

# TORRINGTON AREA HEALTH DISTRICT

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

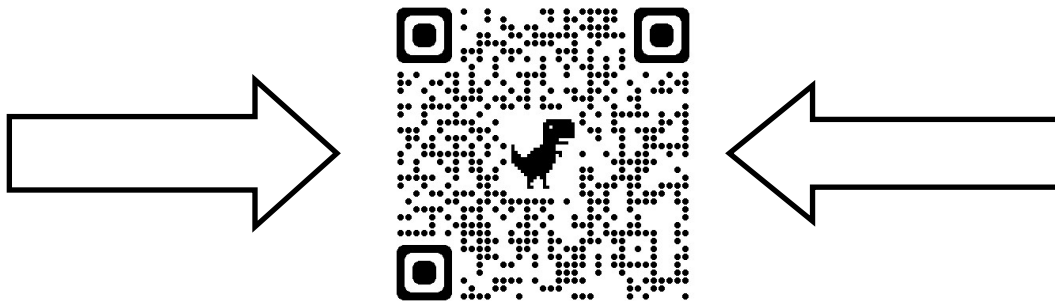
Providing local public health services for the Borough of Bantam, Bethlehem, Canaan, Cornwall, Goshen, Harwinton, Kent, Borough of Litchfield, Litchfield, Middlebury, Morris, Norfolk, North Canaan, Plymouth, Salisbury, Thomaston, Torrington, Warren, Watertown & Winsted.

## November 2023 Newsletter American Diabetes Month

November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. This year's focus is on taking action to prevent diabetes health problems.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer.

But there's also good news: Taking charge of your health may help you prevent diabetes health problems.



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)



## **MANAGE YOUR BLOOD GLUCOSE, BLOOD PRESSURE, AND CHOLESTEROL LEVELS.**

Research shows that [managing your diabetes](#) as soon as possible after diagnosis may help [prevent diabetes health problems](#). You can start by managing your diabetes ABCs.

- A is for the [A1C test](#) that health care professionals use to measure your average blood glucose levels. Some people with diabetes also use [devices to track their blood glucose](#) throughout the day and night.
- B is for blood pressure.
- C is for cholesterol.

Ask your health care team what your ABCs goals should be.

## **TAKE SMALL STEPS TOWARD HEALTHY HABITS.**

[Lifestyle habits](#) such as planning healthy meals, being physically active, getting enough sleep, and not smoking may help you manage your diabetes ABCs. You don't have to do it all at once.

Start slow and build healthier habits from there.

## **TAKE YOUR MEDICINES ON TIME.**

Remember to take your [medicines](#) even if you feel healthy. Talk with your doctor or pharmacist if you have trouble taking your medicines on time or at the correct dose.

## **REACH OR MAINTAIN A HEALTHY WEIGHT.**

If you have overweight or obesity, ask your primary care provider if healthy eating, physical activity, or other weight-loss treatments may help you [manage your weight](#).

## **TAKE CARE OF YOUR MENTAL HEALTH.**

Managing diabetes can be hard. If you feel down, sad, or overwhelmed, learn about [healthy ways to cope with stress](#). Consider talking to a mental health counselor or joining a support group.

## **WORK WITH YOUR HEALTH CARE TEAM.**

Managing diabetes takes a team. Your health care team may include a primary care provider, diabetes specialist, registered dietitian, or certified diabetes educator. Ask your primary care provider if you should talk with other health care professionals about your diabetes.

Diabetes medicines, devices, and office visits can be expensive. A social worker or a member of your health care team may be able to help you find community resources or [financial help for diabetes care](#).

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month#:~:text=November%20is%20National%20Diabetes%20Month,blood%20sugar%2C%20is%20too%20high.>

# Take Charge of Tomorrow

NIH National Institute of Diabetes and Digestive and Kidney Diseases

## Preventing Diabetes Health Problems

**Diabetes** is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you manage your diabetes to stay healthy longer.



**Manage your A1C blood glucose, blood pressure, and cholesterol levels.**

Ask your doctor what your goals should be, and stay informed about your A1C level.



**Take care of your mental health.**

A mental health counselor may help you find healthy ways to cope with stress.



**Make lifestyle changes to slowly build healthy habits.**

Take small steps to eat healthier, be more physically active, and get enough sleep.



**Take your medicines on time, even if you feel healthy.**

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



**Work closely with your primary care provider.**

They can help you manage your diabetes and refer you to other health care professionals for related health problems.

