

TORRINGTON AREA HEALTH DISTRICT

November 2025 Newsletter

NOVEMBER IS NATIONAL DIABETES MONTH

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Over time, having too much glucose in your blood can cause other health problems such as heart disease, nerve damage, eye problems, and kidney disease. You can take steps to prevent or manage diabetes.

According to the Centers for Disease Control and Prevention's National Diabetes Statistics Report, an estimated 38.4 million people in the United States, or 11.6% of the population, have diabetes. About 1 in 5 adults with diabetes don't know they have the disease. An estimated 97.6 million American adults have prediabetes, which means their blood glucose levels are higher than normal but not high enough to be diagnosed as diabetes.



350 Main Street, Suite A Torrington, CT 06790
Phone (860) 489-0436 Fax (860) 496-8243
Monday, Tuesday, Thursday: 8:00am to 4:00pm.
Wednesday: 8:00am to 6:00pm, Friday: 8:00am to 1:00pm.

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.

Follow us on social media and www.tahtd.org



KNOW YOUR RISK FOR DEVELOPING DIABETES.

You are [more likely to develop type 2 diabetes](#) if you have overweight or obesity; are age 35 or older; have a family history of diabetes; are African American, American Indian, Asian American, Hispanic or Latino, or Pacific Islander; are not physically active; or have prediabetes.

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

Preventing diabetes or [managing 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 prevent diabetes or 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](#).

You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight. Use the [Diabetes Risk Management Calculator](#) to determine how much weight you can lose to help reduce your risk of developing type 2 diabetes.

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 preventing or managing 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>

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.



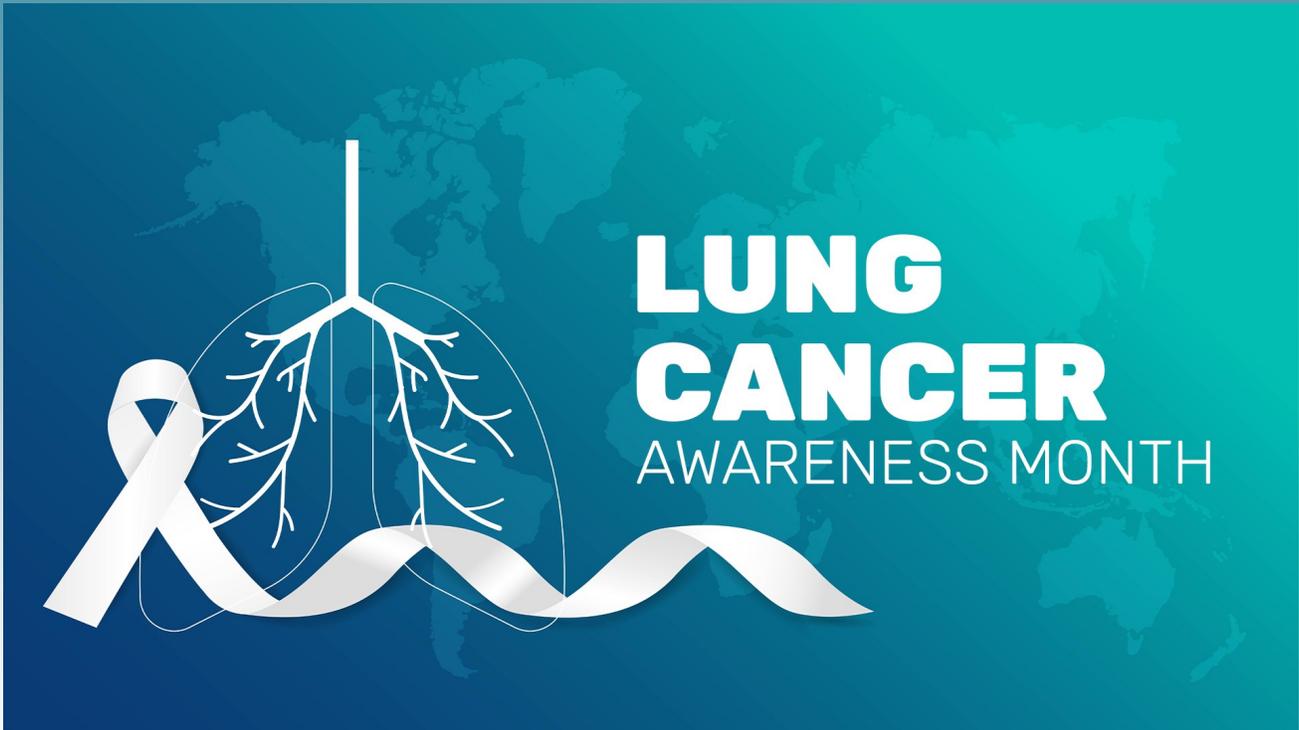
Work closely with your primary care provider.

