

NAUGATUCK VALLEY HEALTH DISTRICT



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



April 2024

NVHD IN THE COMMUNITY



Community Health Team Delivers Diabetes Program at Robert E. Hutt Housing in Naugatuck

On March 6th, 2024 NVHD Health Educator Lisa Trupp and Public Health Nurse Kristie D'Averso (pictured below with participants) completed a six week Live Well with Diabetes program at Robert E. Hutt Housing in Naugatuck.

The sessions, which began January 31st, provided residents with information about how to manage diabetes using nutrition, physical activity, stress reduction and proper medication management. The program was well received by the residents at Hutt and NVHD will look to do coordinate with Hutt staff to provide additional programming in the future.



NVHD Immunization Staff Attends Ansonia Kindergarten Kick-Off Day

On March 23rd, NVHDs, CAP Coordinator Nancy Serrano, Immunization Program Specialist Vanessa Lopez (both pictured below) and Public Health Nurse Kristie D'Averso had the pleasure of attending the Ansonia Kindergarten Registration Fair. It was a great opportunity for families to gain a wealth of information on resources in their community. The team set up in the gymnasium along with multiple other organizations and provided important back-to-school immunization information and resources! We enjoyed our time at the Ansonia Kindergarten Registration Fair and look forward to attending again next year!



CELEBRATING Women's HISTORY MONTH



Dr. Virginia M. Alexander



Annie Dodge Wauneka



Dr. Isabel M. Morgan



Dr. Margaret "Mom" Chung

To celebrate Women's History Month, Naugatuck Valley Health District honored four public health heroines who dedicated their lives to medicine, the health of their communities, and bridging health equity gaps. Each woman is a pioneer in her own right and leaves behind a lasting legacy; check out our social media to learn more and remember to celebrate the women making public health history alongside you today!

IDEA of the Month

NVHD is sharing one term or concept from its newly created Inclusion, Diversity, Equity, and Anti-racism (IDEA) Glossary each month.

This month's term is:

BIPOC:

An acronym that stands for **Black, Indigenous, and People of Color**. The term BIPOC is intended to highlight the unique relationship to whiteness that Indigenous and Black people have, which shapes the experiences of and relationship to white supremacy for all People of Color within the context of the United States. It is best to use precise language – if you're talking about Black people, use the word Black, if you're talking about Indigenous people, use the word Indigenous. **Use BIPOC when appropriate, not as a default.** While some people prefer the term BIPOC, not one term is going to be embraced by every member of its community. What people like to be called is a matter of personal preference so if someone prefers a different term, adapt your language appropriately.

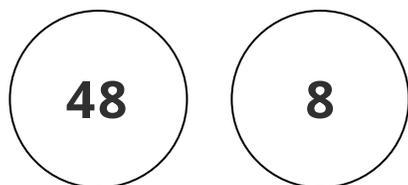


APRIL HEALTHY VALLEY SPOTLIGHT

COVID CORNER 

* NVHD monitors the number of people **in the Valley** who test positive for COVID-19 each month; please note that the numbers here reflect a combination of **home tests** and **lab results** reported to us by test sites.

MARCH*



positive adults

positive minors

REPORT POSITIVE TEST RESULTS HERE!



COVID-19 GUIDANCE: THEN VS NOW

THEN:

NOW:

If you test positive for COVID-19 and have symptoms, isolate for a minimum of **5 days**, returning to normal activities on day 6 if you have no fever and symptoms are improving

If you test positive for COVID-19 and have no symptoms, isolate for a minimum of **5 days**, returning to normal activities on day 6

Once out of isolation, **mask for 5 days** while indoors

If you are experiencing COVID-like symptoms, **isolate** immediately and seek **testing**

If you have been exposed to COVID-19, wear a **mask** indoors for **10 days** and **test on day 5** post-exposure

If you test positive for COVID-19, stay home **until** you have had no fever and symptoms are improving for a minimum of **24 hours**

If you test positive for COVID-19 and have no symptoms, **continue with normal activities** but take added precautions for the **next 5 days** (masking, testing, maintaining physical distance, etc.)

Once you return to normal activities, take added precautions for the **next 5 days** (masking, testing, maintaining physical distance, etc.)

