

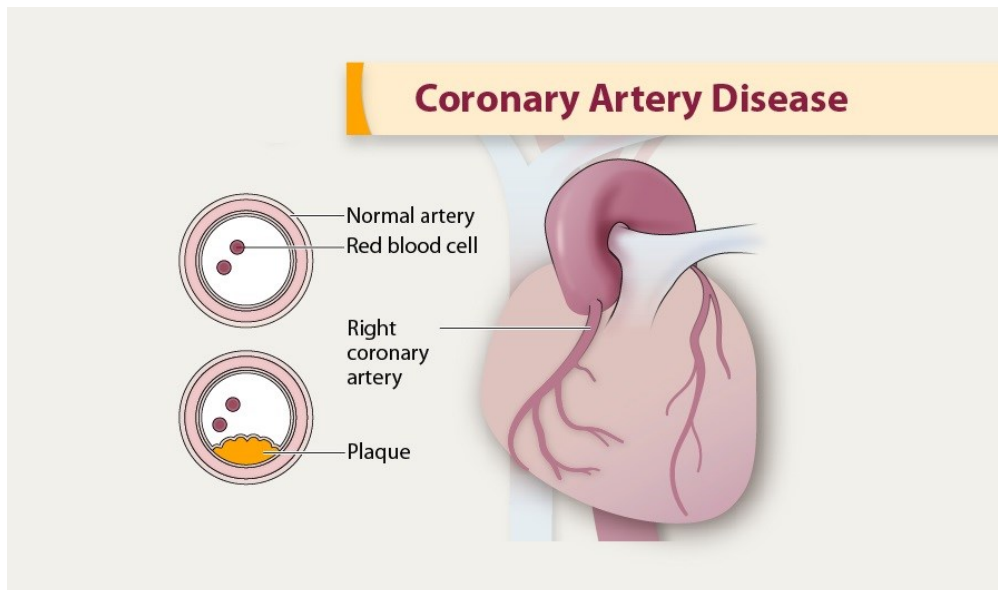
# TORRINGTON AREA HEALTH DISTRICT

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

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.

## February 2024 Newsletter American Heart Month

Heart disease is the leading cause of death in the United States. The term “heart disease” refers to several types of heart conditions. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to heart attack. You can greatly reduce your risk for heart disease through lifestyle changes and, in some cases, medicine.



Coronary artery disease is caused by plaque buildup in the wall of the arteries that supply blood to the heart (called coronary arteries). Plaque is made up of cholesterol deposits. Plaque buildup causes the inside of the arteries to narrow over time. This process is called atherosclerosis.

