

TORRINGTON AREA HEALTH DISTRICT

Providing local public health services for the Borough of Bantam, Bethlehem, Canaan, Cornwall, Goshen, Harwinton, Kent, Borough of Litchfield, Litchfield, Middlebury, Morris, Norfolk, North Canaan, Plymouth, Salisbury, Thomaston, Torrington, Warren, Watertown & Winsted.



August 2023 Newsletter

2023 National Immunization Awareness Month (NIAM)

NIAM is an annual observance held in August to highlight the importance of vaccination for people of all ages. NIAM was established to encourage people of all ages to make sure they are up to date on the vaccines recommended for them. Communities have continued to use the month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases. Please visit <https://www.cdc.gov/vaccines/events/niam/index.html> for more information.

WHY IT MATTERS:

Many patients are looking for reassurance from their provider that vaccines are safe and effective. A strong, clear recommendation is usually enough, but others may need more information. Listening to their concerns and answering their questions can help them feel confident in choosing to get a vaccine.

PRACTICAL STRATEGIES FOR SUCCESSFUL CONVERSATIONS:

Here are some strategies you can use during NIAM to remind your patients and parents to stay up to date on routine vaccinations:

- Talk to your patients and parents about any missed vaccines and assess vaccination status at every visit.
- Use plain language when addressing concerns about vaccine safety.
- Practice the SHARE approach to help patients make informed decisions about vaccination.
- Show your practice's support of vaccination throughout the month by displaying NIAM graphics on your website and on social media.

FOR PEOPLE WHO ARE PREGNANT:

- Make sure your pregnant patients receive a flu shot each year, by the end of October. This timing helps to protect them before flu activity begins to increase.
- State clearly that you would like patients to get vaccinated. For example, say "I recommend Tdap and flu vaccines for you and all of my pregnant patients, because I believe vaccination is the best way to help protect you and your baby against whooping cough and flu."
- Visit Vaccinating Pregnant Patients for more tips and strategies for recommending vaccinations to your patients who are pregnant.

Torrington Area Health District

350 Main Street,
Suite A
Torrington, CT 06790
Phone (860) 489-0436
Fax (860) 496-8243

Hours

-Monday, Tuesday, Thursday-
8:00am to 4:00pm.
-Wednesday-
8:00am to 6:00pm.
-Friday-
8:00am to 1:00pm.

Follow us on social media:



Women should receive a dose of the tetanus toxoid, reduced diphtheria toxoid, and acellular pertussis (Tdap) vaccine during **each** pregnancy, preferably during the early part of gestational weeks 27 through 36. The most recent data estimate that only 44% of women receive Tdap during pregnancy.

A STRONG VACCINE RECOMMENDATION CAN POSITIVELY IMPACT A PATIENT'S DECISION:

Studies show that a **strong recommendation coupled with an offer of Tdap from their prenatal care provider is the single best predictor of vaccination.** A healthcare professional's decision to recommend and stock Tdap ultimately influences whether their patients' newborns are born with protection against pertussis.

TDAP DURING PREGNANCY PROVIDES THE BEST PROTECTION:

Maternal Tdap vaccination

- Helps protect the mother from getting and passing pertussis on to her infant
- Provides passive immunity to the infant

A U.S. study looked to see how effective Tdap was at preventing pertussis in infants whose mothers got vaccinated while pregnant or in the hospital after giving birth. The study found that getting Tdap during gestational weeks 27 through 36 weeks is 85% more effective at preventing pertussis in infants younger than 2 months old.

VACCINATION TIMING: EARLY THIRD TRIMESTER IS BEST:

To maximize the passive antibody transfer to the infant, administer Tdap during the early part of gestational weeks 27 through 36. The level of pertussis antibodies decreases over time, so you should administer Tdap during every pregnancy in order to transfer the greatest number of protective antibodies to each infant. The American College of Obstetricians and Gynecologists (ACOG) and the American College of Nurse-Midwives [4 pages] support this recommendation.

POSTPARTUM TDAP ADMINISTRATION IS NOT OPTIMAL:

Postpartum Tdap administration only provides protection to the mother — it does not provide immunity to the infant. It takes about 2 weeks after Tdap receipt for the mother to have protection against pertussis, thereby putting her at risk for contracting and spreading the disease to her vulnerable newborn during this time. Once the mother has protection, she is less likely to transmit pertussis to her infant. However, the newborn remains at risk of contracting pertussis from others, including siblings, grandparents, and other caregivers. The only time a woman should be administered Tdap postpartum is if she has **never** received Tdap before. If a woman got Tdap after the birth of a prior child and doesn't get vaccinated during any subsequent pregnancies, she is not recommended to receive Tdap postpartum again.

