

NAUGATUCK VALLEY HEALTH DISTRICT

September 2024



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



NVHD Provides QPR Suicide Prevention Training for Yale MPH Student Orientation

On Friday, August 23rd NVHD's Health Educator, Lisa Trupp, visited Yale University's Master of Public Health student orientation to provide QPR Suicide Prevention training for incoming students.

The day featured several options for students to choose from in addition to the mental health QPR program, including topics like lead safety, substance use and harm reduction, housing and homelessness, and maternal and child health, and firearm safety.

The QPR program was a great success, with twenty-one students attending the training with Lisa. NVHD would like to thank Yale's Executive Director for Public Health Practice, Susan Nappi and Director of the Community Impact Lab, Jason Martinez for the opportunity to provide this important training for students for the second consecutive year.



NVHD CAP Team Attends Salvation Army Back to School Picnic

On August 15, Vanessa Lopez, Immunization Program Specialist, attended the Salvation Army's Back to School Picnic, an event aimed at supporting families as they prepare for the new school year. The picnic was a lively get-together where families received backpacks, uniforms, clothes, shoes, and much more for back to school. Vanessa reached out to many families, providing them with valuable information and resources as they prepared for the school year.

The Back to School Picnic was not only a celebration of the upcoming academic year but also an opportunity to empower families to make informed health decisions for their children.



IDEA of the Month

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

This month's term is:

Hispanic/Latina/Latino/Latinx

“Hispanic and Latina/Latino are often used interchangeably in the U.S. to describe the ethnic identity of people with Latin American or Spanish ancestry.

The terms Latino/Latina gained popularity in the 1990s in both U.S. government data collection and popular discourse because it was deemed more inclusive of Indigenous and African descendants in the Latin American continent, and it does not center Spanish descent or language fluency.

Latinx is a newer term that also describes people who are of or relate to Latin American origin or descent. It is a gender-neutral and nonbinary alternative to Latina/Latino.

Of note, many Hispanic, Latina/Latino/Latinx members prefer to identify using other terms including national origin. Preferred terms vary regionally. Best practice is to consult the specific communities involved in discussion to ask their preference.”



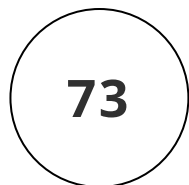
SEPTEMBER HEALTHY VALLEY SPOTLIGHT

COVID CORNER

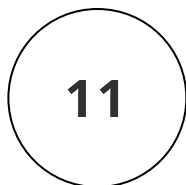


* NVHD monitors the number of people in the Valley who test positive for COVID-19 each month; please note that the numbers here reflect a combination of home tests and lab results reported to us by test sites.

AUGUST*



positive adults

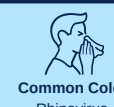

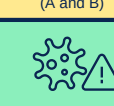
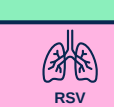


positive minors

REPORT POSITIVE TEST RESULTS HERE!



Respiratory Virus Season is Approaching! Do you know the difference?

Virus	Level of Infectivity	Time from Exposure to Infection	Typical Symptoms	Prevalence in Children	Immunization Availability
 Common Cold Rhinovirus	LESS CONTAGIOUS Symptomatic individuals shed the virus during the first 2-3 days of infection	2-3 days	Cough Low-grade fever Sneezing Sore throat Stuffy nose	COMMON Most children experience 2-4 colds per year; frequently associated with asthma exacerbations	None
 Seasonal Influenza Influenza virus (A and B)	CONTAGIOUS Viral shedding occurs 24 hours before symptoms appear, peaking around day 3 of illness	1-4 days	Body aches/chills Cough Fatigue Fever Headache Sore throat Stuffy nose	COMMON Children younger than 2 are at highest risk for more severe disease	Everyone 6 months and over are eligible for an annual flu vaccine
 COVID-19 Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)	MORE CONTAGIOUS Viral shedding occurs 2-3 days before symptoms appear, peaking around day 3 of illness; however, viral shedding can occur without developing symptoms	1-4 days	Body aches/chills Cough Diarrhea Fatigue Fever Headache Loss of taste/smell Nausea/vomiting Shortness of breath Stuffy/runny nose	BECOMING MORE COMMON/ ASYMPTOMATIC CHILDREN ARE POSSIBLE Typically, children have mild symptoms and rarely develop multisystem inflammatory syndrome in children (MIS-C) weeks after a SARS-CoV-2 infection	Two and three-dose vaccines approved for ages 6 mo. to 4 years Two-dose vaccine booster approved for ages 5 and older Multiple vaccines and boosters approved for adults
 RSV Respiratory syncytial virus	VERY CONTAGIOUS Symptoms can last 7-10 days, but some kids can develop a cough that takes up to 6 weeks to clear	4-6 days	Cough Runny nose Sneezing Fever Wheezing	COMMON Infants are at high risk for severe disease, including pneumonia or bronchiolitis, an inflammation of the small airways in the lungs	Single-dose monoclonal antibody approved for infants up to 8 months of age, and certain infants up to 19 months of age with risk factors for severe RSV