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

Visit niddk.nih.gov for more information on preventing diabetes health problems.

healthinfo@niddk.nih.gov

[f](#) [t](#) [v](#) [@niddkgov](#)



Lung cancer is the [most common cause](#) of cancer death in the United States for both men and women. About 64,190 men and 60,540 women are [estimated to die](#) from lung cancer in 2025.

According to estimates by the [National Cancer Institute](#), 226,650 patients are expected to receive a diagnosis of lung or bronchus cancer in the United States in 2025. The estimated five-year relative survival rate is 28.1%.

Smoking is the most common cause of lung cancer in the United States. Cigarette smoking causes [80% to 90% of lung cancer deaths](#), according to experts. Other [risk factors](#) for lung cancer include being exposed to secondhand smoke; having a family history of lung cancer; being treated with radiation therapy to the breast or chest; exposure to asbestos, arsenic, chromium, beryllium, or nickel in the workplace; and exposure to radon. When smoking is combined with other risk factors, the risk of lung cancer increases.



LUNG CANCER facts



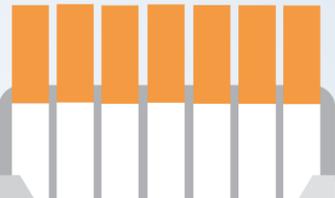
LUNG CANCER INITIATIVE
A NETWORK OF HOPE AND ACTION

Every four minutes someone in the US dies from Lung Cancer – 13 North Carolinians die each day.



Every two and a half minutes someone in the US is diagnosed with Lung Cancer – that is 24 people diagnosed each day in North Carolina.

Lung Cancer is the leading cause of cancer deaths in the US and in North Carolina. And second hand smoke will cause more than 5,930 deaths this year.



Not Just for Smokers!

12% – Never smoked
34% – Currently smoke
54% – Former smoker

20,000 to 25,000 people in the US get lung cancer each year, despite never smoking.

Those who have quit smoking remain at risk.

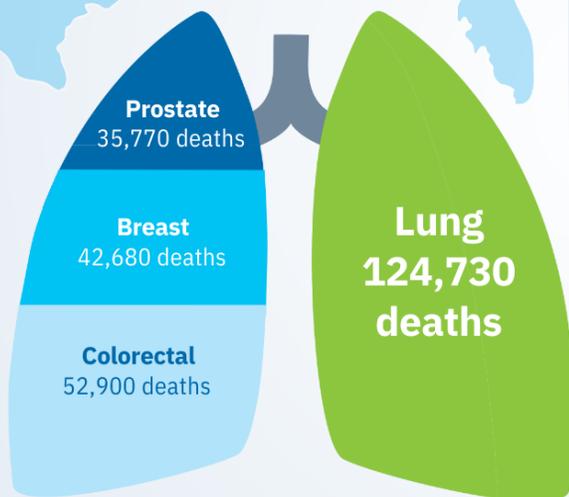
Causes

- Smoking
- Exposure to radon
- Air pollution
- Second hand smoke
- Genetic susceptibility
- Radiation therapy
- Asbestos, cadmium, arsenic
- Cooking fumes (developing countries)

Common Symptoms

- A cough that doesn't go away or gets worse
- Back or chest pain
- Coughing up blood
- Wheezing
- Shortness of breath
- Hoarseness
- Exhaustion or weakness
- Losing weight without trying

Estimated US Cancer Deaths 2025



Five Year Cancer Survival Rate



Prostate – 98% survival rate



Breast – 91% survival rate



Lung – 27% survival rate

Advances in Lung Cancer Screening

The largest national lung screening trial with over 50,000 people enrolled, showed a 20% risk reduction in lung cancer deaths!

Low-Dose CT recommended annually if you are:

- Between the ages of 50 and 80
 - Have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years.
- Talk to your primary care provider about lung cancer screening

Advances in Comprehensive Biomarker Testing

Comprehensive Biomarker testing is changing the way lung cancer and all cancers are treated. Talk to your doctor about comprehensive biomarker testing to ensure that your tumor has been tested. Learn about all of your treatment options and consider joining a clinical trial.

Visit our website for more information.

www.LungCancerInitiative.org



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.

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

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

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit RegunteeleKaren.gov for questions in Spanish.



SOMETHING YUMMY

African-Style Pumpkin and Peanut Stew Recipe

Pumpkin and groundnuts (peanuts), with their beta carotene and protein, respectively, are staples in many West African kitchens. Prepared with fragrant spices, their flavors blend to create a hearty, healthy and flavorful stew. Try this vegetarian stew over cooked rice or quinoa.

Ingredients

1 tablespoon canola oil
1 medium yellow onion, cut in ¼-inch dice
2 cloves garlic, minced
2 tablespoons minced peeled ginger root (or 2 teaspoons powdered ginger)
1 tablespoon packed brown sugar
2 teaspoons ground cinnamon
1 teaspoon curry powder
3 cups low sodium vegetable or chicken broth
1 (15-ounce) can solid pack pumpkin
2 medium sweet apples (e.g. Gala, Honey Crisp), cut in ½-inch dice
2 medium carrots, cut in ¼-inch rounds
2 medium red potatoes, cut in ½-inch dice
1 large stalk celery, cut in ½-inch dice
¾ cup chunky reduced-fat or regular peanut butter
¼ to ½ teaspoon hot sauce
Salt and pepper, to taste
Crushed peanuts or pumpkin seeds, for garnish
Chopped herbs (cilantro, parsley, or chives), for garnish



Directions

Before you begin: Wash your hands.