Visit [niddk.nih.gov](https://niddk.nih.gov) for more information on preventing diabetes health problems.

[healthinfo@niddk.nih.gov](mailto:healthinfo@niddk.nih.gov)

[in](#) [t](#) [f](#) [v](#) [i](#) [o](#) [@niddkgov](#)



## Preparing Your Holiday Turkey Safely



Turkey and its juice can be contaminated with germs that can make you and your family sick. Raw turkey can contain *Salmonella*, *Clostridium perfringens*, *Campylobacter*, and other germs. Whether you're cooking a whole bird or a part of it, such as the breast, you should take special care to prevent food poisoning. Follow the 6 steps below to safely store, thaw, handle, cook, and reheat your turkey.

### 1. Store Turkey Properly

- **Frozen** raw turkey should be stored in the freezer until you are ready to thaw it. Make sure your freezer is at 0°F or below. Don't store a turkey in a place where you can't closely monitor the temperature, such as in a car trunk, a basement, the back porch, or in snow.

### 2. Thaw Turkey Safely

Use one of these methods to thaw your turkey.

- **Thaw your turkey in the refrigerator.**
  - Keep your turkey in its original wrapping and place it in a container before putting it in the refrigerator. The container will prevent the turkey juice from dripping on other food.
  - Allow about 24 hours of thawing for each 4 to 5 pounds of turkey.
  - A turkey thawed in the refrigerator can remain in the refrigerator once it's been thawed for 1 to 2 days before cooking.
- **Thaw your turkey in cold water.**
  - Be sure your turkey is in a leakproof plastic bag before you place it in the sink.
  - The bag will prevent the turkey juice from spreading in the kitchen.
  - The bag also will prevent the turkey from absorbing water, which could make your cooked turkey runny.
  - Make sure to completely cover your turkey with cold tap water.
  - Change the water every 30 minutes.
  - Allow about 30 minutes of thawing for each pound of turkey.
  - A turkey thawed in cold water must be cooked immediately after thawing.



- **Thaw your turkey in the microwave.**
  - Follow the microwave manufacturer's instructions for thawing your turkey.
  - A turkey thawed in the microwave must be cooked immediately after thawing.
- **Never thaw your turkey by leaving it out on the counter.** A turkey must thaw at a safe temperature. When a turkey stays out at room temperature for more than 2 hours, its temperature becomes unsafe even if the center is still frozen. Germs can grow rapidly in the "danger zone" between 40°F and 140°F.

### 3. Handle Turkey Correctly to Prevent the Spread of Germs

Raw turkey and its juice can contaminate anything they touch. Be sure to handle your turkey correctly to prevent harmful germs from spreading to other food or your family and friends.

- [Wash your hands](#) with soap and water for at least 20 seconds before and after handling turkey.
- Use one cutting board for raw turkey and a separate cutting board for produce, bread, and other foods that won't be cooked.
- Never place cooked food or fresh produce on a plate, cutting board, or other surface that held raw turkey.
- Wash cutting boards, utensils, dishes, and countertops with hot soapy water after preparing raw turkey and before you prepare the next item.

**Washing raw turkey can spread germs to other food.** Federal agencies have recommended not washing turkey or chicken since 2005. But a 2020 survey\* found that 78% of participants reported washing or rinsing turkey before cooking. Old recipes and family cooking traditions may tempt you to keep this practice going, but it can make you and your family sick. Poultry juice can spread in the kitchen and contaminate other foods, utensils, and countertops.

If you wash raw turkey, immediately clean and thoroughly sanitize the sink and surrounding area. A USDA study found that 1 in 7 people who cleaned their sink after washing chicken still had germs in the sink.

\*Source: 2020 [Porter Novelli Consumer Styles](#)  survey of 3,625 adults in the United States

### 4. Cook Stuffing Thoroughly

- It's safest to [cook stuffing in a casserole dish](#) instead of inside your turkey. Cooking stuffing in a casserole dish makes it easy to be sure the stuffing is thoroughly cooked. If you do cook stuffing in the turkey, put the stuffing in the turkey just before cooking.
- With either cooking method, use a food thermometer to make sure the stuffing's center reaches 165°F. Germs can survive in stuffing that has not reached 165°F. If you cooked the stuffing in your turkey, wait 20 minutes after taking the bird out of the oven before removing the stuffing. This allows the stuffing to cook a little longer.