Request a COVID-19 home test kit from NVHD [here](https://bit.ly/requestatest) or visit bit.ly/requestatest

UPCOMING NVHD EVENTS SEPTEMBER-OCTOBER-2024

Mental Health First Aid

Naugatuck Valley Health District is offering a virtual, two-day Mental Health First Aid training Wednesday, September 18th and Thursday, September 19th, from 5:30pm to 8:30pm.

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 on Mental Health First Aid and upcoming sessions, please contact NVHD at 203-881-3255, and speak with Lisa Trupp at ext. 108.

Public Flu Clinics

NVHD will be offering several flu clinics that are open to the public. Please see the flyer below for dates, times and locations.

Health Observances in September

- ❖
- National Suicide Prevention Month
- Healthy Aging Month
- National Preparedness Month
- National Recovery Month
- Sexual Health Awareness Month
- National Childhood Obesity Awareness Month
- National Prostate Health Awareness Month
- National Sickle Cell Awareness Month
- Ovarian Cancer Awareness Month
- Blood Cancer Awareness Month
- Newborn Screening Awareness Month
- September 10th: World Suicide Prevention Day
- September 23rd through 27th: Falls Prevention Week



Pop-Up Pantry at Seymour Oxford Food Bank

For Communities Impacted by Recent Flooding

When:

Friday 8/30, 9/6, and 9/13

2:15 to 3:15 pm

Where:

Seymour Oxford Food Bank

20 Pine Street, Seymour

What:

Neighbors in need will receive free
grocery items.

Please bring shopping bags.

Naugatuck Valley Health District

Public Vaccine Clinic Schedule

Fall 2024



Public Health
PROVIDE. PROMOTE. PROTECT.
Naugatuck Valley
Health District

NAUGATUCK VALLEY HEALTH DISTRICT



PUBLIC FLU CLINIC SCHEDULE

NO COPAY WITH ACCEPTED INSURANCE!

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

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

NO INSURANCE? NO PROBLEM!

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

*Recommended for those 65 years and older

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

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

Friday	October 4th	9AM-11AM	Naugatuck Senior Center
Wednesday	October 9th	9:30AM-12PM	Shelton Senior Center
Friday	October 11th	9:30-11:30AM	Ansonia Senior Center
Tuesday	October 15th	10AM-1M	Seymour Community Center
Wednesday	October 16th	9AM-11AM	Beacon Falls Senior Center
Tuesday	October 29th	12:30-2:30PM	Derby Senior Center

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

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

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

NVHD and Valley Pharmacy are partnering to offer vaccines at these public events.

Stay safe this season by keeping up to date with all your vaccines!



World Environmental Health Day

September 26, 2024



World Environmental Health Day is annually observed for the following purposes:

- To raise awareness of the continuing threats to human health posed by pollution, climate change, industrialization, urbanization, globalization, and poor sanitation
- To recognize the dedication and work of environmental health professionals and educators around the world
- To promote improving the quality of the natural environment, air, water, food, housing, and communities.

NVHD ENVIRONMENTAL HEALTH SERVICES

- ✓ Food Service
- ✓ Septic Systems and Private Wells
- ✓ Daycares, Schools, Group Homes, Camps & Recreational Facilities
- ✓ Body Care, Cosmetology, Massage and Tattoo Salons
- ✓ Public Pools
- ✓ Housing & Public Health Nuisance Complaints

FOR MORE INFORMATION ON OUR SERVICES:



Call Us
203-881-3255



Visit Our Website
www.nvhd.org



Our Location
98 Bank Street, Seymour, CT



Sexual Health Awareness Month Topic- **Human Papilloma Virus**

Human Papilloma Virus

Is the **most common** sexually transmitted infection that can cause some **cancers** in both **boys and girls**.

