

# 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.

## January 2024 Newsletter



Test Your Home. Protect Your Health.

# JANUARY IS NATIONAL RADON ACTION MONTH

You can't see, smell or taste radon, but it could be present at a dangerous level in your home. Radon is the leading cause of lung cancer deaths among nonsmokers in America and claims the lives of about 21,000 Americans each year. In fact, the EPA and the U.S. Surgeon General urge all Americans to protect their health by testing their homes, schools and other buildings for radon.

Exposure to radon is a preventable health risk and testing radon levels in your home can help prevent unnecessary exposure. If a high radon level is detected in your home, you can take steps to fix the problem to protect yourself and your family.

## TESTING

The only way to determine if your home has high radon levels



[cdc.gov/radon](https://www.cdc.gov/radon)



### 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)



## Five Things You Can Do During National Radon Action Month


1. **Test your home** - EPA and the U.S. Surgeon General recommend that all homes in the U.S. be tested for radon. Testing is easy and inexpensive.
2. **Attend a National Radon Action Month event in your area** - Look for radon events in your community.
3. **Spread the word**
4. **Spend time during National Radon Action Month encouraging others to learn about radon and test their homes.**
  - Tell your family and friends about the [health risk of radon](#). Encourage them to test their homes.
  - [Plan an activity](#) in your community to help raise awareness.
  - Write an op-ed or letter to the editor using samples from the event planning resources.
  - Attract media attention by working with a local official to get a radon proclamation.

View EPA's [free radon publications](#).

5. **Buy a radon-resistant home** - Read more about radon-resistant new construction, "[Building Radon Out: A Step-by-Step Guide to Build Radon-Resistant Homes](#)" (PDF).
  - Build Green: It's Easy to Build New Homes Radon-Resistant ... "The good news is you can build your customers a safer, healthier, radon-resistant home. The techniques to prevent radon from entering a home are practical and straightforward for any builder. It's an inexpensive way to offer families a benefit that could reduce their risk of lung cancer. And it's a smart way to build trust between you and your customer." *Fuad Reveiz, Member of the National Association of Home Builders*



<https://www.epa.gov/radon/national-radon-action-month-information>



**JANUARY IS**  
**GLAUCOMA**  
AWARENESS MONTH

More than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase.

Glaucoma is called “the sneak thief of sight” since there are no symptoms and once vision is lost, it’s permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Over 3 million Americans, and 80 million people worldwide, have glaucoma. Experts estimate that half of them don’t know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don’t raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma.

### **HELP RAISE AWARENESS**

In the United States, approximately 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness. Here are some ways you can help raise awareness:

- Talk to friends and family about glaucoma. If you have glaucoma, don’t keep it a secret. Let your family members know.
- Refer a friend to our web site, [glaucoma.org](http://glaucoma.org)
- Request to have a [free educational booklet](#) sent to you or a friend.
- Get [involved in your community](#) through fundraisers, online information sessions or group discussions, etc.
- Connect with Glaucoma Research Foundation on [Facebook](#) or follow us on [Twitter](#) and [Instagram](#) for regular updates on glaucoma research, treatments, news and information. Share information about glaucoma with your friends and family.

## WHAT IS GLAUCOMA?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.



<https://glaucoma.org/articles/january-is-glaucoma-awareness-month>



While [cervical cancer](#) rates in the United States have [dropped](#) over the past few decades, the National Cancer Institute projects that approximately 13,820 individuals will be diagnosed with cervical cancer in 2024, and over 4,360 will die from the disease.

## VACCINES TO PREVENT CERVICAL CANCER

For the most part, cervical cancer is a preventable disease. Nearly all cases of cervical cancer are caused by infections with high-risk strains of the [human papillomavirus \(HPV\)](#). Fortunately, the HPV vaccine currently used in the United States, Gardasil 9, can protect against nine of the 12 high-risk HPV strains.

The HPV vaccine is approved for males and females ages 9 to 45, with [recommendations](#) that they should get the first dose at age 11 or 12. We can tell it's effective because research has shown that in young women who were most likely to have received the HPV vaccines, cervical cancer incidence is declining rapidly. For instance, a study showed that in women aged 20 to 24 years, invasive cervical cancer incidence [decreased by 65%](#) from 2012 to 2019 compared to only by 24% from 2005 to 2012.

