT Immunization Information System.

Your Privacy, Our Priority

Security and protection of patient records is very important. The CT WIZ Public Portal uses 'two-factor authentication'. When you enter your information and a match is found in CT WIZ, **you will be texted or emailed a code to enter and confirm your identity before you can access the record.**



Need Help?

Complete the secure online form ctwizsubmissions.dph.ct.gov. If you need assistance by phone, call our Connecticut Immunization Program at 860-509-7929, open Monday-Friday 8:30am-4:30pm.



Always on the move. Are you up to date?

Talk with your healthcare provider about vaccines that keep teens protected.



Learn more at unity4teenvax.org

Unity® Consortium program is funded by its members, including vaccine manufacturers. January 2026



Vaccines available by appointment!

Call Nurse Kristie at 203-881-3255 x 107

NVHD offers low-cost immunizations for children and adults.

Find out if your child is eligible for free vaccines!

Immunizations available include: MMR, Varicella, Meningococcal, Tdap, Polio, Hepatitis A, Hepatitis B, Td, HPV, and Influenza

FISH CONSUMPTION ADVISORY

Housatonic River*

Near O'Sullivan's Island & North of Derby Dam

Naugatuck River**



Fish caught in the Housatonic* and Naugatuck Rivers should be limited to

ONE MEAL PER MONTH

NEW OR MODIFIED **CONSUMPTION ADVISORIES** WERE ISSUED IN JUNE 2023 AND **REMAIN IN EFFECT** FOR THE FOLLOWING RIVERS: CONNECTICUT, LOWER FARMINGTON, ***HOUSATONIC (NEAR O'SULLIVAN'S ISLAND IN DERBY)**, NATCHAUG, WILLIMANTIC, SHETUCKET, **NAUGATUCK**, PEQUABUCK, STILL (WINCHESTER), SCANTIC, AND QUINNIPIAC.

Why?

Advisories were issued because elevated levels of PFOS were found in fish tissue samples (samples taken 2017-2022). Perfluorooctane sulfonic acid (PFOS) is one of a group of related chemicals known as perfluorinated alkylated substances (PFAS). These are often referred to as "forever chemicals" and are used in a wide range of industrial processes and found in many consumer products.

What are the long-term associated risks?

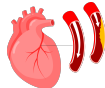
High Blood Pressure



Change in Thyroid Hormone Levels/
Increased Chance of Thyroid Disease



Increased Cholesterol



Changes to Liver Function/
Increased Liver Enzymes



Decreased Immune Response



Preeclampsia During Pregnancy



Developmental Effects



What about the pre-existing Statewide Advisory?

The advice for freshwater fish caught in Connecticut for pregnant women, women who could become pregnant and children under 6 years old (high risk groups) is to eat no more than one meal per month.

For all other groups, the advice is to eat no more than one meal per week of freshwater fish.

This statewide advice is due to mercury contamination found in Connecticut freshwater fish. This statewide advisory remains in place and does not apply to sunfish or trout as there are no consumption limits for these fish species, except otherwise noted.

Where can I find more information?



<https://bit.ly/CTDPH-FishConsumptionAdvisory>

Call 860-509-7740
Or toll free: 877-458-FISH (3474)



Happy EARTH DAY! 2026

In order to combat the current climate crisis, mandatory and assessed climate and environmental literacy with a strong civic engagement component is essential. This powerful combination will produce an active citizenry invested in overcoming the climate emergency. Each year since 1970, Earth Day is assigned a theme to focus the celebrations. **The 2026 theme is “Planet vs. Plastics.”** Among other relevant information, the fact sheets below are available at <https://www.earthday.org/factsheet-landing-page/>

The Plastic Threat to Human Health

The billions upon billions of items of plastic waste choking our oceans, lakes, and rivers and piling up on land is more than unsightly and harmful to plants and wildlife. Plastic Pollution is a very real and growing threat to human health. The following facts shed light on how plastic is proving dangerous to human health. To learn more about the threat and impact of plastic pollution and get tips to reduce your plastic consumption, download our Plastic Pollution Primer and Toolkit today!