More than **42 million Americans** are infected with types of HPV that are known to cause disease.

About 13 million Americans, including teens, become infected each year.

When should my child get HPV vaccine?

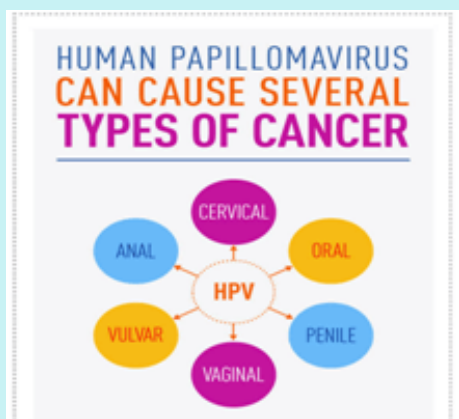
Dose #1

11–12 years (can start at age 9)

Dose #2

6–12 months after the first dose

- Children ages 11–12 years should get two doses of HPV vaccine, given 6 to 12 months apart.
HPV vaccines can be given starting at age 9.
- Children who start the HPV vaccine series on or after their 15th birthday need three doses, given over 6 months.
- If your teen isn't vaccinated yet, talk to their doctor about doing so as soon as possible.



Call **Nurse Kristie** to schedule an appointment for a HPV vaccine
203.881.3255, ext. 107



SEPTEMBER IS
NATIONAL PREPAREDNESS MONTH



Assess your needs

Consider pets, children, medical devices, and medications

**Being prepared
can be as
easy as 1,2,3**



Make a plan

Include your needs in your emergency plans and emergency kits.



**Engage your
support network**

Talk with family, friends, and neighbors to build a support network for disasters.

Visit [Ready.gov](https://www.ready.gov) for tips, resources, and emergency kit supply lists

National Suicide Prevention Month September 2024

**connection
is a helping
hand**



Prevent
Suicide



**reaching
out shows
strength**



Prevent
Suicide

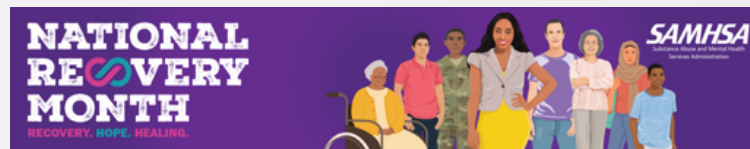


If you or someone you know needs help, connect to hope.
Call or text #988, or chat at 988lifeline.org, to speak to a trained
crisis counselor 24/7/365

SEPTEMBER IS NATIONAL RECOVERY MONTH



RECOVERY IS POSSIBLE



National Recovery Month is a great time to focus on your health & wellness.

Prioritize your needs for recovery—





- ✓ create healthy boundaries
- ✓ ask for help
- ✓ take breaks
- ✓ express gratitude

Learn more: samhsa.gov/find-support/how-to-cope




Here are some resources in the Naugatuck Valley.