1. Heat oil in a large nonstick saucepan over medium heat. Add onion and garlic; cook and stir for about 5 minutes, until onion has softened. Remove from heat. Stir in ginger root, brown sugar, cinnamon and curry powder, allowing them to blend for a fragrant aroma.
2. Add broth and pumpkin; stir well. Mix in apples, carrots, potatoes and celery. Reduce heat to simmer; cover and simmer for about 25 minutes, until vegetables and apples are tender.
3. Remove from heat; cool slightly. Stir in peanut butter. Season with hot sauce, salt and pepper.

To serve, garnish with crushed peanuts or pumpkin seeds and herbs.

Nutrition Information

Serving size: 1 cup

Serves 8

Calories: 270; Calories from fat: 100; Total fat: 11g; Saturated fat: 2; Trans fat: 0g; Cholesterol: 0mg; Sodium: 250mg; Total carbohydrate: 37g; Dietary fiber: 7g; Sugars: 14g; Protein: 9g

Resource: <https://www.eatright.org/recipes/soups-and-stews/african-style-pumpkin-and-peanut-stew>

INTERESTING FACTS ABOUT NUTRITION



EAT RIGHT FOR LIFE SERIES

Eating the same way in your 40s as you did in your 20s? Ignoring your nutritional needs at 60? Not you! Build and maintain your healthiest body by adjusting your eating habits to address the specific needs of each decade. Every month we will address different decade and provide nutrition tips for the specific age. . Each decade brings with it specific health concerns and different nutrition needs. Eat right for your age to help you sail through the decades feeling great.

20S TO 30S: BABY ON BOARD

These days, women are having babies well into their 30s, which makes folate or folic acid an important nutrient throughout these two decades. This [B-vitamin](#) helps prevent neural tube birth defects such as spina bifida. Unfortunately, many women don't get enough.

For women who plan on becoming pregnant, the 2020-2025 *Dietary Guidelines for Americans* recommend consuming 400 to 800 micrograms per day of folic acid from fortified foods and/or supplements, in addition to foods that provide folate in its naturally occurring form. Many breads, cereals and grain products are fortified with folic acid; numerous fruits and vegetables also are good sources of folate. If you're trying to get pregnant, your doctor may recommend a folic acid supplement.

This also is a good time for men and women to start thinking about how to prevent chronic diseases that become more prevalent as we age. A well-planned eating pattern based mostly on whole-plant foods including whole grains, legumes, fruits, vegetables, nuts and seeds can help reduce the risk of [chronic diseases](#) such as Type 2 diabetes, coronary heart disease and certain types of cancer.

Avoid dieting, which can lead to weight cycling. A history of dieting and weight cycling (when your weight goes up and down repeatedly) has been linked with increased risk of cardiovascular issues and osteoporosis.

INTERESTING FACTS ABOUT NUTRITION

9 Fall Produce Picks to Add to Your Plate



romrodinka/iStock/Thinkstock

The sun is setting sooner, the nights are getting cooler and wool socks are starting to sound like a good idea. This is the perfect time to celebrate the seasonal produce gems of autumn! Head to your local market and fill your basket with these fall produce picks.

Pumpkin

Pumpkin is full of dietary fiber and beta-carotene, which provides its vibrant orange color. Beta-carotene converts into vitamin A in the body, which is great for your skin and eyes. To balance pumpkin's sweetness, try adding savory herbs, such as sage and curry.

Beets

Beets are edible from their leafy greens down to the bulbous root. The leaves are similar to spinach and are delicious sautéed. The grocery store most likely will carry red beets; your local farmers market may have more interesting varieties, such as golden or bull's blood, which has a bullseye pattern of rings. The red color in beets is caused by a phytochemical called betanin, making beet juice a natural alternative to red food coloring. Beets are a source of naturally occurring nitrates and may help to support healthy blood pressure. Roasting or steaming beets whole takes the fuss out of peeling — the skin easily slides off after cooking. They also are delicious raw, shredded and tossed in salads or thinly sliced and baked into chips.

Sweet Potato

Sweet potatoes are full of dietary fiber and vitamin A. They also are a good source of potassium and vitamin C. Try them as a breakfast side dish, or serve them at any meal.

Spaghetti Squash

Spaghetti squash is a fun, kid-friendly vegetable that is a lower-calorie and gluten-free alternative to grain-based pasta. Cut one in half to reveal a pocket of seeds; scoop those out and pop the two halves into the microwave or oven and cook until tender. Scrape a fork into the flesh and spaghetti-like strands appear! Voilà! Toss with pesto or marinara sauce for a quick veggie side dish.