- 1 - Bisphenol A also known as BPA,^[1] used to make billions of plastic beverage containers, dinnerware, protective linings of food cans and toys, is considered an endocrine disruptor, meaning it can both decrease or increase endocrine activity in humans and cause adverse health effects.^[2]
- 2 - BPA is able to be absorbed by fat tissue, and is associated with increased risk of breast cancer. ^[3] Additionally, the breast milk of most women in the developed world contains dozens of compounds including BPA that have been linked to negative health effects.^[4]
- 3 - Some animal studies have indicated adverse effects of BPA on newborns and fetuses.^[5]
- 4 - Importantly, the label BPA-free in a container of a bottle doesn't mean a product is free from other harmful chemical compounds that are slightly different but have a different name.^[6]
- 5 - Growing literature links many Phthalates,^[7] which are a group of chemicals used to make plastics more flexible and harder to break, with a variety of adverse outcomes including weight gain and insulin resistance, decreased levels of sex hormones, and other consequences for the human reproductive system both for females and males.^[8]
- 6 - When food is wrapped in plastic containing BPA, phthalates may leak into the food. Any migration is likely to be greater when in contact with fatty foods such as meats and cheeses than with other foods.^[9]
- 7 - In general, it is not recommended to heat food in plastic containers with the codes 3 and 7. The USDA Food Safety and Inspection Service advises Americans not to reuse margarine tubs, take-out containers, whipped topping bowls, and other one-time use containers, which are more likely to melt and cause chemicals to leach into food.^[10]

Microplastics in Drinking Water

- 1 - Each year, the average American ingests more than 70,000 microplastics in their drinking water supply. ^[1] These plastics originate from multiple sources, but are mostly linked to littering, stormwater runoff, and poor wastewater management in treatment facilities.
- 2 - The US passed the Microbead-Free Waters Act of 2015, which banned plastic microbeads in cosmetics and personal care products sold in the United States. ^[2] Critically, there are no regulatory limits on the levels of microplastics in bottled water.^[3]
- 3 - The United States Environmental Protection Agency (EPA) proposed a National Strategy to Prevent Plastic Pollution on Earth Day 2023, addressing microplastic interventions to proactively prevent fibers from entering drinking water sources. ^[4]
- 4 - A single fleece jacket sheds up to 250,000 microfibers during a single wash. In the transport from the washing machine into drinking water, “microfiber captures” are being developed by entrepreneurs to prevent fibers from clogging filters and jeopardizing urban water treatment infrastructure. ^[5] -
- 5 - Microfibers from synthetic fibers have been shown to make up the majority of human material found along the world's shorelines, accounting for up to as much as 85%. ^[6]
- 6 - Microplastics can also come from car tires. Plastic dust is created by the friction between the wheels and the road and is blown into waterways and inhaled by humans. Car tires shed 20 grams of plastic dust every 100 kilometers. ^[7]
- 7 - Biologically-active slow sand filters, which are utilized in some water treatment plants for decontamination purposes, have shown a 99.9% efficiency in removing microplastics from drinking water. ^[8]
- 8 - According to a 2020 study conducted by PEW Trusts, annual flows of plastic into the ocean could be reduced by 80% by 2040 through the application of existing approaches to reduce our consumption of single-use plastics and the adoption of eco-friendly alternatives. ^[9]



PLANET VS. PLASTICS | HAPPY EARTH DAY APRIL 22

According to EarthDay.org, “Connecticut follows the Next Generation Science Standards as a framework for teaching climate change in schools. However, they are also attempting to require that the climate change requirements in the NGSS be added to the science curriculum. Connecticut is going above and beyond to try and prepare students for our changing world, and they are obviously moving in the right direction.”

EARTH DAY 2026

Our Power, Our Planet™

Saturday, April 18

10 am - 3 pm



LIVE ANIMALS!
AND MORE!



Free Admission. All ages welcome!