Naugatuck Valley Mental Health Resources

Organizations	Contact Information	Key Information
Substance Abuse Services		
<p>AWARE Recovery Care</p>	<p>Services Come to your home Headquarters: 34 Thorpe Ave suite #102 Wallingford CT, 06492 203-779-5799 https://www.awarerecoverycare.com/ Hours: Mon-Sun: 7am-10pm</p> 	<p>Languages Spoken: English and Spanish</p> <p>In home detox/recovery program, and can be up to a year of support depending on clients needs. Client meets with RN 1x per month and meets with recovery advisor 2 x per week in person. Online support is also available. Within the program, Medication can be prescribed , and if it is for a long term mental health need a referral will be made to an outside provider. Internal psychotherapy is also provided every other week virtually for client. Family Education is another service available for the client's family.</p>
<p>Community Mental Health Associates, CMHA,</p>	<p>225 Bank Street Waterbury Ct 06702 (860) 224-8192 https://www.cmhacc.org/ Hours: Mon-Fri: 8:30am-6pm</p> 	<p>Languages Spoken: English, Spanish, and Polish</p> <p>A Certified Community Behavioral Health Clinic (CCBHC), that provides integrated health and behavioral health care support for individuals, families and children.</p>
<p>Cornell Scott Hill Center- Ansonia Behavioral Health</p>	<p>121 Wakelee Avenue Ansonia CT 06401 203-503-3650 https://www.cornellscott.org/our-locations/121-wakelee-avenue Hours: Outpatient Behavioral Health Clinic Mon-Fri: 8:30am to 5pm Methadone Maintenance Walkin for admission Mon-Fri: 7am to 12pm (Dosing hours) 5:30 am to 12pm</p> 	<p>Language Spoken: English</p> <p>Behavioral Health and Addiction Services, with multiple programs and available Methadone Clinic. This location also has adult medicine, dental and women's health services.</p>
<p>MCCA of Derby</p>	<p>100 Elizabeth Street Derby CT 06418 203-446-2252 https://mccaonline.com/ Hours: Mon-Thurs: 9am to 8:30 pm Fri: 9am to 1pm</p>	<p>Language Spoken: English</p> <p>A program to provide HELP and instill HOPE for individuals, families and organizations working to overcome and prevent addictions</p>
<p>MCCA of Waterbury</p>	<p>34 Murray Street Waterbury 06710 203-597-0643 https://mccaonline.com/ Hours: Mon, Wed and Thurs: 8:30am- 8:30pm Tues: 8:30am-5pm Fri: 8:30am-3pm</p> 	<p>Other locations in Bridgeport, Danbury, New Haven, New Milford, and Torrington</p>
<p>Progressive Institute</p>	<p>2 Trap Falls Suite 120 Shelton CT 06484 203-816-6424 https://progressive-institute.com/ Hours: Mon-Thurs: 9:00am-8:30pm Fri: 9am-5pm</p> 	<p>Language Spoken: English</p> <p>Services that provides compassionate treatment and support for mental health and substance abuse treatment for patients 18 years and older</p>

Naugatuck Valley Mental Health Resources

Organizations	Contact Information	Key Information
Substance Abuse Services		
<p>Rushford of Cheshire</p>	<p>680 South Main Street Cheshire CT 06410 877-577-3233 https://rushford.org/locations/cheshire Hours: Mon-Fri: 8:30 am- 5:30pm</p> 	<p>Languages Spoken: English and Spanish</p> <p>Specialized services for Adults with mental health, grief, trauma and substance abuse.</p>
<p>Rushford of Meriden</p>	<p>883 Paddock Avenue Meriden CT 06450 877-577-3233 https://rushford.org/locations/meriden Hours: Mon-Fri: 8am-6pm</p> 	<p>Languages Spoken: English and Spanish</p> <p>Specialized services with mental health, trauma, grief, behavioral issues, substance abuse and recovery.</p>
<p>Wheeler Clinic in Waterbury</p>	<p>855 Lakewood Road Waterbury CT 06704 860-793-3500 https://www.wheelerclinic.org/ Hours: Mon-Thurs: 8am-8pm Fri: 8am-6pm</p> 	<p>Languages Spoken: English and Spanish</p> <p>Services children to adults for mental health issues, trauma , grief</p> <p>There is also substance abuse in recovery programs and psychiatrist on site to prescribe medications to patients in programs or in therapy</p>



Sept. 15-Oct. 15 is
Hispanic Heritage Month

THIS
HISPANIC HERITAGE MONTH

Naugatuck Valley Health District is honoring

LATINA, LATINO
& LATINX

Public Health Heroes



JOSÉ CELSO BARBOSA ALCALA



Jose Barbosa was a physician, sociologist, professor, politician and publisher. Barbosa was born in Puerto Rico in 1857 and would go on to achieve several educational milestones, both in his home country and internationally.

Barbosa attended New York's Fort Edward Collegiate Institute but was denied admission into Columbia University College of Physicians and Surgeons on the basis of race and ethnicity; instead, he went on to be the first Afro-Puerto Rican student to earn a medical degree from University of Michigan in 1880 and the first Puerto Rican to graduate with a medical degree in the United States.