## 5. Cook Turkey to a Safe Temperature

- **To roast a turkey in your oven**, set the oven temperature to at least 325°F. Place the completely thawed turkey in a roasting pan that is 2 to 2-1/2 inches deep. [Cooking times](#) depend on the weight of the turkey and whether it is stuffed.
  - Use a food thermometer to make sure your turkey has reached a safe internal temperature of 165°F.
    - Check by inserting a food thermometer into three places, avoiding bone:
      - thickest part of the breast
      - where body and thigh join, aiming toward thigh
      - where body and wing join, aiming toward wing.
    - Even if your turkey has a pop-up timer, you should still use a food thermometer to check that it is safely cooked.
    - If you stuffed your turkey, insert a food thermometer into the center of the stuffing to ensure it reaches 165°F. Remember to let the turkey stand 20 minutes

Make sure turkey reaches a safe internal temperature of 165°F. Use a food thermometer to check in three places, avoiding bone: (1) thickest part of the breast, (2) where body and thigh join, aiming toward thigh, and (3) where body and wing join, aiming toward wing.



## 6. Take Care of Leftovers

Follow these tips to safely store and reheat your leftovers.

- [Refrigerate leftovers](#) at 40°F or colder within 2 hours of cooking to prevent food poisoning. Refrigerate leftovers that have been exposed to temperatures higher than 90°F, like in a hot car, within 1 hour.
- If you are refrigerating a big cut of meat, such as a turkey or roast, cut it into smaller pieces so they cool quickly. You do not need to wait until food is cool to store it in the refrigerator or freezer.
- Eat cooked turkey and dishes made with it, such as soup or a casserole, within 3 to 4 days. Freeze leftovers to store them for longer.
- Reheat all leftovers to at least 165°F before serving or eating.



The bacteria *Clostridium perfringens* grows in cooked foods left at room temperature. It is the second most common bacterial cause of food poisoning. The major symptoms are vomiting and abdominal cramps within 6 to 24 hours after eating.

- *Clostridium perfringens* outbreaks occur most often in November and December.
- Many of these outbreaks have been linked to foods commonly served during the holidays, such as turkey and roast beef.



# LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



\*For more information about each type of turkey, visit [fsis.usda.gov](http://fsis.usda.gov).

## 3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:



**Refrigerator:**  
Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

**How to thaw:**  
Allow approximately 24 hrs. for every 4-5lbs of bird.

**Cold water:**  
Cook immediately after thawing.

**How to thaw:**  
Submerge the bird in cold water & change every 30 mins.



**Microwave:**  
Cook immediately after thawing.



**How to thaw:**  
Use defrost function based on weight

For more information on safe thawing methods, visit [fsis.usda.gov](http://fsis.usda.gov)

### DID YOU KNOW?



It's safe to cook a frozen turkey though cooking time will be 50% longer!

## Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils Plates Countertops Cutting boards SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

**SO DON'T WASH YOUR TURKEY!!**

## SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

## COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

**Use three places to check the temperature.**

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

## CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Last day Thanksgiving leftovers are safe from the fridge.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

**Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!**

FOR MORE INFORMATION:  
Visit [foodsafety.gov](http://foodsafety.gov)

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit [AskKaren.gov](http://AskKaren.gov). Visit [Pregunteleakaren.gov](http://Pregunteleakaren.gov) for questions in Spanish.





## SOMETHING YUMMY

Reinvent your Thanksgiving feast a day or two later!

Nothing tastes better than Turkey with all the trimmings! But what to do with leftovers? Here are a few healthy and tasty ideas.

- *Make a hearty harvest stew.* Start with leftover gravy (fat skimmed away) as the base. Make it hearty with leftover turkey and veggies. Thicken with mashed potatoes or sweet potatoes. Cook to 165°F.
- *Stack a turkey-berry wrap.* Wrap sliced turkey, spread with cranberry sauce and shredded greens in whole-wheat tortillas. Add toasted pecans if you have some.
- *Blend cranberry smoothies.* Blend cranberries with frozen yogurt and orange juice.
- *Freeze turkey stock in small amounts.* Later, thaw in the refrigerator and cook couscous, pasta, rice or soup with the stock instead of water.
- *Toss a crunchy turkey salad.* Toss cubed turkey with celery, apples, and light mayo with shredded baby spinach.
- *Make a stuffing frittata.* Mix stuffing with eggs and cook through, pancake-style.