If you are experiencing COVID-like or other respiratory symptoms that cannot be otherwise explained, continue with normal activities but **take added precautions** (see above)

If you have been exposed to COVID-19, continue with normal activities and **take added precautions** (see above)

UPCOMING NVHD EVENTS APRIL-MAY 2024

01

02

Chronic Disease Self-Management

Mental Health First Aid: One Day Training

Naugatuck Valley Health District is hosting a six-week Live Well with Chronic Disease program at the Seymour Community Center.

Naugatuck Valley Health District is offering an in-person, one day Mental Health First Aid training at our office in Seymour on Monday, May 13th, from 8am to 4pm.

The sessions are scheduled for Wednesdays from 1:30 to 4:00pm and will run from April 17th to May 22, 2024.

Individuals trained in Mental Health First Aid learn:

- Risk factors and warning signs for mental health and addiction concerns.
- Strategies on how to help someone in crisis.
- How to be a bridge between someone in crisis and additional help they may need.

For more information or to register for the program, please see the attached flyer or contact Morgan Manzer at the Seymour Community Center, 203-888-0406, ext. 1.

For more information or to enroll, please see the attached flyer or contact NVHD at 203-881-3255, and speak with Lisa Trupp at ext. 108 or Barbara Becker at ext. 128.

Health Observances in April

Alcohol Awareness Month

National Minority Health Month

National Autism Awareness Month

Sexual Assault Awareness and Prevention Month

STI Awareness Month

April 1st through April 7th: National Public Health Week

April 1st through April 7th: CT Health Equity Week

April 22nd to 26th: Every Kid Healthy Week

April 22nd to 29th: National Infant Immunization Week

April 20th: Earth Day 2024



April is Alcohol Awareness Month—a time to raise awareness of alcohol use & misuse. Find helpful resources on alcohol use & misuse prevention, treatment & recovery support services that you & your community can use to support those who may be struggling: samhsa.gov/find-help/atod/alcohol.

According to the Substance Abuse & Mental Health Services Administration, alcohol is the most prevalent substance involved in substance-related emergency department visits. Between January 1, 2023 - January 1, 2024, there were **457** alcohol-related emergency room visits among Valley residents. **18** of these instances were individuals under the legal drinking age of 21 years old.



A new CDC report reveals a spike in alcohol-related deaths are up by 40,000 annually.

Everyone can help prevent excessive alcohol use

You can:

Choose not to drink or to drink in moderation by limiting intake to 2 drinks or less in a day (if you're a man) and 1 drink or less in a day (if you're a woman), on days when alcohol is consumed.

Some people should not drink any alcohol, including if they:

- Are pregnant or might be pregnant.
- Are younger than 21.
- Have certain medical conditions or are taking certain medicines that can interact with alcohol.
- Are recovering from an alcohol use disorder or are unable to control the amount they drink.

Check your drinking, and learn more about the benefits of drinking less alcohol.

Support effective community strategies to prevent excessive alcohol use, such as those recommended by the Community Preventive Services Task Force.

Not serve or provide alcohol to anyone who should not be drinking, including people younger than 21 or those who have already consumed too much.

Talk with your health care provider about your drinking behavior and request counseling if you drink too much.

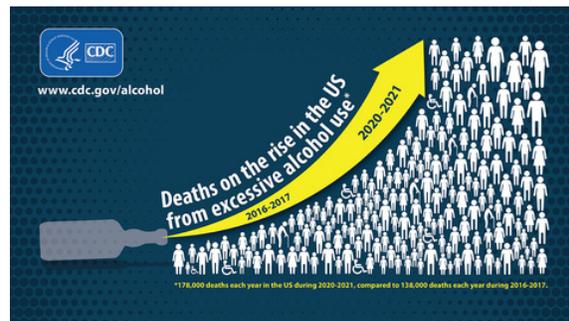
The Naugatuck Valley Community Health Improvement Plan (CHIP) has 3 priority focus areas: Substance Use, Mental Health, and Equitable Access to Health Services. In the Substance Use - Alcohol Subcommittee, organizations alongside NVHD, Griffin Hospital, and BHcare's Alliance for Prevention & Wellness are working to reduce youth access to alcohol in the Valley through education and alcohol compliance checks in collaboration with local schools and police departments.