After returning to Puerto Rico, Barbosa made many contributions to medicine and public health as he focused on serving poor and Black communities, providing free healthcare and implementing an early version of health insurance. In addition to being politically active (founding or joining several political parties advocating for autonomy from Spain, serving on the Executive Cabinet from 1900-1917, and going on to be elected to the Puerto Rican senate), Barbosa also taught natural history, midwifery, anatomy, and obstetrics at the Ateneo Científico y Literario.

Until his death in 1921, Barbosa continued advocating for political and social reform, labor and civil rights, and universal suffrage. Today he is remembered as the father of the Puerto Rican statehood movement and a pioneer in his field.

BAMBY SALCEDO

Bamby Salcedo is a prominent transgender activist and the president and CEO of TransLatin@ Coalition (TLC), a national organization launched in 2009 to address issues faced by transgender Latinas across the United States.

Salcedo was born in Guadalajara, Mexico in 1969. Throughout her early life she experienced many challenges, eventually overcoming poverty, abuse, substance use, incarceration, street violence, and persecution on the basis of her gender identity. In an effort to rebuild her life, Salcedo earned a Master's degree in Latin American Studies from California State University, Los Angeles, launching her career in social justice.



Today, Salcedo's organization TLC provides an array of services in the Los Angeles area, including violence prevention, HIV testing and prevention, reentry, legal aid and economic and workforce development.

Salcedo equally devotes her time to public speaking across a variety of forums. She has appeared as a panelist at multiple White House events, and has acted as the opening plenary speaker at several conferences, including The 2018 National Sexual Assault Conference, the 2015 National HIV Prevention Conference, and the United States Conference on AIDS in 2009 and 2012. Through her work with the PanAmerican Health Organization, she helped develop the blueprint on how to provide competent health care services for transgender people as well as health care for LGBTQ+ people and human rights in Latin America and the Caribbean.

ANTONIA COELLO NOVELLO



Antonia Novello is a dedicated public health advocate, making history when she was appointed as the first female and first Hispanic U.S. Surgeon General in 1990. Novello has led several major public health campaigns in her efforts to improve health conditions and access to medical care, especially for women, children, and minority populations.

Novello was born in Puerto Rico in 1944. Suffering from a congenital intestinal illness throughout her childhood and being unable to access the healthcare she required, Novello was determined to go into medicine.

Novello graduated from University of Puerto Rico School of Medicine in 1970 and went on to specialize in pediatric nephrology (the study of the kidneys); however, after 2 years in private practice, she felt called to public health, going on to earn her MPH from Johns Hopkins University in 1982. In 1986, she became a clinical professor of pediatrics at Georgetown University Hospital, moving to the National Institute of Child Health and Human Development in 1987, where she focused on pediatric AIDS.

President George H.W. Bush took notice of Novello's work on pediatric AIDS and, in 1990, appointed her the United States' 14th Surgeon General. Novello was early to recognize the need to focus on women with AIDS and to strive to prevent the neonatal transmission of HIV. Novello also promoted early childhood health initiatives such as injury prevention and immunization, and sought to raise awareness about domestic violence in the U.S. In her efforts to improve access to healthcare among minority populations, particularly Latinx Americans, she convened national and regional meetings to address community health needs.

CARLOS JUAN FINLAY

Carlos Juan Finlay was an epidemiologist who discovered that yellow fever is transmitted from infected to healthy humans by a mosquito. Although he published experimental evidence of this discovery in 1886, his ideas were ignored for 20 years.

Finlay was born in Cuba in 1833 and graduated from Pennsylvania's Jefferson Medical College in 1855, after which he returned to Cuba, where he practiced medicine in Matanzas and Havana. In 1879 Finlay was appointed by the Cuban government to work with the North American commission studying the causes of yellow fever, and two years later he



was chosen to attend the fifth International Sanitary Conference in Washington, D.C. as the Cuban delegate. At the conference, Finlay urged the study of yellow fever vectors, and soon afterward proposed that the carrier was the mosquito *Culex fasciatus*, now known as *Aedes aegypti*. His theory that an intermediary host was responsible for the spread of the disease was treated with ridicule for years.