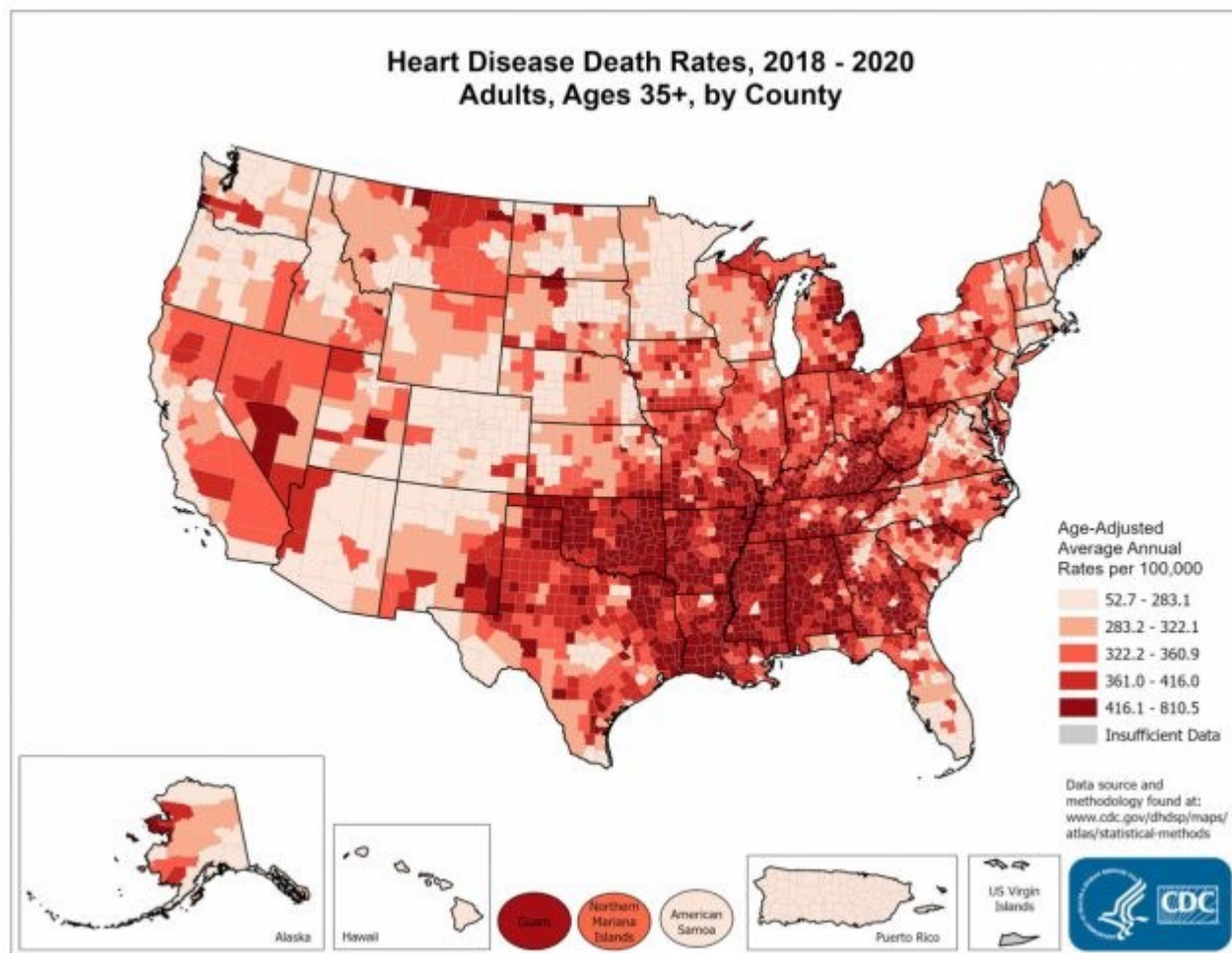


### Hours

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 and [www.tahtd.org](http://www.tahtd.org)



## HEART DISEASE FACTS



### HEART DISEASE IN THE UNITED STATES

- Heart disease is the **leading cause of death** for men, women, and people of most racial and ethnic groups in the United States.<sup>1</sup>
- **One person dies every 33 seconds** in the United States from cardiovascular disease.<sup>1</sup>
- About **695,000 people in the United States** died from heart disease in 2021—that's **1 in every 5 deaths**.<sup>1,2</sup>
- Heart disease cost the United States about **\$239.9 billion** each year from 2018 to 2019.<sup>3</sup> This includes the cost of health care services, medicines, and lost productivity due to death.

#### Coronary Artery Disease

- Coronary heart disease is the most common type of heart disease, killing 375,476 people in 2021.<sup>2</sup>
- About **1 in 20 adults** age 20 and older have CAD (about 5%).<sup>2</sup>

**In 2021, about 2 in 10 deaths from CAD happen in adults less than 65 years old.**<sup>1</sup>

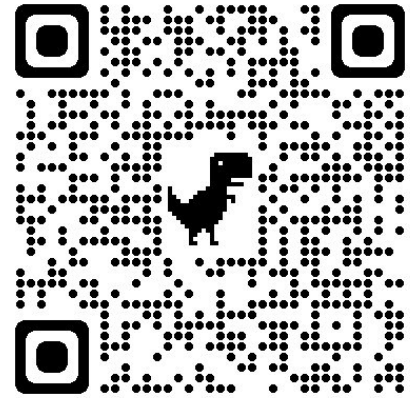
#### Heart Attack

In the United States, someone has a heart attack every 40 seconds.<sup>2</sup>

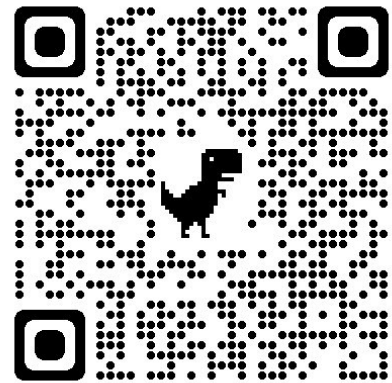
- Every year, about **805,000 people in the United States** have a heart attack.<sup>2</sup> Of these,
  - 605,000 are a first heart attack<sup>2</sup>
  - 200,000 happen to people who have already had a heart attack<sup>2</sup>
  - About **1 in 5 heart attacks are silent**—the damage is done, but the person is not aware of it.<sup>2</sup>