COCOONING ALONE MAY NOT BE EFFECTIVE AND IS DIFFICULT TO IMPLEMENT:

The strategy of protecting infants from pertussis by vaccinating those in close contact with them is known as "cocooning." Full implementation of cocooning is challenging, limiting its impact as an independent prevention strategy. Even though cocooning alone may not be sufficient, CDC continues to recommend this strategy for all those with expected close contact with infants younger than 1 year of age. Cocooning, in combination with Tdap vaccination during pregnancy and administering the childhood DTaP series on schedule, provides the best protection to the infant.

In addition to vaccinating pregnant patients with Tdap, healthcare professionals should educate them about encouraging others who will have contact with the infant — including fathers, grandparents, and other infant caregivers — to be up to date with pertussis vaccination. For family members who aren't up to date with their pertussis vaccine, clinicians should vaccinate them at least 2 weeks before coming into contact with the infant.



TDAP SHOULD NOT BE OFFERED AS PART OF ROUTINE PRECONCEPTION CARE:

Protection from pertussis vaccines is not long lasting, so CDC recommends Tdap during pregnancy in order to provide optimal protection (i.e., greatest number of antibodies) to the infant. If a healthcare professional administers Tdap at a preconception visit, they should administer it again during pregnancy between 27 through 36 weeks gestation.

TDAP CAN BE SAFELY ADMINISTERED EARLIER IN PREGNANCY IF NEEDED:

Pregnant women should receive Tdap anytime during pregnancy if it is indicated (e.g., wound care, during a community pertussis outbreak). If a healthcare professional administers Tdap earlier in pregnancy, they do **not** need to repeat it between 27 through 36 weeks gestation; CDC recommends only one dose during each pregnancy.

FOR PARENTS:

- When recommending routine vaccinations, use an approach that assumes most parents will choose to vaccinate their children. For example, say “Your child needs these vaccines today,” instead of “What do you want to do about vaccination today?”
- When recommending the HPV vaccine for adolescents, it’s important to recommend the vaccine *the same way and same day that* you recommend other vaccines.
- It may be helpful to educate parents on the safety systems that the United States has in place to monitor vaccine safety. Share resources with parents to reinforce the information you provide about the safety of vaccines.
- Visit Talking to Parents about Vaccines for more resources to help you start or continue conversations about vaccines with parents.

Many parents have questions about their children’s vaccines, and answering their questions can help parents feel confident in choosing to immunize their child according to the CDC’s recommended immunization schedule. The materials below are intended to help health care professionals start or continue conversations with parents.

The materials include proven communication strategies and tips for effectively addressing questions you may hear from parents, as well as information for parents who choose not to vaccinate. There is also a video featuring a CDC pediatrician answering tough vaccine questions—It may be helpful for you as well as for parents in your practice.

1. Talking with Parents about Vaccines for Infants

Learn conversational techniques and find resources for discussing vaccines with parents.

<https://www.cdc.gov/vaccines/hcp/conversations/talking-with-parents.html>

2. Preparing for Questions Parents May Ask About Vaccines

Many parents have similar questions about vaccines. Prepare for common parent questions and learn techniques for your immunization conversations.

<https://www.cdc.gov/vaccines/hcp/conversations/downloads/prepare-infants-508.pdf>

3. Quick Responses to Infant Vaccine Questions

Use this printable handout to train staff on how to address parents’ questions about vaccines for children and adolescents.

<https://www.cdc.gov/vaccines/hcp/conversations/downloads/recommending-newborn-infant-vaccines-508.pdf>

FOR ADULTS:

- Adult vaccination rates in the United States are low, and most adults are not aware that they need vaccines. Your recommendation can make a difference.
- Adults with certain health conditions like diabetes or heart disease are at greater risk for severe complications from certain vaccine-preventable diseases. Encourage your adult patients to stay up to date on their vaccines to reduce their risk of complications.
- Even if your practice doesn't administer vaccines or stock certain vaccines, make a strong recommendation and refer patients to other vaccination providers. Follow up to ensure vaccination.
- If patients decline vaccination, revisit vaccines at the next appointment.
- For more talking points to help you when recommending vaccines to your adults patients, visit [5 Reasons It Is Important for Adults to Get Vaccinated](#).