**EARTH
N
C** 

Every day is Earth Day at the Nature Center! We invite you to honor Mother Earth with us during this annual event. Enjoy hikes, live animals, environmental exhibitors, craft vendors, food trucks, music, and more!

For more info: www.ansonianaturecenter.org/earthday

ANSONIA NATURE CENTER

Our Power, Our Planet™ is a trademark of EarthDay.org

10 Deerfield Lane, Ansonia, CT

Phone: 203-736-1053

www.AnsoniaNatureCenter.org

Earth Day Pop-Up Park!

Join us April 22nd from 10am-4pm
at the Derby Greenway!



WHAT?

The University of Connecticut Department of Plant Science and Landscape Architecture will transform part of the Derby Greenway Trail parking lot into a temporary pop-up park from 9am-5pm on Wednesday, April 22, 2026.

WHERE?

Derby Greenway Trail
7 10 20A, Derby, CT 06418

Corner of Division St. & N. Division St.
Across from BJ's

Key purposes of pop-up parks

Urban Revitalization

Learn how underutilized spaces like vacant lots, parking spaces, and concrete pavements into lively community assets, acting as a low-cost, quick-fix to enhance neighborhood aesthetics.

Economic Stimulation

Boost local businesses by increasing foot traffic, making retail or restaurant areas more attractive to pedestrians.

Community Building & Well-being

Pop-up parks create "mini-oases" where people can gather, play, and connect with nature, enhancing the livability and social fabric of densely built cities.

Recreation and Play

Immediate, often creative, play opportunities for children and families in areas where permanent parks are lacking

Environmental Benefits

Small-scale greening offers ecological advantages by increasing biodiversity, reducing heat buildup, and providing habitat for insects and spiders.

Experimentation

Acting as pilots, pop-up parks allow developers and city planners to test the viability of turning spaces into permanent public areas, sometimes leading to long-term improvements.

Plus free giveaways from NVHD!



UConn
UNIVERSITY OF CONNECTICUT

PSLA
Plant Science and
Landscape Architecture
UConn CAHR

ANSONIA, DERBY SEYMOUR & SHELTON



Public Health
Prevent. Promote. Protect.

Naugatuck Valley Health District



HELP OUR RESEARCH & HOST A FREE AIR QUALITY SENSOR!

Naugatuck Valley Health District (NVHD) invites local businesses, public buildings, community organizations, and residents in Ansonia, Derby, Seymour and Shelton to participate in an exciting community science initiative: the NVHD Air Quality Monitoring Program!

Selected host sites will receive a PurpleState Air Quality Sensor, including the power source and SD data microchip, with a total value of \$359. These devices are provided completely free of charge to participating locations through federal grant funding. The devices will be installed by a project partner.

PurpleAir sensors measure particulate matter (PM). The sensors will relay data in real time to a publicly available online dashboard, the PurpleAir Real-Time Map, which is accessible on any smart device or web browser.

How Much Power Does a PurpleAir Sensor Draw?
About 1 watt. For context, one LED lightbulb draws ten times as much energy. A phone charger plugged-in but left idle/not charging anything draws approximately 2-5 watts.

By volunteering as a host site, you will help:

- Expand local air quality monitoring in the Naugatuck Valley
- Support public health research and environmental awareness
- Provide valuable real-time data to residents, researchers, and public health officials
- Contribute to improved understanding of environmental factors that impact respiratory health, including asthma
- Community participation is essential to building a reliable and representative air monitoring network that benefits all residents of Ansonia and Derby

Upon completion of 1-year of data collection, residential host sites will be eligible to receive a one-time \$120.00 Visa gift card as appreciation for their participation.

For more information, please contact John Mucha, MPH, RS, Head Sanitarian jmuch@nvhd.org or 203-881-3255 x 112

SIGN UP HERE!
<https://bit.ly/ValleyAirSensor>



“The PurpleAir Flex is perfect for residential, commercial, or industrial users looking to collect real-time PM2.5 data from a tough, inconspicuous sensor. Connect it to WiFi to view that data on the PurpleAir Real-Time Map. An LED displays AQI information at a glance, and a modular design provides easy access to internals.”
- PurpleAir.com



\$359 Value!