<https://www.cdc.gov/heartdisease/facts.htm>

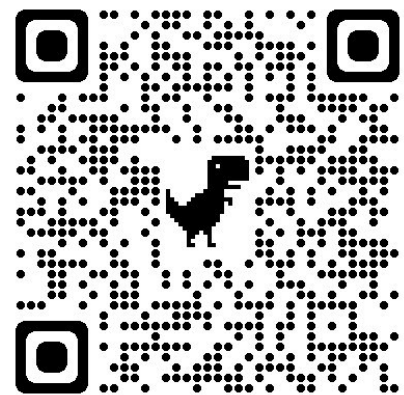
## About Heart Disease



## Know Your Risk for Heart Disease



## Prevent Heart Disease





# SOMETHING YUMMY

Valentine's Day has been associated with decadence – fancy heart-shaped boxes of chocolates are the holiday's signature item. However, February is also another-kind-of-heart-month – it is American Heart Month.

Here are some delicious, heart-friendly treats you can make for your loved ones to show them how much you care this Valentine's Day (or any day).



## Adorable Heart Fruit Skewers

You can use strawberries, watermelons, cantaloupe, honeydew, and blueberries to make these and drizzle with dark chocolate.

<https://thishealthytable.com/blog/healthy-valentines-recipes/>



## Caprese Salad

Fresh mozzarella, Tomatoes, Fresh basil, Extra virgin olive oil, Balsamic vinegar, and Sea salt

### **Instructions:**

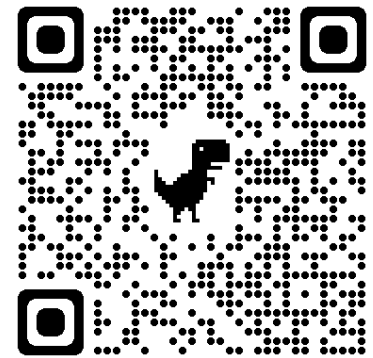
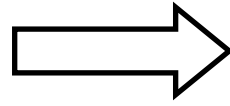
- Cut the mozzarella into 1/4" slices. Then use a [heart shaped cookie cutter](#) to cut heart shapes from each slice (save the leftover scraps of cheese for snacks).
- Slice the tomatoes into 1/4" circles.
- Layer the tomatoes, basil leaves, and mozzarella hearts on a plate.
- Drizzle with balsamic vinegar and olive oil, and lightly sprinkle with salt.
- Serve with toasted baguette.

<https://thebakermama.com/recipes/heart-caprese-salad/>

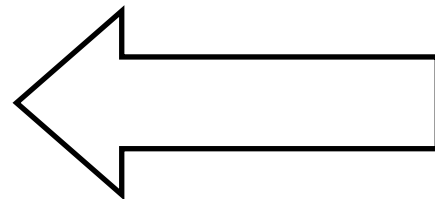
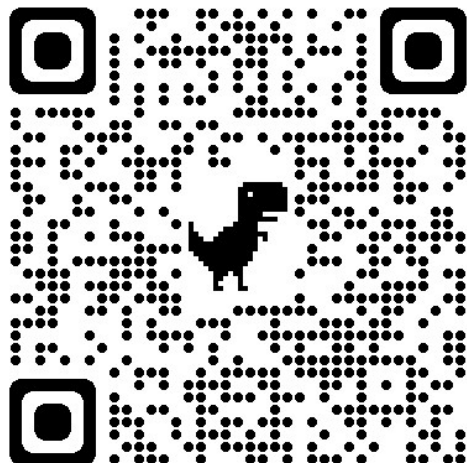
It's Your Best Shot!