INTERESTING FACTS ABOUT NUTRITION

Kale

We can't get enough of this luscious leafy green and with good reason: Kale is a nutrient powerhouse. It tastes sweeter after a frost and can survive a snowstorm. If you plant kale in your garden, you can dig it out of the snow and serve fresh salad in January. One cup of raw kale has only 8 calories and is loaded with vitamins A, C and K, as well as manganese. Kale is great sautéed and cooked in soup, but also is excellent raw in salad; simply remove tough stems, slice into thin slivers and pair with something a bit sweet such as carrots or apples. One advantage of using kale for your leafy greens is that you can add dressing ahead of time; kale becomes more tender and delicious, not wilted.

Pears

When we can buy fruits year-round, we tend to forget they have seasons. Pears are the most delicious in the fall when they're at their peak. Pears are unique in that they do not ripen on the tree; they will ripen at room temperature after they're picked. How do you know when they are ready to eat? Check the neck! If the fruit near the stem gives to a little pressure, it is ripe. There are a wide range of pear flavors and textures. And, just like apples, some are excellent eaten fresh while others are best cooked or canned for the winter. Try pears on the grill, poached in red wine, tucked into a panini, pureed into soup or a smoothie, or simply sliced with cheese. If you eat the peel too, one medium pear has 6 grams of dietary fiber.

Okra

Okra commonly is fried, but also is wonderful in other forms. Around the world, chefs cherish the thickening properties of the seed pods in dishes from Louisiana gumbo to Indian curries and other stews. If you wish to minimize the thickening property, try okra briefly stir-fried. The pods are high in vitamins K and C, a good source of fiber, an excellent source of folate and low in calories. At the market, look for pods that are no longer than 4 inches and are bright green in color and firm to the touch.

Parsnips

Parsnips are cousins to carrots — they have the same root shape but with white flesh. They're typically eaten cooked, but also can be eaten raw. One-half cup of cooked parsnips is full of dietary fiber (3 grams) and contains more than 10% of the daily values of vitamin C and folate. Try these pale beauties roasted, pureed into soup or mashed. You can even top a shepherd's pie with mashed parsnips instead of the traditional mashed potatoes!

Cranberries

Fall is the time to get to know these tart berries and their wealth of nutritional benefits. Fresh and dried cranberries pair well with a variety of meats and poultry. Fresh cranberries can be eaten raw but often are cooked. Dried cranberries are delicious in grain and vegetable salads.

VACCINE INFORMATION

Vaccines help protect you from serious diseases. Learn more below about what vaccines you and your children need, and how to get help finding a healthcare provider to make sure you're up-to-date!

https://portal.ct.gov/immunization/public-landing-page/vaccine-information?language=en_US



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 minor 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. (Note: CT DPH does not issue replacement 'CDC COVID-19 Vaccination Cards' to the public.)



TAHD IN ACTION



The drug overdose epidemic in the United States is a clear and present threat to public health, safety, and national security. On Saturday, October 25, 2025, TAHD, along with our partner agencies, participated in the DEA's National Prescription Drug Take Back Day. The DEA is committed to promoting Americans' safety and health by encouraging the public to remove unneeded medications from their homes, helping to prevent medication misuse and opioid addiction before it starts.

HALLOWEEN FUN

Happy Halloween from Torrington Area Health District!

Our team got into the Halloween spirit with some costumes and a pumpkin contest this year! While we enjoyed the fun of dressing up, we want to remind everyone to keep safety in mind this Halloween.

Whether you're out trick-or-treating or hosting a spooky celebration, here are a few quick tips to keep everyone safe:

- **Stay Visible:** Add reflective tape to costumes or carry a flashlight to help drivers see you.
- **Travel in Groups:** Stick together, especially for young children. It's best to have an adult accompany trick-or-treaters.
- **Check Treats:** Always inspect candy before enjoying it. Avoid anything that's not securely wrapped.
- **Watch for Traffic:** Stay on sidewalks when possible, and cross streets at designated crosswalks.



Have a safe and spooktacular Halloween from all of us at Torrington Area Health District!