## EARLY DETECTION THROUGH SCREENING

In addition to preventative vaccines, we have [screening tests](#) that can detect cancer at an early stage, when treatment is more effective than at a later point. Even precancerous conditions can be detected and treated.

Screening includes the well-known "Pap test" or "Pap smear." This can detect cells that might indicate that cancer is present. Another test can detect an infection with high-risk HPV.

## SCREENING RECOMMENDATIONS

The U.S. Preventive Services Task Force (USPSTF) [recommends](#) that women should start getting Pap tests every three years, beginning at age 21. From 30 to 65 years of age, the USPSTF recommends combination screening: the Pap test alone every three years; a high-risk HPV test alone every five years; or "cotesting" with both every five years. Testing isn't recommended for most women over 65.

<https://www.aacr.org/patients-caregivers/awareness-months/cervical-cancer-awareness-month/>

Every 4.5 minutes a baby is born with a condition that affects the structure or function of their body. Collectively, these conditions are referred to as birth defects. They can vary widely in how and where they affect the body and include things from [cleft lip](#) to [heart problems](#). While medical advancements have greatly improved health and survival, many of these conditions are lifelong and require lifelong care.

Achieving the best possible health will look different for different people. No two people living with these conditions are exactly alike. Everyone's journey is unique, shaped by their specific condition, individual strengths, and the support system in place. However, a community of support can help people with these conditions no matter what health experiences they are navigating.

[Join CDC to raise awareness about birth defects.](#) For parents or caregivers of children born with one of these conditions, CDC will discuss actionable tips that may help you:

- Seek out and advocate for coordinated care if you can.
- Help your child build skills toward independence as they grow.
- Connect to your local community.

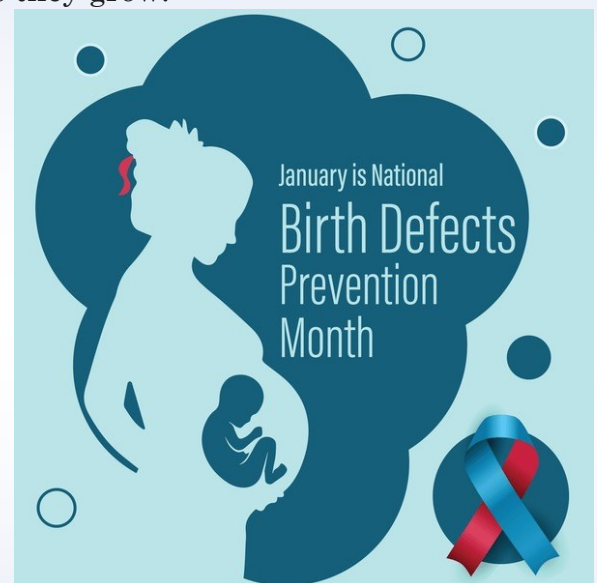
## STEPS TO HEALTHY PREGNANCY

It is important to understand that birth defects can happen for many reasons, and not all birth defects can be prevented.

However, there are steps you can take to help you and your baby be as healthy as you can be.

- Get 400 micrograms (mcg) of folic acid every day.
- Try to prevent infections.
- Manage existing health conditions, such as [diabetes](#) or high blood pressure.
- See a healthcare professional regularly.
- Get recommended vaccines.
- Avoid alcohol, smoking, and other recreational drugs.
- Talk to a healthcare professional about any medications you take.

If you are pregnant, your partner, family, and friends can support you in a variety of ways. Pregnancy is an exciting time. But it can also be stressful. Knowing you are doing your best during pregnancy, including staying healthy, can give you and your baby a great start.



## NATIONAL BIRTH DEFECTS PREVENTION AWARENESS MONTH



GET  
PRENATAL  
CARE



TAKE  
FOLIC  
ACID



DON'T  
DRINK  
ALCOHOL



DON'T  
SMOKE

Birth defects are the leading cause of death for infants.  
Protect your baby's health.



<https://www.cdc.gov/birth-defects/awareness-month/index.html>

## SOMETHING YUMMY



### Gnocchi with Tomato Sauce

**Contributors:** Julie Andrews, MS, RDN, CD

Soft, pillowy gnocchi made with whole-wheat pastry flour and part-skim ricotta, served with a sweet and savory tomato sauce, is an adaptation of the Argentine dish *ñoqui con tuco*.