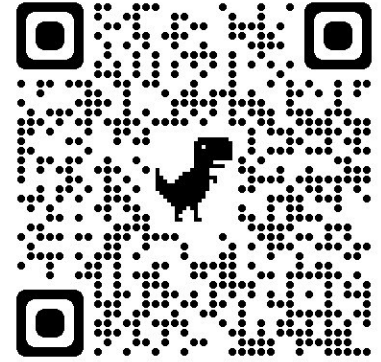
The CT WiZ Public Portal allows individuals who were vaccinated in Connecticut to access their own immunization records, while parents and guardians can also access their child's records. You have the option of getting a PDF copy of your full immunization record, or your COVID-19 vaccine record that 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.)



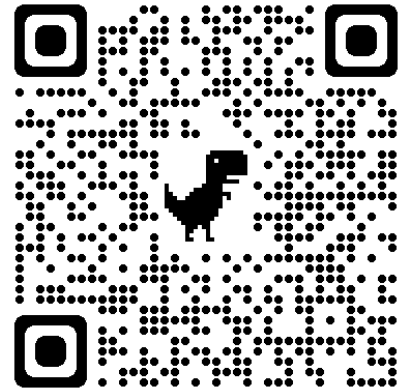
## What to join the Litchfield County Opiate Task Force?



## Resources for Health Care Professionals



## Resources for Public Health Professionals



## Resources for Individuals and Patients





# GET YOUR TICKETS



Presents

From Executive Producer  
NEIL deGRASSE TYSON

# SHOT IN THE ARM

and Academy Award® Nominee  
SCOTT HAMILTON KENNEDY

**Disinformation is its own disease.**

**Film Screening Followed by Q&A Panel Presentation**  
with the filmmaker

**February 7th at 5:30 p.m.**

**The Warner Theatre Oneglia Auditorium**

**For Tickets**  
[warnertheatre.org](http://warnertheatre.org)

**For More Info**  
[TAHD.org](http://TAHD.org)

See our teaser and follow us on social media!  
[www.shotintheearmmovie.com](http://www.shotintheearmmovie.com)



## NEW TAHD EMPLOYEE



Brandon Jacques, BS  
Sanitarian Trainee



# COMMUNITY UPDATES

## STOP AN OVERDOSE WITH NALOXONE



For Naloxone distribution map locator scan QR code above or visit <https://www.lcotf.org/harm-reduction/>

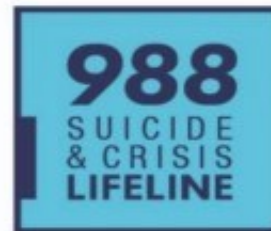
To request Naloxone scan QR code above

### Prevent Fatal Overdose

Help Save Lives By Being Prepared



You know CPR. You have a first aid kit. Naloxone is another way to save lives. Keep naloxone at home and work.



### 1 WORD VOICE LIFE

Be the 1 to start the conversation  
[www.preventsuicidect.org](http://www.preventsuicidect.org)  
CALL 2-1-1



# COMMUNITY UPDATES

## **WARNING: Recalled Cinnamon Apple Fruit Puree and Applesauce(s)**



### **Consumers Are Advised To:**

- Immediately stop using these products.
- Return it to the purchase place for a full refund or discard them.
- Contact their pediatrician to have their child's lead level tested.

For additional questions about specific products, consumers are encouraged to contact the companies:

WanaBana at [support@wanabanafruits.com](mailto:support@wanabanafruits.com)

Schnucks Customer Care team at 314-994-4400 or 1-800-264-4400

Weis Customer Service number at 866-999-9347

## COMMUNITY UPDATES



# Get the Flu Shot Not the Flu



IT IS NOT TOO LATE TO GET A FLU SHOT

**SAME DATE APPOINTMENTS AVAILABLE**

**CONTACT THE PUBLIC HEALTH NURSE TO  
SCHEDULE YOUR APPOINTMENT TODAY.  
PATTY 860-489-0436 X 325**

**Vaccines Available:  
Seasonal Flu Vaccine for adults 19 and over  
HIGH DOSE VACCINE for adults 65 and over**

1. BRING INSURANCE CARD(S)
2. BRING YOUR DRIVER'S LICENSE
3. WEAR A LOOSE-FITTING SHORT SLEEVE SHIRT SO YOUR SHOULDER CAN BE EASILY ACCESSED.