TAHD IN ACTION

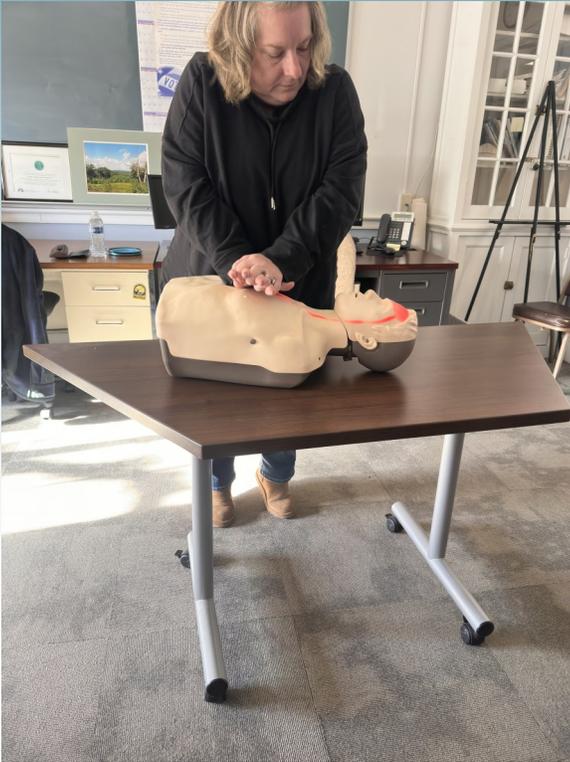


On October 18, 2025, the Torrington Area Health District (TAHD) partnered with the American Red Cross to host a *Sheltering Fundamentals* course, designed to strengthen regional preparedness and enhance local response capabilities during emergencies. The training brought together 17 participants representing local health departments, emergency management, MRC/CERT, and community organizations, all working toward the shared goal of improving readiness to support displaced residents during disasters.

Throughout the session, attendees learned about the different types of shelters that may be established during an emergency—ranging from short-term congregate shelters to longer-term recovery sites—and the operational tasks necessary to ensure their success. Topics included shelter setup and demobilization, registration and record-keeping, logistics and resource management, and maintaining accessibility and inclusivity for all shelter residents.

By the end of the course, participants gained practical insight into how shelters operate and how various agencies collaborate to maintain safe, supportive environments for those affected by emergencies. This training marks another important step in TAHD's ongoing efforts to strengthen partnerships and build capacity within region 5 for coordinated, community-centered disaster response.

TAHD IN ACTION



On October 28, TAHD's Emergency Preparedness Coordinator, Brien LaForge, led a CPR training session for residents of Goshen, CT. This class marks the beginning of an ongoing initiative requested by Erin Reilly, Recreation Director for the Town of Goshen, to help the community regain its "HEARTSafe" designation—a recognition supported by the American Heart Association (AHA) and the Connecticut Department of Public Health.

The HEARTSafe Community program aligns with the AHA's mission to build healthier lives, free of cardiovascular diseases and stroke, by empowering communities to take proactive steps in cardiac emergency preparedness. This initiative focuses on expanding CPR training, improving public access to AEDs, and strengthening the partnership between citizens and emergency responders—all critical links in the chain of survival that can dramatically increase a person's chances of surviving sudden cardiac arrest.

Over the next 12–15 months, Brien will continue working with Erin Reilly and the Town of Goshen to provide CPR instruction to residents, civic groups, and local organizations. Through this sustained effort, Goshen is taking important steps toward once again being recognized as a HEARTSafe Community, ensuring that more residents are equipped with the knowledge and confidence to save lives.

RETIREMENTS



TAHD is both saddened and excited to announce the retirement of Cathy Weber and Sharon Consolini. After many years of dedicated service, Cathy and Sharon have been invaluable members of our team. Their passion, expertise, and commitment have inspired us all, and their presence will be greatly missed.

Please join us in celebrating their remarkable careers and wishing them all the best as they begin this next chapter filled with rest, joy, and new adventures ahead.

COMMUNITY UPDATES

Join the MEDICAL RESERVE CORPS



What is the Medical Reserve Corps (MRC)?

The Medical Reserve Corps (MRC) is a national network of local groups of volunteers engaging the local communities to strengthen public health, reduce vulnerability, build resilience, and improve preparedness, response, and recovery capabilities.

Who can volunteer?

Anyone! MRC volunteers include medical and public health professionals, as well as other members outside of the healthcare profession.

What does the MRC do?

MRC units engage volunteers, as well as local and state-level partners to strengthen public health, improve emergency response capabilities, and build community resiliency. They prepare for and respond to natural disasters, such as wildfires, hurricanes, tornadoes, blizzards, floods, and other emergencies affecting public health, like disease outbreaks.

How do I sign up?

To volunteer with the Torrington Area Health District MRC, please email Brien LaForge at blaforge@tahd.org

Torrington Area Health District | 860-489-0436
350 Main Street, Suite A, Torrington, CT 06790



COMMUNITY UPDATES

Start Here for Community Health – November 2025



Urgent Care Needs

- Rashes, burns, cuts
- Infections and wound care
- Cough, runny nose, ear pain
- Sexually transmitted infection
- Back pain
- AND MORE!



Basic Health Maintenance

- Blood pressure check
- Blood sugar check
- Cholesterol check
- Cancer screening referrals
- Family planning
- Primary care, dental, mental health referrals
- AND MORE!



Vaccines

- Seasonal flu/Covid
- Pneumonia
- Shingles
- Tdap (tetanus)
- Hepatitis B
- Gardasil (HPV)
- AND MORE!

November 6	11am-3pm	Winsted Senior Center 80 Holbird Ave, Winsted
November 13	9am-2pm	New Opportunities, Inc. 62 Commercial Blvd, Torrington
November 14*	9am -1pm	Community Soup Kitchen of Torrington 320 Prospect St *FRIDAY
November 20	10am-2pm	Open Door Soup Kitchen 160 Main St, Winsted (in back of church)

We are here for you! Walk-ins welcome. Open to all ages. Insurance accepted but not required.