Prep time: 15 to 20 minutes

Cooking time: 45 minutes to 1 hour

#### Ingredients

##### *Tomato Sauce:*

- 3 tablespoons (45 milliliters) extra-virgin olive oil
- ½ cup grated carrot
- 1 cup diced yellow onion
- 2 teaspoons minced garlic
- 1¼ teaspoons kosher salt
- ½ teaspoon ground black pepper
- ½ teaspoon ground cumin
- ½ teaspoon smoked paprika
- ½ teaspoon dried oregano
- ¼ cup diced jarred roasted red pepper
- ¼ cup tomato paste
- 1 28-ounce can whole San Marzano tomatoes, undrained
- 1 cup (240 milliliters) water or unsalted vegetable stock
- 1 bay leaf

2 tablespoons chopped fresh basil (plus more for garnish, if desired)

##### *Gnocchi:*

- 2 pounds Yukon Gold potatoes, quartered
- 2 large eggs
- 1 cup part-skim ricotta cheese
- 1 teaspoon kosher salt
  - 3 cups whole-wheat pastry flour, divided
  - Freshly grated Parmesan cheese, if desired

## Instructions

1. Heat olive oil in a medium Dutch oven or stock pot over medium heat. Add carrot and onion and sauté 4 to 5 minutes until soft.
2. Stir in garlic, salt, black pepper, cumin, smoked paprika and oregano and sauté 30 to 60 seconds until fragrant.
3. Stir in roasted red pepper, tomato paste and tomatoes. Use a wooden spoon to crush tomatoes in the pot, then add water or stock and bay leaf. Bring to a boil, reduce to a simmer and cook 10 to 15 minutes.
4. Turn off heat, remove bay leaf and stir in basil. Use an immersion blender to puree sauce to desired smoothness.
5. Bring a gallon of water to a boil in a large stock pot. Add potatoes and cook until fork-tender, about 15 minutes. Drain potatoes and place in a large mixing bowl.
6. Pour another gallon of fresh water into the same stock pot and bring to a boil.
7. Mash potatoes until smooth.
8. Stir in eggs, ricotta and salt.
9. Mix with clean hands until a uniform dough is formed.
10. Add 2 cups flour in ½-cup increments, mixing by hand until dough is soft and pliable.
11. Divide dough into four or six pieces.
12. Coat a clean, flat work surface with remaining cup of flour (working in batches if work-space is small). Roll each piece of dough into a long, thin tube, about ¾-inch thick.
13. Cut tubes into 1-inch pieces. Press the back of a fork into each piece of gnocchi while rolling it to form an imprint (optional).
14. Place gnocchi in boiling water and cook 2 to 3 minutes, until gnocchi floats to the top. Scoop out gnocchi using a slotted spoon and place in serving bowls with tomato sauce. Garnish with additional fresh basil and Parmesan, if desired.

**Cooking note:** Gnocchi may be frozen for one to three months before boiling, but the cooking time from frozen will be a little longer. Lay gnocchi on a small baking sheet, freeze and transfer to an airtight container. To freeze tomato sauce, transfer to an airtight microwave-safe container and freeze for up to 6 months. To reheat sauce, microwave on high in 5-minute intervals, stirring each time, until hot. (Recommended times for freezing are for quality purposes only and not related to food safety.)

## Nutritional Information

*Servings 12*

Serving size: ⅔ cup gnocchi and ⅓ cup sauce

Calories: 266; Total Fat: 7g; Saturated Fat: 2g; Cholesterol: 32mg; Sodium: 572mg; Carbohydrate: 45g; Fiber: 7g; Sugar: 4g; Protein: 9g.



# INTERESTING FACTS ABOUT NUTRITION



monkeybusinessimages/iStock/Thinkstock [Eat Right for Life](#)

## 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.

### 40S TO 50S: MINDFUL EATING

These two decades are a time of big changes for women thanks to perimenopause and menopause. Hormone fluctuations during this time cause changes in metabolism and body weight. Rather than dieting to maintain your premenopausal shape, work on accepting your changing body and focusing on mindful eating and regular physical activity.

Men also need to consider the changes that occur as they age. Around age 40, calorie needs to start to decrease. If the same amount of calories continue to be consumed, weight gain can result. Of course, regular physical activity can help with weight maintenance and provide other benefits, too. A minimum of 150 minutes of moderate-intensity physical activity is recommended weekly for adults.