**INSURANCES ACCEPTED:**

**MEDICARE (PART B)  
CONNECTICARE  
ANTHEM BC/BS  
AETNA  
CIGNA**

**NO INSURANCE? NO PROBLEM!  
ADULT SEASONAL FLU VACCINE \$30  
\*HIGH DOSE \$70  
\*65 YEARS AND OLDER**





## COMMUNITY UPDATES

# An Evening with Gabby Bernstein: Accessing Inner Peace & Resilience

Feb 9th, 2024  
Torrington, CT



ALL PROCEEDS GO TO MCCALL BEHAVIORAL HEALTH NETWORK TO SUPPORT THEIR VITAL WORK IN HELPING INDIVIDUALS HEAL FROM SUBSTANCE USE DISORDERS, MENTAL HEALTH DISORDERS, OR BOTH.

**TICKETS ARE ALMOST GONE! GET YOURS TODAY!**

*On Friday, February 9th, 2024, #1 New York Times bestselling author, [Gabby Bernstein](#), is hosting an evening fundraiser for a local nonprofit, the [McCall Behavioral Health Network](#), at The Warner Theatre in Torrington from 7-8:30PM. The organizers are looking for vendors to participate in a pre-event shopping fair from 6-7 PM.*

*For more information about the event, please [click here](#). The event appears to be sold out online, but tickets are still available. Please call The Warner Theatre Box Office if you would like to attend: (860) 489-7180 x 1.*

*If you are interested in participating in the vendor fair, please reach out to Marisa Mittelstaedt, Director of Development and Marketing, at 860.202.4916 or [marisa.mittelstaedt@mccallbhn.org](mailto:marisa.mittelstaedt@mccallbhn.org).*

# COMMUNITY UPDATES

With refreshments from:



**Rescheduled!**

Join us for a free screening of

# UPROOTING ADDICTION

An important, locally-produced film about trauma, addiction and recovery

Followed by a panel discussion with one of the film's producers and local organizations working to address the Opioid Crisis in our community

Recommended for ages 12+

**NEW DATE: Sunday, 2/11/24**

4:00pm | 6:00pm

Battell Chapel at Norfolk UCC,  
12 Litchfield Rd, Norfolk

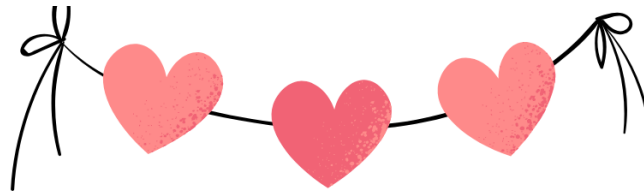


**UPROOTING  
ADDICTION**  
HEALING FROM THE GROUND UP



Sponsored by Greenwoods and Norfolk NET

# COMMUNITY UPDATES



**TORRINGTON AREA MRC PRESENTS**

## *February MRC Events*



**SCAN ME**

**QPR TRAINING  
TUESDAY, FEBRUARY 7TH, 2024  
FROM 5:00PM-6:00PM**



**NARCAN TRAINING  
THURSDAY, FEBRUARY 22ND, 2024  
FROM 10:00AM-11:00AM**





# COMMUNITY UPDATES



American  
Heart  
Association.

Torrington Area Health District

## HEARTSAVER AND BLS CPR TRAINING

*Learn the skills to  
save a life*

Session Pricing:

Heartsaver program:  
\$105.00

Recommended for anyone  
with little or no medical  
training who needs a course  
completion card for job,  
regulatory, or other  
requirements.

BLS Course: \$95.00  
Recommended for healthcare  
professionals

Classes held at 350 Main  
Street Torrington, CT 06790

*Training includes:*

- Identifying and responding to the signs of a cardiac arrest
- How to provide rescue breaths
- How to give high-quality CPR
- How to use an AED
- Practicing crisis management skills
- How to effectively work as a team during a cardiac arrest

Participants will receive a provider  
electronic card valid for two years  
upon successful completion of the  
course

TO SCHEDULE FOR A CLASS, PLEASE CALL 860-489-0436 X322  
GROUP CLASSES AVAILABLE UPON REQUEST  
WE ACCEPT CHECKS AND CREDIT CARDS FOR PAYMENT