For more information:

📞 Call 860.986.3078 ✉ Email neighborhoodhealth@hhchealth.org

🌐 Visit hartfordhealthcare.org/health-wellness/neighborhood-health or scan the QR code



COMMUNITY UPDATES

FAMILY STRIDES, INC.

...A CENTER FOR GROWTH AND SUPPORT

CHILDBIRTH EDUCATION

Everything you need to know!



Topics

- Stages of Labor
- Interventions
- Comfort Techniques
- Birth Preferences
- Postpartum Care



Who

For any and every pregnant person who wants to be well informed about child birth!



Contact

mway@familystrides.org

860-482-3236 ext. 408

Contact to find out about the next class & to reserve your spot!

Where

FAMILY STRIDES OFFICE

350 Main Street

Torrington, CT



With

A local birth doula!



 **Healthy Families**
America® — AFFILIATE —

COMMUNITY UPDATES



Practical Strategies



FOR OVERDOSE PREVENTION

FRIDAY, NOVEMBER 7TH, 2025

9:00AM - 4:00PM

DOUBLETREE BY HILTON
HOTEL BRISTOL, CT

6 CECS AVAILABLE!

FEATURED KEYNOTES:

RYAN HAMPTON, ADVOCATE & AUTHOR
MAIA SZALAVITZ, AWARD-WINNING AUTHOR

Scan or click
here to register
for **VIRTUAL**
attendance!



Scan or click
here to register
for **ON-SITE**
attendance!



COMMUNITY UPDATES



Low-dose Buprenorphine Initiation in the Era of Synthetic Opioids

Thursday, November 6, 2025
3:00 - 4:00 p.m. EST

[Register Here!](#)

The Connecticut Behavioral Health Partnership (CT BHP) and Carelon Behavioral Health CT are proud to sponsor a virtual forum that explores practical approaches in utilizing low-dose buprenorphine protocols for individuals with opioid use disorder.

Join leading experts to:

- learn the rationale and evidence supporting the initiation of low-dose buprenorphine for individuals with opioid use disorder
- identify the differences among initiating low-dose buprenorphine in hospital settings versus opioid treatment programs and other outpatient settings
- learn specific protocol options across settings and how to adapt them to meet patient needs

Your Presenters



Dr. Melissa Weimer is a health care leader, physician and medical educator who is board certified in Internal Medicine and Addiction Medicine. She is an Associate Professor of Medicine and Public Health at Yale School of Medicine and the Medical Director of the Yale Addiction Medicine Consult Service at Yale New Haven Hospital. Dr. Weimer has transformed health care systems to improve the care they provide for hospitalized individuals with substance use disorder. She is a nationally recognized medical educator and Medical Director of PCSS-MAUD, a SAMHSA funded educational program to increase access to medications for alcohol use disorder.



Dr. Chad L. McDonald is dual board certified in Addiction Medicine and Family Medicine and serves as Chief Medical Officer at InterCommunity, a Federally Qualified Health Center Look-Alike and Local Mental Health Authority in Greater Hartford. He leads and practices across a full continuum of addiction care, including inpatient residential substance rehabilitation (ASAM 3.7WM, 3.7, 3.5, and 3.1) programs. Appointed to Connecticut's Health Information Technology Advisory Council (HITAC) and serving as Connecticut Physician Champion for the Opioid Response Network, he is dedicated to expanding access to evidence-based recovery services. Outside of medicine, Dr. McDonald is a father, author, gardener, and avid outdoorsman.

This educational forum is pending approval by the CT Department of Mental Health and Addiction Services (DMHAS) for psychologist CECs. Carelon Behavioral Health is an approved trainer for the Connecticut Certification Board (CCB).

For additional information, please contact Paige.Fanolis@carelon.com or ctbhp@carelon.com



COMMUNITY UPDATES



MAPLEWOOD – TRANSITIONAL CARE

at Keystone Place at Newbury Brook

Bridging the Gap Between Assisted Living and Memory Care

A TRANSITIONAL MEMORY CARE SOLUTION DESIGNED WITH COMPASSION

At Maplewood – Transitional Care, we recognize that every journey through memory loss is unique. That's why we've created a thoughtfully designed transitional memory care program for individuals in the early stages of dementia or memory impairment.

Maplewood offers the perfect balance between the independence of assisted living and the supportive structure of memory care. Residents benefit from a non-secured environment during the day that encourages freedom and autonomy, paired with the added safety of a secured setting at night – providing peace of mind and additional support when it's needed most.