Another important nutrient is [vitamin D](#). It's essential for bone health, and researchers believe it may reduce the risk of some cancers, heart disease and infectious diseases. Vitamin D is difficult to get from food — the best sources are fatty fish such as salmon and trout; fortified foods and beverages, including milk and milk alternatives, 100% fruit juices and cereals; as well as eggs.

The recommended daily amount of vitamin D is 600 IU per day for both women and men 19 to 70 years old, but the majority of adults don't get enough. Consult your doctor or registered dietitian nutritionist about your need for a supplement.

# MY PLATE FOR OLDER ADULTS

MyPlate for Older Adults is an icon to provide food, fluid and physical activity guidance specifically tailored for older adults. In 2015, the HNRCA partnered with [AARP Foundation](#) in conjunction with the updated [2015-2020 Dietary Guidelines for Americans](#) to re-vamp MyPlate for Older Adults. The current plate gives special attention, with the expertise of AARP Foundation, to fully target various demographics and food access issues relevant to the 50+ population.

Nutrition needs change as we age. We may become less active, our metabolism slows and our ability to absorb some nutrients becomes less efficient. Use MyPlate for Older Adults as a tool to help you when you shop, decide on types and combinations of foods you cook, and as a reminder that the food you eat should be rich in vitamins and minerals.

## MyPlate for Older Adults

2020-2025 Dietary Guidelines for Americans

### Fruits & Vegetables

Whole fruits and vegetables are rich in essential nutrients and fiber. Choose a variety that are deeply colored. Take advantage of different forms — particularly fresh and frozen.

### Healthy Oils

Plant oils provide essential fatty acids and fat soluble vitamins. Use them to replace animal fats generally found in meat and full-fat dairy products.

### Herbs & Spices

Replace salt with herbs and spices to enhance flavor and reduce sodium. Look for herb and spice blends without added salt.



### Fluids

Adequate fluid intake is necessary. Sources include water, unsweetened beverages and soups, as well as fruits and vegetables.

### Grains

Enriched grains are good sources of B vitamins, and whole grains of fiber as well. At least 1/2 should be whole grains.

### Dairy

Milk, yogurt, and cheese are sources of calcium and other nutrients. Choose fat-free and low-fat dairy products in place of reduced- and full-fat.

### Protein

High protein foods are rich in amino acids. Choose a variety including beans, nuts/seeds, fish, poultry and, if desired, lean meat.



Engage in regular physical activity

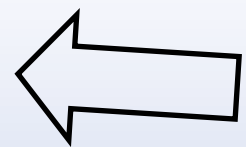
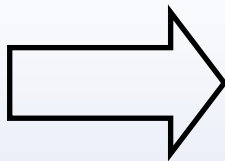
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HUMAN  
NUTRITION  
RESEARCH  
CENTER FOR  
AGING  
HNRCA

<https://hnrca.tufts.edu/myplate>



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.)



## TAHD IN ACTION



In celebration of National Influenza Immunization Week, the Torrington Area Health District hosted a read-along at KidsPlay on December 6, 2024.

Reading a book about germs can be an eye-opening way to understand how tiny microbes affect our health and environment. To make the learning experience even more engaging, we included a hands-on activity to bring the topic to life. Participants conducted an experiment to see how effective proper handwashing really is. Using a simple substance, such as glow-in-the-dark dust, to represent germs, we demonstrated how germs spread and emphasized the importance of thorough handwashing to keep them in check.

The combination of reading and interactive activities made the science behind germs both fun and memorable!

## TAHD IN ACTION



The Torrington Area Health District's Emergency Preparedness Coordinator describes his experience at the Center for Domestic Preparedness (CDP) Hazmat Operations class as nothing short of transformative, challenging, and enlightening. Located in Anniston, Alabama, the CDP offers an in-depth, hands-on approach to hazardous materials response, particularly in the context of Chemical, Biological, Radiological, and Nuclear (CBRN) incidents.

What truly stood out was the rare opportunity to work with live agents, including the VX nerve agent and live anthrax. This unique experience pushed my knowledge, skills, and resilience to new limits. Before attending the class, I had a foundational understanding of Hazmat response protocols and the importance of safety. However, nothing could have fully prepared me for the intensity and complexity of dealing with live agents in a controlled environment.

The course was meticulously designed to blend theoretical knowledge with practical, real-world application. I

worked side by side with highly skilled professionals from diverse fields, each contributing unique perspectives that deepened my understanding of Hazmat operations. This collaboration was invaluable in building both my competence and confidence.