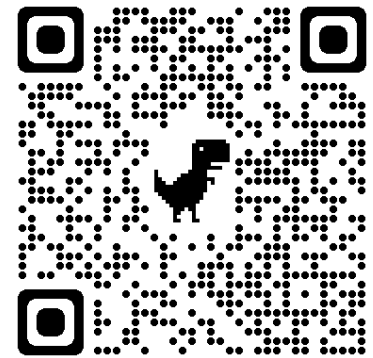
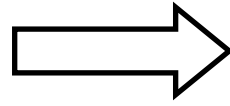


<https://www.eatright.org/food/cultural-cuisines-and-traditions/holidays-and-celebrations/reinventing-thanksgiving>

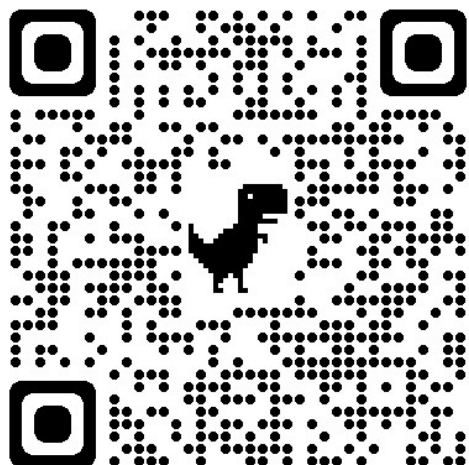
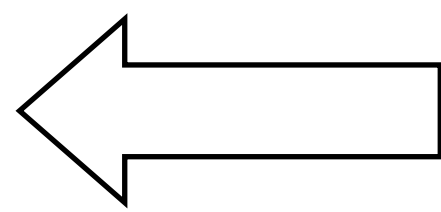
It's Your Best Shot!



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?





## TAHD IN ACTION



The TAHD Emergency Preparedness Team attended the Regional Emergency Preparedness Training Field Day in New Haven, CT. The event featured a showcase of all the regional response assets, including, but not limited to, Animal Rescue, United Illuminating, the SWAT Team, HAZMAT, Decontamination trailer/equipment, Everbridge, and the latest radar communication technology.

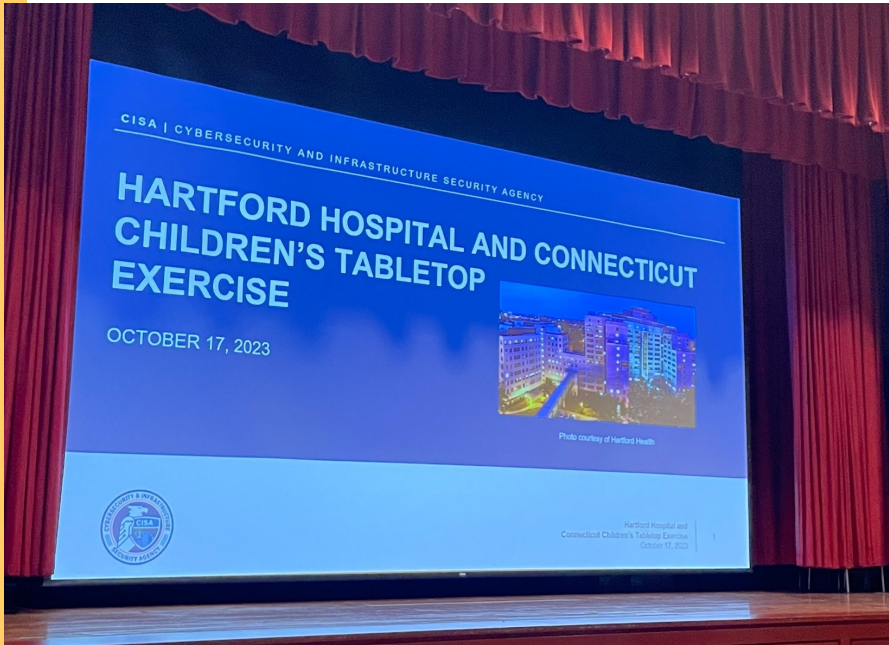


## TAHD IN ACTION



On October 11, 2023 Prime Time House gathered for a Walk for Recovery in celebration of World Mental Health Day. World Mental Health Day is an opportunity for people and communities to unite behind the theme “Mental health is a universal human right” to improve knowledge, raise awareness and drive actions that promote and protect everyone's mental health as a universal right. Mental Health is a basic human right for all people, Everyone, whoever and wherever they are, as a right to the highest attainable standard of mental health. This includes the right to be protected from mental health risks, the right to available , accessible, acceptable, and good quality care , and the right to liberty, independence and inclusion in the community.