1. Vaccines Have Saved Lives for Over 100 Years—But Serious Disease Is Still a Threat

Vaccines have greatly reduced diseases that once routinely harmed or killed babies, children, and adults. People all over the world—including in the United States—still become seriously ill or even die from diseases that vaccines can help prevent. It is important that you stay up to date on recommended vaccines. The protection some vaccines provide can fade over time, and you might need additional vaccine doses (boosters) to maintain protection. For example, adults should receive a tetanus booster every 10 years to protect against infection from dirty wounds. Talk to your health care provider about vaccination to see whether you might have missed any vaccines or need a booster.



2. Vaccines Are the Best Way to Protect Yourself and Your Loved Ones from Preventable Disease

Did you know that vaccines are the best way to protect yourself from certain preventable diseases? Vaccines help your body create protective antibodies—proteins that help it fight off infections.

By getting vaccinated, you can protect yourself and also avoid spreading preventable diseases to other people in your community. Some people cannot get certain vaccines because they are too young or too old or they have a weakened immune system or other serious health condition. Those people are less likely to catch a preventable disease when you and others around them are vaccinated against it. Help protect yourself and the people you love by staying up to date on recommended vaccinations.



3. Vaccines Can Prevent Serious Illness

Some vaccine-preventable diseases can have serious complications or even lead to later illnesses. For them, vaccination provides protection not only against the disease itself but also against the dangerous complications or consequences that it can bring. Some examples:



Seasonal influenza (flu) is a respiratory virus that sickens tens of millions of people every year in the United States. The annual flu vaccine helps you avoid infection and reduces your chances of being hospitalized or dying if you do become infected. Flu vaccine also protects you from flu-related pneumonia and flu-related heart attacks or stroke—complications that can affect anyone but are especially dangerous for persons with diabetes or chronic heart or lung conditions.

Hepatitis B is a serious, potentially deadly infection of the liver caused by the hepatitis B virus (HBV). There is no cure, but vaccination prevents HBV infection as well as the chronic liver damage and cancer that hepatitis B can cause.

Human papillomavirus (HPV) is a leading cause of cervical cancer and can cause other cancers in both women and men. HPV vaccine keeps you from being infected with the virus or passing it to others, protecting you and them from the immediate effects of the virus as well as from the various cancers it can trigger.

4. The Vaccines You Receive Are Safe

Vaccine safety is a high priority. CDC and other experts carefully review safety data before recommending any vaccine, then continually monitor vaccine safety after approval. Vaccines can have side effects, but most people experience only mild side effects—if any—after vaccination. The most common side effects are fever, tiredness, body aches, or redness, swelling, and tenderness where the shot was given. Mild reactions usually go away on their own within a few days. Serious or long-lasting side effects are extremely rare, and vaccine safety is continually monitored.



5. Vaccines May Be Required

Certain vaccines are required for school, work, travel, and more. Students, military personnel, and residents of rehabilitation or care centers must be vaccinated against diseases that circulate in close quarters. Health care workers and others whose job puts them at risk of catching and spreading preventable diseases need to be vaccinated against them. And, of course, vaccination is required before travel to many places around the world. Because vaccination protects you and those around you, vaccines can be required for everyday activities as well as for extraordinary situations. It is important that you stay up to date on recommended vaccinations.



<https://www.cdc.gov/vaccines/events/niam/index.html>

HELP TAHD OBSERVE NIAM

Aug 3rd 350 Main Street, Torrington WIC Office, Come celebrate *Breastfeeding* with WIC” from 1pm-3pm, Games, Q & A, crafts, and lunch will be provided. Check out the display of information on Pregnant Women: Protect yourself and pass protection on to your baby.

Aug 9th IAP will attend *National Health Center Week* event hosted by Community Health and Wellness from 10am – 2pm, 469 Migeon Ave, Torrington, CT 06790. IAP workers will have a table set up with information on vaccines as well as fun giveaways.

Aug 9th IAP will attend the *Young Professionals Organization* by Chamber of Commerce Event from 5:30pm-7:30pm, at the Litchfield County Axe House in Thomaston 437 S Main St, Thomaston, CT 06787. IAP workers will have a table set up with information on vaccines.