At the heart of this transformative experience was the COBRA (Chemical, Ordnance, Biological, and Radiological) training facility at the CDP. This state-of-the-art, immersive environment is tailored to simulate real-world Hazmat incidents involving CBRN threats. The facility provides first responders, emergency management professionals, and military personnel with hands-on training in a controlled yet realistic setting.

Trainees at the COBRA facility gain critical skills in detecting, responding to, and managing hazardous materials incidents. The scenarios range from managing chemical agent exposure to handling biological agents like anthrax, all while using advanced detection equipment. By working directly with live agents, participants practice and refine their tactical and operational skills in preparation for the complexities and high-stakes challenges of real-world CBRN emergencies.

This unparalleled training experience underscores the importance of ongoing education and collaboration in ensuring readiness to protect public health and safety.



## TAHD IN ACTION CONTINUED



What makes the COBRA facility particularly unique is its ability to integrate live-agent training with cutting-edge technology. This approach allows responders to experience firsthand the challenges posed by some of the most dangerous substances on earth. The training at COBRA is highly realistic, often incorporating the use of full protective gear and decontamination procedures. These scenarios ensure that participants gain not only the theoretical knowledge but also the hands-on experience necessary to respond effectively to hazardous incidents. By offering advanced, high-risk simulations in a controlled environment, the COBRA facility plays a critical role in preparing individuals to manage potential CBRN threats safely and efficiently.

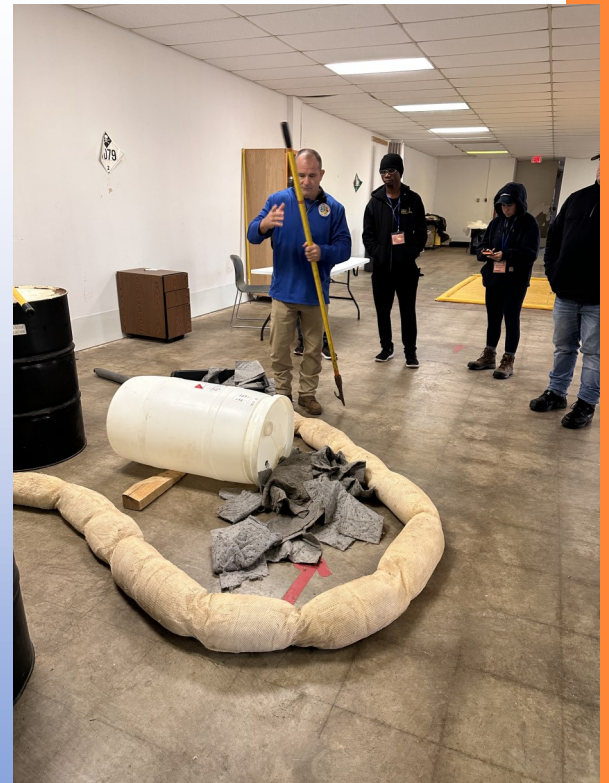
One of the most memorable and impactful moments of my training was working with VX nerve agent. As we donned full protective gear, the weight of the responsibility became tangible. VX, an organophosphate compound, is one of the most toxic substances known, requiring meticulous attention to detail and a level of caution I had never experienced before. In the training, we simulated exposure scenarios, practiced decontamination procedures, and explored the chemical's

potential effects on the human body. It was both humbling and eye-opening to learn that during our exercise, we were exposed to 800 times the lethal dose of VX nerve agent in a controlled setting.

Equally profound was the experience of working with live anthrax spores. The bioterrorism threat posed by anthrax requires an entirely different set of precautions. This training expanded my understanding of biohazard risks and the intricate procedures needed to manage them. Handling live anthrax under strict protocols underscored the importance of both physical protection and mental discipline. There is a unique, palpable tension when working with something as lethal as anthrax.

During the training, we simulated exposure to biological agents, practicing containment, isolation, and the safe removal of samples. These exercises emphasized the complexities of managing biological threats and the importance of precision and vigilance in responding to bioterrorism scenarios.

The COBRA training was not just an educational experience but a profound lesson in resilience and preparedness, equipping me with the skills and mindset needed to face CBRN emergencies with confidence.



## TAHD IN ACTION



Kelli and Gabby, our sanitarians, were recently observed reviewing a septic plan. They utilized the technical standards issued by the State of Connecticut's Subsurface Sewage Program to ensure that the engineer's design complied with both these standards and the Public Health Code.