## TAHD IN ACTION



The TAHD Emergency Preparedness Team participated in an in-person tabletop exercise conducted at Hartford Hospital. The exercise focused on the role of emergency services and public health in the event of an active shooter incident. Connecticut State Police, Hartford Healthcare Emergency Management, Connecticut Children's Emergency Management, CT National Guard, American Red Cross, Department of Homeland Security and Emergency Services, Department of Public Health, and several other local, state, and regional stakeholders also attended the exercise.

The TAHD Emergency Preparedness Team participated in the Winsted Health Aging Fair hosted by the Winsted Senior Center. The event's success was attributed to the collaboration of various agencies and organizations, including, but not limited to, Community Health & Wellness, the Center of Health Aging at Charlotte Hungerford Hospital, Careforth, Bowen Agency, Cherry Brook Healthcare and Rehab, and others. All these organizations were able to showcase their services to assist seniors in achieving a healthier lifestyle.





## TAHD IN ACTION



The drug overdose epidemic in the United States poses an immediate and significant threat to public health, public safety, and national security. The DEA's National Prescription Drug Take Back Day reflects the DEA's dedication to the safety and well-being of Americans by urging the public to dispose of unnecessary medications from their homes. This initiative is aimed at preventing medication misuse and the onset of opioid addiction. On Saturday, October 28, 2023, TAHD, in collaboration with our partner agencies, collected a total of 84.6 pounds of medication.





## TAHD IN ACTION



The Preschool Lab at Torrington High School distributed vaccine-related giveaways. These giveaways included informative materials such as "Immunize your child," "The COVID-19 Vaccine and your child," and a brochure explaining "Why getting a yearly flu vaccine" is important. The primary purpose of this effort was to educate children about flu and germ prevention. Teaching children about these topics is of utmost importance. To further this educational mission, the Preschool Lab introduced the "Glow Germs" activity. This activity serves to illustrate to children how easily germs can spread and highlights the significance of proper handwashing techniques.



By raising awareness about the spread of germs and the importance of preventive measures, the goal is to encourage both children and adults to take responsibility for their health and well-being. This initiative aims to inspire individuals to maintain good health practices, ensuring the safety and well-being of themselves and those around them.



## TAHD IN ACTION



The LCOTF holds a monthly gathering where its members come together to create harm reduction kits. If you're interested in volunteering for this initiative, please don't hesitate to contact the LCOTF.

## Food Recall

**FDA Advises Parents and Caregivers Not to Buy or Feed WanaBana Apple Cinnamon Fruit Puree Pouches to Toddlers and Young Children Because**

The FDA is advising parents and caregivers not to buy or feed WanaBana apple cinnamon fruit puree pouches to children because the product may contain elevated levels of lead. The fruit puree pouches are sold nationally and are available through multiple retailers including Sam's Club, Amazon and Dollar Tree. Parents and caregivers of toddlers and young children who may have consumed WanaBana apple cinnamon fruit puree pouches should contact their child's healthcare provider about getting a blood test.



## COMMUNITY UPDATES



# Get the Flu Shot Not the Flu

**TORRINGTON AREA HEALTH DISTRICT**

**350 MAIN ST. TORRINGTON**

**WEDNESDAYS, OCTOBER 18 & 25  
NOVEMBER 1, 8, 15 AND 29**

**BY APPOINTMENT ONLY  
CALL 860-489-0436**

**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

## STOP AN OVERDOSE WITH NALOXONE



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

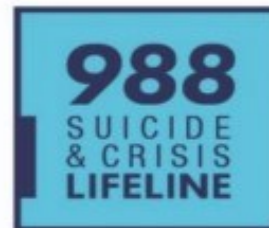
To request Naloxone scan QR code above

### 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



## Take a day to **take care of your health**

**Hartford HealthCare invites  
you to a day of care at no cost**

**Saturday, November 4, 2023  
9 a.m. to 2 p.m.**

**Coe Memorial Park Civic Center  
101 Litchfield St, Torrington**

*Free services for children and adults.  
No insurance needed.*

*Need transportation on the day of Medical Mission?  
Call 860.496.6725 to arrange for pick up.*

Health screenings • Behavioral health services  
Lab tests • Vaccines • Prescriptions • Glasses  
Haircuts • Warm winter clothing • Meal