PERSONALIZED CARE FOR MIND, BODY, AND SPIRIT

Each day at Maplewood is designed with intention, supporting the whole person through:

- **Cognitive Stimulation** – Engaging programs and activities to keep the mind active
- **Social Interaction** – Opportunities to form meaningful connections
- **Physical Wellness** – Daily routines that promote strength, movement, and vitality
- **Emotional Support** – Compassionate care for residents and reassurance for families

Our dedicated team delivers personalized attention in a warm, nurturing environment where each resident is treated with dignity, respect, and genuine compassion.

*Discover the difference of transitional memory care
– where independence meets support.*

Contact us today to learn more or schedule a personal tour.



Keystone Place
at Newbury Brook

A Life Fulfilling Retirement Community

Keystone Place at Newbury Brook
1058 Litchfield St. • Torrington, CT 06790
Phone: (860) 618-7370 | KeystonePlaceAtNewburyBrook.com



COMMUNITY UPDATES

Hartford HealthCare 
Charlotte Hungerford Hospital

Medical Mission 2025



Vogel-Wetmore School
68 Church Street, Torrington

Free Medical Services for Adults and Children

Saturday, Nov. 8, 2025
9 am to 2 pm

All are welcome.
No insurance needed.

- Health screenings
- Behavioral health services
- Lab tests
- Vaccines
- Prescriptions
- Reading glasses
- Community resources & more*

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

*Participating in free medical services will provide access to other services and benefits.

Servicios médicos gratuitos para adultos y niños

Sábado 8 de noviembre de 2025
9 am a 2 pm

Todos son bienvenidos.
No se necesita seguro.

- Exámenes médicos
- Servicios de salud conductual
- Análisis de laboratorio
- Vacunas
- Recetas
- Gafas de lectura
- Recursos comunitarios y mas*

¿Necesita transporte el día de la Misión Médica? Llame al 860.496.6725 para coordinar el horario de recogida.

*Si participa en los servicios médicos gratuitos, también podrá recibir otros servicios y beneficios.

Sèvis medikal gratis pou granmoun ak timoun

Samdi 8 Novanm 2025,
9 am rive 2 pm

Tout moun byenvini.
Ou pa bezwen gen asirans.

- Depistaj sante
- Sèvis sante konpòtmantal
- Egzamen laboratwa
- Vaksen
- Preskripsyon
- Linèt pou li
- Resous kominotè ak plis ankò*

Bezwen transpò nan jou Misyon Medikal la? Rele 860.496.6725 pou fè aranjman pou transpò.

* Patisipe nan sèvis medikal gratis yo pral ba w aksè nan lòt sèvis ak benefis.

COMMUNITY UPDATES

HARM REDUCTION 201 FROM THEORY TO PRACTICE

The training is highly participatory and will utilize case scenarios and role-playing exercises, allowing attendees to test and refine their personal engagement style in a supportive learning environment.



**ATTEND THIS TWO-HOUR,
IN PERSON WORKSHOP
FOR PROVIDERS, FOCUSED
ON THE REAL LIFE
APPLICATIONS OF
WORKING WITH PEOPLE
WHO USE DRUGS**

Learn advanced harm reduction strategies to support PWUD

Recognizing and addressing injection related wounds and poor health outcomes

Teaching best/safest practices to people who use drugs (PWUD)

Engaging with and connecting PWUD to harm reduction services

November 18th, 2025 12PM- 2PM



Kyle.Fitzmaurice@mccallbhn.org
860.480.1365



**NATIONAL
HARM REDUCTION
COALITION**

COMMUNITY UPDATES

KRATOM

101

Kratom products are **created from a plant** that grows natively in Southeast Asia. In the United States, kratom is instead sold as a powder, in capsules, as extracts, and more.

REPORTED BENEFITS

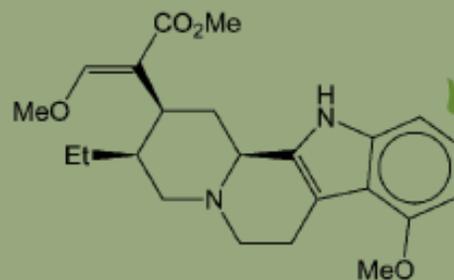
Manages Withdrawal Symptoms
Decreases Opioid Use Elevates Mood
Increases Focus Manages Depression
Relieves Acute & Chronic Pain
Manages Anxiety Increases Energy

POTENTIAL HARMS

Constipation Nausea Agitation
Drowsiness Vomiting Confusion
Kidney Failure Impairment Seizures
Drug-Drug Interactions Serotonin Excess
Dizziness Overdose Death

KRATOM ≠ OPIOID

The active ingredient in kratom is a compound called "mitragynine"



This compound can cause **STIMULANT-LIKE** effects and **OPIOID-LIKE** effects

While rare, there have been cases of toxicity and death linked to kratom. However, these cases typically involve other substances, such as fentanyl.

KRATOM CAN BE ADDICTIVE



It is possible to develop kratom dependence, withdrawal, cravings, and tolerance. **Speak to your doctor** if you are worried about your kratom use.

~25%

of regular kratom consumers meet criteria for a 'kratom use disorder'

LEGALITY

Kratom is legal to buy and consume in **most states**.