Aug 18th 4pm – 8pm - IAP will attend *Celebrate Belonging* event outdoors on closed to traffic Main Street in Torrington, CT. IAP workers will have a table set up for NIAM with brochures, giveaways, and have answers to all of your immunization questions.

Aug 24th at 12:10pm-12:50pm - we will be hosting a Virtual *Lunch and Learn: Respiratory Syncytial Virus (RSV) Immunization Update 2023* for Providers, Medical Staff, and Community Outreach Workers. (For more information please contact the TAHD immunization program)

TAHD Billboard will change weekly advertising National Immunization Awareness all Month.

Our daily Social Media posts will promote NIAM. In addition to posts about NIAM and vaccines, our social media posts throughout the month will include pictures of our community partners that have received NIAM packages holding their *Immunization Advocate* mugs or their NIAM book displays. Please visit:

Website: tahd.org/immunization

Facebook: [Facebook@TAHD1967](https://www.facebook.com/TAHD1967)



<https://www.cdc.gov/vaccines/communication-resources.html?Sort=Date%3A%3Adesc&Topics=National%20Immunization%20Awareness%20Month>

SPOTLIGHT

Diane Impastato began her journey with TAHD as a volunteer amidst the COVID-19 pandemic, assisting at the front counter by checking individuals into our clinic. Her exceptional performance in that role led to an opportunity when TAHD received extra funding for the Immunization Action Plan (IAP). We subsequently offered Diane a position, which she commenced on July 1, 2021, under the Immunization Program. Her responsibilities encompassed enhancing immunization rates among children in the IAP service area. This was achieved by implementing activities to refine vaccine/immunization delivery, tracking, outreach, referrals, as well as education and assessment. Diane's tenure ended on July 29, 2023, and in recognition of her extraordinary efforts and her commitment toward promoting childhood immunizations in our community, TAHD honored her with the TAHD Childhood Immunization Champion Award.



NEW TAHD EMPLOYEES



Emily Minacci
Assistant Business Manager



Kim Murphy
Secretary

DID YOU KNOW?

There's nothing better than jumping into your pool after a hot day, but many pool owners underestimate the amount of work involved in maintaining a pool. While pools can provide hours of relaxation and entertainment, the water's chemistry is not to be taken lightly. It is always important to make sure your pool's chemicals are balanced before anyone takes a dip.

POOL CHEMISTRY & WATER BALANCING CHEMICALS

Maintaining your pool chemistry correctly is all about water balance and keeping elements out of your pool – such as oils and dirt. Although there are others, the most important levels to keep on top of are pH, total alkalinity and Calcium Hardness. But what are these and what do they mean? Here's a brief explanation of each so you have a better understanding of the important role each one plays.

pH

pH is the measurement of the acidity or basicity of the water. The scale goes from 0 to 14, with 7 being neutral, under 7 being acidic and over 7 being basic. The correct pH level for pool water should stay in the range 7.4-7.6. If your pH levels fall below 7.0, the water is too acidic, making the environment corrosive. When pH levels read above 7.8, the water is too basic, causing scaly deposits to form or the appearance of cloudy water. This high of a pH also reduces chlorine potency to only 50% active.

To balance these scenarios out to the correct pH, you'll need to either add a base or an acid, depending upon your reading. If your water is too basic, add an acid to bring the pH down to prevent the formation of scale and build-up. If your water is too acidic, add a base to prevent corrosion.

Total Alkalinity

Total Alkalinity is the measurement of the carbonates, hydroxides and alkaline substances in the water. Closely related to pH, Alkalinity is a buffer to the pH, keeping it stable. If your Total Alkalinity (TA) is too low, pH levels become erratic and unstable. Your pools TA levels should read between 80-120 ppm (parts per million). If your alkalinity comes in below 80, adding a base to the pool (Alkalinity Increasers) will bring the levels back up. If the levels are too high, you'll need to add an acid to the water to lower the TA. However, this is where things can get tricky, as adding an acid to your pool water also lowers the pH. Total Alkalinity directly affects the pH level, so if the pH is off, check the alkalinity. After that it may involve a process of lowering the TA, raising the pH, lowering the TA, etc., until you get the correct balance.