**Are you interested in volunteering for one of our Community Health Improvement Plan Subcommittees?
Email Jess at jkristy@nvhd.org for more information!**

April 1 -8, 2024 is Worldwide Climate and Justice Education Week

Worldwide Climate and Justice Education Week is a global initiative sparking real dialogue on climate and justice in communities around the world. **Solving climate requires all of us. Not just climate experts, but everyone!** Why is climate change a public health problem?

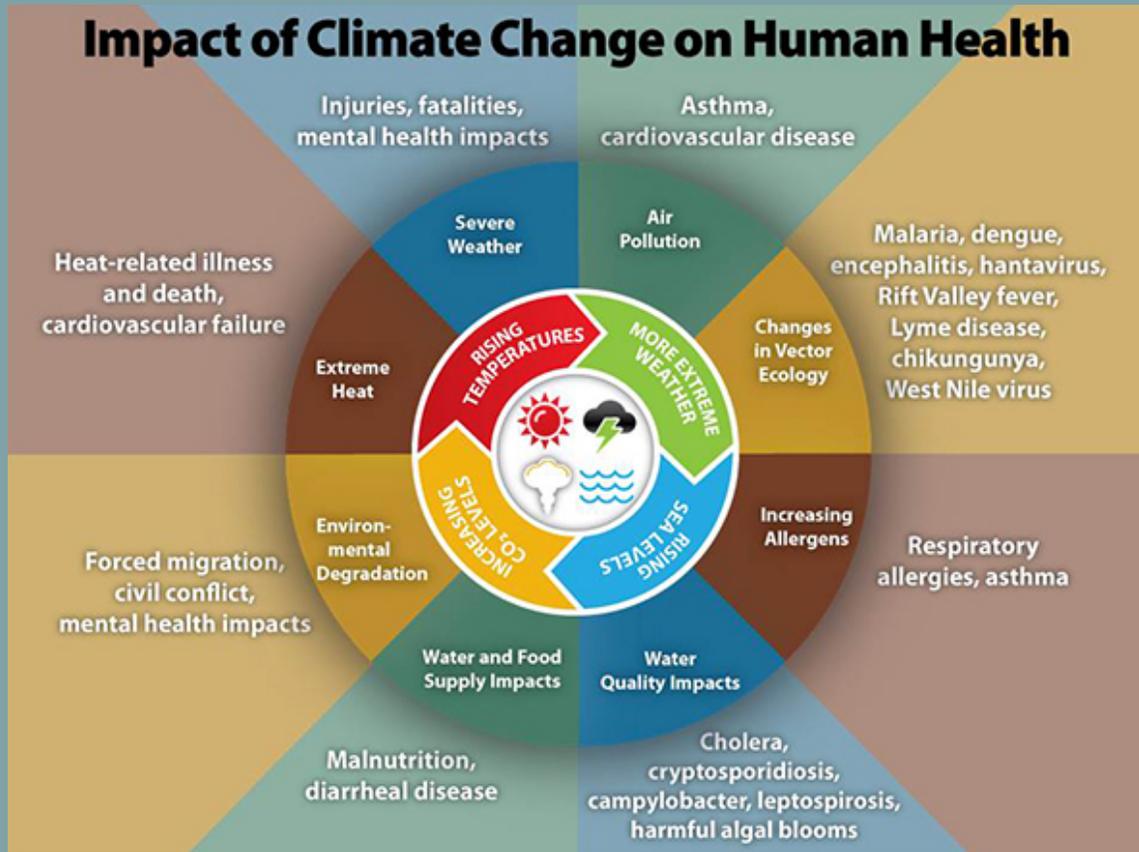
According to Climate for Change, the same pollution generated from burning fossil fuels also has direct impacts on human health. Rising temperatures influence air, food, and water quality, as well as the habitats for disease-carrying vectors like mosquitoes and ticks. More frequent and severe storms are damaging people's homes and communities, with mental health suffering immediately after these storms and more generally from a feeling of hopelessness. While climate change impacts all of us, low-income communities, children, the elderly, and those with existing illnesses are some of the most vulnerable.



»» ENVIRONMENTAL HEALTH NEWS ««

CLIMATE CHANGE

Climate change, together with other natural and human-made health stressors, influences human health and disease in numerous ways. Some existing health threats will intensify, and new health threats will emerge. The chart below depicts how climate change can affect human health.