However, kratom is **NOT approved** by the US FDA.

WAYS TO REDUCE HARM

- + Talk to a **healthcare provider** if you are interested in kratom.
- + Kratom should be **lab tested** to check for contaminants.
- + Avoid or **take caution with semi-synthetic products** (such as '7-OH'), as they may be more potent.

COMMUNITY UPDATES

WHAT YOU NEED TO KNOW ABOUT... KRATOM



WHAT IS KRATOM?

Kratom products come from a plant found in Southeast Asia.

Its effects are varying, from stimulant like to sedative.

Kratom has been used for centuries, wrapped into culture, religion, and tradition.

HOW IS IT USED?

Kratom products sold in the U.S have been sold as drinks, powders, pill capsules, tinctures, and various other forms. In the Southeast Asia, the leaves of the plant were chewed or made into an herbal tea most commonly.

BENEFITS OF KRATOM

- Mood enhancement
- Manage Anxiety
- Manage Pain
- Manage opioid withdrawal symptoms



RISKS OF KRATOM

- Dizziness
- Dependence
- Nausea
- Drowsiness
- Overdose

WARNING LABEL

Synthetic, less safe versions of Kratom can be sold in or marketed as real Kratom. If you're using Kratom, look for options credentialled by the American Kratom Association and always read the back of the label to find the contents!

SAFER USE TIPS

Synthetic options are not always marketed as such. 7OH and PSEUDO are options that *are not* Kratom. Read the directions first, and make sure naloxone is available. Use less than you think you may need to start, you can always use more if necessary.



Interested to learn more or get support?
Check out our website at LCOTF.org



Basic tip: Look for GMP or AEA credentialled Kratom when shopping for the safest options!

COMMUNITY UPDATES



7-OH AND PSEUDO SEMI-SYNTHETIC KRATOM-DERIVED PRODUCTS

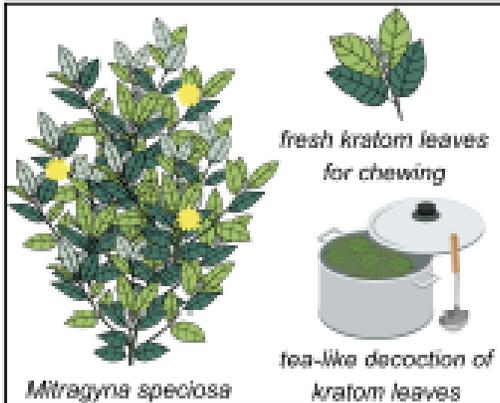


Kratom is a plant that grows in Southeast Asia. Its products have grown in popularity in the U.S. due to the stimulant-like and opioid-like effects they can bring to consumers.

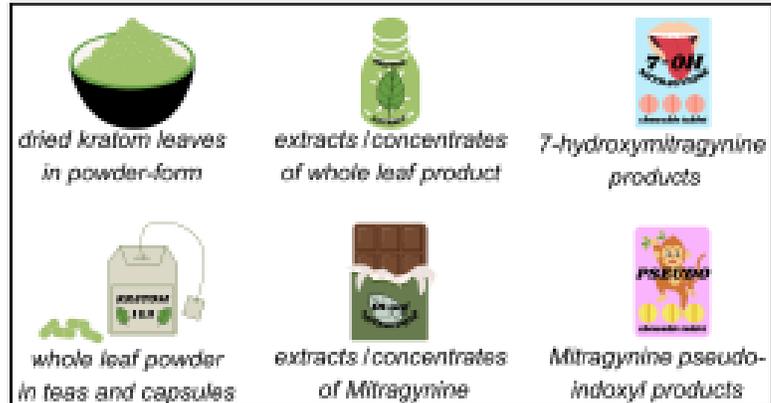


Over time, **synthetic products** have been extracted from the kratom plant and sold. This mirrors what has happened to cannabis market (with synthetics like delta-9 and delta-8 emerging). In the world of kratom, the synthetic products that are on the rise are called 7-Hydroxymitragynine (***7-OH***) and Mitragynine pseudoindoxyl (***pseudo***).

Southeast Asia



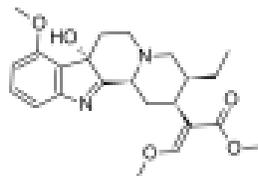
United States



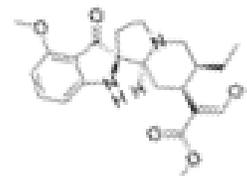
Time

7-OH AND PSEUDO ARE NOT THE SAME THING AS KRATOM!

7-OH



7-OH has 10-22 greater binding affinity at the mu-opioid receptor than morphine.



PSEUDO

Pseudo is nearly as potent as fentanyl!

The safety of these molecules in humans have **NOT** been studied.

These products are often mislabeled as "kratom" when sold.

There are very **few regulations** on the sale of 7-OH or pseudo products in the US, meaning vendors are able to make whatever claims they wish about their products. Consumers should take caution before purchasing.