POOL WATER BALANCE TIPS

- [Test your water](#) 2-3 times a week, adding chemicals to adjust as needed.
- Running your pump after adding chemicals will help distribute them
- Always add one chemical at a time, or add them to different areas of the pool
- Always test and adjust in this order:
 - Alkalinity
 - pH
 - Calcium

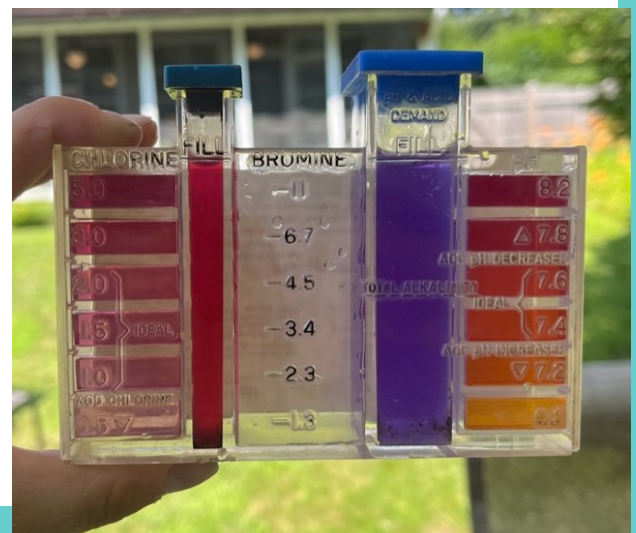
Resource: [Pool Chemistry and Its Importance in Properly Maintaining Your Pool \(poolsbybradley.com\)](http://poolsbybradley.com)

The picture was taken by TAHD.

The concentration is off the chart: the chlorine is above 5 and the PH is above 8.2.

Chlorine (on the left) should be around 1.0-2.0

PH (on the right) should be around 7.4-7.6



SOMETHING YUMMY

Grilled Eggplant Pesto Pizza Recipe

Fire up the grill for a savory pizza on your patio or deck. In Italy, fire-roasted pizzas feature many regional, flavorful ingredients, sometimes topped with fresh herbs after they're baked. With its grilled flavors, this vegetarian version offers a delicious way to enjoy fresh vegetables, eggplant, tomato, and onion — on a whole-grain crust, topped with fresh basil.

Ingredients

1 medium eggplant, unpeeled, cut into $\frac{3}{4}$ -inch thick slices
4 tablespoons olive oil
1 unbaked 12-inch whole-wheat or regular thin pizza crust
 $\frac{1}{4}$ cup pesto sauce
1 large tomato, sliced
 $\frac{1}{2}$ small onion, thinly sliced
 $\frac{1}{4}$ cup sliced kalamata olives
2 ounces ($\frac{1}{2}$ cup) part-skim mozzarella cheese, shredded
1 ounce ($\frac{1}{4}$ cup) Parmesan cheese, shredded; or feta cheese, crumbled
 $\frac{1}{4}$ cup fresh basil leaves



Directions

Before you begin: Wash your hands.

1. Brush eggplant with olive oil. Grill over a medium-high fire for about 10 minutes until soft and cooked through, turning to brown evenly. Cool slightly.
2. Place pizza crust on a baking pan. Spread pesto sauce evenly over the crust. Arrange grilled eggplant, tomatoes, onion, and olives on top. Sprinkle with cheese—slide uncooked pizza on the grill. Lower the lid.
3. Grill over indirect heat until the crust is golden brown and the cheese melts about 12 to 15 minutes.

Cut basil leaves into thin strips before serving—top the pizza with basil.

Cooking Note

If you don't have a grill or prefer to cook inside, use this alternative cooking method: Roast eggplant and bake pizza in a 425°F (218°C) oven.

Nutrition Information

Serves 6

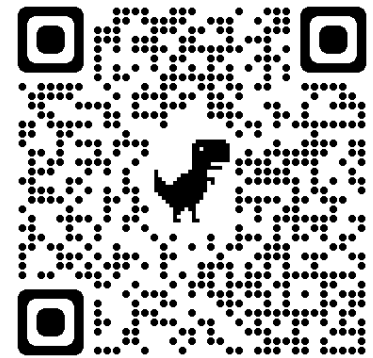
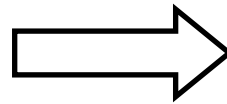
Calories: 230; Calories from fat: 160; Total fat: 18g; Saturated fat: 4.5g; Trans fat: 0g; Cholesterol: 15mg; Sodium 300mg; Total carbohydrate: 12g; Dietary fiber: 5g; Sugars: 4g; Protein: 8g

Roberta Duyff, MS, RD, FAND, is the author of the Academy of Nutrition and Dietetics Complete Food and Nutrition Guide and 365 Days of Healthy Eating.