For more information please visit:

<https://www.cdc.gov/climateandhealth/effects/default.htm>

Temporary Events

REMINDER: Any vendor serving food at a temporary event must obtain a food service license from NVHD. To apply or for more information, please visit www.nvhd.org/forms-applications or call our office at 203-881-3255



Updates from NVHD's Public Health Emergency Preparedness Program

NVHD's Public Health Emergency Preparedness and Medical Reserve Corps Coordinator, Barbara Becker, attended the National Association of County and City Health Officials (NACCHO) Preparedness Summit from March 25-28, 2024 in Cleveland, Ohio.

Public Health, Healthcare, and Emergency Management:
Aligning to Address Cascading Challenges

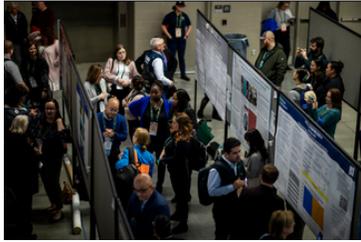
MARCH 25-28, 2024 CLEVELAND, OH

PREPAREDNESS
SUMMIT

The Preparedness Summit is the place for individuals to gain knowledge, resources, and relationships necessary to prepare for and respond to public health emergencies. More than 2,500 individuals attended who work in all levels of the government (federal, state, and local), emergency management, volunteer organizations, healthcare coalitions, and academia—to share best practices, build partnerships, advance skillsets, and take away innovative solutions and practical strategies to address the vulnerabilities in our country's health security system.



Pictured: Barbara Becker, MS, NVHD PHEP & MRC Coordinator



Photos made available by the National Association of County and City Health Officials Flickr.



Now Recruiting Volunteers!

The Naugatuck Valley Medical Reserve Corps, or MRC for short, is a local unit of **both non-medical and medical volunteers** who are 18 years and older that live and/or work in the Naugatuck Valley area. NVHD will provide all training free of cost to volunteers including but not limited to topics such as:

- Personal, Family and Pet Preparedness
- CPR and First Aid
- Mass Vaccination and Mass Prophylaxis Operations
- Family Assistance Center Operations
- Mental Health First Aid, Psychological First Aid
- Question, Persuade, Refer (QPR) Suicide Prevention
- Stop the Bleed and Until Help Arrives
- Assisting Individuals with Access and Functional Needs
- Narcan Administration & the Opioids Epidemic



To register with the Medical Reserve Corps as a volunteer for medical or non-medical missions, visit CT Responds! page on the state's Department of Health website and register. When volunteer opportunities arise, your unit leader will reach out to you and other volunteers that match the needs based on profile completeness, skills, trainings, medical licensure verification, and availability.

- Step 1: Register online on the Connecticut Volunteer Management Website www.CTResponds.CT.gov
- Step 2: Click the yellow "Register" button on the homepage to create your account and profile.
- Step 3: Complete all requested fields in order to complete your profile. You must enter your social security number but this is kept confidential, even from the Unit Leader.
- Step 4: Select the MRC Unit of your choice (Naugatuck Valley MRC)
- Step 5: Once accepted and by signing up online, you are consenting to having a background check.
- Step 5: The Unit Leader will then contact you through the CTResponds! website and email for orientation, the completion of the mandatory Loyalty Oath (this provides volunteers liability coverage while training or activated with the MRC), and training or response opportunities.

For questions regarding the Medical Reserve Corps or the Public Health Emergency Preparedness Program, please contact Barbara Becker at bbecker@nvhd.org or 203-881-3255 x128