- Measures PM2.5
- Temperature, Humidity & Pressure Sensor
- VOC Sensor
- Connects To Real-Time Map
- Weather Resistant
- SD Card Logger
- Dual Particle Counters



N.O.P.E. PROGRAM

NAUGATUCK VALLEY OVERDOSE PREVENTION & EDUCATION



Did You Know?

Public Health Emergency Declarations

The Secretary of the Department of Health and Human Services (HHS) may, under section 319 of the Public Health Service (PHS) Act, determine that: a) a disease or disorder presents a public health emergency (PHE); or b) that a public health emergency, including significant outbreaks of infectious disease or bioterrorist attacks, otherwise exists.

The declaration lasts for the duration of the emergency or 90 days, but may be extended by the Secretary. Congress must be notified of the declaration within 48 hours, and relevant agencies, including the Department of Homeland Security, Department of Justice, and Federal Bureau of Investigation, must be kept informed.

Prior to issuing the declaration, the Secretary should consult with public health officials as necessary.

<https://aspr.hhs.gov/legal/PHE/Pages/Public-Health-Emergency-Declaration.aspx>



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES



Renewal of Determination That a Public Health Emergency Exists

As a result of the continued consequences of the opioid crisis affecting our nation, on this date and after consultation with public health officials as necessary, I, Robert F. Kennedy, Jr., Secretary of Health and Human Services, pursuant to the authority vested in me under section 319 of the Public Health Service Act, 42 U.S.C. § 247d, do hereby renew for an additional 90 days, effective March 17, 2026, the October 26, 2017, determination by former Acting Secretary Eric D. Hargan, and most recently renewed effective, December 17, 2025, that an opioid public health emergency exists nationwide.

March 16, 2026

/s/

Date

Robert F. Kennedy Jr.

<https://bit.ly/OpioidDeclarationRenewal-March26>



'Gas Station Heroin,' Kratom, 7-OH, others designated Schedule 1 Controlled Substances in Connecticut effective March 25, 2026

Excerpt from the CT Department of Consumer Protection Press Release:

"...Kratom, which is sold in many different forms including pills, beverages, gummies and candy, powder and in its natural leaf form, currently has no approved medical use. It is not prescribed by physicians and is primarily available for purchase by people of all ages at gas stations and smoke shops, with no regulations, product testing, or other consumer protections. Kratom and its derivatives, including the synthetic 7-OH, are sold alongside other drugs included in the law that are known to be harmful and addictive, creating a public health concern.

In addition to mitragyna speciosa (kratom), including its leaves, stem and any extracts, the following substances have also been designated as schedule 1 controlled substances:

- 7-hydroxymitragynine (7-OH, a kratom derivative)
- Bromazolam
- Flubromazolam
- Nitazenes, including, but not limited to, isotonitazene
- Tianeptine
- Phenibut

The law authorizes DCP to reschedule these substances again in the future, if new research indicates kratom has a medical purpose that can be beneficial."

Read the full announcement here: <https://bit.ly/Katrom-Schedule1>



SAVE THE DATE

Saturday, April 25
10 a.m. - 2 p.m.

APRIL 2026						
S	M	T	W	T	F	S
				1	2	3
5	6	7	8	9	9	10
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

STAY INFORMED.
SAVE A LIFE.

You can't tell the difference between a legitimate prescription pill and one that's made of fentanyl.

NATIONAL FENTANYL AWARENESS DAY

#NFAD2026 | #NoRandomPills | fentanylawarenessday.org

STAY INFORMED.
SAVE A LIFE.

70% of teen drug deaths involve fentanyl.