It's Your Best Shot!



The CT WiZ Public Portal allows individuals who were vaccinated in Connecticut to access their own immunization records, while parents and guardians can also access their child's records. You have the option of getting a PDF copy of your full immunization record, or your COVID-19 vaccine record that contains your SMART Health card, which is a digital copy of your COVID-19 vaccine record that can be stored on your phone as a QR code. (Note: CT DPH does not issue replacement 'CDC COVID-19 Vaccination Cards' to the public.)

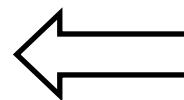
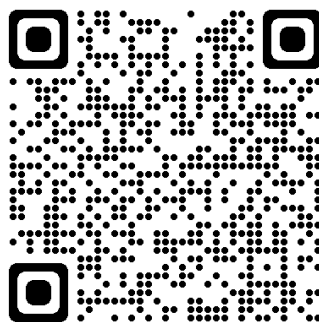


RECALLS



Name of Product: CUPKIN Double-Walled Stainless Steel Children's Cups

Hazard: The stainless-steel cups contain levels of lead that exceed the federal lead content ban. Lead is toxic if ingested by young children and can cause adverse health effects.



For more information about recalls.

HEAT ADVISORY

Cooling centers are opening across Connecticut. Anyone in need of a place to get out of the heat can locate their nearest cooling center by calling 2-1-1.

“We want to remind everyone – particularly those in the most vulnerable communities – that cooling centers are available and can be located by calling 2-1-1,” **Governor Lamont said**. “Everyone should take the necessary precautions as the heat rises over the next several days. A few steps can greatly reduce heat-related issues, especially for the elderly, the very young, and people with respiratory ailments who are more susceptible to the effects of high temperatures.”

Although anyone can suffer from heat-related illness, some people are at greater risk than others:

- Infants and young children are sensitive to the effects of high temperatures and rely on others to regulate their environments and provide adequate liquids.
- People 65 years of age or older may not compensate for heat stress efficiently and are less likely to sense and respond to change in temperature.
- People who are overweight may be prone to heat sickness because of their tendency to retain more body heat.
- People who overexert during work or exercise may become dehydrated and susceptible to heat sickness.
- People who are physically ill, especially those with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation, may be affected by extreme heat.

Some prevention tips to stay safe in extreme heat include:

Stay cool: Keep your body temperature cool to avoid heat-related illness

- Stay in air-conditioned buildings as much as possible. If you must be outdoors, try to limit your outdoor activity to the morning and evening. Try to rest often in shady areas so that your body has a chance to cool off.
- Find an air-conditioned shelter. (Call 2-1-1 for a list of cooling centers). Do not rely on a fan as your primary cooling device.
- Avoid direct sunlight.
- Wear lightweight, light-colored clothing.
- Take cool showers or baths.
- Check on those most at-risk several times a day.
- Pets that cannot be brought indoors should be provided ready access to water and shade to keep them cool.

Stay Hydrated: Because your body loses fluids through sweat, you can become dehydrated during times of extreme heat

- Drink more water than usual.
- Don't wait until you're thirsty to drink more fluids.
- Drink from two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind others to drink enough water.

<https://portal.ct.gov/Office-of-the-Governor/News/Press-Releases/2023/07-2023/Governor-Lamont-Activates-Extreme-Hot-Weather-Protocol-Beginning-Wednesday-Morning>



TAHD IN ACTION



From July 10th to 14th, members of the Rural Communities Opioid Response (RCORP) grant attended the NRHA's Rural Community Health Connections Summit in Washington, D.C. This conference gathers rural community health and grassroots leaders, rural-focused state organizations, rural community health funders, and other partners who work innovatively to maintain and enhance access to care for rural residents across the country. Attendees benefited from insights shared by nationally recognized speakers and rural community health leaders about the importance of community power, amplifying rural voices, and forging meaningful connections with peers who are conceptualizing and executing innovative rural health programs.



From June 10th through 13th, the Emergency Preparedness Team, along with the Director of Health, attended the NACCHO 360 conference held in Denver, Colorado. The sessions covered an extensive range of topics including opioids, workforce development, EMS partnership, and communications. The team greatly benefited from the opportunity to connect with colleagues both locally and internationally, and they are eager to implement the insights garnered from the seminars.