Every septic plan submitted to the Torrington Area Health District is assigned to a town sanitarian for a thorough review. Once the review is complete and no issues are found with the plan, approval is granted. At this stage, the septic system installer can obtain the necessary permit to begin construction.

## TAHD IN ACTION



Torrington Area Health District is here to help! Our staff takes every precaution when investigating potential infestations of bedbugs, cockroaches, and other types of vermin. We suit up with protective gear, including suits, gloves, goggles, and masks, to ensure our safety and yours. Environmental health is one of our critical lines of defense. By protecting ourselves, we can better protect you.

(Pictured above: Wendy, Sanitarian, Torrington Area Health District.)



# HAPPY HOLIDAYS FROM THE STAFF AT TAHD



## COMMUNITY UPDATES

Take  
Control



### **FREE** Live Well with Chronic Pain Workshop!

Feel  
Better

*Are you an adult with an ongoing painful condition from arthritis, an injury, headaches, depression or something else? Or do you care for someone who does? This workshop can help you be in control and feel better!*



#### **You will learn:**

- Techniques to deal with frustration, fatigue & poor sleep
- Gentle exercises to help with pain
- Ways to improve your nutrition
- Appropriate use of medications
- Other helpful info for managing your pain day-to-day

Energize

Live

## **Winsted Senior Center**

**80 Holabird Avenue**

**Tuesdays, Jan. 7–Feb. 18**

**1-3PM**

**To register, call 860-379-4252 x1**

***Free books and CD's for participants!  
Space is limited, so sign up today!***

Enjoy



Sponsored by the Bureau on Aging and Disability Services ~ State Unit on Aging, Torrington Area Health District & the Western Connecticut Area Agency on Aging. Generous support is also provided by the Connecticut Community Foundation.



**We feel you.**

**Urgent Mental Health  
Care for Ages 4–18**

**NO APPOINTMENT NECESSARY**

- **Open 24/7**
- **Crisis Stabilization Support**
- **Mental Health Assessments**
- **Short-Term Medication**
- **Collaborative Safety Planning**
- **Ongoing Support Coordination**

**Safe  
alternative to  
the Emergency  
Room**

**Wellmore**  
Behavioral Health   
*Wellness for a lifetime<sup>SM</sup>*

**CALL OR VISIT NOW**

**141 East Main St**

**| Waterbury**

**| 203-580-4298**

# COMMUNITY UPDATES

## Assisted Living

Information Session & Open House



**FIRST THURSDAY  
OF EACH MONTH**

**1:30 pm – 3:00 pm**

*Refreshments will be served*

## BE PROACTIVE NOT REACTIVE!

Understanding the facts about senior care options and assisted living will help you and your family determine the right fit. Our Information Sessions are a quick way to learn all about assisted living at **Keystone Place**.

Join us for a tour, meet our staff, talk with our residents, and ask the questions that are important to you.



**Keystone Place  
at Newbury Brook**

*A Life Fulfilling Retirement Community*

## JOIN US & LEARN:

- Insider tips to help you choose the best retirement community.
- Myths about Assisted Living busted.
- How to determine if it's the right time.
- The financials that go into Senior Living and how it can even save you money!
- Little-known ways to afford Assisted Living, including veterans benefits and selling a Life Insurance policy.

### DATE & TIME

**1st Thursday of each month**

**1:30 p.m. – 3:00 p.m.**

*Refreshments will be served.*

### LOCATION

**Keystone Place at Newbury Brook**

1058 Litchfield Street

Torrington, CT 06790

*Seating is limited*

**RSVP FOR YOURSELF AND A  
GUEST TODAY!**



RSVP by phone: **(860) 404-6254**  
or online:

[Info.KeystoneSenior.com/NB-Info23](http://Info.KeystoneSenior.com/NB-Info23)



**Keystone Place  
at Newbury Brook**

*A Life Fulfilling Retirement Community*

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE



## COMMUNITY UPDATES



# Emergency First Aid Workshop

**CPR, Stop the Bleed, and Narcan Training for your organization**

**Learn the essential skills needed during an emergency.**

- Learn Essential First Aid
- Help Others in Need
- Free Workshop
- WE CAN COME TO YOU!

If you have questions or would like to schedule an event for your organization, we'd love to hear from you!