NATIONAL FENTANYL AWARENESS DAY

#NFAD2026 | #NoRandomPills | fentanylawarenessday.org

FREE FENTANYL TEST STRIPS AND NARCAN TRAINING AVAILABLE FROM NVHD

Contact Austin Telford, MPH, CCHW
Overdose Prevention Navigator at 203-881-3255 x 128
or by email atelford@nvhd.org

SAVE A LIFE DAY

Naloxone Training with Local CT Health Departments/Districts

In honor of National Public Health Week join the following health departments/districts for a **FREE** Naloxone training opportunity
Wednesday, April 8, 2026.



Naugatuck Valley Health District

3:00 – 4:00pm

Derby Neck Library (307 Hawthorne Ave., Derby)

To register, email atelford@nvhd.com

New Britain Health Department

6:00pm

New Britain Senior Center (55 Pearl St, New Britain)

North Central District Health Department

3:00 – 5:00pm

North Central District Health Department

(31 N Main St, Enfield)

To register, email informationrequests@ncdhd.org or call (860) 745-0383. Walk-ins welcome.

Norwalk Health Department

10:30 – 11:30am ***Spanish***

Open Doors at Smilow Life Center (55 Chestnut St., Norwalk)

To register, visit:

www.thenorwalkpartnership.org/events

2:30 – 3:30pm

CT State: Norwalk, 188 Richards Ave., Norwalk

To register, visit:

www.thenorwalkpartnership.org/events

South Central Health District

Southington Municipal Center (200 N Main St)

No registration required.

Stratford Health Department

April 7 10:00am – 12:00pm

468 Birdseye St., Stratford

Email health@townofstratford.com or call

(347) 652-6775

Trumbull Health Department

9:00am – 4:00pm

335 White Plains Rd, Trumbull

Walk-in or email sjacozzi@trumbull-ct.gov

Uncas Health District

11:00am – 1:00pm

Mohegan Fire House (2029 Norwich New London Tpk, Uncasville)

Drop in any time between 11am – 1pm.

Email harmreduction@uncashd.org.

Wallingford Health Department

6:00 – 9:00pm

Closed Training with CERT Team

West Hartford-Bloomfield Health District

9:00 – 9:30am

West Hartford Town Hall, Room 400

Email Sarah Zogu at

sarah.zogu@westhartfordct.gov or

(860) 561-7901. Walk-ins welcome.

12:30-1:00pm

580 Cottage Grove Road Ste. 100, Bloomfield

Email Sarah Zogu at

sarah.zogu@westhartfordct.gov or

(860) 561-7901. Walk-ins welcome.

West Haven Health Department

5:30pm

Virtual via Microsoft Teams

To register visit: <https://tinyurl.com/456x4nh6>



SAVE A LIFE DAY

Naloxone Training with Local CT Health Departments/Districts

In honor of National Public Health Week join the following health departments/districts for a **FREE** Naloxone training opportunity
Wednesday, April 8, 2026.



Aspetuck Health District

6:00 - 7:00pm

Wesport Library (20 Jesup Rd, Westport)

RSVP at: positivedirections.org/events.

Central Connecticut Health District

10:00am - 1:00pm

Berlin Peck Memorial Library (234 Kensington Rd)

No registration; stop by their table anytime between 10am - 1pm for a quick training and free naloxone kit.

Chesprocott Health District

April 9 10:00 - 11:30am, 2:00 - 4:00pm

1187 Highland Ave. Ste 210, Cheshire

Walk-ins only call (203) 439-0720 with questions.

Darien Health Department

6:00pm

POST 53 (0 Ledge Rd.)

To register, email papazidis@darienct.gov.

East Hartford Health Department

April 7 6:00 - 7:00pm

Wickham Memorial Library (656 Burnside Ave.)

Reg.: <https://forms.office.com/g/s2JInbPrpi>

or call (860) 291-7324. Walk-ins also welcome.

East Shore District Health Department

9:00 - 10:30am and 2:00 - 4:00pm

East Shore District HD (688 E Main St., Branford)

Walk-in trainings. Questions? Email theier@esdhd.org or mwierzel@esdhd.org.

Fairfield Health Department

6:30pm

Fairfield Main Library (1080 Old Post Rd.)