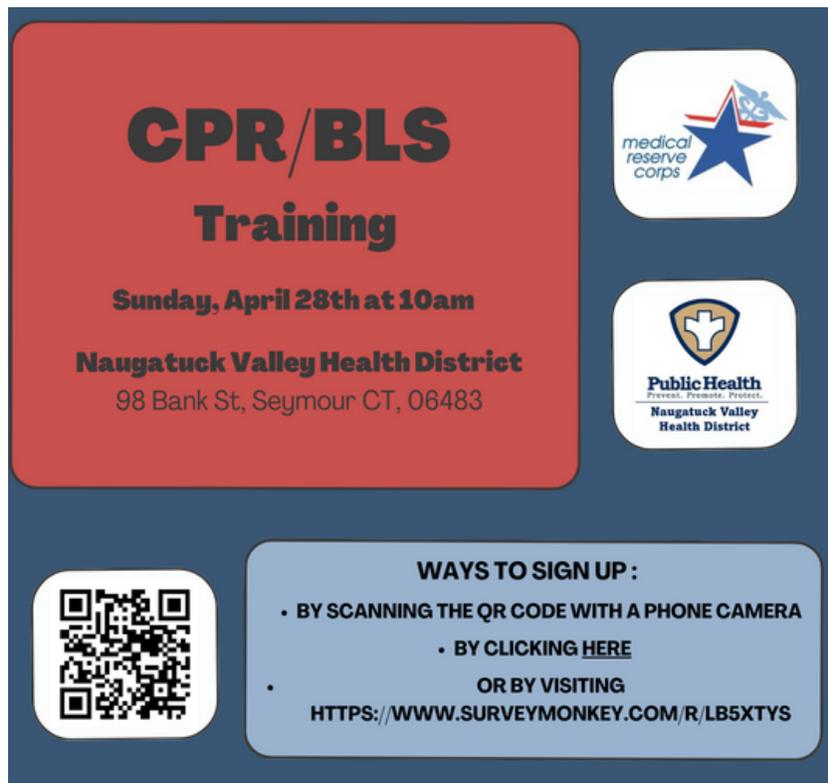
Upcoming NVMRC Volunteer trainings:



FIRST AID TRAINING

Thursday, April 11th 4pm
Naugatuck Valley Health District
98 Bank St, Seymour CT, 06483

Sign up by clicking [here](https://www.surveymonkey.com/r/LNVH59T), by visiting <https://www.surveymonkey.com/r/LNVH59T> or by scanning the QR code with your phone camera.



CPR/BLS Training

Sunday, April 28th at 10am

Naugatuck Valley Health District
98 Bank St, Seymour CT, 06483

WAYS TO SIGN UP :

- BY SCANNING THE QR CODE WITH A PHONE CAMERA
- BY CLICKING [HERE](https://www.surveymonkey.com/r/LB5XTYS)
- OR BY VISITING [HTTPS://WWW.SURVEYMONKEY.COM/R/LB5XTYS](https://www.surveymonkey.com/r/LB5XTYS)



MARCH 30 - APRIL 7

2024 marks the 6th annual state-wide Health Equity Week

“The first full week of April is now recognized in statute as Health Equity Week in Connecticut. This time reaffirms our state’s commitment to eliminating health inequities and ensuring that all residents have the opportunity to achieve optimal health.

Within the many priorities that we focus on at state, local, and non-profit public health agencies – chronic health conditions, infectious diseases, the health effects of climate change, lead poisoning prevention, and many more – one common denominator is the need to consider current and historical inequities and how these challenges affect the health of individuals and communities. As public health professionals, we must all be committed to changing the systems that have contributed to health disparities and continue to tackle public health challenges through a health equity lens.”

- Department of Public Health Commissioner Juthani

Visit the Health Equity Solutions website hesct.org for events and more information!



April 2024

Autism Awareness Month



Autism occurs in **all ethnic, racial, sex and gender, and economic groups.** This April, learn more about supporting people on the autism spectrum.



nimh.nih.gov/autism



It's recommended that **all children** should be screened for **developmental delays** beginning at their 9-month well-child visit and **specifically for autism** at their **18- and 24-month visits.**



nimh.nih.gov/autism



Adults on the **autism spectrum** can benefit from **services and supports** that **improve health and well-being** across the lifespan.



nimh.nih.gov/autism

Throughout the month of April, learn more about autism here and resources available:

nimh.nih.gov/autism

<https://portal.ct.gov/DPH/Family-Health/Children-and-Youth/Connecticut-Collaborative-to-Improve-Autism-Services>



National Minority Health Month

April 2024



April is National Minority Health Month (NMHM), a time to raise awareness about the importance of improving the health of racial and ethnic minority communities and reducing health disparities.

[Learn more about NMHM](#)

Join NVHD, NIMHD, our partners across NIH, and the HHS Office of Minority Health (OMH) to *Be the Source for Better Health* as we share resources to improve health outcomes through our cultures, communities, and connections.