COMMUNITY UPDATES

Important Information about Health Forms & Starting School

ALL PREK STUDENTS ENTERING KINDERGARTEN WILL NEED PHYSICAL EXAMS ALONG WITH APPROPRIATE VACCINES PRIOR TO ENTERING KINDERGARTEN IN SEPTEMBER 2023

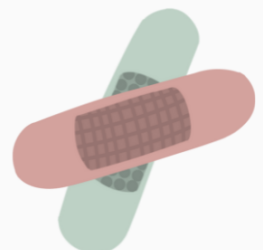
COMMUNITY HEALTH & WELLNESS WILL HAVE MEDICAL PROVIDERS AVAILABLE TO HELP WITH STUDENT PHYSICALS. THERE WILL BE NO OUT OF POCKET EXPENSE.

AN ENROLLMENT FORM MUST BE COMPLETED. FORMS CAN BE OBTAINED AT COMMUNITY HEALTH & WELLNESS LOCATED AT 469 MIGEON AVE, ON THE WEBSITE: WWW.CHWCTORR.ORG OR AT ANY SCHOOL NURSES OFFICE WHILE SCHOOL IS IN SESSION.

PLEASE CALL ASAP TO GET YOUR CHILD'S PHYSICAL AND IMMUNIZATION RECORD UPDATED FOR SCHOOL ENTRY THIS FALL

For more Information please call 860-489-0931

COMMUNITY HEALTH & WELLNESS SUMMER HOURS
8:30 AM TO 5PM MONDAY THROUGH FRIDAYS



COMMUNITY UPDATES



Make a Plan, Build a Kit, Stay Informed



Learn how to keep you and your loved ones safe during a disaster. This class will cover financial preparedness, how to make a go kit, and how to stay up-to-date in a growing technological world. All ages are welcome!

Scan Me!



More Information :

Located at Torrington Area Health
District: 350 Main Street
Torrington, CT 06478

 860-489-0436 x322
 bit.ly/3Wzew3M

COMMUNITY UPDATES

August 31, 2023

OVERDOSE AWARENESS DAY

Resource Fair and Vigil

Coe Memorial Park, Torrington

5:30 - 8:00 PM

Join us as we come together to commemorate the lives of loved ones lost to overdose. The event will offer local resources and support, followed by speakers and a candlelight vigil to share messages of remembrance, healing, and hope.



For more information please visit
<https://www.lcotf.org/overdose-awareness-day/>

COMMUNITY UPDATES



Torrington Area Health District and Medical Reserve Corps Present:

HANDS ONLY CPR TRAINING

*Learn the
skills to save
a life- for
FREE!*

Sessions run
every 30
minutes-come
and join
anytime!

350 Main Street Torrington, CT
06790

Training includes:

- The steps on how to call for help
- How to give high-quality CPR
- How to properly use an AED



PRE-REGISTER AT:
[HTTPS://TAHDHANDSONLYCPR.EVENTBRITE.COM](https://tahdhandsonlycpr.eventbrite.com)

WALK INS WELCOME

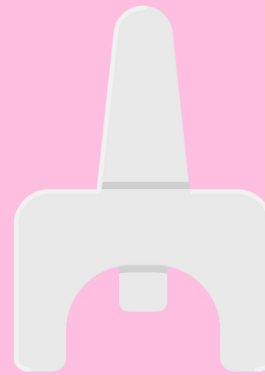
COMMUNITY UPDATES



NARCAN TRAINING

Learn how to properly administer Narcan and be able to recognize signs of an overdose

**SCAN ME TO FIND
A CLASS**



You will receive Narcan at the completion of the class



LOCATION:

Torrington Area Health District
350 Main Street
Torrington, CT 06790

REGISTER AT:

<https://tahdnarcantraining.eventbrite.com>

QUESTIONS?

860-489-0436 x322

COMMUNITY UPDATES

Torrington Area MRC August Events

SCAN ME

**Make a Plan,
Build a Kit, Stay
Informed**
August 15th at 10:00AM



Stop the Bleed
August 16th at 5:00PM



**Hands-Only CPR
Training**
August 23rd at 4:30PM



QPR Training
August 30th at 5:00PM



Want to see a training or bring one to your organization? Email mmclintock@tahd.org

COMMUNITY UPDATES



FREE SUICIDE PREVENTION TRAINING

Location: Torrington Area Health District
350 Main Street Torrington, CT 06790

Questions?