Hartford HealthCare  
Charlotte Hungerford Hospital

# Medical Mission

## Tómate un día para **cuidar tu salud**

**Hartford HealthCare te invita  
a un día de atención gratuita**

**Sábado 4 de noviembre de 2023  
9 a.m. a 2 p.m.**

**Coe Memorial Park Civic Center  
101 Litchfield St, Torrington**

*Servicios gratuitos para niños y adultos.  
No se necesita seguro médico.*

*¿Necesitas transporte el día del evento Medical  
Mission? Llame al 860.496.6725 para organizar  
el traslado.*

Chequeos médicos • Servicios de salud conductual  
Análisis de laboratorio • Vacunas  
Recetas • Anteojos • Cortes de cabello  
Ropa de abrigo para el invierno • Comida



# COMMUNITY UPDATES



## FIREARM SUICIDE PREVENTION EVENT

FIND OUT ABOUT THE NEW GUN SAFETY LAWS EFFECTIVE  
OCTOBER 1ST, 2023

- Learn about strategies to reduce firearm suicide, in particular Extreme Risk Protection Orders (ERPO)
- Resources for your organization on firearm suicide prevention
- Understand the outsized impact that firearms have on suicide

All are welcome to attend!

### DETAILS

November 14th, 2:00PM-3:00PM

Virtual and in-person

Address: Torrington Area Health District

350 Main Street Torrington CT, 06790

Zoom Link: <http://bit.ly/3PAB94I>



Scan me for the Zoom registration



**Jonathan Perloe**  
Director of Communications  
CT Against Gun Violence



## COMMUNITY UPDATES

WATER – OAK WOMEN'S CLUB

PRESENTS

# HEALTH & SAFETY FAIR

SATURDAY NOVEMBER 4, 2023

10am to 2pm

John Trumbull Primary School

Admission is **FREE**

All Screenings are **FREE**

Blood drive, screenings for vision & hearing for all ages. Some participants include: YMCA, Smoke House, Fire Truck, Dentist, Family Intervention & addiction Services, American red Cross, American Heart Association, Physical Therapy & pediatric therapy Services, Counseling services and much more!!



## COMMUNITY UPDATES



**Susan B. Anthony Project**  
SAFETY ▪ HEALING ▪ GROWTH

**We are happy to announce that we will be accepting BOTH monetary donations and gift items this year!**

To help make the holiday season special for one of our families, please sign-up to “adopt” a family **by Friday, November 10th, 2023** by visiting [www.sbaproject.org](http://www.sbaproject.org) or calling Siobhain at 860-489-3798.

**All donations, gift cards, and unwrapped gifts must be received no later than December 15th, 2023. This will ensure ample time to sort and deliver gifts several days in advance of the holidays!**

**For more information on Adopt a Family, please email Siobhain at [screamer@sbaproject.org](mailto:screamer@sbaproject.org) or call 860-489-3798.**

*Thank you for your generosity!*

# COMMUNITY UPDATES



NOVEMBER 30, 2023

## REIMAGINING EMPATHY

*A DECADE OF UNITY AND RESILIENCE*

Warner Theater  
Torrington, CT  
Full Day Event

### ***FEATURING:***



KEYNOTE ADDRESS AND  
FIRESIDE CHAT WITH  
***JOHANN HARI***



LIVE, VIRTUAL  
PRESENTATION AND Q&A  
SESSION WITH  
***DR. GABOR MATÉ***

# SAVE THE DATE



# COMMUNITY UPDATES

## Torrington Area MRC NOVEMBER EVENTS

### Stop the Bleed

Wednesday, November 1st, 2023 at  
5:00PM  
at Torrington Area Health HQ

Scan me!



### Narcan Training

Wednesday, November 22nd 2023 at  
10:00AM  
at Torrington Area Health HQ



### Make a Plan, Build a Kit, Stay Informed

Wednesday, November 29th 2023 at  
5:00PM  
at Torrington Area Health HQ



Want to schedule a training? Email [mmclintock@tahd.org](mailto:mmclintock@tahd.org) for more information



# 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



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

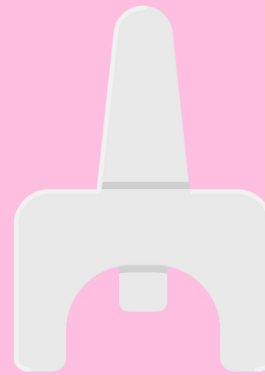
# COMMUNITY UPDATES



# 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



# FREE SUICIDE PREVENTION TRAINING

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

Questions?

Email Megan at [mmclintock@tahd.org](mailto: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>