To register, email sjaronko@fairfieldct.org

Housatonic Valley Health District

12:00 - 3:00pm

Southbury Public Library (100 Poverty Rd)

No registration required, can email cht@hvhdct.gov or call (203) 264-9616

Ledge Light Health District

April 10 9:00am - 12:00pm & 3:00 - 4:30pm

The Place Community Wellbeing (74 Garfield Ave., New London)

To register, email mlancaster@llhd.org or call (860) 910-0445.

Meriden Dept. of Health & Human Services

1:00 - 3:00pm

Meriden Green (Mill St)

Join us with Rushford for pop-up training and community resources.

Middletown Health Department

12:00 - 1:00pm

Russell Library (123 Broad St.)

Register [here](#)

Milford Health Department

4:00pm

Milford United Way (20 Evergreen Ave.)

To register, call (203) 701-4524

Monroe Health Department

April 8 9:00 - 11:00am

April 9 6:00 - 7:00pm

Monroe Public Library/ Monroe EMS

To register email health@monroect.gov



March Training Recap

Ready When It Matters Most

In addition to writing planning and guidance documents, training helps health department staff and volunteers build and strengthen their abilities to effectively respond to a range of public health threats, including infectious diseases, natural disasters, and biological, chemical, nuclear, and radiological events.

Regional Collaborative Training Highlights

- NVHD's Public Health Emergency Preparedness Coordinator Emilija Griceviciute, MPH, attended a multi-day HERT & Dahlgren Decontamination Training at Charlotte Hungerford Hospital.
- Emilija also attended a First Aid training on behalf of the NVMRC, sponsored by the Capitol Region MRC.
- Director of Health Jess Kristy evaluated and participated in Region 1's "Crisis at Center Stage" tabletop exercise—an interactive exercise designed to test coordinated response to a potential biological threat and identify strengths and areas for improvement. Emilija also participated in this exercise.

Training Impact

This month's trainings included Hospital Emergency Response Team (HERT) operations, dry decontamination practices, Dahlgren Decontamination, practical skills for responding to medical emergencies, and participation in a regional tabletop exercise.

These activities strengthened staff readiness to assist community members effectively and enhanced coordination with regional partners. Through hands-on training and interactive exercises, staff built skills in communication, leadership, and time management while identifying strengths and areas for improvement. NVHD's goal remains simple: to help every staff member develop personally and professionally and to minimize the impact of adverse events to our community.



Interested in preparedness trainings?

Contact: Emilija Griceviciute

✉ egriceviciute@nvhd.org

☎ 203-881-3255 ext. 122



Learn more about Public Health Emergency Preparedness at our website!

www.nvhd.org/emergency-preparedness/



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

If you need immediate assistance, please call or text

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



Suicide awareness and response has several approaches, which include both preventative measures as well as care in the aftermath of completed suicide or untimely death. Currently in the Naugatuck Valley, we do a lot of work in the prevention space, so we wanted to add postvention awareness and support to our training opportunities. Therefore, in recognition of Mental Health Awareness Month this May, NVHD will partner with the Alliance for Prevention and Wellness and Western Connecticut Coalition to offer postvention CONNECT training.

Please see the flyer below for details.

SUICIDE POSTVENTION RESPONSE TRAINING

CONNECT training teaches the skills to respond in a coordinated, comprehensive way after a suicide or untimely death.

Workshop participants will:

- Gain awareness of the **impact of suicide** and risk of contagion on survivors of suicide loss and communities.
- Understand the grief experienced by individuals, families, and communities following a suicide and learn ways to **enhance coping** for all.
- Identify discipline-specific protocols and best practices for **immediate and long-term communication** after a suicide.
- Review warning signs for promoting **postvention as prevention**.