Email Megan at mmclintock@tahd.org

What you will learn:

- How to recognize the warning signs of suicidal behavior
- How to question, persuade, and refer someone in a crisis

Participants will receive a certification as a QPR Gatekeeper upon completion of the training

To register, please visit:

<https://tahdmrcsuicideprevention.eventbrite.com>



COMMUNITY UPDATES



Would YOU know what to do in case of a traumatic bleeding event?

Average time to bleed out



Average time for 1st responders to arrive



Trauma-related deaths worldwide due to bleeding



Sessions at Torrington Area Health District:



<https://cms.bleedingcontrol.org/Class/Search>
to find classes and register!



STOP THE BLEED® is a registered trademark of the U.S. Department of Defense.

COMMUNITY UPDATES

GATHERING OF **SERVICES** **FOR PEOPLE EXPERIENCING** **HOMELESSNESS**

August 7, 2023
10:30 AM – 1:30 PM



**21 Prospect Street,
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MENTAL HEALTH
MEDICAL TREATMENT
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COMMUNITY UPDATES

The B.E.R.E.A.D.Y Project

In sponsorship with Charlotte Hungerford Hospital
Diversity Equity Inclusion and Belonging Council

invite you to

Celebrate Belonging in Your Community

with food, music, family, friends
and activities that embrace
Diversity, Equity and Inclusion



Friday,
August 18

4-8 PM

Main Street
Torrington

Rain Date Friday
August 25

For information call, 860.294.4181 or
Email, Celebratebelonging@gmail.com

COMMUNITY UPDATES

AUGUST 15,
2023
11:00 AM -
12:00 PM EST

Changing Families, Changing Outcomes: Equipping Providers and Communities to Respond Differently to Families Impacted by Substance Use Disorder

- Explore how evidence based practices such as CRAFT, Motivational Interviewing, and Acceptance and Commitment Therapy provide the foundation for holistic family recovery
- Explain recovery oriented values in family systems using evidence based practices
- Discuss concrete, actionable tools to equip family members in the recovery process
- Define holistic family recovery using multiple pathways

**CLICK HERE
TO REGISTER**



Pam Lanhart is the founder and Executive Director of Thrive Family Recovery Resources, a non-profit that helps families nationally connect to resources, education and support. Thrive became a ground-breaking organization this fall as **one of the first Family Recovery Community Organizations in the country to receive State Human Services Grant Funding**. This funding is used to support their work providing family peer support to family members impacted by their loved one's substance use. Known as a subject matter expert throughout the country in regards to innovative ways to approach family support, Pam is passionate about helping families use evidence based best practices in order to move their loved ones toward change and believes that a healthy family ecosystem gives their loved ones the best opportunity to activate their own personal recovery.

Pam is also the **2021 recipient of the Faces & Voices Vernon Johnson Award** honoring her tenacious and outstanding national advocacy and work. Devoted to spreading the message of recovery, harm reduction and helping families activate their recovery, Pam was recently appointed to the MN Governor's Advisory Council for Substance Use, Addiction and the Opioid Response as well as US House Representative Angie Craig's Substance Use Advisory Council. She is also a **fierce advocate for the humane treatment of those suffering from substance use, the availability of harm reduction and the de-stigmatizing of those suffering from the disease of addiction.**



COMMUNITY UPDATES

FREE VIRTUAL

NARCAN &

HARM REDUCTION TRAINING

AUGUST 7, 2023

6 PM

Join us on zoom at:

[https://us02web.zoom.us/j/88092749621?](https://us02web.zoom.us/j/88092749621?pwd=T3E4c28wWnlwbWtvUINmdUZtbkFLdz09)

[pwd=T3E4c28wWnlwbWtvUINmdUZtbkFLdz09](https://us02web.zoom.us/j/88092749621?pwd=T3E4c28wWnlwbWtvUINmdUZtbkFLdz09)

JOIN OUR COMMUNITY
OUTREACH TEAM AS WE
DISCUSS:

- SUBSTANCE TRENDS AND DANGERS
- HARM REDUCTION STRATEGIES
- HOW TO RECOGNIZE AND RESPOND TO AN OVERDOSE
- USING NARCAN
- WHAT OUR TEAM DOES AND HOW WE CAN HELP
- Q&A WITH RECOVERY NAVIGATORS