In 1900, the U.S. Army Yellow Fever Board, headed by the physician Walter Reed, arrived in Cuba, at which point Finlay attempted to persuade Reed of his mosquito-vector theory. Reed decided to investigate the idea, refining Finlay's experimental procedures in the process; following this investigation, Reed was able to prove that mosquitoes do indeed transmit yellow fever, leading to physician William Gorgas' eradication of the disease in Cuba and Panama. Finlay was appointed chief sanitation officer of Cuba, and after his death the Finlay Institute for Investigations in Tropical Medicine was created in his honor by the Cuban government.



OLDER ADULTS

How can I stay active as I get older?

These 3 types of physical activity can help you **stay healthy and independent**:



Aerobic activity



Muscle-strengthening activity



Balance activity



Get your heart beating faster.

Aerobic activity can help you do everyday tasks and keep your mind and memory sharp.

Try these aerobic activities:

- Go for a swim or bike ride
- Walk around the neighborhood — or inside your home when the weather's bad
- Play a sport with friends — consider pickleball or tennis



Aim for at least **150 minutes a week** of moderate-intensity aerobic activity.

Just getting started?

No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.



Build your muscle strength.

Muscle-strengthening activity can make it easier to do things like get up from a chair or open a jar.

Try these muscle-strengthening activities:

- Do squats, lunges, or arm circles
- Carry groceries
- Lift weights — or fill a plastic bottle with water and lift that instead



Aim for at least **2 days a week** of muscle-strengthening activity.

Does pain make it hard to be active?

Physical activity can **ease pain** and help you feel better. If you're recovering from an injury, listen to your body and do what feels right for you. Walking is a good way to start.

Work on your balance.

Balance activity can lower your risk of falls — and your risk of an injury if you do fall.

Try these balance activities at home:

- Stand on 1 leg
- Walk backwards or sideways
- Do an online yoga or tai chi video



Feeling unsteady? Try holding onto a chair or wall for support!

What about stretching?

Stretching can help you stay flexible enough to do everyday tasks — like bending down to tie your shoes. Try stretching to cool down after activity.

Get a mix of activity types at the same time.

For even more health benefits, try something that counts as more than 1 activity type:



Try ballroom or salsa dancing



Rake leaves in the yard



Take a water aerobics class

Remember, it's never too late to start being active. So take the first step. Get a little more active each day.

Move your way.

Find tips and videos to help you get moving at health.gov/MoveYourWay

Build your weekly activity plan at health.gov/MoveYourWay/Activity-Planner



Falls Prevention Week-September 23rd through 27th

In recognition of Falls Prevention week, Naugatuck Valley Health District offers the following tips from the National Council on Aging:



Keep your home safe



Review your home for fall safety hazards and make appropriate changes.

Review your medications



Talk with your doctor or pharmacist to better understand the impact your medications may have on your balance.

Find a good exercise program



Daily exercise will help you to improve your balance by keeping your body strong and flexible.

Get vision and hearing checked



Keep up to date on vision and hearing screenings, as both can have an impact on your balance.

Talk to your doctor



Speak with your doctor about falls and fall related concerns.

For more information, or to learn about upcoming falls prevention programs in the community, contact Lisa Trupp, Health Educator
203-881-3255, ext. 108



Join Beatriz from
Naugatuck Valley Health
District for an afternoon of

STORYTIME AND ART!

Where: Howard Whittemore Library
When: Sept. 10 at 4pm

NVHD's annual Public Health Art Contest is back! In honor of this year's theme—*Flu Vaccination Awareness*—Beatriz will be reading "**The Flu and You**," followed by a chance for young patrons to create and submit artwork to the contest! For more contest info, go to www.nvhd.org/art-contest-2024.

JOIN US!



Public Health
Prevent. Promote. Protect.

Naugatuck Valley Health District

NEED HELP WITH YOUR ENERGY BILL?

Starts
Sept 1st!

**STAY WARM THIS WINTER
AND APPLY FOR THE CT
ENERGY ASSISTANCE
PROGRAM (CEAP) STARTING
SEPTEMBER 1ST!**

Apply Now



**CT.GOV/STAYWARM OR
CAFCA.ORG/AGENCIES/
TO FIND YOUR LOCAL CAA**



**2-1-1 OR TEXT
CTWARM TO 898211**