860-489-0436

[blaforge@tahd.org](mailto:blaforge@tahd.org)

[epavano@tahd.org](mailto:epavano@tahd.org)

# COMMUNITY UPDATES



## START HERE



for community health

### **Our CareVan Clinics Offer the Following Services:**

#### **Address Various Urgent Needs (not limited to):**

- Common cold/flu
- Stomach aches
- Ear aches/infections and foreign body removal
- Abscess incision and drainage
- Minor burns, lacerations, sprains and small fractures
- Rashes and insect bites
- Corneal abrasions
- Family planning

#### **Medical Screenings:**

- Blood pressure, blood sugar, urinalysis

#### **Lab Tests:**

- A1C, Cholesterol, Hepatitis C, Hemoglobin, HIV, Flu, RSV, Symptomatic COVID-19, Chemistry Panel (Liver and Kidney function)

#### **Referrals and Follow-up Care:**

- Social Services, Behavioral Health, Primary Care and Specialists

#### **Immunizations:**

- Tetanus (Tdap), Pneumonia, Shingles, Hepatitis B, Meningitis, Gardasil (HPV), Polio, MMR (Measles, Mumps, and Rubella), Flu (*Seasonal*)
- COVID-19 Pfizer Vaccine (Ages 12+)

#### ***WALK-INS WELCOME***

*-Open to all ages. Insurance accepted but not required.*

#### **For more information visit**

[www.hartfordhealthcare.org/health-wellness/neighborhood-health](http://www.hartfordhealthcare.org/health-wellness/neighborhood-health)



**Hartford**   
**HealthCare**  
Neighborhood Health

# COMMUNITY UPDATES



## START HERE



for community health

### January CareVan Locations

January 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 <b>House of Bread</b> 27 Chestnut St, Hartford 9a - 1p <b>Winsted Senior Center</b> 80 Holabird Ave, Winsted 11a - 3p	3 <b>Family Wellness Center</b> 590 Park St, Hartford 9a - 2p
6 <b>St. Vincent DePaul</b> 120 Cliff St, Norwich 10a - 3p <b>Torrington Soup Kitchen</b> 220 Prospect St, Torrington 9a - 1p	7	8 <b>Family Wellness Center</b> 590 Park St, Hartford 9a - 4p <b>Bridgeport Tabernacle</b> 717 Clinton Ave, Bridgeport 10a - 2p	9 <b>Covenant Soup Kitchen</b> 220 Valley St, Willimantic 10a - 3p <b>New Britain Housing: Graham</b> 107 Martin Luther King Dr, New Britain 10a - 3p	10 <b>Family Wellness Center</b> 590 Park St, Hartford 9a - 2p
13 <b>Haitian First Baptist Church</b> 356 Central Ave, Norwich 10a - 2p <b>Torrington New Opportunities</b> 62 Commercial Blvd, Torrington 10a - 2p	14 <b>South Church</b> 277 Main St, Hartford 9a - 3p <b>Meriden New Opportunities</b> 11 Church St, Meriden 10a - 3p	15 <b>Family Wellness Center</b> 590 Park St, Hartford 9a - 4p <b>Hands on Hartford</b> 55 Bartholomew Ave, Hartford 9a - 3p	16 <b>House of Bread</b> 27 Chestnut St, Hartford 9a - 1p <b>Torrington Towers</b> 52 Summer St, Torrington 9a - 2p	17 <b>Family Wellness Center</b> 590 Park St, Hartford 9a - 2p
20	21 <b>St. John's Family Center</b> 768 Fairfield Ave, Bridgeport 10a - 2p	22 <b>Family Wellness Center</b> 590 Park St, Hartford 9a - 4p <b>Mount Aery Baptist Church</b> 73 Frank St, Bridgeport 10a - 2p	23 <b>Covenant Soup Kitchen</b> 220 Valley St, Willimantic 10a - 3p <b>Burritt School Apartments</b> 75 North St, New Britain 10a - 3p	24 <b>Family Wellness Center</b> 590 Park St, Hartford 9a - 2p
27 <b>St. Vincent DePaul</b> 120 Cliff St, Norwich 10a - 3p <b>Torrington Soup Kitchen</b> 220 Prospect St, Torrington 9a - 1p	28 <b>Mercy Housing</b> 118 Main St, Hartford 9a - 3p <b>Bread for Life</b> 31 Vermont Ave, Southington 10a-2p	29 <b>Family Wellness Center</b> 590 Park St, Hartford 9a - 4p	30	31 <b>Family Wellness Center</b> 590 Park St, Hartford 9a - 2p