REGISTER HERE

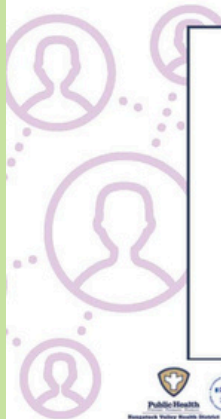


**PART 1: MONDAY, MAY 18
1:00-4:00PM**

**PART 2: TUESDAY, MAY 19
1:00-4:00PM**

ANSONIA SENIOR CENTER
(BELOW THE POLICE STATION)

ATTENDANCE **REQUIRED** AT BOTH SESSIONS



Email Lisa Trupp at ltrupp@nvhd.org with questions.



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Naugatuck Valley Health District



Save a Life with... **Question Persuade Refer** *A Suicide Prevention Program*

Become a certified QPR
Gatekeeper

QPR is a nationally
recognized, evidence-
based suicide
prevention program
QPR is like CPR for
mental health
emergencies,
providing hope and
assistance until help
is available.

VirtualCommunity Training Session,
Friday, May 8th , 2026, 12:00pm
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.
**Thosewhocompletethetrainingwillreceiveaone-year
QPR Gatekeeper certification*

[Click Here To Register](#)
Or Enter This Link Into Your Browser

↓
<https://bit.ly/4c32vLS>



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!



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

ORAL CANCER AWARENESS MONTH



Did you know?

- 450,000+ new cases are found each year worldwide, often discovered late in development
- Oral, head and neck cancers are 2x more common in men than women
- 50,000 people are diagnosed each year in the United States
- Fastest-growing segment of the oral cancer population: Non-smokers younger than 50.



Risk Factors:

- Alcohol Especially when also using tobacco.
- Tobacco Cigarettes, pipes, cigars, vaping or smokeless tobacco (i.e. chew, snuff, snus)
- Exposure to HPV The sexually transmitted human papillomavirus.
- Other Conditions:
 - poor oral hygiene
 - poor nutrition
 - infectious diseases

Signs & Symptoms:

- You may have NO symptoms at all so staying up to date with dental appointments are important.
- A sore on the lip or in the mouth that does not heal.
- A lump or thickening on the lips or gums or in the mouth.
- A white or red patch on the gums, tongue, tonsils or lining of the mouth.
- Bleeding, pain or numbness in the lip or mouth.
- Change in voice.
- Loose teeth or dentures that no longer fit well
- Trouble chewing or swallowing or moving the tongue or jaw.
- Swelling of the jaw.
- Sore throat or feeling that something is caught in the throat

Early Detection is key!

- Performing a self-examination regularly increases the chance of identifying changes or new growths early.
- See your dentist for an oral examination at least annually.

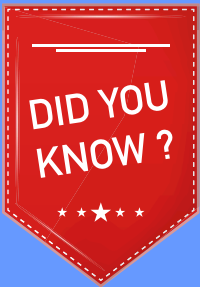


Oral and maxillofacial surgeons:
The experts in face, mouth and
jaw surgery®





Early Detection Saves Lives: Raise Awareness. Take Action. Make a Difference.



- April is Testicular Cancer Awareness Month, a time dedicated to raising awareness about the most common cancer in men 15-44 years old.
- Early detection is key, often eliminating the need for additional surgeries, chemotherapy, or radiation.

- Testicular Cancer is over 95% curable when detected early.
- Regular testicular self-exams can help detect any irregularities or changes quickly, leading to early detection and lessening the treatment burden.

Self-examination of the testes is important for early detection of testicular cancer (TC). The most common method of early detection is performing a **monthly exam**.

Upon reaching puberty, all men should conduct a monthly testicular self-exam and ask your doctor during your yearly physical to perform one as well.

Testicular Self Exam



PERFORM MONTHLY

1.



Grab

Cup one testicle at a time using both hands best performed during or after a warm bath or shower.

2.



Examine

Examine by rolling the testicle between thumb and fingers use slight pressure.

3.



Get Familiar

Familiarize yourself with the spermatic cord & epididymis tube like structures that connect on the back side of each testicle.

4.



Feel for Changes

Feel for lumps, change in size or irregularities it is normal for one testis to be slightly larger than the other.