**NATIONAL
MINORITY
HEALTH
MONTH**



HELP SUPPORT YOUR LOCAL COMMUNITY!

by donating personal hygiene products & cleaning supplies!



- Toothpaste
- Laundry detergent
- Toothbrushes
- Toilet paper
- Deodorant
- Garbage bags
- Tampons/pads
- Dish soap/sponges
- Socks
- Girls/boys underwear

All proceeds will be donated to our Valley Public Schools & Ruth's House!
(Ansonia, Derby, Seymour, Naugatuck, Shelton, Beacon Falls)



DROP OFF LOCATIONS:

- Naugatuck Valley Health District - 98 Bank Street, Seymour
Mon - Thu: 8AM - 4PM, Fri: 8AM - 1PM
- Town of Seymour - 1 First St, Seymour
 - Mon - Thu: 8AM - 12PM & 1PM - 4:30PM, Fri: 8AM - 12PM
- Seymour Community Center - 20 Pine St, Seymour
Mon - Thu: 8AM - 4:30PM, Fri: 8AM - 12PM



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

FREE Live Well with Chronic Conditions Workshop



Take Control



Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease, diabetes or depression? This workshop can help you be in control and feel better!

Feel Better



- You will learn:**
- Practical ways to deal with pain and fatigue.
 - Better nutrition and exercise choices.
 - Better ways to talk to your doctor about your health.
 - Communication techniques to make your needs known.
 - How to make a step-by-step plan to improve your life!

Energize



Seymour Community Center
 20 Pine St, Seymour
Wednesdays,
April 17–May 22 from 1:30-4pm

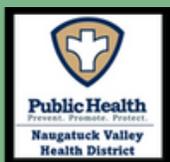
To register, call Morgyn Manzer
 at 203.888.0406, ext. 1

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

Live



Enjoy



NAUGATUCK VALLEY HEALTH DISTRICT PRESENTS:

Adult Mental Health First Aid Training



Monday, May 13th: 8:00am to 4:00pm

**Naugatuck Valley Health District
98 Bank St., Seymour, CT**

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**ist nonjudgementally.
- **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 instructor-led session. Participants will receive certification from the National Council for Mental Wellbeing valid for 3 years.

www.surveymonkey.com/r/BJBNQFP



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Questions? Contact instructors:
Lisa Trupp
ltrupp@nvhd.org
203-881-3255, ext. 108

Barbara Becker
203-881-3255, ext. 128
bbecker@nvhd.org



EARTH DAY 2024

Legacy: Past, Present, and Future

Saturday, April 20

10 am - 3 pm

Rain Date: Sunday

HIKES!
ACTIVITIES!

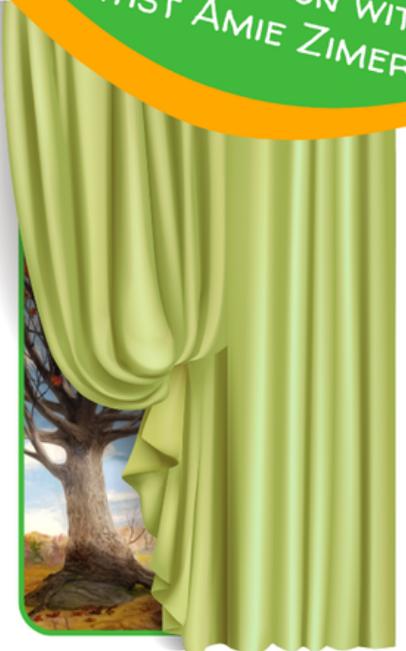
LIVE ANIMALS!
FOOD TRUCKS!



LIVE NATIVE
FLUTE PERFORMANCE
BY ALAN MADAHBEE!



MURAL 'UNVEILING'
AND RECEPTION WITH
ARTIST AMIE ZIMER!



Free Admission. All ages welcome!



Every day is Earth Day at the Nature Center! We invite you to honor Mother Earth with us during this annual event. With Special Guests Alan Madahbee, musician and artist, and Amie Zimer, mural artist!

ANSONIA NATURE CENTER

10 Deerfield Lane, Ansonia, CT

Phone: 203-736-1053

www.AnsoniaNatureCenter.org